

# **CHAPTER 6**

## **THE YOG OF MEDITATION**

### **ध्यानयोगः**

The verses, 'Keeping the external objects outside' etc., forming aphorisms on the Yog of Meditation which is the proximate discipline leading to complete Illumination, have been presented at the end of the just preceding chapter. This sixth chapter is begun as an exposition of them. As to that, since rites and duties (that is actions) are the preliminary disciplines of the Yog of Meditation (Dhyāna-Yog), therefore actions have to be undertaken by a householder who is qualified for them, so long as he is unable to ascend to the Yog of Meditation. Hence, the Bhagavān eulogizes it.

*Objection:* Well, since obligatory duties have surely to be performed so long as one lives, why should ascending to Dhyāna-Yog be prescribed as a limit?

*Reply:* Not so, because it has been specifically stated, 'For the sage who wishes to ascend to (Dhyāna-)Yog, action is said to be the means', and because inaction alone has been prescribed as suitable for that person when he has ascended. If the intention was that inaction and action were both duties for the man desiring to ascend and to the one who has ascended, then the specification and differentiation between one trying to ascend and one who has ascended, from the point of view of the difference between the scopes of inaction and action, becomes meaningless.

*Objection:* In the empirical world, among people belonging to the different stages of life, some one becomes an aspirant for ascending