

must move out of a town to a jungle. The term indicates only a spot "wherein there is the least disturbance." Even in the midst of a market there are moments when it is deserted and quiet. If the seeker is sincere, he can discover such moments of complete solitude under his own roof.

EATING BUT LITTLE --- Over-indulgence and stuffing oneself with highly nutritive food is fattening the body and thickening the subtlety of one's intellectual activities. Temperance is the law for all spiritual students (VI-17).

CONTROLLING SPEECH, BODY AND MIND --- The mind cannot be subdued unless the body is brought under its command. The body is constituted of the sense-organs of perception and action. The grossest manifestation of the mind is action, and to control action is to discipline the mind. The term SPEECH used here indicates "all sense-organs-of-action and their functions"; and the term BODY represents "the organs-of-perception and all their activities of perceiving their respective objects." Unless these two sets of organs are controlled, the mind cannot be subdued.

In fact, the mind ITSELF, at the body-level, becomes the sense-organs, and the mind projected away from the body is the great universe of sense-objects. When the mind, playing through the body, identifies itself with its own projections --- the objects --- it is called PERCEPTION; and when it comes in contact with the world-of-objects seeking satisfaction and entertainment, it is called ACTION. Disciplining action and regulating perception --- in short,