



**I will give you a talisman.**

**Whenever you are in doubt or  
when the self becomes too much with you,  
apply the following test:**

**Recall the face of the poorest and weakest man  
you have seen and ask yourself  
if the step you contemplate is going to be  
of any use to him.**

**Will he gain anything by it?  
Will it restore him to control over his own  
life and destiny?**

**In other words, will it lead to Swaraj  
for the hungry and spiritually starving millions?**

**Then you will find your doubts  
And your self melting away.**