

In order to perform this it is not at all necessary that the devotee should be materially rich. Even if we are poor and physically DEBILITATED, from our bed of pain and penury, we can still be charitable, because our inner treasurers of love, kindness, sympathy and affection, do not at all depend either upon our material circumstances nor on our physical condition. Sometimes, a word of sincere sympathy, a look of love, a smile of true affection, or a word registering true friendship, can give to the receiver more than a heartless cheque, even if it be for a very fat sum.

*Tapo-yajna* --- Some live, offering unto their Lord, a life of austerity. There is no religion in the world which does not prescribe, by some method or the other, periods of austere living. These austerities (*Vratas*) are invariably undertaken in the name of the Lord. It is very well-known that the Lord of Compassion, who feeds and sustains even the lowliest of the low, can gain no special joy because of a devotee's self-denial. But it is generally done in a spirit of dedication, so that the seeker might achieve some self-control. This activity, in some extreme cases very painful indeed, is undertaken in order that the devotee may learn to control himself in his sense-life.

*Yoga-yajna* --- An earnest attempt of the lesser in us to grow into a better standard of diviner living, is called *Yoga*. In this attempt, devoted worship of the Lord-of-the-heart, called *Upasana*, is a primary method. This worship and love, offered to the Lord-of-the-heart, when