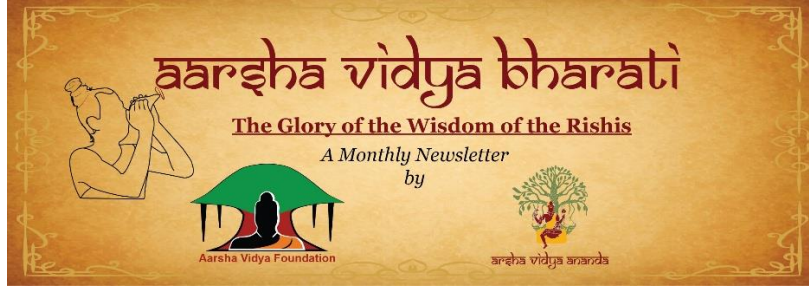


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# Aarsha Vidya Bharati - June 2022

*Jyeshtha - Ashadha 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 [June 2022 issue](#) or read any of [the articles](#).

## How Yoga helped my pursuit of Vedanta

By Yogacharya Anusha Raman, Mumbai

A structured way of working on your mind and body is necessary for it to function well- that is what Yoga offers. When you start learning yoga, you realise the need to work on mind and body regularly rather than in anticipation of a problem or when you encounter one.

### Sharing some things that I learnt in yoga and were of help in Vedanta:

- All that is looked at as **preparation in Vedanta** is a prime objective in yoga. There's no question of resisting mind work or feeling overwhelmed with how long you'll have to do it.
- **Abhyāsa** : Repeating a *sādhana* with consistency and *śraddhā* for as long as it takes to master it. A lot of learning in yoga comes from committing first to doing – and then understanding will follow. Often, we need to know how something will help us before we commit to doing - more so if it is a long term commitment with a possibility of no immediate measurable gains. If done without shraddha you will find it difficult to be consistent with it and give up. In *abhyāsa* I don't think I need to commit less today because I spent more time some other day, or that I need to commit more when I have missed. It's the same. Guilt is not a motivation to do more and laziness is not a well-earned gift. With all the work being done to do away with guilt and pain and hurt, using guilt to motivate yourself is counterproductive. The motivation is your shraddha, and commitment to doing.
- Choosing **values to live by**: This involved consciously bringing values into my decision- making process and choosing to engage in activities that assimilate it further. One of the values I chose was tapas. In tapas you are not bothered by how long it takes – it may even take lifetimes - but you work on it everyday. The goal is never out of sight and the intensity of desire is never less, irrespective of how much time you have been able to devote. It is not always that family and friends understand your need for Vedanta. This causes friction, and your Vedanta class can also stir up things that upset you and make you want to quit either one of them. If tapas is the value you want to bring in, then you will decide to endure the difficulties at both ends as you work on resolving issues.



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