



VISHAYA SUKHAM

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Vishaya sukham dukhvat parityajam

Your senses are engaged, entangled outwardly, so they stop moving to the Parmeshwar because there is no end to moving outward. There is no end to moving from scene to scene, from person to person, from thing to thing, your entire lifetime could be spent like that — a whole life. Then you will not be able to devote your life to parmeshwar.

You cannot bring all the strengths of yourself together. Your senses have limited capacity to enjoy. But the desire to enjoy is infinite. This is where obsession begins. Your mind wants to enjoy but your body is too tired to enjoy. The mind wants to enjoy but your body, your nervous system is tired. It cannot enjoy. Why? What causes this imbalance? Understand it, this is quite natural. Your mind is not satisfied with limited joy. It wants

unlimited joy. The desire of every mind is to go to the source where there is unlimited joy.

What is the way? And it looks at infinite plausible sources — here, there, everywhere — for that joy, for that pleasure. However the ultimate joy lies with the Parmeshwar and we should fix our mind on ultimate love of the Parmeshwar.

Vishaya and Vikar weakens our senses, weakens the nervous system and the mind gets on to a total roller coaster — emotions and thoughts and doubts and beliefs...all these things waste days and months and years.

Sometimes, a little viveka, discrimination comes in the mind and it will say — what are you doing? This is stupid. But that voice of discrimination and wisdom is so feeble that it gets blown away again by the same habitual storm in the mind. The mind is not

concentrating on parmashwar. This is because it is jumping from object to object, from thing to thing.

Gyanis say ,“Know, whichever object is giving you pleasure, the same object will give you misery and pain. ”It’s like eating an apple pie. You enjoy it to start with, so you go on eating it, thinking that the enjoyment is in the apple pie. The same apple pie that was joyful to begin with, later on gives you a stomach ache. So, vishaya sukham, the joy that comes through the five senses, through any of the senses, must be understood.

Sensory pleasures are not the way to get to the parmashwar. Knowing the parmashwar is the ultimate joy.

Return your senses from the objects to Parmashwar. You look at something beautiful, now take your attention from that

‘something’ to the beauty of the
Parmeshwar. This way you will ultimately
achieve the LOVE OF PARMESHWAR.

Poem

Lord, touch my hand
and set me free,
free from this body
which imprisons me.

Let me discover the light
of your Knowledge,
and the Love that
is your pledge

Let my mind be free
from the world I know,
from all its fears, tears
and all its woes.

Let me taste the sweetness
of your lotus feet,
instead of the bitterness
of the worldly greed.

For this Lord, I pray
someday to be,
Lord, touch my hand
and set me free.

