

ultimately culminates in the Supreme liberation" (*Nirvana-paramam*).

In short, when the meditator has come to the moment of perfect silence within, he comes to experience, at first, a peace that is unknown in the world without. Soon, as it were, the experiencer gets slowly acted upon and digested into the very substance of the Truth, whose fragrance was the Peace, which the dying ego of the meditator seemed to experience at the gateway of its own Real Divine Nature. In fact in the last stage of fulfilment in meditation, the meditator 'awakens' to his status of Self-hood. This *Advaita* experience is the one fact that has been repeated and emphasised all through Krishna's Song Divine.

FOLLOWING ARE THE REGULATIONS, AS REGARDS THE MEDITATOR'S FOOD, ETC:

*16. Verily, YOGA is not possible for him who eats too much, nor for him who does not eat at all; nor for him who sleeps too much, nor for him who is (always) awake, O Arjuna.*

When the above technique and goal are so clearly given out, one is apt to wonder at one's own incapacity to reach anywhere near the indicated goal, in spite of the fact that one has been sincerely and constantly meditating upon it for a number of years. What exactly is the behaviour that unconsciously takes a seeker away from the grand road to success? No scientific theory is complete unless it