

1. **Serenity (śāntaḥ)** – His mind is trained not to run after sense objects with the false notion that there is happiness in them.
2. **Control of the sense organs (dāntaḥ)** – The sense objects may not enter his mind from the world outside and disturb him due to control of the sense organs.
3. **Total withdrawal from mental preoccupations (parama uparataḥ)** – This is to be practised and perfected so that the mind, by itself, may not dash out to remember sense enjoyments of the past, nor weave a tapestry of sense indulgences in fancied imaginations.
4. **Forbearance (kṣānti-yuktaḥ)** – This trait in a seeker is essential so that the little pinpricks of life may not cause agitations in him.

Such a seeker at his meditation seat struggles to lift himself to the vision of the one Self everywhere (samādhi).

When he realises that the Self in him is the Self everywhere, the bondages born out of spiritual blindness are all burnt down. Thereafter, that Mahātmā lives ever content and blissful. He lifts himself up to the state of Brahman and verily becomes Brahman.



समाहिता ये प्रविलाप्य बाह्यं
श्रोत्रादि चेतः स्वमहं चिदात्मनि ।
त एव मुक्ता भवपाशबन्धैः
नान्ये तु पारोक्ष्यकथाभिधायिनः ॥ ३५७ ॥

*samāhitā ye pravilāpya bāhyaṁ
śrotrādi cetāḥ svamaham cidātmani,
ta eva muktā bhavapāśabandhaiḥ
nānye tu pāroksyakathābhīdhāyinaḥ. (357)*

357. They alone are free from the bondage of birth and death who, having attained samādhi, merge the objective world, the sense organs, the mind,