

colour as it gets rotten. The putrid food produces foul odour. Old food becomes stale. The spoilt food becomes tasteless. The food already tasted by somebody is unfit to be taken by another. The remnants left over in plate by one individual are unfit to be served to another. People with a *Tamasika* disposition are heedless to all these restrictions. They help themselves to any impure and rotten food without the least hesitation. Their attainments are indicated by the sort of food they take and the manner in which they partake of it.

The way in which adoration is made to the Almighty is another indicator of the spiritual attainments of people. It is being elaborated as follows:—

The Three Types of Worship — 11-13

अफलाकाङ्क्षिभिर्यज्ञो विधिदृष्टो य इज्यते ।

यष्टव्यमेवेति मनः समाधाय स सात्त्विकः ॥ ११

अ-फल-आ-काङ्क्षिभिः यज्ञः विधि-दृष्टः यः (यज्ञ) इज्-य-ते ।

यष्टव्यम् (यज्ञ-तव्यम्) एव इति मनः सम्-आ-धा-य सः सात्त्विकः ॥

aphalākāṅkṣibhir yajño vidhidr̥ṣṭo ya ijyate ।

yaṣṭavyam eve 'ti manaḥ samādhāya sa sāttvikaḥ ॥

अफल आकाङ्क्षिभिः *aphala ākāṅkṣibhiḥ* by men desiring no fruit यज्ञः *yajñaḥ* sacrifice विधिदृष्टः *vidhi dr̥ṣṭaḥ* as enjoined by the ordinance यः *yaḥ* which इज्यते *ijyate* is offered यष्टव्यम् *yaṣṭavyam* ought to be offered एव *eva* only इति *iti* thus मनः *manaḥ* the mind समाधाय *samādhāya* having fixed सः *saḥ* that सात्त्विकः *sāttvikaḥ* Sattvika

That Yajna is Sattvika which is performed by men desiring no fruit, as enjoined by ordinance, with their mind fixed on the Yajna only, for its own sake.