



35. Advice for Self-control (136)

नियमितमनसामुं त्वं स्वमात्मानमात्मनि
अयमहमिति साक्षाद्विद्धि बुद्धिप्रसादात् ।
जनिमरणतरङ्गापारसंसारसिन्धुं
प्रतर भव कृतार्थो ब्रह्मरूपेण संस्थः ॥ १३६ ॥

*niyamitamanasāmum tvaṁ svamātmānamātmani
ayamahamiti sākṣādviddhi buddhiprasādāt,
janimaraṇataraṅgāpārasaṁsārasindhum
pratara bhava kṛtārtho brahmaṛūpeṇa saṁsthāḥ.* (136)

136. *With a regulated mind and a purified intellect, realise your own Self while in this body. Identify yourself with It, and cross the shoreless ocean of samsara, whose waves are births and deaths. Become blessed by getting firmly established in Brahman which is your own essence.*

In these verses, Śaṅkara, the poet, and Śaṅkara, the philosopher, revel together, each outshining the other. A well controlled (regulated) mind here indicates a purified mind, that is, a mind which has withdrawn itself from its involvements with the OET, having accomplished this through worship or meditation (*upāsanā*). A pure mind is one made relatively calm by meditation. It is to be remembered here that mind and intellect are the same (only in their functions do they differ). Mental agitations veil the intellect, this veiling is called māyā, vāsanā, avidyā, causal body and so on – they are all synonymous. Due to avidyā, the intellect is not able to see the Truth clearly. When Truth is not apprehended, misapprehensions are generated by the unhealthy intellect.