

Satasloki

Sloka 17

शक्त्या निर्मोक्तः स्वात् बहिरहिरिव यः प्रव्रजन् स्वीयगेहात्
छायां मार्गद्रुमोत्थां पथिक इव मनाक् संश्रयेद् देहसंस्थाम्।
क्षुत्पर्याप्तं तरुभ्यः पतितफलमयं प्रार्थयेद् भैक्ष्यमन्नं
स्वात्मारामं प्रवेष्टुं स खलु सुखमयं प्रव्रजेद् देहतोऽपि॥१७

17. Just as a snake discards its slough and moves away, the aspirant should leave home, freeing himself from attachment to family and possessions. Just as a traveller resorts to the shade of the trees on his way for a short rest and proceeds on his journey, the aspirant may remain in the body (without attachment to it). He should seek as food only the fruits which have fallen of their own from trees and should take just enough to satisfy his hunger. In order to attain union with his Self which is bliss itself, he should completely give up identification with his body-mind complex.

Reference may be made here to Brihadaranyaka Upanishad, 4.4.7-- "Just as the lifeless slough of a snake lies, cast off in the ant-hill, even so lies the body (of the enlightened person)". That is to say, he gives up identification with it, though continuing to live in the body as long as his Prarabdha karma lasts.