

these conditions will not be conducive even to hope for success in meditation.

WHY SHOULD ONE STRUGGLE SO HARD TO REALISE THE SELF? LISTEN:

*15. Having attained Me, these MAHATMAS (great souls) do not again take birth, which is the house of pain and is non-eternal, they having reached the Highest Perfection , MOKSHA.*

Estimating the benefit enjoyed by a Man-of-Perfection, through the realisation of the Self, it is said that "HAVING ATTAINED ME, THE HIGH-SOULED ONES ARE NO MORE SUBJECT TO RE-BIRTH." To the philosophically thoughtful, rebirth is the starting point of all pains and imperfections. Krishna also says in the verse that rebirth

is a "HOUSE OF PAIN AND IS EPHEMERAL."

In the history of thought in the *Upanishads*, it is quite interesting to note how the goal of life, which was considered in the beginning as "the state of deathlessness" (*Amritattwa*), came to be reckoned, later on, as the "the absence of rebirth" (*Na-punar-janma*). In the beginning, the anxiety of the seeker was to end the unavoidable and the most horrid of all experiences called 'death.' As knowledge increased through the right evaluation of the happenings in life, it soon became clear to the subjective