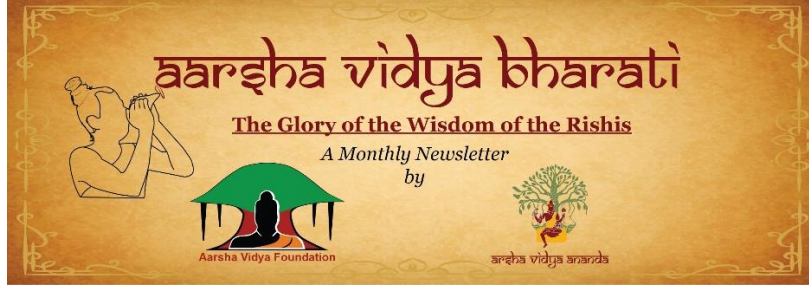


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# Aarsha Vidya Bharati - Aug 2021

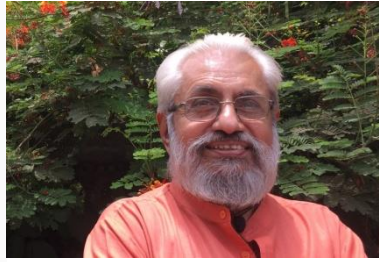
A monthly newsletter that will bring you more happiness, more wisdom and more freedom



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This is one of many articles from our monthly newsletter. Access the [Aug 2021 issue](#) or read any of the [articles](#).

## Guiding Light by Swami Brahmavidananda Column in the Free Press Journal Newspaper



### Managing desires

One simple, straightforward way of managing desires is to live by our priorities rather than desires. Often we say – What is your priority at work? We mean the thing that we will do first. I am not using it in that sense. I'm defining a priority as the need behind the desire. Read the full column [here](#).

### Managing desires - II

We saw that we can manage desires by focusing on the 'need behind the desire' otherwise known as a priority. Human beings may have about a handful of priorities from which a few hundred desires emerge. If you live a life trying to fulfill your priorities, all your desires are as good as fulfilled, even though every one of them may not be fulfilled. Read the full column [here](#).

### Spiritual growth in managing desires

Bringing in a spiritual dimension to managing desires involves bringing in the fact of Ishvara. I don't want to get into a discussion about whether God is or God is not. For now, let us take it as the God of your understanding irrespective of the religious sect you belong to. Since we work on the basis of our priorities, the level of our commitment is high, which increases the stress levels. So we bring in a new attitude with our understanding of Ishvara or God. Read the full column [here](#).

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## Significance of Guru Purnima

To explain 'guru' etymologically 'gu' stands for darkness, 'ru' stands for the one who removes. Therefore, a guru is a person who removes darkness or ignorance. What is the ignorance we are speaking about? Read the full column [here](#).

## What is Spirituality ?

A student or a seeker of spirituality would necessarily be confused with the question – What is spirituality? Some people speak of spirituality as being intuitive, becoming psychic in seeing the future, reading people's minds etc. Some would call performing a miracle and producing objects as spirituality. So, what exactly is spirituality? Read the full column [here](#).

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