

IS SELF RE-DISCOVERY SO DIFFICULT EQUALLY FOR ALL PEOPLE WHO ARE WALKING THE PATH OF MEDITATION?

*14. I am easily attainable by that ever-steadfast YOGI who constantly remembers Me daily, not thinking of anything else, O Partha.*

To the one who is ever-steadfast in the Life Divine and "REMEMBERS ME," THE SELF, ALWAYS AND DAILY, with a mind unshattered, to him the Self is easily attainable. The statements in the previous stanzas are all again summarised here in a more emphatic and direct language.

PRAYER IS NO INSECTICIDE TO BE SPRAYED NOW AND THEN; NOR SHOULD THE DIVINE ALTAR BE CONSIDERED AS A BATH-ROOM, WHERE ONE ENTERS DIRTY AND WALKS OUT CLEAN! Here Krishna is very careful to insist, with all the strength and emphasis that He can command, that the Divine Consciousness must be maintained by the seeker constantly and continuously "ALL THROUGH THE DAY, DAILY."

To such an individual, "I AM EASILY ATTAINABLE, O ARJUNA." This positive assertion has a very important significance inasmuch as it indicates that the negation of