

the mind-and-intellect, to live in subservience to the calls and appetites of the grosser outer world, is the root-cause for the negative values entertained by us, which ultimately result in 'sins.' He is called a sinful-person in whom his body makes the heaviest calls on his time and attention. In such a person, the body becomes the dominant partner, and it 'enslaves' the self. An extrovert life --- a life spent in pursuing the satisfaction of his sensuous desires, to comfort and console every one of his paltry emotions --- is the way of the sinful.

Such a passionate animal-life leaves gross impressions upon the mind and intellect. Impressions (*vasanas*) decide the future flow of thoughts. As the thoughts, so the actions, and the action deepen the *vasanas*.

To break this '*vasana*-thought-action' chain which is now digging the grave of the individual's peace and tranquillity, it is advised that he start a new life of meritorious actions. Merit (*punya*) is a contrast to sin (*papa*) and therefore, it is constituted of actions, feelings and thoughts, dedicated to the godly and the divine. All introvert actions undertaken in the cognition of "THE SELF I AM," would create in their wake new impressions. In the long run, the patterns of sin that existed in the bosom are wiped out and new divine designs are created therein.

Such a prepared mind-intellect, from which almost all its negativities have been rubbed off is "FREE FROM THE