Non-Attachment (Vairagya)



"Actions do not cling to me because I am not attached to their results.

Those who understand this and practice it live in freedom.

Knowing this truth, aspirants desiring liberation in ancient times engaged in action. You too can do the same, pursuing an active life in the manner of these ancient sages."

B.G. Chapter Four v14 & v15



The Two Monks and the Beautiful Young Lady

A senior monk and a junior monk were traveling together. At one point, they came to a river with a strong current. As the monks were preparing to cross the river, they saw a very young and beautiful woman also attempting to cross. The young woman asked if they could help her cross to the other side.

The two monks glanced at one another because they had taken vows not to touch a woman.

Then, without a word, the older monk picked up the woman, carried her across the river, placed her gently on the other side, and carried on his journey.

The younger monk couldn't believe what had just happened. After re-joining his companion, he was speechless, and an hour passed without a word between them.

Two more hours passed, then three, finally the younger monk could contain himself no longer, and blurted out "As monks, we are not permitted to touch a woman, how could you then carry that woman on your shoulders?"

The older monk looked at him and replied, "Brother, I set her down on the other side of the river, why are you still carrying her?"