

PURITY (*Shaucham*) --- The Sanskrit term used here includes external cleanliness and internal purity. Habits of cleanliness in one's personal life and surroundings are the governing conditions in the life of one who is practising both *Shama* and *Dama*. The practice of *Tapas* makes him such a disciplined person that he cannot stand any disorderly confusion or state of neglect around and about him. A person living in the midst of things thrown about in a disorderly manner is certainly a man of slothful nature and slovenly habits. It is the duty of the *Brahmana* to keep himself ever clean and pure.

FORBEARANCE (*Kshaanti*) --- To be patient and forgiving and thus to live without struggling even against wrongs done against one, is "forbearance" --- the duty of a *Brahmana*. Such an individual will never harbour any hatred for anyone; he lives equanimously amidst both the good and the bad.

UPRIGHTNESS (*Aarjavam*) --- This is a quality which makes an individual straightforward in all his dealings, and his uprightness makes him fearless in life. He is afraid of none, and he makes no compromise of the higher calls with the lower murmurings.

Cultivating the above six qualities --- serenity (*Shama*), self-control (*Dama*), austerity (*Tapas*), purity (*Shaucham*), forbearance (*Kshaanti*), and straightforwardness (*Aarjavam*) --- and expressing them in all his relationships with the world outside is the life-long duty of a *Brahmana*.