

# Fundamental Basis of your Bondage

BLISS

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**Y**our personality is a complex system of likes and dislikes. They are the fundamental basis, the building blocks of your personality. However, existing in the world with likes and dislikes is a very foolish way to exist. Please look at it carefully - the fundamental basis of your bondage is in your like and dislike. But unfortunately, the logical mind makes you believe that doing what you like is your freedom.

While operating on the physical realm itself, even with your work or family - likes and dislikes make you do stupid things. If you don't like somebody - even if this person is doing something wonderful, you will not see it. If you like somebody - even if they are doing terrible things, you cannot see it anymore. This happens because the moment you get trapped in this like and dislike, you lose your discretion; your intelligence is forsaken. You cannot function as per what is needed at that moment; your awareness is simply impossible once you get trapped in likes and dislikes.

Now, the basis of yoga is fundamentally to destroy the process of like and dislike and to help you go beyond them. Then, having things around you and even acquiring those things that you want, can happen without any strong sense of like and dislike.

If you can handle your life in this way, where you just enjoy what you have and there is no compulsive liking, then you are not trapped in your likes and dislikes. You can have the whole world and all its riches around you and enjoy it thoroughly, but if it is gone tomorrow morning, it does not make any difference within you. This is because you have no bondage of liking; you just enjoy it when it is there, that's all. And this should extend itself to every aspect of your life including your own body.

There is a very deep sense of like and identification with the body. You cannot identify yourself with something if you don't like it, isn't it? So, if you just become free from this process of like and dislike, you will see, you can take your body for a walk everyday, but you're not it; that will become the reality with you. When you're no longer stuck to the body, your life here and beyond is not a problem anymore. It gets handled by itself.

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