

devotee, through constant practice, gains the capacity of engaging itself entirely on the concept of the Lord, to the exclusion of all agitations and undivine thoughts, the entire mind assumes the stature of the Infinite. It is the mind that gives us the hallucination of our egocentric limitations, and again, it is the mind that rediscovers the Infinitude. Bondage and liberation are both for the mind. The Self is ever free; ever liberated; never bound.

*8. Fix your mind on Me only, place your intellect in Me; then, (thereafter) you shall, no doubt, live in Me alone.*

Meditation is not a physical act but it is a subtle art developed by the inner personality in man. Every seeker must be experiencing that what his intellect accepts, his heart does not appreciate; and what his heart craves for, the intellect laughs at. To bring both the head and the heart to the same Enchanting Form of thrilled satisfaction, would be the secret of harnessing the entire inner man to the spiritual effort. The technique of this art is beautifully explained in this stanza.

FIX THY MIND ON ME ALONE --- The mind cannot contemplate on any theme that cannot be conditioned by the senses. Therefore, by meditation upon the enchanting form of the Immortal Flute-player, the human mind can readily be made to rest entirely at the feet of the form. The Lord, being all-pervading, is at once the Divine Grace behind all names and forms. The mind of a devotee cannot