

The experience of the finite world, the misery of the jerks, the sorrows of its imperfections, the tragedies of its disappointments --- all together constitute the *samsara* of the "ego," which is nothing other than the Infinite Self (*Purusha*), expressing through Matter (*Prakriti*), and identifying with it. Release can be had only when we transcend all the *gunas*.

A patient is suffering from high temperature, excruciating headache and back pain. All three are symptoms of his illness. When the fever is down the patient is still suffering. We can say the patient has fully recovered, not when these three symptoms have ended, but only when the patient has also regained his old health and energy. Similarly, the three *gunas* may be present in each of us, in different proportions, but the true release comes not only when all chains have been snapped --- meaning all the *gunas* are transcended --- but when we are also established in the Spiritual Experience.

This process of escaping from the subjective shackles on our psychological and intellectual nature is called "liberation" or *Moksha*. Bound by their own limitations, the greater possibilities in us are now idling away in our own bosoms. To redeem them from their prison-houses of confusions and pains, agitations and sorrows, passions and lust, is all that spirituality seeks.