

Fear in all of its forms resolves itself into the fear of being hurt or killed. It is based on the ignorance that one is the body and not the Atman. The one given to fear is good for nothing. But all merits are born of fearlessness. The symbolic pose of *abhaya* or fearlessness is characteristic of all the Deities that represent Iswara. The idea is that Godhood and fear are incompatible. As a *sadhaka* draws near God, he rids himself of all fears.

One is said to be established in the purity of heart when one makes no difference whatsoever between the welfare of oneself and the welfare of others.

He who is able to distinguish between the things that are lasting and those that are evanescent, is gifted with *jnāna* or knowledge. It is yoga when one seeks that which is permanent and shuns that which is impermanent. Great is the result when there is steadfastness in the pursuit of both knowledge and yoga.

Benefaction extended on right lines is almsgiving. The heart expands when one shares the things good and useful with deserving people. Genuine gifts are those which are offered with love, kindness and humility.

The senses are prone to indulgence thereby causing harm to the enjoyer. They are the gateways to hell when they run riot. Curbing them is the first step in the path of discipline. Mastery over the senses brings in its train all blessings leading to the Divine.