

Liberated in life is he who lives in the body yet is not of the body. When happenings good, bad or indifferent reach him, he maintains an equanimous attitude towards them all since he experiences the Ātman in all of them. In all such situations he sees the substratum only. He is not interested in the matter vestures the body, mind and intellect of individuals. He has the 'X-ray vision' to look through the BMI and their convulsions and to recognise the play of Consciousness in every bosom. The Man of Perfection sees his own Self in the Consciousness which is playing through all bodies.

In circumstances pleasant or otherwise, he is an 'avikārī'. 'Avikārī' is one who reacts and brings about modifications in his own mind. In our case, when pleasant things come, we are pleased; when things are unpleasant, we become cross. Our mind is turned and ruffled by the circumstances and happenings around. Unruffled, the Man of Perfection watches the passing parade of the world.



ब्रह्मानन्दरसास्वादसक्तचित्ततया यतेः ।  
अन्तर्बहिरविज्ञानं जीवन्मुक्तस्य लक्षणम् ॥ ४३६ ॥

*brahmānandarasāsvādāsaktacittatayā yateḥ,  
antarbahiravijñānaṁ jīvanmuktasya lakṣaṇam. (436)*

436. Constantly engaged in tasting the bliss of Brahman, a sannyāsin entertains no distinctions of within and without – this is the indication of a Jīvanmukta.

He is the Liberated one who is engrossed in the enjoyment of that Brāhmika Consciousness which is the experience of Bliss (Ānanda). There is Bliss because the mind has been transcended. Mind is a cancerous ulcer which bleeds out sorrows. As long as you work through the mind you will suffer.