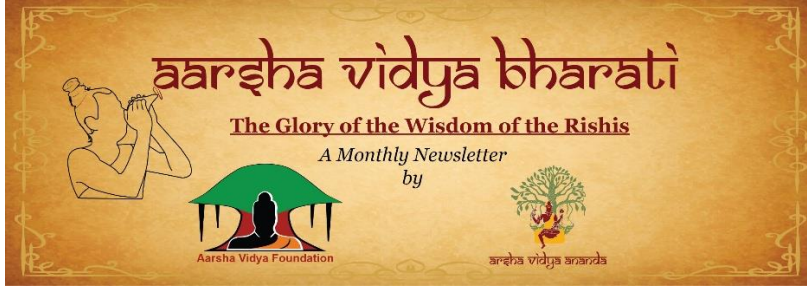


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# Aarsha Vidya Bharati - Oct 2022

*Ashvina – Kartika 2079*

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



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## Value of Values

**Janma-mṛtyu-jarā-vyādhi-duḥkha-doṣānudarśanam 12/20**

By Manisha Mulchandani & Kamini Asrani, Mumbai



This is the 12<sup>th</sup> value among the 20 values from the 13<sup>th</sup> chapter of the *Bhagavad Gītā*.

When I repeatedly see the limitations (*Doṣa*) of life's experience, it helps me to have *Tīvr Vairāgya*.

Soon I realise that death is inevitable with birth (eg. anything that has a manufacturing date will also have an expiry date).

The more I delve into birth and death phenomenon, I realise that birth comes with pain and disease. Pain can be mental or physical. When pain comes from within, it is *ādhyātmika* (internal pain). When pain comes from outside it is *ādhibhautika*. External pain is made up of the problems around me. (eg. smoke in the air, cold day, etc.). *Ādhidaivika duḥkha* is a painful result of an event over there is no control. (eg. like a Tsunami, earthquake or any erupting volcano.)

Thus seeing the limitations of life, I come to understand that birth comes with disease, pain, old age and death.

Life has to be seen objectively and not negatively. So much so that I live my life consciously / alertly, aware such that although I have done priority setting, yet all my priorities subserve the main *puruṣārtha* of life that is *Mokṣa*.



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