





The True Self

The Bhagavad Gita
"The Song of the Lord"

5:20 When you become established in the Absolute, your understanding is without doubt.

Those who have realized *Brahmin* (God) are not excited by pleasures nor do they suffer from pain.

5:21 If you let go attachment to external things, you will delight in the bliss of Atman (the True Self).

Persistent meditation on Brahmin (the Infinite) brings a state of uninterrupted joy.

5:22 Pleasures that come from sense contacts, Arjuna, actually are the womb of pain.

A wise person does not delight in pleasure that comes and goes.

Commentary

- A wise person will never expect joy from the outside world or by contact with outside objects.
- The truth is, joy can never come from outside.
- *That's the truth.*

- Happiness can never come from outside.
- Even if it seems to be coming from outside,
it's only a reflection of your own inner happiness.

- When we depend on the pleasures that seem to come from outside, each has its pain behind it.
- Such pleasure begins with pain and later ends with pain.
- Even as you begin seeking the pleasure, you are in a sort of pain, thirsting for it.
- Soon after you get it, you feel the pain or anxiety to protect it for fear of losing it.

- Then who's wise?
- The one who will never, ever look for happiness from outside things.
- This doesn't mean running away from pleasures.
- Instead simply understand,

“I can't be happy by having this, by acquiring that, or by achieving something.”

- The world has yet to see anyone who could say,
“I’m happy because I got everything I wanted.”
- Never!
- One want begets ten wants.

- True, you may want things just for the fun of wanting,

but not for the happiness.

- And if you don't get what you want —
that should be fun, too.

“Hey, I wanted it, I didn't get it! This is great fun.”

- Enjoy the wanting, enjoy not getting, and enjoy losing it also:

“Hey, I got it.

See, look at that, I lost it now.

Isn't it wonderful!”

- Don't lose your happiness while wanting, getting or losing something.
- It's like playing chess or cards.
- Don't lose your joy if you lose the game. It's all just fun.

- With this understanding, life becomes fun.
- Whoever has this understanding is wise.
- Otherwise, we're making a big mistake trying to get happiness from outside.

“For a person of discrimination, everything is painful.” — Patanjali

- He means outside pleasures ultimately are followed by pain.
- In and of themselves, things aren't painful.

- Only when our approach is wrong do they become painful and tell us,

“Hi, don’t look at me for your happiness.

Just have me for the fun of it like a game.

But don’t ever expect to be happy

by using your own ego or your intelligence.”

- If you think,

“I’m very intelligent;

I can be happy always,”

you may be disappointed.
- Sometimes your own intelligence brings both pleasure and pain.

- Nor does your body always bring you joy.
- The body also, in a way, is outside you.
- The real you is just simply you — an isolated “I”
- All that you have or posses is part of the outside world, part of nature.

- Even by always controlling the mind
and using your intelligence
you can't be truly happy.
- That's the meaning of this teaching.
- Instead, act not for the happiness,
but as the appropriate duty of the moment:

“Well, I’m here.

This is what I should be doing,
and I’m doing it.”

- Opportunities present themselves,
and we respond to them.
- And if there’s nothing to do,
we’re just as happy. ...



Om, Shanti