

Vedanta Is Not Psychotherapy

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Joanna: Hello, Tan. I am currently living in a nursing home because my man put me in here. Maybe you can help me, for I am feeling very low and desperate. If this is not something you deal with, then please forgive me, I'll not bother you with my problems.

~ Peace, Joanna

Tan: Dear Joanna, I teach Vedanta. It is a means of self-inquiry and a spiritual tradition to inquire into the truth of existence.

It does not offer psychological help.

Vedanta is only for people who have already solved most of their psychological issues and have a more or less stable life. So I am not sure if this fits your current life situation.

If it does and you have a stable life, have dealt with most of your psychological issues and want to study Vedanta, you should start by reading the book by my teacher James Swartz (*How to Attain Enlightenment*) or by reading the material at his website *ShiningWorld.com*.

If you have questions after that, I and all the other teachers at the website *ShiningWorld.com* are available for questions on the topic of Vedanta.

~ Love, Tan