

development and an expansion in love which makes him share whatever he has with the have-nots.

Apart from the above-mentioned two, when rituals are conducted without *mantra* or without distribution of reward for the educated (*Dakshina*), those sacrifices are classified as *Tamasic*.

IN ORDER TO CLASSIFY THE THREE TYPES OF TAPAS, PURSUED BY THE DIFFERENT TYPES OF PEOPLE, HERE WE HAVE THREE CONSECUTIVE STANZAS DEFINING AND EXPLAINING WHAT TAPAS REALLY MEANS:

*14. Worship of the gods, the twice-born, the teachers and the 'wise' ; purity, straight-forwardness, celibacy, and non-injury; these are called the "austerity of the body. "*

WORSHIP OF THE DEVAS, THE TWICE-BORN, THE GURU, AND THE WISE --- To maintain an attitude of attunement with a Higher-ideal, whereby the meditator develops in himself the qualities of the meditated, is called 'worship.' All cultural development, moral growth and ethical unfoldment can be accomplished only through these processes implied in 'worship.' It is almost like "the touch method" of magnetisation. One who is trying to come away from one's inner personality-encumbrances must necessarily have an attitude of devotion and reverence towards the ideals represented in the *Deva*, the