

none of the stimuli such as sound, form, touch, taste or smell to infiltrate through their respective gateways of ears, eyes, skin, tongue and the nose. When thus a complete wall-of-understanding has been built around the mind, protecting it from any onslaught from the outer world, the mind can, of its own accord, either dance in some REMEMBERED joy, or sob in grief at some EXPECTED sorrow --- because of its likes and dislikes, loves and hates. Therefore, these instinctive impulses of the mind are also to be controlled.

To summarise, a meditator is one who has: (1) an intellect purified of all its extrovert desires; (2) a mind, together with the sense-organs, brought well under the control of this intellect, so purified; (3) the sense-organs no more contacting the sense-objects; and (4) a mind that has given up its ideas of likes and dislikes. It is this individual who becomes a successful meditator.

AGAIN:

*52. Dwelling in solitude; eating but little; speech, body and mind subdued; always engaged in meditation and concentration; taking refuge in dispassion;*

DWELLING IN SOLITUDE (*Vivikta-Sevee*) --- A seeker who has developed all the above-mentioned physical, mental and intellectual adjustments, must now seek a sequestered spot of loneliness. This does not mean that he