

# **SARANAGATI IS BOTH THE MEANS AND THE END**

Saranagati or the state of absolute surrender is the natural state of all beings. When we are too tired to think, when we are in a state of happiness and don't wish to see or think of anything, when we see breathtaking scenery or read a beautiful piece that takes our minds off everything else, then also we are in a state of saranagati, but that is an unconscious state of saranagati.

That state is the state of the freedom from ego and the endless troubles it brings in its train. The ego doesn't like this, doesn't like that likes this, wants that, has its lists of fears, likes and dislikes. Since that is the main roadblock in the path to happiness, this ego should be abandoned without hesitation.

Saranagati is both the means and the end. In the statement of absolute surrender, the ego is removed with its root and the blocks in the path to surrender cease to be. This state of surrender is attained by surrender, a path that is easily comprehended but difficult to practice. Each action, each thought, each word spoken and each feeling is carefully disaffiliated from the false ego that drives us and is placed at the Feet of God.

Saranagati is something that comes to us gradually but is also something that helps us to a great extent in our lives. Even a little bit of this Saranagati as Yoga protects us and to the extent we bring it into our lives, our lives brighten and are filled with joy.

Prostrations to the Guru who is Saranagati personified.

**Author : Shrihariprasad Swami**

