

punctuate their activities with 'still moments of intense inactivity'-called unactivity-and they bend forward to pour out their artistic and literary creations. All these physical moments of cessation are not mere inactivity but

they are the necessary quietude and silence when the mind and intellect function with the highest velocity. Thus, he who has a capacity to introspect, can easily detect perfect action in complete inaction.

As I am writing these words a certain part in me can stand apart and visualise how my fingers, constituted of mere minerals, can hold the pen at the right slant and carry it along the paper so that the words may be spelt properly thereon. So, in all activities, this capacity to visualise discriminatingly our own activity --- this capacity to observe ourselves functioning in a given field with or without the other members of the community --- is not very rare and those who can do it can realise how, inspite of all our activities, the observer in us which OBSERVES the activities is most INACTIVE.

The train runs, but not the steam. The fan moves, but not the electricity. The fuel burns, but not the fire. The body, mind and intellect function and act, but not the Self, the Life in them!

Such an individual who can thus stand constantly apart from himself and observe "the activity in inactivity" and "complete inactivity even in the highest activity... called