



63. Fully Detached – Samādhi Easy (373-378)

अन्तस्त्यागो बहिस्त्यागो विरक्तस्यैव युज्यते ।
त्यजत्यन्तर्बहिःसङ्गं विरक्तस्तु मुमुक्षया ॥ ३७३ ॥

*antastyāgo bahistyāgo viraktasyaiva yujyate,
tyajatyantarbahihsaṅgam viraktastu mumukṣayā.* (373)

373. A man of dispassion alone is fit for this internal and external renunciation; for, the man of dispassion, out of his desire to be free, readily renounces both internal and external attachments.

In essence, ‘renunciation’ means ‘giving up’. Giving up of the external world of objects is external renunciation. Giving up of sensuous thoughts of indulgences is internal renunciation. Renunciation, external and internal, can be successfully achieved only by such an individual who has developed dispassion towards worldly things. As a result of sufficient study, listening to a Master and deep reflection, having understood the hollowness of the world of objects, when one develops a sense of renunciation towards them, then alone does one become fit for renunciation, external as well as internal. In fact, it is very easy to give up the external objects. Just walk out. But if you have an attachment for them, wherever you may go, you will create a world of similar objects around you. A man of total dispassion (viraktaḥ), alone can effectively give up his attachments towards the objects, because his entire attention has turned towards a greater goal. He alone, who has developed irresistible passion for Liberation and total detachment from the world of objects, is fit for a complete internal and external renunciation.