

composition which unconsciously creates this lunatic temperament in us is called the unbridled *Sankalpa Shakti*.

We need no help from any great commentators to understand that no achievement, either without or within us, can be gained so long as we have not pursued, arrested, and finally destroyed this dangerous inner saboteur called '*Sankalpa*.'

To show that there is no compromise in this, Bhagawan is using a very positive term that none (*kashchana*) can ever reach any progress on the path of self-redemption without acquiring a capacity to renounce this self-poisoning *Sankalpa*-disturbance.

KARMA YOGA, PRACTISED WITHOUT REGARD TO THE FRUIT OF ACTION FORMS AN EXTERNAL AID (BAHIRANGA SADHANA) TO DHYANA YOGA. THE LORD NOW PROCEEDS TO SHOW HOW KARMA YOGA IS A MEANS TO BETTER AND GREATER MEDITATION.

3. For a MUNI or sage who "wishes to attain to YOGA, " action is said to be the means; for the same sage who has "attained to YOGA, " inaction (quiescence) is said to be the means.

To one who is "DESIRING TO SCALE OVER THE PRACTICE OF MENTAL CONCENTRATION AND