

Teach When You Don't Want to Teach

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Seeker: Dear James, here's an update and a question: I recently met a spiritually savvy, mature person who invited me to teach an introduction to Vedanta in a university setting. She is aware of the difference between claiming to be realized and self-realization sanctioned by a teacher in a the Vedanta *sampradaya*.

BUT... I was a meditation teacher in the eighties and nineties, and have taught many workshops over the years back in my *bhakti* days. I am not particularly compelled to teach... but if this unexpected offer to teach is a contribution I can make, then I would show up solidly for it.

I am currently reading *The Narada Bhakti Sutras* (your concise version) and I read that offering the knowledge to others is part of *Brahma Yagna*. I understand that and I've become a scripture nerd. I've read and listened to almost all your books and YouTube videos, as well as the DVDs, and have read lots at the website. It would feel quite odd to think of teaching your book without running it by you.

I am living quietly. The evolution of consciousness continues to ease in on me. Non-attachment is huge... pervasive, I'd say... so that yields freedom from many things, like people-dynamics and letting things like "shoulds" and old distractions go. I love the discrimination tool and catch *tamasic/rajasic* things. Not lots of *rajas*. I'm *sattva/tamas*. I have made good use of the teaching about manipulating the *gunas*. The other new thing I noticed this year is what I would call "automatic faith." I don't have to try to have faith, it has set in at a higher degree.

I started almost every day with scripture study from your books or DVDs and reminded myself that this day was about the *karma yoga* attitude and consecrating my motivations, actions, thoughts, etc. So that has been arm-in-arm with the growth of *shraddha*. It's the thing that is disarming my *vasana* about how to be okay with the uncertainty about how to support myself as an old lady!

I would appreciate hearing your take on me teaching. To do or not to do, that is the question. ☺ Either way is fine with me.

James: It is lovely to hear from you! I'm so glad that Vedanta is working, so no need to encourage you to stay on the bus. Yes, sharing this great knowledge with others is the best way to give back and to refine your ability to communicate, and it seems **you have the right attitude**, so yes, indeed teach the book. You have the blessing of the *sampradaya*. Let me know how it goes.

~ Love, James