

Humility, modesty, non-injury, forbearance, uprightness, service of the teacher, purity, steadfastness, self-control; 7

*Humility* is in evidence when the *sadhaka* does not think of himself superior to the others. Superiority-complex engenders conceit and contaminates the mind.

*Modesty* marks that aspirant, as its own, who does not think or speak of the merits in his activities. All excellences emanate from the Lord. Man's laying claim to them is born of ignorance.

*Non-injury* is possible to him only who beholds all beings as the manifestations of the one Cosmic Being.

*Forbearance* is the act of not being affected by the wrong done to one by the others. An example illustrates this position. It happens that while a man speaks, his teeth hurt the lip inadvertently. For this reason the man does not think of knocking out the teeth, which are his own. He who seeks divine relationship with all, practises forbearance with those who wrong him knowingly or unknowingly.

*Uprightness* comes to him who harmonizes his thought, word and deed and who is intent on right conduct.

*Service of the teacher* is quite essential to the spiritual aspirant. An individual unconsciously imbibes the traits of the person whom he serves. By doing physical service to the teacher, the disciple gets into his holy dispositions.