

THROUGH WHAT METHODS CAN ONE ATTAIN THIS HIGHEST GOAL AND ASSURE FOR HIMSELF THE SUREST RESULT? IT IS EXPLAINED:

*10. Let the YOGI try constantly to keep the mind steady, remaining in solitude, alone, with the mind and body controlled, free from hope and greed.*

In the *Mahabharata*, Krishna is conceived as a voluntary manifestation of the Supreme and hence He is addressed as Shri Krishna *Paramatman*. He is giving here an advice to His most intimate friend and life's companion, Arjuna, on the methods of self-development and the techniques of self-perfection. Even then, it is not said that the Lord will give him a secret method by which he will not have to make any struggle at all and that the entire responsibility will be borne by the Creator of the Universe. The very opening words of the stanza weed out any such false hopes in the minds of the seekers. "O MAN OF SELF-CONTROL (YOGI), YOU SHOULD CONSTANTLY PRACTISE CONCENTRATION." It is only through the practice of meditation that a mortal can grow out of his weaknesses and flower forth culturally into the greater perfection-possibilities within himself.

Details of how the meditation is to be conducted are given in the rest of the stanza. "SITTING IN SOLITUDE," one should practise meditation. This word has been, unnecessarily, so overstretched in recent times in India