

## Sloka 66 (Chapter 2)

### NAASTI BUDDHIR AYUKTASYA NA CHAYUKTASYA BHAVANA NA CHABHAVAYATAHA SHANTIR ASHANTASYA KUTAHA SUKHAM

**To the unsteady mind there is no knowledge of the Self. To the unsteady mind there is no meditation. To the unmeditative no peace and to the man without peace, how can there be happiness?**

\*\*\* Sequel to part 2 \*\*\*

Meditating on the “Atman within” gives “Positive Peace.” It is everlasting peace. Hence the last quarter of this sloka: "to the unmeditative no peace, and to the man without peace, how can there be happiness?"

Another interpretation to: “To the unsteady mind there no knowledge of the Self.”

The mind will be unsteady in he who has a number of desires. Due to contact with the physical world, it is but natural to get more and more desires. These in turn bring in more desires. We have already discussed the problems about desires.

If the same mind is directed towards the Atman within the unsteady boat can be steadied easily. There is less room for disturbing the mind when the object of desire is only one and remains the same constantly.

Those who have fulfilled the desires of the past and wiped off the vasana imprints and do not allow new imprints to be formed in their minds are known as: ”Aptakamahas.”

The state of perfection will be seen in that sadhaka where there shall be not be a cause or suffering either to others or to himself either in the outer world or inner world. This state can be achieved only on annihilation totally of ignorance. This is a blessing from the Lord when one truly and sincerely requests Him for “Jnana Prasada.”

It is no use simply to talk of “Peace” and pray for “Peace”. It has to be implemented with actions to bring in peace.

Such a positive Peace is to be seen in the “sthitaprajna.” (man of steady wisdom - see sloka 55, week 10, et sqq.) As he has dropped his ego and succeeded in merging the mind with the Atman through the process of steady contemplation, his constant companions will be “Peace and Happiness.”