

## Satasloki

### Sloka 15

यः कश्चित् सौख्यहेतोः त्रिजगति यतते नैव दुःखस्य हेतोः  
देहेऽहंता तदुत्था स्वविषयममता चेति दुःखास्पदे द्वे।  
जानन् रोगाभिघाताद्यनुभवति यतोऽनित्यदेहात्मबुद्धिः  
भार्यापुत्रार्थनाशे विपदमथ परामेति नारातिनाशे॥१५

15. A person who has realized that the notions of 'I'-ness in the body (identification of oneself with the body) and 'mine'-ness in persons and things connected with him are the real cause of all sorrow does not seek to attain happiness from external objects which would only bring sorrow. One who looks upon the perishable body as himself suffers from diseases of the body and the adverse actions of others (which affect only the body and not the Self). Such a person considers the loss of his wife, son or wealth as a very great calamity, but remains unaffected when his enemy dies.

It follows that the only way to avoid sorrow is to give up identification with the body and attachment to relations and possessions.