

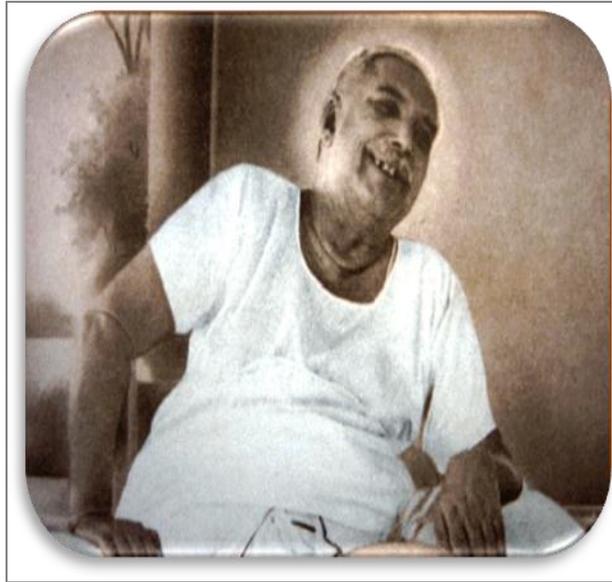
# ‘Narir Nitee’

## *Woman's Code of Conduct*

(Translated from original Bengali Message)



By



**SREE SREE THAKUR  
ANUKULCHANDRA**

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# **Narir-Nitee**

**(Woman's Code of Conduct)**

*Oh my daughter,  
let your **S**ervice, way of **C**onduction yourself,  
thoughts and **W**ords  
induce such an impulse among men in general  
that they, regard fully kneeling before you  
with heads bent,  
become charmed, enlightened, satisfied and gratified  
in calling you in a deeply reverential tone,  
'my mother, my progenitress',  
then only are you a daughter  
then only are you a chaste woman.*

\* \* \* \* \*

### LIKE A MOTHER

Try to be everyone's own  
like a mother—  
and that is in service, word and  
encouraging hope,  
but not in closeness of contact ;  
you will see,  
so many are becoming your own ! (1)

### NURSING AND NEGATION OF NURSING

'Nursing' is that  
which makes one hale, normal, elevated  
and surcharged with urge of becoming,  
ignoring these  
where there is only caring—  
that caring invites nothing  
but negation of nursing only. (2)

### RAPIDITY AND EXPERTNESS

Practice austerely your rapidity  
with your expertness,  
and keep a watch over  
the gestures and postures  
which show the sign of  
one's necessities ;  
try to sharpen your intellect  
in such a way  
so that you can ascertain his necessities  
observing his gestures and postures only ;  
thus, be active to serve one  
ascertaining his necessities  
with rapidity and expertness ;  
thus—  
you will be flooded with ovation  
of your service. (3)

### **HAPPINESS AND ENJOYMENT**

Happyness is that which,  
by making the being well-pleased, enlivened  
and elevated,  
makes the environment the same;  
and then only  
real enjoyment glorifies there the joy. (4)

### **FEMALE INSTINCTS**

In the instincts of the woman there are :  
constancy, religiousness,  
nursing, serving, helping,  
protectiveness, inspiration,  
and reproduction.  
Do not lose any of these instincts of yours.  
If they are lost,  
what is left for you ? (5)

### **VIRGINITY**

For virgin girls  
to be attached to their fathers,  
to serve him, to keep his company,  
and to talk things over with him  
is the staircase of elevation  
first and firm. (6)

### **ACT OF PIETY**

The pious, Dharmik act is that doing  
by which the being, beaming and becoming  
of yourself and your environment  
are enhanced  
in a continuous expansion.  
Pondering, understanding, realizing,  
and knowing this,  
speak it out, and act it out.  
You will see how much you have been saved  
from mammon\* and misfortune. (7)

*\*Mammon : attachment to "gold" (G. L.)*

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### **DECAY OF WOMANHOOD**

Remember  
if your company in all concerns  
does not goad in a proper manner  
toward elevation or becoming  
is your womanhood not spotty ? (8)

### **GIVING AND GETTING**

Those who come in your contact  
will be inflamed  
according to your feelings, words and skill;  
and you will get back from them  
the same accordingly.  
You are a woman;  
nature has endowed you with this quality  
mark and move. (9)

### **FEELING, WORDS AND WORK**

Feeling makes the words resound;  
moreover it is feeling that rules work;  
and feelings arise from thoughts.  
Therefore,  
as beautiful, normal irresistible,  
orderly and lofty  
as you make your thoughts,  
so beautiful, irresistible and fine  
will be your words, ways and workmanship. (10)

### **LUXURY OF WANT**

The moment you see  
your talk, ways, move, character,  
and persistence  
are not normally in line with the process  
that fulfills your want,  
know it for sure  
pure is not your want  
but a mere luxury of want. (11)

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### **SELF-EXPANSION AT HOME**

If you want to shine  
stand pat on your own nature and instincts  
and make free the being and becoming  
of your environment  
towards furtherance  
by your company and service,  
and being respectful  
and useful day-to-day to all,  
be expanded among your own;  
may all these things  
be parts of your nature and character. (12)

### **HAPPINESS IN CONTENTMENT**

Without adding to your needs,  
without hankering for name and fame,  
be characterized with fulfilling urge  
and constant satisfaction;  
happiness will never leave you. (13)

### **A FEW OF THE GOOD QUALITIES**

Inspiration with the Ideal,  
talent in service, tact in action,  
sweetness and sympathy in speech,  
exalting behavior;  
these are good qualities. (14)

### **EXPRESSING ONE'S OWN OPINION**

The woman who, being humble,  
expresses her own opinion with respect,  
not making anyone feel inferior thereby,  
becomes easily lovable  
and is held in high regard. (15)

### **METHOD OF EDUCATION**

To have the woman educated  
the method of education should be such  
that she becomes  
grown-up in her instincts,  
eager for improvement, and unrepressed;

only then can that education  
make life and society successful  
in self-preservation, self-protection,  
and self-elevation. (16)

### **A CASTRATING EDUCATION**

To formulate an education  
discarding instincts  
and to castrate oneself  
are one and the same. (17)

### **ADMIRATION AND JEALOUSY IN EDUCATION**

The education that evolves  
out of love and admiration  
can glorify life and character;  
and that which evolves  
out of envy, jealousy, and inferiority  
can only make grooves in the brain  
like the grooves in a record player;  
it seldom touches the being and character. (18)

### **SHYNESS AND SHRINKING**

Where a woman's shame  
fetches infatuation in the male  
it is not shame  
but sham or weakness;  
but where the shyness  
makes the man regardful, humble  
and serviceable,  
it is an ornament for her.  
With false modesty  
don't draw weakness. (19)

### **DISRUPTING ONE'S OWN NATURE**

Whenever the male,  
being interested in the female,  
picks up her qualities  
and adorns himself with them,  
and likewise when the female,

claiming the qualities of a male,  
neglects her own nature,  
and imitating his gestures and postures,  
claims them as her own,  
death trumps\* the racial evolution.  
Don't humiliate your instincts by disregarding them  
they are God-given blessings.  
Don't indulge the demonstration of trumping death.  
What power it has to trample you down ! (20)

*Trump : to excel, surpass, outdo*

### **THE SATANIC OCTOPUS IN SERVICE**

The service that transgresses over your Ideal,  
but does not establish him,  
is the satanic octopus!  
Don't embrace the sinister,  
being allured ! (21)

### **THE REAL BREASTPLATE AND VEIL**

For man  
and especially for woman  
the defense and hiding from bad behavior  
is the real breastplate and veil. (22)

### **LOVE-CONCENTRIC AND SCATTERED**

Concentric love for One,  
resisting and breaking the passions,  
arranges them into wisdom;  
while scattered love for many, multiplying the passions,  
sucks the sense and conscience.  
So attachment for many  
clears the path to folly and death,  
while concentric love for one  
invites the nectar of immortality. (23)

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### **THE CHARACTER IN OUTER EXPRESSIONS**

Try to characterize  
your looking, moving, laughing, talking,  
dealing, and behavior  
with a manner that will normally draw  
the regard, reverence and devotion  
of every male.  
So when you see a male  
signaling sex at you,  
then and there scrutinize your character  
and see where the defect lies  
and why this is happening.  
Of course the weak-minded man does this,  
but the remedy lies there  
in fear and awe of you. **(24)**

### **ESCORT**

In playing a game,  
taking part in a musical performance,  
or attending any function,  
it is best to be accompanied by your father,  
or a superior male of his status,  
or a fit brother  
either older or younger than you.  
By this there is less possibility  
of a young woman's falling into danger.  
If possible, move in this way  
until you feel yourself equipped in such a way  
that every man will lower his head  
in awe at you. **(25)**

### **DRESS AND FASHION**

The style, dress and accoutrements  
as well as the dealings and character  
of a female

should be such  
 as to create in the mind of the male  
 feelings of nobility, sanctity and honesty.  
 This is a main factor in better breeding  
 as well as in inspiring respect in the male.  
 Where there is a great variety of dresses etc.  
 there is a great variety of complexes,  
 be careful ! (26)

### **LATENT DESIRE FOR MALE**

When you see  
 that male contact is pleasing to you  
 and how you have unwittingly become engaged  
 in mixing and conversation with men,  
 know it for certain  
 that sex has raised its head  
 consciously or unconsciously.  
 Of course, the natural inclination of male and female  
 is to come in contact with each other !  
 yet remain aloof and save yourself;  
 otherwise, without difficulty,  
 you will get yourself spotted  
 with dishonor. (27)

### **ON JEALOUSY AND FAULT-FINDING**

One principal cause  
 of jealousy, lack of sympathy and fault-finding  
 is that something, being pleasing to one,  
 and displeasing to another,  
 wounds the ego  
 and makes it anxious and depressed;  
 and this happens from both sides.  
 Only on account of this, through grudge and reproach,  
 ignominy\* comes,  
 wanting to destroy both.  
 But be you happy with the other's pleasure  
 show sympathy even if he brings you loss,  
 paying attention to his circumstances,

needs and mood.  
 Putting yourself in his place  
 and realizing you would have done the same,  
 reproach him not  
 and speak no ill of him.  
 Try to have this attitude  
 sewed up in your character;  
 you will see,  
 you will be of good repute  
 and peace will welcome you. (28)

*(\*ignominy: a total loss of dignity and self-respect etc.)*

### **PIQUE**

Pique is a great weakness in females.  
 When a person's desires are baffled,  
 the ego, being downed  
 and taking the stand of inferiority,  
 hides its head under a blanket with remorse.  
 Pique is one expression of this ego;  
 hence the camp followers of pique are  
 jealousy, grudge, murmurings of undeserved unhappiness,  
 drooping over the slightest slight made much of,  
 will to illness and will to ugliness.  
 Be careful  
 these are the friends to carry you to hell ! (29)

### **LOVE IN CONSECRATION**

Love will not stop  
 at the establishment of her beloved  
 in the surroundings and in the world;  
 she wants even more  
 to offer her entire world  
 individually and collectively  
 to the beloved one,  
 and to be satisfied thereby;  
 she wants to carry her beloved  
 and inspire him toward growth

and in his shelter  
to embrace satisfaction and salvation.  
In this way  
love wants to make the beloved abundant in  
comprehension, wisdom, action, life  
and resources,  
thus love is so pure,  
so acceptable ! (30)

### **DESIRED IN PASSION**

Lust wants to get the desired as its own;  
it becomes happy when its desired one  
dips his entire world in it;  
it does not know how to flow  
toward the good of anyone;  
it is satisfied only in taking its prey  
as its own;  
so it has no expansion;  
its life and glory are in a state  
of contraction;  
its dwelling place is the palace of death;  
thus it is sinful, weak, restless, short-lived,  
an enigma of death.  
Just feel and see what you want. (31)

### **MADNESS OF SADNESS**

Constant talk of faults and sorrow  
makes a man unsympathetic,  
as a man doesn't want faults and sorrow  
from you!  
He desires life, joy, good name and elevation;  
if he does not get these from you  
there will be no one to be your own;  
everyone will slip away and drop out,  
you will see ! (32)

### **SUSPECTED LOVE**

When the love does not establish  
and adore the beloved,

you may suspect that love;  
keep your eyes open. (33)

### ON SLEEP

To remain awake is the blessing of God,  
and this consciousness is life.  
Do not welcome sleep willfully for nothing;  
sleep as little  
as will make you more energetic ! (34)

### WEALTH IN SERVING

"Lakshmi" (the goddess of prosperity) means "Sree"  
(beauty),  
and this word "Sree"  
has come from "serving".  
Appropriately try wherever you can  
as much as is practicable  
in an uncontentious\* way  
to do good to your family and neighbors  
with your words, behavior, sympathy  
and help;  
Your reputation as a "Lakshmi"  
will be adorned with renown;  
Just see ! (35)

*\*Uncontentious : not causing or likely to cause  
disagreement and disputes between people with differing views.*

### DETRIMENT IN SERVICE

Be careful  
in doing good to one  
do not destroy the good of another;  
in praising one  
do not damn another;  
in serving one  
be not indifferent to the next;  
generally it happens this way,  
but do you be most careful about it ! (36)

**LUST IN DISGUISE**

When the loving urge  
draws jealousy,  
you may be sure that it is purely lust  
hiding under the mask of love. (37)

**IN BLOOMING WOMANHOOD THE BLOSSOMING OF MAN**

As much as a female is free in her distinctive characteristics,  
so much she rouses and raises  
by way of reaction  
the masculinity of a man;  
and as much as the masculinity of a man  
is unsullied and freed,  
so much, being an influence on the female,  
it will fulfill her distinctiveness;  
this is the true embracing affinity  
between female and male (*Prakriti and Purush*)  
where God, being embodied,  
endures in his nature;  
If you want to enjoy,  
if you want to be fulfilled,  
do not humiliate your distinctive characteristics;  
but raise them up. (38)

**ASSOCIATION WHILE SERVING**

Do serve everyone  
in whatever form and amount you can;  
but do not associate  
except in the right place. (39)

**SIGN OF LOVE**

One from whom you get  
is dear to you,  
but your real love and devotion is there  
where you are satisfied and find fulfillment  
in giving and following;  
and it is through this  
that your becoming is possible  
and that becoming can sparkle your character,  
no doubt ! (40)

**CONTAGION IN LOVE**

It is love towards the beloved  
that can kindle love in others  
if its desire be that beloved. (41)

**DISCOVERY THROUGH LOVE**

It is only love which, discovering what to do  
for the beloved,  
and taking his life, glory, progress and pleasure  
to the path of becoming,  
can materialize these.

By observing whether or not  
the condition of your mind and brain  
is like this  
toward the one you consider your beloved,  
you can discover whether or not  
there is adulteration in your love. (42)

**ILL-FEELING AMONG FEMALES**

It is generally observed  
that women are indifferent and unsympathetic  
to one another;  
and this is followed  
by fault-finding, jealousy, grudge and spite;  
the result is that,  
in bringing infamy to another  
one spoils one's own reputation.

Never be like that;  
considering mood and circumstances  
and passing over an offense,  
be sympathetic and helpful;  
fame will serve you,  
no doubt ! (43)

**CONTROLLING THE TONGUE**

At least you can get into your character  
the habit of talking in such a manner  
as not to arouse pain, harm, and dissatisfaction  
in a man;

you will see  
how much satisfaction,  
how much peace,  
how much sympathy,  
you have become equipped to get  
there is no end to it.  
Invite your will with great urge  
begin practicing now.  
Can you not?  
Certainly you can ! (44)

### **VOW AND OBSERVANCE**

Do not give up vow and observance;  
rather, understanding clearly  
why and how they are to be done  
and what the effect is of doing them,  
follow and observe  
that which is your religion,  
that which elevates life, glory  
and becoming;  
surely you will enjoy. (45)

### **INDUSTRIAL VOW**

Among all the vows  
I think the most essential  
to be observed by every woman  
is the industrial vow.  
You should practice such a skill  
by which (in time of need), if your husband becomes unable,  
you yourself can earn at least bread, clothes,  
and other life necessities  
for your husband, children and others;  
Even if there be no want in your circumstances,  
you should contribute some of your earnings  
to your family as a gift;  
in this you will have self-satisfaction.  
There will be no danger of strangling others;  
you will not be ignored;  
others' affection and veneration  
will remain intact.  
Industry means to labor industriously;  
without this

whether there is any chance  
for the vow of prosperity  
I know not. (46)

### **PURITY AND CLEANLINESS**

Remain pure and clean;  
may your body and surroundings  
be kept always spic and span;  
may there be in them no dirtiness,  
bad odor or disorder;  
put them in order,  
so that the moment they are seen  
beauty and comfort may be felt.  
But do not make a fad or fetish  
of cleanliness.  
You will see,  
health and comfort will congratulate you.  
Among the depravities  
impurity and uncleanliness  
are not the least. (47)

### **HATE THE SIN, NOT THE SINNER**

Do hate defect, injustice and impurity,  
but not on account of them,  
the makers of these.  
May they, the makers of these,  
be charmed with you,  
may they find shelter with you  
in your love, sympathy and service,  
and clearly recognizing their defects  
through talks and discussions with you,  
may so shake them off  
that those defects will not be able  
even to peep into their jurisdiction.  
You will be praiseworthy  
and make them praiseworthy;  
you will see,  
the Lord's blessing will be overflowing in you. (48)

**BLIND DESIRE FOR WORLDLY ENJOYMENT**

So far as you keep your feeling and temper  
turned toward worldly enjoyment,  
real enjoyment will escape you,  
as the mind blinded with the desire  
for worldly enjoyment  
can never understand with whom, with what, and how  
the hankering for enjoyment  
is to be satisfied.  
If such be the fountain of your love,  
you will be eternally unhappy;  
there is no doubt about it. **(49)**

**AN OBSESSED ENJOYMENT**

If your dress and style,  
pleasure, etc.  
don't have their origin  
in the pleasure and satisfaction of another,  
and if they do not make all others  
satisfied, invigorated and glad,  
tons of enjoyment cannot make you happy  
with the pleasure of enjoyment,  
know it for sure.  
This kind of obsessed desire for enjoyment  
will drag you further  
into the country of jealousy, spite, dissatisfaction  
and misery. **(50)**

**DEMANDING WITHOUT DOING**

Without doing something for another  
by which he may have comfort, peace and joy,  
don't demand from him,  
thinking he is your own;  
you will not get,  
instead you will be humiliated. **(51)**

**ENERGY THROUGH HUNGER**

If you want to be energetic  
and free from idleness,  
do not sacrifice your hunger;  
it is hunger  
which makes the consumed food  
fit for nourishing,  
and this nourishment is an asset for strength ! (52)

**FOOD**

Your food should be such  
that in being digested  
it easily allows your hunger  
to raise its head  
and as a result of being so digested,  
brings useful nourishment. (53)

**BODY AND MIND AND FOOD**

As pinching,  
the sight of ugly things,  
or unseemly behavior  
makes the mind scattered,  
so food affects the body  
and along with it the mind.  
Remember it,  
the relation of food with mind  
is so close.  
Move on calculating. (54)

**A DIRTY ENVIRONMENT**

As the bodily health can control the mind,  
so the mind can be the master of bodily health;  
as clean, well-placed and strong  
as your mind will be  
so in large measure will be your health;  
and in looking to the good of the body

you must also look to the thorough cleanliness  
of the environment;  
a dirty environment can deteriorate the head and health  
in a way seldom seen ;  
be careful. (55)

### **EATING FROM THE SAME DISH**

Do not eat together with others  
from the same dish,  
but eat in the company of others  
if you feel it necessary.  
By eating from the same plate  
diseases attack in legions,  
many have seen it;  
as a result, being stricken with sickness,  
you can make the whole family stricken !  
Whatever downs health, joy and good living is sin;  
so the Hindus  
why only Hindus ?  
Scientists also  
have deplored what has been left  
by anyone,  
except a healthy superior. (56)

### **ON LABOR**

Just as clearance of bowels  
is necessary in order to eat,  
so excretion from the system  
of refuse material  
is most necessary  
in order to get any nourishment;  
and for this purpose  
proper labor  
at least till sweat comes  
is invaluable and nectar-like for health. (57)

**DURING SICKNESS**

When caught by disease  
 stay away from others  
 as much as possible;  
 if you can, keep yourself so isolated  
 that others are not in any way infected by your sickness.

While lying, sitting, talking and so on  
 pay particular attention  
 to the danger of that infection;  
 try to make your attendants  
 who are engaged in serving and nursing  
 also conscious of it, and watch  
 so that they will not go into the public  
 without being properly cleaned.

You will see  
 once you have recovered from your disease  
 there will be less possibility and fear  
 of being further and again attacked. (58)

**FALSELY FILIAL**

Many weak-minded, low-thinking males,  
 especially youths,  
 disguise their sex craving  
 under the mask of brother ship and son ship  
 and, going into the contact of women  
 by calling them  
 Mother, Aunt, Cousin, Sister etc.  
 with gestures and postures,  
 fondling and childish importuning,  
 bring them to submission,  
 and through the acts of kissing, embracing,  
 sucking breasts, etc.  
 gratify their crude sex thirst  
 which they never do  
 with their own mothers, aunts,  
 sisters, etc.

Be warned of these kinds of mother, aunt, son, brother, etc.  
 relationships;  
 women become inflamed with passion by them

and inclined toward such men,  
 and the result is  
 that they have to sell themselves.  
 Privacy is the haunt of such;  
 so they generally want to stay away from people;  
 but they like to show that they are honest  
 and of ideal character;  
 to put a screen over the eyes of the environment,  
 male and female of this type  
 preach about each other,  
 but in reality nothing good  
 can be found in their character.  
 Whoever it may be,  
 be wary of him at the outset;  
 and if by mistake  
 you make a few steps forward,  
 the moment you see all these signs  
 step aside,  
 keep your head,  
 grind him under your heel,  
 give him a good lesson,  
 dismiss him;  
 understand  
 the wolf has a better character  
 than such as he. (59)

### **FOREGOING MARRIAGE**

If your attachment for Ideal inspires you tremendously,  
 if you cannot give anyone else a place in your heart,  
 and if a maddening urge to establish that Ideal  
 in your environment and in the world  
 has entirely captured you,  
 then, as I think,  
 even without marriage  
 you can be more enlightened by enlightening others,  
 living a pure and pious life.  
 Examine yourself and be sure;  
 if you find any murkiness  
 it is better to marry. (60)

### **SUBSERVIENCE OF LOVE**

Real love is ever able to carry,  
ever able to bear;  
it carries and bears its beloved unceasingly;  
it doesn't get irritated or paralyzed or weak;  
it bears and carries its beloved  
in all respects;  
and in this bearing and carrying  
lie all its joy, diligence and cheer.  
So it cannot think  
that it is a lackey of its beloved;  
and where there is this feeling of subservience  
the foul-smelling vomit of passion  
that was suppressed under cravings and desires  
in its denial or in its fulfillment,  
gets spread around  
in the form of malice. (61)

### **THE RACE AND MOTHERHOOD**

The woman gives birth and helps growth;  
so woman is mother  
and mother of the race.  
On her purity  
the purity of the race depends;  
from fallen character in women  
a baffled race is born.  
Do you realize how important  
is the purity of woman ? (62)

### **LOOSE TONGUE**

Many women,  
either because of their own maladjustment  
or because of the company they keep,  
somehow maintain such a flimsy character  
that they cannot assimilate anything said to them;  
it is as though anything spoken to them  
creates such an uneasiness and discomfort within  
that they have no alternative  
but to pour it out before others.

This is a very bad habit;  
no other has done so much harm  
to the world of woman.  
If anyone in good faith tells you something  
which by your repeating  
could do harm to him or others  
even if he does not forbid you to express it  
you must not tell it to anyone;  
and if that spoken word be of such a nature  
that not speaking it out  
will definitely do harm  
to him who has said it or others,  
and if you cannot adjust it to good,  
speak it out to such a man  
who you think can adjust it properly  
without bringing any harm  
to the one who has said it;  
by this good will come;  
you will escape a lot of trouble;  
consider well. **(63)**

### **THE DANGER IN SUBMISSIVENESS**

Women are of a submissive nature  
so that in unquestioning service to a man  
they become inclined to him and colored;  
this is a feature of female folk.  
So if you want a proper bridegroom,  
keep your distance from men in such a way  
that will put them in your notice  
but not in your company  
you will be able to understand them  
and a good selection may be made.  
As a result of indiscriminating service  
diverse secret attacks of degeneration,  
endangering and destroying your life,  
may take you to the dark hole of downfall  
be conscious and be careful ! **(64)**

**GOOD THROUGH SUBMISSIVENESS**

Woman is submissive by nature;  
so she can cling to good also  
unrepellingly;  
where this clinging is genuine  
it is infallible.  
Even ignoring the whole world  
she can stand firm with one  
whom she has clasped.  
Even if you have to ignore disadvantages  
or disregard all,  
cling unrepellingly to that one  
by whom your being, your glory and your elevation  
are raised aloft  
your becoming will never be able to leave you  
this is very sure. **(65)**

**ENGAGEMENT FROM A DISTANCE**

If you want to get the right husband,  
stay at a distance from men;  
and do not think of anyone as a husband  
because by this, the mind  
being stolen away by passion,  
the vision becomes hazy.  
But as regards him whom you wish  
as your husband,  
see whether or not his Ideal, way of life,  
breeding, reputation, health,  
regard, knowledge, etc.  
are to your liking,  
and bearable and supportable by you,  
and consult with superior well-wishers;  
your chances of making a mistake in getting  
will be fewer. **(66)**

**MARRIAGE FOR SEX PROPENSITY**

The sex propensity alone  
never can make anyone  
a real husband or wife  
and never could. (67)

**DANGER IN BEING FLATTERED**

Many females,  
getting praise for their beauty,  
thanks for their work,  
commendations, presentations, etc.  
from either male or female,  
and especially from males,  
at once lose their heads.  
By trickery,  
dishonest persons can then  
get them to do anything they want.  
But you be careful of both praise and blame  
and move as you think good  
according to necessity,  
in full consciousness of your integrity;  
keeping your selfhood unscattered  
you will be saved  
from a spotty reputation. (68)

**ON YOUR ANCESTRY**

Remember with pride  
that the life flowing in you  
carries the blood of your forefathers.  
Bow your head, kneel at the feet, accept,  
and address as "husband"  
him to whom and to whose lineage  
your own ancestors would be proud and charmed  
to make offerings,  
whose feet they would be grateful to touch.  
Through this thinking and addressing of yours  
your ancestors will shower blessings

with a cheerful voice.  
 Don't be the object of blame,  
 don't be to your ancestors a shame;  
 be inspired, be bright,  
 advance your family and lineage. (69)

### **MARRYING ACCORDING TO IMAGINATION**

The more the women  
 who like to have husbands  
 on the basis of their vague imaginings,  
 not having selected them  
 out of any practical realization,  
 become acquainted with their husbands,  
 the more they are in despair.  
 Repentance, fault-finding, and frustration in life  
 dog their foot-steps  
 and devour them in depression.  
 And by proceeding in this way  
 the last breath of the unfortunate man concerned  
 fades away into death.  
 Don't make this mistake !  
 Don't invite death in this way ! (70)

### **CULTURAL HEREDITY IN MATE-SELECTION**

A man's love for his Ideal  
 evolves from his devotion and regard;  
 the knowledge and feelings that come  
 from being inspired by that Ideal  
 and from serving and doing for Him  
 influence the fundamental temperament of the issue\*,  
 and the nature that is created  
 through this  
 is the child's original instinct;  
 and that very instinct,  
 gathering desired elements from the environment,  
 gets amplified,  
 and the child becomes an adult.  
 The basic ingredient in man's becoming  
 is this cultural heredity

produced through man's hereditary  
attachment to the Ideal  
where this is superior  
it is of first importance and worthy of appreciation  
in selecting a mate;  
remember if you neglect this varna\*\* and lineage,  
can there be any mistaking that you  
with all your lineage  
are traveling to death ? (71)

*\*Issue: offspring*

*\*\*Varna: groupings of similar instincts*

### **BECOMING AND PROCREATION THROUGH MARRIAGE**

Marriage fulfils two of a person's main desires:  
one for evolution,  
the other for good progeny;  
a wrong marriage puts a blight on both;  
have care  
don't think marriage a game,  
your life and your procreation  
are wrapped up in it. (72)

### **CONSIDERATIONS IN CHOOSING A HUSBAND**

When choosing a husband,  
see what the Ideal of your proposed husband is,  
and see whether the temptation  
to be fulfilled by sacrificing yourself  
in a fire of effort and work  
in adoration of that Ideal  
lures you or not;  
see how the one you want to marry measures up  
in that Ideal  
for you are to be his wife (companion in Dharma);  
if you are inspired by these considerations,  
and if the one you want to marry  
is superior to you in all respects  
lineage, varna, family, learning,  
and if you feel that your ancestors

would consider him worshipable,  
by marrying him  
you will be able to escape the hand of calamity,  
know it for sure. (73)

### **THE BEST GROUND FOR MARRIAGE**

In that varna and cultural heredity  
where your feelings, education, character  
and behavior  
are nourished and purified  
lies your best ground for marriage.  
Remember  
result will come  
according to the place and the way  
in which love is lodged.  
There is no doubt about it;  
so move wisely. (74)

### **MARRIAGE TO A MAN MAD FOR WOMEN**

When, in spite of his superiority  
with respect to family, varna\*, learning, etc.  
a man becomes mad to get you as his wife,  
doubt that man.  
Dirty and devious devils  
not easily discovered  
are lurking like thieves  
in his temperament and character.  
If such a man be drawn to you,  
any children that you might have by him  
cannot be of a good type.  
You may be taken care for physically,  
but internally you will be all at sea;  
so it is doubtful whether you will be happy with him.  
Don't be swept off your feet,  
examine thoroughly and take stock. (75)

*\*Varna: groupings of similar instincts*

**CARRYING IN MARRYING**

To bear another perfectly  
is called marriage.  
If one who would bear  
(and this bearing may be of many kinds)  
is not able in all ways and all matters  
to bear the one whom he is to bear  
then how can it be ?  
Is he to whom you are praying  
that he should bear you in all respects  
worthy to fulfil that prayer of yours?  
Consider this before you give yourself;  
you will pass over  
downfall, pain and shock ! (76)

**MARRY THE MARRIAGEABLE**

Be the wife of that man  
who is superior to you in all respects,  
who is worshipable by the ancestors  
that are in existence in you,  
and whose hankering for surrender to Ideal  
has excited in you a maddening urge  
to carry and to bear;  
you will be fulfilled ! (77)

**WIFEHOOD FULFILLED**

If you think you can carry an appropriate man,  
who is superior to you in all respects,  
in such a way that he will not fall at all  
from being, becoming and glory,  
be married to him;  
you will be a chaste wife,  
a person of importance ! (78)

**WITH AN URGE TO SERVE**

If the adherence to Ideal  
and all-around superiority of any man  
make you feel like kneeling in respect and admiration  
and make you grateful to serve him,  
and if songs in his praise

flow up from your heart to your lips,  
 you may marry him and surrender yourself.  
 Having wifhood in him  
 you will be blessed, no doubt,  
 in praising and serving ! (79)

### **HYPERGAMY AND HYPOGAMY\***

Just as hypergamy begets growth,  
 so hypogamy begets decay;  
 thus hypogamous marriage is a sin;  
 it demolishes one's own line,  
 and more,—  
 catching society and environment by the neck,  
 it drags them also toward destruction.  
 It is possible to save an unchaste wife,  
 but it is very difficult  
 to erase the baseness  
 of hypogamous products. (80)

*\*Hypergamy: marriage in which the man's heredity (i.e. traits displayed in his family over generations) is higher (i.e. of a higher level of serviceableness to existence) in relation to the wife's heredity*

*Hypogamy: marriage in which the man's heredity is lower in relation to the wife's heredity*

### **WOMAN'S FEELINGS AND RESPONSIBILITY IN HAVING GOOD PROGENY**

Among the many reasons for marriage  
 procreation is a principal one,  
 and good procreation depends on  
 the feelings of the woman  
 which inspire and attract the male.  
 Therefore a woman should marry that particular male  
 whom she feels superior to herself  
 in all respects  
 and in carrying and upholding whom  
 she feels satisfied and fulfilled.  
 So it is fitting  
 that the selection of the groom  
 should be at the discretion of the bride—as I think.  
 Is it not so?  
 It is you who are to think the thing over,  
 consult superiors  
 and choose your man. (81)

### **DIFFERENCE OF AGE IN MARRIAGE**

Do not think  
of him to whom you may offer yourself  
as only your friend,  
but rather as a god,  
as a guide.  
Nearness in age and feelings  
keeps understanding and receptivity  
at a distance;  
so the age difference between husband and wife  
should be the same  
as the age at which the man can first  
produce a son. **(82)**

### **THE YOUTHFUL MAIDEN'S HUSBAND**

A man at the age when youth is ending  
and maturity beginning,  
is the best husband for the youthful maiden.  
By this the life energy flows from man to woman  
and from woman to man,  
creating harmony and making impoverished  
the forces of decay.  
Scriptures have declared such marriages right,  
that is, conducive to life and growth. **(83)**

### **CONDUCT ACCORDING TO DHARMA**

Dharma is that which holds up,  
that is, it is doing those things,  
dealing in that manner,  
preserving those feelings  
by which people's life and growth  
become unwounded and unimpeded.  
If your character is Dharmik,  
you will see Dharma growing automatically  
in your husband and family,  
because the husband's will  
tries to effect what the wife wants

and it is the wife's distinctive characteristic to do  
in the same way for the husband.

Thus you will find  
that without their knowing it  
your love of Dharma  
is inspiring a like love  
in the character of all the family,  
and as a result  
your family is moving forward  
in prosperity and upliftment,  
gradually leaving behind  
disease, distress, pain and poverty. (84)

### **REVERENCE AND AFFECTION IN SERVICE**

Bear and revere the higher,  
be affectionate to the lower and lift them up,  
serve all in an appropriate way. (85)

### **ENJOY IN HIS SERVICE**

As much as your service, love and impulse  
exalt your husband-lord to becoming,  
so great will he appear in your eyes.  
and this, always freshly and anew;  
therefore so make him ever fresh  
that you may enjoy him freshly always;  
how great and glorious  
and how auspicious to the world  
you will become-unconsciously  
and what an adorable goddess you will be,  
you can never imagine. (86)

### **ROLE OF IDEAL IN LIFE**

Superior Beloved, Ideal or Guide  
is such a one that if you aim to reach him,  
and follow him,  
you can gradually attain  
life, growth and glory.  
When attachment or devotion is linked to him  
the environment and world cannot disturb it  
can only make one rich in wisdom.

Thus being concentric to the Ideal or Guide  
is such a necessity in life !  
Therefore the first and foremost requirement  
in all culturing of Dharma  
is Superior Beloved, Ideal or Guide;  
to become a true follower of Dharma  
requires devotion to him, following him  
and behaving in accordance with him,  
while maintaining such a character  
that this devotion or attachment  
creates an impulse in husband and family  
which awakens and inspires them.  
When this happens you will see,  
your wifeness is fulfilled  
you will be shining brightly  
and making others shine ! (87)

#### **HUSBAND A GOD**

You will consider your husband a god,  
and god means what or who,  
brightly standing before your eyes,  
makes your mind bright and cheerful;  
see that the brightness is not smudged  
by your service, dealings, or wrong impetus;  
be the fuel of his light and delight,  
but not so much or in such a way  
as to put out the light ! (88)

#### **CONSCIOUS LOVE FOR HUSBAND**

Keep a watch over your love for your husband  
that it may remain conscious,  
that it may be stimulus and impetus to him  
so that the moment he comes into your company  
he becomes flooded actually  
with indomitable urge to serve  
Ideal and environment;  
do not cause him to pause,  
do not make him narrow,  
do not tie him to the tendency to self-establishment.  
Satisfaction, glory and peace  
will worship both of you ! (89)

**CUTTING LOOSE FROM HUSBAND**

If you be a real wife,  
don't cut yourself loose from your husband;  
don't reduce him to ashes  
in the fire of your own destruction ! (90)

**KNOW HIS TEMPERAMENT**

Your husband may like you,  
but if you are not acquainted  
with his temperament, circumstances and  
necessities,  
if you do not understand,  
he will become hopeless  
amidst your conversation, discussions,  
reasoning's, and judgments;  
you will not get a proper response  
to you talk.  
As a result  
you cannot make his mind pleased,  
peaceful, satisfied and inspired,  
and you both will decay gradually;  
so again I say,  
do know him in and out ! (91)

**MEASURING HIS LOVE**

Make no account of how much and how  
your husband loves you;  
be not shocked by comparing his love  
with others' love;  
find happiness in whatever you receive.  
But in giving, give in such a way  
understanding his temperament and condition  
that he never received anywhere,  
and in receiving doesn't hope to get anywhere else.  
You will see,  
satisfaction and joy will remain  
the hirelings of you both. (92)

**WIFELY DEVOTION-HUSBAND'S BECOMING**

If your husband does not progress upward  
in devotion to Ideal,  
being, glory and becoming  
on account of you,  
your wifely devotion is a lie. **(93)**

**OVERFLOWING**

Don't pray for getting anything  
for your pleasure or prosperity  
from you beloved husband  
that will rather interfere with your getting.  
But if your service uplifts him  
and makes him overflowing  
in his Ideal, in life, in glory and in growth,  
you will get so much  
that your cup will be brimful;  
and in the increase in your getting in this way,  
you will make him even more  
uplifted and overflowing. **(94)**

**FULFILMENT**

If your mind does not tell you  
the kind of things that promote  
your husband's love for Ideal, renown and life  
and make him cheerful and happy,  
maintaining favorable thoughts anyway,  
within and without and in your actions  
be happy,  
be his fulfiller.  
Health, peace and satisfaction  
will garland you both  
it is sure ! **(95)**

**OVER-FONDNESS FOR WIFE**

When you see that your husband is busy for you,  
that a tendency to pass the time with you  
is increasing day by day,  
and that a rough manner of dealing with those

who are not serving and praising you  
 has overtaken him,  
 have a care;  
 know that he is making rapid strides  
 toward the kingdom of folly;  
 turn him back,  
 expose your likings to him  
 with feeling, devotion and love,  
 and with spirited words and bearing  
 make him fervent toward the Ideal ! (96)

### **BE NOT A BEGGAR**

Don't make yourself a beggar  
 of your husband's love;  
 rather, be you the source for him  
 of service, care, devotion and love.  
 see,  
 how far you have escaped  
 from sorrow and fault-finding. (97)

### **CHILDREN OF THE FEEBLE-MINDED**

As I think,  
 it is extremely difficult for the feeble-minded  
 to stick to anything,  
 and the more the habit of continuity is broken  
 the more weak, restless and feeble  
 becomes the mind;  
 Their mental restlessness makes life  
 almost unbearable.  
 Then too, a wife of this fickle and feeble-minded kind  
 cannot exalt the thought-currents of her husband  
 in a way that his brain could embrace deeply,  
 growing and blooming in intensity of feeling;  
 as a result of this  
 she becomes the breeder of children  
 whose minds are of a weak and restless constitution  
 which is very difficult to cure later;  
 this is also a main cause  
 of short-life, idiocy and disease in children.  
 If you be of this kind,

try diligently to put perseverance or adherence  
into your character;  
if you can do this,  
you will be released from the grip  
of these disasters;  
don't worry. (98)

### **ENLIVENMENT THROUGH SATISFACTION**

Generally the husband  
whose wife is easily pleased and contented with him  
in every way,  
and at the same time keeps him happy too  
with her service, care and love,  
being thus enlivened,  
is blessed with health and happiness,  
and this is very often seen ! (99)

### **THE AGE DIFFERENCE**

An age difference  
of at least fifteen to twenty years  
greatly checks old age in both  
as the rising life-force of the wife  
infects the husband  
and balances out;  
also, promoting life, enthusiasm, and becoming  
and causing a rise in joy, pleasure, happiness  
and peace,  
it makes them the possessors of strong and spirited offspring;  
hence it is a virtue. (100)

### **THE CLOSER THE AGE, THE QUICKER THE DEATH**

If you and your husband are close in age,  
when you reach the age when decay sets in,  
as each is drawing energy from the other,  
decay will come a-roaring so  
that there will be nothing else to do  
but embrace death!  
And, when there is a difference in ages  
such that his growth is not embracing new growth

and your life-energy is mounting,  
your energy will be transfused into him,  
and will dispel his decay,  
seating life in balance, liveliness and beauty;  
your life will be fulfilled.  
Do you not want this ? (101)

### **SIN**

Know that as sin which,  
depriving you of life, glory and growth,  
makes you a traveler  
along with ignorance, inferiority and weakness  
on the road to death ! (102)

### **LIBERTY UNDER LOVE**

If you really love your husband  
the lack of him  
will make you feel paralyzed  
and your life will make no sense to you;  
he is as dear as life to you;  
you feel his rulership to be your freedom  
and satisfaction.  
Therefore  
for one who is the servant of love  
the problem of freedom is banished forever;  
know it for sure. (103)

### **DOWNFALL IN DISGUISE**

If you see that you are enjoying  
the company of anyone other than your husband  
so that you desire to be occupied in that way,  
though he has no connection  
with your husband's affairs or occupation,  
know that your adherence has become shaky.  
Perhaps your fall,  
like a thief hidden in this gap,  
is creeping up on you;  
be attentive at once ! (104)

**ADHERENCE TO HUSBAND**

Adherence means  
to keep the mind occupied with any one subject  
with thoughts for his good  
in any number of ways.

So adherence to husband means  
with intentions for the husband's elevation,  
to keep body and mind engaged in  
adjusting all his affairs toward welfare  
or happiness. **(105)**

**ATTACHMENT THE ARMOR**

Just as women are soft and impressionable by nature,  
so, when she is completely attached  
to her desired one  
in such a way that her body and mind want no one else,  
and she can't stand that anyone should be  
like that to her  
or even a hint to this effect,  
she becomes very firm, very unbending and very unapproachable  
as long as that pull of attachment  
possesses her completely.  
If you achieve such a state,  
you need not depend on anyone  
as regards your doings and dealings;  
that very attachment will guide you,  
telling you where and how to move,  
what kind of ideas to hold, and so on.  
I am telling you,  
you are wearing armor  
that will allow nothing else to touch you ! **(106)**

**PAINLESS PREVENTION OF HUSBAND'S ERRING**

Oppose what destroys, or deteriorates your husband  
or puts him in danger,  
but do not create pain or calamity.  
Measuring according to your own standard  
on account of your own likes and dislikes,  
do not observe or judge with fault-finding vision  
dirtied with selfishness;

rather understand,  
adjust toward good,  
help him achieve,  
achieve;  
being cheerful, keep him cheerful. (107)

### **ON CORRECTING A HUSBAND**

If you understand,  
that the ways, dealings, condition and development  
of your husband  
have taken such a course  
that there is every possibility  
of great harm to him,  
and that he is moving adamantly in that direction  
with such sensitiveness  
that any word hinting at it  
puts him in a fury,  
be careful, do not oppose him.  
Joining with him in it with eagerness and attention,  
noticing the blows and reactions to them  
in what is going on,  
with sympathy and suffering,  
through talks and conversations,  
keeping his feelings and judgment before you,  
with contentment and satisfaction,  
turn him back.  
His cup running over  
at the sight of your tact, sympathy and compassion,  
he will start flowing toward you;  
there is no doubt  
but that you will have peace ! (108)

### **BACK HIM UP**

Stand behind your husband  
with unrepelling adherence to Ideal,  
inspiration, active urge,  
and exalting word;  
depression will not threaten  
either one of you ! (109)

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### **HUSBAND'S ANNOYANCE AND ANGER**

If your husband is annoyed, displeased and angry  
over any behavior of yours,  
never stand aside,  
leaving him in that condition.  
Observing his position carefully,  
admit your fault with sadness,  
become closer to him  
with love, sympathy and support.  
Both will be happy ! (110)

### **IF HUSBAND IS A TYRANT**

If your husband constantly tyrannizes over you  
and your power to soothe him  
is blocked on all sides,  
practice being a bit aloof,  
bit by bit  
remaining his well-wisher.  
In staying at a distance in this way  
go on doing for his good  
in such a way that he will directly possess  
the fruits of it.  
You will see  
in the midst of great pain  
satisfaction will not leave you ! (111)

### **FALSE FRIENDS**

When you see that one of your husband's friends,  
with a show of eagerness for your husband,  
wants to be acquainted with you,  
his object being your praise, your service,  
your sympathy,  
or if you see that he is busy talking and conversing  
about your husband  
with you  
as with people in general or his environment  
he is not,  
you may understand  
that though he may be the friend of your husband  
what he is aiming at is you.

Again, when you see him occupied  
 talking with your children,  
 caring for them and serving them,  
 talking with you in praise of them,  
 understand it well  
 the aim is not the children, but you.  
 This kind of thing can happen in various ways.  
 Be careful,  
 stand out of the way,  
 stay out of his contact. (112)

### **THE BASE HIGH-BORN**

Though there may be a superior heredity  
 and even a high education and fine manners,  
 if the man's mind and work are low,  
 not carrying or establishing any high ideal  
 but merely nourishing his selfish interest,  
 in a case like this,  
 the superiority is to be reckoned as inferiority;  
 you are to keep away from such superiority  
 in choosing a marriage partner;  
 it murders the superior heredity  
 and invites baseness. (113)

### **VIRTUE IN HYPERGAMY—VICIOUSNESS IN HYPOGAMY**

As hypergamy  
 gradually raises life and growth to ascension,  
 it gives birth to Dharma and virtue.  
 And as hypogamous union  
 strikes with a fatal blow  
 both the acquired experiences in the heredity of the race  
 and the individuality,  
 making inferiority grow, conducting it in,  
 and giving it form,  
 it is the mother of anti-Dharma, inferiority,  
 and sin. (114)

**REMEDY FOR HYPOGAMY**

If hypogamous marriage  
has already taken place,  
bending low your head in devotion to the Superior Beloved,  
Ideal, Guru, or Beloved the Great,  
dedicate your life for his establishment  
in such a way  
that no other thought than his establishment  
occurs to you,  
no other word or work ever gets a place  
in your movement,  
and be as far off as possible  
from the production of hypogamous issue.  
You will see  
this error which would have poisoned you and others  
is to a large extent being minimized! (115)

**YOUR DUTY AT HIS DOWNFALL**

The husband's detachment from the Ideal  
is his only real fall,  
and what greater disgrace for the wife can there be  
than the fall of the husband ?  
The fall also strikes down and denies  
the husband's ability to be a husband.  
Having the goal fully before you,  
lift your husband toward that goal ! (116)

**ON SERVING THE FAMILY**

Don't remain with ill-feeling  
toward anyone in your family;  
understanding the condition of him  
whose behavior has irritated you,  
adjust him and put him right  
with loving words and behavior  
full of sympathy.  
Try to keep your environment elated  
wherever and in whatever way necessary  
with hope, inspiration, affection and service;  
move on,  
determining where and how you should move

by observing the situation  
and reflecting on it or thinking it over;  
you will see,  
your family will remain happy with you,  
and you will remain happy with your family ! (117)

### **DEPRIVED BY SELFISHNESS**

If you take your husband away  
from his family and relations,  
you will be depriving yourself of  
whatever progress a person may achieve  
through serving and becoming  
and whatever satisfaction and emancipation may come  
through realization and knowing.  
Greatness, glory and renown  
will move far away from you;  
anxiety, dissatisfaction, depression and exhaustion  
will encircle you.  
Do you want to be deprived in this way ? (118)

### **DUTY TO FAMILY AND ENVIRONMENT**

Your first and foremost duty  
is to do in service those things by which  
those on whom the family into which you have come depend\*  
(generally your father-in-law and mother-in-law) ,  
may remain physically and mentally  
healthy, strong and confident.  
And your second duty  
is to the others with whom you are living  
in the family;  
and your third essential duty  
is to the environment in which your family is living.  
As far as possible  
do not violate this rule;  
you will be honored and happy ! (119)

\*The wife goes to live within the extended family of which her husband is a member.

**SERVING HIM IN HIS PARENTS**

If you want the rise and renown of your husband,  
never turn away from serving his parents,  
for it is from them that he has sprung,  
and they are his original well-wishers  
though their wishing may sometimes  
be in error !

If your husband, out of mistaken judgment,  
does not want you to do so  
and if, in disobedience to his desire,  
you do serve them,  
good will result.

If your father-in-law be of an immoral character,  
still do not turn away from serving him  
but do not stay in close attendance.

You will see  
you will get the gift of well-being. **(120)**

**KNOWING HUSBAND'S TEMPERAMENT AND CONDITION**

Be alert that your husband  
be not in any way unknown to you.  
Observing, pondering and understanding his circumstances,  
feel his character, desire and temperament,  
and let doing that which  
will be good for his well-being in all respects  
be easy to you  
in such a way that in doing it you also will be  
satisfied and happy.

You will see  
in the enjoyment of life and love  
you will be satisfied. **(121)**

**DIVINE WIFE**

If any disagreement should arise  
among the family members on account of you,  
do not allow your husband  
to come to your support,  
but using your own dexterity,  
establish contentment in the household

and remove the cause of irritation.

In the twinkling of an eye  
you will stand forth as a divine wife,  
no doubt ! **(122)**

### **THE FAMILY QUARREL**

And, if due to your husband's mistake or defect,  
a quarrel should arise in the family,  
correct him  
and establish him in the household,  
summoning peace.  
She is blessed who can pour  
the oil of peace on troubled waters. **(123)**

### **THE PATH UPWARD**

If you want to dwell in goodness,  
if you want your life to move upward  
in knowledge, peace and honor,  
be present with your man  
with such beauty, speech, character and service  
that in them he is uplifted and unimpaired  
in life, glory and growth ! **(124)**

### **REPROACHFUL MOTHER-IN-LAW**

If your mother-in-law becomes a reproacher,  
don't oppose her reproaching,  
don't object,  
don't answer back;  
keep a look-out for her necessities  
with a care to fulfil them,  
and flood her with praise;  
keep a service-attitude intact  
and materialize it;  
your victory is a certainty ! **(125)**

**SERVICE TO THE HEAD OF THE FAMILY**

The life, glory and growth  
of the head or heads of the family  
into which you have come  
generally your father-in-law and mother-in-law  
you are, before all else, to try  
to keep nourished with your service;  
you will see  
how peace, service and reputation  
are resounding to your glory ! (126)

**INGRATITUDE DUE TO ERROR**

If there is someone whom you are happy to call your own,  
remember,  
those from whom you have got him  
or who have made it possible for you to have him  
are the ones who have the primary right  
to your service.  
If you make any mistake about this  
the hidden dagger of ingratitude  
will finish you;  
bear it in mind ! (127)

**SYCOPHANTS\* OF POVERTY**

Vanity, idleness, disbelief and ingratitude  
are the sycophants of poverty.  
If they are there  
poverty will be able to dwell there  
quite delightedly ! (128)

\*Sycophant: self-seeking, servile flatterer

**WHEN HE IS DISPLEASED**

If your husband is displeased with you  
and goes far away from you,  
thoroughly investigate, think,  
and try to make your character suitable  
for his service and his becoming,  
so that he becomes pleased, nourished and proud;  
you will see  
how happy your husband has become with you ! (129)

**WHEN HE TAKES THE WRONG PATH**

If your husband follows the wrong path  
do not neglect him,  
do not make him aggrieved  
with rough words and behavior or thoughtlessness;  
rather, try to investigate and understand  
what he actually wants,  
what the want and hankering is  
for which he has taken to this kind of path;  
search it out, and if possible,  
with heart and soul be diligent to remedy it.  
Do love, try, serve and reason and discuss  
in a way that will touch his heart  
and so exalt him  
that somehow he will unconsciously become charmed with you  
and be drawn away from the need  
to go on that path. (130)

**PRINCIPLED SPENDING**

Incur expenses befitting your needs;  
don't invite what you can do without;  
a slight miserliness  
is one of the best female qualities;  
but be not cruelly close-fisted;  
without causing disadvantage to others  
try to save something from the daily expenses;  
then when the hour of need  
catches your father-in-law or husband by the neck,  
let your assuring hand reach out in giving;  
you will see  
what is pleasure,  
what is satisfaction ! (131)

**HOUSEHOLD CULTURE**

As I think,  
to goad the society and nation  
to the path of elevation,  
a necessary form of education is one in which  
there can be in operation

without difficulty or opposition  
in every household  
a laboratory, a cottage industry,  
and a garden that can produce  
the kitchen vegetables that are always needed;  
and this learning is for everyone in the household,  
whether male or female ! (132)

### **FOUNDATION OF EDUCATION**

However advanced your education,  
keeping your individual distinctiveness intact,  
let the following be its foundation stones:  
what Dharma is,  
what Ideal is,  
what superior means,  
how to recognize a superior,  
how to choose a superior for marriage,  
what chastity is,  
and what a woman's chastity does for her husband,  
what service is,  
what reverence and devotion are,  
how growth is brought about,  
what makes for good progeny,  
how advancement can be called in  
by keeping the family at peace,  
how to recognize worthiness to be a husband,  
how to bring up children,  
in what manner children should be educated  
so that their future lives be of  
shining glory,  
what the rules of saving are,  
and how to increase them  
without causing trouble to others,  
and so on;  
give particular profound attention  
to implanting these in your character  
if you want to keep prosperity and well-being  
as your maidservants ! (133)

**WHEN HUSBAND IS HURT**

If your husband is aggrieved, put in pain, depressed  
and made hopeless  
by a mistake or deficiency  
in your movement or behavior,  
of if something happens that puts him in trouble,  
as soon as you know it,  
expose your carelessness, foolishness and error to him  
with pain, sympathy and love  
in such a way that he can understand you well,  
become free from doubt,  
and be cheerful again;  
and if something happens whereby he may be put into trouble,  
mentioning your mistake,  
gather all the defects and bear them  
on your own head;  
adjust the situation  
so that the trouble will not touch him;  
and if trouble has already touched him,  
see to its speedy removal,  
and along with this the healing of the hurt  
that it has caused;  
keep watch,  
be careful for the future ! (134)

**SIN INCARNATE**

The pleasure that invites depression  
and causes decay of health and life,  
the work that creates fear and weakness,  
the service, attachment and sympathy  
which ignore the self, the environment,  
knowledge, prosperity and superiority  
thereby establishing inferiority,  
and which, beckoning disaster  
with error and peril,  
want to lie down in the lap of death,  
do know that to be  
sin incarnate ! (135)

**ON SHUNNING THE HARMFUL**

Be alert to shun immediately  
stealing, calumny, meddling, scandal-mongering,  
fault-finding, and so on;  
these are such things  
that with the least exercising  
they grab hold like ghosts  
and drag one's character to hell;  
there is no reckoning  
how many of people's great qualities  
have gone to rack and ruin  
at their appearance.  
If once they dominate,  
even if they are driven away,  
they will come back surreptitiously.  
If you cannot drive them out by your own efforts,  
then with the will to be rectified  
let yourself be caught;  
you may have a little difficulty on that account  
for the present  
but in the future you will be the gainer of well-being. (136)

**FALSEHOOD**

There is one other beast  
this one much like a bedbug  
and it is lying.  
If it once touches and gets a little indulgence  
it will multiply till there are swarms;  
then people will fear to come near you  
and will not believe you;  
then the character, very much afflicted,  
like a victim of black fever,  
will completely embrace destruction.  
There is one excellent remedy for this  
to practice saying words  
that bring people no misfortune  
in any way,  
that can strike no one with harm.  
In the end you will find  
that there are so many true things to say

that throughout a person's life  
 even in desperate circumstances  
 there is no need to lie;  
 make a proper attempt at it for once,  
 and see ! (137)

### **IMPURE DEVOTION TO HUSBAND**

There is a satanic type of devotion to the husband  
 which picks up the faults of the honored ones of his family,  
 of his sister, his brother's wife, his mother and father  
 and dumps them in his lap  
 thereby poisoning his mind and body  
 and setting the household on fire;  
 but she cannot pick up what is good in them  
 and offer it to her husband;  
 she cannot make life, glory and growth  
 full of sweetness  
 by destroying what destroys.

She says to her husband,  
 "I cannot help telling you what I hear and see;  
 until I tell you my mind is restless."

But she can do all  
 see faults, think of faults, and speak about faults;  
 only she cannot conceive of good qualities,  
 cannot search out good points and let them be known,  
 cannot extol them and pour them out before others.

What a terrible sin this is!  
 Do not even come in touch with this kind of tendency  
 either physically or mentally !

Think of good qualities,  
 search them out and try to bring them out,  
 while being careful of fault and evil;  
 and as much as you can  
 spread the goodness to all  
 husband, father-in-law, mother-in-law,  
 honored ones, sisters-in-law,  
 and everyone of the environment;  
 you will see,  
 ever-flowing reverence will pour over you;  
 you will be deemed Goddess of Good ! (138)

### ON BETROTHAL

If, with full consciousness of one's own condition  
and full confidence in another,  
someone gives his or her word on anything,  
one can be considered a promised person  
in regard to that matter.

If, with full consciousness of your condition and worth  
and with full confidence in any man,  
you promise to offer yourself to him,  
then you are betrothed.

This giving is itself your real marriage  
whether or not he to whom you have given yourself  
accepts;  
even if he does not accept  
you cannot be betrothed to another man,  
and if you are,  
then from the standpoint of Dharma  
you are fallen.

So if you are not completely without doubts  
do not betroth yourself to any man,  
and if you have already done so,  
if you are able, do not retract;  
if you retract,  
you are taking weakness as your support  
and sin will follow you all your days;  
move on reckoning carefully ! (139)

### COMPETENT TO CHOOSE A HUSBAND

When a woman is capable of conceiving  
nature endows her with the power  
of selecting her husband,  
and if she wants to select her husband  
according to her own wish  
only then can she do so.  
Or else, he that the father and mother select  
for their daughter,  
seeing his all-round superiority,  
will be considered the daughter's husband;  
this is the scriptural rule. (140)

**UNCHOSEN AND UNWORTHY**

If a marriageable daughter is married  
to an inferior male  
without her consent,  
not of her choosing,  
or by forcing her,

that is an offense and contrary to Dharma.

That is why it is stated in scripture,

"The daughter who has been married to an inferior  
should be taken back and married to a superior."

If you have not betrothed yourself to any man  
or selected anyone,  
of if you have no opinion regarding the selection,  
in that case tell your father and mother  
or honored ones;  
let them understand,  
and you refrain from selecting ! (141)

**CODE OF CONDUCT DOES NOT COMPEL**

Beneficial rules or regulations  
do not want to force anyone to follow them;  
but if one who wants good follows them,  
then good will delight him or her,  
no doubt ! (142)

**HUSBAND A MANIFESTATION OF THE LORD**

In families where the wife makes the husband her servant  
she is a fellow-traveler to death;  
but where the wife inspires the husband  
toward the Ideal  
and makes him fit to serve the world,  
in her husband the Lord becomes manifest ! (143)

**AN INSPIRING WIFE**

Be all attention  
that your husband can remain  
healthy, satisfied and nourished with inspiration  
through you,

but not stupefied by you or absorbed in you.  
 Let not your pleasure and nourishment  
 become his aim.  
 Rather, by your inspiration  
 let him become tremendous for the Ideal  
 and able to stay well engaged in service to the world,  
 and install this in your heart  
 as your satisfying, pleasing, gladdening and glorious  
 worship;  
 you will be both majestic and happy,  
 no doubt ! (144)

### **ATTAINING THROUGH EVOLUTION**

Males are naturally attracted to females;  
 so the nature of the woman,  
 being reflected and enkindled in the man,  
 makes his distinctiveness bright;  
 and as this process goes on evolving  
 the woman get back in many fold from the man  
 the glow of this brightness. (145)

### **NATURE OF ISSUE DEPENDENT ON NATURE OF SERVICE**

Whatever your husband is like  
 if he is of superior stock  
 in whatever way you make him inspired and devoted  
 that is exactly what you will get  
 in the form of children  
 know it for sure.  
 And it is certain that the feelings, words, works and behavior of  
 you, the husband and wife,  
 are the basic foundation of the culture  
 and character  
 of the child born to you. (146)

### **MALICE TO HUSBAND—POOR CHILDREN**

If, as regards your husband,  
 you are disposed to malice, vexed, envious,  
 and full of fault-finding,  
 or if you are without desire or inclination for him,

take care!

Do not receive him.

For, the result of doing so is that  
short-lived, dull-brained, restless, feeble-minded  
diseased, hating children  
will be born.

Do not clear the path on which your life will pass  
to remorse and anxiety ! (147)

### **HAVING GOOD CHILDREN**

When your adherence, love, feeling and devotion,  
being delighted,  
make your husband aglow with existence-exalting nature  
and health  
and make him inclined to you,  
that is the real sign  
that you will become the mother  
of an honest, healthy, bright child,  
there is no doubt.

And the purpose behind the sacrifices, oblations and rituals  
prescribed in the scriptures for having good children  
is nothing but this. (148)

### **REVERENCE AND ADORNMENT IN APPROACH**

The usual custom of approaching the husband well-dressed,  
full of good feeling and consideration,  
and with regard and attentiveness  
assures that the husband will be made aglow  
and inclined toward you in such a way  
that good issue will be attained;  
and this is an important custom  
for having good progeny. (149)

### **THE ROLE OF MOTHER AND CHILDHOOD TRAINING IN ADJUSTING LIFE**

A lot of training and a lot of discipline  
does not and cannot make a child an effective adult  
if the mother does not implant  
the basic foundations of his or her life,

keeping them sound in a useful form.  
If you want to make your child into a person  
adjust his or her defects to a useful form;  
what you do with your child between the ages of five  
and ten  
regulates his whole life,  
you may be sure ! (150)

### **WOMAN THE FOUNDATION OF EDUCATION**

Do not forget  
that the education of people,  
especially of children,  
is had from woman's understanding, words, movement,  
character and skill.  
To the extent that these are developed and effective  
in you, the mother,  
to that extent the foundation of the person's  
at least the child's  
education is firm.  
Move reckoning carefully  
that you need not later repent. (151)

### **PROVISION FOR THE CHILD'S FUTURE**

If the child's range of perceptions  
is not always at the mother's fingertips,  
then,  
what he likes,  
what words he fears to hear,  
how he is frightened,  
how faith or doubt may be created in him, etc.  
cannot be utilized according to necessity.  
But if the measuring stick of his way of perceiving  
be always in the mother's hand,  
all this is easily possible,  
and the child can be very easily saved  
from any danger lying in wait for him.  
So keep your child always  
in your calculating eye ! (152)

**RESULT OF EXAMPLE**

Don't place anything in front of your children  
 which, being developed,  
 may in his future life  
 sing hell's victory song. (153)

**THE MOTHER'S CHASTISING**

Strew not your children's path of safety  
 with thorns  
 by unnecessary scolding and chastising;  
 the more you scold for nothing or for little,  
 the more their ability to bear chastisement  
 will grow;  
 as a result, chastisement will not be able  
 to effect their correction any more;  
 in this case their future lives will become very easily  
 unregulated, full of sorrows and poverty,  
 hating, and bleak;  
 Do not chastise for nothing;  
 rather try to awaken the perception;  
 then the child will find the way  
 to extend his or her knowledge  
 and be free to grow.  
 If there is no way but to chastise,  
 chastise at such a time  
 when that is the only way to bring adjustment,  
 when you think that no other time will do,  
 at such a juncture of life and death !  
 You will see how your child shoots up  
 in progress, effort, courage and confidence ! (154)

**SUPERIOR PRODUCING MANYFOLD**

Only the Ideal-centric man  
 is fit for polygamy,  
 for his inspiration with Ideal can fulfil many  
 with wisdom, strength and service;  
 and it is woman's inclination  
 to embrace the strong;  
 she thinks it better to be the handmaid  
 of an able man

than the sole overseer of a weak one;  
and this is one principal distinctive characteristic  
of woman.

Furthermore, if we want to uplift the society  
then what will produce many strong people  
is best and preferable. (155)

### **WOMAN'S AND MAN'S DISTICTIVENESS IN PROCREATION**

Temperament is that characteristic of the system  
which controls to a large extent  
the perceptions, thoughts, character and movements.

The characteristic of the man  
is to sow the seeds of life;  
the woman conceives there,  
gives form and sets into growth,  
generally only one at any one time,  
while the man in that time can  
scatter many seeds.

Thus the distinctive characteristic of woman  
is to move unites with a single one,  
and this is the source of her healthiness of mind;  
but a man characteristically goes through life  
prone to go toward many;  
so if your husband,  
overflowing toward Ideal, character, wisdom and service,  
has other wives,  
and if this is not to his detriment,  
be not sorry or jealous,  
rather love and take care of them.

You will see  
that your husband has become  
even more strongly inclined toward you;  
do not worry. (156)

### **REAL LOVE LOVES ONE LOVED BY BELOVED**

This is also correct,  
if you have real love for your husband  
and if he loves anyone else  
as he does you,  
if your love is not dirtied with selfishness,

then of course that other one normally  
will be appreciated and cared for by you.  
Is this not reasonable ? (157)

### **TOUCHSTONE OF LOVE**

Bad feeling toward co-wives  
shows selfish interest in the husband;  
love toward co-wives  
is generally the shining witness  
of true love for husband;  
know it for a certainty ! (158)

### **COMMON INTEREST IN BELOVED**

He who is the source of your life,  
who is your interest,  
in satisfying and nourishing whom,  
in establishing whose life, glory and growth  
you think yourself meaningful  
him  
you have been blessed to feel to be your husband.  
If such a person  
toward whom you have a mental urge of this type  
has affection toward someone else  
as he does toward you,  
and if that loved one is your assistant  
in a common interest in all respects,  
how will you treat her ?  
Will you drive her away or accept her,  
be jealous of her, or draw her to your heart?  
Look with understanding  
do not destroy love and adherence. (159)

### **MALICE BETWEEN CO-WIVES**

If a father has several daughters  
who are attached to him for their selfish interest,  
malice between sisters will take form.  
In the same way, if a man has several wives  
who are attached to him with blind selfish interest,  
that gives form to malice between co-wives. (160)

### **DURING PREGNANCY**

From the very beginning of your pregnancy  
don't forget to take care of  
the one to whom you have given shelter in your womb,  
to whom you will give form as a person.  
This taking care of is firstly mental,  
secondly physical;  
as much as you keep your mind fearless  
and delighted in Good,  
the child in your womb will also enjoy the same;  
as much as you keep your body beautiful  
in health, dexterous activity and cleanliness,  
the child in your womb will enjoy the same;  
move with understanding. **(161)**

### **THE LYING-IN ROOM**

Keep watch that the lying-in room  
be free of disease, thoroughly purified, well ventilated,  
appropriately warm, tidy and free from dampness;  
let it not be lacking the least bit  
in any of these qualities;  
this is good for both mother and child,  
and by this the family is spared to a large extent  
from trouble and anxiety. **(162)**

### **THE DANGER IN A DEFECTIVE LYING-IN ROOM**

A lying-in room that is disease-ridden, damp,  
too brightly lighted, cold and drafty  
can cause impairment to child and mother  
that perhaps will be difficult to correct  
even for a lifetime.  
Again I say,  
do not deprive the lying-in room  
of its special standards ! **(163)**

### **ROLE OF DEVOTION IN EDUCATION AND CHARACTER ADJUSTMENT**

Never do anything in front of your children  
which may in any way cause damage  
to their devotion and attachment to you;  
any disruption of their urge toward you  
means both suffering for you  
and danger to them.

So let their temperaments, characters and circumstances  
be ever within the range of your consciousness.

If you are to give some training,  
understand well,  
keeping needs and circumstances in view,  
at the time when feeling (*bhava*)  
and the reaction proceeding from the feeling  
come on,  
if you can provide understanding and solution  
with appreciation and sympathy,  
you will find that the training  
easily touches the character ! (164)

### **PLANTS AND HERBS AND HYGIENE**

Keep at your fingertips the knowledge  
of the plants and herbs or other things  
generally found in your environment  
for which of people's needs they may be used,  
what their qualities are,  
how they are used for whatever need,  
and so on;

in difficulties you will find help;  
perhaps you will not have to worry yourself  
searching for a doctor or healer  
for a slight disorder.

Get up before sunrise (or in the early dawn)  
and remember the Supreme Beloved,  
thinking about his words, his wishes,  
his movements, his desires and so on;  
afterwards finishing the morning duties of the household,  
collecting nicely the necessary things of the morning,  
looking to the east at the blissful-rosy sun,

pay your respects to your superiors;  
 don't forget to find out nicely and cheerfully  
 about each one of the children's health,  
 with a loving address;  
 try to practice this in such a way  
 that by seeing each one's face,  
 as far as possible with few spoken words,  
 you can easily gather the news of their  
 health and needs;  
 and this should direct your preparation of food;  
 that is, each should get food appropriate  
 for his or her individual condition.  
 You will see that by doing so  
 you will not be destroyed in misery and distress  
 through your family's falling sick. **(165)**

### **WEALTH, DESIRE AND LIBERATION THROUGH DHARMA**

Only when your love and worship,  
 having embraced Dharma (the Uphold of Existence),  
 infect the actual world,  
 then only comes meaningfulness,  
 receiving wealth,  
 settling you with resources  
 in the accomplishment of whatever desire there was,  
 creating an unchangeable abode in liberation or freedom,  
 to maintain you in steadiness  
 with services and a firm foundation;  
 so ignore not Dharma;  
 when Dharma is genuine  
 its followers wealth, desire and emancipation  
 blaze forth;  
 and this is the proof of real Dharma ! **(166)**

### **IDEAL OF WIDOWHOOD**

The goal of the widow is  
 by being inspired with the Ideal Superior Beloved or Guide,  
 keeping her husband in her heart without fail,  
 observing chastity (*Brahmacharyya*) ,

being gladdened in establishing the Superior Beloved  
in the environment and world  
with appropriate service,  
to delight the soul of her departed husband. (167)

### **ON BEING WIDOWED AT A YOUNG AGE**

If you become a widow  
and there is no attachment, care or desire in your brain  
for the past husband,  
if you did not marry him at your own will,  
if there are no sons or daughters to remind you of him,  
and if desire for a man rises in your mind  
and makes you restless and effusively emotional,  
you may without any hesitation marry  
a man who is superior in all respects and Ideal-centric;  
by tying your life and progress to him  
you may get fulfillment in the Ideal along with him,  
and in this you can escape downfall,  
maintain purity and live an unshaken life. (168)

### **THE PLACE FOR CONFIDENCE AND BELIEF**

He in whom you have placed your all  
from life up to death,  
whom you know as the holder of your being, your expansion  
and your elevation,  
who is a living gospel to you,  
is the only place of whole-hearted belief for you;  
ad for things or persons other than him,  
not being colored by any of them,  
remain impartial  
and as the situation comes before you,  
according to the way you understand it  
through your intelligence and consideration  
attentively perceiving,  
determine your confidence in it  
and how you will deal with it;  
in this world you will be deceived very little ! (169)

**WHEN FALLEN**

If you have slipped and fallen,  
 if immorality has attacked you,  
 no fear,  
 you have many things to do:  
 to be abundant in adherence to the Superior Beloved,  
 to get your environment and world attached  
 to your Superior Beloved  
 through service and exaltation,  
 to hold him who is blindfolded by error  
 and moving on a path to harm,  
 to turn him,  
 to pour the mantra of immortality  
 into his ears,  
 and to awaken him;  
 this is the excellent means  
 of inviting the Lord's blessing.  
 If even this does not disincline you from the inferior man,  
 get support in a man who is superior to you  
 in all respects  
 and follow the Superior Beloved  
 as stated before  
 by keeping the company of that superior  
 and serving him.  
 Though you may not be the best,  
 you will not be the worst;  
 you will not be hated;  
 you may even be fulfilled with supreme meaning;  
 what is there to doubt in this ? (170)

**INGRATITUDE AND PENANCE**

Don't be ungrateful;  
 ingratitude is one of the worst faults  
 a person can have;  
 and among the sins it is considered the greatest;  
 generally no defect can come  
 without its support;  
 if you give indulgence to this ingratitude  
 you will lose everything you have!  
 Ingratitude means to deny or to forget

what you have received from some person  
 that has prevented evil  
 and lifted you to good,  
 and to sit inert,  
 not establishing humbly and obediently  
 the person from whom you have received,  
 and by causing him loss, ill-repute and fall,  
 to endanger and destroy him with evils.  
 Be careful;  
 do not indulge it;  
 and if you have done so,  
 do penance;  
 and penance means to enter the mind or consciousness  
 and discover the cause  
 and to rectify it in such a way  
 that it will bid farewell to the character forever. (171)

### **HEALTH AND BEAUTY IN SINGING AND DANCING**

A breath exercise (*Pranayam*)  
 is very rarely found  
 that easily gratifies the consciousness  
 the way that singing does;  
 and exercise that is so cheering  
 the way dancing is  
 is rare;  
 so the singing and dancing  
 which inspire feelings beneficial to existence  
 simplify and beautify  
 the lives of both men and women. (172)

### **THE CHASTE WIFE**

The wife who makes her husband's life, glory and growth  
 swell up on the path of progress,  
 who allows no agitation to interfere with  
 growth, sympathy, establishment in the environment;  
 service, attendance, help and support,  
 who keeps her own life, glory and growth intact,  
 and thus becomes established in one and all  
 in her true wifeness has become meaningful!

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If you have been born a woman,  
embrace this true wifehood and be full of meaning,  
and make individual and world so. (173)

### **HUSBAND**

If you can feel your husband as your own existence,  
and in doing that,  
if movement and action, feeling and words  
and other manifestations  
through your character  
actually proclaim that he is life to you,  
then only,  
calling him husband,  
will be your triumph ! (174)

### **THE FIELD OF THE EGO**

Keep the ego flooded with a serving attitude,  
and you can deploy it  
when, by overcoming the detrimental,  
some good is established,  
that is something that is beneficial  
to the life, glory and growth  
of yourself and your environment;  
however, no one's ego is to be wounded or treated contemptuously  
in doing so;  
rather it is to be done with spiritedness, respect and support;  
Preserve this well in your memory;  
otherwise, as an egotist  
you will be the gainer of a fall  
from any firm stand. (175)

### **POORER POVERTY**

You may be poor in money or resources;  
but let not that poverty  
bring inferiority, pauperism and meanness  
into your character;  
you will see your poverty grow poorer ! (176)

**DAILY INDUSTRY**

Again I say,  
 let your work and industry,  
 by fulfilling the necessities of the environment,  
 make you solvent with wealth and property;  
 do not be deprived of the blessings of the Goddess of Wealth  
 by not serving with work and industry;  
 let it be a daily vow with you;  
 keep it in mind;  
 forget it not ! (177)

**CAREFULNESS ABOUT ACCEPTING GIFTS**

If anyone other than  
 your mother, father, husband, mother-in-law, father-in-law,  
 Ideal, superiors or your own brothers and sisters,  
 wants to give you any kind of gift or reward  
 out of love,  
 never accept it,  
 even on extreme request.  
 If it must be accepted,  
 take the requester's presentation  
 through the hands of your father, husband  
 or father-in-law;  
 because through this present  
 many evil thoughts may touch you;  
 as a result, what you never thought of  
 may come to pass  
 perhaps without even a little delay;  
 be careful ! (178)

**DHARMA OF LIFE—WIFE AS HELPER IN DHARMA**

Knowledge sprouts from the state of one's existence,  
 object, attachment, stimulus and response and sensation;  
 and from this sensation and knowledge a person determines  
 what is favorable for living his life  
 and what is detrimental to his life;  
 what he thinks favorable becomes his joy,  
 and the detrimental his sorrow;  
 his attachment to what is favorable  
 attracts him from one thing to another,

making him anxious and unpeaceful  
thus the favorable turns unfavorable;  
it is as if his environment or surroundings  
will finish him. Then again,  
a person's consciousness of his existence or condition  
comes about through conflict with his environment;  
the environment wants to tear him to bits  
and digest him;  
but with his utmost endeavor  
he is in a hurry-scurry  
to maintain his condition or being !  
In such a situation  
in order to keep his life and growth alive  
he is to become supremely attached  
to someone in his environment  
who is beneficial to life and growth,  
in whom life and growth flourish,  
and this is a person's Supreme Beloved, Guide or Ideal;  
So, a life that is not inspired with the Ideal,  
whose activity is dispersed and unrestrained,  
who doesn't take any care for establishing  
his Superior Beloved or Ideal,  
floating along in the current of time,  
will touch the shore of Death,  
can it be doubted ?  
Therefore, if your husband has not attached himself  
to a Superior Beloved or Ideal,  
let him understand,  
show him the need of all needs,  
and make him Ideal-centric without delay;  
be a true wife (a sharer of Dharma),  
pursuing and moving on.  
You will see  
you will not be deprived of life, glory and growth;  
contentment, satisfaction and peace  
will raise a clamor through nation and world  
of victory songs to you ! (179)

**AMEN**

You can think of your duties  
to your husband and family  
as yours alone;  
but understand if good is to be gotten,  
good is to be done, and as this applies to you  
it applies to all.  
If you go on doing whatever is to be done  
for others' well-being  
as far as possible without hope of getting  
and without anxiety,  
you will see that you need not be in a dither over getting  
any more;  
the getting has to come:  
it will be as if someone sings out  
in the welkin of your mind,  
"Amen ! Amen ! Amen !" (180)

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**Dr. Srikumar Mukherjee**  
**Email: seeence@gmail.com**  
**Cell# +91-8210137153**  
**Website: www.indoaryan.org**