

In the preceding three stanzas the "Paths" of Knowledge, Devotion and Action are indicated, and in all of them the same goal of realising the seeker's oneness with the Supreme has been indicated. Integral *saadhanaa* is the core of the Geeta technique. To synthesize the methods of Work, Devotion and Knowledge is at once the discipline of the body, mind, and intellect. For, all disciplines PURSUED AT THE BODY LEVEL, in order to control the mind and turn it towards the ideal, are called *Karma Yoga*; all methods of channelising emotions in order to DISCIPLINE THE MIND to contemplate upon the Higher are called *Bhakti Yoga* and all study and reflection, detachment and meditation, PRACTISED AT THE INTELLECTUAL LEVEL, whereby, again the mind is lifted to the realm of the silent experience of its own Infinitude are called *Jnaana Yoga*. To practise all the three during our life is to discipline all the three layers in us. Thus, the philosophy of total spiritual transformation of the perceiver, the feeler and the thinker, all at once, is the prime contribution that the Geeta has to make to the timeless tradition of the Hindu culture, as available for us in the *Upanishads*.

THEREFORE:

*57. Mentally renouncing all actions in Me, having Me as the Highest Goal, resorting to the YOGA -of-discrimination, ever fix your mind in Me.*