



62. Samādhi – Its Nature (354-372)

अज्ञानहृदयग्रन्थेर्निःशेषविलयस्तदा ।
समाधिनाऽविकल्पेन यदाऽद्वैतात्मदर्शनम् ॥ ३५४ ॥

*ajñānahṛdayagrāntherniḥśeṣavilayastadā,
samādhinā'vikalpena yada'dvaitātmadarśanam.* (354)

354. When the non-dual Atman is realised in nirvikalpa samādhi, the heart's 'knots of ignorance' are completely destroyed.

As a result of a constant practice of quietening the mind, when one enters 'absolute quietude' (nirvikalpa samādhi), one gains the experience of the non-dual, universal Reality. When the mind is completely quiet, one is shot up into new dimensions of experience. This is the experience of the infinitude. With this experience, the personality becomes free from all its encrustations.

In Vedānta, the personality-bondages are called 'the knots of the heart'. They are – (1) spiritual ignorance (avidyā); as a consequence of it, (2) desires (kāma), that create agitations of the intellect and consequently at the body level and (3) activity (karma).

Spiritual ignorance, intellectual desires, mental agitations and physical activities form a basic sequence of cause and effect, each succeeding one being the effect caused by the previous one.

The Consciousness that I am the ever full bliss, the Self, not being there, we are persecuted by an annoying sense of imperfections in ourselves. The intellect plans to gain perfection and completeness through its desires. Because of desires there are thoughts in the mind. The thoughts in the mind prompt us to act in the world, which is work.