

world-of-objects by carrying ourselves away from the tumults and temptations of life into a quiet, lonely place, even there our minds will stride forth into the sense-fields through the memories of our past indulgences. To control consciously this instinctive flow of the mind towards the sense-objects is called *Shama*.

SELF-CONTROL (*Dama*) --- Controlling the sense-organs, which are the gateways through which the external world of stimuli infiltrates into our mental domain and mars our peace, is called *Dama*. A man practising *Dama*, even if he be in the midst of sensuous objects, is not disturbed by them. A true *Brahmana* is one who practises constantly both *Shama* and *Dama*, serenity and self-control.

AUSTERITY (*Tapas*) --- Conscious physical self-denial in order to economise the expenditure of human energy so lavishly spent in the wrong channels of sense-indulgence, and conserving it for reaching the higher unfoldment within is called *Tapas*. By the practice of *Shama* and *Dama*, the *Brahmana* will be steadily controlling both the mad rush of his senses and his mind-wandering. This helps him to conserve his inner vitality which would have been otherwise spent in hunting after sense-joys. This conserved energy is utilised for higher flights in meditation. This subjective process of economising, conserving, and redirecting one's energies within is called *Tapas*. It is a *Brahmana*'s duty to live in *Tapas*.