

An artist, who is at work, forgetting himself in the very ecstasy of his work, is an example. One need not, for that matter, be a great artist even. One who is working interestedly with all his mind and intellect on any piece of work will not be aware, immediately, of any chance intruder. It will take time for the artist to come down from the realms of his joyous mood to the crystallisation of the ego in him to recognise the intruder, understand his enquiry and give him an intelligent answer. In all inspired activity, the worker forgets himself in the work that he is doing.

In all such activities, when the worker has gained almost a self-forgetfulness, he will not care for the success or failure of his activity because, to worry for the results is to worry for the future, and to live in the future is not to live in the present. Inspiration is the joyous content of thrilled ecstasy of each immediate moment. It is said that this content of a moment in itself is "the entire Infinite Bliss."

"Established thus in equanimity, renouncing all ego-centric-attachments, forgetting to worry over the results of success or failure in the activities, act on," --- says, in effect, Krishna to Arjuna; and he adds that the great *Yoga* is to work thus with equipoise in all situations.

IN COMPARISON WITH ACTION THUS PERFORMED
WITH EVENNESS OF MIND, KRISHNA DECLARES: