

The Wholeness of You by Swamini Saralananda

This is a new serial article from the book written by Swamini Saralananda who was a disciple of Pujya Swami Dayananda Saraswati. This book is intended to be a beginner's book on Vedanta for a Western audience and it was published by Swamini Tattvavidyananda .

The Innate Longing for Wholeness

The Wholeness of You

There is a Wholeness of you, a Oneness of Being, which is your essential nature. It is the ultimate truth of who you are. And it innately longs to just be what it is. It is a limitless fullness wherein all your inner conflicts and turmoil do not intrude. It is a fullness of unconditional love and as you keep discovering the truth of this, you need not suffer the pain of self-unacceptability and a sense of disconnection from others.

Suppose two people can enjoy a sense of oneness, what they have is a mutually supportive and nurturing relationship. They feel safe with each other. They can just be who they are. Into-me-see, I allow you to see me being me, and I can see you being you, where there's no need to impress one another.

Yet, if you look within yourself, you can see a lack of this sense of oneness within yourself. You can find many reasons not to accept yourself just as you are. There are inner conflicts and splits and you find that you are not able to understand yourself, and you may feel that you are never good enough. You may struggle to claim self-acceptance and self-love. The wholeness of yourself, to be discussed in this book, invites you to look at our self-conclusions, and find that just maybe, you need not suffer from self-unacceptability. To suffer means to be, constantly engaged in a futile drama of finding someone, others, to give you what you are not able to give to yourself: self-validation, self-understanding, and self-care with the freedom from self-judgment.

This wholeness of you, which is a ONENESS OF BEING, is Unconditional Consciousness. It is pure awareness which is the witness of all you perceive and think and feel. It is the ultimate self and it your birthright to come to know the truth of this and to own it. And consciously and/or unconsciously everyone seeks to be that. It does not deny other aspects of your personality, rather this knowledge al-

lows you to see those in a more realistic perspective, that they are ephemeral. This unconditional Consciousness is timeless.

Unconditional Love

Most people, long for a sense of wholeness, completeness, that relieves the pain of alienation they feel within themselves, the inner conflicts that make them feel unacceptable. Then there is the disconnect they feel with others. It is a deep, mostly unconscious ache, for most human beings. Without a sense of wholeness within ourselves, we live our lives, seeking to find remedies for this pain, without understanding it and knowing the source of it. What we are seeking in all our relationships is unconditional love. It is the ultimate and highest form of love. Unlike any other love we have ever known, it confirms that we are acceptable and lovable just as we are. Many wisdom teachings of the ancients, reveal that unconditional love is the very essence of our being. Therefore, according to them, WE ALREADY ARE WHAT WE SEEK.

This is why the longing for it is undeniably innate. What denies us of this truth is the endless wrong notions about who we think we are. We conclude that we are limited and lacking. When enough of our erroneous conclusions are understood to be false, we get the chance to own up who we are in our essence of oneness, which is nothing but unconditional love.

We are all born into this world with certain, natural needs and as we mature, we also have to acknowledge and accept that we have limitations and frailties when trying to get our needs fulfilled. We definitely have a need to feel safe and to belong. We all have parts of ourselves, where we feel weak and inept and unbecoming, parts that we would rather keep hidden. When I am close with someone, there is a mutual empathy and understanding, that we need not deny or hide our vulnerabilities and that we will do our best to fulfill certain needs for each other. This takes a lot of trust which implies unconditional love.

Everyone longs for this kind of unconditional love, because it fills a void where feelings of loneliness and shame about our imperfections make us think we are unlovable. And if we look a little deeper, we would find that loneliness is not a lack of company but rather the feeling of not being understood. We may have a companion but when we feel we are not understood, especially when it comes to our needs, vulnerabilities and shortcomings, we feel lonely. A sense of separation

and loneliness will find its way into almost any relationship, at least every now and then. We all know about this first hand.

When we hear people say how special it feels to be able to be vulnerable and accepted, it means they feel understood. We all long to have that with at least one other person and we assume, it will guarantee us this precious gift of a sense of wholeness. When we feel understood, it validates and confirms the value of who we are. It is no ordinary blessing, indeed rare, when we can find the comfort and safety of this kind of a sense of oneness with someone who has earned our trust.

A healthy feeling of closeness brings with it a sense of well-being, because everyone has, recognized or not, a deep innate sense of isolation, which can only be resolved, when we can have a feeling of oneness. When we love someone, it means we identify with them, in fact we can say that love is measured by the degree of identity. When two feels like one, this is the identity of love. A loving mother feels her child's pain because she feels one with her child; some husbands even feel birth pains along with their wives. This identification of feeling non-separate from the loved one, seems to be a natural human condition.

Alienation ... The Human Condition

Even when having closeness with a companion, many there is a sense of separation lurking quietly inside. There can never be a perfect oneness that is totally fulfilling and stands the passage of time. Different opinions and needs must come into conflict sometimes and feelings of not being understood and being alone, will be there. When the feeling of oneness is breached, the pain of disappointment and rejection can come up.

Feeling one with someone else is rare. Because first one must be secure and enjoy a fullness in oneness with oneself. Both need to enjoy wholeness within themselves in order to share it with another. We originally feel incomplete on our own and we thought that if we just found the right person, we two, incomplete-without-each-other-halves will make one loving whole. People hold onto this dream, a notion, only because the need feels so intense. Feeling separate and alienated is the cause for so many mental problems because only when we feel "I belong and I matter", can we have enough confidence and support to deal with the ups and downs of life.

To be continued...