

seekers, the only remedy is a more intelligent and enthusiastic study of the *Shastras*. The term '*Sankhya*' means "the sequence of logical thought through which we reach a definite philosophical conclusion, unassailable by any doubts any more.

This deep study and reflection (*vichara*), since it provides the seeker with a better understanding of the text, and therefore, a deeper conviction of the goal, will discover for him a very healthy and steady self-application and a divine equipoise in his meditation. Since *vichara* can safely take us to the *Yoga-of-Meditation*, and help us to establish ourselves therein, the very study of the *Shastra* and reflections upon it (*Sankhya*) is here called as '*Yoga*.' That which ultimately takes one to *Yoga* is called *Yoga*, just as a vehicle is often named by the destination to which it is proceeding. "9. 30 is Delhi departure time" does not mean that at that time the capital-city is packing off from our country and going to the Nicobar Islands! It only shows that a train will be leaving for Delhi at that scheduled time. The seekers, who are not fit for steadily following the 'path' of deep meditation, are advised to steam themselves up by the *Sankhya Yoga*: by the 'path' of deep study and reflection.

OTHERS AGAIN BY KARMA YOGA --- There is still another type of seekers for whom even study of the *Shastra* and effective reflections upon it becomes almost impossible because their inward personality is so much poisoned by the existing hosts of sensuous *vasanas*. They