

perverted in its emotion and unclean in its ideals --- this alone can be the outcome of any unintelligent austerity.

And when these misconceived and wrongly practised austerities are undertaken by any one for bringing about sorrow and discomfort to others, such *Tapas* is considered as *Tamasic*.

CHARITY ALSO CAN FALL UNDER THREE KINDS:

*20. That gift which is given, knowing it to be a duty, in a fit time and place, to a worthy person, from whom we expect nothing in return, is held to be SATTWIC.*

The gift which is given to someone because of one's conviction that "it is an act that is to be done," is the right type of charity. The recipient should be one who can do no service in return (*anupakari*). The right type of charity expects the benefactor to make no discrimination against the recipients of his charity. A gift is always to be offered, in a fit place and time, to a worthy person. Such charity, made with RIGHT faith, to the RIGHT person, at the RIGHT time and place is of the *Sattwic* type.

There is a school which believes that charity must be given just as a tree gives its fruits. The fruits on a tree are available to all who come under its shade --- irrespective of their race, status or sex. They argue that as the trees do not make any discrimination between one enjoyer and the