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# Aarsha Vidya Bharati - Oct 2021

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

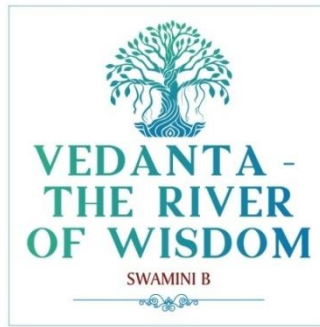


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This is one of many articles from our monthly newsletter. Access the [Oct 2021 issue](#) or read any of the [articles](#).

## Vedanta – the river of wisdom

### Weekly podcast by Swamini Brahmajnanananda



#138 The dis-ease of digital distraction and Vedanta (21min) [Listen](#) | [Read](#)  
We think our digital devices and social media are the problem. Still, it is possible to be focused if we know why we get distracted and how we can get back to ourselves.

#139 Becoming a friend to oneself (Sakhi bhaava) (15min) [Listen](#) | [Read](#)  
In the struggle to be more and have more we can be unduly harsh on ourselves. Self mastery in the light of Vedanta is not possible without cultivating the attitude of loving kindness and friendliness towards oneself. A highly underrated and overlooked fact that constitutes self mastery.

#140 Letting (e)go (18min) [Listen](#) | [Read](#)  
What does a rich life for oneself really mean. What is the expansive understanding of wealth that the Vedic tradition teaches? We explore these questions.

#141 The seeker and the sought (20min) [Listen](#) | [Read](#)  
Seeking moksha, freedom from limitation is unlike any other seeking. How? This episode shares the connection between the seeker and the sought.

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