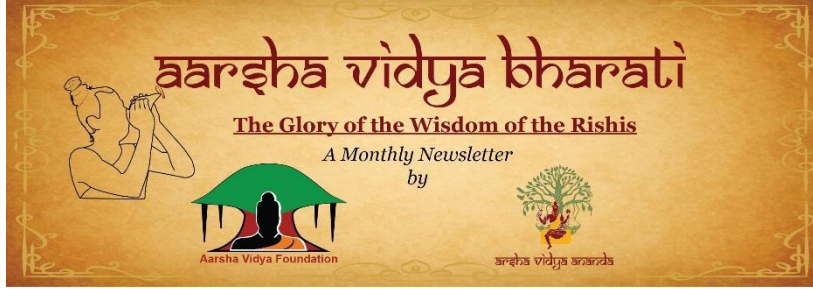

Aarsha Vidya Bharati - Jan 2024

Pausha - Magha 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 [jan 2024 issue](#) or read any of [the articles](#).

Sowing the seeds for the garden of 2024



It is that time of the year when hope, gratitude and a willingness-to-change, grow in everyone's hearts.

This is despite EMIs to be paid, dental problems to be fixed, illnesses that one is recovering from, overwhelming of tasks, back-to-back meetings, hearing bad news.

Still, there is anticipation and eagerness that the new year may bring us much happiness and joy.

As the months of the new year 2024 unfold, we may slip into old patterns, feel hopeless and become pessimistic.

That is the time we will remind ourselves of this time, of our many insights and different learnings,

'Life is a blessing'

'You can do it!'

'New year, new beginnings'

'I am determined to change..'

'I want to be consistent with my habits and discipline in...'

'I am a manifestation of Bhagavan'

'Since I have the ability to learn one thing, I can learn ten other things.'

'I am Ananda in and through all my roles'

These statements are how we see reality.

Seeing things as IS, make us happy.

We sow the right seeds of thought now and water them with consistency throughout the year.

We allow the young sapling of hope and can-do spirit, to grow with the light of warmth and encouragement.

We pull out the weeds of self-doubt and pessimism that threaten the growth of clarity and happiness.

We allow the air of change to blow and embrace all that is to come.

Through the year, in some seasons, the winds may be strong, there might be less rain, the weeds may grow rampant. This can happen in any garden.

We still do what it takes. We sow the right seeds of thought and allow the garden of life to bloom in 2024.

With love and prayers for a happy and fulfilling new year, in all ways

With love and prayers,
Brahmavidananda
Brahmaprajananda



Prayers and blessings from Ghrishneshwar Jyotirlinga temple, Verul, Maharashtra

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