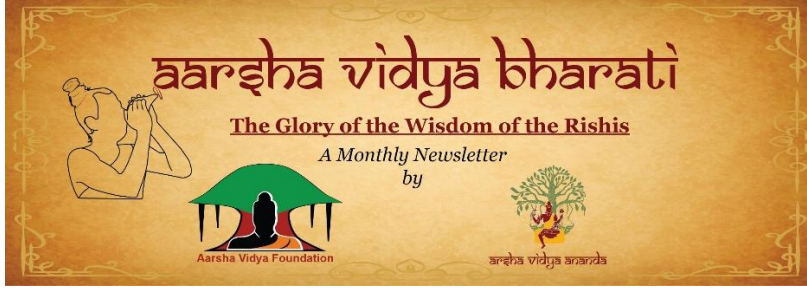

Aarsha Vidya Bharati - Jan 2022

Ashadha - Sravana 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 [July 2022 issue](#) or read any of [the articles](#).

Prayāg - A sacred dip in Vedanta



In the last weekend of April, a group of old students and curious newcomers attended a Vedanta retreat by Swamini BrahmaPrananda Saraswati, in the verdant Ritambhara retreat in the outskirts of Bengaluru. The retreat, organised by Indica Moksha, was an opportunity to listen and dwell upon the wisdom of the shastras, expertly laid out by Swaminiji. The text was "Jeeva Yatra" by Swami Jnanananda Bharati which describes a jeeva's yatra as it travels towards finding *Nityānanda* - towards *Mokṣa*. Through talks and interactive exercises, Swaminiji connected the goal to what can be done here and now, in line with dharma. She helped each participant articulate their vision for a life they wish to lead, and therefore the steps needed to reach the goal. Swaminiji's clarity and her gentle, approachable manner made the subject matter that much more accessible to all.

Students shared their reflection on what touched their hearts: *Swaminiji used simple language to explain a deep subject like Vedanta and connected it to current life situations.* - Dipti Trivedi, Pune

Three things that made an impact on me - 1) Action in the direction of dharma 2) Making positive patterns to weaken the negative patterns 3) Nityānanda is accessible to everyone. The assignments and sharing were very useful - Arundathi Rao, Bengaluru

The self reflection - analysis of ones own responses along the lines of the dimensions given was very useful. Due to her divine perception, the selected composition covered many of my questions with answers that I was looking for. - Neela Govindaraj, Chennai

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