

three heads. A *Sattwic* "action" is the best, productive of peace within and harmony without the field of activity, and therefore, it is the purest of the three types of "action." It is an obligatory action (*Niyatam*), a work that is undertaken for the work's own sake, in an attitude that work itself is worship. Such activities chasten the personality and are ever performed in a spirit of inspiration. Inspired activities naturally surpass the very excellence the actor or the doer is ordinarily capable of. Such an activity is always undertaken without any attachment (*Sanga-rahitam*) and without any anxiety for gaining any definite end. It is a dedicated activity of love, and yet, it is not propelled by either love or hatred.

The missionary work undertaken by all prophets and sages are examples in point. We too can recognise the same type of work, which we unconsciously perform on some rare occasions. A typical example that can at this moment be remembered is an individual nursing his own wounded limb. As soon as, say, your left toe strikes against some furniture in the house and gets wounded, the entire body bends down to nurse it. Herein, there is neither any special love for the left leg nor any particular extra attachment for it, as compared with other parts of the body. To an individual the whole body is himself, and all parts are equally important; he pervades his whole body.

In the same fashion, an individual with a *Sattwic* intellect that has recognised the All-pervading One, lives in the