

an atmosphere of tranquillity (*Prasada*), consciously brought about through an intelligent life of self-control, is the secret whereby all the *vasanas* can get eliminated.

THIS TRANQUILLITY IS EXTOLLED HERE BY LORD KRISHNA:

*66. There is no knowledge (of the Self) to the unsteady; and to the unsteady no meditation; and to the unmeditative no peace; to the peaceless, how can there be happiness?*

Here is an explanation why quietude of the mind is so often and so insistently emphasised in the literature explaining the Hindu-technique of Self-perfection. Unless the mind be quiet, the individual will not have the intellectual leisure for cultural self-development, nor the inner energy for consistently living spiritual perfections, that a truly developed man yearns for. Unless there is tranquillity, there cannot be steadiness of intellectual application to the problems of life, and without this self-evaluation of life and true observation with a clear discriminative analysis, we cannot have in us the required amount of "Devotion to Self-knowledge" (*Bhavana*). Without such a glorious Goal before us, constantly beckoning us unto itself, like a pole star, our life shall be a lost ship in an ocean, going nowhere, reaching nowhere, and ultimately foundering upon some treacherous rock.

One who has no philosophical goal in life to strive and yearn for, will not know what peace of mind is, and to one