
Aarsha Vidya Bharati - Aug 2021

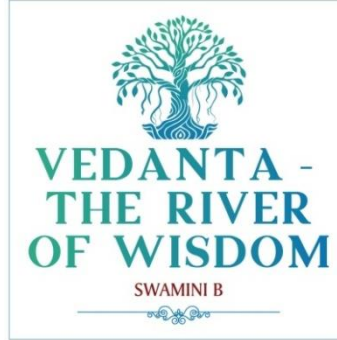
A monthly newsletter that will bring you more happiness, more wisdom and more freedom



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

Vedanta – the river of wisdom

Weekly podcast by Swamini Brahmajnanananda



#129 "I am not the body." Really ? (20min) [Listen](#) | [Read](#)

If this statement (which is the beginning of self enquiry in Vedanta) is not understood we create obstacles for ourselves. The Vedic tradition suggests how we can be free from this addiction.

#130 How to be non-judgemental ? (11min) [Listen](#) | [Read](#)

It is easy when we see the reality of our shared humanity.

#131 What qualifies a student for Vedanta ? (21min) [Listen](#) | [Read](#)

Just as one qualifies oneself to learn any discipline of knowledge, the ancient masters lay out a four-fold qualification to be a Vedanta student. We reflect on where we are as we renew our commitment to knowing the liberation vision of oneness on the eve of Guru Purnima.

#132 You are pure Awareness (14min) [Listen](#)

This episode can serve as guided meditation too.

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