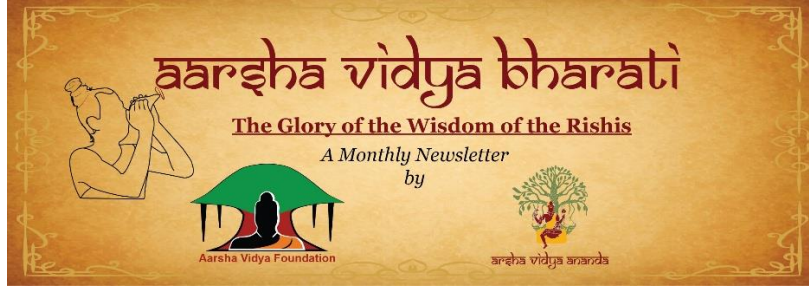

Aarsha Vidya Bharati - April 2023

Chaitra - Vaisakha 2080

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

Spotlight - Darśana

By Swamini Brahmajnananda

Darśana (or 'Darshan' in Hindi) literally means seeing. Hindus go to the temple to have 'darshan'. The ordinary act of seeing is elevated to a sacred act of *darśana* of seeing the image of the deity be it Vishnu, Durga, Shiva or any other manifestation, in the *garbha grha* (sanctum sanctorum). Our eyes meet the powerful, eternal gaze of *Bhagavān*. It is this *darśanam* that is the blessing and a central aspect of our worship. Yes, we go to a temple to pray, to meditate and make offerings but the visit to the temple is not complete without *darśana*. You see *Bhagavān* and *Bhagavān* sees you! It is common to say about your *yātra*, that 'bulaava aaya hai' (I have been called/ beckoned/I hear an inner calling to visit).

Spotlight on word



and meaning for clarity

In the dark *garbha grha*, lit up with oil lamps, the pandit waves the camphor light around the deity, pausing for you to appreciate all his/her glory. Seeing the image itself is an act of worship and we gain the blessings of *Bhagavān*.

The Rishis also 'see' and are called *Mantra dr̥ṣṭa*-s. We too have to learn to 'see'

In the cave of the heart, there is darkness of ignorance, fear and isolation. Here alone, through worship we see *Bhagavān* ever present, lighting up our lives with knowledge and connectedness.

Rishi Yajñvalkyā taught Maitreyī, *Ātma va re dr̥ṣṭavyaḥ...*, *Ātma* is to 'seen', directly and immediately as the reality of all.

First, we pretend to see. Then we 'see' that *Bhagavān* sees us!

We 'see' the meaning of '*Tat tvam asi*' (That you are)

Such is the power of *darśanam* – from the form to the formless, from the changing to the changeless that is YOU.

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