

We should be asking ourselves, “What does the teaching mean to me? How should I talk? How should I act? How should I change my attitudes?” The third step is *nididhyāsanam*, which is to assimilate the teaching, and make it our own.

### **The blessing of Vedānta**

We discussed how ignorance is removed in several stages. First, *adharmā* is given up by following *dharma*, by following values. Second, inaction is given up by being active. Third, Self-centeredness is given up by being a contributor. Finally, the *karṣṭvam* is given up by knowledge of the self or *ātmā* that it is actionless. It is by *tyāga* that one gains immortality, “*tyāgenaike amṛtatvamānuśuḥ.*” *Amṛtam* is ambrosia and means *ānanda*. The whole process is for *ānanda*. Otherwise, who will want to do all this stuff if it was just for exertion? Lord Kṛṣṇa says, “*yattadagre viṣamiva,*” in the beginning it might look like exertion; “*pariṇāme'mṛtopamam*” but it culminates into *amṛtatvam*, meaning *ānanda*.<sup>9</sup> So, Vedānta teaches us the journey of *tyāga*. And “*tyāgāt śantiḥ anantaram,*”<sup>3</sup> any time one gives up something or one does something right, there is self-satisfaction and peace of mind.

This is the blessing of Vedānta, which teaches us *tyāga* as a means of removing ignorance and owning up our true nature, which is divinity. The more we discover the divinity, wholeness, fullness in us, the more we discover the true nature of ourselves. As our perception of ourselves changes, our perception of others also changes. We look at others the way we look at ourselves. No separate process is required. The extent to which we discover divinity in ourselves, we see the manifestation of divinity everywhere. For this discovery, first, it requires wisdom and clarity of understanding. Second, it requires courage to follow the values and to do what is right. We pray to Pūjya Swamiji, and Lord Dakṣiṇāmūrti to give us the wisdom to accept gracefully what we cannot change, and give us the courage to do what we can to bring about the change to become a contributor. Let that wisdom, courage, and strength from our *gurus* and Lord Dakṣiṇāmūrti be with us. Om!

**The 29<sup>th</sup> Anniversary Celebration  
of Arsha Vidya Gurukulam,  
Anaikatty is on 10<sup>th</sup> November**