

A little scrutiny will enable us to realise that in defining *Yoga* thus, Sri Krishna has not introduced any new ideology into the stock of knowledge that was the traditional wealth of the Hindu scriptures. Till then, *Yoga* was emphasized from the standpoint of its goal, rather than from the exploration of its means. This over-emphasis of the goal had frightened the faithful followers away from its salutary blessings. And the technique of *Yoga* had sunk to become a mysterious and a very secret practice meant only for a few.

This *Yoga* is to be practised, insists Krishna, with "AN EAGER AND DECISIVE MIND." To practise with firm resolve and an undespairing heart is the simple secret for the highest success in the practice of meditation, as the "*Yoga with the Truth*" is gained through a total successful "*Viyoga* from the false."

If we feel uncomfortably warm by being very near the fire-place we have only to move away from it to reach the cool and comforting atmosphere. Similarly, if, to live among the finite objects and live its limited joys is sorrow, then

to get away from them is to enter into the Realm of Bliss which is the Self. This is "*Yoga*."

FURTHER INSTRUCTIONS REGARDING YOGA ARE NOW CONTINUED AFTER THE ABOVE SHORT DIGRESSION. MOREOVER: