

energies that are so economised and conserved are thereafter directed and employed in cultivating creative fields. This scheme --- of discovering precious new energies, conserving them intelligently, and directing them into more profitable fields of spiritual enquiry --- is called *Tapas*, self-control. Conservation of energy, and redirection of the same to fertilise fresh fields of cultivation within one's own bosom are all meant herein, and the stanza concludes with a clear endorsement that this is true *Tapas* intelligently pursued at the body level.

TAPAS IN SPEECH IS NOW DESCRIBED:

*15. Speech which causes no excitement, and is truthful, pleasant and beneficial, and the practice of the study of the VEDAS, these constitute the "austerity of speech. "*

Speech is a powerful vehicle in man and it reflects the intellectual calibre, the mental discipline and the physical self-control of the speaker. Unless he is well-formed at all these levels, his words will have no force... no magic about them. Again, speech is the constant activity of all and it is an outlet through which the greatest amount of one's energies are wasted. To control and conserve this unproductive waste of energy would constitute a great inner wealth indeed for the seeker.

This does not mean that one must keep a self-ruining, disgustingly irritating, silence (*Mouna*). The power of