

implications of our practices is greater in importance than the very external *Yogic* acts, or 'devotional performances.'

MEDITATION IS SUPERIOR TO KNOWLEDGE --- More important than mere KNOWLEDGE is meditation upon the very 'knowledge' so gathered. The technical explanation --- of the why and the wherefore of religious practices --- can be more easily learnt than understood. To convert our learning into our understanding, there must be necessarily a process of intellectual assimilation and absorption. This cannot be accomplished by a mere factual learning of the word-meanings. The students will have to understand, in a hearty enthusiasm, the very meaning of the *Shastra*, and this is possible only through long, subjective, independent ponderings over the significant terms in the *Shastra*-declarations. The process of inward assimilation of knowledge can take place only through meditation. Hence, in the hierarchy of importance, "meditation" has been give a greater place than the "KNOWLEDGE OF THE TECHNIQUE."

BETTER THAN MEDITATION IS THE ABANDONMENT OF FRUITS-OF-ACTION --- Meditation is an attempt of the intellect to fly from the fields of its present knowledge to a yonder destination of a better understanding. In this flight to a vaster field, the intellect must have the necessary energy and equipoise. Meditation can never be possible for an individual in whom all energies and steadiness of mind are shattered by the agitations created by his own ruinous imaginations of the