

physical body is called the *Prana*, which, according to its varied manifestations is classified under five main headings as: *Prana*: the faculty of sense perception; *Apana*: the excretory system; *Vyana*: the digestive system; *Samana*: the circulatory system; and *Udana*: the capacity in us to see beyond our present world of knowledge into the field of some greater concept and live it. All these different activities are channels of dissipation through which the vital attention in us is getting exhausted. When an individual gets lost in the Silence within at the moment of his merger with the Self, all these faculties are temporarily arrested. For a seeker walking the Path of Meditation no other violent physical practices at all are needed.

Such an individual --- in whom, during the deepest moments of concentration, the mind becomes perfectly silent and tranquil; in whom, through the strength of his steadfast meditation, all manifestations of life's presence through his physical body become controlled and arrested and when he, in his enthusiasm, totally identifies with the point of his contemplation, the Self --- "HE GOES TO THAT SUPREME RESPLENDENT SELF (*PURUSHA*)."

AS AN INTRODUCTION TO THE MEDITATION UPON OM, THE FOLLOWING IS GIVEN:

*11. That which is declared Imperishable by the VEDA -knowers; That into which, the self-controlled and desire-freed enter; That*