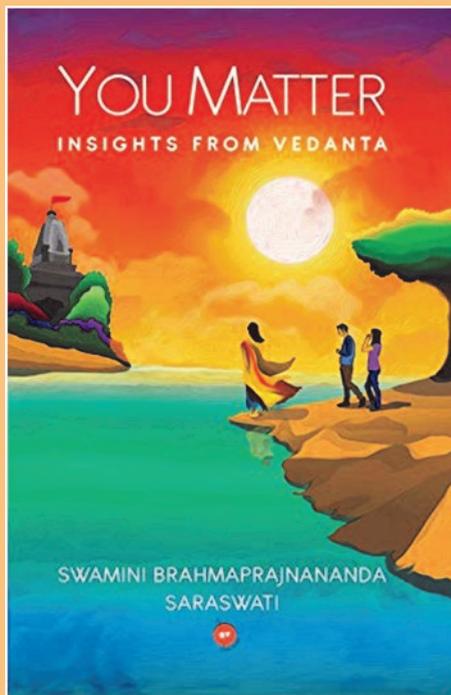


New Book - You matter – Insights from Vedanta
By Swamini Brahmajnananda

Dedicated to Pujya Swami Dayananda ji, this book was released by Swami Brahmavidananda ji online, on Guru Purnima, July 2020. The kindle version is available on Amazon worldwide and the paperback version is available in India through Amazon and Flipkart.

About the book



You feel that 'I am not good enough' despite your achievements. Vedanta reveals that you are purna, complete, in and of yourself.

You see the need to have a spiritual experience. Vedanta shines the light on you, the experience-r through all your experiences.

Your life feels like a burden. Vedanta shares that you are deeply blessed.

Which one is true?

You matter – Insights from Vedanta, is a direct, profound and easy to read guide to yourself. Guide to yourself? Yes! Much like the timeless Jnana-Ganga (the river of knowledge) this book helps you navigate

your life as you pause at some turns with life insights, apply practical suggestions, give up what is unnecessary as you reach the ocean of oneness, leaving you clear and refreshed.

Carefully and lovingly curated from Swamini Brahmajnananda 's podcast, The River of Wisdom, the topics include the purpose of life, blessings we have each moment, fighting the shadows of self judgment, being loved, how to be the best version of oneself, the dance of karma, the role of a guru, the relevance of Hinduism for the spiritual-but-not-religious, and much more.

About the Author: Swamini Brahmajnananda Saraswati has dedicated her life to sharing the teachings of Advaita Vedanta (non duality) and Dharma. A Hindu monk who currently lives in Mumbai (India) her teachings of self growth to self dis-

covery, include courses, videos, podcast, workshops and retreats in India and abroad.

She is a direct disciple of Pujya Swami Dayananda Saraswati, having studied Vedanta, Sanskrit and Vedic chanting at Arsha Vidya Gurukulam in a residential, intensive three year course in Coimbatore and Rishikesh. She studied part time with Swami Brahmavidananda for about twelve years. Her last leadership role was as the Country Head (India) of an international organisation which impacted the lives of 150,000 street children. www.discoveratma.com.

TRIBUTE TO SWAMI PRATYAGBODHANANDA

Swami Pratyagbodhananda was an embodiment of love, service and generosity. He truly loved Pujya Swamiji and sought every occasion to spend time with Pujya Swamiji, study from him and serve him.

Swamiji was instrumental in bringing many aspirants to Pujya Swamiji. He touched the heart of whoever came in contact with him and always displayed care and concern for their well-being. He loved to teach Vedanta as well as Srimad Bhagavatam and has left lasting impression in the hearts of many with his knowledge, devotion, generosity and humor.

Swamiji served his Guru till the last moment and departed at the feet of the Guru to merge into the Guru.

— Swami Veditatmananda

