

some limited period. At the same time it is not proper or correct to believe that any kind of self-denial would constitute an austerity, and that by following it, creative unfoldment of the inner personality-structure could be successfully brought about. The austerities must be scientific, and therefore, not against the injunctions laid down in the sacred books that discuss this subject.

Some people generally undertake severe austerities only as a show. Men 'GIVEN TO OSTENTATION AND EGOISM' are not fit for austerity. They remain mentally unfit for *Tapas* as long as they are lusty and extremely attached to the world-of-objects around. Such individuals cannot practice austerities.

Even when such people practise austerities and develop some inward dynamism as a result of their *tapas*, their intentions being gross, they will only misuse the new-found strength in wrong channels, and in the end, bring about their own self-destruction --- the famous examples of *Rakshasas* in the *Puranas* are illustrative enough. Such people, practising austerities, regardless of the correct injunction of the *Shastras*, belong to the *Asuric* type.

ME, DWELLING IN THE BODY --- Such unintelligent austerities not only oppress the elements constituting the physical frame but also the Sacred and the Divine Lord within. Life gets choked as it were in such an individual -- - meaning, Life cannot express its fullest beauty through such a broken form. Extreme *tapas* is stupid and is