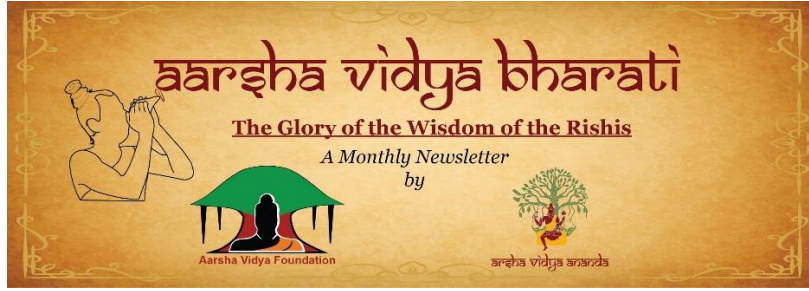

Aarsha Vidya Bharati - Jun 2023

Jyeshtha - Ashadha 2080

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



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Vedanta with Swamini Brahmaprajnananda in Dubai

By Baldeep Singh, Dubai

Swamini Brahmaprajnananda's enlightening series of discourses held in Dubai from the 25th to the 28th of May left an indelible mark on the minds of all attendees. Centered around the themes "Vision of the Upanishads" for the morning sessions and "Mastering the Mind" for the evening sessions, Swamini ji effectively debunked myths related to Vedanta, painting an inspiring vision of the ancient scriptures' relevance in our contemporary lives.

The Upanishads' grand vision, distilled and demystified in Swamini ji's morning sessions, initiated a profound shift in perspective for many participants. Her choice of verses embodied the 'Tat' and 'Tvam' aspects of existence and this approach was instrumental in reinforcing 'Satyam', the ultimate truth, leading to a profound transformation in participants' understanding as oneself.



Vedanta | Dubai | Glimpses



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The teachings provided attendees with an abundant reservoir of wisdom for 'mananam' and 'niddhidhysanam' or thoughtful contemplation and meditation later, as stated by Harish Bhambhane. Chandy added that.. *'the morning sessions were indeed very inspiring and gave me a lot of peace.'*

In the evening sessions, attendees found themselves engaged in the fascinating exploration of strategies to master the mind, drawn from the timeless verses of the *Bhagavad Gītā*. Prasanna and Matangi added, *'The evening sessions helped us figure out some simple and doable things to make friends with our mind leading up to antaḥkaraṇa śuddhi which will support our efforts in gaining the vision of the Upanishads. A key take away was not losing sight of 'Kauśalam', in the process of Īśvara arpaṇam/ Samatvam - particularly in inter personal situations (understanding does not mean agreement; acceptance is not approval). Overall, we need to look at the mind as an instrument to be deployed intelligently and dharmically rather than be controlled or flogged. Desire is a privilege - it's binding desire that takes you down the ladder of fall - so one needs to learn to recognize when that 'binding' happens and bring in viveka and vairagya rather than control / denial'*. Ramnath Venkatraman shared, *'Your endearing yet profound approach to bring out the Bhakta in me whose only support is Bhagavān is indeed unique.'*

The attendees unanimously praised Swamini Ji's delivery, which incorporated the compassionate teaching tradition of her revered Guru, Pujya Swami Dayanandaji. They reveled in her subtle humour and her endearing yet profound approach to Vedanta Shastra. A sense of pure joy pervaded the halls as participants soaked in the insights from key Upanishadic mantras and the myriad ways of mastering the mind.



Swamini Ji's unique and deeply personal approach included a transformative journey of introspection where participants were gently guided to reflect upon and create a personal garland of their *vibhūti*-s, the blessings and glories in their lives. This exercise, combined with Swamini Ji's teachings, provoked a

profound shift in perspective, turning attendees' attention inward and fostering an appreciation for *Īśvara's* presence and blessings in their daily lives.

The attendees were moved by the powerful synthesis of ancient wisdom and contemporary relevance in Swamini Ji's teachings. They were left with a deep sense of gratitude and a firm resolve to continue their spiritual journey under her guidance. Meenakshi Chandrashekar encapsulates this beautifully, *'The only way to repay the "Rṣi ṛṇam" to the Paramparā is by consistently and systematically continuing the study to discover the unchanging Ānanda within self, as revealed by Vedanta.'*

In summary, Swamini Brahmaṇjananda's four-day discourse series was an enriching spiritual milestone, fostering a strong foundation for continued learning. The transformative journey, emphasising the personal creation of a *vibhūti* garland, will remain a cherished memory for all participants. All participants collectively convey their deep love and respect to Swamini Ji for her insightful teachings and for guiding them on this path. They eagerly anticipate her return, expressing a heartfelt desire to welcome her back to Dubai in the near future.

Some other expressions of participants –

I am overwhelmed that I could interact with you directly and gain pearls of wisdom - Dr Tejal Desai

It struck me like a lighting that all solutions are within us and we need to invoke them. Your talk on how bhakti merges with jñānam will be constantly remembered by me. Last but not least is to count our blessings which we so easily forget in difficult situations. - Akila Natarajan

The sessions improved our clarity and removed some of our doubts in understanding the seemingly contradictory statements that set out the vision of the Upanishads. The key takeaway for us was the distinction that you drew between situational sorrow and Apūrṇatā in Narada's dialogue with Sanatkumara and the importance of enquiry into this I.e recognizing the limitations of experience (milkshake phenomenon) and seeking pūrṇatvam through adhikāritvam - by building viveka and Vairagya etc – Prasanna&Matangi

Grateful for your insight into comparison and other contemporary ideas which gave me a lot of solace during difficult times - Ganesh Kamath