

anyone who is indecisive and who is unsteady in his determination and you can immediately observe that the individual's look is definitely unsteady and confusedly wandering.

MOREOVER:

*14. Serene-minded, fearless, firm in the vow of BRAHMACHARYA, having controlled the mind, thinking on Me and balanced, let him sit, having Me as the Supreme Goal.*

When the meditator has thus practised meditation for a certain period of time, as a result of his practice, he comes to experience a larger share of quietude and peace in his mind. This extremely subtle form of inward peace is indicated here by the term "*Prashanta*." This inward silence, a revelling in an atmosphere of extreme joy and contentment --- is the exact situation in which the individual can be trained to express the nobler and the diviner qualities which are inherent in the Divine Self.

A meditator invariably finds it difficult to scale into the higher realms of experience due to sheer psychological fear-complex. As the *Yogin* slowly and steadily gets unwound from his sensuous *vasanas*, he gets released, as it were, from the cruel embrace of his own mental octopus. At this moment of transcendence, the unprepared seeker feels mortally afraid of the thought that he is getting himself dissolved into "NOTHINGNESS." The ego,