

mongering, and the soft, fleshy tongue can often become more devastating than the most destructive missile. A seeker who is trying to reach a fuller and more exhaustive self-expression should develop such an inward harmony that his speech should echo the fragrance of his soul. A speech with softness of tone, clarity of expression, honesty of conviction, power of bringing a clear picture in the listener's mind with no veiled meaning, overflowing with sincerity, devotion and love, becomes the very quality of the autobiography of the speaker's personality. To develop, therefore, a habit of such speech would be unconsciously training many aspects in ourselves which are all necessary for the perfect disciplining of the inner equipments.

COMPASSION (TENDERNESS) TOWARDS BEINGS --- In the society in general, it is not reasonable for a seeker to expect that all will keep up to the ideal that he himself entertains. There will be imperfections around. But to recognise, in and through those imperfections, the Infinite beauty of life expressed, is the secret of enduring tenderness in all Saints and Sages. Love alone can discover an infinite amount of tenderness in us. Unless we train ourselves to see the beauty of life pulsating through even wretched hearts and ugly characters, we will fail to bring forth tenderness to sweeten life within and without.

NON-COVETOUSNESS (*Aloluptvam*) --- In the subjective life, to live "without covetousness" means controlling our sense-organs from extreme indulgence in