

of Self-realisation --- are all truths declared by the *Upanishads*.

NOW THERE ARE SEVERAL 'PATHS' TO SELF KNOWLEDGE AND THEY ARE MENTIONED HERE AS FOLLOWS:

*25. Some, by meditation, behold the Self in the Self by the Self; others by the "YOGA -of-Knowledge" (by SANKHYA YOGA) ; and others by KARMA YOGA.*

This realisation of the Self in its pure nature, undressed of all its matter envelopments, is the final goal of spiritual seeking and there are more 'paths' than one, prescribed for this Divine Achievement. Integration of a human personality must start from the point where an individual finds himself to be at present. No education can be successful unless the students are given graded lessons.

A totally disintegrated individual must also be given a 'path' which he can easily follow with his restless equipment. Spiritual unfoldment cannot take place merely because of an intellectual appreciation of the theory of Perfection. Evolution actually takes place only when a corresponding change in the very subjective life is accomplished. Therefore, an active, intelligent and enthusiastic participation of the seeker in controlling, directing, and re-educating his thought-life is necessary ---