

12. Having closed all the gates, having confined the mind in the heart, having fixed the life-breath in the "head, " engaged in the practice of concentration,

13. Uttering the one-syllabled 'OM' --- the (symbol of) BRAHMAN --- and remembering Me, he who departs, leaving the body, attains the Supreme Goal.

The practice of concentration can most effectively be undertaken and efficiently continued only when three necessary conditions are fulfilled by the meditator. These are narrated here in the verses in the sequence they have to be practised.

CONTROLLING ALL THE SENSES --- Each sense-organ is an aperture in the physical body. The porous skin, the ear, the nose, the eyes, and the taste-buds are the five main gates through which the external stimuli reach the mental zone to agitate it. To shut these five doors through discrimination and detachment is the first process, before the meditator can ever hope to enter the field of meditation. These are the five inlets through which not only the external world storms in and agitates the mind, but our mind also runs out to wander among its sensuous ditches. When once these tunnels-of-disturbance are blockaded, the new flow of disturbances is shut out.

CONFINING THE MIND IN THE HEART --- Even though the mind is not now directly open for any onslaught by fresh contingents of sense stimuli, it is