

a constant flow of *Brahmakara Vritti*. In short, repeated and constant thoughts of *Brahman* --- Vast and Infinite, Eternal and Blissful, the Substratum for the entire Universe --- is the "Yoga of the Self (*Yogam atmanah*).

HAVING THUS, THROUGH MEDITATION, BECOME SINGLE-POINTED, WHAT WOULD BE THE STAGES OF PROGRESS ACCOMPLISHED? THIS IS DESCRIBED IN THE FOLLOWING FOUR STANZAS:

*20. When the mind, restrained by the practice of YOGA, attains quietude and when seeing the Self by the self, he is satisfied in his own Self;*

*21. When he (the YOGI ) feels that Infinite bliss --- which can be grasped by the (pure) intellect and which transcends the senses --- wherein established he never moves from the Reality;*

*22. Which, having obtained, he thinks there is no other gain superior to it; wherein established, he is not moved even by heavy sorrow.*

*23. Let it be known: the severance from the union-with-pain is YOGA. This YOGA should be practised with determination and with a mind steady and undespairing.*

These four verses together give a complete picture of the state of *Yoga* and Krishna ends with a very powerful call to man that everyone should practise this *Yoga* of