

the 'good' (*Sattwic*) and acting in disciplined self-control, as far as possible in the world, maintaining the *Sattwic* qualities in all their "component parts," one can develop the '*Prasaada*' of one's inner nature. The term '*Prasaada*' is very often misunderstood in ritualistic language.

The peace and tranquillity, the joy and expansion, that the mind and intellect come to experience as a result of their discipline and contemplation are the true "*Prasaada*." The joy arising out of spiritual practices, provided by the integration of the inner nature, is called '*Prasada*' which is the *Sattwic* "happiness," *Prasaada-jam*. In short, the sense of fulfilment and the gladness of heart that well up in the bosom of a cultured man, as a result of his balanced and self-disciplined life of high ideals and divine values of life, are the enduring "happiness" of all Men-of-Perfection, of all true men of religion.

WHAT IS RAJASIC (PASSIONATE) "HAPPINESS"?

38. *That pleasure which arises from the contact of the sense-organs with the objects, (which is) at first like nectar, (but is) in the end like poison, that is declared to be RAJASIC (passionate)*

That happiness which arises in our bosom when the appropriate world-of-objects comes in contact with our sense-organs is indeed a thrill that is nectarine in the beginning, but unfortunately, it vanishes as quickly as it