

For a bird to reach the creepers on the roof of a tall edifice there is no other method than to fly high, with a pair of wings spread out in grace and held in strength.

Similarly, to soar high into meditation, and to land successfully on the sequestered arbours set on the pinnacles of Liberation, we shall need the two wings of viveka and vairāgya. There is no other way to reach the peak.

Therefore, let us try to develop viveka and vairāgya and equip ourselves fully for the flight to the Infinite.



अत्यन्तवैराग्यवतः समाधिः
समाहितस्यैव दृढप्रबोधः ।
प्रबुद्धतत्त्वस्य हि बन्धमुक्तिः
मुक्तात्मनो नित्यसुखानुभूतिः ॥ ३७६ ॥

*atyantavairāgyavataḥ samādhiḥ
samāhitasyaiva dṛḍhaprabodhah,
prabuddhatattvasya hi bandhamuktih
muktātmano nityasukhānubhūtiḥ. (376)*

376. A man of extreme dispassion alone experiences samādhi; a man of samādhi alone has steady realisation; a man who has realised Truth alone is free from bondage and the free personality alone has the experience of eternal Bliss.

When a person is not disturbed by the objects, emotions and thoughts around him, he is said to have supreme detachment. When the objects within and without, can no longer tantalise one's thoughts, then alone can one reach the state of samādhi. Transcendental experience is possible only to those who have cultivated complete vairāgya.

Realisation is possible only in the state of samādhi. One who has thus awakened to the supreme state of Brahman, to