

Shankara explains this as "NOT TO SPEAK OR MOVE HANDS AND LEGS IN VAIN." This is an extension of the meaning of this term, and implies the promptitude and economy of all physical energy in any efficient activity. Unnecessarily exhausting the muscles with indecisive movements and thoughtless exertions are signs of weakness in the personality. Such individuals are extremely imaginative and miserably weak in their intellectual calibre and emotional vitality. To avoid such movements, therefore, is to cure many simple weaknesses at the various facets of any given personality.

MOREOVER, CONTINUING THE LIST OF DIVINE QUALITIES:

*3. Vigour, forgiveness, fortitude, purity, absence of hatred, absence of pride --- these belong to the one born for the Divine Estate, O Bharata.*

VIGOUR --- BRILLIANT GLOW (*Tejas*) --- This is not a mere physical glow of complexion produced by good food and ample rest. Nor is it just an exterior beauty arising out of careful tending of the physical structure and planned nourishing of the pads of flesh around the sage. The glow of spirituality is not literally a painted halo around him, glimmering as a ring-of-fire. The brilliance of his intellect, the twinkling joy in his eyes, the thrilling fragrance of peace around, the serene poise in his activities, the dalliance of his love for all, the light of joy that ever shines