

Nitin Sawhney

"Chetan Jeevan (Conscious Life)"

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I have lived life until now to the height of enjoyment
My physical body accompanied by a conscious mind
Endless desires swirl outside of me
He is also taking me along his cosmic path

Giving me experience of seeing hearing
Tasting, smelling and feeling
I feel content while sleeping
Crying, laughing, eating and drinking

Day and night I think that there must be
Some purpose to this life
I have come to understand joy and sorrow due to lust
Anger, greed, attachment and ego

I have started to think about what is the characteristic
want of life
And about what is the uncharacteristic want of life
About what is benevolent use of mind and words
And what is harmful use of mind and words

And about what is sin and what is virtue
Thus no more desire or expectation for past
Present or future remains with me
My mind has gone beyond past, present and future

And beyond the rational intellect of imagination
I see that I am beyond birth and death
And am enjoying mind in a state of samadhi

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