

us, we cannot help thinking of it as part of our intellect, ego, etc.

Therefore, to think of God as an outside object, we have to think of Him as endowed with colour, etc. The beginners in Yoga system adopt this method.

Intellect, Ego, etc. are realised as part of oneself, because we cannot ascertain or realise somebody else's intellect or ego. If, therefore, God has to be thought of as part of oneself He has to be thought of as 'I am He'. This method is supported by the Śāstras.

In practice, the process of Īśvara Praṇidhāna has to be carried out inside the heart.

The region inside the breast where the feeling of pleasure arises when there is love or happiness, and the feeling of sadness arises when there is unhappiness or fear, is called the heart. As a matter of fact, the location of the heart has to be determined by following the feeling. It cannot be located by analysing the nerves, blood, sinews, etc. There is reflex action of the mental feeling of attachment, etc. and we feel that in the heart, but where the mental action takes place we cannot locate. That is why it is easier to get to the knower by meditation on the region of the heart. That region is the centre of the 'I-feeling'. The brain is no doubt the centre of mental actions but if mental fluctuations are stopped for a time, it can be felt that the 'I-sense' is going down to the heart. When by meditation on the region of the heart, the subtle 'I-feeling' is realised and it is pursued upward into the brain, then can the subtlest centre of 'I' be located then the heart and the brain become one and the same.

Beginners who find it easier to do Īśvara-Praṇidhāna with a God having a figure should imagine a luminous figure of God inside their hearts. As a liberated person is calm in mind and is blissful in face on account of his highest attainment, so should the contemplated holy figure in one's heart be imagined to be and it should be contemplated that one is fully associated with that figure. In repeating the mystic syllable OM, one should think oneself to be within the emblem—calm, carefree and felicitous.