

*Yajna* means sacrifice. Any act that brings the maximum public good and that cures the performer of his selfishness, is *Yajna*. It need not necessarily be a traditional ritual associated with the sacrificial fire, the priest and the oblation. Self-effacement, glorifying God and the benefaction to people—these are the marks of a well performed *Yajna*.

The study of the scriptures is the prerogative of man. The seers, sages and saints have left them as an invaluable legacy. It is open to man to pursue those sacred books devotedly and critically too if he is so inclined. This study is the healthiest of all. It rids man of superstition and guides him Godward.

It is possible for man to recast his mind, to improve upon his mode of life and to give himself over to spirituality. When all these acts are undertaken deliberately, it is austerity — *tapas*.

Straightforwardness is just the opposite of crookedness. It is the act of harmonizing the thought, word and deed on noble purposes frankly and openly.

अहिंसा सत्यमक्रोधस्त्यागः शान्तिरपैशुनम् ।

दया भूतेष्वलोलुप्त्वं मार्दवं ह्रीरचापलम् ॥ २

अहिंसा सत्यम् अ-क्रोधः त्यागः शान्तिः अपैशुनम् ।

दया भूतेषु अलोलुप्त्वं मार्दवम् ह्रीः अ-चापलम् ॥

*ahimsā satyam akrodhas tyāgaḥ śāntir apaiśunam ।*

*dayā bhūteṣv aloluptvam mārḍavam hrīr acāpalam ॥*

अहिंसा *ahimsā* harmlessness सत्यम् *satyam* truth  
अक्रोधः *akrodhaḥ* absence of anger त्यागः *tyāgaḥ* renun-  
ciation शान्तिः *śāntiḥ* peacefulness अपैशुनम् *apaiśunam*  
absence of crookedness दया *dayā* compassion भूतेषु