

nature will be impossible unless the mind is given a positive method of developing its introvert attention. By single-pointed, steady contemplation upon Me, the Self, which is the One-without-a-second, we can successfully accomplish our total withdrawal from the misinterpreting equipments of the body, mind and intellect.

Philosophers in India were never satisfied with a negative approach in their instructions; there are more DO's than DONTs with them. This practical nature of our philosophy, which is native to our traditions, is amply illustrated in this stanza when Lord Krishna commands His devotees to come to His shelter whereby they can accomplish the renunciation of all their false identifications.

BE NOT GRIEVED (*Maa shuchah*) --- When both the above conditions are accomplished, the seeker reaches a state of growing tranquillity in meditation. But it will all be a waste if this subjective peace, created after so much labour, were not to form a steady and firm platform for his personality to spring forth from, into the realms of the Divine Consciousness. The spring-board must stay under our feet, supply the required propulsion for our inward dive. But unfortunately, the very anxiety to reach the Infinite weakens the platform. Like a dream-bridge, it disappears at the withering touch of the anxieties in the meditator. During meditation, when the mind has been persuaded away from all its restless preoccupations with the outer vehicles, and brought, again and again, to