

flights are of the highest evolution. The vegetable and the animal kingdoms stand on the lower rungs. Man stands on the landing and the Higher Beings on the upper flights of steps.

Remember, none of them has reached upstairs to enjoy the comforts of its halls and rooms. Those who are standing on the landing, have the freedom either to go up or to go down. If this picture has come into our mind, we have, to a large extent, understood the concept of evolution as conceived by Hindu - Philosophy, wherein "the evolution of a specimen is always measured by the degree of Consciousness unveiled through Matter in the given *subject* under observation."

THE *SATTWA*-ABIDING GO UPWARDS --- Those who are living a pure life of discrimination, clear thinking, right judgement and self-discipline, cultivate more and more *Sattwa* in themselves. When the mind is thus kept in quietude, at once creative and dynamic, it evolves upwards.

THE *RAJASIC* DWELL IN THE MIDDLE --- Those who are of *Rajasic* nature, with all their desires and agitations, ambitions and achievements, again and again manifest as men until they acquire the required purity.

THE *TAMASIC* GO DOWNWARDS --- Those who are revelling in misconceptions, heedless of the higher calls in themselves, deluded by their own lust and passion,