

Being a Householder and Self-Actualization

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Seeker: *Pranam*. I have a quick query regarding whether one can attain Self-realization being a householder.

What does one do if one's family, in my case my spouse, doesn't support Vedanta? We don't have any other issues in our married life.

Sundari: Self-realization is *moksa*, but it is the preliminary stage to Self-actualization. Yes, of course you can be a householder and realize the Self. Nothing stands in the way besides ignorance. Both James and I are householders, and so are many thousands of other Self-actualized people.

It helps to have a partner who is on the same page, but if you see all beings as the Self and take the *karma yoga* attitude towards your life in general and your partner in particular, anything is possible. If your partner actively obstructs your Self-inquiry, however, you do have a problem. What is more important to you, *moksa* or making him happy?

~ *Om*, Sundari