Solitude

Namaste' everyone,

Last newsletter we wrote about a quality of a Bhakta from the 12th chapter of the Bhagavad Gita. Today we will focus on a quality of a Gnani (person of knowledge). In chapter 13 verse 11, the quality is, "resorting to solitary places." Solitude doesn't mean isolation because there is a fear of people or disassociation from ourselves or numbing out. The quality is one of finding enjoyment within the Self while in solitude. Being attracted to solitary places happens naturally. As the attraction to excitement in the outside world (worldly news and activities) lessens, there is a pull to have a quiet life free from distractions. This attraction occurs because there is a desire to have a correspondence between our inner quiet state and our outer environment.
In solitude, one becomes like a poet, artist, or scientist who needs time and a conducive environment to concentrate, reflect, or simply enjoy what is happening in a subtle way. For example, noticing the changing light being reflected upon the trees, or the clouds moving in the sky. When this happens there is peace and serenity.

With Love,

Susan and Todd

Upcoming events

Please note, online satsang will happen this **Tuesday** June 7th.  The time is from 7-8pm Eastern Standard Time. Please note the ID number.

**Meeting ID: 918 6697 7588**

If you have difficulty logging on, please email us at
peace@nondualliving.org

Weekend Satsang in Madison Wisconsin

June 24th- 26th FRIDAY 7:30—9PM SATURDAY 10AM—2PM SUNDAY 10AM—2PM

Please contact Matt for more information at (415) 410-5509
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