

face the world! Psychologically, they are victims of a fear-complex. And it is interesting to note with what great tenacity these men hug on to such complexes.

GRIEF, DEPRESSION AND ARROGANCE (*Shokam*, *Vishaadam*, *Madam*) --- These again are great channels through which human vitality gets dissipated. A man of extreme 'dullness' will constantly keep these three within his bosom and thereby suffer a sense of self-depletion and inner exhaustion. "Grief" (*Shokam*) is, in general, the painful feeling of disappointment at something that has already happened in the PAST; while "depression" (*Vishaadam*) generally reaches our bosom as a result of our despair regarding the FUTURE; and "arrogance" (*Madam*) is the sense of lusty conceit with which a foolish man lives his immoral, low life in the PRESENT.

He who follows these five values of life is called by Krishna a fool (*Durmedhaa*), and the constancy with which such a fool follows his life of dreams and fears, griefs and despondencies, arrogance and passion, is indicated as the *Dhriti* of the *Tamasic* type.

"PLEASURE" ALSO IS THREE-FOLD ACCORDING TO THE PREDOMINANT "GUNA" IN THE INDIVIDUAL; HERE FOLLOWS THE THREE-FOLD DIVISION OF "PLEASURE," WHICH IS THE EFFECT OF "ACTION":