

training, but it is also a sanctifying agency to the student. This book, however, is not within the reach of all. Fortunately for man, however, there are sacred books in all languages. A devotional reading or chanting of them daily forms an aspect of spiritual discipline.

All the four phases of training the tongue dilated herein, put together form the austerity of speech

मनः प्रसादः सौम्यत्वं मौनमात्मविनिग्रहः ।

भावसंशुद्धिरित्येतत्तपो मानसमुच्यते ॥ १६

मनः प्रसादः सौम्य-त्वम् मौनम् आत्म(न्)-विनि-ग्रहः ।

भाव-सम्-शुद्धिः इति एतत् तपः मानसम् उच्यते ॥

*manahprasādaḥ saumyatvam maunam ātmavinigrahaḥ ।
bhāvasamsuddhir ity etat tapo mānasam ucyate ॥*

मनः प्रसादः *manah prasādaḥ* serenity of mind सौम्यत्वम् *saumyatvam* good heartedness मौनम् *maunam* silence आत्मविनिग्रहः *ātma vinigrahaḥ* self-control भावसंशुद्धिः *bhāva samsuddhiḥ* purity of nature इति *iti* thus एतत् *etat* this तपः *tapāḥ* austerity मानसम् *mānasam* mental उच्यते *ucyate* is called

Serenity of mind, gentleness, silence, self-control and purity of disposition — this is called the mental austerity. 16

Eschewing depression and confusion and being established in a blissful calmness is serenity of mind. Being kindly disposed towards all is gentleness. Keeping all mentation in a state of equilibrium is silence. Control of the mind is superior to the control of the tongue and the body. Permitting pure thoughts and noble emotions alone to crop up in the