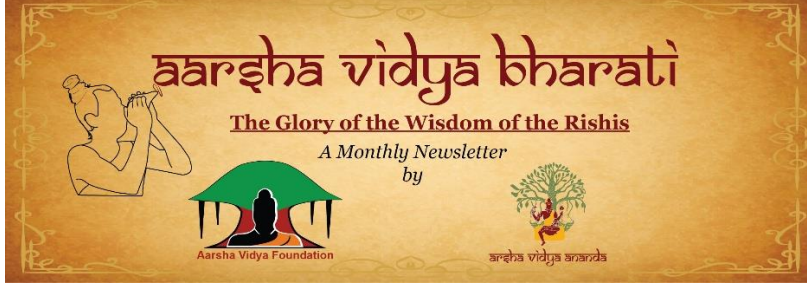

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Value of Values

mayi cānanya-yogena bhaktih avyabhicariṇī 16/20

By Rashmi Kaikini, Mumbai

The sixteenth value मयि चानन्ययोगेन भक्तिरव्यभिचारिणी, *mayi cānanya-yogena bhaktih avyabhicariṇī*, expresses the value of unswerving devotion to *Bhagavān*, devotion due to the recognition of my non-separateness from Him.

We can look at it in two ways.

When I understand the truth of *Bhagavān*, of myself and the world, I recognise that I am never separate from *Bhagavān*.

Bhagavān Krishna in the *Bhagavad Gītā*, verse 10.20 says,

अहमात्मा गुडाकेश सर्वभूताशयस्थितः ।

अहमादिश्च मध्यं च भूतानामन्त एव च ॥

aham ātmā gudākeśa sarvabhūtāśayasthitah ।

Aham ādisca madhyam ca bhūtānāmanta eva ca ॥

Gudākeśa (Arjuna)! I am the self, who resides in the hearts of all beings and I am the cause of the creation, sustenance, and resolution of all beings/things.

When I see all that is here is a manifestation of *Īśvara*, the laws and principles are manifestation of *Īśvara*, my vision changes and a natural love arises. This is devotion, *bhakti*. The more I objectively see all that I have is given, I am at peace and this gives rise to *bhakti* which is *avyabhicariṇī*, steady.

Second way of seeing this is *Bhagavān* as my refuge. He is my only security.

Bhagavān assures us in the *Gītā*, verse 9.22

अनन्याश्चिन्तयन्तो मां ये जनाः पर्युपासते ।

तेषां नित्याभियुक्तानां योगक्षेमं वहाम्यहम् ॥

ananyāścintayanto mām ye janāḥ paryupāsate ।

teṣaṃ nityābhīyuktānaṃ yogakṣemaṃ vahāmyaham ॥





Those people who (see themselves as) non-separate from Me, recognising Me, gain Me. For those who are always one with Me, I take care of what they want to acquire and protect.

Bhagavān is the giver of the fruits of all actions, *karma-phala dāta*. When I view the results from my actions as coming from *Īśvara*, I try to have the sameness of mind towards the results because it helps in preparing my mind for self-knowledge. The question however is, whatever happens, can I see it as a blessing, *prasāda* given to me by *Bhagavān* at all times and in all situations? It is not that easy. I have been given

the freedom of choice over actions but the results of my actions are not something that I can choose.

In the second chapter of the *Gītā* verse 2.47, *Bhagavān* says,

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन।

मा कर्मफल हेतुर्भूर्मा ते सङ्गोस्त्वकर्मणि॥

karmanyevādhikāraṣṭe ma phaleṣu kadācana /

ma karmaphalaheturbhūrma te sango'stvakarmaṇi //

Your choice is in action only, never in the results thereof. Do not think you are the author of the results of action. Let your attachment not be to inaction.

The more I contemplate on this it helps me accept facts and learn from them. Then through devotion I can gracefully accept situations and wonder at the opportunities provided to perform my dharma and many a times, for some learnings on my part, for a better action in the future.

How can I cultivate unswerving devotion to *Bhagavān*? I need to strengthen my understanding of *Īśvara*, so regularly attending a *Bhagavad Gītā*/Upanishad class helps me contemplate and imbibe the knowledge. Also serving one's Guru, as Guru is the one who imparts knowledge of the nature of *Īśvara*, which is my own nature.

My relationship with *Īśvara* grows over a period of time by performing a daily puja, *nāma japa*, chanting shlokas, singing bajans, going on a *tīrthayātrā*; pilgrimage, contributing to seva projects, serving our fellow beings in whichever way possible, understanding *Īśvara* through His one thousand names from *Vishnu Sahasranāma*, reading or listening to *Bhāgavatam* and our *Purāṇa*-s.

The more one sees *Īśvara*, life becomes a blessing and one feels His presence every moment in all the undertakings which gives rise to unswerving devotion to *Bhagavān*.



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