

## Dhyana Yoga

### The Yoga of Meditation

*The Blessed Lord said: 1. He who performs his bounden duty without depending on the fruits-of-actions --- he is a SAMNYASIN and a YOGIN ; not he who (has renounced) is without fire and without action.*

Arjuna's plan, in his own words in the first chapter, was to escape from the battlefield in order to live the *Samnyasa*-life. He did not know that a truly selfless worker is the greatest *Samnyasi*, for, without renunciation, his action would become, at best, only a mischievous meddling with the harmony of the Universe.

To escape from the buzz of life in our present state of unpreparedness into the quiet atmosphere of the banks of the Ganges, is only the fall of an average good man to the level of the insentient stone in the very Ganges. At the close of this verse, Krishna laughs at Arjuna's sad misconceptions. There is no bitterness in the irony of the Lord. Soon we shall find that Arjuna also comes to laugh at his own misunderstandings.

The whole chapter is so fully and entirely dedicated to expounding the technique of cultivation, direction and