

intellectual life. These activities of life within, about which an ordinary man is quite unconscious, are brought under the perfect control of the individual through the process of *Pranayama*, so that a seeker can, by this path, come to gain a complete capacity to withdraw all his perceptions. This is indeed a great help to a meditator.

IN THIS SERIES OF TECHNIQUES ENUMERATED BY KRISHNA, AS A LAST METHOD, WE HAVE IN THE FOLLOWING STANZA THE TWELFTH METHOD DETAILED:

*30. Others, with well-regulated diet, offer vital-airs in the Vital-Air. All these are knowers of sacrifice, whose sins are destroyed by sacrifice.*

There are some who, through systematic regulation of their diet, come to gain a complete mastery over themselves and their appetites and passions. Dieting is not at all a new technique in India. The ancient *Rishis* not only knew the vitamin-contents and the caloric-values of the various food materials, but also prescribed very scientific combinations of the available vegetables and cereals to suit the temperament, function, and duties of persons belonging to different levels of society. Not only this; they so well perfected their knowledge that they even showed how, through regulated dieting, a man's character and behaviour, and ultimately his very cultural quality, can be purified and raised.