

A man established in *Sattwic* abandonment never hates, nor does he ever feel attached. He is not miserable in disagreeable environments nor does he get attached to the circumstances and schemes-of-things which are agreeable to his taste. He does his duties under all circumstances agreeable or disagreeable, without feeling elated when he finds himself on the "peaks," or feeling dejected when he discovers himself in the "pits" of life.

He is overwhelmed neither by extreme joy, nor by extreme sorrow; equanimity becomes his essential nature. He stands as a rock, ever at ease, and watches with an unbroken balance-of-vision, the waves of happenings rising and falling all around him at all times. He is, in short, independent of the happenings in the outer world around him.

When, to such a man of *Sattwic Tyaga*, impulses such as jealousy, anger, passion, greed etc., come, he does not get involved in those impulses, as we do in our attachments and identifications with them. That is, a man of abandonment (*tyaga*) readily discovers in himself a secret faculty to abandon his identification with the false, the lower instincts in himself. He does not become a victim of his own mental impressions (*vasanas*); he stands ever free and surely apart from the tumults of his mind.

Such a man is said to be an educated and cultured man. An uncultured man is like a dry leaf that is tossed hither and thither by every passing breeze; is like a reed upon