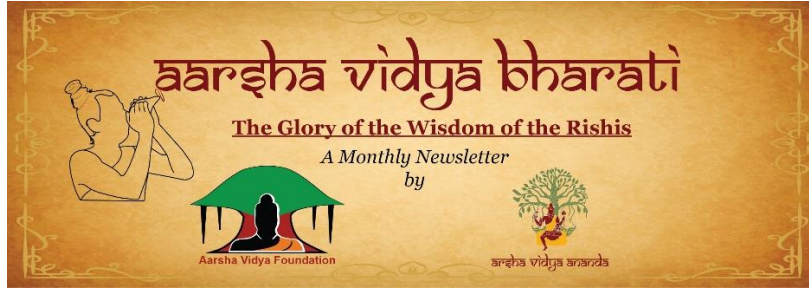

Aarsha Vidya Bharati - Jun 2023

Jyeshtha - Ashadha 2080

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9th July - 26th September

In this course, we will take an **inward journey to discover that one was always Ananta**, one who has no limits, but had assumed oneself to be limited because of association with the body-mind-sense-complex.

Our quest for happiness is fulfilled in the quest for self- knowledge. We will use sections of **Tattvabodha** (The wisdom of reality) by Jagadguru Adi Shankaracharya and some other verses from Vedanta texts to see who we really are. The mirror of Vedanta shows the unchanging nature of oneself as Ananta or Ananda.

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