



### Study Circle - Loving God Series

## Swami as the Example - Body Detachment

**Objective:** Developing body detachment as a means to develop Love for God.

**Video:** Swami Discourse July 13, 2003 (stop at marker 5:21) (Text of the Video in the next page)

[https://www.youtube.com/watch?v=K7kqf\\_UXHZU](https://www.youtube.com/watch?v=K7kqf_UXHZU)

### **Suggested Questions:**

1. Has your understanding and practice of 'Loving God' changed since Swami left His physical form? If so, briefly describe how?
2. Swami states: "the love of the devotees is the only medicine I want". What do you think He means?
3. What do you understand by the statement: "the one who has a feeling that this is not mine will never face any problem"?

### **Life Application:**

Next time your body is demanding attention, such as, for a comfortable seat or for a delicacy, remind yourself that you are the indweller and not the body and reassess if that is a need for the health of the body or is it simply a desire.

### **Affirmation:**

"I am God, I am God, I am no different from God; I am the infinite supreme reality, I am Sat (Existence), Chit (Awareness), Ananda (Bliss), fear, grief or anxiety can never overcome me."



**Text of the Video:** (Excerpts from Swami Discourse July 13, 2003 )

Nobody needs to be worried or anxious about Swami's well-being. No danger can ever befall Swami. Swami comes out of all difficulties and troubles unscathed. He will achieve all success. There may be some changes at the physical level. They are only temporary and not permanent. Hence, Swami wants all of you to be courageous.

Now I have recovered and am standing before you. What is the medicine I have used? The intense prayers of the devotees are My medicine. During the last one month, be it in Madras (now Chennai), Hyderabad, Bangalore or Mumbai, devotees have intensified their prayers and spiritual activities. Each and every house conducted Bhajans and Namasmara. Some devotees undertook penance and performed Yajnas. In this manner, a number of spiritual activities were undertaken praying for the well-being of Swami. It is as a result of such fervent prayers that I am able to stand before you and address you. Neither did I want this suffering nor did I desire for its cure. You wanted this body to be cured of the pain, and you achieved it through your prayers. This body is not Mine. It is yours. Hence, it is your responsibility to look after this body. I am not the Deha (body); I am the Dehi (Indweller).

The body is made up of five elements and is bound to perish sooner or later, but the Indweller has neither birth nor death. The Indweller has no attachment whatsoever and is the eternal witness. Truly speaking, the Indweller who is in the form of the Atma, is verily God Himself. (Telugu Poem) The Atma has neither birth nor death.

It has neither pain nor suffering. You may not believe it, but the doctors have seen the extent of injury to My hip. For anybody else, it would have taken at least two to three years to walk normally. The ball in the hip joint broke into pieces. There were no muscles for support. My bones are as strong as diamonds. It was not possible to join them together. Hence, they put a rod and performed the surgery. After undergoing such a complicated surgery, it takes a number of years to walk normally. Without caring for all this, I started walking. Doctors made every effort to protect this body. They did their duty. But I did not think of this body at all. I demonstrate the ideal that one should not have body attachment. Not only now, for the last two years, I have been repeatedly exhorting you to give up body attachment.



Gradually reduce your Dehabhimana (body consciousness) and develop Atmabhimana (Atmic consciousness). You are not the body; you are the embodiments of the Atma. The physical body comes and goes. The body only has suffering, not the Atma. When I fractured My hip, it was not possible to even move My leg. The slightest movement caused excruciating pain like that of an electric shock. I told the doctors, "This is not My body. This is yours. You may do whatever you deem fit." One who has given up body consciousness will have no suffering at all.