

The facets of Brahman such as Siva, Vishnu and Ambika are called Gods. They are recognized as Deities worthy of adoration. The *Brāhmanā* is called the twice-born because of his being born again mentally for a dedicated spiritual life. The teachers are they who set an example of spiritual life through their personal career. The wise are they who are awakened to *Brahmāvastha*; they have transcended the body-consciousness. By worshipping all these whole-heartedly, the aspirant gets himself cast in their divine moulds. Bodily purity is maintained by regular baths and clean clothing. It is uprightness to execute all bodily activities in a clean, open and ethical way. When all sense-indulgences in general, and sex-indulgence in particular are eschewed and the body is dedicated only to the service of the divine, it is acclaimed as continence. Recognizing the sacredness of all beings and refraining from hurting any of them is non-injury. All these sacred observances put together are called bodily austerity.

अनुद्वेगकरं वाक्यं सत्यं प्रियहितं च यत् ।

स्वाध्यायाभ्यसनं चैव वाङ्मयं तप उच्यते ॥ १५

अन्-उद्वेग-करम् वाक्यम् सत्यम् प्रिय-हितम् च यत् ।

स्व-अध्याय-अभि-असनम् च एव वाक्-मयम् तपः उच्यते ॥

*anudvegakaram vākyaṁ satyam priyahitam ca yat ।*

*svādhyāyābhyasanam cai 'va vāṁmayam tapa ucyate ॥*

अनुद्वेगकरम् *anudvegakaram* causing no excitement वाक्यम् *vākyaṁ* speech सत्यम् *satyam* truthful प्रियहितम् *priya hitam* pleasant and beneficial च *ca* and यत् *yat* which स्वाध्याय अभ्यसनम् *svādhyāya abhyasanam* the