Holy Geeta by Swami Chinmayananda

Such a perfect condition is impossible. The things of the world in themselves and in their patterns keep on changing. In such a kaleidoscopic design of existence, it is indeed unintelligent to expect any desirable system to remain continuously for the benefit of a seeker's steady practice. Such a thing is impossible. In the world-of-change, therefore, a seeker must discover his own balance and equipoise, by controlling his intellectual evaluations, mental attachments and physical contacts with the world outside.

The intelligent relationship maintained by a seeker towards the world outside, whereby he experiences a uniform steadiness in himself, in spite of the mad revelry of things and beings around him, is called the condition of equanimity. He, who has developed the right sense of discrimination, can easily watch for and see the golden chord of Beauty that holds together all that is enchanting and grotesque constituting the outer world. This capacity is called *Sama-buddhi*.

My child may be dirty at one moment, mischievous at another; screaming in the morning, laughing in the noon; bullying in the evening and wild at night! Yet, through all such conditions, the father in me sees but one and the same son, therefore, I give my love equally in all these different manifestations of my own son. This is a loving father's *Sama-buddhi*. In the same way, true seeker learns to recognise the Lord-of-his-heart in grim tragedies, in the pleasant comedies, in the tremendous successes, in the