



## Liberate Yourself

The supreme, ultimate goal of the Vedic way of life is Moksha or Liberation. The immediacy of this goal has been posited and affirmed in the here and now sense of *jivan-mukti* (liberation while still living). This has an immediate relevance. Liberation commences here and now. Liberation must be attained right here. And when you know that the whole visible universe is a myth, a long dream like a bubble, you become liberated from the oppressive sense of the so-called solid reality of this world.

There are many petty and powerful things that bind *jivatma* in this body. A certain way of life has been prescribed for us to liberate ourselves from this immediate bondage. The first thing we have to liberate ourselves from, is selfishness. Identification with the body crates a false sense of a separate personality. The falseness of the false personality is carefully veiled away from our perception. This is the veil of Maya. Due to this sense of a separate identity, there arises selfishness. A selfish person always expects something from others. And where there is expectation there is always misery. There is also *raga-dvesha*, likes and dislikes, attraction and repulsion and anger. All these are defects of selfishness.

If your attitude becomes one of unselfishness, of selflessness, of living for others, then you will expect, demand or take nothing from others, but you will give everything. Then, you are freed from the frustration and disappointment of non-fulfilment of expectation. You become contented. You are a happy, cheerful, satisfied person.

Discipline and control of the senses and conquest of the mind is also an immediate liberation. We have to gradually learn to liberate ourselves from the stern tyrannical demands of the *annamaya kosha* or the gross body. Train yourself to hardship, simplicity of life. Do not pamper your body. Do not be luxurious. Apply it to the demands that each one of the *koshas* (sheaths) makes upon your consciousness: the *pranic* sheath with hunger and thirst; the mental sheath with sentiments, desires, scheming, imaginations and projection into the future. They tyrannise you in hundred ways. Unless you liberate yourself from these little attachments, sense pleasures, sense of importance, how can you expect *aparoksha-anubhuti* (the direct Experience)? Liberating yourself from earthly attachments and affections is an indispensable prerequisite to fulfilling the commandment of the Lord Jesus to love the Lord with all your heart, with your entire being.

God Bless You All !

■ Swami Chidananda