

seeker is not to despair, but should understand that it is the nature of the mind to wander, and that the very process of meditation is only a technique to stop this wandering.

LET HIM BRING IT BACK --- The seeker is advised to bring back the mind that has rushed out into dissimilar channels of thinking. This withdrawal of the mind by sheer will-power may be successful to a degree, but as soon as it is brought back, it will, and it should, rush out again into another fanciful line of thinking. Very rarely do the *Sadhakas* realise that the mind means "the flow-of-thought." A steady, motionless mind is no mind at all! Therefore, in the technique of meditation, when the mind is withdrawn from the sense-objects, this very process of withdrawal is to be completed by a conscious effort on the part of the meditator, in applying the same mind, at once, in the contemplation of the Self. This idea has been remarkably well brought out when the Lord complements his instruction by the term "BRINGING IT UNDER THE SWAY OF THE SELF ALONE."

THE FOLLOWING FEW STANZAS EXPLAIN THE EFFECT OF THE 'YOGA' OF MEDITATION UPON ITS TRUE PRACTITIONERS:

*27. Supreme Bliss verily comes to this YOGI, whose mind is quite peaceful, whose passion is quietened, who is free from sin, and who has become BRAHMAN.*