

11. *Unswerving devotion unto Me by the YOGA of non-separation, resorting to solitary places, distaste for the society of men. . .*

Perhaps compelled by the nature of Arjuna, a man of action, or perhaps forced by the very spirit of the reformer in the *Yogeshwara*, the Divine Song, as it comes to us, is the most practical textbook on Self-rediscovery. The moment the Geeta-Acharya advises his disciple to develop any given mental or intellectual beauty, he always suggests a practical method by which this can actually be accomplished.

If a seeker tries to develop in himself the virtues described in the previous three stanzas --- not only in his inward life but also in all his contacts with the world around him, it is certain that he, an ordinary man of the world, will thereby conserve in himself a lot of energy. This stanza describes the right application of this conserved energy in proper channels so as to profit thereby and gain a better Self-unfoldment.

UNFLINCHING DEVOTION TO ME --- Concentration is the focussing of the mind upon a particular point to the exclusion of all mental excitements and agitations. This steadiness in contemplation may be destroyed by causes arising at two different points --- either in the individual's own mind or in the object contemplated upon. Unless both are steady, concentration cannot be successful. If our