



Real Renunciation

Radiant rays of the eternal Light Divine! Salutations to you all. Renunciation is the very essence of spirituality and the secret of God-realisation. Renunciation is not lethargy, escapism or irresponsibility. It is the great strength that truly sustains the aspirant in the arduous journey to the supreme.

Conviction about the necessity of renunciation will not arise without reasoning, enquiry and discrimination. Try to understand through *vichara* the riddle of life and the riddle of this universe. Acquire discrimination. There is not an iota of happiness in this world. Seek the happiness that is within. If you constantly think of the transitory nature of sensory pleasures and their concomitant evils – miseries, worries, troubles, tribulations, anxieties, decay, and premature death – then, you will slowly develop renunciation.

Renunciation does not mean renouncing merely a house, etc. Renunciation means completely renouncing worldliness (from your interior). You may renounce the objects of this world, but your heart may still be attached to them. You may still have inner desire for all these things. Such renunciation cannot give happiness. And if you are established absolutely in full inner renunciation, then outward renunciation becomes superfluous. The great thing is that you are not of the world even when you are in the world, that is, the desire for objects does not enter into your being even when you are in the midst of objects.

What is the root cause of such desires? It is the feeling of individual personality 'I'. It is this 'I' that wants, it is this 'I' that desires, it is this 'I' that craves. True renunciation is the renunciation of desires and cravings, of the possessive nature and passions. And these are rooted in the ego sense – the 'I' and the 'mine'. Therefore, the secret of real renunciation lies in the complete renunciation of egoism and mineness, and eradication of attachment. Real renunciation is renunciation of all cravings and subtle mental impressions of previous enjoyments that fill the mind. Real renunciation is freedom from the idea "I am the doer, I am the enjoyer". This identification with the senses and the body is the bondage that is to be renounced. And then, you have to just centre yourself for ever in the consciousness of your own true nature, transcending body, senses, prana, mind, intellect, thought and attachments. Beyond all these You are the changeless witness Consciousness, the Supreme. Be rooted in your splendid *Atmic* Consciousness, your Divine Essence.

God Bless You All.

■ *Swami Chidananda*