



The Fundamental Error

Radiant Divinities! Beloved *sadhakas*! One of the fundamental basic teachings of Vedanta is that the whole problem of the individual soul, *jivatma*, is due to *adhyasa*, identification with his human personality. This is the bondage in which you are caught, which prevents you from experiencing your real nature. The basic mistake is: “*Iss deh ko mai manana* (considering this bod as ‘I’).” It is due to *adhyasa* (wrong identification) that you identify yourself with your *upadhis* (adjuncts, superimposed attributes), with your likes and dislikes, prejudices and vices, your lust, anger, greed, delusion, pride, jealousy. They completely catch hold of you. You are under their power. For the time being you become that; you are no longer divine or even human, you take the form of that strong emotion or passion that dominates you.

Lord Krishna has carefully spelled out the root cause and its consequences; “When a man thinks of objects, attachment for them arises. From attachment desire is born. From desire anger rises. From anger comes delusion, from delusion confusion of memory. From confusion of memory to the destruction of discrimination. From destruction of discrimination, he perishes.” [Gita 2.62 & 2.63] We are constantly thinking of sense objects – the creation of Maya. We are not thinking about that *Tattava* (Principle), who is beyond all objects. If we engage ourselves in thinking upon the *Tattava* (Principle), then these aberrations will not occur. Try to develop *sakshi-chaitanya vritti* (witness consciousness). Be a witness, be detached.

Assert and affirm positivism. Say: “I am not these things. I am something higher. I am getting better and better each day. I am ascending up higher and higher. My life is moving towards perfection and wholeness.” Make this discrimination: “I must root out and oppose this *adhyasa*. I must refute, reject and eradicate it.” Then your whole life will undergo transformation. The transformation will come if we invoke our witness consciousness and say: “I am not the mind, the ego, the intellect, the memory. I shall certainly not identify myself with this non-self; they are not my true condition. I will affirm my *Satchidananda Tattva*.” That is the only way of liberating ourselves from the clutches of the enemies which are within our own selves. Ponder this and make Vedanta your *maha-aushadhi* (great medicine) for the *bhavaroga* (disease of transmigration). Make Vedanta your great Liberator!

God Bless You!

■ Swami Chidananda