

even for a moment. It would be voluntarily liquidated. Out of the fully blossomed flower of emotion flows the nectar of *anandam*. The second part of the Gita exhorts man to feast on It.

Inert matter exists, a living being also exists. The difference between the existences of these two has to be taken note of. A living being is aware of its own existence while the other is not. Awareness is born of cognition and it is self-evident. A living being knows that it exists. This act of knowing is cognition. There is a variation in the intensity of cognition. Highly evolved beings have more of cognition while those in the early stages have it enshrouded in inertia. The difference between one life and another is in the degree of cognition. This difference is one of degree, not of kind. A mounting release of cognition as well as a condensed intensification of it, is the plan of nature.

Between emotion and cognition there is a link. When iron is heated it melts and becomes soft. Instantly it gives out lustre. Emotion in living beings may be equated with the melting process in iron. The next point that has to be admitted is the equation of lustre in the melted metal with cognition. This parallel of the molten state growing lustrous is drawn from inert matter. Now let us turn to living beings. In them emotion and cognition coexist, when emotion gets purified, cognition gets sharpened. Love and sympathy between two persons lead to an understanding better than the one that is commonly found among casual acquaintances. And