

---

# Aarsha Vidya Bharati - Sep 2021

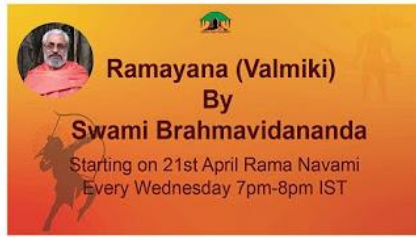
A monthly newsletter that will bring you more happiness, more wisdom and more freedom



---

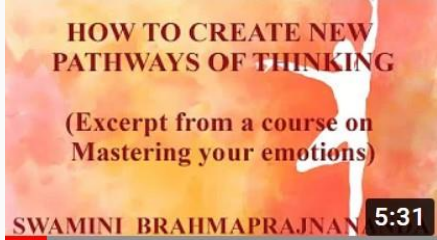
This is one of many articles from our monthly newsletter. Access the [Sep 2021 issue](#) or read any of the [articles](#).

## Videos Published (September 2021)



### Ramayana (Valmiki) by Swami Brahmaprajananda

The complete set of 18 classes.



### How to create new pathways of thinking (6 min) by Swamini Brahmaprajananda

This is an excerpt from a 4.5 hour freely accessible video course called Bhaava. 'Bhaava' is a Sanskrit word and could loosely translate as emotions, feelings associated with thoughts. This course teaches us how to be comfortable and welcome all emotions into our lives and harness their power.

---

[Subscribe](#) | [aarshavidyabharati@gmail.com](mailto:aarshavidyabharati@gmail.com) | [Aarsha Vidya Foundation](#) | [Arsha Vidya Ananda](#) | [SHINE](#)