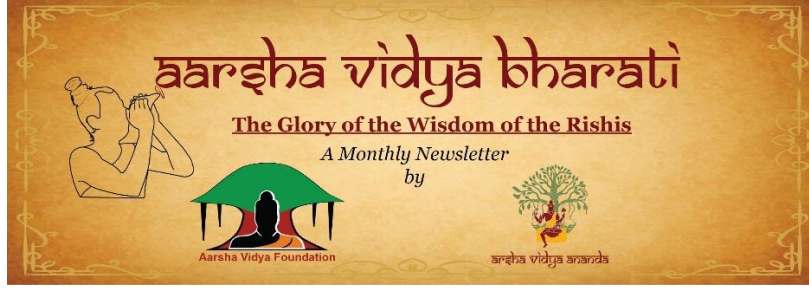

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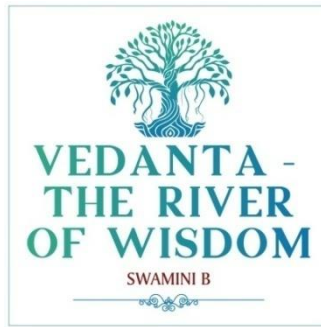
A monthly newsletter that will bring you more happiness, more wisdom and more freedom



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

Vedanta – the river of wisdom

Weekly podcast by Swamini Brahmajnanananda



#146 How discipline leads to freedom (22min) [Listen](#) | [Read](#)

No matter how intelligent and successful, no one can have complete control over external events as we did not make the laws that shape them. But everyone can contribute to the desired outcomes. This is exactly where discipline becomes useful in our lives because we can master our attitude which percolates into the wisdom of all actions. What does the Bhagavad Gita teach us about tapas, religious discipline at the level of the body, speech and mind?

#147 (Gr)attitude for the body (21min) [Listen](#) | [Read](#)

Our bodies act as the trigger for many a judgment and many a frustration in not being able to perform certain activities. On the other hand when we recognise that the body is 'given' and different devatas are presiding over its different functions, a natural attitude of (gr)attitude arises.

#148 Projection in relationships (21min) [Listen](#) | [Read](#)

A lot of the conflicts in relationships are due to our projections where we attribute motives, intentions and qualities to a person that are not really present. It is important to shine the light on these projections so that we align ourselves with functional reality paving the way for self discovery.

#149 Self-love in Vedanta (24min) [Listen](#) | [Read](#)

Respected Sri Vidyananda leads us to see that self love is self enquiry, in the light of the dialogue of Sage Yajnavalkya and his wife, Maitreyi.

#150 Why do we make ourselves unhappy? (19min) [Listen](#) | [Read](#)

Am I, the subject and the object of interaction separate and hence will the pursuit of connection be eternal?

OR

Am I, Awareness the basis of the subject and the object?

An enquiry into Happiness in the light of the Upanishads.

A heartfelt thank you for listening well into the 150th episode! :)

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