

next windy dash a hoard of new ones. The sun shines brightly at one moment and the next moment, it is hidden again behind the newly gathered clouds.

So too, the mind is at one moment steady in prayerful meditation. Next moment, there is a gush of thoughts which, dashing the brilliant poise of the mind at meditation, make it full of agitations. Generally, you feel more distracted when you come out of the pūjā room, than when you went in. All this is because of the devastating play of the ego. Therefore, ‘Beware!’ Conquer the ego and continue with the alert vigilance of a successful conqueror. Never think that the ego has left you permanently. It must have only receded to the background, it can come up again if you slacken your diligence.





57. Actions, Thoughts and Vāsanās – Renounce (310-319)

निगृह्य शत्रोरहमोऽवकाशः
क्वचिन्न देयो विषयानुचिन्तया ।
स एव सञ्जीवनहेतुरस्य
प्रक्षीणजम्बीरतरोरिवाम्बु ॥ ३१० ॥

*nigrhya śatrorahamo'vakāśaḥ
kvacinna deyo viṣayānucintayā,
sa eva sañjīvanaheturasya
prakṣīṇajambīratarorivāmbu.* (310)

310. Having once overpowered this enemy, the ego, not a single moment's rest should be given to it to ruminate over sense objects. That is verily the cause of its returning to life, just like water is the cause for the flowering of a citron tree that has dried up before.

If a chance is given to the mind and its passions to express themselves, there will be no end to their destructive floods. Therefore, having destroyed the ego, which is our sole enemy never give the mind the slightest chance to think of the objective world. Attachment for even the most innocent looking insignificant thing will pull you down to endless bondage.

A sādhu having attachment for his loin cloth could not tolerate the rat trouble. He brought a cat to keep away the rats. The rats, no doubt, disappeared but the cat had to be fed, and hence, he brought a cow to his humble hut of study. The cow had to be looked after; hence, he decided to have a wife to look after the needs of the cow. After some time, they had children – their naming ceremony – nourishing and educating them – marriage of each – disastrous!