Freedom from Separation

Namaste' everyone,

The Bhagavad Gita is a long poem situation in the middle of a larger poem called the Mahabharata (Great War). Although the war takes place on the battlefield of Kurukshetra, the poem points to our inner battlefield. Arjuna, one of the main characters represents a self divided against itself. He is at odds and this serves as a battleground of confusion versus doing the right thing. In the beginning Arjuna is filled with toxic shame fueled by despair. He is driven by obsessive thinking that overpowers his rational mind. Through Grace he awakens, becomes willing and surrenders to his higher self (Krishna). Through conversations with Krishna, he separates from the confusion, gains clarity, does the right thing (for him) and becomes free from the inner turmoil. Arjuna is internally integrated, the tension is released, he is at peace with himself and celebrates his Independence Day.

With Love,  
  
Todd  
  
Upcoming events  
   
Please note, online Satsang will happen this **Saturday** July 9th.  The time is from 11am Eastern Standard Time. The ID number is,  
   
**Meeting ID: 918 6697 7588**  
   
If you have difficulty logging on, please email us at  
[peace@nondualliving.org](mailto:peace@nondualliving.org)