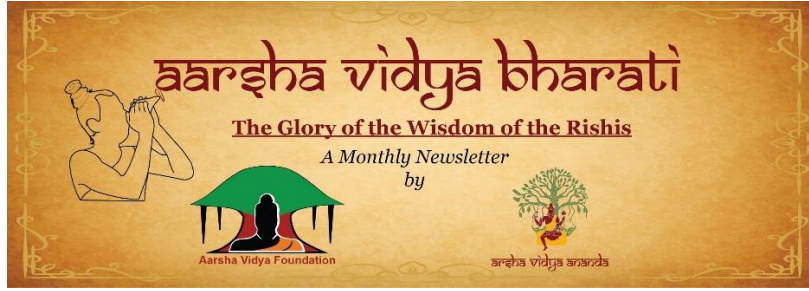

Aarsha Vidya Bharati - January 2023

Pausa - Magha 2079

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 [Jan 2023 issue](#) or read any of [the articles](#).

New Course: Bhakti - The Heart of Wisdom



Challenged by life situations the heart longs for comfort and completeness.

As we look for love in people and possessions, the weary heart collapses in the heap of unanswered questions –

Is unconditional love possible? Will I ever be loved deeply?
What/whom can I anchor myself on, when everything around me is uncertain and insecure?
How can I overcome my fears?

Some people reply – ‘Become a devotee.’
Further doubts emerge – What does *bhakti*, love for *Bhagavān* really mean?

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