

says: "OTHERS OFFER SOUND AND OTHER OBJECTS IN THE FIRES OF THE SENSES."

If the former method is a technique of controlling the stimuli at the very gateway of the senses, the latter is a different technique of controlling the same from the inner, and therefore more subtle, level of perception, called the mind.

AFTER THUS EXPLAINING THESE FOUR METHODS, YET ANOTHER TECHNIQUE HAS BEEN PROPOUNDED BY THE LORD IN THE FOLLOWING STANZA:

*27. Others again sacrifice all the functions of the senses and the functions of the breath (vital energy) in the fire of the YOGA of self-restraint, kindled by knowledge.*

ALL THE ACTIVITIES OF THE SENSE-ORGANS (JNANA-INDRIYAS), AND THE ORGANS OF ACTION (PRANA-INDIRYAS) ARE OFFERED INTO THE KNOWLEDGE KINDLED-FIRE OF RIGHT UNDERSTANDING --- Control of the ego by the better understanding of the Divine Reality is called here as the "Yoga-of-Self-restraint" (ATMA-SAMYAMA-YOGA).

The "Path-of-Discrimination" (*Vichara*) lies through a constant attempt at distinguishing between the limited lot of the ego and the divine destinies of the Spirit. Having discriminated thus, to live more and more as the Self, and