

and crude instruments! But the implication of *Kirtana* is much more sacred. Indeed, to adore an ideal with reverence and devotion, and to sing His glories, at all times, continuously, is the silent act of a mind that has fully opened up to appreciate the ideal that one has learnt to glorify. The silent adoration of society by the social-workers, or the steady flow of love that beams out from a man of Knowledge for the entire kingdom of the living, constitute a greater and a more potent type of *Kirtana*, than the type indulged in by the noisy crowds that assemble from their different fields of dubious activities, for a short period each day, only to return to the same dens of vices, after the *Bhajana*.

STRIVING WITH FIRM RESOLVE --- These are simple logical facts that are generally overlooked by the seekers and they dig the graves for their own success in spiritual practices. The majority of people believe that some specific routine acts of devotional flavour pursued physically for a short period of time on particular days of the week, is all their part of the game. The rest is for their imaginary gods to cook and bring in front of them, dressed to taste! This absurd, superstitious idea has nothing to do with the Science of Self-perfection, of which religion constitutes its technical aspect.

Constant and conscious effort is unavoidable if an individual is to get himself hauled out from his present ruts of wrong thinking and false valuations of life and living. The disharmony he experiences in life, and the