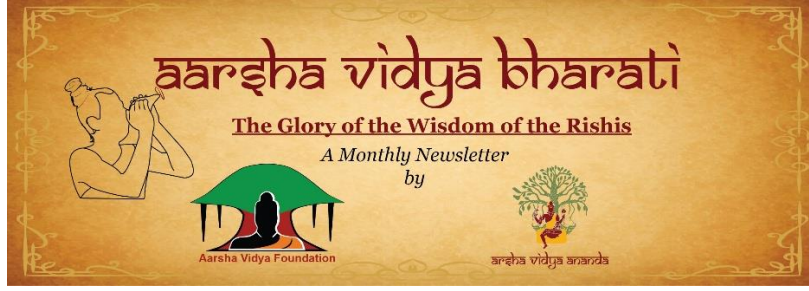


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# Aarsha Vidya Bharati - Nov 2022

## Kartika – Agrahayana 2079

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



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This is one of many articles from our monthly newsletter. Access the [Nov 2022 issue](#) or read any of [the articles](#).

## Value of Values

**Asaktih 13/20**

By Seema Pillai, Mumbai

In the 13th Chapter of *Bhagavad Gītā*, Lord Krishna enumerates 20 values which are necessary to prepare the mind for the knowledge of self. *Asaktih* is the 13th value. *Saktih* means clinging attachment to things. *Asaktih* is the absence of a sense of ownership.



Many of you may have seen the movie “Finding Nemo”. In that movie, there is a scene where a bunch of seagulls are sitting on the dock when 2 fish jump out of the water. The seagulls see them and each one of them starts saying “mine mine mine”. This is exactly what we do - we start claiming things - everything is mine, I own it. Whether it is the spot on the sofa or your coffee mug! My house, my spouse, my children, my body. Is it really mine? I start believing it to be mine – that I am the owner.

Then starts the struggle. Because we take the ownership of things, like in our relationship with the spouse or children or property, money, we become too attached and start behaving like those seagulls saying, “mine mine mine”. We start taking it to be real, which makes us struggle with everything. We are sad as things didn't work out as we planned in our marriage - our expectations were not met. Children grow up and start making their own decisions, which we may not like. Even my body mind, which I claim to be mine, don't seem to listen to me!

If you stop and think about it, what is this ownership that we feel? Even this body doesn't belong to me as it is has come from parents and grandparents. If you go a few steps back, it has come from the 5 elements. So, I don't really own this body. It has been given to me.

The value of *Asaktih* brings in the attitude of non-ownership. I bring in *vairāgya*, objectivity, towards the things given to me. I understand that all I have is because of my karma and *karmphalam*. I am just an instrument who is playing different roles. I am a trustee who has been given this body-mind and all the other things which I have. So, I enjoy things - it is no longer a burden. I do what is needed to be done as a trustee. I play my role as a mother, wife, friend and so on by giving up the attitude of ownership in them. Same with objects, property and wealth. I am just a trustee - all is given to me.



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When this understanding sets in, then there is no conflict. I see things objectively. That I am not the owner - I am just a trustee, and everything is given to me. I consciously practice this value so that it sets in me and the value of *Asaktih* comes spontaneously to me.

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