

are whipped up. Thus, in the first stage of his evolution, desire-prompted activity takes man out of his mental and intellectual inertia to vigorous activity.

In the second stage of his growth, he becomes tired of the desire-motivated activities, and feels energetic when advised to spend at least a few hours in a noble field, with a spirit of dedication and service. Such activities are generally undertaken in the service of others, where the individual works with the least ego. The secret of working in this spirit of self-dedication has been already described in an earlier chapter. When an individual in this second stage of self-development works with his ego subdued, in a spirit of devotion and dedication, he comes to exhaust his *vasanas*. Thus unloaded, his mind and intellect develop the wings of meditation and become capable of taking longer flights into the subtle realms of joy and peace.

The third stage of development is accomplished through meditation, which will be discussed in Chapter VI. To summarise, we may say that the spiritual processes of self-evolution fall into three stages: (a) desire-prompted activity, (b) self-less dedicated activity and (c) quiet meditation. Of these, the first has already been described in the earlier two chapters. The technique of meditation will be described in the following chapter. Naturally therefore, in this chapter, we are having a discussion on how we can renounce the ego-motivated activities and learn to take to selfless, dedicated activities.