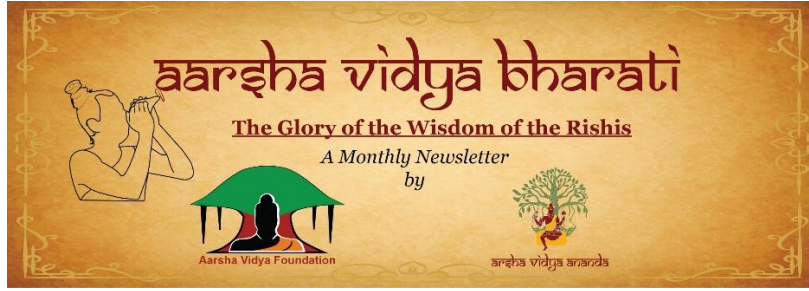

Aarsha Vidya Bharati - Apr 2022

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A monthly newsletter that will bring you more happiness, more wisdom and more freedom



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Value of Values

Sthairyam (8/20)

By Neethi J. Rai, Mumbai

In chapter thirteen of the Bhagavad gita, *Bhagavān* Krishna enlists 20 qualities which are the means for reaching the ultimate goal in life and he calls them *Jñānam*. These qualities are considered as necessary *sādhana* to bring into one's life. What is initially done deliberately and with much effort in time becomes spontaneous. One of the qualities that we are called upon to cultivate is *Sthairyam*.



Sthairyam is steadiness, *niṣṭa*. It implies firm effort backed by determination despite obstacles with respect to one's commitment, be it the *mokṣa* pursuit or one's duties. It then forms an important aspect of karma yoga. As the popular saying goes, 'When the going gets tough,

the tough get going.' *Sthairyam* denotes stability.

We all start any of our endeavours in a phase of great excitement, confidence and positivity. Gradually the enthusiasm slows down and starts to fade away. We find excuses to leave them behind and take up something which seems more fascinating and interesting. When the *puruṣārtha* is to achieve the knowledge of our own truth, persistence and consistency are very important. Knowledge of the self needs discipline in reflection on the teaching and our *sādhana*-s.

Sthairyam is the strength to remain firm in one's convictions - to remain steadfast in what we do. It is the ability and the mental strength to keep pursuing what we believe in in spite of obstacles and failures. It is the enthusiasm to never give up. Failures and setbacks are inevitable in one's life and enthusiasm and commitment are the fuel one needs in one's spiritual journey. Like Lord Rama's commitment to his father's promise one should learn to honour a commitment, to honour one's word.



We are not born with our commitments; we grow into them. It grows over a period of time, if we are looking at our life priorities clearly. *Sthairyam* has to be cultivated. It will give us answers as to what we might need to do differently, or it may confirm that we are on the right track.

For me, *Sthairyam* has been a very important quality to cultivate because I have never been consistent in life, I would get bored of activities or classes that I would join with great zeal and the newfound enthusiasm would die down in a few days. With *Īśvara's* grace and Swamini ji's constant guidance, I have stuck to my resolve and now I have my priorities set straight. There is no longer any confusion or turmoil in my mind. If you feel you need to work on *Sthairyam*, start with small goals. For example, a five minute japa everyday, sleeping early, waking early, exercising everyday etc, and try to stick to it. Feel and see the difference for yourself.

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