

SUBDUING THE FACULTY OF IMAGINATION AND THE ACTIVITIES OF THE SENSE-ORGANS --- This is the instruction given by Krishna. Single-pointedness is the very potent nature of the mind but the mind gets stunned by its own silence, confused and even mad when it gets dynamised by either the inner forces of its own surging imaginations or the outward pull exerted by the hallucinations of the sense-organs. If these two venues of dissipation are blocked, instantaneously the mind becomes, by its own nature, single-pointed.

Thus, seated on the prepared meditation-seat, and making the mind single-pointed through the process of subduing mental imaginations and controlling the wild activities of the sense-organs, the seeker is encouraged to practise *Yoga*. To keep the single-pointed mind constantly at the steady contemplation of the Ultimate Self is the inner *Yoga* that has been mentioned here.

Naturally, every seeker would desire to know why he should meditate thus. In order to remove all misunderstandings of the meditators that they would thereby directly come face to face with the *Atman*, Krishna here appends to the verse the effects of such meditation. Through steady and regular meditation, the *Shashtra* promises inner purification only. Agitations in the mind are its impurities. A purified mind is that which has no agitations and when the mind has thus become pure and steady, the Consciousness, looking at the steady reflection of Itself, comes to rediscover Its own Real Nature. This