

disturbances, is purified in the realm of the diviner thoughts, and when such a mind is perfectly controlled and held steady by an intellect gushing out towards the contemplation of the Self, as explained earlier, (Ibid.-9, 10) the existing mental condition is said to be "occupied in the practice of concentration" (*Yoga-dharanam*).

Every meditator who can make an attempt at forgetting his immediate sensual surroundings, and, surcharged with joy and contentment, can bring his mind under the total control of his discriminative intellect, can mentally chant *OM* with ease and enthusiasm, and observe the rising *OM*-waves in this otherwise silenced mind... is the student fit for the worship of *OM*. The following line in its amplitude of significance clearly brings out the same view-point.

HE WHO DEPARTS, LEAVING THE BODY --- While chanting and contemplating upon the significance of *OM*, the seeker becomes so detached from all his delusory identifications with the false matter-envelopments that the ego is sublimated; this is the true death "LEAVING THE BODY." In his single-pointed, all-out, self-forgetting contemplation upon the significance of *OM* --- as the Substratum on which is played the drama of life and death, projected by the mischievous mind --- the seeker, in Krishna's own words, "ATTAINS THE SUPREME GOAL."