
Aarsha Vidya Bharati - Nov 2021

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



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Joining the Dots

How Vedanta opened my heart

By Renate Vetter, Australia

The **joy of learning** has been a huge part of my life. This joy has always included laughter and now as a mumukshu, or dare I say, sishya, of Advaita Vedanta this remains to be true.



Although my Mother dropped her body over 5 years now, her words “I don’t know why you always seem to be smiling” still ring in my ears. Now mind you, those that have been around me, know that this laughter, has a life of its own. For some, this has been a distraction, others, simply had no choice but to join me in laughter, and the other, well the others just didn’t get it.

So how does this relate to the topic mentioned? How do I know that Vedanta has opened my heart?

It begins, as all stories begin... a long, long time ago. But I’m going to start here! With my arrival and stay at the **Arsha Vidya Gurukulam**, Anaikatti, a 108-day Vedanta Programme in September, 2019. My time here, in hindsight, is realised as a gift that keeps giving.

Subject matters revolved around *Tattvabodha*, Bhagavad Gita and the 4-day camp “Value of Values” with Swami Veditatmananda, beginners Sanskrit, Chanting with the Swaminiji’s, visiting the Temple morning and evening, Satsang and Seva, (plus extra Sanskrit classes). All relatively brand-new experiences. Even the rigor of getting up at 3am to do an hour or so of catch-up note writing.

How about the food? Very spicy and very, very spicy has influenced how I cook to

this day. The healing capacity of turmeric, cumin, chillies, mustard seeds and the like. I am still using it.

Jumping ahead, it's August, 2021, two years later.

The strong impressions that still reside so freshly within me have softened, and with this softening came along a surprise. Even, as someone who has always shown compassion, understanding, love and thoughtfulness to others, my surprise package was this. I now can **apply** without thinking, without having to do, all the above to myself, in my everyday pursuits.

The **manner in my teaching**, the sound of my voicings through chanting and singing of Bhajans, the speech applied to others, and my eyes are seeing, reality seeing. It's factual, without judgement most of the time. When I find myself in judgement it is shorter lived without any reprimand to myself. The power of desire, yes, still there, no longer presses firmly into the mind and heart.

I guess you could say this consciousness, awareness has imbued the embodiment of that which we all have in common. It is this ability to **love naturally**.

In some way I am surprised that continuing Vedanta learning of the shastras, has been relatively easy to maintain. On-line learning has not diminished the powerful teachings of the shastras. I have found this to be true with Swamini Brahmajnanandaji as we live, it seems, a life, in the face of Zoom and YouTube.



My role as a **Therapeutic Yoga Instructor/Therapist** span over 40 years. I began late with 18 months in teacher training and 18 months as an apprentice, teaching classes for 10 years with 50 or more students at a time. These sessions were extremely energetic. Now, clientele is with the elderly, one-on-one, for those who are living with neurological issues from Parkinson's, MS, Alzheimer's, Chronic Fatigue and complex body/mind disturbances. Working in situ and being faced with unknown commodities.

I even went back to University at the age of 50 to study Marine research and management towards an Associate Diploma of Applied Science – Marine Environments, but was pulled back into teaching Yoga Therapeutically. Proving possibly that some roles need to be endured because they are yours to be done. **Flowing** with the needs around me.

It is an **openness of the heart** that provides the strength to do so.

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