

**Dūraṅgamaṃ ekacaraṃ,
Asarīraṃ guhāsayaṃ,
Ye cittaṃ saññamessanti,
Mokkhanti Mārabandhanā.**

(Dhp. V. 37)

They who subdue the mind which travels afar, and travels alone, which is bodiless, and rests in a cave, are freed from the bonds of Mara.