



1ST REGIONAL CONFERENCE OF MEDITATION LEADERS

Excellence through Meditation

April 21st, 2024

8:00 am - 4:00 pm CST

Holiday Inn St. Louis - Creve Coeur,
1030 Woodcrest Terrace Drive,
St. Louis, MO - 63141, USA



Buddha-CEO
Quantum Foundation

www.buddhaceo.org



Objectives of the Conference

Spread awareness about the role of meditation in driving positive social change that is defined as “a resilient and self-empowered individual, a growing and purpose-driven organization, and a harmonious and expansive society”.

Aid senior leadership in governments, global organizations, corporations, and others in formulating policies and guidelines for the rapid adoption of meditation across organizations and communities.

Who will Benefit

- Law makers, Policy makers, Government officials
- Corporate Executives, Business Owners and Leaders
- Leaders of professional bodies, industry associations
- Heads of universities, educational boards
- CEOs / Leaders of public and private sector companies in all sectors
- Leaders of healthcare, yoga, alternate medicine institutions
- Heads of NGO's across the globe, working towards social change and empowerment
- Leadership of global and cross nation organizations such as UN, World Bank, G20, etc

Your Takeaways from the Conference

Some takeaways from this conference comprising of keynotes, lectures, case study presentations, meditation sessions and panel discussions are:

You will understand the procedure, benefits and science of meditation.

You will learn from leaders and organizations on the transformational changes they have seen from a meditation practice.

You will also learn how you and your teams can realize positive results from a regular practice of meditation.

You will learn how to expand the impact of your CSR initiatives

You will learn about a new dimension for accelerating social and personal change

Organizers

This conference is being organized by Buddha-CEO Quantum Foundation.



How to practice meditation?

Choose a quiet place. Sit in a comfortable posture, cross your legs at the ankles and clasp your hands. Close your eyes, observe your normal in-breath and out-breath. No forceful inhalation or forceful exhalation. When you observe the breath, the mind becomes empty. Be in that emptiness. If you find your mind wandering in thoughts, gently bring your attention back to the breath.

Breath Mindfulness Meditation

The process of breath-mindfulness meditation is very simple and can be easily practised by everyone.

This method, and the underlying wisdom have been extensively spread to millions of people across India and the world, by Pyramid Meditation Channels, Quantum Life University, Buddha-CEO Quantum Foundation and thousands of masters from the Pyramid Spiritual Societies Movement over the past 35 years.

Brahmarshi Pithamaha Patriji founded Pyramid Spiritual Societies Movement in 1990 and relentlessly worked to promote meditation extensively.



**Brahmarshi
Pithamaha Patriji**
Founder, Pyramid Spiritual
Societies Movement

Our Inspiration

Role and Impact of Meditation

Meditation brings positive transformation and excellence in individuals. This, in turn, enables growth, and innovation in organizations and society. Organizations have access to vast resources in terms of people, material, technology and money. They influence many aspects of the lives of their employees, families and the larger society. The more organizations operate in a sympathetic and responsible manner, the greater is the organizational growth and improvement in the quality of the lives they touch.

To implement this virtuous model most effectively, the mindset of the leadership plays a critical role. A leader empowered with the techniques, science and wisdom of a meditation practice carries higher energy and vision, empathetic values, a friendly and intuitive approach, and responsible execution ability.

Meditation develops greater spirituo-scientific mindset in every practitioner. A 'spiritual-scientific' mindset gives purpose, stops greed and the need to wield power. A leader with a well-developed spirituo-scientific mindset uses resources for maximum good.

PROJECT EXCELLENCE

A new initiative from PSSM and Buddha-CEO, aimed at assisting government bodies, corporations, and NGOs in creating positive economic and social change in society through awareness and rollout of meditation and inner transformation programs.

Charter / Goals:

Spread Awareness

- Global and Regional Meditation Conferences
- Create and publish educational content

Scale Enablement

- Formulate training programs
- Build a community of trainers to teach Right Spiritual Science Wisdom

Rollout Programs

- Connect trainers and provide governance
- Support with resources, technology, and program management

This conference is the 1st initiative from Project Excellence

List of Speakers



Erick K. French, MSW, LCSW
Psychotherapist,
One Awareness Counseling



Chandra Pulamarasetti
Former Corporate Executive,
Founder, Buddha-CEO
Quantum Foundation



Laurence Guhard-Joly
Co-Founder, Buddha-CEO
Quantum Foundation,
Former Global Senior General
Manager at IBM



Pari Patri
Founder, PSSM Global



Dr. Gopala Krishna
Founder and Chairman,
Spiritual Tablets
Research Foundation



Brent Chandler
Founder & CEO, FormFree



Rajeshwari Mutham
Software Director, Clear Correct



Ravi Devisetti
CEO, Nidhi Capital



Sonal Ajmera Doshi
Acute care Nurse Practitioner, Barnes
Jewish Hospital, Meditation Coach



**Dr. Anand
Lakshminarasimhachar, MD**
Anesthesiologist, Barnes-Jewish Hospital



Dr. Ashalatha Tatineny, MD
Emergency Medicine Specialist
Madison Medical Center



Jayesh Patel
Founder & CFO
Sohum Hospitality Management

Conference Tracks

Organizational Excellence

Learn how meditation cultivates growth-mindset, clarity of purpose, empathetic values, higher team productivity and coherent leadership.

Physical Health & Mental Well-being

Understand how meditation reduces stress, improves healing, prevents illness and enhances overall well-being.

Conference Schedule

8:00 am - 8:30 am	Welcome and Registrations
8:30 am - 9:00 am	Inauguration
9:00 am - 12:30 pm	Conference Track 1 Organizational Excellence and Group Meditation
12:30 pm - 1:30 pm	Lunch
1:30 pm - 4:00 pm	Conference Track 2 Health Excellence and Group Meditation
4:00 pm - 5:00 pm	Closing Remarks

All conference tracks consist of Power Talks, Panel Discussions and Meditations.

for more information and registration, please visit: buddhaceo.org/rcmlus

Organised by



Buddha-CEO
Quantum Foundation

Program Coordinators

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HIGHLIGHTS FROM THE 1ST GLOBAL CONFERENCE OF MEDITATION LEADERS

RECENTLY CONCLUDED GLOBAL EVENT FROM PROJECT EXCELLENCE, HELD IN NEW DELHI, INDIA FROM FEB 24-25, 2024

The Main Conference began with an inaugural talk by Padma Shri D R Kaarthikeyanji, emphasizing the scientific benefits of meditation, setting the conference's theme. Chandra Pulamarasetti's keynote highlighted his meditation journey, offering scientific insights. Kiran Bediji's speech reflected on meditation's effects in policing. Dr. M. B. Athreya discussed integrating meditation into management. Smt. Pari Patri emphasized leading from the heart through meditation. Dr. Newton and Dr. Lakshmi delved into health benefits of meditation. Dr. Mohit Gupta shared personal and research-backed benefits of meditation. Dr. Gopalakrishna urged integrating meditation into medical treatments. Mr. Shreans Daga stressed mindful parenting. The power of pyramids in meditation was discussed, leading to the introduction of the Pyramid Meditation Channel.

Panel Discussions:

(a) Holistic Excellence: Panelists shared experiences of mainstreaming meditation in classrooms, communities, and offices.

(b) Organizational Excellence: Leaders emphasized leading by example and immediate implementation of meditation programs.

(c) Health Excellence: Experts recommended including meditation in medical education and professional conferences.

(d) Educational Excellence: Panelists discussed the benefits of meditation in schools for better teaching and learning outcomes.

Project Excellence and Buddha-CEO App Launch: The Quantum Creations Technology team launched the Buddha-CEO App and presented "Project Excellence" to delegates.

Pre-Conference Workshops: Workshops on "Consciousness Heals" and "Mind to Matter" were well-received by the audience.

Conference Conclusion: Padma Shri D R Karthikeyanji concluded with a resolution to spread meditation's message globally, emphasizing its role in driving positive social change.

