

**WHAT'S
MINE
IS
MINE**

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What is Mine

**The Bhagavad Gita
"The Song of the Lord"**

THE LIVING GITA

THE COMPLETE
BHAGAVAD GITA

A commentary for modern readers

by Sri Swami Satchidananda

Whatever is offered to me with true devotion –
if only a leaf, a flower, a fruit or a sip of water –
I accept it because it is given with love. Whatever
you do, Arjuna, make an offering. Whether it is
fighting, sacrificing yourself, giving help, or even y

Quick Review

- Equanimity of mind is Yoga.
- Success in Yoga is extremely difficult
if you cannot control the mind.
- But with steady practice and non-attachment,
it can be controlled.

- Be constantly at it. That's why it's called practice.
- But mere practice is not enough without proper non-attachment.
- Here's a story to illustrate the point.

A Story

- Once upon a time there were two boatmen.
- They knew how to row,
but they didn't own a boat.
- They had been drinking
and decided to “borrow” a boat and go
to a neighboring town on the River Ganges.

- At about midnight they came to the shore and saw a new boat there.
- The moment they saw the boat, they were happy.

- “We have a boat. Come on, get in.”
- They found the oars and started rowing.
- All night they were just singing a song
as they rowed.
- Slowly dawn came.

- As you may know, people normally come to take a bath in the Ganges in the early morning.
- The boatmen saw a couple of people coming whose faces were familiar.
- “That’s strange,” they thought.
- “How did they get here so easily?
- We’ve been rowing half the night.”

- Soon there was a little more light,
and they saw familiar buildings.
- “Hey,” they called to the bathers,
“we are still in the same place. What happened?”
- The bathers replied, “What did you expect?
Whose boat is this?”

- “We just wanted to go to the neighboring town and come back soon.

We have been rowing the whole night.

Why are we still here?”

- “You fools,” they said.
- “You forgot to undo the knot.

All the while you were tied to the shore.”

- They had been practicing, no doubt —
rowing steadily.

- Even if you do months and months of practice,
regular meditation,
repeating the *mantram*,
all the breathing practices,
going to all the gurus,
and every other technique,
- still you'll be tied down if you don't release
your anchor lines of personal attachment.

- Mere spiritual practice alone is not enough.
- Know that positively.
- You must have non-attachment.
- I won't say the yogic practices alone are no good.
- It's better than doing nothing.
- At least you're doing something positive,
instead of something detrimental.

- If they hadn't been rowing the whole night,
those boatmen might have been in a gambling
den.
- No doubt, there is an advantage to such
practices.
- But we can't attain the goal that way.
- We can't reach the shore
unless the bondage is removed.

- Unfortunately, in our boats
we have more than just one anchor line.
- There are thousands of anchor lines everywhere.

- Everything we call “mine” is holding us.
- That’s why I say if you want to know
how far away you are from your goal
— call it God or peace —
I can give you a good method.

An Exercise

- Get some paper and write down everything you call “mine:”

my house, my body, my brain, my intelligence,

my child, my spouse, my money, my race,

my country, my this, my that.

- List everything.
- Don't omit even one.

- If the list goes very long,
you are that far away from your goal.
- As you reduce the list, you're coming closer.
- If there is nothing at all you think of as "mine,"
then you're already there.

- That's all.
- It's very simple.
- Then you don't need to practice anything.
- This could be your only yoga practice.



Om, Shanti