

Getting Over Someone Is Not Easy

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Paula: Dear Sundari, thank you for this beautiful reminder. Something in me responded to your email in a deep way and some kind of a release appeared. Thank you for putting the truth in such simple and direct language.

Sundari: Yes, there is no one out there and the freedom we talk about is not some pie in the sky. It is simply freedom from the apparent self, Paula.

Paula: The loving energy was beaming from your email and it got me in the knot that broke and gave way. Thank you from my heart.

~ With love, Paula

Sundari: Dear Paula, yes, indeed getting over someone is not easy, if one does it properly. The tough part is facing all of it like one would dissect a dream, knowing that all parts of it represent Paula, appearing as the mind. I told my daughter from a very young age to remember that there is no one “outside” of us, that everyone is just a thought in the mind – and most importantly, that it is never about the “other” person. When it comes to life in *samsara* in general and relationships in particular, no one is innocent. There is always a movie taking place and all the actors in it are you! No one is guilty either, because no one is really doing anything! This is not easy to assimilate, especially for a young person, and not many really get it. We are so very fortunate to have the unwavering truth of Vedanta as the measure for everything. What a blessing it is that the REALITY and the TRUTH of who we are is that we are free from all the encumbrances brought on by our identification with our individual self.

I wish you only freedom from Paula and the joy of revelling in the heart of love you are.

~With the love and light of your own true self, Sundari