



Anasakti Yoga

Radiant immortal Atman! Beloved children of the Divine! Immortal souls, temporarily in a state of physical embodiment! This episodic presence of yours upon this ever-changing, momentary, perishable earth plane of apparent things with names and forms is characterised by a beginning and an end. The Gita says that you are a temporary dweller on this earth plane that this life is a journey and you have no ultimate connection with anyone here. You do not belong to this world. This world is not your real abode. Kabir addresses the human individual as *musafir*, a traveller, in the famous poem: “O Sojourner! Awake! The dawn awaits you. There is no darkness now; why are you (still) asleep?” In another poem, he says this earth plane is a halting place for a night for the caravan of life, this is not the permanent abode. But you develop attachment and get yourself involved. Attachment leads to all your problems.

What does Gita have to tell and teach to the traveller? Go through this world in a spirit of detachment. Do everything that has to be done: Fulfil your duties and discharge your obligations in a spirit of detachment, while taking full interest in whatever has to be done. See that you are not caught in the web of delusion, in the net of sorrow and suffering.

Know that even this fulfilling of obligations and doing of duties is ultimately being engineered and carried on by some other great Power that pervades the universe, and works in and through every one of us, Lord Krishna says: “*Nimittamaatram Bhava Savyasaachin* – Be only an instrument, because I have done whatever has to be done, you are merely an instrument”. [Gita 11.33] Therefore, you must try to be a good, efficient instrument, so that, that work is done in a perfect manner and the Cosmic is not affected negatively by you. You have to make a positive contribution on your part. Your efficiency will suffer if you get yourself emotionally attached or get yourself involved through desire. If you are *anasakta*, totally detached, then you can act in a way that will not be affected and influenced by your personal involvement.

This has to be the approach and attitude towards the manner in which you should live your life. If you do not cultivate this truth-oriented approach to life, you are bound to be caught in the net of delusion, in the web of *Maya*, and then weep and suffer. If you want to avoid sorrow and suffering be detached.

May God Bless You All!

■ *Swami Chidananda*