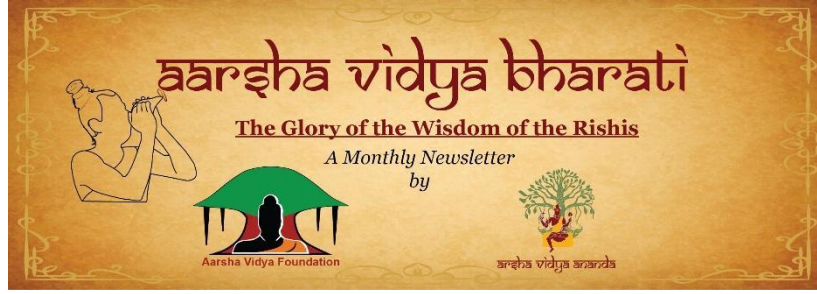


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# Aarsha Vidya Bharati - September 2024

## Bhadrapada - Ashvina 2081

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



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This is one of many articles from our monthly newsletter. Access the [sep 2024 issue](#) or read any of [the articles](#).

## The Vedic View and Way of Life



*The way you live your life needs to unfold the view of life. Your language, music, dance, attitude towards elders, spouse, children, money, success and your own body-mind-sense complex should have an intimate bearing of the view of life.*

*The way you live should unfold the view all the way because Vedic view and way of life are never at variance throughout life – Pujya Swami Dayananda Saraswati*

Every form of our daily life is an expression of this *Bhāratīya* culture. The form is a container of the meaning. Without the meaning, the form becomes mechanical.

The Vedic vision of connectedness is reflected in our way of life through some of the following forms and expressions -

- Greeting each other with *namaste*
- Maintaining a family altar or puja room in the home
- Visiting our *kula devatā/kula devi* every year to seek blessings
- Performing *Śrāddha karma* for deceased ancestors
- Making *Dharma*, the universal framework of values as the guiding framework for the pursuit of wealth and pleasure (*Artha and Kāma*).

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- Offering puja and chanting *śloka*-s to different deities,
  - Offering prayers at sunrise and sunset (*Sandhyā Vandanam*)
  - Performing some *yoga āsana*-s, *prāṇāyāma* and meditation
  - Doing *japa* of mantras or singing bhajans
  - Practicing Ayurvedic principles in the use of spices and way of cooking
  - Celebrating festivals with *yajña* (worship), *dāna* (giving), *tapas* (religious austerities)
  - Respecting and caring for nature, including rivers and trees and mindful use of resources
  - Following a vegetarian diet
  - Wearing traditional clothing made from natural fibers
  - Using natural remedies and herbs for healing
  - Visiting temples and sacred places for yatra once a year
  - Conducting the 16 *samskāra*-s (sacraments) at different stages of life

It may not be possible for all of us to do all of the above. Yet, being the inheritors of this Vedic culture, can we try to preserve our way of life, especially as it is under attack?

Organising puja materials, coordinating schedules for joint celebrations, and investing time and effort in the above practices takes a lot of effort. Are we able to see value in this and accord it the same importance as our work life?

Many ancient cultures like the Greek culture and the Egyptian culture were wiped out. We cannot allow this to happen to our Vedic culture.

Our way of life supports the Vedic vision. If we preserve and live this way of life, which holds the sacred vision of oneness, we can better assimilate what we learn in our Vedanta classes.

Let us gear up for a host of festivals coming our way, as we seek blessings for the protection of *Sanātana Dharma* – our eternal way of life!

With love and prayers,

Brahmavidananda  
Brahmaprajnananda