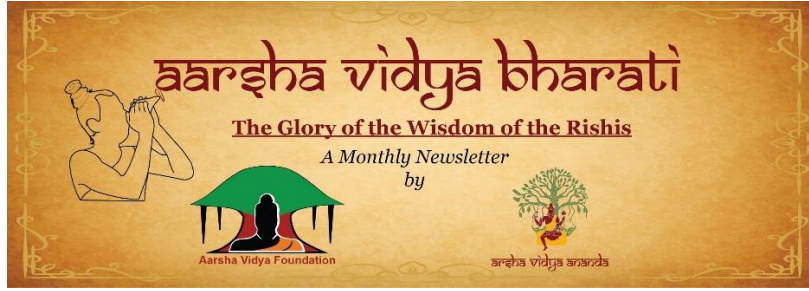

Aarsha Vidya Bharati - Feb 2022

Magha-Phalguna 2078

A monthly newsletter that will bring you more happiness, more wisdom and more freedom



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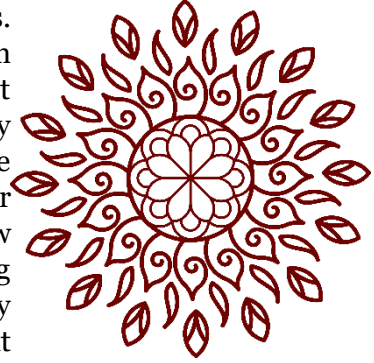
Joining the Dots

How Vedanta changed my life

By Melissa Kehayes, USA

Vedanta has changed my entire life. Before Vedanta, I did not understand my purpose, my/others suffering, my roles, my responsibilities, my struggle to spiritually connect, my rights, etc.

I am able to understand now that what I am experiencing is a product of my own karma, and the people's karma around me as well, from this life and past lives. Because there is no flaw in the order of karma and it fructifies in its own time (it is objective, and supports dharma), I can trust that whatever suffering or joy I am experiencing is intelligently occurring. With this understanding, I do not experience the crippling self pity or "why me" attitude I did as much as I did prior to Vedanta. I can use all of it in a way to grow and understand how I am preventing my own self knowledge. In the most challenging time of my life, I am able to find comfort knowing it is not only temporary, but can be a means of knowledge. No matter what comes my way in this life I can trust its purpose so I can take ownership of what is in front of me, I can do my best in that moment, and can use the results to help me move forward in my life. It is not always a perfect acceptance but I am able to be gentle with myself for that.



I am able to understand now that the many roles in my life are also the product of karma. The roles come and go, and when they are present in my life, they become a part of my purpose. I can look at each role and ask myself how can I contribute/support that person and how can they contribute/support me. Every single role counts and is significant in our lives. Before, I was very partner focused & I was so focused on that one role, I disconnected from reality and kept myself in a situation that was not conducive to a positive life for myself or my partner. My understanding of our roles in our lives from Vedanta allowed me to open my heart to my other roles. Because of this, I eventually gained the clarity and courage to move forward in my life. All of my roles are thriving and I feel confident in any difficult conflict that from my half, I can accept and support them despite our differences.

I am able to understand now that my spiritual connection is there at every single moment because *Bhagavān* pervades everything. And even though I am not yet able to fully grasp that I am that, I know and feel so strongly connected in this world that it is impossible to not be connected to *Bhagavān* in every moment. No matter what I do, no matter how difficult a time is, I am constantly and always in the lap of *Īśvara*. His presence is in all that I see and do.



I truly long for and seek.

I am able to understand that all of my attempts to resolve and fill voids in my heart are temporary and limited. These pursuits are valid and a beautiful opportunity to experience, but I do not need to put the pressure on them to fulfill me in the way I am hoping they will. It is not possible for them to. Because of this, I have learned that many of my disappointments in life are projections and I can be much more discriminative about them.

With these understandings (and more) from Vedanta with Swaminiji, I know the combination of them (and more) over time, I will be able to grasp in my heart that I am that limitless fullness

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