Holy Geeta by Swami Chinmayananda

hence the difficulty in accomplishing inward spiritual unfoldment in every individual.

The great spiritual scientists of the past, discovering ways of evolving the entire mankind, consisting of different types, evolved various "roads" --- all converging at the same goal. Each 'path' is the fittest for the one who is walking it. No 'path' can be said to be nobler than the other. In a pharmacy there are different medicines; each one serves a definite type of patient and the medicine prescribed for a given disease is the fittest medicine for that patient as long as his ailment continues.

The difference between the various seekers is the difference in their mental equanimity and intellectual equipoise. The lesser 'paths' are mainly meant for purifying the inner equipments, and when the mind becomes steady and concentrated, when the intellect is redeemed from its wasteful habits of wrong imaginations, then the equipments are ready for Higher flights through the "Path-of-Meditation."

BY MEDITATION SOME BEHOLD THE SELF --MEDITATION CONSISTS IN "WITHDRAWING, BY
CONCENTRATION, ALL THE SENSE ORGANS AWAY
FROM THEIR RESPECTIVE SENSE-OBJECTS INTO THE
MIND, AND THEN WITHDRAWING THE MIND INTO
THE INNER INTELLIGENCE, AND THEN
CONTEMPLATING UPON THE HIGHEST." It is a
continuous and unbroken thought-flow, like a stream of