

The Fruit of Self-Knowledge

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Luis: I came to this site because a friend of mine introduced me to Vedanta teaching after being in India where he met you. I've read many scriptures and listened to audio files of your teachings on my iPod.

I've searched and studied for years in various traditions, and finally after some difficult times, listening to your teachings put it all together. Everything, it seems, is in place now.

It is funny how it works. Sometimes I am thinking deeply about a topic and when I listen one of your chapters it is on exactly on the topic, and it clears things up.

I was never hooked on spiritual experiences even though I have had some. I just take them as experiences and my *mantra* is always that things must work in real life. They must enhance my capacity to enjoy life. Many people get caught up in them and want more and more of them, and imagine that they are going to get some big permanent experience that will fix all their problems.

Anyway, I think I can say that my life is working thanks to your teachings, and I just want to say thank you for the time and energy you spend on the promulgation of PRACTICAL, not mystical, knowledge.

Sometimes there are crises (my mother just died, for example) and my mind shakes for a few minutes or seconds, but immediately regains the right perspective. The pain exists, as does the joy, but it does not change my direction.

I was always sure this was possible, and from time to time it became real, but now it seems it is more permanent. I used enough of your time. Thank you again.

~ Luis