

DELUSION OF THE PAIRS-OF-OPPOSITES." It then becomes an instrument that can, with a single-pointed steadfastness and firm resolve, meditate upon the Self.

WHAT WOULD BE THE MOTIVE IN THE HEART OF THOSE WHO ARE THUS MEDITATING UPON THE SELF AFTER THEIR MINDS HAVE BEEN READJUSTED BY LIVING THE LIFE-DIVINE? LISTEN:

*29. Those who strive for liberation from old age and death, taking refuge in Me --- They realise in full that BRAHMAN, the whole knowledge of the Self and all action.*

Those who thus strive diligently to cleanse their hearts of their wrong tendencies and bring their minds so purified for higher contemplation upon the Self, do so in order to gain "FREEDOM FROM OLD AGE AND DEATH." But the modern world is also striving to discover methods of arresting death and avoiding old age. However, this physical continuity of existence in the world is not the goal that has been hinted at here in the Science of spiritual evolution.

Birth, growth, disease, decay and death are the natural modifications that come to every man, or being, living in a given manifestation to the ripe old age of its full existence. Such modifications as experiences of change are the agonising sources of all pains in life. But for this change, a complete and unbroken happiness could be our lot. The