

Viviktadeśasevitvam

preference for a secluded place

Vivikta-deśa-sevitvam

Vivikta-deśa-sevitva is love for a quiet place, for seclusion.

Deśa is place. **Vivikta** means separate or solitary, and **sevitva** is to inhabit or resort to. So, **vivikta-deśa-sevitva** is a value for resorting to a secluded place.

WHY SHOULD LOVE FOR SPENDING TIME IN A SOLITARY PLACE BE LISTED AS A VALUE?

It is not the isolation of the place that makes the value, but what is valuable is the kind of mind that is happy in such place. A mind that is quiet and appreciates solitude is a mind that has a love for being with itself.

This is a beautiful attitude that is not found very often in our society. We are a society of people bent on escaping from ourselves. We try to escape because we are not satisfied with ourselves. We see ourselves as not being the way we would like to be. Therefore, we keep the mind busy so there is no time, place or quiet in which we can be with ourselves.

THE ESCAPE

We travel, from beach to mountain, sand to snow, and back again, to escape from ourselves. Wanderlust is a good expression for this urge to travel.

For the stay-at-home, amusement parks, movies, television, sporting events, magazines, newspapers, parties become the means for **escape**. It is not that there is anything wrong with travel or recreation; the problem is **the need for escape**.

You can tell that activities have become an **escape** for you when, without the activity, you feel lost, sad, or incomplete. The occupation that leaves you feeling incomplete, when you cannot have it, has become an **escape**.

ESCAPE IS A UNIVERSAL THING

A given activity by itself is **neither an escape nor a non-escape**. It is the reason behind the activity that makes it **an escape or not**.

This tendency of the mind to want to **escape is a universal thing**. Everywhere in the world, the human mind is the same. Whether Indian or American or European, the basic tendencies in minds will be the same. Cultural differences are found only in the response to these basic, universal tendencies.

From culture to culture **the avenues of escape will be different**, determined by the nature of the society in which one finds oneself. Social factors will determine the way of escape. **But the desire of the mind to escape is a universal thing.**

TO FACE YOURSELF HAPPILY

A person who enjoys being with himself in quietude is not a sad person. He is a simple, quiet, contemplative person. To be contemplative means to be able **to face yourself happily**.

If you cannot **face yourself happily**, the mind will always require an escape. An escape is an occupation that engages the attention of the mind so that it does not have to be with itself.

CLEAR KNOWLEDGE OF YOURSELF

For the one who wants self-knowledge, it is very important to have a value for being with oneself, for quietude.

I learn to be with myself by willingly moving to a quiet place where I take stock of myself and learn to love and accept myself.

When you have the habit of repairing to a quiet place, you are learning to be with yourself.

When you have learned to be with yourself, you have come to terms with yourself.

Clear knowledge of yourself, is now possible.