



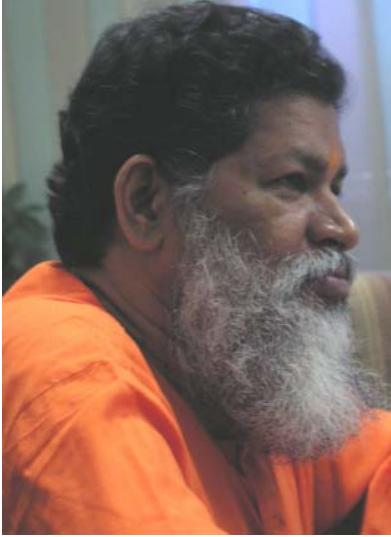
SAMBODH CENTRE FOR LIVING VALUES

A Project of Sambodh Foundation

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www.sambodh.com, www.sambodh.org, www.bodhini.com



Swami Bodhananda Saraswati

is highly respected in America and India as an accomplished teacher of Vedanta and meditation. Presently, Swami Bodhananda is the Spiritual Founder and Director of 11 organizations and ashrams under the umbrella of the Sambodh Foundation, New Delhi, India (1991); the Bodhananda Research Foundation for Management & Leadership Studies, Trivandrum, India (1994); &

The Sambodh Society, Inc. (1997), United States of America. Each ashram and/or organization is unique, tailored to the needs, interests and special capabilities of his devotees engaged therein. Through these organizations, and under Swamiji's guidance, his devotees receive scriptural knowledge, spiritual training and perform social service. In America, Swamiji has given numerous public forums, lectures and meditation sessions in Hindu temples, Christian churches, libraries, homes, businesses and universities. His theme has been to infuse modern society with spiritual values and the individual with the knowledge of his/her spiritual identity. For serious-minded students of Vedanta, he has offered more extensive programs, weeklong seminars and annual retreats on specific Upanishads and the Bhagavad Gita. As a keen observer of humanity, Swamiji is quick to absorb cultural nuances and the idiomatic expressions of a region, and his presentations are replete with these observations, language usages and insights. As an avid reader, Swamiji keeps abreast of all that is current and is eager to engage the modern global person. As a master of meditation, Swamiji adeptly blends his personal experience and knowledge of India's ancient wisdom tradition with modern studies in consciousness and psychology.

When:

12-14 December, 2006

3 Morning Meditations 7.30-8.30am

3 Evening Lectures 6.00-7.30pm

Where:

4A, 10th main, 3rd Block

Jaynagar, (Near Madhavan Park,

Opp. Jaynagar stadium)

Bangalore 560011

Contact:

Smt Gayatri Raveesh

Tel: 26633625

For private counselling
with Swamiji take
prior appointment.

5 SPIRITUAL QUESTIONS OF ARJUNA: A DIALOGUE WITH LORD KRISHNA

The Gita is a dialogue between Krishna, the Lord Of Yoga and Arjuna, the master of works. In our daily work situations and relationships we face many conflictual problems and get confused. Stress and indecision paralyzes us. It is in such crises that we ask fundamental spiritual questions and turn to God for answers. Here are five such eternal questions: Who is wise; Can meditation and work go together; Why humans commit sin; Can we get Divine help in our struggle against evil; Who/what is God? These questions of Arjuna are our questions too.

Come and listen to a Vedanta Master's reflections
on those questions and Krishna's answers.
Three evening lectures, 90 minutes each.

3 MORNING MEDITATIONS

These three morning sessions will cover lectures and practice of meditation. The practice of concentration, detached contemplation, visualizations, relaxation, pranayama etc. will be taught.

Good to overcome stress, create health,
increase efficiency in work and
enhance quality of relationships.

**Lectures are Free.
Donations for SCLV are Welcome.**