

Sthairyam

steadfastness

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Sthairyam means 'firmness' or 'steadiness'.
Sthairya is steadfastness in action, in one's duty.

A steady effort on my part toward whatever goals I have committed to achieve or toward whatever duties my responsibilities impose upon me is **sthairya**.

LACK OF STEADFASTNESS

When it comes to applying effort toward a goal, most of us find we are heroes at the start. We begin very bravely, lions of resolution at first, but then the initial enthusiasm wanes.

The energy of the heroic beginner dwindles when the total effort required becomes clear.

We find some pretext to escape from the responsibility.

Lack of steadfastness toward a commitment results in non-achievement of goals, which in turn builds up guilt of failure.

STHAIRYA

Sthairya means there should be steady effort toward whatever we have committed to achieve until it is achieved, a steadiness that neither yields to laziness nor is disturbed by distraction.

In this context, where Lord Kṛṣṇa is talking about the values that make the mind ready to discover the truth of the self, **sthairya** refers to **niṣṭhā**, firmness, in seeking self-knowledge.

SĀDHANA-NIṢṬHĀ

When my commitment is to know the truth of myself, I need steadiness in the means, **sādhana-niṣṭhā**, to accomplish this goal.

I must apply myself steadily to the secondary qualifications, such as cultivating certain attitudes, study of language, of the scriptures and similar pursuits, which prepare my mind for self-knowledge.

The knowledge of the self is not a partial knowledge.

It is not like the knowledge of a given discipline, but something total, the total content of all knowledge.

For this goal, the goal in which all other goals resolve, total commitment is involved.

In this total commitment, there must be **sthairya**, steadfastness.