

Short No. 59

Topic - What is meant by 'head to heel' *purushaarth*?

Student: Baba, what is meant by 'head to heel' (arduous) *purushaarth*?

Baba: The lowest part of the foot is called the heel and the highest part is called the head. It means there should be no part in the entire body that doesn't cooperate in *purushaarth*. That is called *purushaarth* from head to heel. It is said, 'he sacrificed every bone of his in the service of God'.