

*68. Therefore, O Mighty-armed, his knowledge is steady whose senses are completely restrained from sense-objects.*

It is natural, in conversation, that we do not directly give our wise conclusions upon "the do's and dont's" of life, without giving the logic of our thoughts leading to our conclusions. Without preparing our friend's mind to perceive the logic of these conclusions, we dare not declare to him any truth, however divinely acceptable the declarations are. Arjuna has been told earlier all the necessary arguments, and here in the stanza, Krishna re-asserts the same proposition: "Life in self-control alone is life worth living, if we demand from it anything more than tears, sobs, sighs and groans."

He alone is a man of Wisdom, rooted in joy and bliss, who has completely restrained all his senses from their wild roamings among their sense-objects.

"BY DESTROYING THE SENSE ORGANS ROAMING IN THE SENSE-OBJECTS," it does not mean that a man of Self-development should destroy his capacities for perception of the world outside; nor does it mean that he is one who has been rendered incapable of enjoying life. Sense-debility is no sign of better-knowledge. It is only meant here that the sense-objects filtering through the five archways of knowledge will not, in a Perfect man, flood his mind to bring chaos and destruction of his established inner peace and tranquillity.