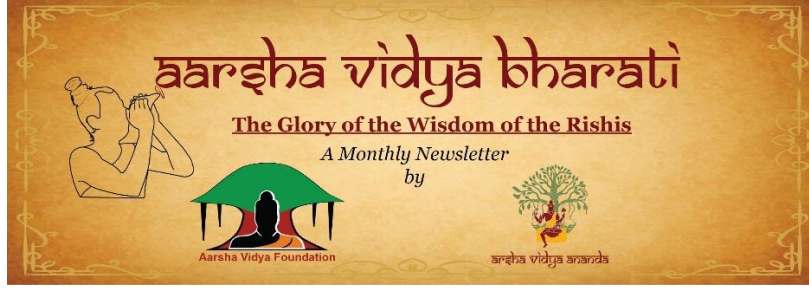
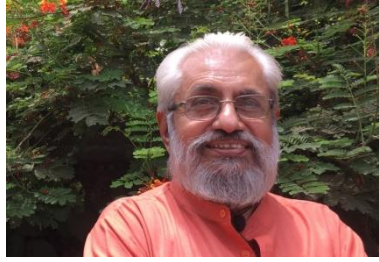

Aarsha Vidya Bharati - July 2021

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 2021 issue](#) or read any of the [articles](#).

Guiding Light by Sw Brahmavidananda Column in the Free Press Journal Newspaper



Death adds meaning and purpose to life

Early in life, I discovered that life has a purpose and meaning because there is death. This seems like an insensitive statement to make, in these times. But it is a fact. Read the full column [here](#).

The challenge of the normal

Very often we think that as people we can grow only when we face challenging situations, adventures, and travels to distant lands. All these extreme experiences do give us an opportunity to grow but they are few and far in between. Read the full column [here](#).

Mastering emotions

Across different relationships whether a personal or a professional one, working as a team in a corporate or a socio-political environment or even for spiritual growth, a necessary prerequisite is to manage one's emotions. Read the full column [here](#).

Spirituality and the question of desire

One great myth circulating among most spiritual students is 'if you are spiritual you should not have desires; Desire is the root of all problems.' Read the full column [here](#).

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