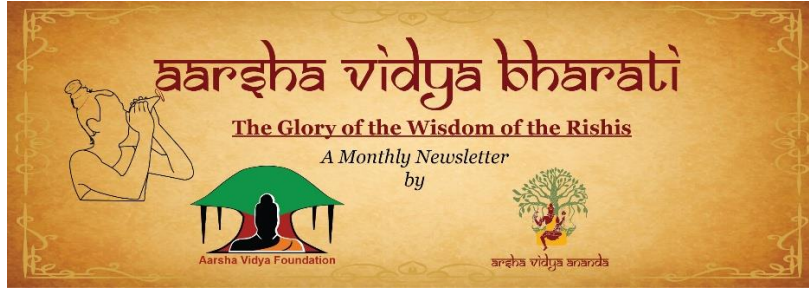


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# Aarsha Vidya Bharati - Apr 2022

Chaitra - Vaisakha 2079

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



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This is one of many articles from our monthly newsletter. Access the [Apr 2022 issue](#) or read any of [the articles](#).

## Joining the Dots

How Vedanta changed my life

By Nisha Pillai, London

I was introduced to Swami Brahmaavidananda in my early twenties. I was always keen to know the teachings of Bhagavad Gita and started attending Gita classes with Swamiji. This is how my Vedanta journey started. As I went along the journey, I worked on my qualifications as student: *Viveka*, *Vairāgya*, *Mumukṣutvam* and *Śat sampatti* (*śama*, *dama*, *titikṣā*, *uparati*, *śraddhā*, *samādhānam*). This either happened naturally based on learnings from various Vedanta classes and workshops conducted by my gurus. I even had to work on them by being conscious of how I dealt with situations in day-to-day life in keeping with qualifications.



Karma Yoga is the pillar of my life with attitude of *Īśvara arpanam* and *Prasāda buddhi*. This attitude has helped me in living based on priorities, being more effective, working on qualifications for a student and living a life of Dharma. Karma yoga has helped me to be calm, centered even in difficult situations I face in life. Karma yoga helps me in looking at situations objectively and respond accordingly.

Over the years, I have noticed that studying Vedanta has not only given the vision of my fullness but has also helped me in various roles I play in my life, helped me in dealing with insecurities like fear, self-doubt. I have acceptance of people around me and understand that they come with their own backgrounds and have their own growth journey. I have acceptance of myself, situations in my life and deal with them objectively and this has helped in developing sameness of mind to pleasant and unpleasant situations. This has also helped me in being relatively fearless.

Thanks to learnings from my gurus, I try to contribute in my own ways and am not just a consumer. I appreciate what I have in life, being born in India and having opportunity to learn from *sampradāyavit* gurus and pray to *Īśvara* that we all appreciate and contribute to *Sanātana* Dharma. *Om Gurubhyo Namaḥ*

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