

and how much, as a return, we gain from life. When we become aware of the deficit balance, each time, we, of necessity, shall start enquiring how our life could be more profitably re-organised, so that our coffers of joy and happiness could be replenished to their brim. Soon, the study of the *Shastras* will follow, which will give us a peep into the wonders of moral life, the wisdom of ethical values, the joys of self-control, the thrills of growth, and the consequent suffocation of the ego-centric little-life.

From the moment we start trying to become aware of our own lives, we are in the realm of 'practice' (*Abhyasa*). As a result of this, the detachment that comes automatically to us is the true and enduring 'detachment' (*Vairagya*). All else is a sham show of stupid self-denial, which cramps a human being and distorts and perverts his intelligence into an ugliness riddled with hysterical ravings and bleeding with psychological ulcers. *Vairagya* born out of *Abhyasa* alone is the charter for free spiritual growth; of your own accord, never renounce anything. Let your attachment-with-things drop off, of its own accord, as a result of your intellectual growth into the higher planes of better understanding and truer estimation of things and beings, happenings and behaviours, occurrences and incidents in life. When through right 'practice' enduring 'detachment' has come into our inner lives, then, the mind comes under our control, because it has no more any world of pluralistic objects to roam into, and the only world which it now knows is the world of equanimity and sameness. (V-19; VI-32).