



# **SADHANA, THE REALISATION OF LIFE**

**RABINDRANATH TAGORE**

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**SADHANA**

**THE REALISATION OF LIFE**

**BY**

**RABINDRANATH TAGORE**

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love. He who has been gained in eternity is now being pursued in time and space, in joys and sorrows, in this world and in the worlds beyond. When the soul-bride understands this well, her heart is blissful and at rest. She knows that she, like a river, has attained the ocean of her fulfilment at one end of her being, and at the other end she is ever attaining it; at one end it is eternal rest and completion, at the other it is incessant movement and change. When she knows both ends as inseparably connected, then she knows the world as her own household by the right of knowing the master of the world as her own lord. Then all her services becomes services of love, all the troubles and tribulations of life come to her as trials triumphantly borne to prove the strength of her love, smilingly to win the wager from her lover. But so long as she remains obstinately in the dark, lifts not her veil, does not recognise her lover, and only knows the world dissociated from him, she serves as a handmaid here, where by right she might reign as a queen; she sways in doubt, and weeps in sorrow and dejection. *She passes from starvation to starvation, from trouble to trouble, and from fear to fear.*<sup>66</sup>

I can never forget that scrap of a song I once heard in the early dawn in the midst of the din of the crowd that had collected for a festival the night before: "Ferryman, take me across to the other shore!"

In the bustle of all our work there comes out this cry, "Take me across." The carter in India sings while driving his cart, "Take me across." The itinerant grocer deals out his goods to his customers and sings, "Take me across".

What is the meaning of this cry? We feel we have not reached our goal; and we know with all our striving and toiling we do not come to the end, we do not attain our object. Like a child dissatisfied with its dolls, our heart cries, "Not this, not this." But what is that other? Where is the further shore?

Is it something else than what we have? Is it somewhere else than where we are? Is it to take rest from all our works, to be relieved from all the responsibilities of life?

<sup>66</sup> Daurbhikshāt yāti daurbhiksham kleṣāt kleṣam bhayāt bhayam.

