

of the whip. Similarly, when a mind is trained in these two aspects: (a) to live in self-control, and (b) to move among the sense-objects, with neither an attachment for, nor an aversion to them, the disturbances and agitations in the mind caused by the sense-enchancements are all immediately brought under control. This condition of the mind is called tranquillity or peace (*Prasada*).

This is symbolically represented in the sweet-distribution after every *Puja* in all religions, and is called among the Hindus as *Prasada* (or *Bhog*), meaning that, one who has, during the ritual, practised perfect self-control and God-contemplation, comes to enjoy, as a result of his action, a tranquillity in the mind which is termed as Spiritual Grace, or Divine Peace (*Ishwara Prasada*).

Here, as far as a *Vedantin* is concerned, *Prasada* is mental purification. That mind is considered as pure, which feels in itself the least sense-disturbances. One who has learnt to live in self-control and has trained himself to live among the sense-objects in a spirit of the least attachment to, or aversion for them, has the least disturbance, because of the ineffectiveness of the sense-objects upon him. Thereby, his mind automatically becomes more and more calm and tranquil, and is considered as pure (*Prasada*) for purposes of the spiritual life.

WHAT WILL HAPPEN WHEN PEACE IS ATTAINED?
LISTEN: