

eliminating the ego-centric attitude in all our perceptions, in all our relationships with the world-of-objects, is what is advised here.

EVER ENGAGED IN MEDITATION --- Controlling the actions and perceptions of the mind is not possible as long as the mind is constantly flowing out through the sense-organs towards the sense-objects. Seeking sense-gratifications, the mind is in a constant state of agitation. To quieten such a mind, it is necessary that we must give it some "point-of-contemplation" wherein, as it engages itself more and more, it shall discover consummate happiness and get sufficiently disengaged from everything else. Diverting the mind from the world of sense-objects and maintaining it in a steady flow towards contemplation of the Lord in an utter attitude of identification, is called MEDITATION. To be steadily in a state of such an all-consuming dedication unto a nobler and higher ideal is the method of cooling down the mind's boiling lust for sense-enjoyments.

POSSESSED OF DISPASSION --- Dispassion is *Vairaagya*. It is not a mere self-denial of any object of enchantment, but it is a state when the mind rebounds upon itself from the objects as a result of its discovery that the objects contain no glow of happiness. The essence of dispassion is not in our running away from the object; from a truly dis-

passionate man, the objects run away in inexplicable despair.