

are fruit-bearing in their nature But the *Sāttvika Tyāgi* is not concerned with the fruit, he does his duty to the best of his ability though he is unattached to it He does not renounce karma, he only renounces the agency Calmness and purity are born of this frame of mind.

The in-patient in the hospital has no intention to be there permanently, neither does he want to be treated all through his life. Still he willingly undergoes treatment with an attitude of detachment. Such a man as he is the one who truly renounces ailment The *Sāttvika Tyāgi* renounces the fruit of his action after the fashion of a sensible patient who seeks to get rid of his disease

The patient, however, abhors his disease The *Sāttvika Tyāgi* is devoted to his obligatory duty. Breathing is the obligatory duty of all living beings The yogi resorts to *prāṇāyāma* or the scientific way of breathing which yields great benefits Still, the yogi does not do this great act with any attachment, he does it as disinterestedly as the others do their normal breathing He is verily a healthy man who is free from body-consciousness while being in the body He is verily a yogi who is free from the sense of agency while engaging himself in work intensively Adoring the Lord, serving the society, meditating on the Supreme — all these spiritual activities go on vehemently But the *sadhaka* is not conscious that he is the doer of these benign duties He is steadily fixed in *atma bodha* His renunciation verily is *Sāttvika Tyāga*