

Leadership Excellence and Meditation Lectures
by Swami Bodhananda
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Topic: Leadership Excellence and the Power of Soft Skills.

- a) Relationship: Leaders and managers operate in a networked world of nested relationships. All the stake holders in an enterprise have to be satisfied for enduring success. More important is the personal touch and feeling that one can bring into relationships. How to develop the energy and language of the heart to develop and sustain enduring relationships will be the major thrust of this session.
- b) Happiness: A successful leader or manager has to be a happy person to begin with. Everyone looks up to him/her but s/he has no one to look up to for inspiration or solace. S/he is on his/her own, is the salt of the organization. By looking for happiness outside the leader forfeits right to leadership. How to invoke inner happiness will be the subject matter of this session.
- c) Joy of Doing: Motivating people to work for organizational goals is the greatest management challenge. The worker has to enjoy work and know and feel that work is a means of self actualization. The secret of enjoying work for its own sake will be discussed in this session.
- d) Nurturing values: One of the main challenges of modern business and professional career is the difficulty of being good and ethical. Lust for easy and quick profit has replaced all other considerations, which has led to the present economic crisis. Business leaders are now talking about value based and ethical business. How to be good and do good business and what are those enduring values will be the focus of this session.
- e) Caring and Sharing: 'To exist is to coexist', 'customer satisfaction', 'win-win solutions', 'green business', 'compassionate capitalism', 'humane development', 'corporate social responsibility' are some of the mantras of modern business. How caring for and sharing with your employees and customers you can build great organizations will be the theme of this final session. These presentations attempt to bring insights from Indian wisdom traditions to address modern management challenges.

Topic: Kundalini- Chakra Meditation and awakening of Inner Powers.

Kundalini is the life force that circulates in the human system. The source of Kundalini is the muladhara, where lust and greed meet to curtail it from expression at the root of the spine. The chakras are energy centers along the spinal column which lie inactive due to emotional clutter and clogging. These meditations on the chakra centers will awaken and channelize the kundalini, activate the energy chakra centers and unite the individual with supreme consciousness releasing amazing powers and eternal bliss.