

EQUAL TO FOE AND FRIEND --- The estimation of our relationship with another as foe or friend is generally our own psychological reaction towards another. It belongs essentially to the heart. It is experienced by the PSYCHOLOGICAL *being* in us. A Man-of-Perfection is one who is not identifying himself with his mental estimation of things, and therefore, he is equanimous and maintains a uniformity of attitude towards his friends and foes.

AND SO TOO, IN HONOUR AND DISHONOUR --- A situation is judged by the intellect as honourable or dishonourable with reference to its own existing values and cultivated habits of thinking. That which is ordinarily considered dishonourable can itself come to be estimated by the same person as honourable in a new pattern of circumstances ordered by a change in time and place. On the whole, these are all different tides in the intellect; and those who are living in that realm are affected by them.

WHO IS THE SAME IN HEAT AND COLD --- Heat and cold are only the experiences of the *body*. By remembering the preparation process of Nitric Acid, my 'thoughts' cannot get corroded; by feeling the smouldering beauty of the burning embers in the fire-place, my 'mind' cannot get blisters. My knowledge or my capacity to love cannot freeze at the North Pole; nor get evaporated in the Sahara desert. Heat and cold affect only the body. And this idiom in Sanskrit, whenever it is used in the context of philosophy, represents all types of experiences to which the physical equipment is the heir.