

# Buddha CEO

Excellence through Meditation

PURPOSE

GROWTH

HAPPINESS

HEALING

LOVE

SERVICE

NE  
SPIRITUALITY

Purpose of Life

Align to Your Purpose  
to Perform at Your Best

All of us Have an  
Infinite Capacity to Grow

Spiritual Health is the Root  
Physical Health is the Fruit

Why are we Here?



**Buddha-CEO**  
*Quantum Foundation*

# INSIDE



3 Editorial

4 Grand Master's wisdom  
*Brahmarshi Patriji*

8 CEO Speaks  
*Chandra Pulamarasetti*



12 All of us have an infinite capacity to grow  
*Shri Hanumantha Raju*

16 Spiritual health is the root  
Physical health is the fruit  
*Dr. Gopala Krishna*

20 Know your meditation



22 Business leaders speak

31 3-year annual report

54 Corporate employees experiences



57 The Purpose of our life is to be happy  
*Sujatha Sriram*

62 Voice of youth



68 The Mindful Leader's New Habits  
*Laurence Guihard-Joly*

72 Purpose is always directed towards an act of service  
*Prof. Jagadish*

# Contributors



## Brahmarshi Pitamaha Patriji

Founder of Pyramid Spiritual Societies Movement; a grand meditation master; new age spiritual scientist and inspiration to Buddha-CEO Quantum Foundation.

## CS Hanumantha Raju Datla

Past President, All India

The Institute of Company Secretaries of India (ICSI), Gol ;  
Chairman of THE PYRAMID TRUST; Advisor to PMC  
Channel



## Dr. Gopala Krishna

Founder and Chairman,  
Spiritual Tablets Research Foundation  
Aanandho Brahma Youth Trust

## P Sujatha Sriram

Director, Chandrasekhara Mahaswami  
Pyramid Meditation Centre  
Vishakapatnam, India



## Laurence Guihard-Joly

Co-Founder, Buddha-CEO Quantum Foundation  
and former senior General Manager, IBM;  
Has managed multiple large global business units.

## Prof Jagadish S

Former Professor - Operations, Indian Institute  
of Management - Bangalore (IIMB)



## Chandra Pulamarasetti

Founder, Buddha-CEO Quantum Foundation  
and a successful entrepreneur, former IT Exec.

# TEAM



Our Inspiration  
Brahmarshi Patriji



Chief Advisor  
Padma Shri  
D.R. Kaarthikeyan

## Editorial Team :

Latha Srinivasan  
Rakesh Jalumane  
Karthika Ravindrakumar

## Design, Art & Photography :

Geetha Krishna  
Archana Cheluva Raja  
Koteshwar Rao

## Contributors :

Chandra Pulamarasetti  
CS Hanumantha Raju Datla  
Dr. Gopala Krishna  
P Sujatha Sriram  
Prof Jagadish S  
Laurence Guihard Joly  
Srinivas Ankareddy  
Rajeshwari Mutham  
Sridevi Srirangam  
Nagendra Prasad  
Vignesh  
Dr. Gagan Mohan  
Nanajee Rao  
Dr. Vidya Ramachandran  
Roshni Agrawal  
Aarthi Lakshminarasimhan  
Reshma Nagururu  
Harika Perni  
Vani Chandrasekhar

## Production :

Narendra Paladugu

## For Contribution & Advertising:

[publishing@buddhaceo.org](mailto:publishing@buddhaceo.org)

## Contact us :

Phone : +91 - 96069 57285 (India) ,  
+1 (314) 640-4196 (USA)  
Email : [help@buddhaceo.org](mailto:help@buddhaceo.org)  
Website : [buddhaceo.org](http://buddhaceo.org)

Buddha-CEO Quantum Foundation  
No.1144, 22nd Cross, 2nd sector  
HSR Layout, Bangalore- 560102





# Key Events

Oct 2023- Jan 2024

## Buddha-CEO Quantum Foundation

**Feb 24 - 25 (2024)**

**1st Global Conference  
of Meditative Leaders**

Delhi, India

**Mar 12 - 17 (2024)**

|| AMR ||

**Advanced Meditation  
Retreat**

Pyramid Valley International

**Apr 16 - 21 (2024)**

|| AMR ||

**Advanced Meditation  
Retreat**

Sedona, USA

**Oct 2 - Oct 6**

4:00AM - 7:30AM IST / 6:30PM - 10:00PM EST

|| Amruth ||

**3- Hour Intensive Meditation  
- Akhanda Dhyana**

5 Day Online Program

**Dec 8 - 10**

Starts Dec 8th | 6:00PM IST

Total 5 Sessions Morning & Evening

|| Manifest ||

**Elevate Your Energy**

A 3-Day Online Program

**Oct 4 - Oct 25**

8:00PM - 9:00PM IST / 10:30AM - 11:30AM US ET

|| Light ||

**Wisdom of World  
Masters**

Insights from Spiritual books  
(Only on Wednesdays)

**Oct 9 - Oct 29**

6:30PM - 7:30PM IST / 9:00AM - 10:00AM US ET

|| Shine ||

**Meditation for Confidence,  
Clarity & Manifestation**

A 21 Day Online Youth Program

**Oct 30 - Dec 8**

6:00AM - 7:30AM IST / 7:30PM - 9:00PM US ET

|| Oneness ||

**Excellence through Meditation**

A 40 Day Online Program

**Nov 6 - Dec 6**

Batch 1: 8:15AM - 9:15AM IST

Batch 2: 8:00PM - 9:00PM IST

(Every Monday & Wednesday)

|| Inspire ||

**Book Club**

In-depth Insights from  
Spiritual Books

**Dec 4 - Dec 24**

6:30PM - 7:30PM IST / 8:00AM - 9:00AM US ET

|| Youth ||

**Meditation for Confidence,  
Clarity & Manifestation**

A 21 Day Online Youth Program

**Dec 9 - Jan 21**

6:00AM - 7:00AM IST / 7:30PM - 8:30PM US ET

|| Prana ||

**Daily Online  
Meditation**

For Personal Well-Being,  
Consistency & Positive Mindset

**Dec 20 - Jan 10**

8:00PM - 9:00PM IST / 10:30AM - 11:30AM US ET

|| Light ||

**Wisdom of World  
Masters**

Insights from Spiritual books  
(Only on Wednesdays)

**Every Saturday**

5:30PM - 7:00PM IST  
/ 7:00AM - 8:30AM US ET

**Saturday Masterclass  
& Meditation**

**Every Sunday**

6:00AM - 8:00AM IST  
/ 7:30PM - 9:30PM US ET

**Long Meditation**  
for deep relaxation & rejuvenation

**21<sup>st</sup> of Every Month**

5:30PM - 6:45PM IST  
/ 7:00AM - 8:15AM US ET

|| Million ||

**Meditate for Yourself and the Planet**

1 Million : 1 Hour : 1 Consciousness

**Full Moon Every Month**

9:00PM - 12:00AM IST  
/ 10:30AM - 1:30PM US ET

**3-Hour Full Moon  
Energy Meditation**

# Editorial

The theme of the current issue, 'Purpose of Life', is quite intriguing. While all of us have heard about the missions and visions of organisations being bandied about, as individuals, how many of us have truly pondered over our life's purpose? If you have to think about it, you can start even now.

As an entrepreneur who had steered an enterprise through challenging business cycles, I had an epiphany - just like how organisations grow and adapt to the external market situations that cause their missions to shift or evolve, even individuals can experience their life's purpose change due to life situations, unexpected encounters, and even due to serendipity. How else can you explain passionate professionals who give up their flourishing careers to pursue another activity they say is their calling?

Finding one's calling or life's purpose is truly personal, iterative and often non-linear. But when we stay tuned to what brings us alive, helps us to be in the flow, something that we look forward to, we may realise our life's mission. Meditation helps us in this journey as it helps us to be present in the moment, overcome our limiting beliefs, be self-aware and be open to new experiences.

In this issue, senior masters have shared their experiences of finding their life's true purpose or aligning themselves to their organisation's mission, which has helped them discover their life's purpose. We also share the Foundation's 3-year annual report that shows the reach and the impact of the work the Foundation has done in its mission of spreading meditation worldwide. As always, we welcome you to share your life's mission and meditation experiences with us.

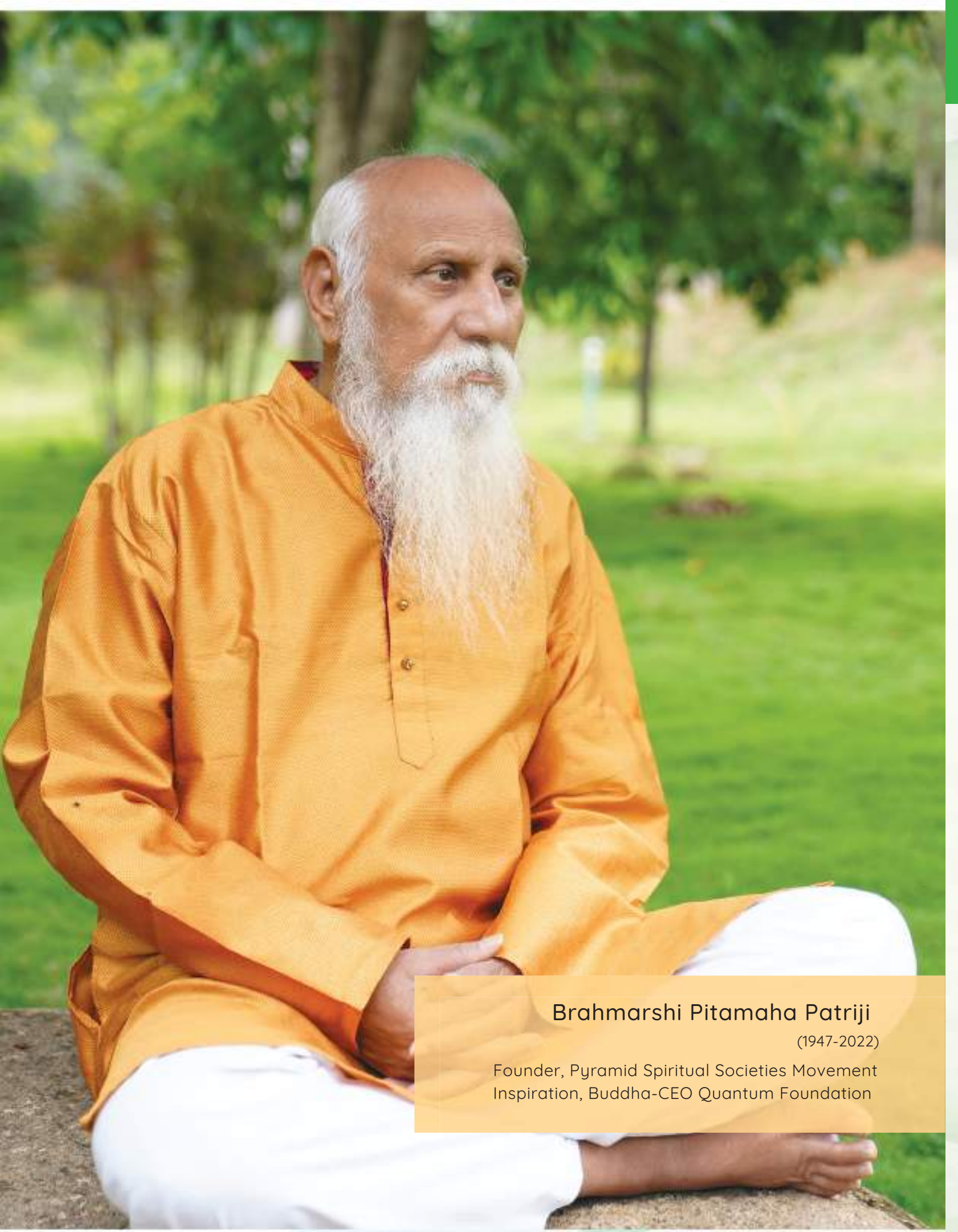
As the festival of lights is here, we wish you and your family a joyous time!

“ The meaning of life is to find your gift. The purpose of life is to give it away».  
- Pablo Picasso ”



Latha Srinivasan, an edtech entrepreneur and a software professional is from Bangalore and is a regular meditator. She has held senior roles at HCL Technologies, Oracle and Wipro.





## Brahmarshi Pitamaha Patriji

(1947-2022)

Founder, Pyramid Spiritual Societies Movement  
Inspiration, Buddha-CEO Quantum Foundation

# Grand Master's Wisdom

## PURPOSE OF LIFE

Brahmarshi Pitamaha Patriji, fondly called as Patriji, gave up his corporate career and embarked on a journey early in his life to spread awareness about meditation among people. In the early days, he would visit the homes of people to teach meditation even to a simple person; His conviction about his life's purpose to spread meditation and the ensuing zeal has made Pyramid Spiritual Sciences Movement (PSSM), the organisation he founded, a global one with millions of meditators practicing this simple meditation

An oft-raised question to Patriji was, *What is the Purpose of my Life? How do I know what is the purpose of my life? What does it mean to live a life of purpose?*

In this article, we share his thoughts on the purpose of life and how to find it.

The true purpose of life always automatically springs from the heart. It is the heart of the matter, the heart of life! Everybody's activities emanate from their core centre. For example, the purpose of life for Mahatma Gandhiji was not meditation, music or cricket but the liberation of the country. He realised the purpose of his life and dedicated his life to pursuing this goal.

Similarly, Mother Theresa's life purpose was to serve the downtrodden in the street. So, she worked for that wholeheartedly.

For M. S. Subbulakshmi and Pandit Jasraj, their life purpose was singing. The purpose of my life is to enlighten everybody about life and to clarify the particular purpose of life for any particular person.

Everyone, at some point in life, will realise their life's true purpose from the core of their heart. The purpose of life may be unclear at the very beginning. As a youngster, life will be all about happiness and success. Questions about the true purpose of life may begin somewhere midway in life.

**The true purpose of life always automatically springs from the heart. It is the heart of the matter, the heart of life!**

Everybody knows their own purpose. For a mother, the purpose of her life will only be to take care of her children. She cannot see anything else. She attends to the welfare of her children; this comes to her naturally and automatically.



Every mother knows that her purpose in life is to care for her babies, and she puts her heart and soul into caring for her children. However, as the children grow up and become independent, the purpose of a mother's life will also shift. Now that the children do not require her care, she will start thinking about what is important to her, what gives her happiness or, in other words, *What is the purpose of her life?*



**Everyone, at some point in life, will realise their life's true purpose from the core of their heart.**

You may not realise the purpose of your life immediately. As you go about your life, you will understand. You may go through a phase when there is some confusion about your existence's real purpose. You may question or contemplate what you are doing on earth. You may be happy and comfortable, but when you contemplate that you are meant for something else, when you engage in self-enquiry, this thought will lead you to your life's purpose. Gautama Buddha did not

realise his purpose in life as a prince in his father's kingdom. He left home in search of peace, got enlightenment and then fulfilled his life purpose by teaching meditation and the way of life to fellow beings.

All of us have options. In cricket, when a bowler is bowling, there are two choices: you can defend or hit the ball. You choose your option in the spot - you can either hit it for a six or defend. So what do you do? When we meditate, we get clarity on which option to take. Our intuition or the feelings in our body and heart become stronger about a specific option. This gives us the confidence and courage to choose a specific option without any wavering in our minds.

You alone can give direction to your life. Your life is what

**When we meditate, we get clarity on which option to take. Our intuition or the feelings in our body and heart become stronger about a specific option.**

you make of it. It is created moment to moment by you. Everyone is flowing with the flow of life. Every person is always right from their point of view. Everybody is learning. However, we have to realise every soul is at a different level of learning. At their respective levels, they are all dedicated, consciously or subconsciously, to furthering their knowledge to the desired next level.



You alone can give direction to your life. Your life is what you make of it. It is created moment to moment by you.

Everyone has a different purpose in life. In Japan, this idea is known as ikigai, the concept of following your joy. Once you encounter your life's purpose, you will automatically sacrifice everything else and work towards fulfilling that purpose, which will give you true fulfilment in your life. You will be really happy, and your soul's purpose will be fulfilled.

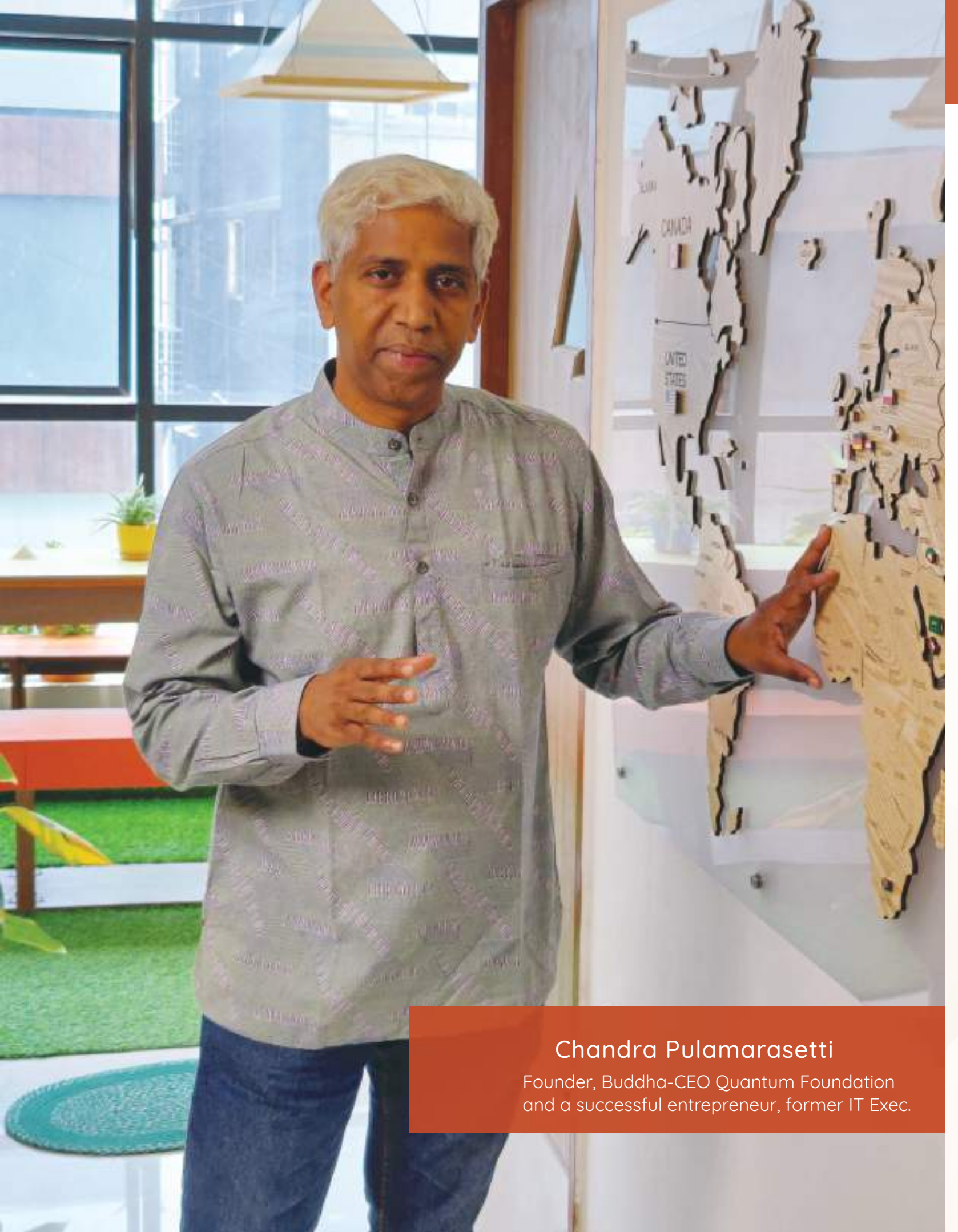
The purpose of life for any person is to live the whole life totally calmly, totally comfortably, totally passionately, totally compassionately, with full awareness and with full knowledge.

Compiled by Karthika Ravindrakumar

The purpose of every person on this earth is to regale himself/herself with the highest possible enjoyment, entertainment and enlightenment. No one needs to suffer!

- Brahmarsi Pitamaha Patriji





## Chandra Pulamarasetti

Founder, Buddha-CEO Quantum Foundation  
and a successful entrepreneur, former IT Exec.



## ALIGN TO YOUR PURPOSE TO PERFORM AT YOUR BEST!

Everything in the Universe has a purpose. The companies, communities and inventions - all have a purpose. Similarly, every person has a purpose. We do not exist randomly - this is especially true as the human body is the most intelligent system ever produced. This is called the design of an individual in spiritual parlance.

When we gain clarity of our purpose and have sufficient strength and courage to align and act on our purpose, we will be joyful and content. Meditation helps us to align with our purpose. An organisation with meditative leadership will find its purpose and meaning to contribute greatly, not only to its employees and stakeholders but also to the larger community under its CSR programs in true spirit. It will also develop spirituo-social responsibility (CSR+) to empower its employees and the communities it serves with meditation knowledge and practice.

### Purpose of your life

You can define the purpose of your life as the set of activities that bring you a deep sense of satisfaction, fulfilment and meaning. It may or may not be your primary job. For example, a sales associate in an organisation might find deep satisfaction and alignment in his work. In contrast, his colleague might do her work to meet her financial needs but find her real happiness in her practising music.

**The purpose of  
life is to learn, be  
happy and serve  
others  
At a fundamental  
level, everyone's  
purpose in life is  
to learn, be happy  
and serve others.**

Regular meditation helps you recognise that you are here to experience newness and to seek changes to whatever you are doing at regular intervals in your life. You will also find a strong desire to make a difference in the lives of others using the unique talents that you have

Brahmarshi Patriji stated, The purpose of life for any person is to live the whole life *totally* calmly, *totally* comfortably, *totally* passionately, *totally* compassionately, with full awareness and with full knowledge.

His Holiness the Dalai Lama says, "I believe that the very purpose of life is to be happy. From the very core of our being, we desire contentment. In my own limited experience, I have found that the more we care for the happiness of others, the greater is our own sense of well-being."

According to Dr Deepak Chopra, when you combine your ability to express your unique talent with service to humanity, you make full use of the law of Dharma, i.e. you are living your purpose.

### **Finding your purpose - Listen to your inner voice**

The best way to find your purpose is to listen to your inner voice, i.e. intuition. Intuitive and feelings-based actions are often long-term oriented. They have a positive effect on you and your surroundings. On the other hand, mind-based actions are short-term focused. They seek instant gratification and limit your experiences. Through meditation, you constantly receive insights about your purpose through visions, feelings and even dreams. With increased awareness, you also receive messages from people, entities

**When we remain passionate about what we do, we are aligned with our purpose, and we will indeed find joy and happiness**

and books, especially from people who connect with and care for you and from your mentors.

Working for Pyramid Valley was a great purpose for me. When I started meditation, I had a strong urge to volunteer for meditation-related service. When the opportunity presented itself, I readily accepted to be a board member for the Pyramid Valley International (PVI) Meditation Centre project. As I continued my service activities over a period of time, I felt drawn towards the larger mission of this project.

I slowly realised that my joy and learning had much to do with this project. This project became my purpose, and I started giving more time and resources to it. As a volunteer, I played many roles at PVI and experienced great fulfilment.

My professional work was my purpose too, at the same time, my passion for my technology start-up remained high. At Sanovi Technologies, we wanted to use our technology expertise to solve real-world challenges. We believed in what we were doing, and the very thought of global contribution helped us to stay inspired. All of us were aligned with the company's purpose, and we gave our best. The result was that many companies found our products and solutions very useful. Many technology organisations noticed us, and later, a large multinational company (MNC) acquired us. When we remain







passionate about what we do, we are aligned with our purpose, and we will indeed find joy and happiness. When we are happy in the moment, our manifestations take shape.

Later, I joined the acquiring MNC. However, my desire to promote meditation continued. I received messages through meditation that not only should I contribute to integrating our start-up with the acquiring company but also promote meditation at various levels. I made this as one of my core objectives. I introduced meditation to senior leadership at several events and forums along with Laurence Guihard-Joly and others. My regular meditation helped me stay aligned with my core purpose of technology innovation and spreading meditation globally. Regular practice of meditation

removes layers of unwanted desires and makes our core interests stronger and stronger.

**Even when you are not completely clear, start**

When your life's purpose is unclear, or you are not very confident, do not wait for the purpose to be revealed fully. Jump into doing something. Your intent is more important, and meditation gives strength to the intent. It is always a lack of intent that prevents one from taking action. If you have a deep desire for something, it means that you have the required skills for it, and you can fearlessly explore.

In 2019, I had a strong feeling to go into full-time meditation service, leaving behind many corporate and entrepreneurial opportunities. I deeply desired to create awareness about

meditation among leadership in organisations. Yet, I needed clarity about how to implement it. All I had was a strong intent.

With the consent of Patriji and support from Vani, I resigned my corporate job. I continued the service activities with Patriji for a few months. At the same time, I started to develop a vision for Buddha-CEO. With the pandemic, online meditation sessions became a necessity. These sessions gave us complete clarity to start Buddha-CEO work. Today, with a great purpose, the Buddha-CEO Quantum Foundation does meditation work with support from volunteers worldwide. We are proud of our journey so far, and it is deeply fulfilling.

When we have a strong intent and when we start work, we will be guided automatically.





## C.S Hanumantha Raju Datla

Past President, All India

The Institute of Company Secretaries of India (ICSI), Gol ;  
Chairman of THE PYRAMID TRUST; Advisor to PMC Channel;  
Partner, D . Hanumanta Raju & Co., Company Secretaries



# ALL OF US HAVE AN INFINITE CAPACITY TO GROW

Meditation without service is not meditation; service without meditation is not a service at all. True meditation and sincere service are the two wings of spirituality.

We appear to be finite, but we have infinite capacity to grow. For example, a seed appears to be finite, but when you plant it in the soil and add manure, water, etc, it will become a tree. A tree gives you many fruits; each fruit can become a tree again – this process continues forever. So, a finite seed can create an infinite number of trees. Similarly, each human being appears to be finite. But deep within, all of us have infinite capacity to grow.

I have applied this concept to my career. I was born in a small village; I walked 16 km daily to school and college. From this humble background, I reached

the pinnacle of my career – I was the former president of the Institute of Company Secretaries of India (ICSI) under the Ministry of Corporate Affairs, Government of India. For the past 45 years, I have been a visiting faculty too; I have taught more than 80,000 students. I am grateful that the Universe has allowed me to be useful.

The purpose of life is to be useful without expecting anything. If you expect others to even thank you for your support or service, then it becomes a business. It is said that once Jesus Christ cured ten lepers, only one out of ten thanked him. We should help others without expecting thanks. That is real spirituality. Whatever you give to the Universe without expecting anything, it will come back to you multi-fold. This is the law of Nature.

Whatever name you may use – God, Nature, Universe – you receive a lot without even asking. Consider the food you eat, the water you drink or the air you breathe! For our happiness, we should not spoil Nature or trouble it. And we should not trouble any human, creature or creation of Nature.

To live happily is the ultimate goal of spirituality. However, your happiness should not be at the expense of others, as a burden to others. Any happiness that you derive at the cost of others is not happiness at all. When you hurt someone, you may enjoy the benefits temporarily, but Nature is very powerful. Whatever you do is going to come back to you. This is why we should not cause any inconvenience to anyone or any creature.



What is the purpose of an organisation? If an organisation wants to be around for a long time, its operations should be ethical. Ethics should be followed by good governance; then, it should consider sustainability. So ethics, governance and sustainability are essential for any organisation to survive in the long run and remain relevant and profitable.

When an organisation does its business sincerely and honestly, it will bring in profits. In financial terms, profit is sales minus cost. But I think profit is a remuneration taken by the promoters or the owners. To grow their organisation further, the promoters should be ethical in their practices.

The next is good governance. The Government of India, as per the Companies Act 2013 under section 135, has made Corporate Social Responsibility (CSR) compulsory. As per the act, any organisation that has a profit of five crores and above has to spend 2% of its profit on CSR activities. But even before this act, for a very long time, the Tatas group conducted CSR activities.

### What Nature has given you, you have to give back to the Nature.

If any organisation resists giving because their team has done the work, here's

a question for them - the Universe has given free air, light, water, etc - to this Universe, you ought to return a part of your profit. When a company is ethical and complies with its CSR responsibilities, its products will sell more. Consider the Tata group of companies - they have been synonymous with ethical practices, and people have confidence in the brand and their quality. They have had profitable operations for many decades.

In the beginning, many companies thought that their purpose was sales maximisation. Next, it became profit maximisation. Today, it is customer orientation. If you have a happy customer, he may or may not refer another customer. However, a dissatisfied customer will inform many prospects not to purchase the product. So, the purpose of any organisation is to have customer orientation. And the people who deal on behalf of the organisation should have customer orientation.

Brahmarshi Patriji started the Pyramid Meditation Channel. (PMC) Today, we have PMC - Telugu, PMC - Kannada, PMC - Tamil, PMC - Hindi and some more will start.



The main objective of  
PMC is  
World- Oneness.

It is a non-religious channel – the world’s first new-age spiritual channel. Here, we talk about ahimsa, vegetarianism, building pyramids and meditation.

As a meditation practitioner, you should be a model to others with your speech and behaviour. Your speech can either motivate or can cause harm. You have to be impeccable with your speech.

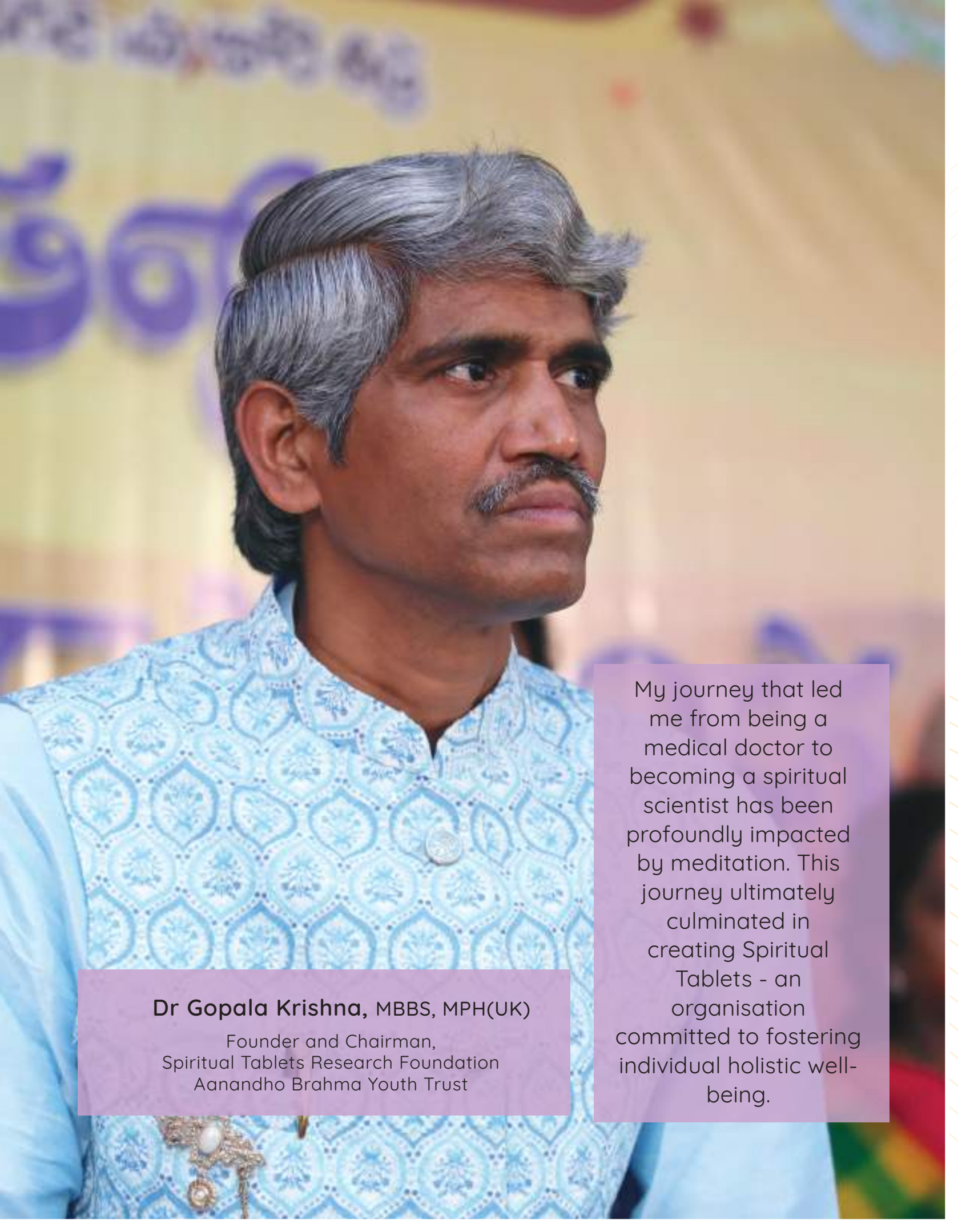
You have no right to hurt anybody or kill any creature because you are not the Creator.

The great author and thinker Bernard Shaw was a vegetarian. When someone asked him why he did not eat meat, he said he did not want to make his stomach a burial ground. Let’s say a person dies. Where do you take the body? To either the cremation ground or the burial ground. Why is it, then, when you kill an animal, you swallow it? Is your stomach a burial ground? Do consider this and become a vegetarian.

Dear masters, the purpose of our life is to live happily and not to inconvenience anybody. This is what a dhyani should do. The purpose of an organisation is to practice customer orientation. This is what PMC is doing.

I am very grateful to Brahmarshi Patriji for giving me the wonderful opportunity to serve for PMC meditation channels and several other PSSM projects. Buddha-CEO Quantum Foundation is doing great work and i wish them a purpose filled journey. PMC channels extend their full support for this noble project.





**Dr Gopala Krishna, MBBS, MPH(UK)**

Founder and Chairman,  
Spiritual Tablets Research Foundation  
Aanandho Brahma Youth Trust

My journey that led me from being a medical doctor to becoming a spiritual scientist has been profoundly impacted by meditation. This journey ultimately culminated in creating Spiritual Tablets - an organisation committed to fostering individual holistic well-being.



# SPIRITUAL HEALTH IS THE ROOT, AND PHYSICAL HEALTH IS THE FRUIT

I share the story behind my journey, the connections and synchronicities that guided me, and how Spiritual Tablets became not just an organisation but my life's purpose.

## **The Seed of Transformation - Meditation**

When I started meditation, I began to receive numerous patient referrals as a medical doctor. Many of these patients were already practising meditation but were seeking an alternative to traditional treatments, medications, and surgeries. They had high expectations of me and sought a solution that combined medical expertise with meditation's healing potential.

Having received basic meditation training and initial spiritual teachings, as a doctor, I felt compelled to address the unique needs of these patients. My clinical

experiences further reinforced the necessity to delve deeper into understanding the root causes of their illnesses and finding ways to facilitate healing without relying on external interventions. I started to observe patients closely. Through these observations and the support of nature, I gradually gained insights into the underlying reasons behind various illnesses.

In March 2003, Brahmarishi Patriji and Swarnamala Patriji inaugurated the Meditation Health Clinic. We provided spiritual training to around 1,200 individuals, of whom 750 people experienced 90% relief from their physical and emotional ailments, setting the stage for the holistic healing approach that characterises Spiritual Tablets.

In 2004, we ventured into rural areas, establishing Pyramid Spiritual Health Care at Nizam Hospital. This 25-bed hospital

was unique—it had an entire floor dedicated to a plant-based diet, meditation, pyramid power, and spiritual health counselling. Here, 80 of 270 registered patients experienced successful treatment without surgery or medication. This success solidified our belief in holistic self-healing, even in the case of serious illnesses.

In 2015, we took a significant step forward by registering Spiritual Tablets Research Foundation, as a non-profit entity. We also ventured into the online realm in 2020, making our services accessible to individuals worldwide.

## **Holistic Self-Healing**

Our treatment approach goes beyond treating symptoms, focusing on the person as a whole, to achieve lasting health improvements. Spiritual Tablets has helped patients

gain significant relief from diseases like Ulcerative Colitis, Myasthenia Gravis, Systemic Lupus Erythematosus, Haemophilia-A, Rheumatoid Arthritis, Trigeminal Neuralgia, Heart Diseases, and paediatric cases. These conditions have no permanent treatment in present health care systems, and, intriguingly, patients have found relief through meditation and Spiritual Tablets wisdom concepts.

### Unveiling Individual Purpose

As our path unfolded, a remarkable truth came to light. Each patient possessed a unique, individual life purpose waiting to be unveiled. To accommodate the diverse range of purposes our patients held, we created auxiliary branches under the 'Spiritual Tablets' umbrella. These

initiatives, such as the 'Samma Ajeeva' i.e. Righteous Livelihood Project, Aanandho Brahma i.e. Meditation through Art and Culture programs, Divine Parenting - meditation for pregnant women and children, and meditation for tribal communities, etc., were designed to cater to the multifaceted purposes of those who sought our guidance.

### A Global Movement

I realised the importance of imparting spiritual wisdom in healing patients with physical ailments. Over time, they underwent a transformative journey, experiencing relief and healing. With unwavering commitment and patience, these individuals evolved into exceptional spiritual tablet counsellors and workshop trainers. Today, with a

presence across 14 countries and a network of more than 1500 spiritual counsellors and workshop trainers, we have witnessed thousands of transformations, from chronic illnesses to terminal conditions.

### Ethos of Spiritual Tablets as an organisation

With a need for a deeper understanding of illnesses, we started a collective effort, with senior counsellors and numerous patients sharing their experiences that culminated in developing 550 wisdom capsules.





These capsules became the cornerstone of Spiritual Tablets, each containing the keys to unlocking the mysteries of illness, much like the wisdom imparted by Lord Krishna in Bhagavad Gita: *Jnanagni-dagdha-karmanam: the fire of knowledge dissolves all past Karma*. Our journey was now guided by the profound interplay between spiritual and physical health.

### The Uniqueness of Spiritual Tablets

The uniqueness of Spiritual Tablets is its capacity to harmonise physical wellbeing, mental clarity, and spiritual advancement. The approach seamlessly integrates various medical disciplines, viz Allopathy, Ayurveda, and Homoeopathy alongside meditation and spiritual science wisdom, providing a

comprehensive solution to health issues and paving the way for self-healing.

### The Heartbeat of the Spiritual Tablets is the Spiritual Tablets Framework (STF).

It revolves around the belief that genuine healing integrates physical health with emotional, mental, social and spiritual well-being. It integrates the four essential principles as shown below: .

#### A Childhood Dream Fulfilled

From my early years, I harboured a dream - to create a single tablet that could cure ailments, from the simplest headaches to the most complex cancers, without burdening patients financially. This dream materialised through meditation. Meditation, the ultimate tablet, is accessible

to all without charge. It has enabled me to provide a complete answer to all diseases and illnesses.

Our holistic approach to health and well-being, our commitment to Spiritual Science wisdom and meditation, and our dedication to the pursuit of happiness make Spiritual Tablets Research Foundation a purposeful organisation. My journey is a testament to the transformative power of meditation and the pursuit of Life's purpose.

When individuals align with their purpose, organisations can thrive with a profound sense of purpose, creating a world filled with physical and spiritual well-being.

## SPIRITUAL TABLETS FRAMEWORK



# Know Your Meditation

## Basics of Meditation - Part 6

Many meditators have questions about their practice. In this column, we strive to answer a few common questions that many ask as they continue their practice.



**Is it common to experience physical discomfort, e.g. shivering, trembling, heart palpitations, uncontrollable sneezing, etc, during meditation? What should we do when such experiences occur?**

It is normal to experience shivering (or feeling very cold), sweating profusely (or feeling very hot) or other experiences like sneezing or hiccups, etc., during meditation. Some others experience involuntary twitching, visions, heaviness, lightness, etc. when they meditate.

These energy experiences (i.e., when your body is responding to energy that you receive) are safe and should not alarm you. You sit down, relax and empty your mind, and something

happens. Stay in there, and allow your body to go through these. Over time, these experiences automatically stop.

These experiences could result from your body slowly forgetting an unpleasant memory deeply imprinted in your subconscious. Meditation helps release such memories, or it could be a part of self-healing – the result is that you become free. Stay through it – do not come out of your meditative state.

Every meditation experience is safe, as you are merely observing your breath. The key is to observe or witness these physical body experiences without any judgment or questioning.



**When I meditate, I feel intense lower emotions (anger, guilt, resentment, confusion, etc.) that I did not know existed in me. I do not know how to express these safely. Should I stop, or can I continue?**

Experiencing intense lower emotions is normal. Recognize that they are temporary and will go away on their own. Don't allow a temporary setback to discontinue meditation. Find the courage and conviction to continue your practice. Over time, you will notice that these intense emotions do not recur. Keep a journal and write down your experiences. Journaling will help you realize your progress and may reveal some answers you seek.



**I have been meditating regularly for a few months now. Yet I still experience frustration, anger, sadness, self-doubt, etc. People around me remark that meditation has not benefited me. Shouldn't meditation help us overcome these lower / negative emotions? Why isn't that happening?**

As a human being, you will experience lower emotions like everyone – anger, sadness, envy, self-pity, etc. Just because you meditate, others cannot expect you not to have such emotions. We are all work-in-progress. All emotions will be present.

The difference is that a meditator will recover from these lower emotions quickly. For example, suppose you had allowed your anger to linger on for days earlier. In that case, you will now realize that you have recovered much more quickly within a few hours. With sustained practice, you will notice that you bounce off from lower emotional states within minutes. Regular meditation will allow you to process lower emotions safely. It will also improve your self-control and decision-making skills, apart from reducing the negative effect

of withholding these lower emotions over a long time.



Compiled by: Latha Srinivasan



# Business Leaders Speak



***Srinivas Ankareddy***

*Vice President  
Bank of America, LA,*

I live in the Los Angeles area with my wife, Sridevi. Both my children (Aneesh, 22 and Nitin, 19) are in college pursuing their undergraduate degrees.

I heard about meditation for the first time from Chandra fifteen years ago but did not pay much attention to it then. Sometime later, I attended a 9-week Dr Ornish program at UCLA Health. As a part of that program, I learned how to meditate. However, I was not consistent with my practice. During the pandemic in 2020, Chandra introduced me to Buddha-CEO's 40-day programs. I attended many such 40-day programs and have been meditating regularly since then.

I was drawn into meditation mainly to manage stress and improve my health. Am I under stress? Where is the stress coming from? Is this normal based on my work and responsibilities at home? How do I know when I am stressed? What can I do about it? I used to struggle with these questions quite a bit. Buddha-CEO programs helped me clarify all of these. I increased my self-awareness after attending these programs; my regular practice helped too.

Earlier, I used to have a lot of fears. If something did not go as I expected, I used to overthink and project worst-case scenarios and worry too much. Work events like projects not going well, missed deadlines, budget issues, and differences between teams used to cause quite a bit of stress. I used to dwell on the past and worry about the future. Now, I am more mindful and conscious of my thoughts and feelings.

With regular meditation, I let go quite easily and quickly now. I attempt to live the 4

agreements - Be impeccable with your words, Don't take anything personally, Don't make assumptions and Always do your best. I have read many books that the Buddha-CEO programs recommend and have facilitated book club sessions too. Facilitating book clubs helps me implement some of the concepts more effectively in my spiritual journey. As part of Buddha CEO programs, I listen to experiences from many masters and also have shared my experiences. These experiences sharing has helped me immensely.

**Every time  
you listen to  
somebody, you  
reflect on what  
you heard and this  
helps to connect  
the dots in your  
experiences.**

My relationships at work and home have improved a lot. Now, I approach every interaction at work differently.



Assuming positive intent has become second nature. Things like *We are all one, part of one team, Everybody is trying to do their best based on their circumstances, and not judge people based on their past* help me to see things in a new light and reduce or eliminate the negative emotions. Also, I interact with my children more as a friend now and focus on how I can enable them in the present moment.

When I look back, I realise that I had been experiencing constant low-level stress for many years. I used to struggle with making decisions. I had

many fears and other negative emotions, and they had an impact on my health and overall emotional wellness. Concepts like *Where your attention goes, your energy flows, Thoughts create reality, How you think and how you feel create your state of being, and Get over your body, environment and time...* have a profound impact on me.

Recently, I came across an opportunity to attend one of Dr Joe Dispenza's week-long retreats. Attending weeklong retreats is a great way to accelerate your journey and manifest your goals.

I highly recommend Buddha CEO 40-day programs, 3-day manifestation workshops and Advanced meditation retreats. Meditate daily, read books regularly, listen to other people's experiences, share your experiences and volunteer. All these will help us to change for the better.

I am deeply grateful to Chandra for re-introducing me to meditation. Special thanks to Suji Nair - my first 40-day program facilitator, who answered all my questions patiently and helped me in many ways at the beginning of my journey.





## Join Us in Our Mission

"I am endeavoring to see God through service to humanity, for I know that God is neither in heaven, nor down below, but in everyone."

- Mahatma Gandhi

Our heartfelt gratitude to all donors who have made monetary contributions to the Foundation. Most of our programs are FREE and we are happy to carry out these activities with the active and thoughtful support from the donors.

### Sponsor Options

Bronze sponsor  
₹ 25,000 / \$ 400

Silver Sponsor  
₹ 50,000 / \$ 800

Gold Sponsor  
₹ 1,00,000 / \$ 1600

To Sponsor Visit:

[www.buddhaceo.org/donate](http://www.buddhaceo.org/donate)



## Gratitude to Our Sponsors

### Gold Sponsors



**Harish Joshi**  
Bangalore, KA



**Srinivas Reddy Punur**  
Bangalore, KA

### Silver Sponsors



**Latha Srinivasan**  
Bangalore, KA



**Suman Khanna Agarwal**  
St. Louis, USA

### Bronze Sponsors



**K.V Krishna Kanth**  
Saudi Arabia



**S. Nanaji Rao**  
Abu Dhabi, UAE



**Pankaj Shah**  
Nepal



**Ranjana Patel**  
New Jersey, USA



**Savitha Reddy**  
Bangalore, KA



**Smitha Gordia**  
New Jersey, USA



# Business Leaders Speak



**Rajeshwari Mutham**

*Software Director,  
Austin, USA*

I live in Austin, Texas. My husband and I are proud parents to a 16-year-old daughter and an 11-year-old son. I have been practising meditation for the past four years. In 2019, I developed health issues; I experienced trouble with acid reflux. Meditation helped me feel better, and my health improved significantly within a few months. This positive change motivated me to share the benefits of meditation with others.

In March 2020, I had the privilege of meeting Chandra sir and joining his meditation sessions. Chandra sir's teachings have had a profound impact on me. I appreciate his thorough explanations. The books recommended by Buddha-CEO have deepened my understanding of various

concepts, explaining why meditation is so beneficial.

I switched to a vegetarian lifestyle in March 2020, which heightened my compassion for animals. Before my meditation journey, I wasn't particularly fond of dogs. Now, I have a dog at home who has become an integral part of my life.

I also derive joy from reading spiritual books. When swamped with tasks, sometimes I feel fatigued and become upset or emotional when interacting with people. To maintain my calm and composure, I take short meditation breaks before important meetings and starting tasks at home.

These breaks complement my regular morning and evening meditation sessions.

I have witnessed some remarkable positive changes in myself. I've become more optimistic, my creativity has blossomed, and I've found it easier to balance my work and personal life. Since childhood, I've believed that if I truly desire something, I can make it happen. However, attending Chandra sir's manifestation sessions has deepened my understanding of how to manifest our desires and how our thoughts can shape our reality through visualization techniques.

I'm deeply grateful to Chandra sir, Vani ma'am, and the entire Buddha-CEO team for this incredible opportunity. Thank you all for being part of this amazing journey toward self-discovery and enlightenment.





**Buddha-CEO**  
*Quantum Foundation*

**Free Entry**

A 40-Day Online Scientific Program  
for Leaders & Aspiring Leaders

# Excellence through **MEDITATION**

**Stress Relief | Connect | Growth | Clarity**

**Jan 22<sup>nd</sup> - Mar 1<sup>st</sup>, 2024**

**6:00 - 7:30 am IST | 8:30 - 10:00 pm EST**

**Visit us at:**  
**[www.buddhaceo.org](http://www.buddhaceo.org)**

**+91 96069 57285**  
**+1 (314) 640-4196**





# Transformation and Excellence through Meditation

3 Year Report: Apr 2020 - Mar 2023  
Buddha-CEO Quantum Foundation



**Buddha-CEO**  
*Quantum Foundation*



# Our Deepest Gratitude

## Message from the Founders

Dear Friends,

In 2020, we established the Buddha-CEO Quantum Foundation with a singular purpose: to share the profound teachings of our grandmaster, Brahmarshi Patriji, the Founder of the Pyramid Spiritual Societies Movement. Patriji instilled in us the invaluable lesson that life is inherently simple and can be profoundly fulfilling through an understanding of Spiritual Science and the practice of Meditation.

Patriji demystified Spiritual Science, offering practical wisdom through real-life examples, guiding us on how to live, think, speak, act, express, and embody unconditional service. Patriji emphasized the importance of "spirituo-scientific understanding".

Our mission is to spread this wisdom globally, and we integrate modern science concepts. We've seen the universal applicability of the joyous and barrier-breaking life that people experience, transcending divisions of caste, creed, religion, and nationality.

Good intentions attract immense support from the Quantum Field of Intelligence. Since inception to Mar 2023, we've hosted several meditation programs, including the flagship 40-day programs, youth programs, and corporate sessions, transforming thousands of people. We are grateful for publishing two books namely "Patriji Answers" and "The Miracles of Meditation", and a corporate magazine. We're building global Buddha-CEO chapters to promote meditation in organizations and communities worldwide.

We continue to empower leadership in corporations, education and health sector, government, and global organizations to introduce meditation and spiritual governance, fostering empowered lives, global peace, and harmony.

Our deep gratitude to Padma Shri D. R. Kaarthikeyan, Dr S.V. Balasubramaniam, Padma Shri Dr R.V. Ramani, Dr. Newton Kondaveti, Shri K.Ramasamy, Shri Ganesh Mathur, Shri Shreans Daga, Shri Sai Krupa Sagar and all our wellwishers. Special gratitude to Smt. Swarnamala Patri. We extend our heart-felt thanks to several Buddha-CEO volunteers and pyramid masters worldwide who joined our mission.

With gratitude and commitment,

Chandra Pulamarasetti  
Founder

Laurence Guihard-Joly  
Co-Founder

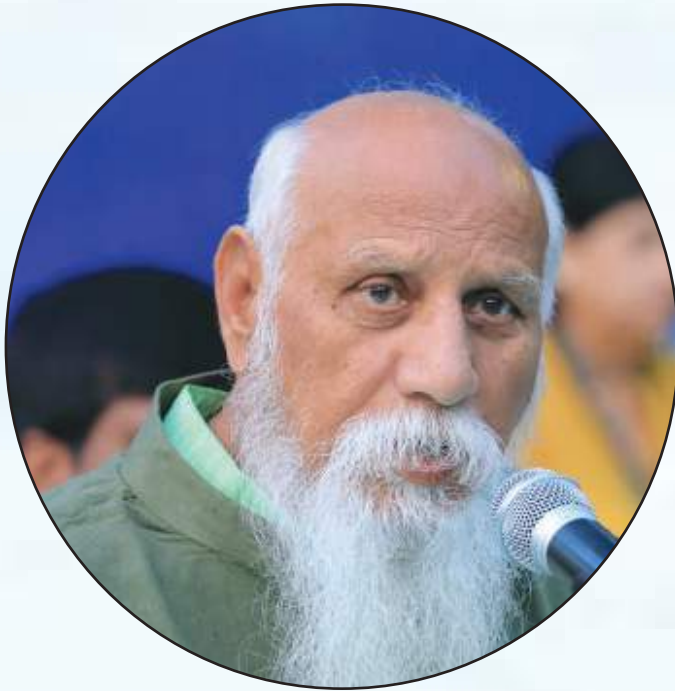
Vani Chandrasekhar  
Co-Founder



# Brahmarshi Pitamaha Patriji

## Our Inspiration

3-Year Report



### **Brahmarshi Pitamaha Patriji**

Founder, Pyramid Spiritual Societies Movement

A leader should be a ladder and support others to reach greater heights. People become leaders when they become spiritual. The word 'quantum' refers to the science of infinite possibilities. We have infinite possibilities when we think, when we see and when we speak. What we think, see and speak decides our reality. I want every CEO to become a Buddha-CEO so that the world benefits.

Every organisation, every family, every community, every business has a chief executive officer (CEO). Every CEO must remember the saying 'yatha raja thatha praja', which means 'as is the king, so will the rest of the community members be'. Raja means king, so he is the CEO of the kingdom. So, the growth of the king is vital for the community's growth. So, who is the right CEO? A Buddha. A Buddha is an enlightened person who

knows everything about everything. Such a person should become the CEO of any family, community, organisation, business, corporation, or nation.

A Buddha-CEO always follows "Yogaha Karmasu Kaushalam". Yoga is meditation, Karmasu is action, and Kaushalam is efficiency. In any action you perform, you increase your efficiency through meditation. You want more efficiency in everything you do. If you are leading now, you must be a better leader tomorrow. This constant growth will happen through the regular practice of meditation. Growth is eternal. Fine-tuning the consciousness is an eternal process. You are supposed to become the most efficient person in your organisation as a CEO, which will happen through meditation.

The Buddha-CEO Quantum Foundation will inspire a worldwide revolution in the corporate sector. The corporate sector should move from 'Corporate Social Responsibility' to 'Corporate Socio-Spiritual Responsibility' so everyone in the corporate world is happy, contented and responsible. This shift can happen only through meditation; employers should ensure their employees meditate regularly. This is the goal of the Buddha-CEO Quantum Foundation.

# Messages



## Padma Shri D.R. Kaarthikeyan IPS (R)

Former Director, CBI, Former Director General, NHRC.  
Mentor - Buddha-CEO Quantum Foundation.

Meditation as a discipline is gaining prominence in the recent years. People across all walks of life, have been adopting meditation to train the mind and to connect to their inner power. This has been seen to bring miraculous results to one's life including physical health, mental health, emotional health, social health, financial freedom, environmental consciousness and purposeful life.

Brahmarshi Pithamaha Patriji, Founder of Pyramid Spiritual Societies Movement, simplified the meditation technique so that it can be easily adopted by everyone. Patriji combined it with Swadhyaya (Study of Spiritual books) and Sajjana Sangatya (company of like minded people) to bring real transformation in every individual. Inspired and trained by him for over 20 years, Chandra and Vani co-founded Buddha-CEO Quantum Foundation along with another committed spiritual master Laurence Guihard-Joly to provide transformative meditation wisdom to empower organizational leaders, employees, officers, youth and communities alike, all over the world.

The Foundation has its philosophy and practices rooted in science and the techniques are independent of religion/faith. As the participants practice breath-mindfulness meditation (also referred as Ana-apana-sati), they get inspired, develop their spiritual quotient, and build harmonious environment at work and in their communities.

Till-date, thousands of participants have attended and benefitted from the programs organized by the Foundation, spread across dozens of countries. Chandra & Vani have been travelling around the globe, visiting several cities across USA, UK, UAE, and India, encourage meditators to form local communities and have conducted many FREE meditation programs.

I am impressed with the dedication with which Chandra and his team of active volunteers are taking the vision of Patriji forward towards establishing a Spiritual World. I wish them very best to carry out the mission in the years to come.





**Dr. S. V. Balasubramaniam**

Chairman, Bannari Amman Group of Companies,  
Mentor - Buddha-CEO Quantum Foundation.

All spiritual masters like Brahmarshi Patriji, Founder of Pyramid Meditation have propagated that the only solution for mankind to solve all the problems encountered in their life cycle is by way of practicing Meditation. You don't have to pay for practicing Meditation but the price and benefit we get is priceless and invaluable.

What we expect in our life is to live happily and we want the entire World to live in peace and tranquility. This will be possible only if we are physically fit and mentally alert and happy. The only scientific tool that can achieve this goal is practicing Meditation.

I wish to congratulate Mr Chandra for making people, whether rich or poor, to understand the importance of Meditation and how it benefits people physically, mentally and spiritually.

In a matter of 3 years from inception of Buddha CEO Quantum Foundation, the amount of progress that Mr. Chandra has made in propagating the practice of Meditation not only in India but also globally is appreciable. We have to recognize and felicitate him for his sacrifice in leaving his lucrative IT product development business and opting for the divine work of preaching the practice of Meditation.

Sincerity, hardwork, perseverance are qualities for succeeding in life. But if you want to excel in life, you have to work for it. Meditation is a way to achieve it. Meditation is not a luxury. It is a necessity if we want to live well. Meditation is the greatest gift one can give to oneself.

All the Scientists say one common feature i.e. when they attain blissful mode, then only they get the intuition to invent newer findings. Einstein use to play musical instruments to attain blissful mode. Dr. Abdul Kalam used to play Veena at 5.30 AM. Mathematical Genius Ramanujam said he worshiped with Mantra and Goddess Saraswathi gave answers to his queries. One of the simplest ways to get a blissful state is Meditation.

Love, gratitude and happiness are essentials of life to enjoy. Positivity, clarity of mind, increased level of energy, creativity and innovation are resultant factors of Meditation. I wish Mr Chandra and his devoted team a glorious future in their aim of taking Meditation as a daily practice by mankind all over the World.

# Messages



## **Padma Shri Dr. RV Ramani**

Founder and Managing Trustee, Sankara Eye Foundation  
Mentor - Buddha-CEO Quantum Foundation.

Five thousand years of continuous civilisation of Bharat has left behind several legacies. One such Treasure which paves the way for the physical, mental and spiritual harmony of every single individual is Yoga and Meditation. This Treasure trove created by ancient Yogis and Rishis has been brought to light, thanks to the initiative, commitment and perseverance of Buddha CEO Foundation and Mr. Chandra.

Under the guidance of his Guru Brahmashri Patriji, Mr. Chandra has established Buddha CEO Foundation 3 years ago. His passion in spreading the science and art of meditation is amazing. With a small beginning in Bangalore, today he has spread this life science not only across India, but also around the World.

Chandra had a dream, a big dream. Passion and hard work had helped him and his colleagues to make the dream into reality. Day after day throughout the last 3 years, he has conducted virtual events in the mornings and evenings. Technology has helped him to reach out to thousands of people, young and old, Rural and urban. If today there are several thousands, who are religiously practicing meditation it is all because of the massive efforts put in by Chandra and his Team.

Meditation as all of us have understood and experienced fine tunes the human system. It brings in the harmony within, for us to manifest our best outside. It is gratifying to know that Mr. Chandra in his lecture series often stresses the importance of Vegetarianism for the good of Humanity. He has simplified meditation so that it becomes easily practicable for everyone. The way he has provided the support of soft music in the background while practising Meditation has resulted in wider acceptance .

On this day when Buddha CEO Foundation is celebrating successful completion of 3 years, I would like to express my sincere appreciation to Mr. Chandra, Mrs. Vani and the entire Buddha CEO Quantum Foundation. We are all grateful to this vibrant team for enabling the transformation through meditation.

Praying to Lord Almighty to shower His Blessings on the Foundation and its service to humanity.



# Messages



**K. Ramasamy**

Chairman, Roots Group,  
Managing Trustee,  
Integral Yoga Institute,  
Coimbatore.

Meditation has been an integral part of India's cultural heritage for centuries. Today, it's a global topic to instill discipline and tranquility within one's life. This legacy has been passed down by sages and saints through generations. Our Brahmarsi Patriji has also emerged from this lineage. Through his simple breath-watching technique, he has guided numerous individuals in alleviating the strains of modern life. Our gratitude to him runs deep.

Regular meditation is recognized for its ability to alleviate common ailments and instill a sense of balance, which, I believe, is an invaluable gift in today's world of stress and complexities. Buddha-CEO Quantum Foundation has undertaken remarkable efforts to spread the message of meditation with scientific wisdom. In just three years, it's heartening to witness its substantial impact on thousands of lives through insightful wisdom and potent music meditations. I sincerely hope that the Foundation will persist in supporting eager beginners and devoted practitioners.

I extend my best wishes to Chandraji and the team for making Patriji's legacy accessible to the world.

Meditation and centering the mind, body, and soul has been a movement gaining increasing popularity over the last few decades. There have been many individuals who have brought the meditation to the general public and used their platform to raise awareness and educationally inform proper meditative practices.

One such influential person is Mr. Chandra Pulamarasetti, Founder of the Buddha-CEO Quantum Foundation. Through this foundation, he has created numerous programs that people from all around the world can freely attend. Mr. Chandra has kindly transcended his knowledge and passion to thousands of people, who have not only come to enjoy meditation as an outlet for themselves but have also had life changing transitions, be it relief from some illness or an advancement of success in their personal / career journeys.

I wish Mr. Chandra and the Foundation all the very best in taking the current material world to a world of peace and harmony.



**Ganesh Mathur**

G4 Diplomat  
United Nations - The World Bank Group,  
Washington D.C. USA



## Objectives of the Foundation



### To teach meditation

Conduct foundational and advanced courses on meditation, including meditation coach programs



### To publish meditation literature

Publish meditation related content, in print and multi-media formats, in many languages



### To build active Buddha-CEO communities

Form Buddha-CEO communities globally to meditate, inspire, share and serve



### To establish meditation training centers

Establish Buddha-CEO chapters globally to propagate the vision of the Foundation, including a world-class university focused on corporate meditation curriculum.



## OUR VISION

To build a world full of leaders who are meditative, compassionate and purpose driven for a harmonious and fulfilling life for everyone on the Planet Earth.

## OUR MISSION

To empower business and organizations leaders, entrepreneurs, aspiring leaders (including students) with scientific meditation wisdom.

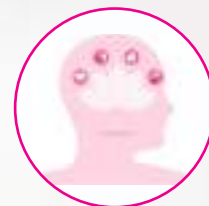
## Spirituo-Scientific Mindset

In the context of businesses, A spiritual-scientific mindset embodies these concepts.



We are “energy” at our core and connected to each other deeply

We create our reality through our thoughts and feelings.



The world has abundance of resources for everyone

A deeper universal intelligence that helps us to be our best in every situation



A 'spiritual-scientific' mindset means being wiser than sticking to beliefs and biases. It gives purpose, stops greed and the need to wield power. This kind of leader uses resources for maximum good – for their organization, team, community, and the world. They're like 'Buddha-CEOs'. When leaders transform with meditation, they positively propagate the above ideas to their teams and communities.

# The Need for the Foundation



## For Communities

Communities help individuals and organizations grow. Meditation benefits everyone in the community – homemakers, seniors and others by making them more mindful. This boosts awareness, positivity, and support for eco-friendly actions.



## For Leaders

Good leaders exhibit high energy, clear vision, empathy, self-awareness, and responsibility to their surroundings. Being rigid, excessively using authority, or caring only about goals doesn't build trust or creativity. Meditation helps leaders develop a 'spiritual-scientific' mindset and understand themselves, their body-mind, and their surroundings.



## For Organizations

All organisations - government, businesses, non-profits - have an impact beyond their work and that includes employees' families and local communities. Their success is affected by internal and external factors. Meditation aids organisations in comprehending these challenges and creating solutions to achieve their goals.

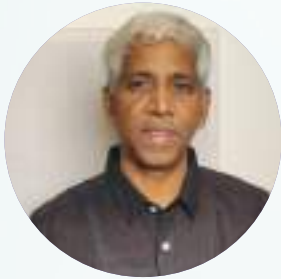


## For Youth

The youth of today will be future leaders. If they learn meditation early, they will have happier lives from a young age. When schools teach meditation, these benefits also go to students and the youth, who will lead tomorrow. Teaching students a 'spiritual-scientific' mindset is a big chance to transform individuals, society and the economy.



# Founders & Trustees



## Chandra Pulamarasetti

Chandra Pulamarasetti, Founder and Managing Trustee of Buddha-CEO Quantum Foundation, is a successful entrepreneur, former Vice President at IBM Corporation, transformational meditation coach, and board member /advisor of few non-profit organizations including Pyramid Valley International, Bangalore. Inspired and deeply transformed by the teachings of Brahmarsi Patriji, he has studied several masters from East and West. He has been practicing meditation for over 20 years and shares the dream of Patriji that everyone becomes a meditator.



## Laurence Guihard-Joly

Laurence Guihard-Joly, Co-Founder of Buddha-CEO Quantum Foundation is an experienced Senior General Manager who successfully managed multiples large global organizations in the Information Technology sector. Based in New York until recently, Laurence was General Manager at IBM Services, as well as Corporate Sponsor of Mindfulness@IBM. After introducing and teaching meditation to thousands of leaders and professionals, she decided to settle in France and devote her time to teaching Meditation and Mindfulness in the corporate and academic world, as well as to engage in other Meditation initiatives.



## Vani Chandrasekhar

Vani Dadi, Co-Founder and Trustee of Buddha-CEO Quantum Foundation is a senior meditation master, an experienced spiritual counselor, and a harmonious homemaker who attributes her abilities to her spiritual way of living. She feels grateful for imparting spiritual education to her children, her extended family and community. She is a Founder of SoulTrends Meditation Studio and is an advisor to Chandrasekhara Mahaswamy Pyramid Center. She has been a long time meditator and is passionate to take meditation to everyone.



## Rakesh Jalumane

Rakesh Jalumane, Trustee of Buddha-CEO Quantum Foundation is a Meditation Coach, an Entrepreneur and ex-delivery director at Cognizant with over 25 years of experience in the IT industry. He has been practicing Breath-Mindfulness meditation since 2020 and has seen significant transformation in all areas of his life. He actively teaches meditation to corporate employees, leaders, and aspiring leaders through Buddha-CEO Quantum Foundation.

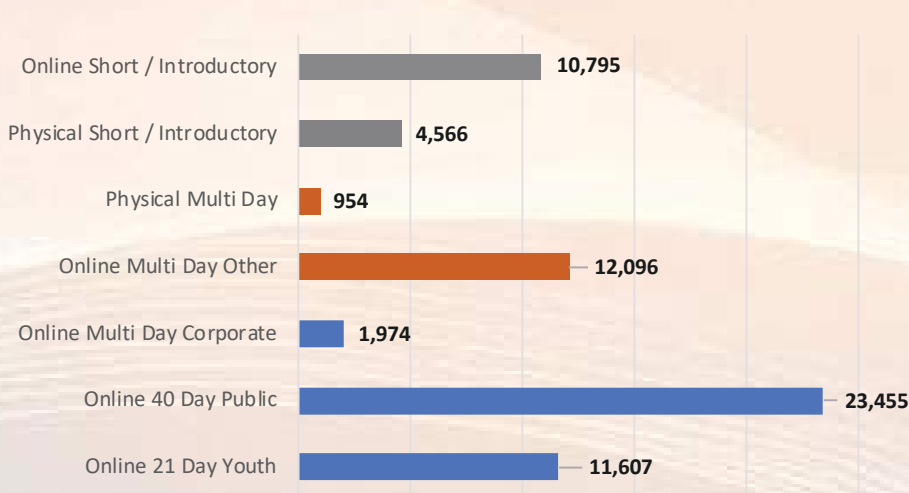
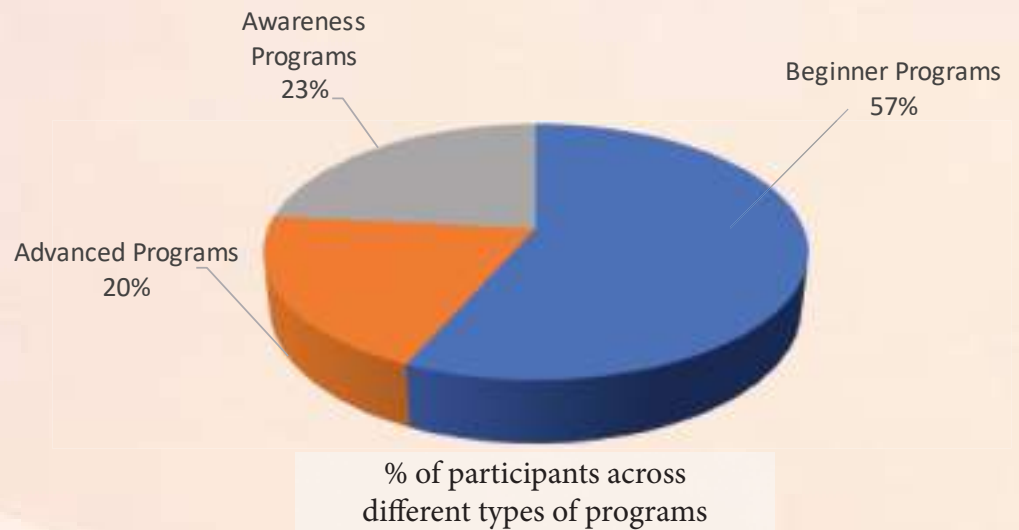
# Impact and Reach

The Buddha-CEO Quantum Foundation started its work in July 2020. It brought relief, hope and positivity to thousands of people across the globe. Several leaders, professionals, senior citizens, parents and students could participate in the online and offline meditation sessions. The bouquet of programs - the 40-day, 21-day, 3-day and others for corporates, manifestation workshops, 5-day intensive meditation workshops, wisdom sessions by senior masters, physical retreats, et al. ensured that there was something for everyone - people who

were hard-pressed for time, the sceptics, the early adopters and the faithful followers. Truly, Buddha-CEO guided everyone towards self-transformation. Currently, the reach, span and frequency of programs from Buddha-CEO are remarkable. As per Brahmashri Patriji, meditation must be accompanied by swadhyaya (study of spiritual books) and sajjana-sangathya (being in the company of enlightened masters). As a platform, Buddha-CEO offers participants all three in abundance.

## 'Global Reach' - Over 100,000+ individuals from 35+ countries

During Apr 2020 to Mar 2023, the foundation positively enhanced lives of over 65,000 people directly and many thousands indirectly.

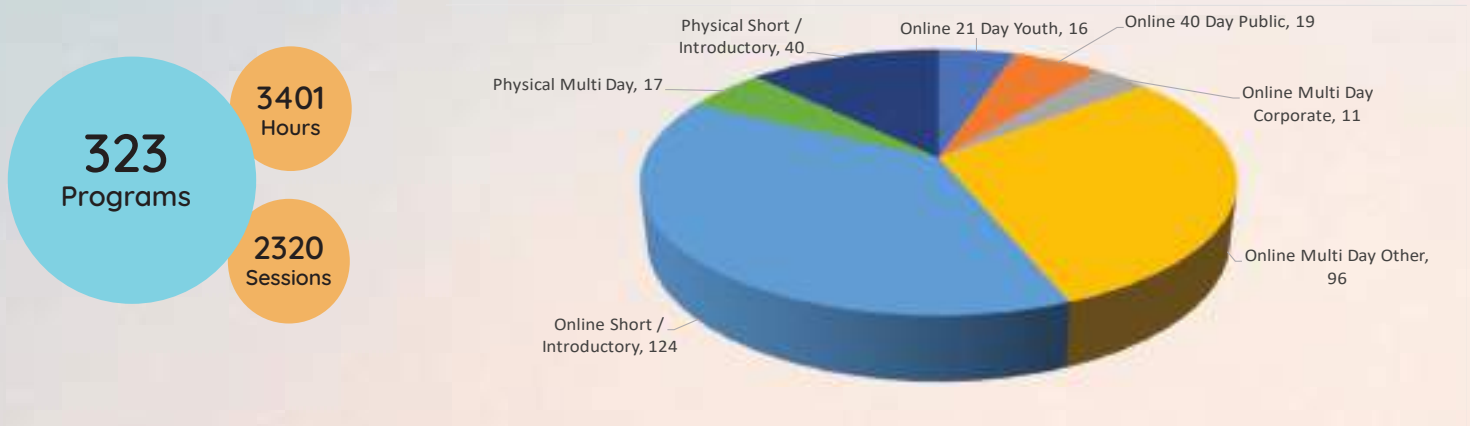


Participant counts across different programs



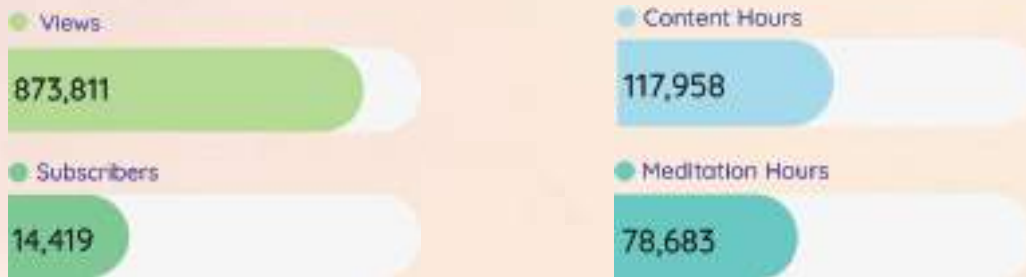
# Impact and Reach

During Apr 2020 to Mar 2023, the foundation conducted 323 programs of which 46 are multi-week transformatory programs

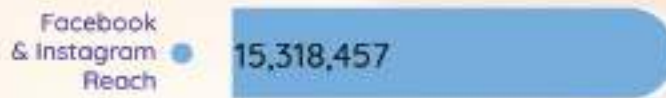


The Foundation established connections through email, WhatsApp, Facebook, Instagram, LinkedIn, and traditional word-of-mouth approaches to create awareness about meditation. It manages two YouTube channels. Subscribers are growing rapidly and the content is organized into easily accessible playlists.

## Viewership



## Awareness



Transformational Experiences



Program Recordings



Guided Meditations



Concepts & Master Classes



# Overview of Programs

The Foundation offers various programs to help individuals, communities and corporates reap the benefits of meditation.

## Flagship 40-Day Program

The flagship 40-day transformation program, the brain-child of Master Chandra, ensures that beginners start their meditation journey in the correct way. The program is free, offered online and is open to people from all walks of life. Master Chandra himself leads this program. He shares spirituo-scientific wisdom about meditation, physical and emotional health, relationships and manifesting a better future. The program is also supported by committed volunteers, who are senior masters themselves. Weekly experiences sharing, masterclasses and sharing by corporate leaders on weekends are the highlights of this program. The exciting aspect of this program is the trans-generational nature of the participants - children as young as six to 80+ year old people attend the sessions. All are able to relate to the wisdom sharing and practice meditation, making this program one-of-its-kind.

## Daily Practice Support

The Foundation provides daily Prana sessions to support the continuation of their practice after the completion of the 40-day or 21-day programs.

## Book Clubs

The book clubs and the discussions that run along side the 40-day program give a taste of wisdom from masters around the world. Wisdom Notes and suggestions for books to understand meditation are shared in the various WhatsApp groups supported by senior meditators.

## Programs for Youth, Corporate and Senior Citizens

Programs for youth are hosted and facilitated by young masters who are senior meditators. Separate programs have been conducted for students in their colleges or schools and for professionals at their workplaces. Senior citizens have their sessions during the day to enable many to join. In addition, the Foundation has specially curated programs for corporate professionals.

## Advanced Programs

For the senior meditators, physical retreats and intense meditation sessions help them move along their meditation journey. The tenor and impact of these programs match the flagship program in their content and delivery. Special 5-session manifestation programs assist participants in visualizing and manifesting their professional and personal goals. The coach program enables senior meditators to become coaches and teachers.



(A 3-week online program)

## Meditation for Confidence Clarity & Manifestation

06:30 PM - 07:30 PM IST (India)

Visit [www.buddhaceo.org](http://www.buddhaceo.org) for the latest schedules

Register @ [www.buddhaceo.org/upcomingprograms](http://www.buddhaceo.org/upcomingprograms)

+91 96069 57285



# Corporate Programs

For corporates, institutions and governmental bodies, the Buddha-CEO Quantum Foundation offers standard 2-week, 3-week, 6-week and custom duration meditation programs that help participants to gain health and energy, positive mindset, greater personal resilience, increased emotional intelligence and engagement, and peak performance through personal transformations

The 2022 Gallup study indicates that significant improvements are needed in employee engagement at workplace and personal well-being. Workplace engagement directly enables growth and innovation, while personal well-being is the foundation for

long term association. Meditation and mindfulness programs significantly increase these parameters.

Targeted at leadership and employees alike, these meditation and mindfulness programs are based on modern sciences including Quantum Physics, Neuroscience and Epigenetics that scientifically explain the various processes and benefits of meditation. Several business houses and corporates have signed up for the Foundation's programs for their employees. Introductory programs have been conducted at hospitals for doctors as well as patients.



**Practice Mindfulness with us**

**We share our experience and success stories,  
We Listen to Yours!**

**Call us for corporate programs - +91 96069 57285**

**Easy, Scientific, Non-Religious, Not-for-Profit**

# Catch them Young

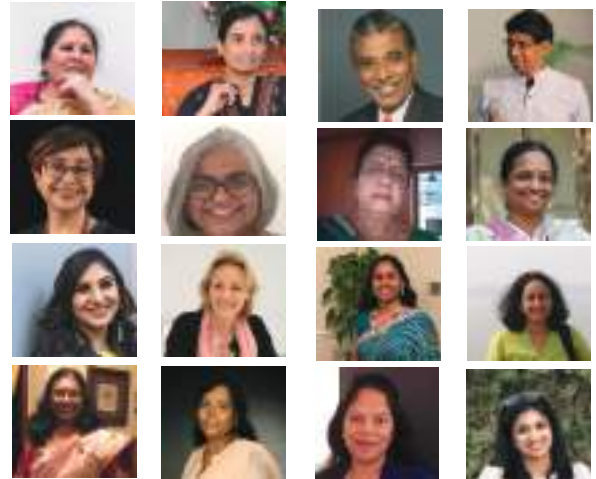


To align action with the vision, the Foundation has conducted 16+ three-week transformation programs and dozens of physical introductory sessions for thousands of youth during this period. Over 10,000+ graduating students and youth went through the transformation programs and found immense benefits. Over 15,000 graduate and undergraduate students were taught meditation in their institutes across several cities and towns in India including in Bangalore, Mangalore, Mandya, Coimbatore, Chennai, Pune, Visakhapatnam and Anapalle. These events were facilitated by volunteers and have been welcomed by educational institutions. The Foundation plans to further its work to hundreds of thousands of youth in the coming years.

## Special Events

### International Women’s Day 2022

Buddha-CEO celebrated the infinite potential of women on the occasion of International Women’s Day on Mar 8th with an 11-day online meditation program. This program was an inter-generational event where women of all ages across the globe connected & conversed without judgments. The program aimed to educate women to use mindfulness and meditation to deal with everyday challenges and realize their true potential.



### 1 million : 1 hour : 1 consciousness

If we can conceive a peaceful world in our mind and our heart believes in this vision, we can together make it a reality. This event emerged from this understanding to harness the innate power within each one of us to create the ideal world free from hate, war, poverty and violence. The Foundation has been conducting this monthly event with a global peace meditation, on the 21st of every month since 2022.

Be the change you want to see in the world! - Mahatma Gandhi

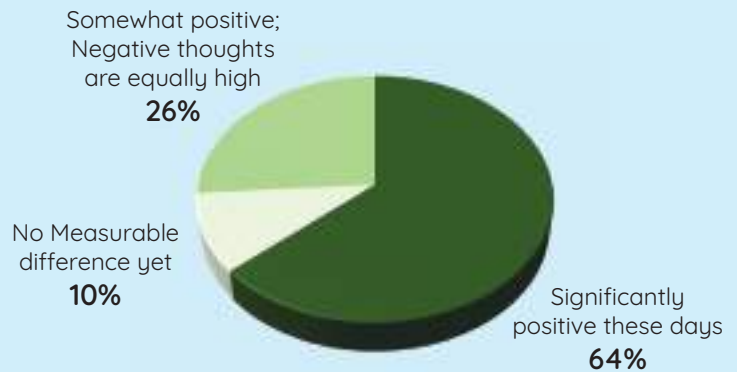


# Our Research: > 85% Impact

Buddha-CEO Quantum Foundation carries out research on the impact that breath mindfulness meditation has on the participants through regular self assessment surveys. Our research findings indicate that 85% of the participants are becoming more creative, intuitive, risk taking, friendly, energetic, productive and healthy.

## 90% Positive Outlook

90% of the participants have become more positive with 64% reporting to have become significantly positive. Positive attitude helps us become more creative, growth oriented and innovative.



## 94% Better Expression of Emotions

94% of the participants have been able to better manage their emotions, i.e., they are able to reduce their emotional outbursts, less critical of themselves and stay with higher emotions such as love and gratitude through the day. For organizations this also means people become more empathetic better listeners and collaborate better with each other.

## 91% Less Fear

Fear is the biggest barrier for our growth and achieving our goals. 91% of the participants have observed their fear reducing through the course of the program. Reduced fear helps them take better control of different situations without panic. They feel secure and become more practical in their day-to-day situations.



## 85% Better Sleep & Health

85% of the respondents reported that their sleep pattern is getting optimized. 68% of the participants responded that they are seeing improvements in their physical health with 37% seeing specific ailments either being healed or in the process of healing. Physical health and better sleep means improved productivity.



# Nurturing Communities

One of the key activities that the Foundation has been focussing on is towards establishing local communities. These communities serve as a platform where meditators can meet regularly in person, do group meditations, share experiences and knowledge from books and help towards getting more and more people introduced to the Breath Mindfulness Meditation. A core objective is to create awareness and introduce meditation to leadership and influencers in all walks of life in their local areas.

To keep their practice going, many dedicated volunteers are establishing local Buddha-CEO

chapters. These passionate individuals have greatly benefited from the programs and are eager to share the joy of meditation.

Buddha-CEO communities are forming in several cities in India, USA, UAE and few other countries. The groups in Bangalore, Delhi, Pune, Chennai, Vizag, St. Louis, and Dubai are very active, while many others are increasing their activity. These communities participate in physical events in their respective cities and leverage those to help spread awareness and techniques of breath mindfulness meditation.



Enrol in our  
Corporate Meditation  
Courses on



Meditation for  
Personal Resilience &  
Peak Performance



Introduction to  
breath mindfulness  
meditation for  
beginners

Meditation for  
radiant health and  
energy

Meditation for  
manifestation  
science

Meditation for  
emotional intelligence  
and relationships

# Buddha-CEO goes Global

Buddha-CEO has also gone global. Master Chandra and Master Vani have been travelling and conducting introductory programs, 2 day workshops and multi day advanced meditation retreats across over 25+ cities across USA, UK & Middle East including Chicago, Madison, St. Louis, Nashville, Dallas, Austin, San Francisco, London, Manchester, Stoke-On-Trent, Dubai etc. Most recently a 5 Day advanced retreat was also conducted in Niagara Falls.

Over 1000 participants have been impacted during these travels in 2022 and over 1200 this year in 2023.

These events saw many people becoming meditators and existing meditators were able to deepen their experiences. These events were hosted by local masters at the various locations. Programs and workshops were held at volunteers' residences, conference halls, libraries, community centers etc





# Publishing



One of the core objectives of the Foundation is to publish and distribute literature on meditation wisdom, research and experiences.

The Foundation has published 2 books, ***Patriji Answers*** and ***The Miracles of Meditation***. In *Patriji Answers* book, Brahmarsi Patriji has shared wisdom to many common questions regarding existence, life after death, dreams, meditation etc. The book *Miracles of Meditation* is about inspiring transformational stories of many Buddha-CEO's of how meditation changed their lives, improved their work performance, increase their clarity and helped them realise their purpose. These books are available for purchase online from Amazon, Flipkart and other vendors. We are grateful to Shri. S. K. Ghai and Sterling Publishers.

The Foundation journeyed further in its mission by foraying into publishing a quarterly corporate meditation magazine called ***Buddha-CEO***, that

carries articles and experiences from senior leaders, academicians, corporate professionals and beginner meditators. The magazine's tagline, 'Excellence through Meditation,' is appropriate as the content is specially curated for organisations to introduce meditation to improve their performance and to fulfill their purpose.

The Foundation has published 6 issues of the magazine to date. Physical copies of the magazines have been posted to the heads of various corporates, institutes and officials apart from sending it to multiple patrons, mentors and well-wishers. A total of 10,000 copies of the magazines have found their way into the hands of the readers. Soft copies of the magazines are always available on the Foundation's website [buddhaceo.org/magazine](http://buddhaceo.org/magazine).



# Collaborations



The Foundation promotes meditation based on a spirituo-scientific mindset. Inspired by Patriji, the Foundation is a core part of Pyramid Spiritual Societies Movement and collaborates with several PSSM and third party organizations. Currently, it closely works with Pyramid Valley International (PVI), The Pyramid Spirtual Trust (Hyderabad), PSSM Global, Spiritual Tablets Research Foundation (SPT), Shreans Daga Foundation (SDF) and Quantum Life university (QLU) and all the PMC channels.

The Foundation promotes programs of these organisations regularly and vice versa. Many Buddha-CEO participants regularly attend

these programs and enrich themselves. For a few larger programs hosted by these organisations, the Foudation provides monetary contributions.

Speakers from these organisations regularly share their wisdom on Buddha-CEO platform, typically in Saturday master classes and the flagship 40 day programs.

The Foundation held several meditation retreats of 3-days to 6-days at Pyramid Valley International.

The Foundation expresses heartfelt gratitude to Dr. Newton Kondaveeti, Shri. Datla Hanumanth Raju, Dr G. K., Shri. Shreyans Daga, Shri. Sai Krupa Sagar, Shri. Vijay Bhaskar Reddy and Smt. Parimala Patri



# Volunteering

Little drops of water make the mighty ocean. The Foundation is supported by an eclectic bunch of global volunteers from all age groups [the youngest is 10, and the oldest is 70] and social strata. They are past participants of the Foundation’s programs who have experienced significant benefits from meditation. They have volunteered for meditation-related services to express their gratitude. Since a great deal of work is to be done, there is something for everyone, in case anyone wants to volunteer their time. No action is irrelevant, and no effort is insignificant in the service of meditation.

These volunteers create and run communities and spread the joy of meditation through introductory programs, teaching meditation and discussion through book clubs. They also facilitate content creation, publishing and distribution, anchoring events, and spreading the Foundation’s message in their networks.

## Current Active Volunteers



Naga Pradeep  
Dhulipala



Anusha  
Paladugu



Rathinavel  
Dhandapani



Namita  
Singh



Latha  
Srinivasan



Arvind  
Sampath



Karthika Ravi



Nanajee Rao



Vidya  
Ramachandran



Jagan Mohan  
Rajidi



Veena Arvind



Vinita Agarwal



Sudha Rao



Reshma Nagururu



Srinivas Ankareddy



Preethi Agarwal



Latha P



Apurva Kondamutti



Ladhini Viswanadh A



Venugopal  
Sarvepalli



Jayashree



Richa Shrivastava

## Steering Committee



Sai Krupa Sagar



Rajkumar MTK



Prashant Agarwal



Meena Joisher



Jagadish S



Karthik Sivakumar



Sujatha  
Sriram

## Local Chapter Leads



Ramesh  
Kondamutti,  
St. Louis Area



Anil Devatha,  
Vizag



Sennimalai  
Arunachalam,  
Chennai



Sudhakar B,  
Abu Dhabi



Prathap Ramudu,  
Dubai



Hrishikesh Dhabade,  
Pune





Kalpana Santhosh



Santhosh Mudaliar



Srikanth Garla



Sridevi Shankar



Arun Sadaram



Lakshmi  
Kamarajugadda



Geetha Nair



Ravindra Gunturi



Natarajan S



Sheetal Pawar



Shalini Karthik



Nalini Prakash



Radhika Athota



Monisha Rao



Sreedhar B



Vrushali Dhabade



Anjana Ledwani



Anoop Luther



Madhuri Malla



Ranjana Patel



Ravi Kiran



Ravi Malla



Gowri Karri



Sowmya Thota



Dinesh Sanghvi



Prema Mayuri



Naman Pant



Sushmitha Jagan



Suma Sarvepalli



Sree Marni



Sonal Doshi



Shirisha B Reddy



Aruna Sadaram



Bhuwana Venkat



Padmavathi P



Rajeswari B



Roja Srungavarapu



Aarthi  
Lakshminarasimhan

## Other / Past Volunteers

Ananthi V  
Deeksha  
Neelima Shah  
Kanchan Mourya

Sreedhar Saraswati  
Savita Reddy  
Hari Ramakrishnan  
Gargee Garg

Chandrasekhar Dass  
Alekhya Kandi  
Bindu Bodanapu  
Chandra Mohan

Sharavathi  
Suji Nair  
Komal Priya  
Shanti Priya

Himasri Alapati  
Usha Rani  
Vedapriya Voleti  
Parash Hallur

Swapna Giripragada  
Alekhya P  
Sai Sanath P  
Vidyasree P

Ushasri P  
Naman Ledwani  
Neha Karri  
Siva Pradeep  
Pradeep Revathi

## Organisers of Physical Introductory Programs

Satya Vaitla  
Karuna Nimalipuri  
Archana Srivastava  
Karthik Avvaru  
Chandragupta Shah

Manivannan G  
Satya Karri  
Devi Chakka  
Divya Nadimpalli  
Siva Shankar

Jyostna Sunkara  
O A Balasubrahmanyam  
Venu Kasam  
Priya Sharma  
M. P Singhal

Narendra Mairpady  
Dr. Deepika Ravuri  
Lakshmi Rajagopala  
Chanukya Rajagopala  
Ragunath Pabineedi

Balraj Kapoor  
Priya Pallagani  
Mallika Basu  
Ram Kota  
Gopi Krishna Thati

Mahesh Srinrangam  
Sridevi Srinrangam  
Ashwini Yenamandra  
Lavanya Kandipati  
Padmaja Lakkavarapu

Ramesh Muvva  
Siva Shankar  
Rishikesh S  
Kotresh K

## Core Team Members



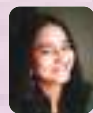
Koteswara Rao  
Gadde



Lalitha Aparna  
Pulamarasetti



Narendra  
Paladugu



Archana  
Cheluvareja



Mounika  
Koganti



Sridevi  
Bandaru



Sai Pragna



Swati Jena



Monika  
Sharma



Krishna P



Purandhar D



Naveen Jai

# Financials

Buddha-CEO Quantum Foundation relies on voluntary donations and operates with a small team of employees and many volunteers from around the globe. During the period from Aug 2020 to Mar 2023, a total of INR 1,81,22,344 (\$221,004) was received. 44% of these funds came from the participants of our FREE transformation programs as voluntary donations, while a 11% came through paid public and corporate programs. 12% was voluntarily contributed by our Core Volunteers. The Founders and Trustees donated the balance 29%.

Our expenditure was primarily in seven areas - Salaries and Consultant costs, Advertisements and Promotions, IT and Infrastructure, Magazine and Publishing, Office and maintenance, Program Expenses and Support to other organization. 'Advertisements and Promotions' is mainly for promoting our programs in social media channels. Publishing being one of our core objectives, we have spent on publishing and distribution of magazines. We rely heavily on technology to conduct our programs globally and we have spent on digital tools and infrastructure. We also actively support key projects of our partner organizations that align with our purpose, and donated to specific high impact projects of Pyramid Valley International and Pyramid Spiritual Trust (Hyderabad), among the others, during the measurement period.

## Consolidated Financials (Apr 2020 - Mar 2023)

### Inflow of Funds

Source	Amount (in ₹)	Amount (in ₹) * 1 USD = ₹ 82
Program Participants Donations	79,01,319	96,358
Buddha CEO Core Volunteers Donations	22,68,319	27,662
Trustees Donations	60,04,419	73,225
Paid Corporate Programs	7,21,450	8,798
Paid Public Programs	12,26,857	14,961
	<b>1,81,22,344</b>	<b>2,21,004</b>

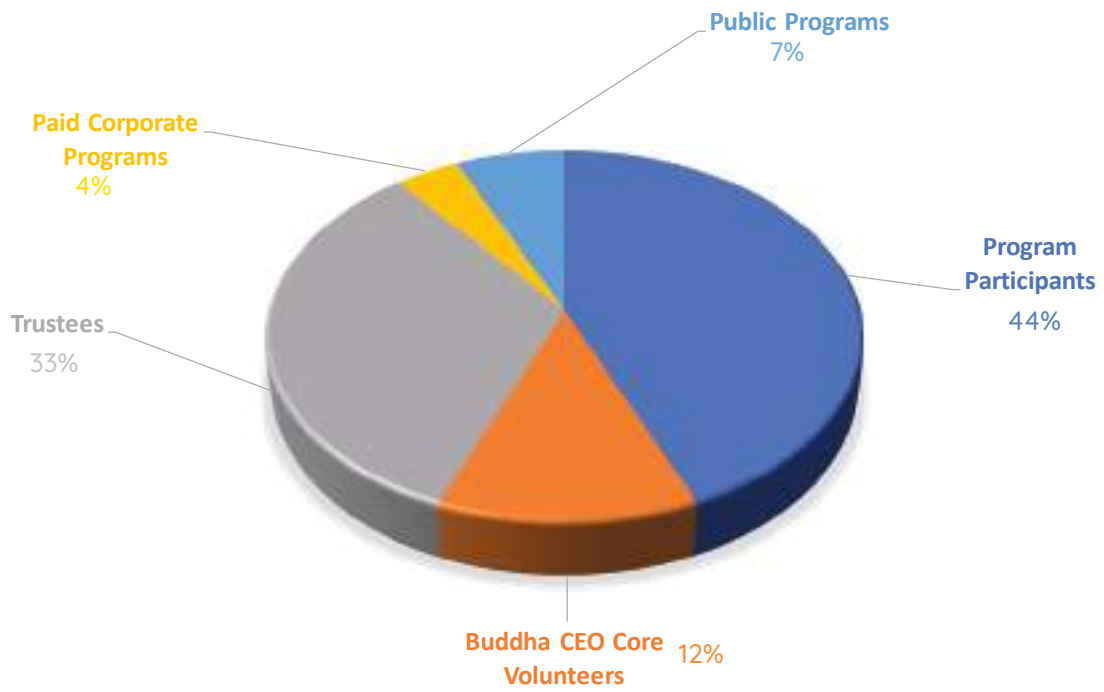
### Outflow of Funds

Category	Amount (in ₹)	Amount (in \$) * 1 USD = ₹ 82
Advertisement & Promotions	15,00,328	18,297
IT & Infrastructure Expenses	12,33,679	15,045
Magazine & Publishing	15,47,633	18,874
Salaries and Consultants	66,40,196	80,978
Rent & Office Maintenance	26,77,706	32,655
Financial & Other Expenses	2,51,473	3,067
Program Expenses	8,75,992	10,683
Support to other Organizations	10,50,000	12,805
Fixed & Current Assets	23,45,337	28,602
	<b>1,81,22,344</b>	<b>2,21,004</b>



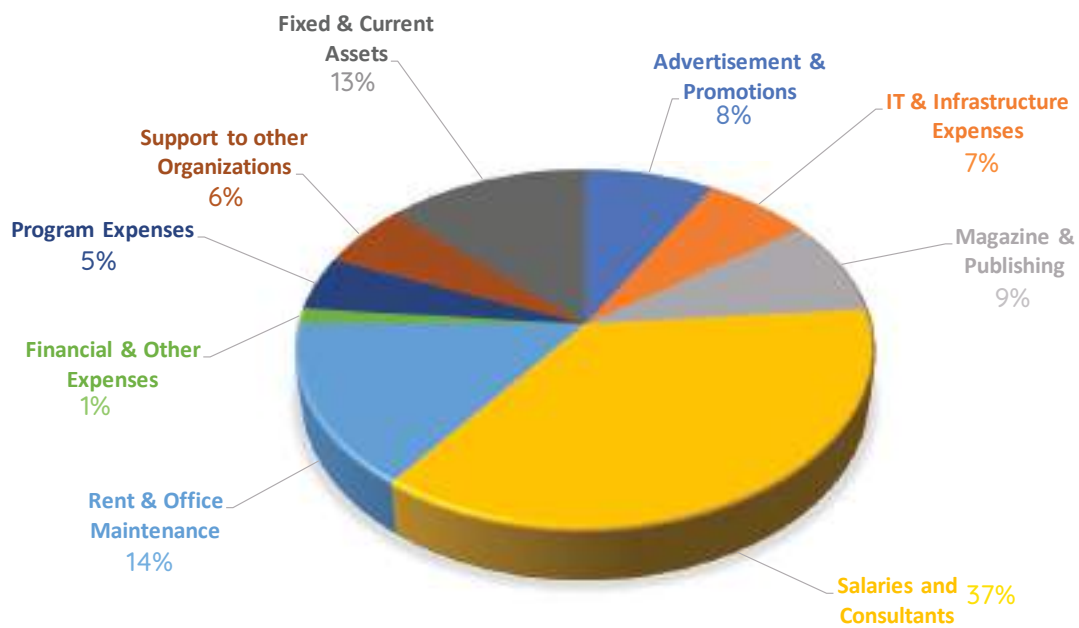
# Consolidated Financials (Apr 2020 - Mar 2023)

## Inflow of Funds



## Outflow of Funds

OUTFLOW OF FUNDS



# What Our Meditators Have to Say



"I was very depressed about my husband's loss and I was not able to face the world. With regular meditation, I regained my strength and stopped my depression medications in a month and regained my self-confidence. Before I had lived for others. Now I am living for myself. I am able to face challenges with confidence. People are very surprised to see the change in me. I also help the ladies who suffer with loneliness by telling them about this Meditation. My Gratitude to my sister Abhirami, Ragu Ramalingam ji, Chandra Sir, Vani Madam and All Buddha-CEO Masters for their love and care."

**- Shantha K, Home Maker, Salem**



"Meditation has given me a profound sense of purpose and newfound zest for life. It has illuminated my path and each day I'm brimming with vitality and energy and have discovered the true meaning of living with good health and intention, I have healed deeply and became a new person".

**- Indu Malik, Psychologist & Counsellor, Kolkata**



"Within two days into the meditation program, I felt a lot more positive about life and it sort of gave me a new pair of spectacles to see the world through. I have gained a real feeling of calm, inner peace and joy which I really hope will last as long as I continue to practice the techniques taught in the workshop. Something has changed inside or a light was switched on. I'm also finding that I'm laughing again & being more positive"

**- Shakti, Youth football player, Coimbatore**



"Before I started meditation, my business was facing severe challenges. I was able to manifest growth for my business and within 6 months of starting meditation, I bagged 10 good projects. Also, after the 40-day program, my energy levels increased significantly and I do not feel sleepy at work anymore.

**- Abha Garg, Entrepreneur, Jaipur**



"I suffered from irrational fears. To my horror, It had impacted my physical health. After attending the Buddha-CEO 21-day meditation program for youth, I overcame my fears. I visualised and manifested good health. Also, I realized that the severe pain in my left knee too disappeared. I consider this transformation as my rebirth".

**- Sowbarnika G , Engineering Student, Coimbatore**

" I am 65 Years old. I had attended Advanced Meditation and Manifestation Retreat held at Pyramid Valley in Feb 2023 organised by Buddha-CEO. I was suffering from INSOMNIA , Foot Drop problem as a result of Diabetic Complications, and problem in Spine , L4, L5. I used to walk with the help stick.

**Transformation:** Now, I don't require Sleeping pills, Painkillers . There is deep sleep without any pills. Spine problem is cured. Now I can sit on the floor and do brisk walk which was not possible prior to attending the retreat. There is a lot transformation as a result of doing meditation as learned from respected Chandra Sir. Many thanks & gratitude to Buddha-CEO team."

**- Damodar P Sharma , Retired Officer, Delhi**





# Corporate Employees' Experiences



**Sridevi Srirangam**  
IT Professional, USA.

My meditation journey started a year ago with the Buddha CEO's 40-day program. Initially, my sole aspiration was to maintain stillness for 45 minutes daily over those 40 days. I harboured doubts about my ability to sit in silence for extended periods. Nevertheless, I made a sincere commitment to attend the daily sessions. Each session began with Chandra Sir's insightful discourse on spiritual science. Listening to his wisdom talks became an enjoyable prelude to meditation, effortlessly drawing me into the practice.

Following this 40-day journey, I noticed significant changes within myself. My anxiety about accomplishing tasks waned, and my persistent back pain considerably improved. I delved into reading books

recommended during these meditation sessions. The combination of reading and meditation yielded answers to numerous questions. My internal turmoil began to diminish significantly, leading to enhanced self-awareness. The 40-day meditations introduced me to many tools and techniques, including visualization, manifestation meditations, goal-setting processes, and creating vision boards. I now possess a powerful toolkit to tackle any challenge with unwavering confidence.

The concept *our thoughts create our reality* profoundly resonates with me. I implemented this during my solo business trip to Pune, India. My trip unfolded smoothly, exceeding my expectations. Listening to the experiences of

others significantly clarified my interpretations. I also attended a two-day workshop in Saint Louis, MO, USA, which fueled my enthusiasm to participate in the Advanced Meditation Retreat in Niagara Falls, USA. These advanced retreats deepened my meditation practice, providing profound experiences during extended meditation sessions.

Now, I practice regularly, even on busy days, dedicating a few precious minutes to it. Meditation has enhanced my self-expression and confidence and has instilled a newfound love for everything I do along with a sense of surrender and letting go. Life has unfolded beautifully as I transitioned from merely understanding meditation to actively practising it.



# Corporate Employees' Experiences



**Nagendra Prasad**  
Cloud Solution Architect,  
US-based MNC

I started my meditation practice last year, and it has truly been life-changing. Not only has it helped me manage stress and anxiety, but it has also allowed me to connect with myself on a deeper level.

Earlier, I used to find it challenging to manage my time effectively. Now, I am channelising my energies towards the right things - result, I am more productive at work and have a good work-life balance. I had a limiting belief about the need to sleep for 8 hours daily. Now, I realise I can sleep less and still have good energy to be efficient at work and also pursue my hobbies. Also, I have observed that I have been able to pick up Hindustani flute lessons faster. In Sep 2023, I attended the 6-day advanced meditation

retreat (AMR) at the Pyramid Valley, Bangalore. Before the retreat, I had back and hand pain due to prolonged laptop usage. While meditating inside the Pyramid, I had a fantastic experience - I felt a light pass through my right hand and out through my fingertips. After this experience, my hand and back pain slowly reduced and completely stopped.

During the retreat, I was concerned that I would not be able to meditate on a hungry stomach. However, even after the early morning meditations and sessions that lasted up to 9 a.m., I had so much energy. I realise that meditation can give us energy and help us focus, even when we haven't eaten. This can be attributed to the fact that meditation slows down our brain waves and promotes deep relaxation, which can have a rejuvenating effect on the body and mind. Another good aspect of the

retreat was the Satsang. I had a lot of questions related to Spirituality, family and my work. Hearing others' experiences and the answers shared by Chandra-sir helped me gain a lot of knowledge. I had an opportunity to interact with like-minded people. I shared my experience with other colleagues and motivated them to join the 40-day program with Buddha-CEO.

By helping others, we can create a better, more compassionate society. Service is important because it helps us connect with others, develop empathy, gives us a sense of purpose, improves our mental health, and creates positive change in the world. Overall, meditation has brought in a lot of positive changes in my professional and personal life. I highly recommend giving it a try - the benefits are truly incredible!





# In a Lighter Vein

## REFLECT THE GOOD

An artist once came to a King who was a great admirer of art and said, ***O King, if you give me a blank wall in your palace, I can create a spectacular painting on it.***

Just then, another young man who was present there proclaimed, ***Your Majesty, please allow me to work on the opposite wall as well. I am an artist too.***

The King asked the young man, ***And what would you do?***

The man said, ***I shall make an exact replica of the painting that the other artist makes on the wall opposite mine. And I shall do so without even looking at his work. I would request you to place a thick curtain between the two walls so that neither of us can see the other's work and also have guards to make sure there is no cheating.***

Everyone in the court, including the King, was intrigued. and the King decided to allow both

artists to show their talent.

The following day, a thick curtain was put in place and both the artists started their work. The first artist brought paints, oils and brushes to work with. The second one worked with a cloth and a bucket of water.

After a month, the first artist told the King his work was complete. When the King asked the second artist when his work would be done, the young man replied that he was done, too. The King came to the palace and saw the first artist's wall. He was stunned by the spectacular painting and gave the artist a hefty sum as a reward.

He then asked for the curtain to be opened to see if the second artist had kept up his word of creating a replica of the painting without seeing it. The curtain opened, and lo and behold! On the opposite wall was a perfect replica of the painting - every single

line, colour, and minor detail - exactly as it was on the first wall. The King awarded the man with double the amount of money. Being curious, he wanted to know his secret.

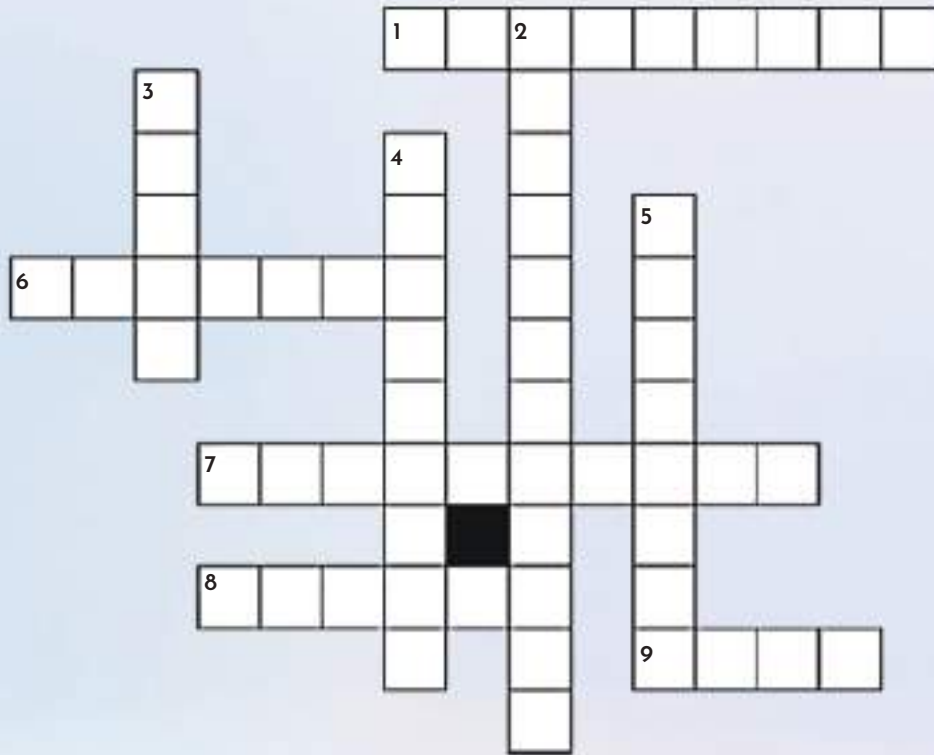
The young artist replied, ***It is very simple, Your Majesty! I just polished the marble wall every day until it shone like a mirror to reflect the painting on the opposite wall.***

Often, we complain that we lack confidence, talent, and motivation and think that all these are part of us. Hard work is cleaning the wall of our mind so that what's hidden deep within our consciousness - our talent, confidence, goodness, etc is reflected in our mind and, hence, in our actions. Then, we can achieve something spectacular.

Contributed by Roshni Agrawal



# Crossword



## Down

2. focusing on the good act someone did and expressing it to them
3. we are all this wrapped in skin
4. the way to be grateful is to count your not your troubles!
5. whatever you fight you strengthen and what you resist,

## Across

1. When we have this, and we see the good in all things, we receive more
6. reasons to live
7. a particular kind of behaviour towards achieving a
8. the japanese secret to a long and healthy life
9. \_\_\_\_\_ Evolution happens when we are in the earth plane

### Answers

- |   |  |
|---|--|
| <p><b>Across</b></p> <p>1. Gratitude</p> <p>3. Stars</p> <p>6. Purpose</p> <p>7. Motivation</p> <p>8. Ikigai</p> <p>9. Soul</p> | <p><b>Down</b></p> <p>2. Appreciation</p> <p>4. Blessings</p> <p>5. Persists</p> |
|---|--|

Created by Aarthi Lakshminarasimhan



**P Sujatha Sriram**

Director, Chandrasekhara Mahaswami  
Pyramid Meditation Centre  
Vishakapatnam, India

# THE PURPOSE OF OUR LIFE IS TO BE HAPPY

A veteran teacher of 25 years, Ms Sujatha switched gears in 2017 to teach meditation to school children as a full-time meditation service. She has reached 350+ schools in 100+ villages and still counting. She considers spreading meditation to students in rural areas as her true calling.

Growing up in a loving family, I consider my parents my first teachers. They taught us to be empathetic and compassionate and lead by example. One of my teachers introduced me to meditation when I was 12. My father inculcated the habit of reading books in us, which helped me share my knowledge with my friends and motivate them. Even as a child, I preferred connecting to my inner divine self rather than rituals.

My inclination towards sharing and caring for others drew me into the field of education. I enjoyed my career as a high school teacher for over 20 years, which allowed me to learn from young and energetic minds. I always emphasized character building along with academics.

In 1997, Dr. Gopalakrishnan, founder of Spiritual Tablets and a great meditation master, introduced me to Pyramid Meditation and the grand master Shri Brahmarshi Subhash Patriji.

This introduction paved the path for me to practice Anapanasati Meditation. My interaction with others increased by leaps and bounds by participating in Dhyana Maha chakra events conducted by Patriji. I also attended several national and international programs in Pyramid Valley in Bangalore and Kadthal (near Hyderabad).

Every one of us has our purpose in life. Our regular practice in meditation steers us towards our purpose of

life. Although I enjoyed my teaching profession and had opportunities to grow, I got a message in meditation to work in rural areas in 2017. Listening to my intuition, I resigned from my teaching profession to focus on meditation related work.

It was in 2017 that the Chandra Sekhara Mahaswamy Pyramid Dhyana Kendram project was started under the able guidance of Patriji and with the support of my entire family. I am grateful to Chandra sir and Vani ma'am for initiating this. And I am glad to be part of a big soul family.

Chandra Sekhara Mahaswamy Pyramid Dhyana Kendram is located in Nagulapalli, about 45 km from my hometown,



Visakhapatnam. Despite a four-hour travel time, I always enjoy my journey. The centre's mission is to further Meditation, Vegetarianism, Book reading, Plantation and Cleanliness. Its vision is to create awareness in five hundred rural villages, focusing mainly on schools and colleges.

The centre has a community hall for meditation sessions, wisdom-sharing classes, free music and yoga lessons, youth activities, and teacher and student training workshops. It has a Pyramid to meditate and a nature garden with a labyrinth. It provides free meals to all visitors. It has highly dedicated volunteers who play a vital role in successfully running the centre's mission.

Visitors from India and other countries enjoy the serenity of the place. It closely works with other organisations viz the Pyramid Spiritual Society Movement (PSSM), Buddha-CEO and Spiritual tablets.

Buddha CEO Quantum Foundation collaborates with the centre to conduct sessions in colleges and schools in rural areas.

The Foundation is a strong pillar of support for this mission. When I conduct youth sessions and book clubs in Buddha CEO, it helps me learn more and connect with youth at a global level. Manifestation Sessions by Chandra sir and interaction with masters like Karthikeyan sir, Laurence

ma'am, Jagadish sir, and many more have helped me in my rural work.

Each year is a great learning experience; working with a wide range of people helps me evolve. My experience of interacting with thousands of people for several years has given me the idea that meditation should not be practised as a separate entity, but it should become a part of our everyday life. During the pandemic, the momentum was high with online Zoom sessions, book-clubs and we could reach more people.

The centre donates plants and books to government schools, colleges and villages. The places that receive these





resources must complete 40 days of meditation and follow vegetarianism; they should take care of the plantation and the books and are guided by one of the centre volunteers. I am grateful to all the donors who are vital in carrying out this noble work. This work has taught me how to utilize resources, time and energy.

In my perspective, meditation means implementation. I firmly believe that Knowing is different from doing, and Teaching is the way of learning. My community work has driven me to be mindful of my thoughts, words and actions, to practice acceptance and to have an attitude of gratitude. It also helps me maintain my emotional balance, exercise



increased compassion and empathy and have inner connectivity.

The Dalai Lama says, 'The Purpose Of Our Life Is To Be Happy'. This is very apt in my journey to moving the mission of Chandra Sekhara Mahaswamy Pyramid Dhyana

Kendram forward. It is not how much you are doing but how happy you are in doing that work. The work of the centre is not an individual but a collective one.

My gratitude to every person in my big soul family.



# Voice of Youth

In 2023, I was looking for a job in the US. I was under a lot of stress. My mind was confused and I was unable to focus on anything. I also had the bad habit of doom-scrolling Instagram.

I came across Buddha CEO's 21-day Manifestation workshop and registered for it thinking that it would at least set a morning routine. Initially, I could hardly focus on my breath and I would be embarrassed for having slept through the session. But Pradeep sir maintained a space of non-judgment to share our experiences.

I saw a huge improvement in my focus in the week that followed. I was able to meditate longer.

I was able to also manifest a response from the HR of my dream company about my candidacy for a role. It was a huge deal for me after having been ghosted by all the companies. This reinforced my belief in meditation. I registered for a second 21-day session where I learned about breaking habits and creating new habits. Buddha CEO has improved my life overall.



***Vignesh***  
*Student, NJ, USA*



My meditation quest began six years ago; however, the turning point happened when I attended the 21-day meditation program by Buddha-CEO. I can't stress enough the importance of having the will and discipline to commit to 21 days and reap the true benefits of consistent meditation practice.

Meditation shattered my limiting beliefs. In 21 days, I transitioned from meditating for sporadic 10-minute sessions every other day to daily 30-minute sessions. I also completed the 3-hour full-moon meditation.

Meditation has yielded a multitude of life-altering

***Dr Gagan Mohan***  
*Dentist, Bangalore*



benefits. It has heightened my emotional awareness, enhancing my ability to navigate life with greater sensitivity. My daily workouts have shifted from an aggressive approach to a calm and controlled one, proving equally efficient. However, the most important change is to experience happiness throughout the day.

In conclusion, my experiences are a testament to the transformative powers of meditation.



# Content You Can Use

Buddha-CEO Quantum Foundation regularly conducts and curates sessions on advanced topics. Below are some videos available in our youtube channel.



## What is Enlightenment by Master Chandra Pulamarasetti

Master Chandra explains that enlightenment means possessing the right wisdom and living a life of light.



## Map of consciousness by Dr.Sai Krupa Sagar

Master Sagar explains how our reaction to people and situations depend on our level of consciousness.



## Developing Infinite Mindset by Rakesh Jalumane

Master Rakesh talks about how by have a Just Cause, finding a Worthy Challenger and being Impeccable with your Inner and Outer Dialog you can develop Infinite Mindset



[www.youtube.com/buddhaceo](http://www.youtube.com/buddhaceo)

# Buddha-CEO USA Tour 2023

A round-up of the USA-tour of Master Chandra and Master Vani, June 15 – July 23, 2023

Master Chandra and Master Vani visited the USA in June 2023 for 5 weeks, where they conducted 25+ sessions in which 1000+ participants across all age groups participated. These sessions were arranged in various cities in the USA by the local Buddha-CEO chapters and had different formats – 2-hour introductory sessions, 3-hour long meditation sessions with Satsang, 2-day Quantum Creation workshops, and 5-hour workshops. Towards the end of the tour, an Advanced Meditation Retreat (AMR) was held at Niagara Falls, NY, for 5 days.

Here is a photographic tour of the sessions in the USA.

Intro session @ Brambleton, VA 15th Jun



Organized by: Padmaja Lakkavarapu

Long Meditation & Satsang with Local PSSM Masters @ Edison, NJ 16th Jun



Organized by: Harika Kurnala

Intro session @ Monroe Library,  
Monroe 17th Jun



Organized by: Mr.Dinesh Sanghvi

Satsang with Local Buddha-CEO members  
@ Montville, NJ 17th Jun



Organized by: Ranjana Patel



# Buddha-CEO USA Tour 2023

Intro session @ Albany, NY  
19th Jun 2023



Organized by: Latha P

Intro session @ San Diego,  
CA 22nd Jun



Organized by: Mr.Biksham & Radhika Atota

Intro session @  
Simi Valley, CA 23rd Jun



Organized by: Radhika Athota & Srinivas Ankareddy

Intro session @ Orange County, CA 24th Jun



Organized by: Hari vungaturi

Intro session @ Milpitas  
CA USA 25th Jun



Organized by: Gragee Guptha

Intro session @ Antioch, CA,  
USA 28th Jun



Organized by: Karthik V



# Buddha-CEO USA Tour 2023

intro session @ Pewaukee,  
WI, USA 2nd Jul



**Organized by:** Satya K

Intro session @ Chesterfield, MO, USA  
6th Jul



**Organized by:** Mahesh Srirangam

2 Day Quantum Creation Workshop @ St.Louis, MO, USA  
8th & 9th Jul



**Organized by:** Ramesh K T & Venugopal S

Intro session @ Franklin, TN,  
USA, 10th Jul



**Organized by:** Mrs Swapna & Mrs Lavanya

Workshop @ Austin, TX ,  
USA 16th, Jul



**Organized by:** Mrs Raji & Mr Venu Kasam



# Buddha-CEO USA Tour 2023

Workshop @ Dallas, TX , USA 15th, Jul



**Organized by:** Mr. Arun Sadaram

5 Day Advanced Meditation Retreat @ Niagara Falls, NY, USA  
19th Jul to 23rd Jul



**Organized by:** Mrs Latha P



# The Mindful Leader's New Habits



**Laurence Guihard-Joly**

Co-Founder, Buddha-CEO Quantum Foundation and former senior General Manager, IBM; Has managed multiple large global business units.

# WHY ARE WE HERE?

The awareness that *every life has a purpose* is lacking among people. How many people ask themselves: Why am I here? Why am I living? What is my purpose? And even if these questions cross our minds at times, it seems so complicated and, in a way, quite scary to think about the unknown that we prefer to ignore it. Finding our purpose in life seems complex or out of reach; we don't know how to go about it, and what's worse, we are regularly told that it's not that important.

**It's important, and it's not that complicated!**

During my first year of meditation practice, I began a conscious, intensive spiritual journey. I became secretly obsessed with discovering *What is the purpose of my life?* But I couldn't find an answer; I secretly hoped that a cosmic revelation about

my mission on Earth might soon happen. Finally, I dared to ask Patriji, a great meditation master. In a calm voice and a cheerful smile, he responded, *Our purpose is very simple. It is to enjoy life.* This knowledge was so liberating. At that moment, something shifted within me, and suddenly, everything made sense.

**When we return to things that give us happiness, they bring meaning to our lives. We need to consciously take the time to identify them. Meditation will help a lot.**

Here are some thoughts.

## **Trusting our inner child**

When children ask profound questions, more often than not, adults don't know what to tell them when, in fact, young children know better... *Life for a purpose* seems natural to them. They happily play doctors, nurses, firefighters, veterinarians, schoolteachers, builders, pilots, explorers, inventors, etc. Children do not doubt their abilities to make the world a better place. They love to play with unlimited imagination. Then, they grow up fast; they usually forget their dreams as they get distracted by the adult world.

As a child, I had played many hours riding my imaginary horse and cherishing my imaginary dog; they would be my best friends. I wanted a life surrounded by animals, helping them to be safe, free, and



healthy. But I waited 40 years to discover my meditation practice that changed the course of my life and finally turned my purpose into a reality!

*We all tend to lose touch with what we loved as a child. Something about the social pressures of adolescence and the professional pressures of young adulthood squeezes the passion out of us. We are taught that the only reason to do something is if we are rewarded for it. And the transactional nature of the world inevitably stifles us and makes us feel lost or stuck.*- Mark Manson

**We should cultivate the habit of regularly rousing our childhood dreams that made us happy, remembering the games and activities we enjoyed. When we give those dreams a new life with an open mind, we will surely learn from it.**

### **Identifying what makes our role enjoyable**

When I started working at a global IT company at age 22, I had no idea what my 'life's purpose' was. My motivation was to earn money and become independent. My goals were to be able to travel and start my life on my own. No one around me in the office connected their work to a larger purpose. We worked to achieve the financial goals assigned to us and keep our customers happy; if our customers were happy, they would buy more from us!

It was much later in life that I realised that my work could give a deeper meaning to my life. That's when I became a people manager because I sincerely wanted to be a caring and kind manager, motivating my team to look beyond their paycheck and to help them enjoy being part of a group with shared goals and values to continue learning and developing their

careers. For the first time, I felt true purpose when I realised that establishing kindness is a strength and not a weakness in a male-dominated business world. The more I listened to women around the world, the more motivated I was to create more well-being, diversity and inclusion in all types of organisations. It gave me the courage to take roles out of my comfort zone and fight for cultural changes at the top of a global company, including introducing mindfulness and meditation practices as an agent of change.

Loved ones will help, too! When I consciously connected work to my life's purpose, it felt like my younger son (he has a disability) was happily winking at me. And I knew I was on the right path!

### **A purpose to inspire the organisation**

Besides a sense of fulfilment, the outcome of enjoying our role is that we naturally attract



talent who are motivated by our positive energy and vision to our teams.

During the internet boom of the early 2000s, I was tasked with developing the then-new global 'e-business' organisation for Western Europe. It was true synchronicity as I was inspired by this fantastic new technology to connect all people and change how the world works for the better. We were given substantial triple-digit business targets, but that didn't scare me. The team worked for 5 years in a permanent enthusiastic flow because we were fascinated by playing a significant role in a historic turning point.

After this experience, I always clarified the deeper purpose(s) of our business goals. We are reminded of the big picture of a meaningful life when we focus on the extent to which we contribute to the well-being of people by providing the best possible

services and on the fact that work can also become synonymous with harmony and fulfilment.

*When you combine your ability to express your unique talent with service to humanity, then you make full use of the law of Dharma ... i.e. living your purpose!- Deepak Chopra*

### **Multiplying our experiences**

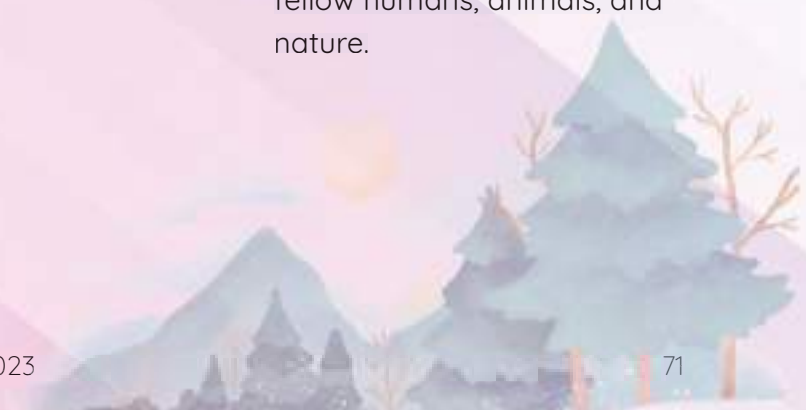
We can only know if we like an activity once we experience it. Since we only have 24 hours a day, it's worth sitting down quietly and asking ourselves, «What can I do in this limited time to find what truly makes me happy?» and then reset our priorities to give happiness a chance. Trust that our inner self knows and sends us signals. And the universe will always help with synchronicity (for example, if you would love to learn Spanish, you get a surprise...your new neighbour is from Spain! etc.). We must learn to listen carefully and seize these opportunities.

The good news is that meditation helps us overcome our fears - fear of failing, of feeling ridiculous, of being unconventional, of being too old, etc. Meditation gives us more energy and encourages us to experiment with new things, to search and dare to push our limits. I owe meditation the indescribable happiness of having recently adopted a horse and a dog after overcoming all the excuses not to do so!

### **The purpose of life may not be static**

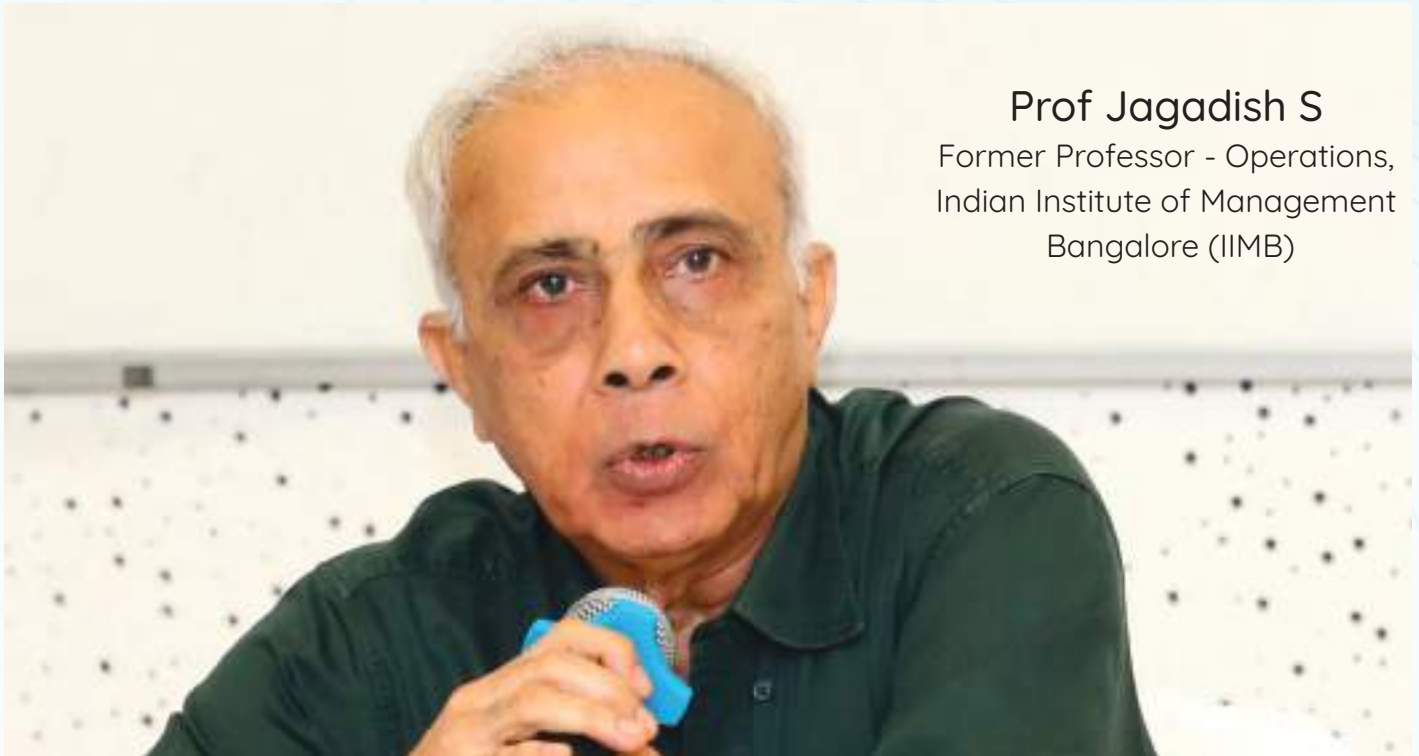
We can have multiple life purposes at the same time, and it's OK to have different purposes at different times in our lives. It's a journey.

The key is not to get sucked into a routine that is good enough. We have to regularly shake up the current course to find true contentment. We will often realise that, ultimately, what makes us truly fulfilled is when we consciously understand how to serve our fellow humans, animals, and nature.





# PURPOSE IS ALWAYS DIRECTED TOWARDS AN ACT OF SERVICE



**Prof Jagadish S**

Former Professor - Operations,  
Indian Institute of Management  
Bangalore (IIMB)

Prof. Jagadish is an erudite person and the editor of the book “Patriji Answers” and a joint editor for the book “Miracles of Meditation” – both publications from Buddha-CEO Quantum Foundation. Here, he shares his thoughts about the purpose of life.

Is there something called ‘Your Purpose of Life’ that everyone has, and is it mandatory to discover it?

Consider the mobile phone that all of us use. It is a system consisting of several parts, each for a specific function, put together to aid communication. Similarly, a car is a system containing many parts to

provide transportation. In other words, whenever we refer to or interact with a system, we associate the system with a purpose. The very thought of a system implies a purpose. The above examples are of non-living systems. Living systems have the additional properties of growth, replication, and locomotion. Organisms like us are living

systems (behavioural scientist turned systems expert James G Miller classified living systems into seven levels, beginning with the cell and ending with ‘Supra national society’ with several hypotheses that apply across all the levels).

Going by the above, since each of us is a unique system, we have a purpose for which we

were designed. We must seek and fulfil that purpose, and by doing so, we can find true meaning in our lives.

The next question is, “Do I know what my purpose in life is? And how do I find out?” Experience shows that even as one begins one’s journey through life - by training for an occupation or taking up a career - sometimes, there is a feeling of inadequacy. Something deep in us keeps nudging us in a different direction. Once we figure out that direction, we have found our purpose in life. And when we begin to act towards achieving that purpose, we become happy in our everyday lives (I use the word ‘happy’ for want of a better word at this

moment). Of course, it is quite possible that the initial career we chose targeted one’s life purpose (often common with scientists and spiritual masters).

Many get to identify their life purpose explicitly. There are also many, like me, who do not. They may have to search for their purpose and follow it when they find it.

Recently, I was returning home from the airport in a cab, and we passed a hospital near my house. The cab driver told me that he learnt that a family distributed food packets every day, free of charge, to the friends and family members of patients who waited outside, so they need not go looking out

for eateries or spend money. He added that that family’s gesture had inspired both his friend and him to do similar activity at other hospitals. Their plan is to initially cook in their homes and gradually create a group and a kitchen with donations. Instantly, I recognised that the cab driver had found his purpose in life. He may continue to drive a cab, but his “happiness” will be driven by this service.

I have read about many such instances, like young professionals who gave up their lucrative jobs and began helping old age homes. I know of a group of young IT professionals who have created a clothes bank that sells used





but good laundered clothes (through donations) to serve construction workers in that area. They can purchase these clothes at just one rupee each! They have found their purpose. Consider Buddha-CEO Quantum Foundation itself. Mr Chandra Pulamarasetti, a hardcore technologist and entrepreneur, found his purpose by devoting his life to teaching and spreading meditation as a service to humankind. All those who volunteer with the foundation have similarly found their life purpose. Others may not have found the purpose of their lives explicitly. Still, they recognise it implicitly when they find their lives moving

smoothly and are comfortable with whatever they do without any anxiety or stress. When they are in a positive state of mind, they are usually said to be in the flow of things. They are not intrigued by the question, to quote the Persian poet Omar Khayyam, "Into this Universe, and why not knowing, Nor whence, like Water willy-nilly flowing; And out of it, as Wind along the Waste, I know not whither, willy-nilly blowing."

The most significant aspect of one's life purpose is that it is always directed towards an act of service, to meet the needs of others. Irrespective of whether you have found your

purpose explicitly or know it implicitly, meditation helps recognise and aid in achieving one's purpose. It implies that as a living system, you are complete.

As for myself, I rambled through many paths, seemingly unconsciously, but it looks like I have been intuitively guided towards my purpose in life. I am a consistent, confirmed meditator, which came about through a series of events. I am comfortable and happy with my life today, and it is thanks to meditation that made me recognise and remain in flow towards my life purpose.

Namaste!



# Gratitude to Volunteers

Our deep gratitude to all the volunteers who are supporting the cause of the Foundation and all our meditation service activities directly and indirectly by way of promoting, organizing, writing, teaching and more. Several people across the globe have come together in creating this impact and giving transformed lives to many.

“Service to others is the rent you pay for your room here on Earth!”



Dr Vidya Ramachandran.  
Social scientist.  
Hyderabad.

My father introduced me to the lectures of great masters like JK when I was young. Service to elders and the needy became my second nature. Being an academic, I was very engaged with my students and research associates. I became a regular meditator with Buddha-CEO 40-day programs and received many opportunities to be an active volunteer with the Foundation. I am immensely grateful to Chandra Sir, Vani Ma'am and all the masters of Buddha-CEO.

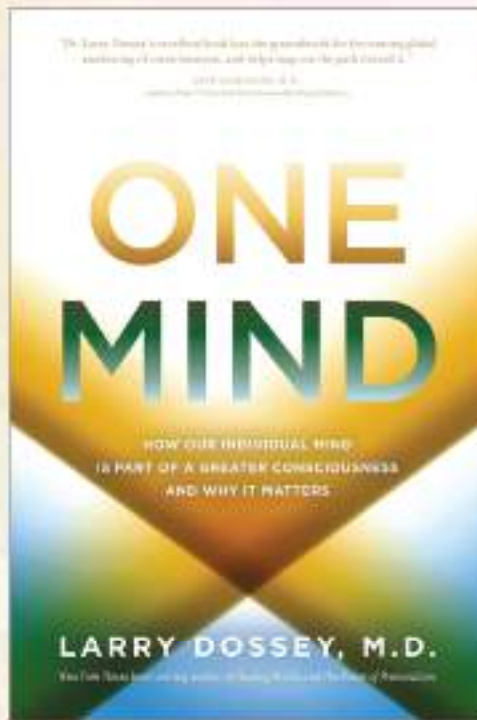
[www.buddhaceo.org/contact](http://www.buddhaceo.org/contact) | +91 - 96069 57285



# Book Club

*One Mind* by Larry Dossey explores the idea that there is a shared, interconnected consciousness that links all individuals, transcending time and space. The book delves into scientific research, personal anecdotes, and case studies to support the concept of a unified consciousness that can influence our lives and well-being. Dossey discusses various aspects of this collective consciousness, from the power of prayer and intention to its role in healing and healthcare. It's a thought-provoking exploration of the interconnected nature of human consciousness. The book starts with a thought-provoking question - as a race, we are staring a variety of problems in the face and denying their reality - climate change, wars, new diseases, etc. Even though we have enough facts and statistics to goad us into action, we refuse to mend our ways. This is akin to people who adopt a healthy lifestyle after a significant health scare like a heart attack. Do we collectively have to undergo some planetary version of a heart attack before we wake up?

An existential shift is needed to see the world in a new way that redefines our relationship to one another and to the earth itself. This shift can radically transform how we choose to live. That's what the One-Mind perspective is all about.



The author emphasises one-consciousness - how our individual consciousness is connected to a greater consciousness of the whole cosmos. Our Bhagavad Gita says that our consciousness

comes from the soul. The Gita (13.34) indicates that just as the sun illuminates the universe with light, the soul illuminates the body with consciousness. Thus, consciousness is energy, but as it comes from the spiritual soul, it is spiritual energy. And our consciousness works through the brain but is not made by the brain.

The current world is full of darkness with lust, greed, selfishness and destruction. Beyond a certain point, there is no escape. The book explains that our isolated individual acts will never be enough. We must act collectively, in concert, bypassing the inexorable sorrow we may experience in private actions. Only by identifying with the higher consciousness can we clear our vision, increase our moral and ethical values and inspire good actions.

One Mind is like the stem cells in our body. Stem cells are pluripotent, meaning they can transform into any specialised cell. Like stem cells, the One Mind, i.e. the Source, awaits instructions and prompting. This is why information from

it can be highly individualised, not random. Pattern, specificity, and individuality, therefore, typify the way the One Mind manifests in our lives. It responds to the needs, wishes, desires, and intentions of individuals and situations.

We believe that we are separate, but we are all connected together. *Sarvam Khalvidam Brahma* - we are all one. Jesus, too, has said, *The Kingdom of God is within you* All religions have the same message that we are all one. The author shares evidence from his research about how One Mind acts in different circumstances and instances, and a wide range of examples are given in the book.

Here are a few to arouse your curiosity:

#### **A String of Numbers:**

The author shares a case study to illustrate the concept of non-local consciousness, where a mother had a strong premonition or feeling about her son's well-being, even though he was far away. This serves as an example of how

people can have intuitive or telepathic experiences that transcend physical distance and conventional understanding.

#### **An Intimation of Doom:**

In December 1972, an American businessman had been in Managua, the capital city of Nicaragua, for a week and had initially planned to stay for another week. However, he suddenly felt an urge to leave the city, which could be described as an intimation of doom. This story highlights the significance of intuition and gut feelings, which can sometimes play a crucial role in decision-making, especially when a person's safety or well-being might be at stake.

The stories of pets travelling long distances to reunite with their owners are heart-warming and demonstrate the deep bonds that can exist between humans and their animal companions. These stories also underscore the mysterious and profound aspects of animal behaviour and their connection with their owners.

In summary, the author says One Mind is the one universal consciousness. It is present in all creatures - one way or the other, all are connected. The truth is realised only through specific experiences or incidents by people. It is in the human race's best interest that we all act together to redeem ourselves from problems that we have created for ourselves.

Contributed by Nanajee Rao





# Simplicity of Breath-Mindfulness Meditation “Anapanasati”



Breath-Mindfulness Meditation or Anapanasati is an ancient meditation technique which means ‘mindfulness of breathing’.

It is a method where we focus on our in-breath and out-breath. It is widely believed that, Gautama Buddha attained enlightenment while practicing this technique sitting under a Bodhi tree.

This is a popular practice in Tibetan, Zen and Theravada Buddhism.

‘ Ana ’ means ‘ In-Breath ’  
‘ Apana ’ means ‘ Out-Breath ’  
‘ Sati ’ means ‘ Observe ’



## It is very simple

What sets this meditation technique apart from other numerous meditation techniques is its simplicity. Any person, even if meditating for the first time, can practice it very easily.

## How to practice it?

Choose a place that is not too distracting or noisy. Sit in a comfortable posture, cross your legs at the ankles and clasp your hands. You can either sit on a chair or on the floor. If you are wearing spectacles, keep them aside and close your eyes. Start to be aware of your normal in-breath and out-breath. There is no forceful inhalation or forceful exhalation.

If you find your mind wandering or if you are caught up in your thoughts, gently bring your awareness/attention back to your breath. That is it.

It can be done by people of all faiths, all ages across all socio-economic groups. You can do it while you are traveling to/from work on the bus or metro or at a quiet time at work/school.

## Effectiveness is another feature

You won't need to wait for years before you start to see the effects of this meditation.

If practiced regularly and for a reasonable duration (one minute per years of age) this meditation yields its benefits within a few days. Some benefits include experiencing a sense of calmness, more energy throughout the day, and less cravings for food and sleep.

**Join us in our daily group meditations.**

# News Around The World

## Trends in Meditation



Technology elevates the practice of meditation. Music and videos have proven to be therapeutic and stress-reducing by providing enriched stimuli. Meditation apps make it easier for people to sign up for meditation practice.

Though iOS is preferred over Android to enter into the meditation app space, the latter is driving more downloads and revenue. It has been found that USD 74 million will be generated by Android meditation applications by 2029. Also, users of meditation apps prefer those with media features and activity/progress trackers. Individuals who meditate more than once a day are willing to pay as much as USD 23.49 per month for a meditation app subscription. Immersive than smartphones and, some say, can enable feelings of awe, relaxation, mindfulness and connection with fellow meditators— or their avatars, at least. VR takes meditation experience to the next level, helping you “teleport elsewhere”. By limiting distractions from the real

world, increasing a sense of presence and giving people an interesting place to go to practice mindfulness, VR may facilitate mindfulness practice.

The popularity of virtual reality among gamers and teenagers makes it a bridge to meditation for those who might never have tried it before. VR-based meditation can become particularly useful for those who don't have access to traditional guides or content on the practice or those who struggle to commit to the practice without the VR. The negative effects of looking at a digital screen may be nullified since most meditators close their eyes after a few minutes in the virtual environment. VR makes meditation a new, exciting and relatively safe way to meditate and engage in mindfulness for peace and relaxation. Eventually, it may become more affordable as it gains popularity and spreads.

Compiled by Latha Srinivasan



# Buddha-CEO Events

Rajghat, Delhi, Oct 2023



Public Intro Session, Pune, Oct 2023



BNY Mellon, Pune, Oct 2023



Session @ Mahila Mandal Kulai, Mangalore Jun 2023



AMR @ Pyramid Valley International, Bengaluru, Sep 2023





# Buddha-CEO Events

Gayatri College, Visakapatnam, Aug 2023



Teejay Textiles, Atchutapuram, VSKP, Aug 2023



AMR @ Pyramid Valley International, Bengaluru, Sep 2023



Session to College Students @ Mangalore, Jun 2023







Buddha-CEO  
Quantum Foundation



# Meditate for Yourself & The Planet

21<sup>st</sup> of Every Month



Heal  
Yourself


Join the Mindfulness Moment

5:30 pm - 6:45 pm IST  
8 am - 9:15 am US ET



Heal  
the Planet

1 Million Meditators | 1 Hour | 1 Consciousness

 [buddhaceo.org/million](https://buddhaceo.org/million)



Zoom ID: 316 158 180  
Password: buddha