

CONTENT WITH ANYTHING --- Contented with anything that might reach him accidentally, unasked and unexpected, is the motto of all serious seekers of inward growth. To entertain the demands in life and to strive forth to satisfy them would be an unending game, as the mind has a knack of breeding its own demands very fast. The policy of contentment is the only intelligent attitude to be taken up by all sincere seekers or else there will be no time to seek, to strive for and to achieve the diviner goal of life. Self-integration is a reward promised for faithful pursuits and all-out attention. It is said in the *Mahabharata* "he who is clad with anything, who is fed on any FOOD, who lies down ANYWHERE, HIM THE GODS CALL A BRAHMANA.

HOMELESS --- Home is generally that which provides shelter from the external inclemencies of weather, for the resident who is dwelling under its roof. The man of spiritual realisation is one who is trying to pull down all his conditionings and striving to free himself from all sense of possession and material shackles.

Living under a roof, in itself, does not make the place a home. To spend a night on a railway station, or in the retiring room at an aerodrome, does not make the place the traveller's own home. It is only along with a sense of possession, reinforced with a sense of happiness and comfort, that the place under a roof becomes a home. A true devotee has for himself a satisfactory shelter only at the feet of the All-Pervading, and therefore, his mental