

arrived at by the Immortal Sages of yore regarding the place of right-action in Self re-discovery. Without performance of action, the renunciation of action is impossible; without having a thing we cannot renounce it; to renounce life and the world, because one has sadly been thwarted in one's hopes and ambitions, is not renunciation.

In this sense, the polishing of the mind is a process very similar to that by which we clean metal-ware by using metal-polish. The item that is darkened by time is purified by applying some polishing chemical on its surface. The polish is the solvent of the oxide that is covering the brilliance of the vessel. After a time, when we remove the coating of the "polish," we find that not only is the chemical-polish removed but the black oxide also is removed, threreby leaving the vessel bright and attractive.

Similarly, the mind can be purified only by the process of treating it with right action. When thus treated, the mind gets purified from its *vasana*-blemishes and with such a purified mind alone can we, during the deeper meditation hours, come to renounce all activities. Before this preparation, if we try to renounce activities, we may remain physically inactive, but mentally very active. Extrovertedness of the mind is not conducive to the inner polishing. In fact, extrovertedness is the very mud that sullies the Godly-beauty and strength of the mind.