



ANUBHAVI ANANDMA

Anubhavī ānandmā Brahmarasnā bhogī re,

Jīvanmukta jogiyā antar arogī re... anu 1

- (1) An *anubhavi* devotee remains blissful because he indulges in the bliss of Brahma. He has achieved enlightenment whilst possessing the body (*jīvanmukta*) and he is free of ‘diseases’ of the heart and mind. (Here, Swami says ‘antar arogī’, which means his heart and mind are pure, free from vices, such as ego, anger, jealousy, lust, greed, etc. that are responsible for the cycle of births and deaths.)

Je shīkhe je sām̐bhaḷe tripuṭīne tāne re,

Mannu krutya man lagī asatya māne re... anu 2

- (2) Whatever an ordinary *jīva* learns, listens to (any activity) is driven by the influence of the three *gunas* (*sattva*, *raj*, and *tam*). In other words, they let their mind control their actions. However, an *anubhavi* has considered all of the tendencies or fancies of the mind to be false.

Jyā lagī jag vistaryo mrugtrishṇā pāṇī re,

Temā moh na pāme mahāmuni svapnu pramāṇī re... anu 3

- (3) As far as the vast creation has spread, it is all like a mirage. With that understanding, he does not become infatuated in the creation, believing it to be a dream.

Je vaḍe ā jakta chhe tene koī na jāṇe re,

Muktānand kahe gurmukhī te sukhḍā māṇe re... anu 4

- (4) No one (the ignorant, i.e. those who not possess the knowledge of God) knows the one (God) who is behind this world (i.e. creation). Muktanand Swami says one who places the guru first enjoys the bliss of God.