

The term "knowing" is not objectively knowing Krishna, in the sense in which we come to know a flower or a fruit, but here the term "knowing" is to be understood as "realising." Spiritual experience is the realisation of the Self to be the one great ruler within, who presides over all the activities within the body-politic, who is the One, at whose altar the perfection-seeking ego surrenders all its spiritual activities, and as a tribute to Whom, the seeker brings all his self-denial and asceticism.

"KNOWING HIM TO BE NONE OTHER THAN KRISHNA, THE INDIVIDUAL REACHES THE GOAL OF PEACE, THE ETERNAL SANCTUM OF PERFECTION."

Thus in the UPANISHAD of the glorious Bhagawad Geeta, in the Science of the Eternal, in the Scripture of YOGA , in the dialogue between Sri Krishna and Arjuna the fifth discourse ends entitled: YOGA OF TRUE RENUNCIATION.

Om Om Om Om Om

Chapter 6