

IF YOU ARE UNABLE TO FIX YOUR THOUGHTS STEADILY ON ME --- Then the only practical method would be to pursue the *Yoga-of-constant-practice* (*Abhyasa-Yoga*). This *Yoga-of-practice* was earlier described (in VI-26) as: "Wherever the mind wanders, restless, from there let him subdue it and bring it under the sway of the Self alone."

In short, whenever a meditator tries to meditate by fixing his mind upon a chosen point-of-concentration, the fickle mind will always try to run wild into dissimilar thought-channels. The advice here is to gather all the rays of the mind, whenever they wander away from their main point-of-concentration, and focus them all again and again on

the Divine Form.

Every meditator must admit that the mind steadily fails to balance on, for any length of time, totally engaging itself with the theme of its contemplation. That the mind runs away into a wild wool-gathering is not in itself such a tragedy as that when the meditator himself gets abducted by the mind and unconsciously follows it into the fields of ready distractions. The *Yogeshwara* (Krishna) is only advising us not to get enticed away by the mind from our divine pursuit.

In order to gather the dissipated and riotous mental rays and to focus them at the point-of-concentration, the meditator must develop a capacity to stand by himself,