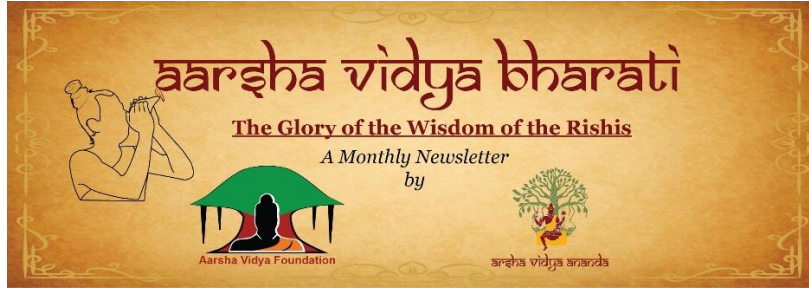

Aarsha Vidya Bharati - May 2022

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



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The Heart of DhaRama

Course By Sw Brahmajnananda



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 *Sanātana Dharma*. धर्मो रक्षति रक्षितः (*dharma rakṣati rakṣitaḥ*) Dharma protects those who protect it. In this series of talks by Swamini Brahmajnananda for nine days starting from Gudi Padwa to RamaNavami 2022, we offered our worship to *Bhagavān 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 had teachings on Dharma, reflections on Sri Rama's life and bhajan/meditation.

Key takeaways from the participants –

The Heart of DhaRama course was great because it helped me to reflect on the importance of धर्म (Dharma) in my life. When I practice values (सामान्य धर्म - Sāmānya Dharma), I feel a sense of peace, satisfaction and happiness. And, with a full, happy heart, one can approach the study of वेदान्त (Vedānta) with focus and ease. Priya G, Trinidad and Tobago

This DhaRama course helped to fall in love with Rama and Ramayana.... !! The first day exercise of inviting Maryāda Puruṣottama Ram in my heart and be with me, this helped me to spend time with him and stay connected all the time same as my beloved Lord Shiva...!! Dipti T, Pune

Reading aloud the excerpts everyday from Sage Valmiki's Ramayana was really wonderful, as was tackling the controversies head on. I have felt the blessings and grace from Bhagavān Rama flowing over these 9 days. I loved the assignment where we drew the values in our heart (of dharma). You indicated that we choose particular values that we already have a little of—because of this, we are able to see the value of that particular value. I felt this was a very important framing of the message in a positive way. Otherwise, we may end up beating ourselves up or feeling like a failure for not being anywhere near as dharmic or perfect as Shri Ram!

I feel blessed that I signed up for this course. I am able to connect to my nirguṇa nature through my saguṇa bhakti. Anu S, USA

*Thank you is a small word. I was never a Rama fan, because I grew up in a house where my mother had her own reservations against Rama. When i joined Sonali to learn chanting, Rama Raksha Stotra was a part of it and I was not keen on learning the same, as I had my own inhibitions, but was hesitant to share it with Sonali. She told us to chant the stotra everyday as it is known to dispel fear in the person chanting it and I did so religiously and I must share that it really helped me during tough times. Then when this course came up I jumped in happiness but the timings were such that it would be difficult to manage, but I silently prayed to Rama for his grace. For the first time I could pay full attention to the course and what I learnt in these nine days was an eye opener on Dharma and why Rama is called Maryāda Puruṣottama. The course has made me want to know more about him. **Neethi R, Mumbai***

*The course was one that gave me immense joy within. The best part was your picking up some verses from the Ramayana and explaining them in class. It was a never before way of going through the essential part of the Ramayana. Also major clarity happened on Bhagavān Rama-s dharma towards wife and the discussion we had about Sita ji and I no more doubt / or think again about this. You connected the dots and clarified all my apprehensions. The meditations of Bhagavān Rama and visualizing him was very calming. **Gunjan S, Delhi***

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