

of Inward Silence, which rings the death-knell of the deluded-ego.

BY THE POWER OF YOGA (*Yoga-balena*) --- Here we are not talking of some secret and mysterious strength --- the Serpent Power --- which is the highly guarded secret of a rare few, which should not be spilt to everyone even among those who profess to be the devotees of the Lord. The strength acquired by a meditator, when he meditates upon the Supreme regularly for a long period of time, is the strength --- the "POWER OF YOGA" --- that is indicated here. This is nothing other than the inward strength, the inward fire, that grows when the mind is withdrawn from its endless agitations and the intellect is peacefully rested in its contemplations upon the infinite qualities of the Absolute.

The meditator, in a relatively short time, discovers in himself a wealth of mental equipoise and an indescribable efficiency, ready to bring his entire mental equipment into the contemplation of the Self in him. When an individual is thus engaged in meditation, all his *pranas* are concentrated at the point of his meditation --- maybe "between the eye-brows," as it represents the frontal-brain, the seat of steady thought.

*Prana* is the term used in the Science of *Vedanta* to indicate "all the different expressions of life's vitality, through the various instruments and organs of the body." Life expressing itself as the various functions in a living