

ASCETICISM (*Tapas*) --- All conscious self-denials at the body level, whereby an individual reduces his indulgences in the world outside, gains more and more energy within himself, and applies the new-found energy for the purpose of self-development, are called *Tapas*.

UPRIGHTNESS (*Arjavam*) --- Crookedness in thought, emotion and general conduct has a self-destructive influence upon the personality. Actions belying one's own true intentions and motives, convictions and aspirations, realisation and discrimination will result in the crookedness of one's personality. He who is indulging in this way-of-life will thereby develop in himself a split personality and will soon lose the glow of efficiency and be impoverished in the powers of personal grit.

In short, in this very opening stanza of the chapter, while enumerating the qualities of a "Divinely good" man, we find a definite scientific connection among them. Ethical values and moral beauties described in Hinduism are not arbitrary declarations of an imaginative Saint or a melancholy prophet. They are built on the rocky foundations of reason and experience. Sincerely pursued and consciously lived, they contribute to a better expression of the diviner possibilities in man which generally lie dormant. Ethics in India are not, by themselves, a passport to heaven, but are a preparation for a fuller unfoldment of the divine contents in the bosom of man.