

The term *OM* is uttered while acts of sacrifice, gift and austerity are undertaken by the followers of higher life. To cherish in our minds the divine awareness and the absolute supremacy of the Infinite, as expressed in *OM*, is to add purpose and meaning to all our acts of sacrifice, charity and austerity. To invoke in our minds the divine concept of the Absolute is to free our personality from its limited fields of ego-centric attachments. When a mind is thus liberated from its limitations, it becomes more efficient in all austerities, more selfless in all *Yajnas*, and more liberal in all charities.

WHEN IS "TAT" USED?

*25. Uttering "TAT" without aiming at the fruits, are the acts of sacrifice and austerity and the various acts of gift performed by the seekers of liberation.*

THOSE WHO ARE SEEKERS OF LIBERATION --- He, who is thus trying to "liberate" himself from his own attachments, selfish desires, self-centredness, and the consequent agitations, should undertake to perform all his activities in such a way that the causes that generate these disturbances (*vasanas*) in him are not thereby nourished, but are deliberately extinguished. The stanza is providing a TIP to the seekers on how this subtle result can be achieved through actions performed with the right mental attitude.