

ALMS-GIVING (CHARITY), CONTROL OF THE SENSES AND SACRIFICE --- These three are now the techniques by which an individual successfully tunes up his inner instruments of knowledge in order to discover the required amount of "steady devotion to Knowledge." Charity must come from one's sense of abundance. Charity springs only from a sense of oneness in us --- oneness between the giver and the recipient. Unless one is able to identify oneself with others, one will not feel this noble urge to share all that one has with others who do not have it. Thus *Daana* is born out of a capacity to restrain one's instincts of acquisition and aggrandisement, and to replace them with the spirit of sacrifice, and it consists in sharing with others the objects of the world that one possesses.

If charity (*daana*) develops in one the capacity to detach oneself from the wealth that one possesses and share it with others who are poorer, then we can say that control of the sense-organs (*dama*) is the application of the same spirit of sacrifice in one's personal life. To give a complete licence for indulgence to the sense-organs is to waste, unproductively, the total human vitality. To economise in the expenditure of energy through the sense organs in the fields of sense-objects is to discover an extra amount of untapped energy. This energy can be made use of as the motive power behind the mind and intellect that is set on a flight to the higher realms of meditation. To keep the mind turned up to the Self, a subtle energy is called forth, and it will be discovered within ourselves when we