

The restlessness of the mind and the weary fatigue of the body shall both end, when Absolute Joy is attained. Therefore, Absolute Joy is Absolute Peace.

Here, in this stanza the Goal-of-life is indicated as the Supreme Peace, which may be, in other words, explained as the Supreme Joy.

THOU SHALT NOT DOUBT THIS, FOR DOUBT IS MOST SINFUL. HOW?... LISTEN:

*40. The ignorant, the faithless, the doubting-self goes to destruction; there is neither this world, nor the other, nor happiness for the doubter.*

In the previous verse it was said that those who had faith and knowledge would soon reach the Supreme Peace. In order to hammer this very same Truth in, Krishna is here emphasising through a negative declaration that they, who have NOT these qualities cultivated, gained and developed in them, will get themselves ultimately destroyed and completely ruined. He who has neither the "Knowledge-of-the-Self" --- if not a spiritual realisation, at least a clear intellectual understanding --- nor "the intellectual readiness to grapple with and fully understand the true import of the scriptural declarations and the words of the Masters" (*Shraddha*), Krishna asserts,