

## Message 412

Paris 1 March 2021

**Synopsis of the book entitled ‘Astavakra Gita’ composed by Swami Chinmayananda — a venerable Scholar - Teacher - Yogi - Sannyasi of yesteryears.**

1. All pervading space is inside as well as outside the Jar. **Divinity** is within the body as Life as also outside the body, everywhere as all pervading **Shiva** with the **Trisula** representing **3-dimensions of Divinity: Creation, Sustenance and Dissolution.**
2. Realising **Self-Divinity** in all-beings and all-beings in the **Divine self** is the advent of **Holiness, Wholeness and Happiness** in Humans.
3. The **Noble Life, The Liberated**, live **free** from **attachments or aversions** — in **Awareness Choiceless.**

4. Four Sutras : —

*Nirvikalpam* : **Choiceless Awareness.**

*Nirayasam* : **Effortlessness i.e. no ego-trips.**

*Nirvikaram* : **Freedom from Influence, Direct Insight.**

*Niranjanam* : **Ecstasy Always.**

5. Serene, Blissful, Passivity, Shining, Relaxed, Subtle smile, Affectionate, Attention, are indications of a Swami in ‘Is-ness’ or in ‘No-I’-ness.

**Jai Swamiji**