

Kaivalya. There may be regard and energy for other things but they do not bring about yoga or a state of Isolation.

(3) Smṛti = Memory or repeated recollection is the principal item in devotional practice. Its technical name is Smṛti-Sādhana. It consists in recalling the feeling experienced at the time of contemplating a subject and in feeling that it is being remembered and will be remembered. When this is done, memory gets fixed, which is the only means of getting into the habitual state of one-pointedness of mind. When the memory becomes constant, then one-pointedness is secured.

God and the various principles are the objects of contemplation. Smṛti is to be practised on them. The method of Smṛti-Sādhana relating to God is as follows:—

First, try to remember the co-relation between the token name used for God and God Himself. When the utterance either mentally or loudly of the token name (which is OM and called Pranava) brings to mind the conception of a God who is always emancipated, then will the memory of co-relation be properly fixed. Then imagine that such a God is residing within your heart or mind and go on repeating the token name, simultaneously remembering that you are repeating the name with a recollection of God and that you will continue to remember it. In the preliminary stage remembrance of God by the token name might be replaced by a more descriptive, wordy Mantra.

Similarly, when practising contemplation on the various Tattvas or principles, *i.e.* Bhūta-tattva, Tanmātra-tattva, Indriya-tattva, Ahaṁkāra-tattva and Buddhi-tattva (respectively the principles of gross elements, subtle monads, sense organs, the Dynamic Ego and the pure 'I-feeling') their peculiar features should be envisaged and recollected for purposes of Smṛti-Sādhana. The highest practice relates to constant remembrance of the discrimination between the Puruṣa and Prakṛti, the pure consciousness and the Knowable. In this process, the thoughts should be kept before the mind as it were, *i.e.* your thought process should always be the subject of your scrutiny and no foreign idea, *i.e.* nothing other than that which is being thought of, should be allowed to crop up therein, and you should go