

form, colour, taste and qualities of the 'tomato' in the thought-world of the listener, to that extent the listener also can experience mentally what the speaker is speaking about. Thus, ordinarily, language is full of such sound-symbols to indicate experiences and to communicate thoughts.

If ordinary word-symbol indicate only the finite, the *Rishis* thought that they must conceive a word-symbol to indicate the Eternal. Thus, they discovered the one-syllabled word 'OM,' which is the greatest *mantra* in all the *Vedas* and traditionally, upto recent times, this has been, in the spiritual world, the one sound idol used as a prop (*Alambanam*) for all early meditators.

OF SACRIFICES I AM THE *JAPA* --- This universal spiritual exercise, *Japa*, is a technique by which the '*Japist*' tries to maintain a constant stream of the same divine thoughts in his mind. All other sacrifices --- be they on the "Path-of-Devotion" or on the "Path-of-Action," or on the "Path-of-Knowledge" --- are ritualistic, or meditative attempts, for a given period of time, to restrain the mind in one channel of deliberate thought. As such, in one form or the other, "thought repetition" of the same species is the attempt in all *Sadhanas*. No doubt, *Japa* is a path in itself, having an independent existence of its own; but, at the same time in one form or the other, it is the core of all the "paths."