



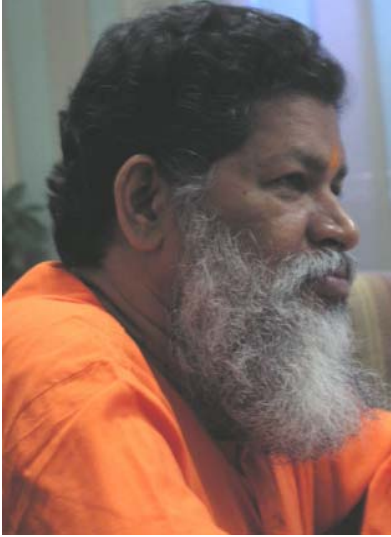
# SAMBODH CENTRE FOR LIVING VALUES

A Project of Sambodh Foundation

Doddaballapur, Bangalore; Tel 9448472700

Email [prajna@yahoo.com](mailto:prajna@yahoo.com), [info@sambodh.org](mailto:info@sambodh.org)

[www.sambodh.com](http://www.sambodh.com), [www.sambodh.org](http://www.sambodh.org), [www.bodhini.com](http://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:

6.30-8.00 pm,  
26 – 30 December, 2006

### Where:

Olympus – 306  
Prestige Acropolis  
(next to Forum Mall)  
No.20, Hosur Road  
Aduqodi, Bangalore 560029

### Contact:

Tapas and Ishita Datta  
Tel: 22067020  
Cell: 9845044493

For private counselling  
with Swamiji take  
prior appointment.

## Workshop on

### MEDITATION FOR HEALTH, HAPPINESS AND SUCCESS

Health is achieved when body, mind and the soul are integrated; happiness is the feeling of timeless energy; and, success is when desirable people and objects flow towards you. Daily meditation coupled with prayer and hard work is the magic wand that commands these riches.

Swami Bodhananda in his five presentations takes the participants through the rich meditation traditions of Indian wisdom and gives a package of simple meditation techniques that one can take home.

The meditations that will be taught by the Swamiji are:

1. **Surya Meditation** for receiving energy from the sun.
2. **Atman Meditation** for realizing the blissful self beyond the limitations of the ego.
3. **Ashtanga Meditation** to control thoughts and realize inner peace.
4. **Kundalini Meditation** to activate *chakra*/energy centres, cleanse the channels of life energy and realize union with supreme consciousness, and,
5. **Tantric meditation** to resolve all psychological conflicts and enjoy a life of harmony and joy.

The Workshop is Free.  
Donations for SCLV are welcome