

PATH OF MEDITATION IN THE FOLLOWING FEW
APHORISTIC VERSES:

27. Shutting out (all) external contacts and fixing the gaze (as though) between the eye-brows, equalising the outgoing and incoming breath moving within the nostrils,

28. With senses, mind and intellect (ever) controlled, having liberation as his Supreme Goal, free from desire, fear and anger -- the sage is verily liberated for ever.

In these two aphoristic stanzas the Lord has hinted at the summary of the entire following chapter. This is the traditional style in Sanskrit text-books on *Brahma-Vidya*, wherein each section is closed, often indicating the following section.

The above verses give us a complete picture of the Man-of-perfection and his purposeful life at all levels of his existence. Students of *Vedanta* are ever anxious to live the Perfection. They are not dreamers, content with flirting with Utopian idealisms, but they are the most utilitarian, practical men of the world, who want to live a more purposeful, efficient and effective life in this world. Therefore, they are not enamoured of mere ideas, however noble they may be, unless those ideas can actually be lived in life.