

When after some practice the mind of the devotee becomes somewhat calm and carefree and he is able to rest in Godly feeling, then a transparent white limitless luminous sky should be imagined by him to be within his heart. Then thinking that the omnipresent God is pervading that sky, the devotee should contemplate that his 'I-sense', *i.e.* his whole self is in the God who is present in his heart. The next step would be to unite his mind with the mind of the *Īśvara* that is in the sky within the heart and rest in a state of contentment, without any care or thought. In the *Muṇḍaka-Upaniṣad* the method has been beautifully described as follows:—  
 "Brahman or the God within the heart, is the target; the mystic syllable OM is the bow; and the self or Ego is the arrow. With an undistracted mind one should hit the mark and be completely absorbed by getting the self into Brahman." In other words, one should contemplate that one is completely within the God in one's heart.

When the above process of meditation is mastered the devotee has a sort of blissful feeling in his heart. Then he should recollect that the blissful feeling, arising out of a sense of staying in God, is I and he should bring his mind to a state of calmness and blissfulness after the mind of God. If this is practised with ardent devotion, carefully and continuously, the real result of *Īśvara Prapīdhāna*, *viz.* realisation of one's own self is achieved (see next *Sūtra*).

In repeating the mystic syllable OM, the 'O' is pronounced comparatively short and 'M' long—prolonged without break. It is better to repeat it mentally, instead of articulately.

In practising *Īśvara Prapīdhāna* it has, of course, to be done with reverence. When the remembrance of God brings happiness, the feeling of attachment arising out of the sense of happiness and of God's greatness is reverence.

There is another way of repeating the mystic syllable. It is this. When 'O' is pronounced, bring to mind the reverential feeling and when 'M' is uttered long and continuously, persist in the reverential feeling. After getting into its way, if it is practised with breathing, it gives better result. In inhaling the normal breath, mentally utter 'O' and bring to mind a