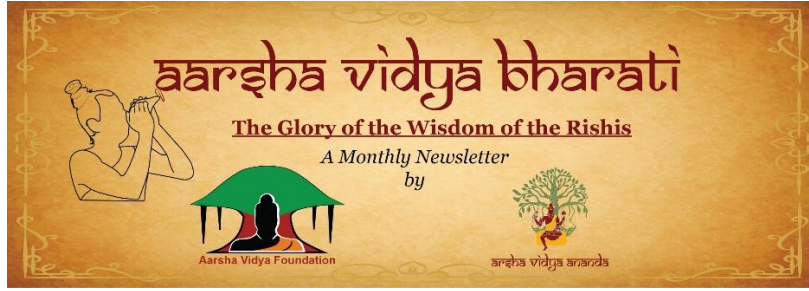


Aarsha Vidya Bharati - Apr 2022

Chaitra - Vaisakha 2079

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 [Apr 2022 issue](#) or read any of [the articles](#).

New Online Course Announcements

|| धर्मो रक्षति रक्षितः ||
Dharma protects those who protect it
The Heart of DhaRama
(A mini course on Dharma)
by Swamini Brahmajnananda




2nd - 10th April 2022
Starting Gudi
Padwa/Ugadi to Ram
Navami
8.30 - 9.10 pm IST
(online)

To navigate conflicts in our families, at work, and even in one's own mind, what can anchor us?
Our sages declared that it can only be Sanatana Dharma.
These nine days starting from Gudi Padwa to RamaNavami we offer our worship to Bhagavan Sri Rama by anchoring Dharma in our hearts such that we are Dharmi-s - Dharma flows from the inside out into all of our karma.
(Each class will have teachings on Dharma, a group discussion followed by bhajan/meditation)
Contribution - Rs 501 or multiples
(Part proceeds will be donated to AIM for Seva)
Link to register - <https://discoveratma.com/live-courses/>



[The Heart of DhaRama](#)
(a mini course on Dharma)


Shivaprasada course
(Teaching of the Upanishads)
By
Swamini Brahmajnananda



Resuming on
10th April and every
Sunday 4 - 5 pm IST

(Please note that this course is open only to people who have studied at least 6 chapters of the Bhagavad Gita and an Upanishad)

Link to fill form
<https://forms.gle/G29jE13FQPiMNQ7XA>
www.discoveratma.com



[Shivaprasada course](#)
(Blessings of Shiva)

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