*kathina parishrama ke lie taiyara rahie| dhairya rakhem aura nirantara karate rahem| apa shighra hi dekhenge ki apa apane roga se mukta ho sakate haim; apaki shakti badha़ti hi jaegi, apaka jivana ke lie utsaha dhire-dhire apako tripta kara dega, aura apa punah ashavadi hone ka anubhava karane lagenge| ja़ldabaja़i mata kijie| varshom ki vyartha aura laparavaha jindagi ke bada hi koi bimara pada़ta hai| sudhara bhi dhimi tatha sthayi gati se ata hai| sabase mahattvapurna bata yaha hai ki apa ko ashapurna hona chahie|  
yadi apa sabhi ashaem chhoda़ dete haim, to apa chinta karate rahenge aura apa yaha samajenge ki apake karmom se apa mem sabhi asaphalataom tatha pida़aom ki dhera laga gai hai| apako aisa lagega ki yaha sansara apaka shatru bana gaya hai| apaka sabase bada़a shatru apako utana hani nahim pahuncha sakata jitana ki apa svayam ko aise nirashavada se pahuncha sakate haim| vaha sabase nirbala hota hai jo kisi sangharsha mem harata hai| apako sangharsha karane aura jitane ka prayasa avashya karana chahie| yaha apako aura adhika bala dega| yaha pratishtha aura prerana ka eka srota hoga tatha aura bada़i upalabdhiyom ki ora le jane mem sahayata karega| prakriti ne manushya ko mahattvakanksha aura use purna karane ke lie prerana bhi di hai|  
usane use ashaom tatha svapnom sahita, sangharsha karane ke lie hathiyarom se laisa kiya hai| bhutakala ki samaja se, vaha bhavishya ke karya ke lie sakriya tatha atyavashyaka mana ka prayoga karake labha uthata hai| purna karane ki yaha kshamata usamem hai| use phalane-phulane ki avashyakata hai aura use saphalata avashya prapta karani chahie| jivana usase kuchha kama svikara nahim karega aura use shanti tatha prasannata se rahane bhi nahim dega| hara vyakti apane svayam ke kshetra mem saphala ho sakata hai| koi shakti ya paristhitiyam use puri taraha se nirasha nahim kara sakatim| koi bhagya hatasha hone ke lie usaka vinasha nahim kara sakata| asha, sankalpana, svapna, vaha ina sabhi ko purna kara sakata hai| phira bhi, saphalata kevala mana ke dvara prapta nahim ho sakati, kyonki mana sharira ke bina raha ya karya nahim kara sakata hai|  
aisa sochana murkhata hai ki mana ko sharira ki kimata para vikasita kiya ja sakata hai| yaha momabatti ke prakasha ko bachane ke lie momabatti ko nashta karane ki taraha hai| adhunika jivana mem sharirika sanskriti ke mata ka chalana atyavashyaka rupa se anivarya ho gaya hai| yaha puchhana murkhata hai ki kauna sa adhika mahattvapurna hai – sharira ya mana| donom ghanishtha rupa se eka dusare se sambaddha aura apasa mem guthe hue haim| eka ko dusare ki kimata para vikasita karane ka koi bhi prayasa sva-parajaya hoga| yunani pashchimi sabhyata ke sansthapaka ke rupa mem jane jate haim| unhonne apani sabhyata ko jimanastika aura sangita para adharita kiya tha| unake lie jimanastika ka uddeshya tha nagna hokara kie gae niyamita vyayama dvara sudaula sharira ka nirmana| sangita jisamem kavita aura nataka sammilita the, ka uddeshya tha mana ka prashikshana tatha bhavana se mukti| yadi koi sharirika tatha manasika rupa se vikasita hota tha, to unake siddhanta ke anusara, vaha shikshita tha| bharata isase age chala aura yoga tatha dhyana ka avishkara kiya, aura mana ki kshamata ki vistirnata ki khoja ki| yoga asana ke vyayamom ne sharira ko tandurusta tatha svasthya banaya, aura taba dhyana dvara sharira ko niyantrita karane ki isaki vistrita kshamata ko janane ke lie mana ke ajnata ekanta sthana mem adhika gaharai mem gae| aba yaha bina kisi sanshaya ke pramanita ho chuka hai ki kai rogom mem mana doshi hota hai ya phira yaha mukhya bhumika nibhata hai| yadi mana ko niyantrita kiya ja sake to roga ko bhi niyantrita kiya ja sakata hai| kisi manushya ko bhayabhita kijie aura usaka hridaya adhika tivrata se dhada़kane lagega| usako prasanna kijie to apa usaki ankhom mem chamaka aura usake galom para lali dekhenge| use sochane-vicharane ke achchhe upaya sikhaem aura usaki saphalatapurvaka karya karane ki kshamata badha़ jati hai| usake sharira ki jivana shakti mem sudhara hoti hai aura usaka mana kriyashila tatha tivra ho jata hai| mana ka eka unnata samanvaya uttamatara manasika shuddhata ki ora le jata hai| eka prabhavakari sharira ka artha hai prabhavakari vichara|  
nishchita rupa se aura achchhe se karya karane ki yogyata nishchita rupa se tatha tivrata se kama karane ki kshamata deti hai| unhonne mansapeshiyom ka samanvaya kara liya hai jisaka artha hai ki ve purna rupa se apane mana ke niyantrana mem haim| loga jinake pasa sabase uttama buddhi hoti hai ve achchhe vyayami bhi hote haim|  
jaॉrja vashingatana lambi kuda mem 22 phuta taka kuda sakate the| aisa kuchha jo ki kevala lagabhaga dasa hajara mem se eka hi kara pane mem samartha hota hai| aisa jana jata tha ki laॉrda bayarana ke mudgarapada the|  
ve apani kavita mem utane hi achchhe the| naipoliyana eka chhote kada ka manushya tha| mutapa aura ja़rurata se jyada khane se usaka jivana kama ho gaya, phira bhi usamem bahuta adhika urja thi, vaha adatana eka dina mem 18 ghante kama karata tha| tenisana ko achchhi dikhane vali ke rupa mem varnita kiya jata hai| vardasvartha sundara tatha hiro ke samanupatika sharira vala tha| vaॉltara skaॉta ka harkyulina ke samanupatika diladaula tha| taॉlstaॉya paisatha sala mem bhi eka bahuta badha़iya tairaka the| unhonne chhaisatha sala ki unra mem sayakala chalana sikha| jaba ve pachasa ke the to ve tina dinom mem 130 mila chale the|  
inamem se kuchha logom ko vishesha roga the aura phira bhi ve durbala nahim the| harbarta spensara vikrita pachana ke satha-satha anidra roga se bechaina the, phira bhi ve assi sala ke hone taka jivita rahe| unaki vastavika samasya yaha thi ki kyonki ve sochana banda nahim pate the atah unhem sone mem kathinai hoti thi| gandhiji atyanta dubale-patale the| ve lambe samaya taka kama kara sakate the aura niyamita paidala chalane vale the| buddhi kshamata ka sira ke akara aura banavata se thoda़a hi lena-dena hai| sabase bada़e mastishka ka bhara 3 paunda tha| pratibhashaliyom mem se kai logom ke mastishka asamanya rupa se bada़e the, kintu unamem se kuchha ve bhi the jinake mastishka ke akara vastava mem samanya se kama the| ve loga jo apana pura jivana sharirika vikasa ke lie samarpita karate haim, unaka sambhavatah adhika achchha sharirika- gathana hoga banisbata unake jo nishkriya jivana jite haim, jaise vaijnanika, vakila ya chikitsaka| jivana ke khela mem sharira aura mana donom ka suvyavasthita vikasa sabase adhika bara jitata hai| kuchha logom ko isa bata ka ehasasa nahim hota hai ki sharirika jivana apane apa mem hamare sabhi prayasom ke yogya hai|  
kaiyom ka drishtikona hai ki dhana ke sangraha ka pramukha mahattva hai| isaki khoja mem ve sharirika tandarusti ki avashyakata ko anadekha karane ki ora jukava rakha sakate haim| unhem samaya bitane ke satha pachhatava ho sakata hai| jo atma hatya karata hai usa adami ka dava hota hai ki yaha jivana jine layaka nahim hai| jo apane svasthya ki dekhabhala nahim karate haim, ve bhi dhire-dhire aura kashtapurvaka atma hatya karate haim| aise loga bhi haim jo apane sharirika kriya-kalapa ko dhana ki khoja ke lie samaya mem vriddhi karane ki asha se, ninnatama mem ghata dete haim| yaha dharana svayam ko mata deti hai| vaha manushya jo apane sharira ki upeksha karata hai, asthayi rupa se, anya karyom ke lie samaya mem vriddhi kara sakata hai| yadi tatkalika koi bura prabhava nahim hota hai, to use lagata hai ki vaha usa manushya se badha़kara hai jo apane sharira ko vikasita karane ki sochata hai aura usake lie samaya deta hai| vaha manushya jo apane sharira ki upeksha karata hai, asthayi rupa se, anya kriya-kalapom ke lie samaya mem vriddhi avashya karata hai| alasya ki adata pahale jindagi ki ga़aira-sharirika ja़rurata se banai jati hai| taba upeksha ki yaha adata, sharirika rupa se kriyashila jivana ki ora vapasi se nirutsahita karane ke lie apane apa mem eka guna bana jati hai| isa prakara sharira ki upeksha ke dushchakra ki nimva pada़ti hai| aksara, yaha sthiti bada se badatara ho jati hai, jaba taka svasthya para koi spashta virama nahim laga jata hai aura usake manasika ya arthika upalabdhiyom mem hastakshepa karane lagata hai| kevala taba hi pida़a aura bhaya, sharira ki tandurusti ko anadekha karake usane jo bhula ki hai usaka bodha balapurvaka karate haim|taba achchhe svasthya ki talasha mem, vilambita tatha andha bhagadauda़ hota hai| manushya ko rogi banana prakriti ki chahata nahim hai|  
yaha durbhagyavasha taba hota hai jaba prakritika kriya-kalapa ka damana aura sahaja pravritiyom ki vikriti hoti hai| eka bara jaba svasthya bigada़ jata hai, to kaise bhi ho, prakriti vaise hi isa kshati ko sudharane ka prayatna karati hai jaise ki vaha sharira ki sataha para ke ghava ko bharati hai| isamem, hama sharira ki sahayata karane ke lie prakriti ki sahayata kara sakate haim| roka-thama upachara se behatara hai| ve jinake svasthya mem kami hai aura taba ise punah prapta karate haim unhem isaka ehasasa hota hai ki roka-thama upachara se behatara hai| yadi svasthya ki kami ko roka ja sakata hai to yaha behatara hai aura aise vyakti ke pasa prakriti ke prati kritajna hone ke behatara karana haim| rogom ki roka-thama tatha svasthya nirmana pradhana abhipraya hote haim, upachara isake bada mem ata hai| jo sampanna haim ve uttarajivita ki avashyakata ko samajate haim kyonki isa sampatti ka ananda lene ke lie unake svasthya nirmana ki apeksha unake vittiya sanrajya ka nirmana kama mahattvapurna hai| kevala achchhe svasthya se hi ve ananda le sakate haim aura jivana ke rasa tatha prasannata ko pa sakate haim| yaha sharira bhagavana ki sabase sundara rachana hai| isake pasa rogom se lada़ne ki apani khuda ki prakriya hai|*