

stands for "the constancy of purpose" with which every individual pursues his field of endeavour chosen for him, with his own "understanding" (*Buddhi*).

The constancy with which one steadily controls one's mind and sense-organs and their activities, through single-pointed attention and faithful concentration upon a given point-of-contemplation, is the *Dhriti* of the *Sattwic* type.

Mind alone can control the organs-of-action (*Karma-Indriyas*) and the organs-of-perception (*Jnana-Indriyas*). To dissuade the organs-of-action and perception from their false pursuits of the ephemeral joys and the consequent dissipations, the mind must have some fixed source to draw its energies and satisfactions from. Without fixing the mind upon something nobler and higher, we cannot detach it from its present pursuits. Therefore, Krishna insists that *Yoga* is unavoidable.

With faithful contemplation upon the Self, the mind gains in steadiness and equipoise, peace and satisfaction, and therefore, it develops a capacity to rule over the sense-organs. But all these achievements are possible only when the inward personality can constantly supply a steady stream of *Dhriti*. Constancy in endeavour and consistency of purpose or "fortitude" that is expressed in any field of activity, becomes *Sattwic Dhriti* when constituted as described above.