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# Aarsha Vidya Bharati - Dec 2021

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



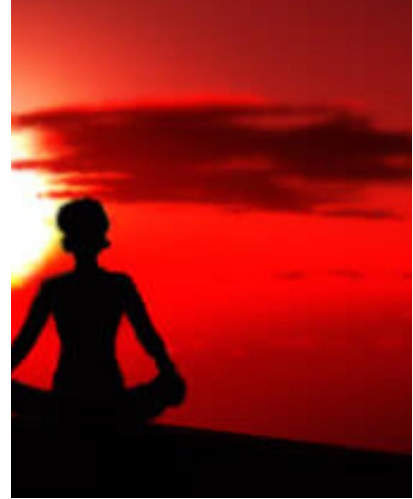
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This is one of many articles from our monthly newsletter. Access the [Dec 2021 issue](#) or read any of the [articles](#).

## Course Announcement

**Living our svadharma in the contemporary world by  
Swamini Brahmajnananda  
Course offered by Hindu University of America**

HSF1101 – A practical guide to – living our svadharma. Living in the contemporary world is fraught with conflicts in the family, at the work place, with friends, in society and even in one's own mind. These conflicts can be navigated by anchoring oneself to the universal framework of *Sanātana* Dharma. Dharma makes everyone happy as it sustains harmony in society. This also paves the way for the pursuit of *Mokṣa*, a life of freedom from a sense of bondage.



For students, friends and family living in the United States and Europe, Swamini Brahmajnananda is offering a winter course

**Duration :** January 14 - March 25, 2022  
**Day and time:** Every Friday, 09:00 - 10:30 pm EST

For details and registrations - [please click here](#)

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