

stomach." This is the golden rule of diet for a successful meditator.

It is rightly said that neither 'too much sleep' --- which unnecessarily dulls our faculties and renders the individual more and more gross --- nor 'no sleep at all' is the right policy for a student in spiritual life. Intelligent moderation is the law.

THIS STANZA MIGHT CONFUSE THE DULL-WITTED, AND THEREFORE, THE FOLLOWING VERSE ANSWERS THE QUESTION: "HOW THEN CAN YOGA BE ACHIEVED?"

17. *YOGA becomes the destroyer of pain for him who is moderate in eating and recreation, who is moderate in his exertion during his actions, who is moderate in sleep and wakefulness.*

This stanza plans the life, living which, *Yoga* can be more successfully cultivated. Moderation in eating and recreation, in sleep and activities, is the prescription that has been insisted upon for *Yoga* by the Lord.

In indicating the blessed life of temperance and self-control, Krishna has used such a select vocabulary that the words have the fragrance of an ampler suggestiveness. An ordinary seeker takes to some sacred work in a misguided belief that "selfless work" will create in him more