

12. *There, having made the mind one-pointed, with the actions of the mind and the senses controlled, let him, seated on the seat, practise YOGA, for the purification of the self.*

However scientifically prepared it might be, to sit in an appropriate *Asana* (seat) is not, in itself, *Yoga*. The appropriate physical condition is conducive to generating the right mental attitude for the spiritual practices, but a mere physical posture cannot in itself, guarantee any spiritual self-development.

In this verse, Krishna is giving what the seeker should practise in his seat of meditation. Having made the body steadfast in posture, how one should employ his mind and intellect in the process of divine contemplation and meditation is the theme being discussed here. The first instruction given is that "YOU SHOULD MAKE THE MIND SINGLE-POINTED." This instruction cannot be worked out by a seeker unless he knows how he can bring about this necessary inward condition in himself. It is very cheap and easy for a *Rishi* to advise the members of the confused generation to make their minds integrated.

Such an advice, when not sufficiently supported by practical details, becomes a mere high-sounding philosophy and not a useful guidance for the seekers. The Geeta, being a text-book which translates philosophy into life in its typical spirit, here the stanza immediately explains how we can bring the mind to an ideal single-pointedness.