

achieve self-expansion. He who is avoiding THESE THREE GATES OF DARKNESS --- which are sure to lead him into deeper and deeper confusions and despairs and ultimately take him to the sub-human level of existence --- will be, it is promised here, practising WHAT IS GOOD FOR HIM.

The term '*Shreyas*' has no equivalent word of the same import in English. It does not merely mean 'good' but it has a deeper and wider import in Sanskrit. *Shreyas*, when practised, not only brings happiness to the practitioner, but also contributes much to the well-being of the people around him.

Progressing thus in the right direction, the individual "GOES TO THE GOAL SUPREME." Cultural unfoldment cannot be a miraculous overnight development. The bud should grow, open and bloom, under the careful nourishment of steady discipline, vigorous study and perfect understanding. The unfoldment is more delicate than that of a flower.

This stanza explains to the seeker what is to be avoided by him and indicates how he will thereby have a positive development and inner growth. But it may be asked how a POSITIVE growth can be effected as a result of a NEGATIVE act of denial. Avoiding bad food can preserve health but it cannot give the positive joy of taking a healthy full dinner. Similarly, avoiding the dissipation of our energies through desire, anger and greed, would,