

The twigs of memory
Crawls up incessantly
Avoid bondage

The soul has many lives before it attains the realization that it is not separate from the omnipotent all-pervading Oneness. During these lives it collects and carries many memories which become an obstacle in the process of realization. One must purify himself from these memories, otherwise they continue to grow and block the advancement of the awareness to Self-Realization.

The practice of Yoga helps one to cleanse these memories, opening the way to Self-Realization.

- Rama