

If the art in me is to be expressed in colours, I need the canvas and the brushes. If I am a musician, I need musical instruments and accompaniments to express my art. Each artist employs appropriate instruments to express himself. A violin in the hands of a painter, and a brush with colour and canvas in the hands of a musician are both useless because they are not the media of expression for them. If my thoughts are dull and animalistic, it would be sorrow for me to bear the physical body of man. Thus, each body-plant, animal or man --- is the exact instrument given for the full expression of its subtle-body. And the nature and quality of the subtle-body are determined by the texture of the causal-body, consisting of the *gunas*.

It is, therefore, evident that, those who have gone beyond the *gunas*, are no more under the tragedies of the subtle and the causal-bodies.

THE EMBODIED ONE IS FREED FROM BIRTH, DEATH, DECAY AND PAIN --- As we said earlier, the heat and smoke are the qualities of the fire in the oven and as long as we are near the oven, we suffer from these hardships. Matter changes forever and these changes have been systematised into definite stages. They are common to all bodies everywhere. These stages are birth, growth, decay, disease and death. These five stages are common to all. Each one is a packet of pain; birth is painful, growth is agonizing, decay is disturbing, disease is tyrannical and death is terrible indeed!