Holy Geeta by Swami Chinmayananda

Principle, the Self. Theirs becomes the elegance of the Divine.

A mind, which is pre-occupied with its own ego-centric attachments with the not-Self, cannot come to live the Bliss-of-Perfection, while, the same mind, when it has detached itself from its extrovert preoccupations, becomes a ready instrument to seek and to discover its true identity with the Self. The condition of the mind declares whether the individual is confused or clear, bound or redeemed. A mind that is turned outward, rushing out and panting to gain its satisfactions in the world-of-objects, gets bound to the finite, and comes to groan with pain and disappointment; while the same mind when turned inward, away from the objects, seeking the Self, comes to rediscover its own identity with the Spiritual Centre.

In winter, inside a room one suffers from cold, while outside there is plenty of sunshine. He who walks out of the room into the sunshine comes to be blessed by the warmth of the Sun while they who bury themselves in their rooms suffer the discomforts of the cold. The Sun has neither a preference for those who are basking under its rays, nor has it any prejudice against those who do not come out under its shine and warmth. In the language of this stanza, we may call those who have walked out to the sunny courtyard as "blessed" by the Sun, while those who stay indoors as "not blessed" by that luminous energiser in the sky?