

When one, well-established in these necessary physical self-controls and essential mental and intellectual habits, sits meditating upon the Truth in all secrecy, he is a true seeker striving on the right path to achieve and acquire the highest that is possible in life.

NOW, IN THE SEQUEL, THE LORD PROCEEDS TO PRESCRIBE FOR THE YOGA-PRACTITIONER PARTICULAR MODES OF SITTING, EATING, RECREATION AND THE LIKE, THAT ARE AIDS TO YOGA. FIRST OF ALL, HE EXPLAINS THE MODE OF SITTING AS FOLLOWS:

*11. Having, in a clean spot, established a firm seat of his own, neither too high nor too low, made of a cloth, a skin and KUSHA -grass, one over the other, . . .*

If meditation is the path by which one can gain tranquillity and equal-vision within oneself, it is necessary that, in this text-book on self-perfection, Lord Krishna should give a complete and exhaustive explanation of the technique of meditation. In order to fulfil this demand, hereunder we get a few verses explaining the position, the means and the ends of a meditator at his work.

In these words is a description of the seat and the place for perfect meditation.