

condemned here. Intelligent control is *tapas*, not cruel self-torture!

THE THREE KINDS --- THE *SATTWIC*, THE *RAJASIC*, AND THE *TAMASIC* --- OF FOOD, OF WORSHIP, OF AUSTERITY, AND OF GIFT ARE DISCUSSED IN THE FOLLOWING STANZAS:

*7. The food also which is dear to each is three-fold, as also sacrifice, austerity and alms-giving. You may now hear the distinction of these.*

Introducing the theme that is to follow, Lord Krishna enumerates the topics that He is going to discuss. The temperamental influences that govern the mind and its thought-life express themselves in all departments of activity in which the individual employs himself. His choice of food, of friends, of the type of emotions in his bosom, of the

view-of-life that he will be entertaining are all indicative of the type to which the seeker belongs. As a matter of fact, everyone living on the surface of the earth expresses himself in one of these classifications, due to the preponderance of one or the other of the three temperaments (*gunas*).

*Yajna, Tapa, Daana* --- In the choice of 'food,' in the type of 'sacrifices' which he would feel inspired to make, in the