

The true art and technique of living lies in developing a state of mind that plays the game of life with a deep sense of detachment.

All your activities then become intense, focused, overt, and nonbinding.

You may have your ideals, your obligations and your responsibilities, but in attending to such acts the psychology of work must be transformed into the psychology of play. The psychology of work involves personal prejudices, expectations, complaints and discontentment, but the same action when performed with an attitude of play leads to enjoyment and fun.

Therefore we all have to learn to play into life, a play of pleasure and peace and oblivious of victory or defeat, gain or loss.

No sense of animosity, no bickering as at Soccer pitches, no exchanges of hot glances as at cricket matches, or any mudslinging as in political bouts. You don't try to stunt somebody or make someone else's line shorter, you simply draw a bigger line without any thought of belittling anyone. Just play the game of life for the sake of play;

And this is the meaning of play.

Detachment facilitates this way of life. But to understand detachment one must know what attachment is.

Attachment means a highly possessive mind and being identified with your actions, objects and relationships. And so we can say basically there are the three types of attachment which behooves all mankind.

As it is we are a crowd inside now you crowd yourself with more and more objects, and relationships and corresponding activities.

Attachment is born from the womb or the essence of the words "my and mine"

So many objects are stolen, damaged, plundered and so many people are hurt or die each day but you remain undisturbed. Maybe some may have a passing effect, but if even a pet dies in your so called home or a crystal Lalique is broken in your house, you are immediately affected. With the word "mine" entering your life the objects and relationships become possessions or your possessions.

If the object of attachment is scratched, damaged, lost or parted with, then the mind experiences pain and emotional upheavals. You become so identified with your belongings and relations that at the slightest provocations or resistance to keep all that is around you secure, leads you into anger, hatred and mental turmoil. This is not the way to live life!

In a spiritual sense nothing belongs to you, Ask yourselves truly what in reality belongs to you. All that is given or provided to us is transient. Here today, gone tomorrow. Even our body shall be left behind and yet we live in our bodies as permanent landlords instead of short term tenants or visitors.

Use but never abuse all that you have and by all means enjoy what you have, but don't get enamored and over powered by your possessions and your relationships and your actions.

Just think, even the child that is born into you does not belong to you as such. Your sense of ownership or propriety is a myth an illusion. Your child has come through you and you are merely a conduit, a passage.

Each child carries his or her own personality, own samskaras or mental impressions which mingles with the impression and genes of the parents for further evolution. Each child is a potential and carries his or her won potentiality that must grow.

If you as a parent are overbearing or possessive, demanding, full of expectations and do not give this potentiality to flourish, then there is bound to be restlessness, resistance and ultimately a rebellion.

You must have noticed that when the father is too crystallized and oppressive in his ways the children prefer to be far away, so that they can come out of their fathers shadow and try to assert their own existence and individuality.

In the West this is easy for child when mature they move away naturally with or without consent, both acceptable. But this is only half the story, the beauty is when the prodigal child returns in reverence to the womb that bore and to the father in respect who nurtured the child just like the sky nurtures all that is on earth.

Many of us bring forth or procreate for our own selfish ends .How many of us have really petitioned before the act of sex! In petition to nature or the cosmic to grant us a child that will be a boon to humanity. A beacon of light! Whose thoughts and deeds will continue to sparkle as the twinkle of the stars in perpetuity.

Most of our children are a product of lust or just incidental. Very few are the outcome of prayer.

So being attached to your so called child entails expectations that the child will behave the way you demand or enforce. Instead of being suggestive through detachment you become assertive out of your attachments. The child then hankers for freedom; and what is freedom?

The flexibility to be free without any encumbrances. To choose freely ; to live a life according to one's own wishes.

But with freedom comes great responsibility because all are not responsible to make the correct choices and some go beyond their limitation in excess and abuse. That's why the police, the elder's, the army is needed to prevent the abuse of freedom.

Many of us remain outwardly free but shackled and enslaved to our fears, paranoia, our hankering, our habits, obsessive thoughts and desires. We remain slaves of the inner world.

Aspiring for outer freedom is called liberty but aspiring for inner freedom is termed as liberation, Nirvana, Salvation or entering the kingdom of God.

To practice detachment or non-attachment is by all means, and in a way that you relate with your actions, relationships, objects but do not grip it or be gripped by it. This loosening of the grip is the process of acquiring a detached heart.

With attachment you remain susceptible to be victimized by your negative emotions that can throw you off balance, but with detachment the negative emotions do not arise at all. This is the basic psychology of the word detachment.

With attachments you are vulnerable to stress and tension but with detachment you become stress free relaxed and life becomes a play.

So how do we bring the essence of the word detachment into our daily lives?

All words carry an image or abstract thought or essence. Abstract thoughts must be contemplated upon to reveal a concept and this concept must be translated to the practicality of daily living otherwise such words simply remain as sounds in your mind.

So Master's, Guru's, Sages, explain through allegory's, parables and analogies, enabling the understanding of the words and how to apply its meaning in our lives. Then methods are given to you to acquire a sense of direction and thereof to maintain its consistency.

So then what is the method to create detachment?

"The best known method to create a feeling of detachment is to ponder or contemplate on a basic fact "That is your departure from the earthly plane one day".

If such be the fact of life then should I engage in this grabbing mentality and become covetous? Must I be victimized by obsessive desires to just possess and keep on amassing endlessly?

Now look at the word "depart" and this to part one day with all that is known "if this be the ultimate reality then am I not being foolish to sustain outright selfish thoughts and attitude?

Nothing really is mine: All our provisions provided by providence and above all nothing is permanent.

So then how should I think to merit detachment?

Say to your self "Let me use all resources internal and external with righteous intent, to the best of interest. In the interest of my existence that encompasses all life. Let me conduct my thoughts and actions according to my aptitude in all joy and simply not be bothered of its outcome or consequences"

Having made these suggestions the mind will ask you then what about my goals? How can any one function without any goals?

“Yes by all means have goals but do not be obsessed to the time frame and the nature of the result; Being attached to the time frame causes anxiety, a state of hurry and worry; and this directly results in stress and all the havoc that follows in the mind and body. Being attached to the result leads to in addition, dismay and despair when the result is not achieved in its totality.

Then you find excuses to play the blame game and create animosity, dislike and unpleasant situations in life.

Lord Krishna extols the merit of non attachment in the Bhagavad Gita in Chapter three

“Verily! None can ever remain for even a moment without performing action, for everyone is made to act helplessly indeed by the qualities born of nature.

But whosoever controlling the senses by the mind, O! Arjuna, engages in karma Yoga with the organs of action, without any attachment, he excels.”

So what does Krishna really mean when he says “to act without attachment”

As an analogy for example a batsman in a cricket match announces to his team mates “Today I am going all out to play”. This is good and positive thinking. But the moment he says “I am going to score 100 runs” then the problem starts.” Why?

Because now the mind has become result oriented and therefore attached. By the time the batsman reaches the pitch, several thoughts have accosted him! Such as “Will I make 100 runs or will I not”? “What if I don’t, then what will my team mates say?” “Will the cricket board select me in the coming matches?” “What will my fans say?” and several other interlinked thoughts arise.

As you will see now anxiety has entered his mind, which causes stress in the mind and as a consequence the muscles become tense. His whole body language has changed and by the time he gets to bat his enthusiasm is affected. Thinking about the results or many results in your life disturbs all your activities presently at hand. You lose complete concentration with the restlessness and anxiety created by such thoughts or attachment.

And this is the meaning of being attached to your actions.

Here it is of utmost importance to differentiate between goal and result. The goal or aim of every batsman is to make runs, using all his skills and expertise, because that is the very nature of the game.

So you can have your goals, but one must not be flustered by the thoughts of the outcome of your actions or the result of your acts. Once this is understood, the matter of playing the game of life becomes very clear.

So then what should be your attitude?

“To do the job at hand well done” at your best within your affordability and ability or shall we say sense and sensibility and to providence leave the rest. Que Sera Sera”

Take life as it comes. Your success will then lie in your efficiency by being completely immersed in the act or the flow of every action during the day.

So now how do you achieve this success?

As you commence to apply and practice sincerely with thoughts of detachment your understanding grows deeper and deeper!

As you transform information into knowledge by contemplation, as you apply this knowledge it becomes your wisdom. When wisdom dawns! Such an understanding forms a nucleus that is embedded in your sub conscious mind and so you become a being of insight.

Then your responses flow naturally without any effort and without having to struggle with your thoughts.

Another beautiful thing happens! As your anxieties and worries begin to fall apart you become relaxed and utterly relaxed. In such a relaxed mode, concentration become spontaneous, your activity assumes a one pointed ness and you acquire efficiency in action that is creative and productive. Success!

The tension of work is now transformed into the joy of play; no anticipation of any result or feelings of victory or defeat, just absorbed in play and fully engrossed in the moment.

By and by all your selfishness begins to drop like dry leaves to the ground all your activities derive a spiritual nuance, a shade of worship. Your acts become divine, your karma become a karma yoga.

A yoga ! A path towards union or communion with your innermost self;

Such a person becomes drawn towards Buddha. In Indian language there is a word called Buddhu which means a fool; then there is a word called Buddhi which means intelligence and then we have the word Buddha the fully awaked the enlightened.

The Buddhu lives in the past and future and suffers, Buddha on the other hand is totally immersed in the present, the sheer one pointed moment of the present which is a drop of eternity and rejoices in peace.

Between a Buddhu and the Buddha lies the God given gift of the Buddhi to be sharpened and to use it to remove misconceptions and mental blocks so that all energies in you start flowing and over flowing.

Gradually as all possessiveness, all attachments become forfeited, a strange phenomena occurs! All your relationships seem loving. Compassion flows through your veins. There is care, concern, there is responsibility, you also acquire a bond but there is no bondage.

You flow into life as a gust of wind, comforting and cool providing a sense of solace and security to all around you.

You rise in un adulterated love, divine and devotional love as the fragrance of a flower that permeates through space ; As an embodiment of love, graceful as ever ; you do not intimidate anyone! No sense of competition, you simply flow into people's hearts. It is then that you begin to live in love and as they say god is love you begin to live in God.

Not a single word is uttered of I love you; Yet from the depth of your silence, devotional love oozes and creates ripples, vibrations of such love infuse all existence and all nature the plants, the animals the flowers, all begin to dance.

In such a presence like Buddha, Guru Nanak and the likes, you feel the presence of the divine in you, and humanity for those brief moments in presence of such a master becomes divine.

To conclude Meister Eckhart, the German mystic and philosopher of the 14th century extols the virtue of detachment as he once said "Of more value than humility or mercy is the condition of the detached heart."

and Connie James SRC writes in the Rosicrucian digest on Meister Eckhart and his teachings

" When the detached heart detaches from this and that has nothing as its aim then the greatest spiritual receptivity is possible".

PATANJALI, one of the greatest Yogi to be born on Indian soil in his Yoga Treatises emphasizes the value of non-attachment as a prime condition and a purification process before commencing practice of concentration and other meditational techniques.

So take all that is said to your heart all and do become a detached heart.

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