A PERSONAL EPILOGUE

   Once, so the story goes, Naciketas, the seeker after knowl-
edge set out to find the true source of happiness and well-being.
He had practiced several arduous disciplines for many years, had
read and studied widely with the best teachers. Then, one day he
heard of the greatest master of all, the teacher of teachers, who
lived where only such a teacher should live: in the highest, most
remote cave in the mountains.

   After months of difficult climbing, losing and then refind-
ing his way several times, he found the master's cave. The master
was sitting near a candle. The light from the candle caused his
shadow to be cast in larger than life form on the nearby wall.

   Naciketas could barely see the master's eyes, but he thought
he was instructed to enter. With a bow, he introduced himself:

        Master, I have traveled long and hard to find you. I
        have a simple question. What is the source of true
        happiness and well-being?

   The master sat still. Naciketas studied him for several
minutes, but there was no movement. He wondered if his question
was heard, and if heard, understood. Finally, the master spoke:

        Control of the mind is the source of happiness and
        well-being.

Naciketas was entranced as the master elaborated:

        With such control, you learn also to control your body;
        to accept, adapt to, and understand the world around
        you.

Warming to the topic, the master next said:

        "Control even helps us know who we are as human beings, and to receive

        wisdom from and connects us to the cosmos."

Naciketas sat motionless, struck by the master's words of wisdom.
He thought them through carefully, then paraphrased:

        "So control is the source of meaning, happiness, and
        well-being?

The master, looking wiser with each passing moment, nodded af-
firmatively.

   "Are you absolutely sure?" Naciketas queried.

 The master gently raised his glance, looking intensely and penetratingly at Naciketas while he pondered
the question challenging his life work. Then with a whimsical smile, he replied

        "Not really."