

*tyajābhimānaṁ kulagotranāma -
rūpāśrameṣvārdrasāvāśriteṣu,
liṅgasya dharmānapi karṭṛtādīn -
styaktvā bhavākhaṇḍasukhasvarūpaḥ. (297)*

297. Renounce your identification with family, lineage, name, form and order in life which are attributes of the body which is like a foul corpse. So too, renounce your ideas of agency and so on, which are attributes of the subtle body. Thus become the very essence of Bliss Absolute.

The vanities (abhimāna) of family, lineage, name, form and order in life and so on, belong to the body, which is perishable and rotten¹. The vanities of doership and enjoyership belong to the subtle body which is always changing.

Renounce these vanities and experience the nature of the unbroken Bliss which is the eternal Self.

Here, the main obstacle in leading a spiritual life has been indicated and the strategy of how to meet efficiently this obstacle has been pointed out. In the following verses, Śaṅkara points out other minor obstacles and shows how each one of them can be avoided by an intelligent readjustment of our ideas and actions.

¹ ārdrasāvāśriteṣu – sthūladehāśriteṣu

