

application must be constant and continuous in order that it may produce substantial results. When *tapas* is performed with such a low motive as of winning respectability in society, it cannot even gather the necessary amount of intensity and thus, *tapas* of the "passionate" can only end in a lot of unproductive and painful self-denials.

THE DULL-WITTED PURSUE THE TAMASIC TYPE OR TAPAS:

19. That austerity which is practised with self-torture, out of some foolish notion, for the purpose of destroying another, is declared to be TAMASIC.

Tapas undertaken with a foolish obstinacy by means of self-torture, and "austerities" indulged in for the sake of destroying others are of the lowest type. A *Tapaswin* must have clear notions as to why he undertakes the *Tapas*. And also, he should know what is *Tapas* and how to do it. Without a correct knowledge of the technique, no seeker can independently walk the 'path' of inner integration and gain spiritual fulfilment.

When the *Vedic* notion of *Tapas* is misconstrued, the seeker will, at best, be only torturing himself. Self-torture cannot bring about any unveiling of the true beauty of the Soul; it can only create a ludicrous caricature of the Perfection in us. Twisted and torn into a disfigured personality,