Self-dedication is the highest law of life. It prevails at the ethical and spiritual planes. It is given to the enlightened man alone to practise selfdedication The act of offering the best and the most useful in one for the welfare of the others is self-dedication Both the giver and the receiver stand to gain through this sacred act. It is like draining the water away from a copious well into a fertile field This bounteous act goes by the name of Yaina which literally means sacrifice As fresh water springs out from an emptied well, the man who performs Yaina becomes more and vet more enlightened and prosperous By imparting one's learning to others the capacity to teach increases By sharing one's knowledge and wisdom with the others one's fund of knowledge and wisdom increases By supplying manure to the soil its capacity to yield is made more potential. By giving the labourer his due wage the urge in him to turn out more work is made keen By sharing one's wealth with all those who have been responsible for its growth, security and further expansion are ensured The personal weal is ever unfailingly contained in the public weal Giving effect to this inviolable law of nature is the practice of Yaina

Meritorious act untainted by selfishness, disinterested service, work of any kind performed for general welfare, adoration of the Almighty, ethical and spiritual endeavours—all these salutary activities are contained in Yajna

Dedicating oneself exclusively to spiritual life amounts to the performance of Yajna Waging a