

# Renunciation

*Nisargadatta Maharaj*

You do not need to attempt to gain eternal bliss of the self through renunciation of your pleasures, fulfillments and fleeting happiness! If you merely renounce outwardly when you have not yet awoken to your real self of bliss on the divine level of real being, such a maneuver will only cast you into inward emptiness, sorrow, regrets and extreme spiritual disappointment in spite of ascetic self-tortures. Just as we do not achieve self-realization through blindly keeping busy in repeated pleasure and outer work, so we do not achieve it through cultivating deliberate pain and loneliness. In truth, if you can hear it, there is nothing to be done and nothing to give up. Just remember to be ever looking in your awareness of being hidden within the thought of "I am". Question the validity of karmic activity, of the endless motives of pursuing elusive desires and ambitions, of having to experience the failure to achieve, the sense of frustration, dissatisfaction, of being blindly driven.

Learn to simply look at what is really happening within and through you and others due to identification with the outer person of body and mind. Learn that you are beyond consciousness, beyond emotion, beyond physical pleasure and pain. Become truly realistic. This has nothing to do with just suddenly stopping your pleasures and fulfillments. That would be like suddenly jamming on the brakes of your automobile and causing a lurching crash. Even when you know you must stop the vehicle, it takes adequate time and space to come to a stop safely. Real wisdom and learning do not require suddenly forceful self-destruction of the human heart. Be firm but gentle with your heart, like a loving parent with a child.