

**ABANDONMENT OF THE THOUGHT OF 'I' ---** The individuality-sense comes only when we identify ourselves with the equipments and their perceptions. To reduce this delusory misconception of ourselves is an essential pre-requisite for asserting and living our own real divine nature. This is equivalent to the weeding that must precede planting in any field of cultivation.

**PERCEPTION OF THE EVIL OF PAIN ---** Feeling of discontentment with the available situation alone can goad us to discover a new state of existence. Whether it be a nation, a community or a society, as long as they are not aware of the fact that their present conditions are despicable and tragic, they will adapt themselves to living in that condition oblivious of their sorrows. Every political or social worker first makes the people understand their present state of degradation and destitution. When such realisation comes to them, they are ready with all enthusiasm, to seek fresh fields of greater joys and a fuller life.

The same technique is applicable in the culture field. Unless a seeker is fully conscious of the inward personality-shackles in himself, he will live on in his own ditch of sorrows, never striving to get out of it. Both the human mind and body have a tremendous amount of adaptability. They can adapt themselves to any condition and even come to enjoy them.