

jīvahood. He who is liberated from the concept of the PFT, he who has no identification with his BMI, he is called the liberated one. He is liberated from the lower because of his awakening to the Higher.¹

The Jīvanmukta's understanding is firm and steady. His experience of the Higher is not temporary or accidental. His Realisation is not because of any external prop. It is independent of time and place. It is constantly with him (sahaja).

His experience of the bliss and peace within is unbroken (nirantara) because his mind has been transcended and therefore, the sorrows created by the mind are not there. In that condition, the world is exactly like things forgotten (vismṛtaprāyaḥ) and forgotten things cannot disturb him. Established in Brahman he lives in a state of continuous experience of joy.

Such an individual is considered a Jīvanmukta.



लीनधीरपि जागर्ति जाग्रद्धर्मवर्जितः ।
बोधो निर्वासनो यस्य स जीवन्मुक्त इष्यते ॥ ४३० ॥

*līnadhīrapi jāgarti jāgraddharmavarjitah,
bodho nirvāsano yasya sa jīvanmukta iṣyate. (430)*

430. He who has merged himself in Brahman, yet is alert, but without the characteristics of wakefulness, whose knowledge is free from desire, he is considered a Jīvanmukta.

He is a Jīvanmukta whose intellect is merged in Om, the Reality. Even the thoughts are thus merged, he is brightly awake. In sleep, when the mind and intellect have become quiet, we are not conscious of the world. On awakening to the higher Reality, the mind is as though asleep, but the individual is as though awake 'wakeful sleep', 'sleepless sleep'. Consciousness bright and vigilant

¹ ibid. verse – 124 (Footnote)