

You're Maintaining the Wrong Thing

written by Bhaskarananda | April 1, 2026

Imagine this.

You just bought a car. Brand new. Shiny. Perfect.

You polish it every day.

You upgrade the sound system.

You obsess over tiny scratches like they're personal betrayals.

But you never ask the most important question:

Where am I actually going?

The 90-Year Car

Think of your body like a car you've been assigned for ~90 years.

Maintain it.

Fuel it.

Don't crash it.

But don't confuse it for *you*.

Because long before modern philosophy, the Bhagavad Gita made this distinction with brutal clarity:

"As a person puts on new garments, giving up old ones,

*the soul similarly accepts new material bodies,
giving up the old and useless ones.” (2.22)*

Read that again.

Not metaphor. Not poetry for comfort.

A direct claim: you are not the body—you are the one changing bodies.

The Part We Ignore

There’s something in you that hasn’t aged the way your body has.

The child-you is gone.

The teenage-you is gone.

Even last year’s version of you is gone.

But *you* are still here.

The Gita doesn’t leave this vague:

*“For the soul there is neither birth nor death at any time.
It is unborn, eternal, ever-existing, and primeval.
It is not slain when the body is slain.” (2.20)*

That’s not a soft spiritual suggestion.

That’s a **hard ontological claim:**

The driver does not die when the car breaks down.

The Car Swap No One Talks About

We replace cars without emotional collapse.

Old one fails → get a new one.

Simple.

But when it comes to the body, we panic.

Why?

Because we've built our entire identity around the vehicle.

The Bhagavad Gita calls out this confusion directly:

“As the embodied soul continuously passes, in this body, from childhood to youth to old age, the soul similarly passes into another body at death.” (2.13)

Look at the logic.

You've already experienced multiple “versions” of your body in *this* lifetime.

Child → youth → adult

The Gita simply extends the same principle one step further:

Body change doesn't stop at death.

Why This Changes Everything

If you really take this seriously—even 10% seriously—your life starts to reorient.

You still take care of your body.

But now it's like maintaining a vehicle you'll eventually hand back.

Not something you cling to as your identity.

And suddenly, your questions evolve:

- Not "How do I look?" → but **"What am I becoming?"**
- Not "How long will I live?" → but **"What carries beyond this life?"**
- Not "How perfect is my body?" → but **"How aligned is my consciousness?"**

Because if the Gita is right...

You're playing a much longer game than you thought.

The Real Maintenance Plan

Yes—maintain the body.

Eat well.

Move often.

Sleep properly.

But don't overinvest in something temporary while neglecting something eternal.

The Gita gives a subtle but powerful warning about misplaced focus:

***"Those who are attached to the temporary... cannot fix their minds on the eternal truth."** (paraphrasing core theme from Ch. 2 & 8)*

In other words:

If all your attention is on the car, you forget the driver.

The Mic-Drop Insight

Here's the uncomfortable truth:

One day, this body will stop working.

Not because something went wrong.

But because that's what bodies do.

The real question is—

When that moment comes...

Will you panic like someone losing everything?

Or stay steady like someone simply... switching vehicles?

Final Thought

The Bhagavad Gita doesn't ask you to neglect the body.

It asks you to **see it clearly**.

A tool.

A vehicle.

A temporary interface.

So maintain it well.

But don't forget:

You were never the car.

You were always the one driving it.