

regular study of the Vedas,—these are said to form the austerity of speech.

[Speech to be an austerity must form an invariable combination of all the four attributes mentioned in the sloka; if it lacks in one or other of them, it will no longer be an austerity of speech.]

मनःप्रसादः सौम्यत्वं मौनमात्मविनिग्रहः ॥

भावसंशुद्धिरित्येतत्तपो मानसमुच्यते ॥१६॥

XVII. 16.

मनःप्रसादः, Serenity of mind सौम्यत्वं kindliness मौनं silence आत्मविनिग्रहः self-control भावसंशुद्धिः honesty of motive इति एतत् this मानसं mental तपः the austerity उच्यते is called.

Serenity of mind, kindliness, silence, self-control, honesty of motive,—this is called the mental austerity.

[*Silence—Mounam*—is the result of the control of thought so far as it concerns speech. Or it may mean, the condition of the Muni, i. e., practice of meditation.]

श्रद्धया परया तप्तं तपस्तत्रिविधं नरैः ॥

अफलाकांक्षिभिर्युक्तैः सात्त्विकं परिचक्षते ॥१७॥

XVII. 17.

अफलाकांक्षिभिः Desiring no fruit युक्तैः by steadfast नरैः (by) men परया with great श्रद्धया (with) Shraddhâ तप्तं practised तत् that त्रिविधं threefold तपः austerity सात्त्विकं Sâtvic परिचक्षते is said (to be).

This threefold austerity practised by steadfast men, with great Shraddhâ, desiring no fruit, is said to be Sâtvic.

[*Steadfast*—unaffected in success and failure.]