

Similarly, whenever contacts with the external world through the media of the body, the mind and the intellect are clipped off clean, we awaken in the meadows of God-consciousness and come to live the joy that is the eternal nature of the Self. A seeker having thus redeemed his own mind and intellect from their preoccupations with the external world, at least during his meditation, when he comes to keep his HEART DEVOTED TO THE MEDITATION OF *Brahman*, attains imperishable happiness. Here the term "heart" is to be understood as a collective name for the inner instruments of knowing and experiencing.

FOR THE FOLLOWING REASONS ALSO HE SHOULD WITHDRAW THE SENSES FROM THE EXTERNAL WORLD-OF-OBJECTS:

*22. The enjoyments that are born of contacts are only generators of pain, for they have a beginning and an end. O son of Kunti, the wise do not rejoice in them.*

We, as seekers, try to detach ourselves from the external contacts in order to enjoy the Infinite Bliss which is the nature of the Self. Even an average intelligent man, if he cares to investigate his own experiences with the outer world, will discover, all by himself, that joy-hunting among the finite objects is no profitable preoccupation. The law of diminishing utility works in all our experiences and the very thing that gave a certain unit of joy in the