

corroding passions and exhausting desires are no more building up in one's mind. "*Mouna*" (silence) can also mean "the State of *Muni*," implying "the State of constant contemplation."

SELF-CONTROL --- The three above-mentioned qualities -- serenity of composure, constant kindness towards others, and unbroken, calm silence within --- are impossible unless we are able to control our inner nature deliberately. The animal in us is generally very powerful, and unless we are ever vigilant, the lower nature in us may upset our inner balance and equanimity.

HONESTY OF MOTIVE --- Self-control is not possible unless our motives are pure and serene. Without any definite goal in life, without planning our onward march towards the ideal, we are apt to fall a victim to the various temptations en-route, and exhaust ourselves in the bylanes of life. To stick constantly on to the grand road to success is to assure for ourselves a happy pilgrimage to Truth. The urge in us that motivates all our mental activities must be inspiring and divine, or else the chances are that we will be undermining our own perfections and ruining our own chances of making life a great success.

The above three stanzas thus give us a clear picture of what is true *Tapas*, in our bodily contacts with the world outside, in our speech and in our mental life. The very same *Tapas* is pursued by different people, and even when they do so, with equal faith, each of them is observed to