Holy Geeta by Swami Chinmayananda

fire but because its fingers, propelled by a force called desire, come in actual CONTACT with fire.

ABSENCE OF EXCESSIVE LOVE FOR CHILD, WIFE, HOME AND THE LIKE --- Excessive love, or affection, is an intense form of attachment to another. It consists in our total identification with the object of our affection. The lover loses his personal identity in his identification with the beloved to such an extent, that he is happy or sorrowful when she lives in joy or suffers from pain. Such an intimate relationship is generally met with in the attachment of a mother to its child.

To build a wall of discrimination around our inner personality and to keep such disturbances away is to discover the equipoise in ourselves --- without which no progress or growth is ever possible.

With a little practice, this evenness of mind can be maintained unbroken in all situations of life --- DESIRABLE and UNDESIRABLE. A human mind, relieved from its pre-occupations with its own present attachments and affections, unintelligent though they be, will discover in itself a tremendous amount of surplus energy conserved, which might flow into dangerous channels unless rightly directed.

THE RIGHT CHANNELLING OF THIS NEWLY DISCOVERED ENERGY IS INDICATED BELOW: