

medicines, which, in small doses can give a complete cure, can also spell death in larger doses --- for example, the sleeping tablets. An instrument by which we can defend ourselves can itself be the instrument for our own suicide.

In the same way, when we work in the outer field unintelligently, instead of gaining a greater glow of satisfaction and joy within, we will get ourselves more and more bound, and hurled down into bottomless darkness. The cause for this has been beautifully explained by Sri Krishna. Due to desires for specific fruits, we are mentally attached to those wished-for patterns to be fulfilled in future. This is compelling life to patternise itself to our will at a future moment; if a frog were to imitate a bull and grow to the bull's size, it would end in a tragedy; a mortal finite mind ordering a pattern for a future period of time, is in no way better equipped than the frog that tries to expand to the size of a bull.

BUT AS TO THE MAN WHO SEES THE SUPREME BEING:

*13. Mentally renouncing all actions and fully self-controlled, the "embodied" one rests happily in the nine-gate city, neither acting nor causing others (body and senses) to act.*

*Samnyasa* is not a mere physical escapism but a mental withdrawal from things that are unintelligent and thoughtless. It is a mental attitude and not an external