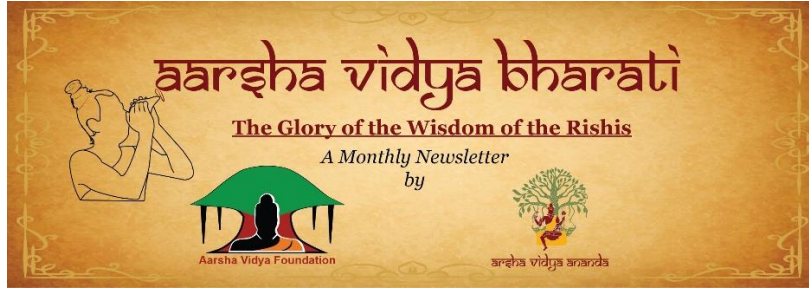

Aarsha Vidya Bharati - Dec 2021

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 [Dec 2021 issue](#) or read any of the [articles](#).

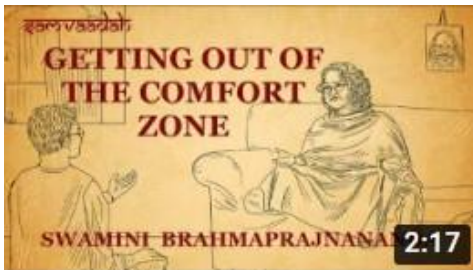
Videos published (November 2021)



Vedanta Sara (The essence of Vedanta) (14 videos)

by **Swami Brahmananda**

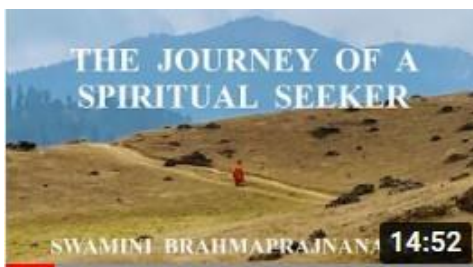
Vedanta Sara is looked upon as a *prakarana grantha* but is very comprehensive. It is divided into six chapters and contains 227 verses.



Getting out of the comfort zone (3min)

by **Swamini Brahmajnananda**

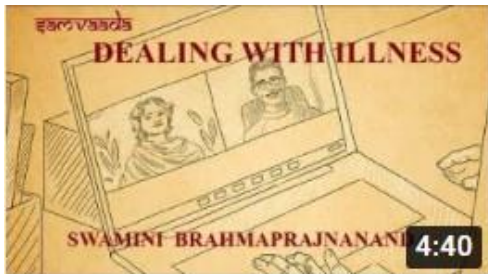
The Bhagavad Gita emphasises different types of 'tapas'. What is the principle behind this 'tapas' - religious discipline? In the first of the 'Samvaada' series, we allow for a flow of meaning through the format of a question and answer.



The journey of a spiritual seeker (15min)

by Swamini Brahmajnananda

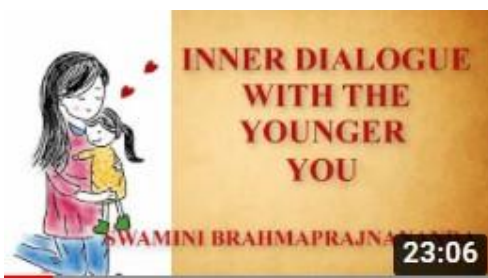
Swamini Brahmajnananda clearly lays out the journey of a spiritual seeker from a victim to a master. Each stage represents a predominant way of thinking and behaving and must be crossed. If one does not understand the nature of the journey it is easy to delude oneself into thinking that one is a master.



Dealing with illness (5min)

by Swamini Brahmajnananda

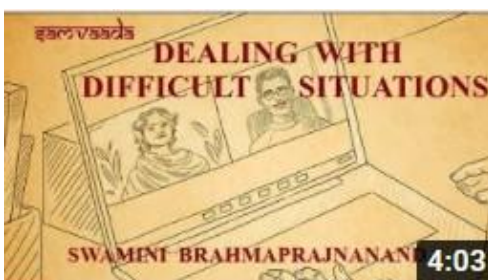
Any event that involves loss makes us feel overwhelmed and helpless. Everyone faces these events. How can one deal with illness?



Inner dialogue with the younger you (Incl. guided meditation) (23min)

by Swamini Brahmajnananda

All of us have a voice in our heads that feels compelled to comment, judge, chatter all the time. Part of our Kaushalam, competence in aligning our actions with Dharma, lies in directing our own voice to be gentle, loving and firm with ourselves. This helps us to heal, be cheerful and integrated and assimilate the teachings of Vedanta well.



How to deal with helplessness in social and political situations? (4min)

by Swamini Brahmajnananda

There is enough in this world to feel helpless about. But the feeling of helplessness can be channelized into focusing on "What can I do to help in this situation?"

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