

And though the goal be thus one and the same (viz., happiness), since different types of constituents go into the make-up of our actions, and since we are so different in the texture of our UNDERSTANDING and FORTITUDE, the path adopted by each one of us is distinctly different from those adopted by all others. In and through the variety of actions in the universe, all people --- the good, the passionate, and the dull --- seek their own sense of satisfaction.

Since each of the five component parts that make up an "action" is of the three different types, it follows that "happiness" that is gained by the different types must also be different in its texture, perfection and completeness. Here follows a description of the three types of "happiness."

THROUGH PRACTICE (*Abhyaasat*) --- Through a familiarity of this complete scheme-of-things within, an individual can, to a large extent, come to diagnose himself and understand the why and the wherefore of all his miseries. He can thus learn to readjust and re-evaluate his life and thereby come to end his sorrows totally, or at least, alleviate them to some extent.

WHAT IS *SATTWIC* (PURE) "HAPPINESS"?