

## The Threefold Austerity — 14-19

देवद्विजगुरुप्राज्ञपूजनं शौचमार्जवम् ।

ब्रह्मचर्यमहिंसा च शरीरं तप उच्यते ॥ १४

देव-द्वि-ज गुरु-प्राज्ञ पूजनम् शौचम् अर्जवम् ।

ब्रह्मचर्यम् अ-हिंसा च शरीरम् तपः (ब्रू)उच्य-यते ॥

*deva dvija guru prājña pūjanam saucam ārjavam ।*

*brahmacaryam ahimsā ca sārīram tapa ucyate ॥*

देवद्विजगुरुप्राज्ञपूजनम् *deva dvija guru prājña pūjanam* worship of the Gods, the twice-born, the teachers and the wise शौचम् *saucam* purity अर्जवम् *ārjavam* straightforwardness ब्रह्मचर्यम् *brahmacaryam* celibacy अहिंसा *ahimsā* non-injury च *ca* and शरीरम् *sārīram* of the body तपः *tapah* austerity उच्यते *ucyate* is called

Worship of the Gods, of the twice-born, of teachers and of the wise; purity, uprightness, continence and non-injury — these are said to be the austerity of the body. 14

*Tapah* means to melt. Useful metals are extracted by melting ores. Old and scrap metals are renewed by the same process of melting. The life of man can similarly be renewed and rejuvenated by *tapas* or austerity. It is a boon with which man is endowed so that he may reform and re-create himself into a higher order of existence. Blessed is that man who applies himself to this spiritual means so that he may emerge from manhood into godhood. Man is constituted of the body, the speech and the mind. When these three components are modified by *tapas*, man automatically changes for the better. The process of transformation is presented herein.