

the intellect, the mind, the seeker and the sought are all in fact nothing other than the One Self. The waves, the ripples, the foam are all nothing but the ocean. The dreamer, the dreamt, and the dream are all nothing but the waker's own mind. In this sense, in our scriptural lore, we often find the term "*Atman*" used to indicate even our outer-personalities brought about by our identifications with the matter-envelopments in us.

This 'path' of quietening the mind, steadying the intellect and with an integrated mind-and-intellect, contemplating steadily upon the transcendental Self, is not a 'path' that is available to all, as it calls forth certain mental and intellectual perfections which are not commonly seen in everyone. Those who have these qualifications are considered as the highest type of aspirants. The seekers of the best type --- who have developed in themselves a sufficient detachment (*vairagya*) from the sense objects, and a ready discrimination (*viveka*) to distinguish the permanent from the impermanent --- alone can steadily walk this Highest 'path'.

OTHERS BY THE 'PATH' OF SANKHYA YOGA --- In the case of those who have not the required amount of steadiness in mind and intellect --- not because of any lack of aspiration but for want of right understanding of the Goal (*viveka*) --- their sense of detachment (*vairagya*) waxes and wanes. Naturally, sometimes they are good at meditation, and at other times, they experience a tremendous amount of restlessness and agitation. For such