

impression, and afterwards all thoughts arising in the mind irresistibly flow in that prepared channel. Once the direction of the flow in the mind has become fixed, all external activities of that individual become coloured by this characteristic tendency. A mind that constantly meditates on sensuous pleasures carves out for itself a deep sensuous tendency and ere long we discover that the individual is helplessly egged on to act in the external world, as he had tragically planned for himself in his mind.

To give physically a show of morality and ethics, while mentally living a shameless life of low motives and foul sentiments, is the occupation of a man who is not a seeker of spiritual fulfilment, but, as is termed here, a self-deluded hypocrite! Certainly we all know that, even if we can physically discipline ourselves, it is not easy for an average man to control the sensuous tendencies at his mental level.

KRISHNA REALISES THAT AN ORDINARY MAN WOULD NOT KNOW HOW TO SAVE HIMSELF FROM THIS NATURAL INSTINCT AND, THEREFORE, HE PRESCRIBES THE FOLLOWING STANZA:

*7. But, whosoever, controlling the senses by the mind, O Arjuna, engages his organs-of-action in KARMA YOGA, without attachment, he excels.*