

aversion, the hapless ego gets torn asunder and comes to suffer the agonising pain of lynching tensions within. Naturally, its mind-and-intellect become fully preoccupied with its pursuits of the things of its desire, and with its efforts at running away from the objects of its aversion. Soon the ego-centric personality becomes endlessly preoccupied, totally confused and completely exhausted. The host of thought-disturbances that are thereby created in the mental, and in the intellectual zones, breed among themselves and add day by day to the chaos within. The 'agitation' (*Vikshepa*) is that which veils (*Avarana*) the Truth from the direct cognition of the individual.

Therefore, the only way by which we can come to rediscover our equipoise and tranquillity as the Eternal Self, is to arrest, control and win over the agitations of the mind. All spiritual practices in all religions of the world are techniques --- either emotional, or intellectual or physical --- that aim at bringing about at least one solitary moment of perfect mental poise. Such a moment of poise is the moment of perfect mental illumination, the auspicious hour of Self-re-discovery and fulfilment of the reunion.

But unfortunately, adds the Lord in a divinely pathetic note, "ALL BEINGS FALLS INTO THIS DELUSION AT THEIR VERY BIRTH." This is not a pessimistic submission as to the sorrowful destiny of a man, to escape from which he is incapacitated from birth. Unlike the Christ-religion,