

Kitchen talk with Bhavya – the daily life of a Guru's wife

Nov 2025

This is what happened one morning in the kitchen during the chai time;

a small reminiscence between the wife of a guru (Bhavya) and a long term student (Heidi).

Heidi: So you met your husband Vijaya already when you were living in Mysore and working as a psychologist? You also attended to his yoga classes ?

Bhavya: Yes, I didn't have any idea about the yoga really, but slowly we started and he was leading the classes most of the time.

How did you feel when you were doing the practice, was it difficult?

In the beginning it was fun, because we were all friends and everyone were doing together. If sometimes I couldn't practice, then I felt like I lost something.

And how many of you were there in the beginning?

In the beginning there was 20, then second week 15 and third, week 10 and the fourth week seven ... then afterwards there were only six of us. Guruji was teaching sanskrit to one police guy and his wife wanted to practice yoga. The driver was coming with her, so he too attended the class. Praveen, Dundi and me, the police auntie, Chaitra, then Santosh. So Dundi took up as a professional and Santosh also. Out of 20 only six stayed, we kept on doing and we felt something. Yes, we need to feel that there's something there, and then it (yoga) kind of starts igniting in us.

And then there was a talk at some point (between your families) that maybe you too can get married. Your uncle Gangadhara was teaching Nyaya at the Sanskrit College and Vijaya was his student. And then marriage was organized and you came here in Pandeshwar. How was it like?

It was very hard in the beginning. For like one month, I was just crying in the evening, every day crying, and I couldn't talk to my family. Also, they were calling to me, especially my aunties. It took one year for me to really fit into this environment, because I grew up in a different place and even though we talk the same kannada language, the culture, food and everything was so different. From the materialistic life to a more spiritually life is different. I didn't have any friends here, so that was the thing, too. Only I had to hang out with Guruji and he was also busy teaching.

Didn't have so much time with you as a new wife.

Yes, he was teaching a lot and also after marriage, within one month, he started Ramayana every Sundays, regular classes. But that was really good for me, I really love that and that we didn't have to go outside so much.

After the first month of the marriage you were travelling, coming to Finland and Norway for two months, teaching and also having your honeymoon. You got married in the end of April, and then beginning of June, you came to Finland. You stayed in Finland and Norway. Then you had also a four days honeymoon in Rome. So how was all that?

I love travelling always, because there are new things to experience. I think you still remember, we had a trip to Delhi together for my visa. We had to go to the Finnish embassy in Delhi and we spent couple of days in Delhi. That was the first time I flew. Then those Ramayana lectures (by Guruji) helped me a lot, especially when in the same year many things happened in the house. His father, father Guruji, died and there were many changes.

Then later he was also teaching the classes on karma yoga from Bhagavad Gita. I still remember that. Every day I was going for the chanting classes only in the end part of the classes after I've done all the kitchen duties, cooking and cleaning. I chanted first the yoga sutra, Samadhi pada, then Sadhana pada. Then afterwards, Karma Yoga chapter of Gita, I think he was teaching Bhagavad Gita fifth or sixth chapter. The concept of Karma Yoga really hit me a lot.

In my mind, I was thinking, you people are so lucky. You came here from all the way, and you can really learn and even though I am here, everything is in front of me, but I can't receive the things. Many times I felt I'm wasting my time and what I'm doing here. Then I thought, you could make your life here and the daily course that you do as your practice. Then I too started to practice.

How do you see back then and now, like where you are now, what do you experience and how much has happened?

The view of life is changed after this. Karma Yoga idea definitely helped

I think all of us have that experience at some point. When it really hits us like: "I've already wasted so much time", when we understand a little bit more, when we are ready, we go deeper.

I think now it's more easier. How I see the life is with less expectations, really, and no comparisons. So my life vision is very clear now. Where I'm going, what I am doing, everything has a sense now. Before I was confused about why I am here and what I am doing. But then It should be like this. It's nice. I can improve myself. And rather than the outside world, I try to want to go inside more and less conflicts and waves happen, life is so meaningful and worthy. Every day I appreciate my life how I am now.

My mother kept on telling this one sentence for many years. She never regrets, she's the person who is the main pillar and made me and my brothers to have an education. She is always talking about the education, otherwise you can't survive. You need education. She kept on telling me you have a great opportunity to learn. I am really appreciating her words. Now I can understand more about her, too.

She told: "Look at these people, they came here from all over the world, to fit into this, you know, limited box. It's amazing." There must be something in it. It goes, like, more into mind. Whatever other people say doesn't matter.

Yeah, this is the very heart of the Karma Yoga, don't run away from your duty. Do your best and don't expect, but still do your best. Constantly we are going either way, escaping or finding excuses

Then when the time is right it hits and slowly, slowly, the layers are becoming less and less. I'm appreciating how I'm living now and my lifestyle and my things, but I need to work a lot. It's not like I completed something. I'm nothing. I try to practice every day.

Often you do asanas in the morning and while you are cooking and cleaning, you are doing chanting , too.

Chanting is my real passion, yeah, it's how I grew up with my mom. She is always chanting and singing. Without all of your support nothing will happen, I always appreciate you all. You know the classes I still remember ,when you (Heidi) hold and took care Virochan when I was learning to chant Medha Suktam in a afternoon classes Guruji taught. That's the family. That's the gurukula.

So chanting is from my mother, I can say, without any expectation, she's doing everything naturally. Like even though you (students) wouldn't bring or do anything, I will treat everyone the same, regardless.

That can be felt. We come from the world that nothing is for free, we come here but nothing can be bought.Nothing for sale. Guruji also wants to keep this as donation based so that you cannot buy or expect anything. You just have to be here, to drop into it, and that makes us to surrender more and more, because there's like, nothing that we can actually do about it. And that is the heart. And this is the motherly quality.

And I remember, you know, many years in the beginning when it was very difficult for me, like I did a lot of practice, and then I felt quite alone after, and I was alone here. So every time in the mealtimes, or in the afternoon chai, It was like normal home. Amma was here, you were here, I felt like I have a home and although I wasn't hungry, I was eating because I was taken care of. I was eating that love and appreciating that someone is taking care of me. That was a reboot, that kept me going. It makes a huge difference for people, for us students here, the nurturing and safe environment, that feminine kindness and caretaking. Life can be harsh and many are missing that unconditional caretaking.

Yes... But now time is running, we have to go and make breakfast, home made noodles! *This talk fet like two hours but it lasted only 20 minutes. It was nice....yes, let's go an make noodles,breakfast is soon!*

