## Holy Geeta by Swami Chinmayananda

The above three terms thus comprehend the entire possibility of experiences in life: physical, mental, and intellectual. In all of them, a true devotee is unagitated because he "IS FREE FROM ATTACHMENT". Attachment to and identification with the matter equipments --- body, mind, intellect --- is the cause by which we are helplessly made to dance to the mad tunes which the chance happenings dictate. One who is detached from these equipments is the one who is a master of them all.

TO WHOM CENSURE AND PRAISE ARE EQUAL --- Not that he is immune to insults, nor is it because he is not intelligent enough to understand them. To a great devotee, living as he is in a realm of his own, full of transcendental and blissful experiences of the Divine, the worldly censure or even praise has no significance or importance at all. He realises that one who has been praised today will be censured by society tomorrow, and that yesterday's censured man becomes the praiseworthy leader of today!! Praise and censure are in themselves nothing more than the passing fancy of those who express them!

HE IS SILENT --- A true seeker of wisdom becomes a man of few words --- not only physically but even mentally. Silence within is real silence (*Mouna*). Keeping physical silence but letting the mind loose to talk in itself, generally results in a serious type of repression which ultimately drives many to the porch of a mental hospital. Be silent and understand how really silent silence can be!