Namaste’ everyone,

In Advaita Vedanta, there are four yogas or paths, karma, bhakti, jnana, and raja (meditation). Some people refer to themselves as “bhakta or gnani.” However, the paths are not separate.

When we work or provide a service (karma yoga), we can come from a state of unified wholeness. We can be meditative (raja) and act from I AM. We can understand (jnana) that I AM can manifest in us through various positive activities (i.e., body work and healing, providing counsel, being organized, etc.). The result is that we understand that the actual activity is a means to provide comfort and compassion towards others (bhakti). Being compassionate and empathetic washes away our judgements and expectations of others. After some time, we begin to understand that I AM exist in others. The understanding then leads to an experience and new perception of recognizing I AM exists in all.

Peace,

Todd and Susan

Thank you to all who donated to our “takin it to the streets program.” The donations will go towards, clothing and sleeping bags. These items are much needed during the winter months in the Midwest of the United States.