

is a necessary result of devotion to the Lord, one should look up to the Lord as the highest and the sole refuge.

The maladjusted "ego" in us has, by its own false concepts and imaginations, spooled us all up into cocoons of confusion and has tied us down with our own self-created shackles. Now, it is up to us to snap these cords that bind us and gain freedom from them all. The All-perfect Supreme has been as though shackled by our mind and intellect, and now the same mind and intellect must be utilised to unwind the binding cords. If we lock ourselves up in a room, it is left to us only to unlock its doors and walk out into freedom. *Vaasanaas* are created by our ego-centric activities (*Sa-kaama-Karma*) and by self-less work (*Nish-kaama-Karma*) alone can these *vaasanaas* be ended. Therefore, Krishna advises us: "Act on with mind fixed on Me. Devotedly work for Me. Dedicate all your activities as a sacrifice, as an offering unto Me."

An attitude of reverence to the Supreme is necessary in order to re-incorporate into the texture of our own life, the qualities of the Supreme. Like water, knowledge also flows only from a higher to a lower level. Therefore, our minds must be in an attitude of surrender to Him in utter reverence and devotion.

When you work in the world with such an attitude, Krishna says, "YOU SHALL REACH THE SUPREME."