

mind is self-control mentioned herein. What is in the mind expresses itself as words and actions. He, who has mastery over his mind never utters an unwanted word and never does an undesirable action. When a person's temperament is congenial and attitude felicitous, he is said to be imbued with purity of disposition. Maintaining this benign state of mind under all circumstances is austerity of the mind.

श्रद्धया परया तप्तं तपस्तन्निविधं नरैः ।

अफलाकाङ्क्षिभिर्युक्तैः सात्त्विकं परिचक्षते ॥ १७

श्रद्धया परया तप्तम् तपः तत् त्रि-विधम् नरैः ।

अ-फल-आ-काङ्क्षिभिः युक्तैः सात्त्विकम् परि-चक्ष-अते ॥

*śraddhayā parayā taptam tapas tat trividham naraiḥ ।  
aphalākāṅkṣibhir yuktaiḥ sāttvikam paricakṣate ॥*

श्रद्धया *śraddhayā* with faith परया *parayā* highest तप्तम् *taptam* practised तपः *tapas* austerity तत् *tat* that त्रिविधम् *trividham* threefold नरैः *naraiḥ* by men अफल आकाङ्क्षिभिः *aphala ākāṅkṣibhiḥ* desiring no fruit युक्तैः *yuktaiḥ* steadfast सात्त्विकम् *sāttvikam* Sattvika परिचक्षते *paricakṣate* (they) declare

This threefold austerity practised by steadfast men with the utmost *Sraddha*, desiring no fruit, they call *Sattvika*. 17

The austerity loses its sanctity to the extent fruit or reward is sought for. He is steadfast in the pursuit of the ideal, who remains unaffected by success and failure. Relentlessly he engages himself in his divine endeavours. All the three instruments—the body, the speech and the mind, are