

serious students of the *Upanishads*, the term, as used here, carries a secret message; that the meditator should not over-indulge either in the life of mis-apprehensions nor in those deep silent moments of pure meditation --- the moments of *Avabodha*. Krishna indicates that *Sadhakas*, during their early practices, should not over-indulge in the world of their perceptions nor try to practise meditation for too long and weary hours and force inner silence.

In the same stanza, by two insignificant-looking words, Krishna has conveyed to all generations of Geeta students, an indication why *Yoga* is to be practised at all. "IT IS CAPABLE OF DESTROYING ALL MISERIES."

WHEN DOES ONE BECOME A SAINT PERFECTLY STEADFAST (YUKTAH)?

*18. When the perfectly controlled mind rests in the Self only, free from longing for all (objects of) desire, then it is said: "he is united" (YUKTAH) .*

This and the following five stanzas are a dissertation on the fruits of *Yoga* and they explain what a perfect meditator can gain in life, and what his experiences are while living in this world during and after his spiritual realisation.