



69. The Science of Reality – Its Benefits (419-425)

संसिद्धस्य फलं त्वेतजीवन्मुक्तस्य योगिनः ।
बहिरन्तः सदानन्दरसास्वादनमात्मनि ॥ ४१९ ॥

*samsiddhasya phalam tvetajjivanmuktasya yoginah,
bahirantah sadanandarasasvadanamatmani. (419)*

419. *The perfected yogī who is a Jīvanmukta, gets this as a result – within and without he enjoys eternal Bliss.*

One who is fulfilled in life, one who has cut asunder the shackles of his finite existence as the ego, one who is no more bound by the chains of his physical passions, or mental pangs or intellectual agitations, what will he gain in life by such an experience? Śaṅkara insists that such an individual then, constantly experiences the Bliss which is the nature of the Self, within and without. All exertions in life are only to discover happiness. Once the highest happiness is gained, other lesser objects of happiness are of no concern. Thus, through meditation, when an individual rises above the realms of disturbances and agitations and enters a realm of sweet bliss, which manifests because of its own essential nature, he cannot then precipitate into any of the activities that we ordinarily engage in our day-to-day existence.



वैराग्यस्य फलं बोधो बोधस्योपरतिः फलम् ।
स्वानन्दानुभवाच्छान्तिरेषैवोपरते� फलम् ॥ ४२० ॥

*vairāgyasya phalam bodho bodhasyoparatiḥ phalam,
svānandānubhavācchāntireṣaiṣivoparateḥ phalam. (420)*