

gain different results. This is not accidental. The people who do *Tapas* (*Tapaswins*) are of different temperaments: the 'good' (*Sattwic*), the 'passionate' (*Rajasic*) and the 'dull' (*Tamasic*). According to their governing temperaments they act differently, with different tempo and with different emphasis, so that they come to reap diverse results from the different types of *tapas* performed by them.

IN THE FOLLOWING STANZAS, THE THREE TYPES OF 'TAPASWINS' AND THE NATURE OF THEIR *TAPAS* ARE INDICATED:

*17. This three-fold austerity, practised by steadfast men, with the utmost faith, desiring no fruit, they call 'SATTWIC.'*

When men practise austerities of body, speech and mind, steadily "with no clinging attachment to, or anxiety for, the fruits thereof," their *tapas* falls under the type: the *Sattwic*. The "good" are those integrated men who refuse to worry about the future, because they know that, in the harmony in nature, the "future is the resultant of the total past modified by the present. Since the perfection and efficiency of the PRESENT activities determine and command the FUTURE results, it is certainly un-intelligent to worry over the FUTURE and spoil the very quality of the PRESENT activities. Thus the "good," desiring no fruit, but all the same practising, with great