

kindled BY him, IN him. This is constituted of two aspects; negation of the false, and assertion of the Real Nature of the Self. These two activities are effectively undertaken during the seeker's meditation.

All these five methods of Self-development --- "sacrifice-of-wealth," "austerity," "Yoga," "study" and "knowledge" --- can be practised with profit only by those who are men of "rigid determination" and who can find in themselves an inexhaustible enthusiasm to apply themselves consistently to reach this great goal. It is not sufficient that we know these paths, or that we decide to gain these developments. Progress in spirituality can come only to one who is "sincere and consistent in his practices" (*Yatayah*).

IN THE FOLLOWING VERSE KRISHNA EXPLAINS PRANAYAMA AS YET ANOTHER METHOD, THE ELEVENTH IN THE SERIES:

*29. Others offer as sacrifice the out-going breath in the in-coming, and the in-coming in the out-going, restraining the courses of the out-going and in-coming breaths, solely absorbed in the restraint of breath.*

In this verse we have a description of the technique of 'breath-control' regularly practised by some seekers, in order to keep themselves under perfect self-control, when they move amidst the sense-objects in the work-a-day world.