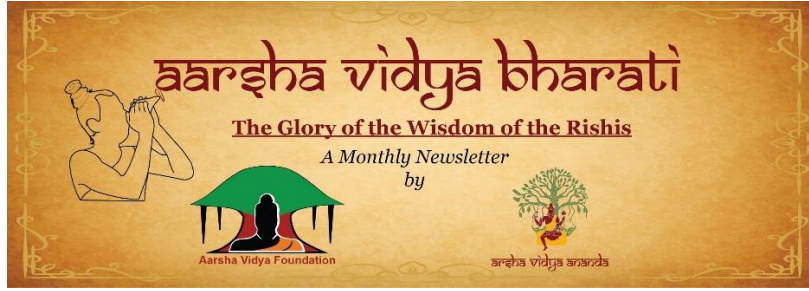

Aarsha Vidya Bharati - Aug 2023

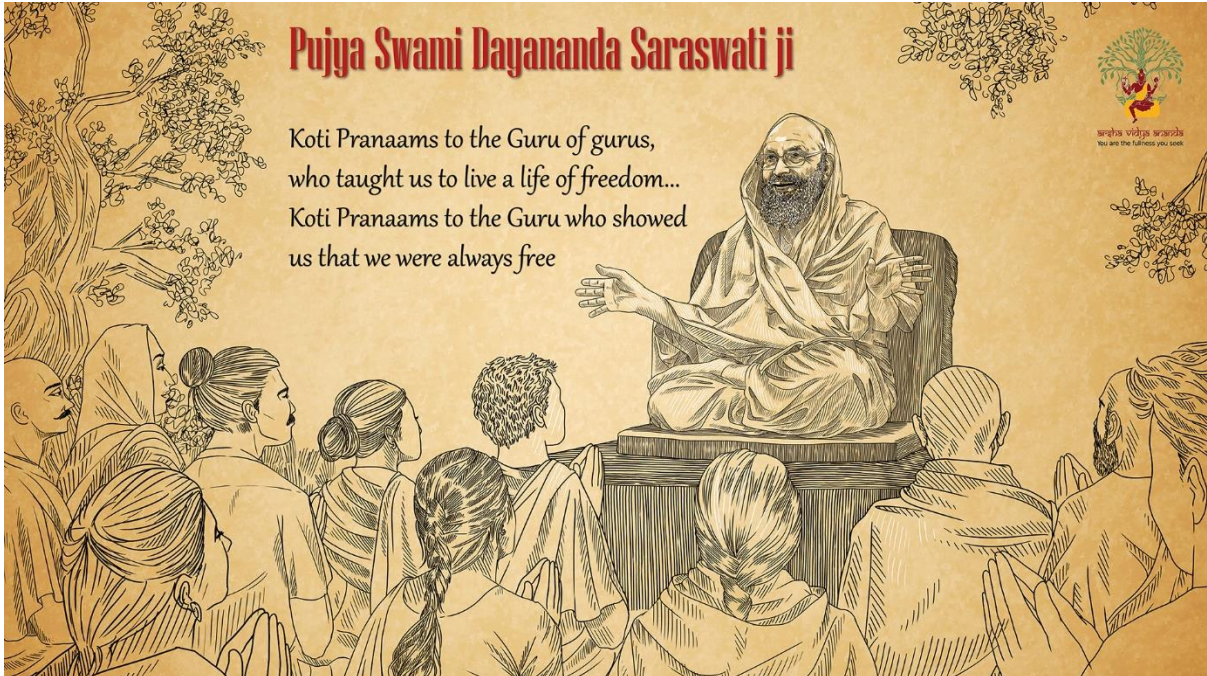
Adhik Sravana - Sravana 2080

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

You were always free



This month we celebrate the birth anniversary (15th August 1930) of our beloved guru, Pujya Swami Dayananda Saraswati ji who showed us that we were always free. We also celebrate the 76th year of India's independence – our freedom to live and practice our vision and way of life. 'Swaraj, Freedom is my birthright and I shall have it', so said our respected freedom fighter, Lokmanya Tilak. While he spoke of our freedom struggle, this applies to our moksha pursuit of freedom too.

When we really analyse the many human pursuits of *Artha*, *Kāma* and *Dharma* we find that:

- We seek a home to be free from homelessness
- We seek good health (good nutrition, exercise, adequate rest and sleep) to be free from illness.
- We seek financial security to be free from lack
- We seek companionship to be free from loneliness.

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- We seek knowledge to be free from ignorance.
 - We seek happiness to be free from sadness.
 - We seek *punya* to be free from the effects of *pāpa* and suffering.
 - We seek freedom to be free from bondage/dependence of any kind.

When we really analyse the human condition, we seek only so that we can be ‘free from the very seeking’ itself, in other words to see oneself as ‘complete and adequate’, in and of oneself.

The pursuit of *mokṣa*, freedom from a sense of bondage helps us see oneself as the limitless being.

May we live a life of freedom with *Karma Yoga* as a spontaneous way of life and also see that we were always free.

With love and prayers,

Brahmavidananda
Brahmaprajnananda