

he quits it alone. He is a yogi who learns to be alone while in the world.

Both over-eating and under-eating are harmful at the initial stage. But as one advances in age and becomes advanced in yoga, one finds that under-eating is advantageous both to body and mind. Lightness of the former and clarity of the latter are the advantages. The spiritual fervour in the *sadhaka* contributes much to the sustenance of the body and the vigour of the mind. Physical food therefore gets automatically reduced.

The yogi commands a perfect mastery over his speech, body and mind. He speaks but sparingly. No vain words come out from his tongue. Measured speech which is ever to the point, marks him out. The yogi involuntarily reveals an elegance in his demeanour. He is a stranger to doing things by fits and starts. His bodily movements are all purposeful and spare. Above all, the mind of the yogi is ever given to communion with the Self. Vagaries therefore can have no access to it. Calmness and serenity mark it for their own.

He is in his element when absorbed in the thought of God. If any other thought happens to cross his mind, it causes him acute pain. Being engaged in meditation on the Paramatman, is the norm with him.

A novice tries to cultivate *vairāgya* or dispassion to the world. He reflects on the evils of sense-pleasure whenever a passing thought of indulgence makes its appearance in his unwary mind. But a