

devotion and strength of yoga, well fixing the entire Prana in the middle of the eye-brows, he reaches Him. 9-10

These are the fit states of the mind and *prāṇa* or life energy, when the yogi finally renounces the body and re-enters *Brahma-nirvāṇam* or the Cosmic Consciousness. Constant practice or *abhyāsa-yoga* is the sure means to achieve this sublime end. The eight-fold glory of the Lord has to be deeply meditated on daily so that the mind and intellect be cast permanently in that divine mould. The eight super-mundane distinctions of Iswara are :—

*Kavi*—the Omniscient. One can discern the presence of intelligence as the background of the functioning of the entire cosmos. The personal intelligence of all beings is derived from this Cosmic Intelligence. Attuning one's personal understanding to this Pure Consciousness is meditation.

*Purāṇa* is the Ancient One. Prior to Him there is nothing. The Original Stuff of everything sentient and insentient is He.

*Anusāsītā* is the Ruler. He designs the structure and carries out the working of the entire cosmos. Everything is included in His regime.

*Aṇorāṇīyān* is the Subtlest of the subtle. There is naught finer than Pure Consciousness. It persists because of Its subtlety.

*Sarvasya Dhātā* is He who is the Support of all. As the ocean is the support of the waves that