

Because of the incessant beating of the heart, bodily existence goes on effectively. But man gives no thought whatsoever to the beating of the heart. Several other essential activities have to be carried on in similar ways, free from attachment. Absence of attachment leads to the pacification of the mind. Work and rest go on side by side. Mind made calm this way becomes capable of grasping the Self. Calmness of mind is not for him who neglects duty. Calmness is a prerequisite for Self-knowledge.

How are we to reconcile the worldly entanglements and engagements with spiritual detachment? See how the carpenter's housewife busies herself with all and sundry. With one hand she pushes the paddy to be pounded in the mortar; with the other hand she embraces and suckles her baby. At the same time she bargains with a customer for the flattened rice. In the midst of all of these activities her mind is on the hand pushing the paddy lest the pestle should hurt it. Likewise do your worldly activities; but in the midst of them keep the mind fixed on the Lord. Deviate not on any account from Godly path.

— Sri Ramakrishna

Have there ever been people who, in the midst of the taxing earthly activities, were absorbed in the Self? The answer comes :—

कर्मणैव हि संसिद्धिमास्थिता जनकादयः ।

लोकसंग्रहमेवापि संपश्यन्कर्तुमर्हसि ॥ २०

कर्मणा एव हि सम्-सिद्धि-तिम् आ-स्थिताः जनक-आदयः ।

लोक संग्रहम् एव अपि सम्-पश्यन् कर्तुम् अर्हसि ॥

karmanai 'va hi saṁsiddhim āsthitā janakādayaḥ ।

lokasaṁgraham evā 'pi sampasyan kartum arhasi ॥

कर्मणा *karmanā* by action एव *eva* only हि *hi* verily
संसिद्धिम् *saṁsiddhim* perfection आस्थिताः *āsthitāḥ* attain-