

Today, as they are now worked out in India, these four classifications have lost much of their meaning. They signify merely a hereditary birth-right in the society, a mere physical distinction that divides the society into castes and sub-castes. A true *Brahmana* is necessarily a highly cultured *Sattwic* man who can readily control his sense-organs, and with perfect mastery over his mind, can raise himself, through contemplation, to the highest peaks of meditation upon the Infinite. But today's *Brahmana* is one who is claiming his distinction by birth alone and alas! he gets no reverence, because he has not striven to deserve it.

ANSWERING THE FOUR TYPES OF NATURE, AS DETERMINED BY THEIR PSYCHOLOGICAL CHARACTERISTICS, THERE ARE FOUR KINDS OF SOCIAL LIVING, EACH HAVING A DEFINITE FUNCTION IN SOCIETY: THEY ARE DESCRIBED BELOW:

42. *Serenity, self-restraint, austerity, purity, forgiveness and also uprightness, knowledge, realisation, belief-in-God --- are the duties of the BRAHMANAS, born of (their own) nature.*

Herein we have a detailed enumeration of the duties of a *Brahmana* born out of his own predominantly *Sattwic* nature. Serenity (*Shama*), is one of his duties. *Shama* is controlling the mind from running into the world-of-objects seeking sense-enjoyments. Even if we shut off the