

Transcending from *Vyakti* - *Vyaktitva* to *Astitva*

Vedanta loudly pronounces that we are not this individuality who undergoes pain, sorrow, misery, joy, happiness and various other experiences – but that we are the supreme blissful reality. There is no second thought about it. Though this metamorphosis is difficult, it is not impossible.

The journey from individual (*Vyakti*) and its individuality (*Vyaktitva*) to substantial reality (*Astitva*) is quite intense. It starts from personality development, the rehabilitation of the individuality in the first place.

We are endowed with three layers of personalities:

1. Physical
2. Emotional
3. Intellectual
4. Spiritual

At each of these layers of personalities we have to evolve through three quality levels:-

1. *Tamasic* – dull
2. *Rajasic* – active/restless
3. *Sattvic* – pure



Thus maturing from being destined to be born with a sensitive body, mind and an intellect we determine to change it to a sensible, pure, well groomed, perfectly tuned body, mind and intellect. This effort reflects in our day-to-day actions, feelings, thoughts, ideas, ideals and depth of personality. These express through our well disciplined organs of perception and action, well balanced mind and equipoised intellect.

At this stage the individual (*Vyakti*) has become a fully blossomed personality. From here the things take a different and steep climb in spiritual unfoldment. All the effort to build this personality is to transcend it.

To transcend an impure individuality (*Vyaktitva*) is next to impossible. Only after having purified and created a robust personality alone we can transcend it. On the strong platform of such personality the process of Becoming-to-Being begins.

In the Chinmaya Mission tradition we have Brahmacharins and Swamins. The stage of being a Brahmachari is to cultivate such a blossomed personality. When the process reaches its ripened stage, they are initiated into the next and last stage of life called *Sanyasa*.

This is a honor and humbling moment in life. If the effort required in the unfolding process is quantified as say "X" amount, then what has to be achieved is "X times 1000". The logic is simple – up until now the effort was in 'becoming' –hence forth its in 'un-becoming'. This un-becoming is called in *Sanskritam* as *SANYASA*.

"AANO BHADRA KRATVO YANTU VISHWATAH."

May good thought, ideas and inspirations come to us from all directions.

AUM SWASTI HARIHI AUM