

Here we are told how to get detached from the wrong tendencies in life, and how, to that extent, we attain serenity and composure. Detachment from matter-hallucinations itself is the rediscovery of the spiritual beauty. The following few stanzas make a beautiful section of this chapter which refreshingly reminds us of the various descriptions of a Man-of-Perfection that were given earlier, throughout the Lord's Song. When we thus get purified, meaning, when the intellect becomes free from its attachments, and the mind and body come well under the control of the intellect, then alone are we fit for the "Path-of-Meditation," which is the process of accomplishing and fulfilling renunciation of the lower, base, ego-sense.

It is not possible to renounce all attachments completely, unless one experiences the Truth, and thereby becomes the Infinite Self. Our attempt now is to reduce our attachments to the irreducible minimum, leaving but the thinnest film of 'ignorance' veiling the Supreme. Krishna says here, "LEARN THAT FROM ME IN BRIEF, O, son of Kunti, how to remove this last lingering film of 'ignorance' and thereby get permanently established in that Supreme God-consciousness, which is the Self."

THE TECHNIQUE-OF-MEDITATION IS BEING DESCRIBED NOW; THIS AND THE FOLLOWING TWO STANZAS EXPLAIN WHAT SHOULD BE THE CONDITION OF THE EQUIPMENTS OF PERCEPTION,