

## Vedantic Life of Action, Peace and Happiness

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Living is an art, a skill, a technique. Few understand it to be so; you need to learn and practise the technique as you would be playing a musical instrument or flying an aircraft.

The process of learning how to live is not taught in school or university. People go through a mechanical way of living merely following a routine of their predecessors. They lack this fundamental knowledge of living and become victims of stress and strain.

Everywhere people have lost pleasure in action. They try to find peace and happiness by abstaining from action. Hence, everyone looks forward to weekends and vacations or seek premature retirement. If you cannot find peace and happiness in action you can never find it through abstinence.

There are two distinct classes of people. One is active, productive and prosperous. The western world seems to fit this category. But by their own admission they have lost peace of mind. The other class of people is relatively peaceful and happy but without much action. Since they lack action, they are not productive and prosperous. Some eastern countries face this problem. Thus there is action without peace on one side and peace without action on the other. Is it possible to combine dynamic action with mental peace?

Vedanta provides the answer. The few who have imbibed the knowledge of Vedanta, learnt and practised the technique of living, live a dynamic life of action while enjoying perfect peace and happiness within.

Vedanta helps you evolve to greater heights in your own spiritual path. It provides you with knowledge and guidance to reach the ultimate in human perfection. The goal of Self-realisation ploughs through human ignorance and

delusion to discover the pristine glory of one's supreme Self.

Vedanta is systematic knowledge that explains the meaning and purpose of your existence in the world. A knowledge that is founded on its own authority. It trains you to think for yourself. To analyse, investigate and realise the quintessence of life. Not to submit yourself to blind faith, superstitious belief or mechanical ritual. Ultimately, it leads you to spiritual enlightenment.

The knowledge of the unknown can be gained only through the use of known factors. Therefore, to unravel the mystery of God you need to use the world of objects and beings known to you. Start with the study of the world, the individual and the relationship between them.

It is not the world that bothers you but your relationship with it. You need to learn the principles of right living.

Change the character of your action from selfishness to selfless service. Mend the quality of your emotion from preferential attachment to universal love. Raise your knowledge from the mundane to the supreme Self within.

Vedanta further explains the composition of a human being. The five layers of human personality enveloping the inner Self. The three states of conditioned-consciousness known as waking, dreaming and deep sleep. Every individual experiences the cycle of these states. None realises pure Consciousness, Core of one's being. Vedanta directs you to discover the Core, the supreme Self within.

A Self-realised person is one with God. He revels in absolute peace and bliss. Becomes a beacon for the rest of the world to follow and steer their lives towards evolution.

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