

Pure mass of Consciousness (śuddha-cit-ghanam) – It is not the consciousness of objects. It is pure Consciousness. It is without beginning. Everything that is born has a beginning. The world of plurality is born; therefore, it has a beginning. Brahman is that from which everything else is born, therefore, it is beginningless (anādi). That great Brahman thou art. Contemplate upon this Truth.



षडभिरूर्मिभिरयोगि योगिहृद्
भावितं न करणैर्विभावितम् ।
बुद्ध्यवेद्यमनवद्यमस्ति यद्
ब्रह्म तत्त्वमसि भावयात्मनि ॥ २५६ ॥

ṣaḍbhirūrmibhirayogi yogihṛd
bhāvitam na karaṇairvibhāvitam,
buddhyavedyamanavadyamasti yad
brahma tattvamasi bhāvayātmani. (256)

256. That which is untouched by the 'six waves of sorrow', which the yogī's heart meditates upon but which is not grasped by the sense organs, that which the intellect cannot know, which is unimpeachable – 'That Brahman thou art' – meditate on this in your mind.

The six enemies (ṣaḍ-urmi)¹ – They are the six sorrows common to all men which rise one above the other, like waves and toss man about on the waters of their tumultuous restlessness. They are – (1) hunger, (2) thirst, (3) revulsion for objects producing sorrow, (4) delusory fascination for pleasurable objects, (5) old age and (6) death. That which is not conquered by, which has no contact with (a-yogī) these six waves of sorrow in life, is the infinite Consciousness.

¹ ṣaḍ – sixfold; urmi – waves, enemies

kṣutpipāse śokamohau jarāmṛtyu urmivat taraṅgavata uparyupari sambhavan-
tīti ete ṣaḍūrmaya iti kathyante.