

lifted up, they try to stand on one leg only, hoping to acquire mystic powers thereby. They keep gazing at the sun constantly unmindful of the harm done to the eyes. Their attempts are as much painful to the beholders as to the performers themselves. The Lord residing in the heart as conscience is denied by these demoniac people. He who is beyond happiness and misery seems to be subjected to misery at the hands of these crude people. Their so-called self-culture is in no way in tune with the path followed by the holy men. It runs counter to the teachings of the scriptures. They seem to be endowed with *sraddhā*, but actually their practices are derogatory.

What are the other practices by which the attainments of men may be sorted out? The answer comes :—

आहारस्त्वपि सर्वस्य त्रिविधो भवति प्रियः ।

यज्ञस्तपस्तथा दानं तेषां भेदमिमं शृणु ॥ ७

आ-हारः तु अपि सर्वस्य त्रि-विधः भवति प्रियः ।

यज्ञः तपः तथा दानम् तेषाम् भेदम् इमम् शृणु ॥

*āhāras tv api sarvasya trividho bhavati priyaḥ ।*

*yajñas tapas tathā dānam teṣāṁ bhedaṁ imaṁ śṛṇu ॥*

आहारः *āhāraḥ* food तु *tu* indeed अपि *api* also सर्वस्य *sarvasya* of all त्रिविधः *trividhaḥ* threefold भवति *bhavati* is प्रियः *priyaḥ* dear यज्ञः *yajñaḥ* sacrifice तपः *tapas* austerity तथा *tathā* also दानम् *dānam* alms-giving तेषाम् *teṣāṁ* their भेदम् *bhedaṁ* distinction इमम् *imaṁ* this शृणु *śṛṇu* hear

The food also that is dear to all is of three kinds. So are the Yajnas, austerities and gifts. Hear now of the distinction of these.