

## Senses

Mira Mehta

### HONEY AND SWEETNESS

To the philosopher the thought,  
To the poet its expression:  
Inseparable separates,  
Like honey and sweetness.

Thought formulates into expression reformulates idea;  
Philosopher inspires poet vivifies pursuit of wisdom:  
Independent yet depending,  
As honey gives the taste of sweetness is the cause of relishing.

Thoughts and emotions are the life-blood of our minds. They are so intertwined that it is often difficult to separate them and make decisions with clarity. However, feelings and reason may dominate at different times.

According to Yoga philosophy, mental clarity is an essential prerequisite for peace of mind.<sup>1</sup>

The mind works in conjunction with the senses; these both feed it with information and feed its desires. Therefore, in the Yoga view, for serenity of mind the senses have to be drawn away from stimuli.<sup>2</sup> Then, instead of leading the mind outwards to various objects, they allow it to rest. From this state of disengagement from the senses the mind can look inwards to the core of being.

The process works both ways. As the quietening of one sense-organ does not automatically lead to the quietening of the others, the most efficient way is to restrain the mind itself, for it rules the senses.<sup>3</sup> The first step towards this is the practice of breath control.

<sup>1</sup> YS 1.47

<sup>2</sup> YS 2.54

<sup>3</sup> VB 2.54-55

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The poem is taken from Mira Mehta's book *Cascade of Stars*, published by Shephard-Walwyn ([www.shephard-walwyn.co.uk](http://www.shephard-walwyn.co.uk)). For information about her classes and other publications visit [www.yogicpath.com](http://www.yogicpath.com).