

Verses for Introspection

Maa Gurupriya

Verse No. 87 (7 Feb 2013)

पूर्णं मनसि संपूर्णं जगत्सर्वं सुधाद्रवैः ।

उपानद्-गूढपादस्य ननु चर्मास्तृतैव भूः ॥

योगवासिष्ठः ५.२१.१४

pūrṇe manasi sampūrṇaṁ jagat-sarvaṁ sudhādravaiḥ ।

upānad-gūḍhapādasya nanu carmāstr̥taiva bhūḥ ॥

Yogavāsīṣṭha: 5.21.14

Meaning:

When the mind becomes full (pūrṇa), with that the entire world becomes laden with nectar. For one who walks with slippers made of leather, is it not as if the entire world has leather spread over?

Points for Introspection:

Human mind is such that it always lacks contentment. Whatever be one's attainments and achievements in life, his mind rarely feels contented and full. Instead, there always is a lack, an un-fulfillment, felt in the mind. There is a constant void. Because of this lack of fulfillment, the mind is never full with joy and delight; it suffers grief very often.

Being deluded, one hopes that worldly gains will make the mind happy and full. As a consequence, desire after desire fills the mind. But, after fulfillment of one desire, more desires crop up, never allowing the mind to be full and contented. Instead, the mind becomes a victim of anxiety, disturbance, and dissatisfaction alone.

Only when the mind becomes full with its own splendour, one becomes peaceful and joyous. This happens when desires fall off, contentment sets in, and one expects nothing from this world. Having risen beyond

likes and dislikes, he becomes absolutely satisfied with whatever life brings to him in its own course. In the absence of desire and expectation, the mind transcends all plurality and bheda-bhaava (divisional outlook). When there is nothing different from the One, who will desire, what will one desire and from whom? The mind remains in a state of ocean-like fullness.

Such a mind attains supreme nectarine bliss. He whose mind is adorned with such nectarine fullness and bliss finds the whole world to be completely laden with nectar. In whatever situation he is, by virtue of the fact that his mind is full with nectarine joy, he finds nectar and nectar everywhere.

In this shloka, this state has been explained with an illustration: When one's feet are covered by leather, that is, he walks about putting on the leather shoes, wherever he goes the feet do not come in touch with the earth. To him, does not the entire earth seem to be covered with leather alone? Similarly, when a man's mind is full with bliss, for him in whichever situation he is, the whole world seems to be full with nectar and nectar alone.

Repeated chanting of this shloka transports the mind to that state where there is no desire, where it is contented and is full with nectarine bliss. A yearning develops in the mind to drop all desires and rise to that state of fullness.

Word Meaning:

पूर्णं मनसि (pūrṇe manasi) = when the mind becomes full; संपूर्णं (sampūrṇam) = completely filled; जगत् सर्वं (jagat sarvaṁ) = the entire world; सुधाद्रवैः (sudhādravaiḥ) = by nectar; उपानद्गूढपादस्य (upānadgūḍhapādasya) = for one whose feet are covered with leather; ननु (nanu) = is it not; चर्मास्तृत (carmāstr̥ta) = covered with leather; इव (iva) = as if; भूः (bhūḥ) = earth.

अन्वयः

मनसि पूर्णं (सति), जगत्सर्वं सुधाद्रवैः संपूर्णं (भवति) । उपानद्-गूढपादस्य भूः ननु चर्मास्तृत इव (भवति) ।

manasi pūrṇe (sati), jagat-sarvaṃ sudhādravai: sampūrṇaṃ (bhavati).
upānad-gūḍhapādasya bhū: nanu carmāṣṭṛta iva (bhavati).

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