



# DESIRES \* SAMSARA

## Yogam - Dhyanam - Jnanam Series

### Lesson 6 DESIRES - SAMSARA

We think living with family, wealth, gold, things, vehicles is samsara. We are under the assumption that these are the cause of our suffering. But, the sanyasis who have non of these things, wandering in the streets are also suffering, for lack of food and other amenities. Then they are also suffocating in the ocean of samsara.

‘trishna evatu samsaro tanna-sho mukti ruchyate, yatra yatra bhavet trishna: samsaram vid-dhi tatravai||’ Ashtavakragita 10-3,4

Desires are samsara. When desires are annihilated it is called ‘moksha’. So everyone who has desires irrespective of being in brahmacharya, gri-hastha, vanaprastha, sanyasa stages of life, or brahmana, kshetriya, vaishya or shudra, all have some desire, so all of them are in samsara. Samsara is called ‘bhava sagara’ ocean of worldly existence or ‘bhava roga’ disease of worldly existence. Desires are endless, so they are compared to the ocean.

‘aavrutam jnanametena jnan-ino nitya vairina, kama rupena kounteya dushpurenana lenacha|| B.G. 3-39

As long as we feed fire with sticks the fire keeps on growing. In that manner as long as we keep satisfying desires they keep on increasing.

‘karmana vartate karmi, tatyagacchanti mapnuyat||’ Trishikhi brahmanopanishat-15

Sruti says as long as you do karma, karmas keep on growing. Once you let go you will find peace.

‘yogascchitta vritti nirodha:||’ Patanjali yoga sutra says yoga is the one that stops movements in chitta. So the yoga that stops the fluctuations in the chitta thereby annihilates desires is the most important yoga.

‘vritti hinam mana: krutva kshetragnam paramatmani, ekikrutya vimuchyeta mukhyoyam yoga uchyete||’ Ashtavakra gita says only yogam can stop the movements of the mind and merge soul ‘jiva’ with universal spirit ‘paramatma’.

But, can anyone live without doing any action ‘karma’? B.G 3-5 states that even for one moment one cannot live without doing karma. Without karma this journey of life is impossible. If karma is a must to live then how to win over desires? How to cross over this ocean of samsara?



‘urdhva mula madha sshakham - ashvattham prahuravyayam, chandhamsi yasya parnani yastam veda sa vedavit||’ B.G

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15-1 In summary it means, in our body there is a tree with its trunk upward ie; between the eyebrows, its branches downward in the limbs. If we have knowledge ‘jnanam’ this tree is destroyed without tomorrow. Just like the leaves protect the tree the karma and anushtan that we perform is safeguarding this tree of samsara.

‘mahatpadam jnatva vruksha mule vasheta||’ Subalopanishat 13-1 Meaning, attain brahmapada and stay at the base of the tree that is in the head. But, the life force is moving downward day by day with respirations, thereby helping this tree of samsara to grow further.

One who reverses life force ie; does the pranayama, their life force returns back to the center between the eyebrows. Once they reach the base of this tree of samsara it immediately dies.

‘yogena gata kamanam bhavana brahma chakshase, Uttaragita 1-9. One reaches Brahman only thru yogam.

‘yoga sannyasta karmanam jnana sancchina samshayam, atma vantam na karmani nibadhnami dhanjaya|| B.G 4-41 A yogi that have relived himself of karmas and having cleared of all doubts through jnanam, he is at the seat of his soul. That yogi will not be bonded by any karmas.

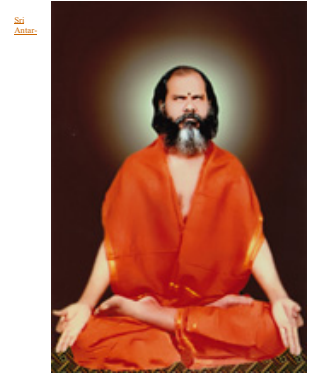
If karmas are performed going outward ‘bahirmukha’ it is samsara, if karmas are performed going within ‘antarmukha’ the yogi is relived of samsara.



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