

After the "halt-moment" there is nothing more for the seeker to act and achieve. All that he has to do is to avoid starting any new line of imagination. "UNDISTURBED BY ANY NEW THOUGHT WAVE, LET HIM MAINTAIN HIS INNER SILENCE AND COME TO LIVE IT MORE AND MORE DEEPLY," is all the instruction that the technique of meditation gives to the meditator. "Knock and thou shalt enter" is the promise; you have 'knocked,' and into the Supreme Presence, thou shalt enter... ere long (*Achirena*).

No two simple looking stanzas, anywhere in the spiritual literature of the world, including the sacred books in Hinduism, can claim to have given such an exhaustive wealth of useful instructions to a seeker, as these two stanzas in the Geeta. Even in the entire bulk of the Divine Song (Geeta) itself, there is no other similar couple of stanzas which can, in their pregnant import, stand a favourable comparison with this perfect pair.

AS AN INSTRUCTION TO THOSE WHO HAVE A FICKLE, UNSTEADY MIND, THE FOLLOWING IS ADDED:

*26. From whatever cause the restless and the unsteady mind wanders away, from that let him restrain it, and bring it back under the control of the Self alone.*