

Dispassion towards the objects of the senses, and also absence of egoism; perception of evil in birth, death, old age, sickness and pain; 8

Nature bears evidence to the truth that beings evolve surely, though slowly, from the low order of existence to the high. Evolution of the body is complete at the human level. But there are stages of mental evolution to be striven after. Man has to perfect his mind in ethical and spiritual discipline. He should not therefore stagnate at the physical plane. His ideal in life is to emerge from the earthly existence into the divine. This is best effected by detachment from the mundane and attachment to the supra-mundane. Craving for the objects of the senses gives place to holy hankering after the divine. It is egoism when man identifies himself with the body. Instead, he strives to feel himself as Atman. Bodily existence is necessarily associated with birth, death, old age, sickness and pain. This evil is transcended by him who rises above body-consciousness. It is in this wise that spiritual life commences for the aspirant.

Man grows in devotion to the Lord in direct proportion to his detachment from the objects of the senses.

— Sri Ramakrishna

असक्तिरनभिष्वङ्गः पुत्रदारगृहादिषु ।

नित्यं च समचित्तत्वमिष्टानिष्टोपपत्तिषु ॥ ९

अ-सक्तिः अन्-अभिष्वङ्गः पुत्र-दार-गृह-आदिषु ।

नित्यम् च सम-चित्तत्वम् इष्ट-अन्-इष्ट-उप-पत्तिषु ॥

*asaktir anabhiṣvaṅgaḥ putra dāra gṛhādiṣu ।*

*nityam ca samacittatvam iṣṭāniṣṭopapattiṣu ॥*