

Others should not know of his whereabouts and he should have none but God to commune with. The thought of food rushes to the forefront when one chooses to fast. Akin to it, the untrained mind becomes more turbulent when placed in solitude, suppressed desires would then try to gain ground. But if the mind chooses to commune with the Divine, instead, it augurs well for it. That is really the state of desirelessness. It is by being alone in solitude that one's mind can truly be assessed by oneself.

He is not a good chauffeur who has not learnt to apply the brake properly and stop the motor car. The human body may be likened to a car. People have learnt ever to drive it on, but they do not know how to suspend its activities voluntarily. Instead of being masters of the body, they are slaves to it. He is a yogi who has learnt to make proper use of the body and to keep it quiet at his will. Quieting down the body and mind is meditation.

Minimizing the bodily requirements is imperative for spiritual advancement. He is a yogi who has reduced his bodily needs to the bare minimum. And no thought whatsoever is to be given to the possession of those few things, lest they should interfere with his meditation. Relinquishment of possessions and idea of possessions, is a prelude to good meditation.

The truly virtuous man is he who commits no sin even when he is all by himself. That is no virtue which is practised for fear of public opinion. He alone is established in self-control who does not lustfully think of a woman in privacy or in public.