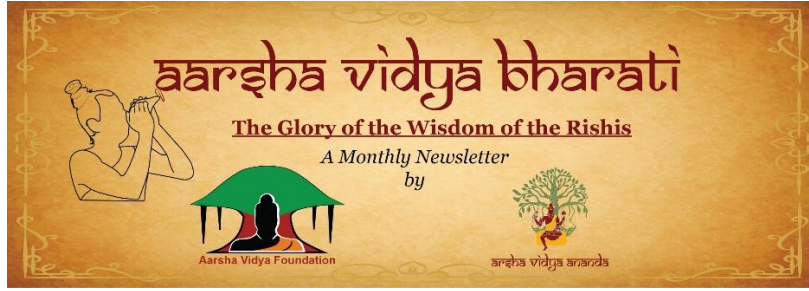

Aarsha Vidya Bharati - Sep 2022

Bhadrapada - Ashvina 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 [Sep 2022 issue](#) or read any of [the articles](#).

Closing with a smile...

Puns by Karthik Narayanan, London

A Jñāni was invited to lots of bhikṣā-s and inevitably grew a big paunch. “Does the paunch bother you?” a student asked. Established in the Truth, the Jñāni rubbed his paunch and said: “This is merely Pancha-Maha-Bhutas (*pañcamahābhuta-s*) appearing as Paunch-a-Maha-Bhutas.”



Moral of the story: Next time you feel fat - just relax and recall this teaching.

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