

transactions, and experiences in our life, towards the achievement of this cumulative goal of Self-Perfection, as symbolised in the Lord of our heart.

WITH UNSWERVING *YOGA* --- All attempts with which we develop our mental attunement with any chosen State of Perfection constitute *Yoga*. To lift our minds from its present agitations and wasteful tendencies towards a greater goal of ampler joy and fuller wisdom is *Yoga*. This faculty of *Yoga* is in everyone of us. At all times we are practising it. But the results of *Yoga* will depend upon the goal towards which we are heaving forward; unfortunately, ours is not generally a Divine Goal; to strive for the sense-enjoyments is called *Bhoga*.

Ordinarily, our goal keeps on changing and we reach nowhere even though our struggle is consistent. If a holiday-maker has two spots in view, and he cannot come to a decision as to which place he wants to visit, then he can reach neither of them. He will be in a helpless state of confusion, travelling up and down the road, reaching nowhere, and wasting his time and energy. '*Anyā*' means 'other'; '*Ananya*' means 'without otherness.' Krishna is advising here *Ananya Yoga*, meaning a *Yoga* in which the goal is ever steady and our mind has no sense of 'otherness' about it.

It may be noted here that mental disintegration can come both because of the 'otherness' in our goal, and because of