

of-activity, we can, to a large extent, understand to what type he belongs.

THAT THE SPIRIT OF DEVOTION IN MEN, EVER REMAINING THE SAME, EACH WILL SELECT ACCORDING TO THE TYPE OF HIS 'SHRADDHAA,' HIS OWN ALTAR OF DEVOTION, HAS BEEN SHOWN IN THE ABOVE. THE WRONG WAY OF STRIVING IS PAINTED BELOW:

*5. Those men who practise terrific austerities, not enjoined by the scriptures, given to hypocrisy and egoism, impelled by the force of lust and attachment . . .*

*6. Senselessly torturing all the elements in the body, and Me also who dwells within the body --- you may know these to be of 'demoniacal' resolves.*

Over-enthusiasm can produce only a physical exhaustion, and an inward fatigue. No spiritual unfoldment can be expected from unintelligent expenditure of energy in wrong channels merely because it is undertaken in the name of religion. The majority of seekers mis-apply their energies and come to suffer. Therefore, Krishna considers it easier to paint the picture of the false seekers and ridicule their unintelligent methods.

Physical restraints and self-denials are, no doubt, sometimes prescribed for some sturdily-built types, for