Unless a seeker is constantly conscious of the evil of the pain in his present stage of existence, he will not discover the necessary spiritual urge, intellectual dynamism, emotional enthusiasm or physical courage to seek, to fight for, to win, and to possess the Divine Fields of Perfection.

IN BIRTH, DEATH, OLD AGE, AND SICKNESS --- Every physical body in the world, goes through these modifications; and each one of them is an inlet for fresh sources of sorrow. Birth, growth, decay, disease and death are the tragic destinies of all living equipments. In all these stages of our metamorphosis, to constantly recognize pain is to feel an impatience with it. This sense of revolt against pain is the fuel that drives the seekers faster and faster to seek the Peaks of Perfection.

MOREOVER:

10. Non-attachment; non-identification of Self with son, wife, home and the rest; and constant even-mindedness on the attainment of the desirable and the undesirable...

NON-ATTACHMENT --- The mind's sticking on to the various objects of the world with extreme liking for them is called attachment. It is the mental contacts with the world-outside that bring agitations into the mind. It dances a number to the tune of death to which the finite objects of the world most often dance. Fire in itself cannot burn, but a child gets its fingers burnt, not because of the