

*24. Abandoning without reserve all desires born of SANKALPA, and completely restraining the whole group of senses by the mind from all sides.*

*25. Little by little, let him attain quietude by his intellect, held firm; having made the mind established in the Self, let him not think of anything.*

In the previous section the entire goal of Yoga was indicated as that state "WHEREIN THE MIND, THROUGH THE PRACTICE OF CONCENTRATION, COMES TO GET ITSELF ABSOLUTELY RESTRAINED." Later on, we have been given a glorious word-picture of the state of enjoyment and perfection that one will get introduced into, in this state of meditation. This theoretical exposition has no practical value unless exhaustive instructions are given, as to how a diligent seeker can bring about this total mental poise, consciously, in a deliberate spiritual act of perfect self-control.

In these two brilliant stanzas the subtle art of meditation has been explained. The secrets of how to bring the mind to single-pointedness, and what to do thereafter with that mind in concentration and how to approach the Truth and ultimately realise It in an act of deliberate and conscious becoming --- are all exhaustively indicated in these two significant stanzas.