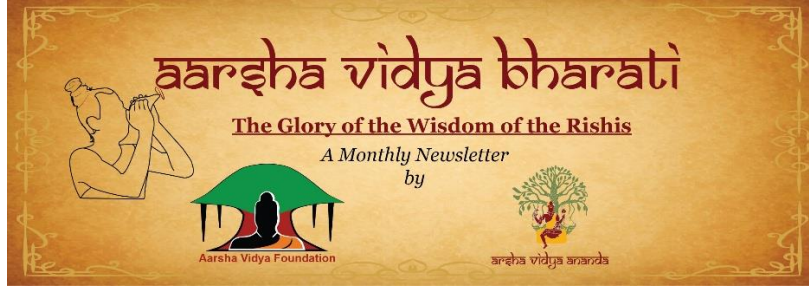

Aarsha Vidya Bharati - June 2022

Jyeshtha - Ashadha 2079

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



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Dhyānam - Meditation and the Meditator

By Swamini Brahmajnananda



To Enroll: 17th July – 25th September
Sundays 7.30 pm IST or 11 am EST
11 sessions
Hindu University of America

Living in the contemporary world includes navigating conflicts at the level of family, work, society and even in one's mind. The modern practice of mindfulness which continues to help millions across the world has its roots in the Vedic tradition. Unfortunately, four things are missing in the way mindfulness is taught –

- a. the true purpose of meditation,
- b. the foundation of Dharma to live a harmonious life,
- c. the understanding of *Īśvara* and
- d. an enquiry into the meditator that is ever present in all types of meditations.

This course will help us return to the Vedic roots of *Dhyānam* such that we integrate a suitable, meaningful and sustainable practice of *Dhyānam* in our busy lives so that we may live with a greater clarity, cheerfulness and purpose.

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