

reflect upon the non-dual Self. Enjoying the bliss of the Self, O noble one! spend your time.

When you are extrovert, see the play of the Self alone in the world. Maintain the thought that the world is nothing but Brahman. When you are introvert, in the hushed silence of the mind, may you constantly feel that the inner world is also Brahman. Since thus there is nothing but Brahman everywhere, may you enjoy the bliss of your own Self.



अखण्डबोधात्मनि निर्विकल्पे
विकल्पनं व्योम्नि पुरप्रकल्पनम्।
तदद्वयानन्दमयात्मना सदा
शान्तिं परामेत्य भजस्व मौनम् ॥ ५२६ ॥

*akhaṇḍabodhātmani nirvikalpe
vikalpanam vyomni puraprakalpanam,
tadadvayānandamayātmanā sadā
śāntim parāmetya bhajasva maunam.* (526)

526. In the unbroken Knowledge, the Absolute, the Ātman, dualistic conceptions are like castles in the air. Therefore, attaining supreme peace, live in silence, identifying yourself with the non-dual Bliss Absolute.

Projecting the world upon Brahman is like building castles in the air. In the Ātman which is indivisible and non-dual, you see the pañcakośas, the three bodies, the 'I' and 'mine', the world of objects. All this is like imagining a city in the sky (vyomni-puraprakalpanam). It has no existence at all.

Renouncing this fancy and keeping the mind and the intellect quiet, enjoy supreme peace. Let not your mind rush outside. This is real maunam. Let not your mind worry over the dead, the unborn and the living. They are all mere figments of the imagination and as fanciful as castles in the air.

