

Without any expectations (nirāśā) – Thoughts of the enjoyments of the fruits of our actions in a future period of time have to be given up.

Giving up of all egocentric activity is 'nirihā'.¹

With the above qualities of no excitement arising from expectations of future enjoyment, and no ego prompted selfish activity, cultivate the habit of 'being alone' constantly, (nityam-ekāntaśīlatā).

'Aloneness' is different from 'loneliness'. By remaining lonely, at a place where there is nobody else, realisation is not guaranteed. Even in the midst of a crowd you can be 'alone' – all alone – is Brahman, the one without a second.

Aloneness is not in the surroundings but it is in one's attitude within the bosom, to remain with one end or goal (ekāntam), to remain with all attention fixed upon that one goal. The habit of constantly remaining alone, even in a busy market place, is to be cultivated.

Therefore, in order to reach samādhi, learn to sit down at least ten minutes everyday without any activity, physical and mental. Let us sit down, without any expectations of possible enjoyments, with the firm understanding that the objects around us can never give us happiness. Constantly keep up the habit of remaining 'alone', remembering Him. With nothing else in the mind, the mind is alone. The alone mind alone can move to Truth which is always alone.



एकान्तस्थितिरिन्द्रियोपरमणे हेतुर्दमश्चेतसः
संरोधे करणं शमेन विलयं यायादहंवासना ।
तेनानन्दरसानुभूतिरचला ब्राह्मी सदा योगिनः
तस्माच्चित्तनिरोध एव सततं कार्यः प्रयत्नान्मुनेः ॥ ३६९ ॥

¹ sakāma ahaṅkārayukta karmebhya uparatiḥ ca nirihā.