



The Tree of Life

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The blessed Lord said: The wise speak of an eternal Tree of Life with its roots above and its branches here in this world.



It was one way yesterday, another today, and it will be different again tomorrow.

It buds forth all the sense objects, and its roots reach down to this world, binding people to one action after another.

The true nature of this tree — its form,
origin, end and even its presence — is not
perceived at the level of worldly awareness.

Cut down this deep-rooted Tree of Life with
the sharp sword of non-attachment.

Fortunate are those seekers who are no longer deluded by the Tree of Life and thus are liberated from pride.

Because they have conquered personal attachments, they ever abide in their true identity, which is Self.

No longer disturbed by personal desires, which have completely abated, or the pairs of opposites, such as pleasure and pain, they attain that eternal goal.

Commentary

- What a beautiful sloka!
- Who will reach the eternal goal?
- Here are the qualifications:
- “liberated from pride and delusion,”
- because pride and delusion are part of the mind.

- You must be free from you body, ego and mind.
- It's the mind that takes pride.
- It's the mind that becomes deluded.
- It's the mind that becomes attached to things.
- Who enjoys pleasures or dislikes pain?
- Again the mind.

- Who is happy?
- Who is unhappy?
- The mind.
- But you - the real you who is the Self - *know* this.

- That's why you say,
- "I know I was unhappy yesterday.
- I know something happened to me this morning,
- and I know I'm unhappy now."
- What's common here? "I know."

- If something had really happened to *you*,
- you wouldn't be able to know it.
- Certainly, you would have lost the capacity even to know.
- But see this: your “knowing” remains unchanged.

- Then what happened to whom?
- The mind was happy yesterday until something came into it this morning and disturbed it.
- But you say, “I know both.”
- See, as the knower you are not affected by the mind.
- If you — your real Self — were unhappy, how would you know you were unhappy?

- It's as if an insane man were to come forward and say he's insane.
- Immediately, you're certain that he's not insane.
- No insane person will say, "I'm insane."
- Instead he'll argue, "Who says I'm insane?"
- He is insane, so he can't see his condition accurately.
- But in your case, the knowing is correct; you know you are unhappy.

- But can the knower really be unhappy, or does the knower just know something else is unhappy?
- That's how to constantly analyze.

- Keep asking yourself: “Am I doing this?”
- As you lift a log, you ask, “Am I lifting the log? No.
- My mind wants it lifted and my hands are helping.
- The real one is just watching.

- My mind has a desire to do this; it directed the body here and said to the hands, ...
- ‘Come on, lift the log and put it there.’
- And the body is obeying the mind.”
- It’s true, literally, you are the eternal witness.

- And that is the eternal goal.
- It's not that you are literally *going* to arrive at that state someday.
- You are already there, but somehow you don't seem to recognize it.
- You seem to have forgotten your real nature.
- You have slipped into a kind of sleep.

- You assume all these qualities:
 - rich, poor,
 - full, hungry,
 - happy, unhappy.
- That's why we say, "Wake up."

- Whatever you do, keep this in mind constantly.
- Think: “Who is doing this?”
- “Who is eating now?
- Who is hungry?
- Who knows who is hungry?
- Who is enjoying the taste of this food?
- Am I doing it, or is it my mind or body?”

- If you keep on questioning — even in the midst of heavy work —
- you separate your identification from the body and mind.
- That separation is liberation.
- You have liberated yourself from the body-mind clutches and you remember your true nature.

- Then you become the master,
- because you are able to see your mind and body as separate things
- and slowly get a grip on them.
- You can say, “Now do this, do that.”
- Sometimes you can say, “I don’t want you to do anything. Keep quiet. I’m going to rest.”
- And the mind becomes silent.

- That's liberation.
- When you are really free from identifying with you own body, mind and egoism,
- you are always happy.
- You are an eternal witness.
- You just see and enjoy everything.

- Sometimes the mind functions as a hero.
- All right, enjoy the hero act.
- Sometimes, it's a villain; then enjoy the villainy.
- Enjoy the mind.
- “I see you really play the part beautifully;
- all right go on.”
- But you are not affected by it.

- Most people don't see this separation.
- They still see *your* body and mind functioning,
- and say “you” are doing this and that.
- It doesn't matter; let them think so,
- because they can't see the separation.
- To others it may *appear* that you are doing things,
- but really you are not.

- The real you isn't doing anything;
- only the reflected you is.
- This is action in inaction.
- You are active, but at the same time, inactive.
- You know that the real you is inactive,
- but others see you as active.

- They might even praise you.
- But you will just laugh at them.
- You have your freedom from all bondage.
- You are just you.
- That's the goal eternal. ...



Om, Shanti