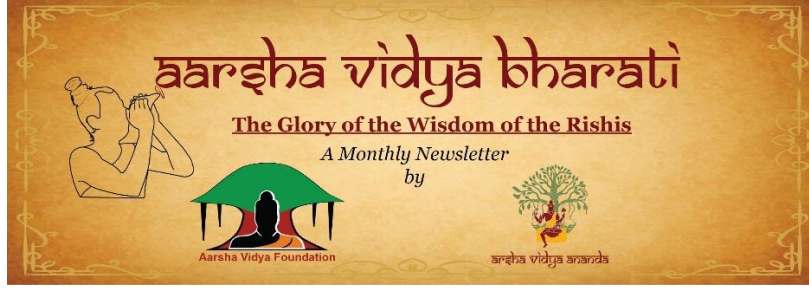

Aarsha Vidya Bharati - July 2021

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



This is one of many articles from our monthly newsletter. Access the [July 2021 issue](#) or read any of the [articles](#).

Joining The dots

How Vedanta changed my life

By Aruna Lakshmanan, USA

I have been a student of Vedanta for a relatively short time. I started by reading some works of Pujya Swami Dayananda and was soon introduced to Swaminiji's podcasts and classes. In the time that I have been exposed to Vedanta, I have seen gentle but impactful changes in my life. For me, most of these impacts are on a practical, everyday level.

Better Discipline: Vedanta has helped me realize that consistent, daily *Sādhana* and attention to little things makes a big difference. Even on days when life seems to take over, I make sure that I listen to Swaminiji, do puja/meditation even if only for a few minutes.



Reactions: Vedanta has helped me better manage my emotional reactions and stress. Situations that would have upset me very much earlier provoke a less strong reaction. I am able to quickly catch myself reacting to something and let go more easily than I used to.

Improved Relationships: Partly as a consequence of managing reactions, my relationships with my family, friends and colleagues have all improved. Vedanta has helped me reflect on incidents that cause disturbance and identify and change the persistent unhelpful patterns in my own behavior.

Acceptance: Most importantly for me, I am learning to accept things, as they are, to the best of my ability. Life used to be a constant battle at so many levels, all the time filled with worries, agitation, and guilt. By being more accepting of

outcomes without blaming myself or others, my life has slowed down, and become gentler overall. Along with acceptance of others and outcomes, there is also self-acceptance and less guilt and anger.

I am still very much a newbie on a journey, but Vedanta study has already had a big impact on my life. I am so grateful to have been brought to this path and to have Swaminiji present in my life.