

contemplate upon the Self, the Infinite, Lord Krishna wants the seeker to renounce all his "ANXIETIES TO REALISE." Even a desire to realise is a disturbing thought that can obstruct the final achievement.

I SHALL RELEASE YOU FROM ALL SINS --- That which brings about agitations in the bosom and thereby causes dissipation of the energies is called "sin." The actions themselves can cause subtle exhaustions of the human power, as no action can be undertaken without bringing our mind and intellect into it. In short, the mind and intellect will always have to come and control every action. Actions thus leave their "foot prints," as it were, upon the mental stuff, and these marks which channelise the thought-flow and shape the psychological personality, when our mind has gone through its experiences, are called *vasanas*.

Good *vasanas* bring forth a steady stream of good thoughts as efficiently as bad *vasanas* erupt bad thoughts. As long as thoughts are flowing, the mind survives --- whether good or bad. To erase all *vasanas* completely is to stop all thoughts i. e. the total cessation of thought-flow viz. "mind." Transcending the mind-intellect-equipment is to reach the plane of Pure Consciousness, the Krishna-Reality.

As a seeker renounces more and more of his identifications with his outer envelopments through a process of steady contemplation and meditation upon the