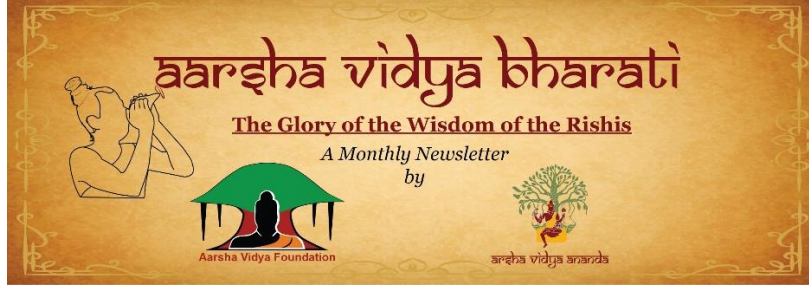


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# Aarsha Vidya Bharati - Sep 2021

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

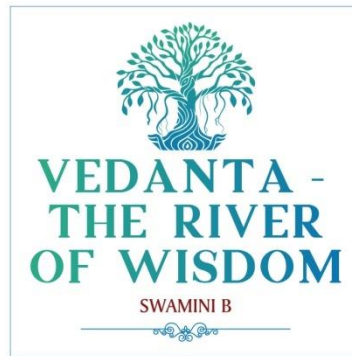


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This is one of many articles from our monthly newsletter. Access the [Sep 2021 issue](#) or read any of the [articles](#).

## Vedanta – the river of wisdom

### Weekly podcast by Swamini Brahmajnanananda



#133 Freedom from the addiction to 'feel good' (16min) [Listen](#) | [Read](#)

It is everywhere - the wanting to feel-good. When this becomes the criteria for our decisions then what are its implications?

The Vedic tradition suggests how we can be free from this addiction.

#134 Abiding in Awareness that transcends time and space (20min) [Listen](#) | [Read](#)

In our busy lives as we move from one task to another, one can abide in that which exists in the gap between two tasks, the gap between two thoughts. In that gap is Awareness that is you, whole and complete in and of yourself.

#135 What is 'wealth' in the Vedic tradition? (18min) [Listen](#) | [Read](#)

Our relationship with money is a complicated one. We want to live the 'rich life' but always feel like we don't have enough.

What does a rich life for oneself really mean. What is the expansive understanding of wealth that the Vedic tradition teaches? We explore these questions.

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#136 Witness and/or participation in life (13min) [Listen](#) | [Read](#)

Does being the witness imply a withdrawal from life as some people think?

Or can one be the ever present witness and also participate in life?

#137 Bhagavan Krishna teaches Vedanta to Uddhava (and us) (21min) [Listen](#) | [Read](#)

The purpose for which Bhagavan became Krishna avataara, a divine incarnation has been accomplished, on earth. Uddhava, his childhood friend is sad that he will have to part from him. So Krishna lovingly teaches Uddhava (and us),