

process is similar to the techniques by which we understand ourselves while consulting our own reflections in a mirror.

THE EXTERNAL SEAT HAS BEEN DESCRIBED. NOW, WHAT SHOULD BE THE POSTURE OF THE BODY? LISTEN:

*13. Let him firmly hold his body, head and neck erect and still, gazing at the tip of his nose, without looking around.*

After describing in detail the arrangement of the seat of meditation and how to sit there properly, Lord Krishna had thereafter explained what the meditator should do with his mind and intellect. He has also said that the mind should be made single-pointed by subduing all the activities of the sense-organs and the imagination. Adding more details to the technique of meditation, it is now said that the meditator should firmly hold his body in such a fashion that his vertebral column is completely erect. The head and the neck should be erect in this posture, which is geometrically perpendicular to the horizontal seat upon which the *Yogi* is firmly settling himself; it is pointedly indicated that he should hold his body "firmly."

This term should not be misunderstood as holding the body in tension. "Firmly" here means that the body should not be held stiffly but relaxed, it must be held in such a