



Discriminate Between Shreya And Preya

Beloved immortal Atman! The starting point of the path beyond sorrow is mental renunciation. Inner renunciation implies discrimination between what is real and what is unreal, what is perishable and what is imperishable, what is paltry, changeful and evanescent and what is true, everlasting and changeless. Inner renunciation implies discrimination between what is real happiness and what is merely an appearance; and rejection of that which is not of the essential nature of happiness, and luring out from it mentally.

In Katha Upanishad, the teaching comes to us: "O man Before each human being there always are two paths – *Preya* or one which is merely attractive and seemingly pleasant; and *Shreya* or one which leads towards the good, towards your true welfare." [Katha 1-2-1] The unthinking one easily succumbs to the route of that which is pleasant and seemingly attractive. And thus he misses his own welfare, his own good. Whereas, the one who is wise, with discrimination awakened within him, examines the two paths and finds out the true nature of the apparently attractive and pleasant and rejects it, and always takes the other path, which takes him towards the good, and where he finds welfare. There he finds true happiness. This choice of paths presents itself to every one of you every day all through your life. And upon you alone will depend what path you take – whether you are lured away by that which is pleasant and apparently attractive or whether you have within you the light of discrimination, which irresistibly takes you towards that which is good, which leads towards your welfare.

When we reject those little sense pleasures and objects, which destroy our happiness, we are not rejecting anything at all. We do not reject things of worth, but we reject only those factors that are the real enemies of true happiness, the factors that stand in the way of our getting the Supreme Experience. Know that objects do not give that supreme Experience. Build your life upon discrimination, constantly inquiring into what is real and what is unreal. Thus discriminating, always move towards That which is eternal, which is perfect, which is enduring and real, and reject all that is contrary nature.

May the eternal indweller shower upon you His divine grace, and give you inspiration and the strength to tread this path that leads to the supreme Blessedness!

May God Bless You All!

■ *Swami Chidananda*