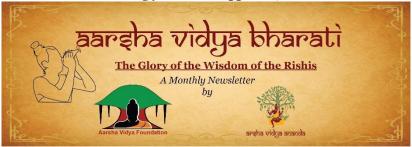
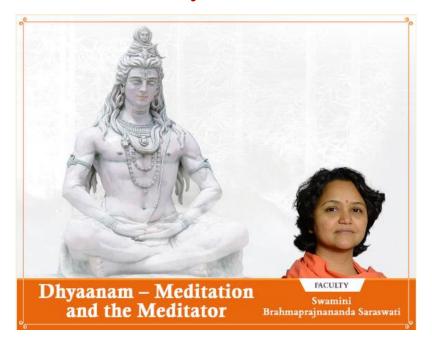
Aarsha Vidya Bharati - Apr 2024 Chaitra - Vaisakha 2081

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



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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 Ishvara 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 Dhyaanam such that we integrate a suitable, meaningful and sustainable practice of Dhyaanam in our busy lives so that we may live with a greater clarity, cheerfulness and purpose.

Schedule: Every Sunday: 7:30 pm - 10:00 pm IST

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