

create favourable impression at first sight; but with continued acquaintance they become congenial. The *Jivatman* has been used to the life in the body and the senses in his previous births. His switching on now to the control of the senses, detachment from the body and meditation on the glory of Atman—all these practices seem to him strange and painful. But as he perseveres in them he comes to know that his plenitude is in the Self and not in the mundane. He was a fish out of water when he lived in the senses. He is now a fish got back into water due to his taking to spiritual life.

He who desires to live a spiritual life may easily come to know of its merits by observing the life of a yogi and that of another given to sensuality. How the one makes and the other mars life stand self-revealed. Though hard to practise, self-control alone is the path to happiness.

Man gets purified in body and mind as he progresses in the path of spirituality. Purification of the mind is more important than the purification of the body. A purified heart is like a translucent glass, revealing a fundamental truth in regard to life. Happiness or bliss is actually in the Self and not in the non-Self. The realization of this truth sends the *sadhaka* into raptures. His bliss becomes abiding. The *sādhana* that started as a hard task culminates in supreme happiness. And this is possible to the *Sāttvika* man alone.

In the old days the priests of the temple of Govinda at Jayapuri were celibates and therefore spiritually very powerful. The Raja of the place once sent for those priests; but they