

DISCUSSING WITH ONE ANOTHER --- When students with a common intellectual interest come together and discuss among themselves their pet subject, they not only crystallise their knowledge, but often achieve a reassuring degree of confident knowledge in place of what was till then some stray information gathered from silent books. This technique of common discussion has been tirelessly emphasised in *Vedanta* in its very definition of *Brahma-Vidya* where it upholds it as one of its most important limbs of *sadhana*.

A true seeker is he who maintains in himself a constant remembrance of the Conscious Principle in him --- whatever be the activities of the mind, or of the sense organs. He maintains this channel of thinking steadily through mutual discussions on, and a constant seeking of, the *Atman*. Such seekers ultimately experience a scintillating joy lubricating life's wheels as they roll along their stony path. In the *Upanishads* the same idea has been beautifully put by using a similar pair of words, 'sports' (*kreedami*) and 'revels' (*ramanti*). Here, however, the former word is replaced by an equally efficient term to indicate the meaning (*tushyanti*).

Even while walking the path-of-perfection, Lord Krishna asserts that the seekers on the "path-of-discrimination" will come to experience and live a sense of "CONTENTMENT AND DELIGHT." These two provide the healthy mental attitude, generating the required inward atmosphere in which spiritual progress can be