

*The Blessed Lord said: 2. Those who, fixing their mind on Me, worship Me, ever steadfast and endowed with supreme faith, these, in my opinion, are the best in YOGA.*

In this very opening stanza, Krishna points out three conditions that are absolutely necessary in order that devotion unto the Lord may yield its promised dividend. Generally, there is a feeling that the 'Path-of-Devotion' is very easy. It is equally true to say that no chosen 'Path' is difficult for the seeker who has chosen it. 'Paths' are different only because of the vehicles employed; in a boat we can never travel through the grand-trunk road, nor can we sail over the waves in a plane, nor on a cycle dash at 60-miles an hour! There are limitations to each vehicle. But progress is assured to the intelligent and the careful even with any such vehicle. Similarly, for self-development, each type of seeker, according to the vehicle available, chooses either the 'Path-of-Devotion' or the 'Path-of-Action' or the 'Path-of-Knowledge.' To each one of them, his 'Path' is the easiest.

FIXING THEIR THOUGHTS ON ME --- Thought is the content of our subtle body. Both the mind and intellect are nothing but thoughts. It is not sufficient if they leisurely wander around the concept of the Lord, but they have actually to penetrate, delve into, merge, and ultimately dissolve themselves to become the very ideal perfection which the Lord represents. The word that is being used here in the stanza (*Aveshya*) indicates not merely a "THOUGHT CONTACT" but an actual "THOUGHT