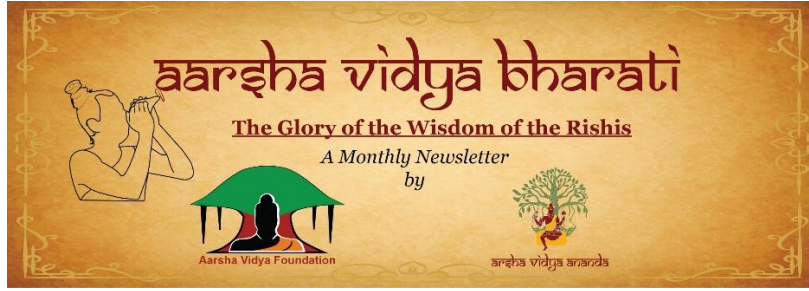


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# Aarsha Vidya Bharati - Jul 2023

## Jyeshtha - Ashadha 2080

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

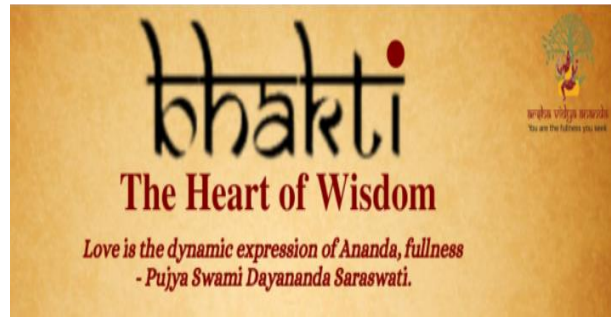


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This is one of many articles from our monthly newsletter. Access the [July 2023 issue](#) or read any of [the articles](#).

## Bhakti – the Heart of Wisdom course

From Jan – May 2023, Swamini Brahmaprajnananda taught the *Nārada Bhakti Sūtras*. Rishi *Nārada* shows us to look through a devotee's eyes and feel through a devotee's heart leading us to *Ānanda* that is oneself. The video playlist consisting of about 20 hours of classes is available. If you wish to access it, please write to [info@discoveratma.com](mailto:info@discoveratma.com).



Here are some of the takeaways of some participants:

*As Bhakti grows, the sense of non-separateness grows, the trust in being able to face various situations also grows. All is possible for Bhagavan and I trust that I need only connect with the resources within me and around me and do whatever small bit I can do about the situation and ask for strength to face it. Whatever it is I'll be able to see it through because I am not separate from Bhagavan. My key takeaway is—acting more and more out of the awareness of being an instrument of Bhagavan - Ananta Ahluwalia, USA*

*I felt it was a privilege to be able to listen to Narada Muni and other great rishis advice on bhakti, unfolded brilliantly by Swaminiji. I feel that a text such as Narada Bhakti Sutras could have been unfolded differently or perhaps incorrectly, without Swaminiji's razor sharp clarity regarding the highest form of bhakti (i.e., advaita bhakti). Coming into this class, I was a little unclear, as an advaitin, on how exactly to relate to Bhagavan. Now I find it so easy to relate to the fullness that is Bhagavan, that is me. The fact that this class was taught mostly in parallel with Chapter 10 (Vibhuti Yoga) of Bhagavad Gita, also was a wonderful synchrony - Anu S, USA*



*I ran the transcript summary of this course through an AI tool and the word you've used the most throughout this course is... "Love". You've said "Love" approx 200 times (197 times to be exact) - and no wonder this course was a treatise on understanding of Love for Bhagavan. This course definitely gave me a newfound understanding of love and connecting with Ishwara in a way that helps lower down the internal resistance surpassing some ingrained, faulty logical frameworks. And I've come to realize that Bhakti is not just about*

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*generating love for Bhagavan, but also about removing the obstacles that prevent us from expressing our inherent love. - Baldeep Singh, Dubai*



*With the understanding of Bhagavan as the material and intelligent cause of everything, and that the svaroop of Bhagavan is the same as I, there is absolute love for I, Bhagavan and for everything, since all are the same one. This is not a forced love or understanding. My love grows by expanding my concept of I through karma yoga. I as an individual, see my connections, and I recognize that I can accommodate despite ragadveshas. I grow my understanding of I, Bhagavan and jagat through Vedanta shravanam, mananam and niddhidhyasanam. And with samadarshanam there is para-prema. - Priya Gopie, Trinidad and Tobago*

*What I have learnt and will endeavour to follow, are to develop an unconditional love for Bhagavan, perform every act for Bhagavan and accept the outcome, whatever it may be as prasad. To be a true bhakta, I need to keep my mind free from malice, greed, envy, hatred, etc. I should treat everyone, especially my loved ones (👨👩👧👦) with the same respect I would show to Bhagavan.- Meera Nair, Mumbai*

*The way you explained Narada Bhakti Sutras gave me a clear vision and my heart expanded with love and joy in each and every class resulting in my love and sashtang heartfelt pranam in your feet. - Purnima Bhat, Mumbai*