

enumerates the various precautions that are to be taken for achieving complete success. The next few stanzas warn us of all the possible pitfalls on the path of the *Dhyana Yoga*.

Moderation in indulgence and activities at all levels of one's personality is an imperative requisite, which alone can assure true success in meditation. Intemperance would bring discordant and riotous agitations in the various matter layers of the personality, shattering the harmonious melody of integration. Therefore, strict moderation in food, sleep and recreation is enjoined: everything should be well-measured and completely defined.

YOGA IS NOT POSSIBLE FOR HIM WHO EATS TOO MUCH NOR FOR HIM WHO DOES NOT EAT AT ALL --  
- Here, the term 'eat' should be understood in its comprehensive meaning as including all sense enjoyments, mental feelings, and intellectual perceptions. It is not only the process of consuming things through the mouth; it includes the enjoyments gained through all the avenues of sense perceptions and inward experiences.

Drawing our conclusions from these standards, we may understand the rule to be: "Eat whatever comes to us handy, without creating unnecessary destruction to the living kingdom just for our personal existence, and intelligently consume a quantity which does not load the