



## 60. Spiritual Growth – the Secret (339-348)

अन्तर्बहिः स्वं स्थिरजङ्गमेषु  
ज्ञात्वाऽऽत्मनाधारतया विलोक्य ।  
त्यक्ताखिलोपाधिरखण्डरूपः  
पूर्णात्मना यः स्थित एष मुक्तः ॥ ३३९ ॥

*antarbahih svam sthira jaṅgameṣu  
jñātvā''tmanādhāratayā vilokya,  
tyaktākhillopādhiraṅḍarūpaḥ  
pūrṇātmanā yaḥ sthita eṣa muktaḥ. (339)*

339. That man is free who, knowing the Self through his mind in all moving and unmoving objects and observing It as their substratum, renounces all superimpositions and remains as the absolute and the infinite Self.

This verse gives us a very comprehensive narration of the experience of the liberated man.

Looking at things from the standpoint of the Self, and recognising the entire world of plurality within, without and everywhere, both the sentient and insentient, as one's own Self, is the state of 'total Liberation'.

Through the physical body, we can see only the physical bodies and recognise their individual sizes, shapes and colours. When my mind contacts another's mind, I understand the emotional contents of kindness, mercy and goodness in his heart. When I come in contact with another person's ideas, I understand his intellectual qualities. When I shake hands with another, I will not thereby understand his intellectual capabilities. By a handshake all that I understand is, perhaps, the strength of his physical grip.