

***Then think of these three options for reference:***

1. *Austerity : Tapas*
2. *Self-Study and Discipline : Swadhya*
3. *Faith : Ishvar Pranidhana*
4. *Our Mind and Senses: Action and Perception:*
5. *Are trained for Higher, Transcendental, and Spiritual Action.*
6. *Otherwise we just become Creatures!*
7. *Then our Destiny is created by our Senses!*
8. *Sage Vyasa said, "When we practice Penance, Self –restraint, Saying No to Mind in a good and positive way –that is the beginning of Spiritual Life!"*
9. *This should not be done by causing Fatigue to mind or by Rebelling!*
10. *When our mind is not ready for Physical or Mental Asceticism it causes more reaction!*
11. **SILENCE :**
  1. *It helps mind to reduce turbulence*
  2. *Create feeling of Peace*
  3. *Tranquility of Mind*