

*KSHEMA*," meaning more and more spiritual vigour (*Yoga*) and the final experience of Beatitude (*Kshema*) which is liberation

resulting from the fulfilled *Yoga*.

Now, considering it as a tip for the men in the market-place, sweating and toiling in the world, the very same stanza yields a code of secret instructions by which they can assure for themselves complete success in their worldly life. In any undertaking, if a man is capable of pouring out his self-willed thought (*sankalpa*) constantly and with a singleness-of-purpose, he is sure to succeed. But unfortunately, the ordinary man is not capable of successfully keeping his thoughts in one channel of thinking. Therefore, his goal seems to be ever receding and flickering. His determination to achieve a particular goal ever changes, since his goal itself seems to be ever-changing. To such a man of haphazard determination, no progress is ever possible in any line of undertaking.

The greatest tragedy of the age seems to be that we ignore the obvious fact that thoughts alone create. Activities gain a potency from the thought-power that feeds them. When the feeder behind is choked and dissipated, the execution-power in the external activities becomes feeble in strength and efficiency. Thoughts, from a single-pointed mind, must flow steadily in full inspiration, enthusiasm and vigour towards the determined goal which the individual has chosen for himself in life.