

control and then to restrain all the sense-organs from all sense-objects from all sides.

It is scientifically very true that our mind is not able to control our sense-organs, for it has been rendered weak and thoroughly impotent due to the permanent agitations caused by its own false desires. Once the mind gets strong, as a result of its conquest over desires, it discovers in itself all the strength and capacity to control the *Indriyas* from all sides. This process of quietening the mind can never be accomplished by any hasty action or by any imagination, or by any strange and mysterious method. It is clearly indicated by the very insistence that the Geeta makes in this stanza, that the seeker should "ATTAIN QUIETUDE AS A RESULT OF HIS WITHDRAWAL FROM THE WORLD OF SENSE-OBJECTS, BY DEGREES." Slowly, slowly (*Shanaih-Shanaih*), the mind gains more and more quietude.

No doubt, when the sense-organs have stopped their mad onrush to their respective sense-objects, a certain amount of mental quietude is gained. The methods of intensifying this inner peace have been indicated in this stanza.

"PATIENTLY, WITH THE INTELLECT THE MIND IS TO BE CONTROLLED, AND RESTED IN THE CONTEMPLATION OF THE SELF." This advice is extremely important to every seeker as it gives the next item of the programme for a meditator, when he has accomplished, through the exertion of the mind during his