

speech must be made use of for integrating the personality of the seeker. There is an art of using this power in the right way, beneficial to the aspirant as well as to others. The technique of employing speech in the most profitable way is being indicated here in this stanza. The idea suggested in the previous stanza is being more and more deepened by the clear suggestions contained in this stanza that *Tapas* is not a diabolic act of breaking and destroying oneself but it is a benevolent scheme for re-making and rediscovering oneself.

SPEECH THAT CAUSES NO SHOCK --- The words spoken must be such that they bring no disturbance to others; they "should neither be irritating nor obscene." The real touch-stone to know whether we are speaking the right words or not is the reaction of the listeners, which is expressed so unmistakably on their faces. But generally, people speak with their eyes shut, or even when they are open they are as though blind. Many a miserable man has failed in his efforts in life, and lost all his friends and relatives merely because of the bitterness of his tongue, the harshness of his words, the stink of his indiscreet thoughts!

TRUE, AGREEABLE AND BENEFICIAL (*SATYAM-PRIYAM-HITAM*) --- Words uttered to express the truth in an agreeable style for the blessing of others constitute "speech," which, when properly handled and made use of, will bless the speaker himself.