

*37. That which is like poison at first, but in the end like nectar, that "pleasure" is declared to be SATTWIC (pure) , born of the purity of one's own mind, due to Self realisation.*

That "happiness" which, in the beginning, is like poison and very painful, but which, when it works itself out, fulfils itself in a nectarine success, is the enduring "happiness" of the 'good' (*Sattwic*). In short, "happiness" that arises from constant effort is the "happiness" that can yield us a greater beauty and a larger sense of fulfilment. The flimsy "happiness" that is gained through sense-indulgence and sense-gratification is a joy that is fleeting, and after its onslaught there is a terrific under-current that comes to upset our equilibrium and drag us into the depths of despondency.

The joy arising out of inner self-control and the consequent sense of self-perfection is no cheap gratification. In the beginning its practice is certainly very painful and extremely arduous. But one who has discovered in oneself the necessary courage and heroism to walk the precipitous "path" of self-purification and inward balance, comes to enjoy the subtlest of happiness and the all-fulfilling sense of inward peace. This "happiness" (*Sukham*), arising out of self-control and self-discipline, is classified here by the Lord as *Sattwic* "happiness."

**BORN OUT OF THE PURITY OF ONE'S OWN MIND**  
(*Atma Buddhi Prasaada-jam*) --- By carefully living the life of