

is called 'vairāgya'. There is in a life of vairāgya, not even a trace of pessimism. It is a sense of self-sufficiency, the inner richness experienced, a fabulous feeling of joy, compared with which the external world of objects is a petty, paltry, filthy, nothing. This is the only way by which a self-controlled man can yet increase his happiness by gaining the experience of bliss.

Along with vairāgya, if such an individual also discovers in himself the positive experience of the bliss of the Self, his happiness becomes the greatest. He then becomes independent of the inner world of thoughts (sva-rājya) and the outer world of environments (sām-rājya) as well, kingship within himself in the world of thoughts and sovereignty over the external world of objects.

Thus vairāgya is the gateway to reach the damsel of Liberation. Therefore, in all places, at all times and under all conditions, practise vairāgya and reach the state of Liberation. Liberation (mokṣa) is the ultimate welfare (śreyas). Hence for your own welfare, constantly contemplate upon the Self. Sit in His lap and look at the world. Then where is sorrow? Where is inauspiciousness? – Śiva... Śiva!



आशां छिन्द्व विषोपमेषु विषयेष्वेषैव मृत्योः कृति-  
स्त्यक्त्वा जातिकुलाश्रमेष्वभिमतिं मुञ्चातिदूरात्क्रियाः ।  
देहादावसति त्यजात्मधिषणां प्रज्ञां कुरुष्वात्मनि  
त्वं द्रष्टास्यमलोऽसि निर्द्वयपरं ब्रह्मासि यद्वस्तुतः ॥ ३७८ ॥

*āśāṃ chinddhi viṣopameṣu viṣayeṣveṣaiva mṛtyoḥ kṛtistyaktvā  
jātikulāśrameṣvabhimatiṃ muñcātidūrātkriyāḥ.  
dehādāvasati tyajātmadhiṣaṇāṃ prajñāṃ kuruṣvātmāni  
tvam draṣṭāsyamalo'si nirdvayaparam brahmāsi yadvastutaḥ. (378)*

378. Cut asunder your craving for sense objects which are like poison. It is the very image of death; and giving up your pride of caste, family, order of life, throw far away all selfish actions. Renounce your identification