

# Ishvarapranidhana:

Many texts explain these:

When we falter either:

1. Internally
2. Externally

How to Practice Kriya Yoga in light of above..

- *Bhagvad Gita Chapter 2nd Verse 54* gives description or *Vivarana* of the same.. “Who is enlightened?” (Also by *Shankaracharya*)
- Arjuna asks the same question little differently : ( *Bhagvad Gita 2nd Chapter 4th Verse*) He asks – “How an enlightened person should :
  1. Act
  2. Seat
  3. Talk
  4. Move