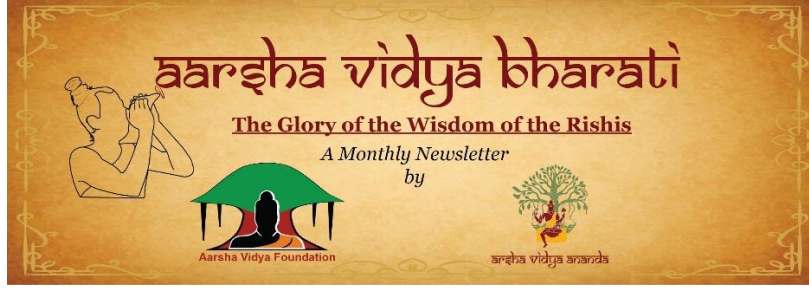

Aarsha Vidya Bharati - July 2021

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 [July 2021 issue](#) or read any of the [articles](#).

Guru Purnima

By Prashanth Mohan, Sydney

Guru Pūrṇimā is one of the most sacred days in the Hindu calendar. It is even more significant for students and in particular to those who are committed to the study of Vedanta. It falls on the *Pūrṇimā*, full moon day, of the month of *āṣāḍa*. On this day, spiritual aspirants worship *Bhagavān Veda Vyāsa* and other Gurus of their lineage. Typically puja is performed to one's Guru and gratitude expressed for all that one has received. It is a time to renew one's commitment to one's study and *sādhana* as well as to commit to contributing to the *paramparā*.



universe.

Teachers can occupy an exalted position only in a country and culture where knowledge is held in the highest regard. *Sanātana Dharma* (or Hinduism) is a teaching tradition and not a preaching tradition. The word Guru is attributed specifically to teachers who impart the knowledge of the *ātmā*, one's own real nature, which is also the ultimate reality of this

Although I was fortunate to be born in this culture, my exposure was limited to certain religious disciplines and praying to *Īśvara* at times of distress or to accomplish various material pursuits. As an individual, I was constantly trying to manipulate various aspects of my personality and life situations. But the perfection I was seeking always remained elusive.

I have had the greatest blessing to come under the fold of great compassionate Gurus Swami Brahmavidananda ji and Swamini Brahmaprajnananda ji in my life for the past 4 years. Through the teachings of my Gurus, my perspective and direction in life has changed. I have learned that the entire life is a means for self-growth. As I try to align my actions in line with dharma and as an offering to *Bhagavān*, I'm able to see a reduction in the conflicts of mind and increased relaxation. My Gurus have brought more of *Īśvara* into my life. The systematic study of Vedanta is helping me understand my own real nature and that of *Īśvara*. Constant chipping away of chunks of ignorance and a growing clarity in the knowledge has been a beautiful experience.

Thus, a Guru becomes indispensable if one is in search of fulfilment in life. Fortunately, we have an unbroken chain of *ācāryas* blessing generations of people till date.

On this auspicious occasion, I join all the students in offering my gratitude and reverential prayers to the entire Guru *paramparā* up to our own immediate Gurus. Let us seek their blessings for all-round welfare of the entire world and to gain *ātmajñānam* in this lifetime itself.