

quietude and self-withdrawal for growing in the steady contemplation of life within. Earlier, 'work-without-self' is the means, afterwards 'work-on-self' is the means; and the process is continued until, working or not working, through meditation, it is realised that the Self alone is the essence in the ego which, till then, was recognised as the only reality.

In this sense of the term, we clearly know how ritualism has a definite place in the scheme of things as mapped out by the *Vedantin* Seers of unimpeachable intellectual eminence.

WHEN IS A MAN SAID TO BE A YOGARUDHAH --- TO HAVE ATTAINED TO YOGA?... THE ANSWER FOLLOWS:

*4. When a man is not attached to sense-objects or to actions, having renounced all thoughts, then he is said to have attained to YOGA.*

It is the experience of everyone, and therefore, it is not very difficult for a young seeker to know the state of an aspirant (*Arurukshah*). It has been said by the Lord that so long as we are in the state of seeking, the Path of Self-Perfection is the highroad of selfless activity. Withdrawal from activity is to be undertaken only when you have reached the state of mental mastery (*Yogarudhah*). To renounce activity at an earlier stage, would be as