

*5. Let a man lift himself by his own Self alone, and let him not lower himself; for, this Self alone is the friend of oneself, and this Self is the enemy of oneself.*

As a complete *Shastra*, the Geeta has to be faithful to Truth and Truth alone, irrespective of what the tradition of the country, at a given period, might have made the faithful ones believe. It is not very unhealthy to believe that Grace from an external source is constantly helping a true seeker striving on his path --- but this is really healthy only when this thought is correspondingly complemented with sufficiently intense self-effort. "MAN SHOULD UPLIFT HIMSELF BY HIMSELF," is an open statement declared by no less a person than Lord Krishna Himself --- not cooed in a playful mood in the company of the *gopis* on the Jamuna-banks at a hilarious hour of laughter and play, but roared to Arjuna on the battlefield at a serious moment of His life's fulfilment as an *Avatara*. Man, if he wants to exalt himself into the greater cultural and spiritual possibilities now lying dormant in him, has to raise the lower in himself to the greater perfection that is the true and eternal core in himself.

Everyone has in himself a picture of the ideal. This intellectual conception of ourselves is always very vivid in each one of us. But unfortunately, this ideal remains only in the realm of thought and is not lived in the world of activity. Intellectually we may have a clear and vivid picture of what we should be, but mentally and physically