

WHAT THEN WILL BE THE LOT OF THOSE WHO HAVE NO SELF-CONTROL?

*36 . YOGA, I think is hard to be attained by one of uncontrolled self; but the self-controlled, striving, can obtain it by (proper) means.*

In the previous stanza extreme emphasis was placed on practice. But what constitutes the spiritual practice (*Abhyasa*) was not indicated, even indirectly, in that verse. A scientific book that leaves missing links, either in its arguments, or in its logic, is no text-book at all. In the stanza under review, Krishna is giving a direct clue to what He means by the term 'practice' (*Abhyasa*).

He declares that the uncontrolled, and therefore, the totally dissipated person, cannot bring into the field of religion the necessary amount of dynamic vigour and vitality to sustain him till he reaches the peak of his Self-rediscovery. It is therefore said: "Yoga IS HARD TO BE ATTAINED BY ONE OF UNCONTROLLED SELF."

An individual who barter himself away to slave among the sense-objects according to the mad dictates of his flesh --- or he who dances to the death-tunes sung by his sensuous mind --- or he who roams about endlessly to fulfil the tyrannical demands of a drunken intellect --- such a one has neither peace of mind nor the strength of