

Krishna concludes here that a silent and quiet meditator, who struggles hard to withdraw himself from his own false identifications with his body, mind and intellect, through constant and consistent contemplation upon the nature of the Self, is ever the best.

Thus, comparing a meditator with: (a) a man of utter self-denial, (b) deep students of the scriptures, and (c) ritualists, Krishna concludes his observations that a meditator alone is the best among the whole lot, standing nearest to Truth and "THEREFORE, YOU BE A YOGI (MEDITATOR), O ARJUNA."

THERE ARE DIFFERENT TYPES OF MEDITATORS, EACH MEDITATING UPON A DIFFERENT POINT OF CONTEMPLATION. WHO AMONG THEM IS THEN THE BEST AND THE GREATEST MEDITATOR? LISTEN:

*47. And among all YOGIS, he who, full of faith, with his inner-self merged in Me, worships Me, is, according to Me, the most devout.*

Whereas the previous stanza gives us a relative estimate of the different paths in spirituality, and finally declares that meditation is the best among the lot, the stanza now under review explains who exactly is the best among all the meditators. Meditation is, in the beginning at least, a deliberate act by which the seeker strives to keep his thoughts channelised into one pre-determined divine line