

performed without any desire or motive, is also called *Yoga*, since it directly hastens the seeker's self-development.

*Swadhyaya-yajna* --- The daily deep study of the scriptures is called *Swadhyaya*. Without a complete study of the scriptures we will not be in a position to know the logic of what we are doing in the name of spiritual practice, and without this knowledge our practices cannot gain the edge and the depth that are essential for sure progress. Thus, in all religions, the daily study of the scriptures is insisted upon, as an essential training during the seeker's early days. Even after Self-realisation, we find that the Sages spend all their spare-time reading and contemplating upon the inexhaustible wealth of details and suggestions in the scriptures.

In its subjective implications, *Swadhyaya* means "self-study including the art of introspection pursued for understanding our own inner weaknesses." If, in the case of a seeker, it is a technique of estimating his own spiritual progress, in the case of a Seer, it will be for revelling in his own Self.

*Jnana-yajna* --- The Sacrifice-of-Knowledge: this word has very often been used in the Geeta and it constitutes one of the many original terms coined out by Vyasa to beautify the Lord's declarations. The "Sacrifice-of-Knowledge" is the term given to that activity in man by which he renounces all his ignorance into the fire-of-knowledge