

control our sense excesses. Without *dama* and *daana* the pilgrimage to Truth is merely a dream.

In the *Vedic* period, SACRIFICE (*Yajna*) was the day-to-day devotional ritualism that the average man of spiritual seeking diligently practised. Without this regular prayer-cum-*puja* --- which is the substitute for *Yajna* available for us --- control of the sense-organs will be impossible, and without this control, the spirit of charity cannot come. In the absence of both *daana* and *dama*, spiritual experience of the Self, recognition of the Divine within us, is impossible. It is interesting to note that each subsequent term in this list is logically connected with the one indicated immediately before.

STUDY OF THE SCRIPTURES (*Swaadhyaaya*) --- Traditionally, this term indicates regular study of the scriptures. Study of scriptural literature daily, in measured quantities, will provide the necessary inspiration to live the divine life in our day-to-day existence. But, scriptural study is indicated here by a very significant term, which in Sanskrit suggests that the study of the scriptures should not be merely an intellectual appreciation, but as the student reads the text-books, he must be able, simultaneously, to observe, analyse and realise the truth of what he is studying within his own life. Regular studies, coupled with regular practice (*Yajna*), will give us the courage to live in self-control of the sense-organs, which in its turn will supply us with steadiness in meditation for realising the Highest.