

## **The self is ever liberated**

Once upon a time there were two saints, one was the master & the other one was his disciple. The disciple used to visit the city for alms. One day, while the disciple was in the house of a money lender for alms, a caged parrot asked the disciple. "Where do you live sir, please do something to bring me out of this cage? Because I feel very miserable being under the bondage here in this cage. Although the money-lender and his family take a good care of me, but still that is not independence. I used to feel very happy flying in the endless-open sky, doing rounds on the branches of various trees and taking bites of various fruits. But how could I expect the cruel bird catchers & bird keepers to show any sign of kindness towards me.

No one else can understand the pain of one who suffers. But off-course time shall come to enjoy the results of the deeds, and then those who are involved in catching and bonding shall be regretting, crying and feeling uneasy. But right now, the eyes of their hearts are closed and do not see my grief of bondage and separation from my family and cast. Sir! How come I narrate my miseries before you? A series of thoughts come in my mind but all in vein & I don't find any suitable thought for liberation. I think I need a master like you. I am your refugee. Please help me and some how get me liberated out of this bondage."

Hearing such words from the parrot the saint spoke, "I don't know how to get you liberated, & I also don't want to lie. I will narrate the whole story to my master, because he is capable to show some way out, & then I will let you know."

The saint then reached his place with the alms. He bowed before his master after putting down the alms. He also narrated him the entire story of the poor-parrot. Hearing the sad story of the parrot the master-saint at first became very happy and later laid down as if he was no more. This made the disciple-saint apprehensive and he resolved not to narrate the remaining story to his master. He then helped his master get normal.

Next day the disciple-saint again went to beg for the alms. He was again asked by the parrot, if he had got any suitable solution for the problem? The disciple-saint replied, "There was a tremendous effect in your grief story, & it made my master (guru) faint." This immediately made the parrot understand the message given by the master & became liberated by behaving that way.

Thus we come to understand that our only reality is our self (atman) & not our body. So by meditating upon God all the time, we can enjoy this world & be liberated.

**Hail Satchidanand Sanatan Brahman with Love**