

You have to give up imitating the false values of others around you, meaning, stop living blindly a stamped blue-print of life, supplied by the fashions of the times or by the sensuous men who seek their fulfilment in sense indulgences. Just living the routine life of unintelligent imitation of others in society is the surest way to a life of sensuality. For spiritual purposes, a most intelligently replanned way of life is to be followed. If you want to take up sincere sādhanā, you will have to redirect your life's flow. Hence the first thing to be renounced is the 'blind following of the patterns of the time' – loka-anuvartanam.

**'deha-anu-vartanam'** – It is to live obeying implicitly the impulses of the flesh. Till now we have been slaves to the physical body. Feeding it, looking after it, fattening it, taking it to hospital when ill, when healthy squandering its vitality in sensual living – thus we live, always at its service. This should also be given up. Renounce living in the flesh as the flesh.

The next thing to be left is 'the blind following of the scriptures, without understanding their deeper implications' – '**śāstra-anu-vartanam**'. Some commentators, however, interpret this term as, 'leaving the study of all books other than texts on spiritual ideals and religious ways of living'.<sup>1</sup>

Leaving these three, what should one do?

In your own Self (sva), the misconception that I am the body, the mind and the intellect (adhyāsa), end or do away with (āpanayam), do, accomplish (kuru). In short, end the misconceptions created by the superimpositions upon your divine Self.

We cannot do away with the shortcomings in our personality without the world, the body and the scriptures. This verse, read as a whole means – make use of the world; be of healthy body. Make intelligent use of the śāstra, instead of following them blindly. How modern, how progressively fresh is this denuded idea!

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<sup>1</sup> *śāstrānuvartanam nāma mokṣaprayojaka-granthaperiśilanam vinā itara  
granthādhyayanādikam śāstrapadam karmaśātraparam vā.*