## Aarsha Vidya Bharati - Nov 2021

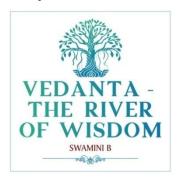
A monthly newsletter that will bring you more happiness, more wisdom and more freedom



This is one of many articles from our monthly newsletter. Access the Nov 2021 issue or read any of the articles.

## **Vedanta – the river of wisdom**

## Weekly podcast by Swamini Brahmaprajnananda



#142 Karma Yoga - Being a part of the solution (19min) <u>Listen</u> | <u>Read</u> Our biggest problem is that we expect to have no problems. In dealing with our problems we have learnt to feel helpless. This podcast addresses the question of how we can learn to be a part of the solution through the attitude of Karma Yoga.

#143 The four essential factors for spiritual learning (13min) <u>Listen</u> | <u>Read</u> An insight from the Vedic tradition.

#144 The (Apparent) Paradox in Vedanta (15min) Listen | Read

We can learn a lot by boxing things into neat categories. But, what happens when life presents its complexity, nuance and paradox? Vedanta breaks through the seeming paradox to reveal our true nature.

#145 Making the most of self-help books and videos in the light of Vedanta (23min) <u>Listen</u> | <u>Read</u>

One can get sucked into an endless spiral of self improvement and self mastery if we don't examine what the self mastery is for. Here are five factors that we can consider and apply, in the light of Vedanta.

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