

Partaking of wholesome food in a regulated manner is in itself an aspect of yoga. It is like tuning the vina, in order to bring out the best music from it.

The modern medical world knows how to transfer warm and fresh blood from one body to another requiring to be revitalized. Eating and digesting is the natural way of vitalizing the body. One conserves life energy in oneself only by appropriating it from another life unit. Life lives on life. He, who is exclusively attached to his personal life is therefore a sinner. Performance of *Yajna* is the only way of redeeming oneself from sin. The individual life is dedicated to the service of the Cosmic Life, manifesting Itself as millions of beings. This is what is meant by offering the functions of *prānās* in the *prānās* themselves. They who live for the common weal incur no sin.

The way of obtaining the Supreme is explained now —

यज्ञशिष्टामृतभुजो यान्ति ब्रह्म सनातनम् ।

नाय लोकोऽस्त्ययज्ञस्य कुतोऽन्यः कुरुत्तम ॥ ३१

यज्ञ-शिष्ट अमृत-भुज यान्ति ब्रह्म सना-तनम् ।

न अयम् लोके अस्ति अ-यज्ञस्य कुत अन्यः कुरु-त्तम ॥

*yajñasīstāmṛta bhujō yānti brahma sanātanam ।*

*nā 'yam loko 'sty ayajñasya kuto 'nyaḥ kurusattama ॥*

यज्ञशिष्टामृतभुज *yajña sīstāmṛta bhujāḥ* eaters of the nectar—the remnant of the sacrifice यान्ति *yānti* go ब्रह्म *brahma* Brahman सनातनम् *sanātanam* eternal न *na* not अयम् *ayam* this लोक *lokaḥ* world अस्ति *asti* is अयज्ञस्य