

वर्तमानेऽपि देहेऽस्मिञ्छायावदनुवर्तिनि ।  
अहन्ताममताऽभावो जीवन्मुक्तस्य लक्षणम् ॥ ४३२ ॥

*vartamāne'pi dehe'smiñchāyāvadanuvartini,  
ahantāmamatā'bhāvo jīvanmuktasya lakṣaṇam. (432)*

432. *The absence of the 'I' and 'mine' concepts even in this body which persists like a shadow, this is the indication in a Jīvanmukta.*

An object is distinguished from others because of its properties. Understanding an object through its properties is called 'intellection'. The sun is understood by its light and heat. Sugar is understood by its sweetness. The characteristics of a Jīvanmukta are given in the following verses.

Even though a Liberated man lives in his physical, mortal, finite, material body, he has no 'I-ness' and 'my-ness'. He does not consider himself to be the body, nor does he consider the objects belonging to the body as his. Though he expresses through the body, he has no subjective or objective egocentric idea. The body just follows him like a shadow. No one can have egocentric identification with his own shadow. Such too, is the Man of Perfection's relationship with his body.

While doing sūryanamaskāras, it is advised that one should look at the sun and then look at one's shadow after every sūryanamaskāra. It is traditionally believed in India that by doing so, there will be no evil effects of the planets upon one. This ritual is a dramatisation of a greater philosophical implication.

On realising the great light of Consciousness, your relationship with the body will be the same as that with its shadow. The persecutions of your shadow have no effect upon you. The planetary organisation may affect the physical frame and its relationship with the world, but if you have awakened to the supreme Reality it has no effect on you whatsoever. Thus, the relationship of the Man of Perfection with his body is exactly like your relationship with your shadow.