

impurities are removed and the existing ulcers healed through selfless action.

But even while rejecting the wrong negative tendencies of the mind, the individual will have to plough the fields of his mind with new patterns representing the constructive divine tendencies. These meritorious *vasanas* (*punya*) can also provide a severe obstruction for a man of meditation. After having purified his mind of its unethical and sensuous tendencies, the aspirant should practise meditation. During the still moments of peace in the depth of his depths, when he exposes his mind to the thrilled atmosphere of its vibrant silence, the noble traits also get completely wiped off. A state of mind which is thus rendered completely impressionless (*vasana-less*) is the end of the mind, since mind is nothing but a bundle of *vasanas*. Where the mind has ended, there the ego has also ended having "THEN REACHED THE HIGHEST GOAL, or gained Self-rediscovery.

The explanation of this theory would not perhaps occupy more than half a page, but in actually carving it out into our individual life, it may be a programme for very many lives' consistent practice. "Through many births" is a phrase used in the *Upanishads* by the honest "Scientists of Life," the *Rishis*, and they are perfectly right; for evolution, as we all know, is not a drama played out during an afternoon, but it is the slow revelation of the history of progress through endless aeons.