

## Chapter 7

### Jnana Vijnana Yoga

#### The Yoga of Wisdom and knowledge

*The Blessed Lord said: 1. With the mind intent on Me, Partha, practising YOGA and taking refuge in Me, how thou shalt, without doubt, know Me fully, that do thou hear.*

It would be, naturally, the doubt of all seekers, especially before they enter the seat of meditation, as to how it is possible for a limited mind to understand or embrace the unlimited. This doubt can come to such seekers, who try only for intellectual appreciation of the philosophy of *Vedanta*; but all seekers could only be, in the beginning, mere scholarly students of the *Vedantic* literature. This is an unavoidable state in the Path of knowledge. The Science of *Vedanta* exhaustively deals with this problem and tries to explain how the mind, when made to meditate upon the Infinite, comes to transcend its own limitations and comes to experience the Infinite.

Here Krishna, introducing the theme to be dealt with in the next six chapters, assures Arjuna that He would explain the entire science and technique, which will clearly show how a meditator, by fixing his integrated mind upon the contemplation of the NATURE of the Self, can come to experience the Divine. From this chapter