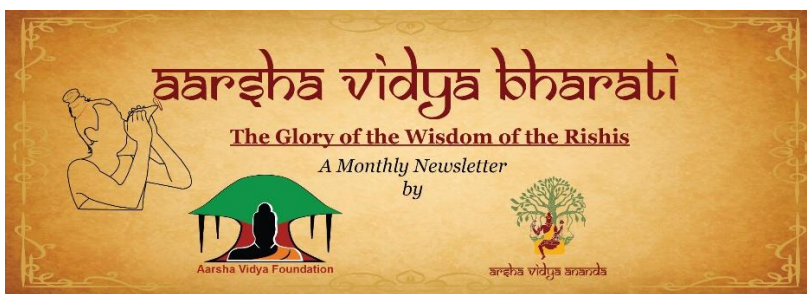


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# Aarsha Vidya Bharati - Nov 2021

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

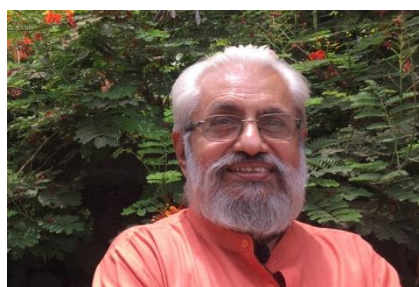


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This is one of many articles from our monthly newsletter. Access the [Nov 2021 issue](#) or read any of the [articles](#).

## Guiding Light by Swami Brahmavidananda

### Column in the Free Press Journal Newspaper



#### Significance of Pitr Paksha

The two weeks before Navaratri is a sacred time referred to as Mahalaya Paksha or Pitr (or Pitru) Paksha. In this time, we honour our ancestors – we pray to them and for them as well. This practice is not familiar only to Hinduism or Sanatana Dharma. Variations of practices to honour our ancestors are present in oriental religions, at least and some traces are found in occidental religions. Read the full column [HERE](#).

#### Worshipping the feminine force

No one can understand Hindu rituals and festivals unless one understands Ishvara/ Bhagavan/ God. In Hinduism, Ishvara is the material and the intelligence behind the whole creation. The material aspect is ignored in most religions. Unless you take Ishvara to be the material as well, one can never have a God that is omnipresent, present everywhere. Read the full column [HERE](#).

#### Handling Death

During these pandemic times, all of us have faced the death of someone known to us. As human beings, it is natural for us to mourn and one needs to do what is psychologically necessary to grieve and heal from the pain. At the same time, a spiritual seeker has an advantage. Firstly, the practical recognition that all who are born have to die and all those who are dead are going to be born again. Read the full column [HERE](#).

#### Death gives meaning to life

We have read many anecdotes of people who have had near death experiences and how their lives have changed because of their experiences. This could well apply to

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anyone who confronts one's death as it adds a poignancy to life. We realise how vulnerable we are. We know we don't have endless time in front of us. Therefore, we will seek to live by what is truly important for us instead of drifting and wasting our time in purposeless activities. Read the full column [HERE](#).