

Therefore, not to act at all is to disobey the laws of nature which shall, as we all know, bring about a cultural deterioration in ourselves. If there is a creature who remains inactive physically, he will get dissipated in his thoughts. Therefore, the Geeta advises him to act vigorously with a right attitude of mind, so that he may avoid all internal waste of energy and learn to grow in himself.

NOW, FOR HIM WHO KNOWS NOT THE SELF, IT IS NOT RIGHT TO NEGLECT THE DUTY ENJOINED ON HIM. SO THE LORD SAYS:

*6. He who, restraining the organs-of-action, sits thinking in his mind of the sense-objects, he, of deluded understanding, is called a hypocrite.*

To sit back physically retired is not the way to reach anywhere, much less the final State of Perfection. If this physical retirement is not efficiently accompanied by an equal amount of mental and intellectual withdrawal from the sensuous fields, the spiritual future of such a misinformed seeker is surely very bleak and dreary.

The truth of this statement is very well supported by modern text-books on psychology. To dissipate ourselves with immoral or criminal thoughts is more harmful than to physically indulge in them. The mind has a tendency to repeat its own thoughts. When a single thought is repeated off and on, it creates in the mind a deepening