

possible unless our nature is turned away from bodily indulgences in sense-objects and our minds are trained to turn inward to the Spirit. Therefore, all mental disciplines, by which we come to develop in us this introspection, are together comprehended by the term '*Brahmacharya*.' Likewise, a medical college student is called a doctor, because he is applying himself to the direct means for becoming one, and the means are not far from the end.

NON-INJURY --- This term has already been discussed many times very exhaustively. Refraining from bringing about any harm to others in society with the mind is called 'non-injury.' Physically, it is impossible for us to continue our existence without bringing, even unconsciously, some sort of injury to others, but our attitude can be changed, so that the seemingly unavoidable harm itself can bring about a great blessing to the world. A doctor ripping open a patient's abdomen with a sharp knife, though doing an act of injury, can ultimately bring about a cure for the patient's illness. Diligently avoiding all acts of injuring others from our emotional and intellectual realms is the strictest 'non-injury' that can be practised in life.

All that has been so far explained constitutes bodily asceticism: physical austerity (*Shaareeram Tapas*).

Austerity (*Tapas*) is not a life of brutal self-denial only. On the other hand, it is an intelligent method of living in right relationship with the world-of-objects, thereby avoiding all unnecessary dissipations of our vital energies. The