

Buddha CEO

Excellence through Meditation



Why is Group Consciousness
Important?

Play your role in
Promoting Global Harmony

Meditation Develops
Coherency

Invest in the Power of
a Collective Mind



Buddha-CEO
Quantum Foundation

INSIDE



3 Editorial

4 Grand Master's wisdom

Brahmarshi Patriji

10 CEO Speaks -

Chandra Pulamarasetti



18 Play your role in promoting global harmony -

Padma shri D.R Kaarthikeyan

24 Know your meditation



26 Business leaders speak

32 Corporate employees experiences

40 Voice of youth



42 Not just learn meditation be regular with the practice

Prashant Agarwal



46 The Mindful Leader's New Habits

Laurence Guihard-Joly

60 Advanced Meditation Retreat

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.

Padma Shri D.R. Kaarthikeyan

Former Director, CBI;
Former Director General,
National Human Rights Commission, India;
Former Special Director General, CRPF



Laurence Guihard-Joly

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

Prashant Agarwal

Co-founder and Joint Managing Director, Wazir Advisors

Convenor, Buddha-CEO Found-



Chandra Pulamarasetti

Founder, Buddha-CEO Quantum Foundation and a successful entrepreneur, former VP, IBM.

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
D R Kaarthikeyan
Prashant Agarwal
Laurence Guihard Joly
Latha Srinivasan
Rakesh Jalumane
M.P. Singhal
Pallavi Reddy
Vrushali Dabhade
Karthik A.J
Monisha Ramudu
Manish Koirala
Shirisha Reddy
Dr. Vidya Ramachandran
Geetha Nair
Aarthi Lakshminarasimhan

Production :

Narendra Paladugu

For Contribution & Advertising:

publishing@buddhaceo.org

Contact us :

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

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



Buddha-CEO
Quantum Foundation



Buddha-CEO
Quantum Foundation

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



 buddhaceo.org/udemy

 +91 9606957285 (India)
+1(314) 640-4196(USA)

 help@buddhaceo.org

Transformation by raising Group Consciousness

In the co-working space that I share with a number of start-ups, I experience a great deal of positive energy whenever I step in. The drive to create, innovate and break barriers is palpable. Even though the start-ups are working on different domains and technologies, they support each other by sharing expertise and opportunities. This sense of collective intent to innovate and move ahead and inherent positivity makes the place vibrant. This brings up a question - can collective intent or group consciousness be consciously created?

How many of you remember the times in the not-so-distant past when smoking was allowed on flights or inside offices? Or when women were disallowed to get into professions that were reserved only for men e.g. armed forces, commercial driving etc? What changed these situations? Many who wanted change came together - the group's intent became strong over a period for them to collectively act and bring about changes in legislation and policies. And the results are there for all of us to see.

Group consciousness is a technique in which you use group intent to facilitate a transformation for the common good at your workplace, your community or even your family. And it also shows how you can use meditation as a catalyst to raise the group's consciousness, and hence bring about a significant change. Conflicts, confusion and dissent can be changed to cooperation, clarity and acceptance using meditation as a tool, common intent as the catalyst and group practice as the channel.

In this issue, you can read about how group consciousness of people meditating together positively impacts a wider audience. Senior practitioners and business leaders share how they have used group intent at work. And don't forget to take the group consciousness quotient as a team!

Before you move on to read the magazine, here's an invite to join us on the 21st of every month for a group meditation event called **1 million : 1 hour : 1 consciousness** to raise the collective consciousness of people around the world and to heal the planet.

“ *The world is a projection of our collective consciousness. If our collective consciousness reaches that place of peace, harmony, laughter and love, it will be a different world.*

- Deepak Chopra ”



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

WHY IS GROUP CONSCIOUSNESS IMPORTANT?

Brahmarshi Pitamaha Patriji, fondly called Patriji, was the founder of Pyramid Spiritual Sciences Movement (PSSM) which has organically grown to be a global organization through its selfless volunteers who practise meditation and vegetarianism. Building pyramids across the globe, bringing together people to the meditation fold and vegetarianism is a gigantic task. Patriji, with his relentless efforts for over 40 years, has been able to achieve that significantly and formed a critical mass of meditators.. He has been able to influence people to overcome their dogma and surrender to the group's cause, many times over.

His annual mega Dhyana Maha Chakram event, a global meditation event, draws people from all over the world and is run by meditators, for meditators and of meditators.

What is group consciousness?

Both games and life teach us about our own strong and weak points. Just as in the game of cricket, even in life, you have to know your strengths and weaknesses. We are here to know and learn. In a group, you learn to surrender your opinions and needs and follow that group's needs.

You can be in the group when you can flow with the group's objective. You are out if you cannot flow with the group's

objective. And when you join a group, you have your peace of mind.

Human beings have to develop from individual consciousness to group consciousness. We are always searching for our group consciousness.

Power of group consciousness

In enlightenment, there are two things. First, you must understand that you are not the physical body. Second, you must get into a group that

serves the people. That means you have to develop group consciousness. It is not an easy thing. It is possible only for enlightened people to get into group consciousness.

When you are in disagreement or out of sync with a group's objective, you should learn to be quiet. Otherwise, you cannot be a member of the group. If you disagree with the group, you may leave the group. But avoid criticising the group. For example, the Pyramid Spiritual Societies



You can be in the group when you can flow with the group's objective. You are out if you cannot flow with the group's objective. And when you join a group, you have your peace of mind.

Movement (PSSM) promotes vegetarianism and believes in it strongly. Vegetarianism is a part of the group consciousness of PSSM. If you start to eat fish, you cannot be a part of PSSM. PSSM cannot tolerate such people.

It is not easy to be in a group or work in one. It is not a joke.

PSSM is a huge group consciousness. Someone

remarked that PSSM is like a mini India. India is one group consciousness. In the same way, Pakistan is another group consciousness

How to develop group consciousness

If you have to learn music, you seek out people who are musicians. In the same way, choose your company. Move with fearless people. Seek the company of people who are

stronger than you. Stay with strong people, away from weak people. When you don't get your company, you will feel a lot. That's natural.

But your company is in existence; you have to look. Swami Vivekananda searched for Ramakrishna Paramahansa. At the age of fourteen, he left his parents and his family in search of someone stronger than him. Did he not succeed in the end?

When you are in disagreement or out of sync with a group's objective, you should learn to be quiet. Otherwise, you cannot be a member of the group. If you disagree with the group, you may leave the group. But avoid criticising the group.

If Swami Vivekananda can find out, then why can't you?

I was in search of people who were greater than me. I could find more significant people than me - who could teach me music, common sense, or spirituality. I went to great musicians and learnt music. I went to people who spoke English well so that I could become a better speaker. I toured North India and interacted with all people so that I could learn Hindi. I would not have improved my Hindi if I had not sought the company of the people of North India. So, in every field, there are better people than you - in spirituality, meditation, including enlightenment. So seek their company.

Just like how Swami Vivekananda met a person better than himself, you can also meet one. I, too, got my superiors. Move with your seniors. I am a flute player. If I want to improve my flute, i.e. if my intention is to improve my flute, I have to go to Pandit Hari Prasad Chaurasia. Isn't it? But I am not here to improve my music skills. I am happy with the skills I have. My job is to teach enlightenment to others, not music. So I know what I am.

My role is not to develop much of the body. I don't want to build muscles. Else I would have gone to Bruce Lee. I don't care about my body. But many people are interested in their bodies, so they go to the gym.

Always trust people.
Never mistrust others.

I never mistrust people; that is my greatness. So trust everybody. Distrusting people is cunning, whatever reason you might have. Trusting people is greatness. That's how I have developed PSSM.



Key Events

Jun - Sep 2023

Buddha-CEO Quantum Foundation

Jun 9 - Jun 11

Starts June 9th 6:00PM IST
Total 5 Sessions Morning & Evening

|| Manifest ||

Elevate Your Energy

A 3-Day Online Program

Aug 7 - Sep 15

6:00AM - 7:30AM IST / 8:30PM - 10:00PM EST

|| Coherence ||

Excellence through Meditation

A 6-week online program

Sep 15 - Sep 20

|| AMR ||

Advanced Meditation Retreat

Pyramid Valley International, Bangalore

Jun 3 - Aug 6

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

|| Prana ||

Daily Online Meditation

For Personal Well-Being,
Consistency & Positive Mindset

Jun 5 - Jun 25

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

|| Marvel ||

Meditation for Confidence, Clarity & Manifestation

A 3-Week Online Youth Program

Jun 21 - Jul 26

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

|| Light ||

Wisdom of World Masters

(Only On Wednesdays)

Jun 12 - Jun 16

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

|| Amruth ||

3-Hour Intensive Meditation - Akhanda Dhyana (Online)

Aug 14 - Sep 3

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

|| Youth ||

Meditation for Confidence, Clarity & Manifestation

A 3-Week Online Youth Program

Aug 14 - Sep 13

Batch 1 : 8:15AM - 9:15AM IST &
Batch 2 : 8:00PM - 9:00PM IST
(Every Monday & Wednesday)

|| Inspire ||

Book Club

To Expand Wisdom

Jun 15 - Jul 15

Introductory Sessions

Meditation for Stress Relief Clarity & Growth

Multiple Cities, USA

Jul 8 - Jul 9

A 2-day Advanced Workshop

Quantum Creation

St. Louis, USA

Jul 19 - Jul 23

|| AMR ||

Advanced Meditation Retreat

Niagara Falls, USA

Every Saturday

5:30PM to 7PM IST / 8:00PM - 9:30PM EST

Saturday Masterclass & Meditation

Every Sunday

6:00AM - 8:00AM IST / 8:30PM - 10:30PM EST

Long Meditation For deep relaxation & rejuvenation

21st of Every Month

5:30PM - 6:45PM IST / 8:00AM - 9:15AM EST

|| Million ||

1 million : 1 hour : 1 consciousness Meditation

You will play your part to heal yourself and Planet Earth

Full Moon Every Month

9:00PM - 12:00AM IST / 11:30AM - 2:30PM EST

3-Hour Full Moon Energy Meditation

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, 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 trying meditation 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.

What are you waiting for? Come, join us !



Chandra Pulamarasetti

Founder, Buddha-CEO Quantum Foundation

MEDITATION DEVELOPS COHERENCY THE BASIS FOR GROUP CREATION!

We are tiny personal selves and huge impersonal selves. In the grand multi-verse of billions of stars, planets and macro-bodies, Earth is a tiny physical plane and we are tiny physical bodies living with tiny material desires and experiences. Yet, we seem to influence and impact significantly on others and the environment. This is because we are connected.

We radiate energy through our thoughts and feelings. The energy is unbounded and touches others in the highly connected field. Research demonstrates that everyone carries an electromagnetic energy field around them, reflective of their emotions and moods. This field positively or negatively impacts the people and things around us, based on positive or negative emotions we experience.

Quantum Physics and Global Coherence

According to Quantum Physicists, we are tiny matter and infinite emptiness and energy called the Quantum Field of Energy. This Quantum Field is an infinite Field of Energy; we all are an intricate part of this field and also intricately connected (due to the wave nature of the energy). In this Field, everything is correlated with each other - also known as Quantum Entanglement.

“Quantum entanglement is a phenomenon that explains how two subatomic particles are intimately linked to each other even if separated by light-years of space. Despite their huge separation, a change induced in one will affect the other.”

Quantum physicists explain that at the micro level (sub-atomic level), everything is influenced by observation. A subatomic particle gets affected by observation - by thought and feeling. The famous double-slit experiment carried out in the field of Quantum Physics confirms this phenomenon.

In our day-to-day life, we witness this phenomenon and have a more logical explanation for how one person influences the other. At the workplace, when we help someone at work, there is a reciprocation at some time in the future. The more we help each other, the greater the cooperation and the more common goals we agree to. The less we help each other, the lesser the cooperation and hence the less common goals we agree to.

Independent of what help we receive from others, meditation develops a sense of connection with everyone and everything around us. When we go into breath-mindfulness meditation, we lose the sense of matter, and we experience the quantum energy field of **wholeness and oneness**. In the experience of **oneness**, we feel less separate and develop the natural quality to help others without any expectation. In the feeling of **wholeness**, we feel complete and develop the natural quality to not compete with others, and not manipulate others, thereby eliminating all conflict. With reduced conflicts, and increased interest to help others, greater cooperation develops among meditators and the people around

them, to collectively create a larger impact on society with collective intents.

Meditation develops a coherent mind

Meditation develops a coherent mind. A stressful mind is not efficient. Efficiency means coherence. Stress impairs the body's health, thinking, and cognitive capabilities, and creates non-coherency among various regions of the brain.

As per the research cited in the book **Mind to Matter** by Dr Dawson Church, imaging studies show that under stress, the four lobes of the brain fall out of synchrony and that groups of neurons fire chaotically rather than in

harmony. But when the stress is dropped, and the mind is trained to be calm and avoid negative thinking, the brain becomes coherent.

In highly coherent states, the mind is capable of creating miraculous effects, very similar to a coherent laser that cuts through steel. The quality of thoughts produced by a coherent mind is similar, and we can focus our attention on problems and solve them easily. We think clearly about problems, focus on goals, unlock our imagination, and perform creatively at our peak.

Our intentions affect matter. Research revealed that a Chinese qigong master was

When we go into breath-mindfulness meditation, we lose the sense of matter, and we experience the quantum energy field of wholeness and oneness. In the experience of oneness, we feel less separate and develop the natural quality to help others without any expectation.





able to accelerate the decay of a radioactive element, and HeartMath institute-trained individuals were able to wind or unwind DNA coils in coherent states of mind.

Personal coherence raises global coherence

When we are coherent within ourselves, we feel better physically, emotionally, and spiritually. We become resonant with global frequencies. As we increase our personal coherence, we start resonating in synchrony with everyone else on the planet, increasing the coherence at the global level. This means raising a group's coherence. Better group coherence means a more developed group consciousness, that helps in moving our families,

workspaces and the planet into more flourishing states. A coherent group willingly shares a common purpose and works for the realization of that purpose with sincerity and joy.

Meditation helped me to create coherent groups at my workplace

When I first learnt meditation, I dropped my judgements about others at the workplace. Meditation gave me the

clarity and strength to be empathetic and enable others, as opposed to always looking to gain something from them. In essence, meditation moved me from "What is in it for me" to "How can I help others". This helped many colleagues to believe in and continue to work with me for years and help me realize our collective product dream at Sanovi Technologies. Against many odds, Sanovi Technologies was acquired by IBM Corporation. One of the core reasons was that Meditation enabled a stronger group consciousness among my executive team to stay focused on our goals. A coherent group works through challenges and sticks together through thick and thin. This is group consciousness at work!



Meditators naturally came together at Pyramid Valley International and Buddha-CEO Quantum Foundation

Pyramid Valley International and Buddha-CEO Quantum Foundation are two powerful examples of how meditation-enabled groups grew their causes significantly. Meditation brought about much-needed coherence in the most diverse group of people from different walks of life.

Pyramid Spiritual Societies Movement (PSSM), founded by Brahmarsi Patriji, is a gigantic group of meditators constantly seeding intentions to enlighten individuals, save animals and establish a peaceful planet. This group continues to demonstrate the power of group consciousness as several villages, large communities and thousands of families, across length and breadth of India, have transformed themselves, leading empowered lives, adopted vegetarianism and

are highly conscious of the environment and the planet.

In summary, meditation is one of the easiest ways of developing group consciousness in organizations, leading to a shared purpose that enables growth and harmony. Breath-mindfulness meditation is very easy and can be introduced to the employees by every organization. Buddha-CEO Quantum Foundation is ready to help in this journey.



The Law of GIVING is Simple !

If you want joy, Give Joy
if love is what you seek, Offer Love,
if you crave material affluence, Help Others become Prosperous

- Deepak Chopra

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.

Every donation counts in creating more Buddha-CEOs !

Thank You! 



+91 96069 57285

www.buddhaceo.org/donate

donations@buddhaceo.org

Gratitude to Our Sponsors

Gold Sponsors



Padmaja Lakkavarapu
Virginia, USA

Gold Sponsors



Radhika Athota
Los Angeles, USA

Silver Sponsors



M.P. Singhal
New Delhi, India



Savitha Reddy
Bangalore, India



Ramudu Pratap Rao
Dubai, UAE

Join us in our Mission !

Sponsor the magazine
& projects for yourself,
to gift to your friends or enable us
to send copies to several business
leaders & create awareness

Bronze Sponsors



Sarada Devi Vemu
Hyderabad, India



Preethi Agarwal
Dubai, UAE



Ashok Kakarlapudi
Dubai, UAE

Sponsor Options

Bronze sponsor - Rs. 25,000
Silver Sponsor - Rs. 50,000
Gold Sponsor - Rs. 1,00,000



Hrishikesh Dabhade
Pune, India



RK Ecran Pvt Ltd-Sankar
Coimbatore, India

To Sponsor Visit:
www.buddhaceo.org/magazine

Buddha-CEO's Corporate Programs

Gain Excellence and Go Beyond with Breath-Mindfulness Meditation

Scientific meditation programs for corporates



Only
21%

of corporate employees are engaged at work.

(2022 Gallup study)



Only
33%

of corporate employees are thriving in life

(2022 Gallup study)

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.

Flexible program options

L1 - Foundation
10 hours Experience

Understand the meditation science, experience the flow of meditation, and the initial benefits: awareness, calmness, positivity, and quality of sleep.

L2 - Foundation
21 hours Balance

Initial meditation habit formation, positive thinking, improved wellbeing including sleep quality, mental benefits including stress and emotional control, increased collaboration, Growth Mindset, confidence to realize goals, mindfulness foundation.

40 hours
Transformation

Meditation becomes a habit, with physical and mental health benefits for many people, improved relationships, increased productivity, greater clarity and creativity, mindfulness practice with higher emotional intelligence and non-judgmental attitude, belief reprogramming, personal transformation with an enthusiastic and inspired outlook for life and goals.



L3 - Advanced
16 hours Manifestation

Additional techniques for belief reprogramming, goal setting, visualization and manifestation. Offline program in a physical location for 2 days with 8 hours/day or Online program.

Participant Surveys show remarkable improvements.

(In a 3-week program with 600+ participants)

79% indicate increased work productivity

85% indicate positive mindset

85% indicate greater outlook for life and work

58% indicate healing

Quantum physics principles indicate that our thoughts and feelings create our outer reality. 90% of what is experienced by individuals is based on their past limiting thoughts and beliefs. Proven by many studies and now corroborated well by scientific research, meditation is the foundational practice to break old beliefs driven by limiting subconscious programs, developing resilience, and change to a confident, positive mindset and greater well-being.

Participants practice 30-35min breath-mindfulness meditation daily and make meditation a habit in their life. These programs offer an immersive experience through several activities such as group meditations, wisdom master classes, participant experience sharing, peer interaction and learning, and mindful business leader talks.

Customized programs are also available on request.

Here are few names of organizations that have benefitted from our programs



kyndryl

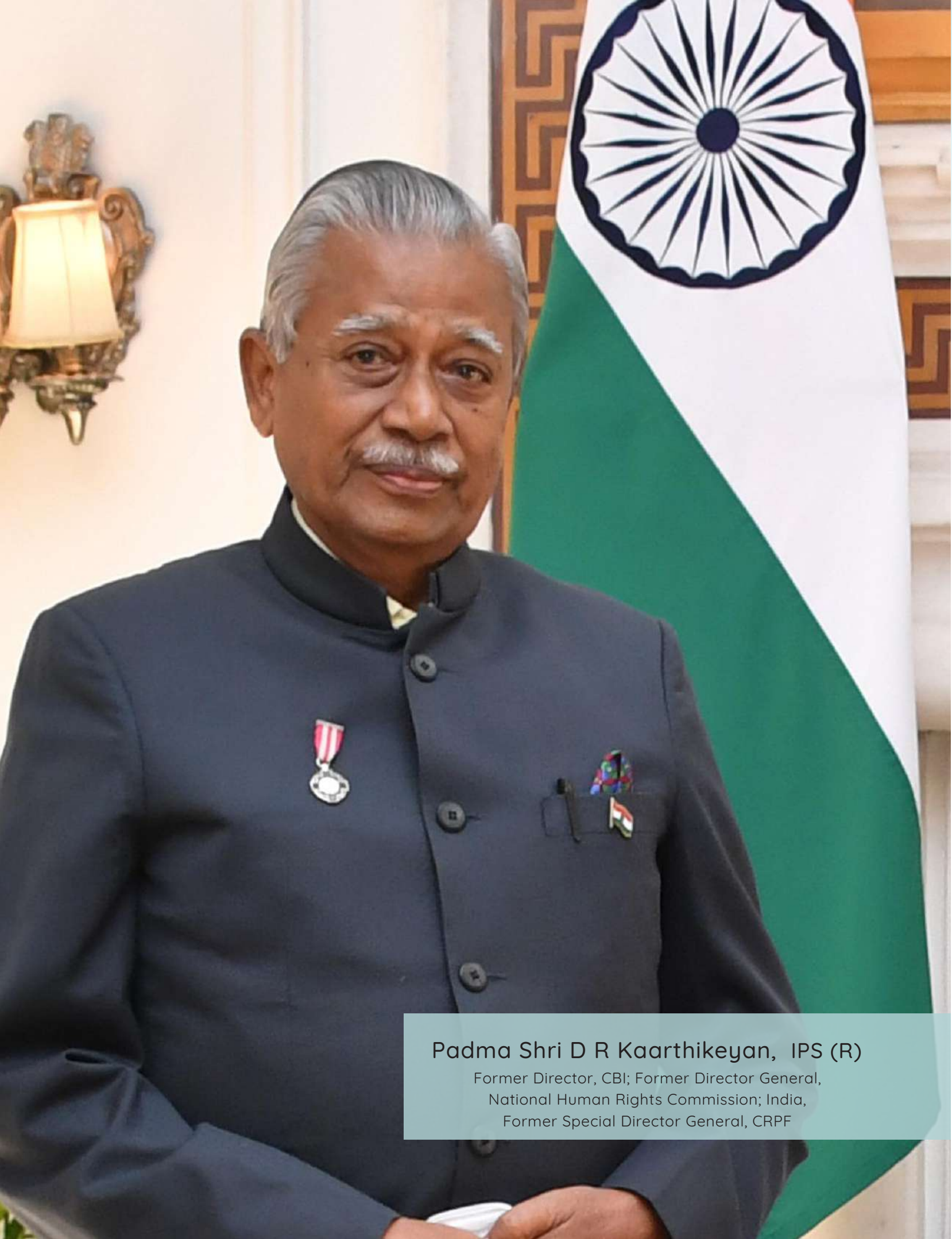


Practice Mindfulness with us

**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



Padma Shri D R Kaarthikeyan, IPS (R)

Former Director, CBI; Former Director General,
National Human Rights Commission; India,
Former Special Director General, CRPF

PLAY YOUR ROLE IN PROMOTING GLOBAL HARMONY

Greetings to all the yoga and meditation enthusiasts.

Health is Wealth. One can neither enjoy life nor achieve anything in life without good health. Yoga/Meditation is the simplest and most effective technology for achieving health of the body, mind and spirit, as also harmony within oneself and the entire world. Meditation is a part of yoga. People often refer to yoga asanas, i.e. hatha yoga, as yoga. But meditation is an integral part of yoga too – in fact, meditation is raja yoga.

When I address gatherings of any type, I always emphasise the importance of health by practising yoga and meditation. When even graduating students of business schools say that they do not have the time, I repeat an actual conversation with Hon'ble Modi ji to say that even the busiest person finds the time to do yoga, which is

the secret of his enormous endurance and fitness. As Chairman of the Advisory Committee on the EMRI 108 Ambulance service of Gujarat, I used to visit Ahmedabad/ Gandhinagar once in a few months to review the performance of our services, preside over the Advisory Committee and also call on the Hon'ble Chief Minister and in his absence, the Health Minister to get their views on our performance and to project our requirements, if any for further improvement of our

services.

My memorable meeting was on 20th June 2013 at Shri. Modi's new office in Gandhinagar— months before the election for the Lok Sabha. He was extremely busy travelling nationwide, campaigning for the elections. I had asked for his appointment. Interrupting his election tour, he returned to Gandhinagar for just a few hours. Yet, during his stopover, he was gracious enough to prioritise our meeting because of the importance and value he attached to the services



The health of the body, soul and mind breeds harmony. If the world's nations have to find peace, the societies and families have to be peaceful. And at its core, it has to start with the individual.

rendered by our emergency ambulance services.

A meeting scheduled for only 10 minutes with the Chief Minister went on for over 60 minutes, mainly at his instance. With his phenomenal memory, he was gracious enough to remember our earlier meetings. Many different subjects were discussed.

After almost an hour of conversation, I asked Shri Modi where he found the energy and the time to campaign all over the vast country while at the same time effectively discharging the huge responsibilities as the Chief Minister of Gujarat. He responded graciously

'Karthikeyan ji, I get up at 5 o'clock every morning and devote at least 90 minutes to practising yoga, pranayama and meditation. I have been doing this since my younger days, so I do not know what fatigue is.'

Yatha Raja Tatha Praja. As is the King, So are the Kingdom and the People. Let's all follow the example set by the honourable Prime Minister Shri. Narendra Modi and prioritise our daily practice of yoga and meditation to achieve harmony within us and establish universal harmony, peace and prosperity.

Group consciousness

The health of the body, soul and mind breeds harmony. If the world's nations have to

find peace, the societies and families have to be peaceful. And at its core, it has to start with the individual. Meditation belongs to the individual; each of us, as individuals, must find peace and harmony between the body, mind and soul. Meditation is a great way.

Group consciousness is a shared awareness or understanding that arises when individuals come together, and align their thoughts, emotions and intentions towards a common goal or purpose. It also defines people's identity, sense of belonging and behaviour. It is characterised by a sense of interconnectedness and unity among the group members.

Every landmark change in the world has its origin in group



consciousness. When people come together with a shared sense of purpose and intention, they can create powerful movements that transform the world around them.

How group consciousness has impacted the world positively

India's struggle for independence is an example of when people collectively felt the need, cared for it enough to overcome their individual needs, and came together under eminent leaders like Mahatma Gandhi and many more. It became a reality in 1947. The civil rights movement in the United States in the 1960s is another example where people rallied behind Martin Luther King Jr to end segregation and fight for equal rights. Their collective efforts led to the end of centuries-old practices of slavery and segregation. The anti-apartheid movement in South Africa is another example where collective consciousness brought about a just and equitable society. In recent years, there has been an increased awareness of the need to protect nature, reduce natural catastrophes (flooding, drought etc.), adopt steps to reduce global warming and stop the exploitation of Mother Earth. Calls for the



reduction of carbon footprint are dominating dialogues between nations. People are more aware of the ill effects of tree-felling, factory farming, animal agriculture, widespread consumerism, etc. This collective consciousness still needs to galvanise itself to mobilise people worldwide to take action on climate change and seek more action from governments and corporations to create a larger positive impact.

Role of a family in fostering group consciousness

Families play an important

role in promoting group consciousness and positive societal change. By fostering open communication, empathy, social responsibility and respect, families can help create a sense of social consciousness that promotes unity and a shared sense of purpose.

Families engaged in mindfulness practices such as meditation and yoga together, cultivate a sense of connection and presence in the moment, leading to greater empathy and understanding among family members. Ultimately, meditative families play an



When you meditate, you are immersed in it. You are one with the universe, the cosmos. Whatever you intend, it will be created. That is the power of meditation.

essential role in shaping individuals' values, beliefs, and behaviours greatly. This can foster a more harmonious family dynamic and promote a sense of compassion and understanding towards others in society.

Role of corporates

Corporates should engage in community building and

volunteer for projects to promote positive change in their local communities. By partnering with local organisations and community groups, corporates can help to address social issues and make a meaningful impact in their communities. Although a good body of work has been done in diversity and inclusion, corporates should create a supportive environment for people from all backgrounds, ethnicities and cultures to create an equitable and just environment.

Meditation to promote collective intent and group consciousness

When you meditate, you are immersed in it. You are one with the universe, the cosmos.

Whatever you intend, it will be created. That is the power of meditation.

Meditation can be used to facilitate group consciousness. When individuals meditate together, they synchronise their brain waves and create a collective energy that fosters a more profound sense of connection and harmony. This leads to a shared sense of purpose greater than any individual.

Group meditation has the potential to bring about positive change on both individual and collective levels. Patriji has always promoted group meditation as three times more powerful than meditating alone. Beginners can reach higher states of relaxation and get into meditation states quickly. Especially when addressing complex social challenges, when a group meditates with a common intent, it is bound to yield results. Meditation also reduces stress and anxiety, which helps individuals approach social challenges with a greater sense of calm and equanimity. This can be particularly helpful in situations that may be emotionally charged or difficult to navigate. The Maharishi Effect also states that a group of people

meditating with a common intent to bring peace has an impact on the overall population. This has been proven by the Maharishi Institute in Iowa, USA. Even when 1% of the total population meditated, it had a calming effect on the overall population and crime rates dropped.

Meditation also increases empathy and compassion, which can help individuals to develop a greater sense of connection with others and a deeper understanding of their experiences. This is particularly helpful when addressing social issues that affect marginalised communities and environmental sustainability.

Do your role towards global harmony.

In today's world, where polarisation and strife are rampant, violence towards the environment and fellow humans are on the rise, and you should perform your role in promoting harmony and peace. While group meditation alone may not solve all of the world's problems, it can be a helpful tool in promoting positive change and contributing to a more compassionate and just society.

It is often said that charity begins at home. Much in the same way, harmony begins with an individual. Meditation brings in that harmony. Individuals who are empathetic, who are in greater harmony with their environment will be able to create harmonious relationships and families. This will lead to harmonious

communities, societies at large and, thereby nations. All roads indeed lead to Rome, and many noble paths lead us to the same destination of health, harmony and peace. The technology of Vipassana, adopted by Bhagwan Buddha, has been simplified as Ana Apana Sati and given to the world by Brahmarshi Patriji is the one that can be easily understood, adopted and realised by each and every one.

**Let the laudable task
of building global
harmony begin with
me, you and each
one of us NOW!**



Know Your Meditation

Basics of Meditation - Part 5

If you are reading this article now, you are either a meditator or curious about meditation. Either way, we are grateful to be your fellow traveller as you journey forth on your path of personal transformation.

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



How long will it be before I experience benefits from my meditation practice?

This is unpredictable. The benefit may be seen in one session, a week, one month or seemingly nothing, even after a few months of practice. Various factors play into realizing the benefits of meditation; it varies from individual to individual. In the Quantum field of possibilities, everything is unpredictable, and so is the timing of realizing meditation benefits. What is certain is that regular practice gives benefits in all areas.

Many people start seeing some benefit or the other in a few days. For, e.g. improved sleep quality after a week of practice or feeling calmer and more balanced after two weeks of practice. In our self-assessment-based research that measures the benefits

after 3 weeks of practice, nearly 80-90% of the regular participants mention their thought process is more positive. They become happy for no reason; they are less anxious, less stressed, healthier, etc. They notice improvements in productivity and are much better equipped to handle challenges with reduced fears.

As with any other activity, regularity and consistency are critical to enjoying the long-lasting benefits of a healthy and happy life.



I am a busy professional who travels often for work. I cannot find time to meditate.

With Anapanasati meditation, all you need to do is to close your eyes and focus on your breath. You can do this anywhere, anytime - on the flight/train/taxi, while waiting at the airport, while



waiting for a meeting in the lobby of a client's place etc. A good pair of noise-cancelling headphones will enhance your sessions. Even if you cannot get to practice at a stretch for an hour or more, benefits accrue even from short-duration sessions of 15 mins, 30 mins etc.

More important than that is to make a strong intent to yourself that you are finding time to meditate. When we say to ourselves, «I am busy» or «I don't have time», we exactly create that in our life. Opportunities automatically start to unfold when you shift your attention away from these limiting thoughts.

My family is not convinced about meditation. And I am unable to bring them around.

Meditation means different things to different people. Some can accept only when



they perceive change. When you practice Anapanasati meditation, you will experience personal transformation. Stay committed to your practice.

When your family sees the transformation in you or the people you empower with, they will come around eventually. Sometimes, they are not interested at all, no matter how much you practise, change as a person, or talk to them about it. It's OK for them to not embrace it for a long time. Do recognize they are on a different evolution path, and hence they too will find their calling at some time in the future. Your job is to continuously find ways to inform them to meditate and be right to your conscience about your efforts. That's all that matters.

There are days when I do not find the motivation to meditate.

It is normal to feel your motivation to meditate wane on certain days. When this happens, you can resort to reading books, listening to others' experiences, and attending group meditation sessions. Meet meditation masters in your area or call your mentor/guide. All these activities keep you inspired. Practising meditation and gaining knowledge must go hand-in-hand.



When you cannot meditate for a few days, recognize that it's OK to be that way and recognize this phase, too, will pass. However, continue to have the intention to meditate. Your strong intention matters and will take you back to your practice.

Eventually, it will become a habit and a practice like brushing your teeth or showering. You shower because you feel fresh after that and not because you have to. You will get to the point where you meditate every day because it charges and heals you. You will develop this feeling sooner or later.

Compiled by: Latha Srinivasan

Business Leaders Speak



Learning is a continuous process, I stopped looking for perfection!

M P Singhal

Former Telecom and IT Leader
Ministry of Communications, Govt of India

My meditation journey started three years ago in April 2020 when I was going through a challenging phase. One of my relatives, Dr Gaurav Gupta, a medical doctor and meditator, introduced me to meditation. Now, I realize the several benefits of meditation.

I meditate for 2 hours daily, attend knowledge sessions, read spiritual books and share my experiences. I visited Egypt on a spiritual tour organized by the Pyramid Spiritual Societies Movement (PSSM) in April 2022 and experienced the energy of the Pyramids of Giza. I can feel high vibrations and energy while meditating at Pyramid Valley, Bangalore and Quantum Life University (QLU), Vikarabad.

Meditation has impacted my life in many ways. The most significant benefit is to regain my peace of mind. Now I am calm and peaceful in any situation. Earlier, I used to get irritated very quickly when things were not going my way, but that is not the case now.

Recently we had an accident at our residence due to a geyser blast that caused significant damage to my house. But I managed to be calm and was not disturbed too much. Now I calm myself and reconcile to the fact that the plan Nature has for me is definitely better than what I can think of.

My insomnia is cured due to meditation, and I have not taken medicines for the

past 2 years. My diabetes is under control, and I feel more energetic and cheerful. Regular meditation makes me more mindful and aware of my surroundings, diet, sleep and other activities. My food intake has reduced substantially, and I have become aware of what I consume.

After being in a senior role at the Ministry of Communications, Government of India, for the last 38 years, I developed the habit of getting the work done as per my perceptions. But now, after becoming a meditator, I have started to see the perspectives of other people too. Also, I now respond to situations instead of reacting.

I have also stopped looking for perfection. Learning is a continuous process; therefore, there is always a scope for improvement. I realise that we should give only our best in the present situation and circumstances. Things may change over time with the change of circumstances.

I have started to understand the science behind manifestation

I have been able to manifest a few things. Last year I wanted to change my old car and could manifest a new SUV of my choice. Also, I have developed the habit of reading books. Earlier, I was a slow reader. During the last three

years, I have read 70+ books recommended by PSSM and other spiritual masters. Meditation has boosted my self-confidence, and others have started to trust me. Now I am associated with Quantum Life University, PSSM, Buddha-CEO Quantum Foundation and many more great masters. I know that I have a long journey ahead to know myself, know my purpose in life, bring oneness to everything, do Sajjana-sangatya, share my experiences/knowledge, and volunteer.

With the inspiration and motivation from Chandra Ji, we could arrange a successful introductory session on 'Meditation & Mindfulness' for the government officers in Telecom Engineering Center,

Ministry of Communication in Delhi. About 30 senior officers and staff participated and benefited from the session. I intend to organize more sessions for the government officers and spread meditation to other members of my family, friends and others in our neighbourhood.

I express my deep gratitude to the great grandmaster Brahmarshi Pitamaha Patriji for introducing and promoting this simple 'Anapanasati' meditation technique. I extend my sincere gratitude to my mentor and great master, Shri Chandra Pulamarasetti, and other great masters who inspire me and are helping me in this spiritual journey of self-exploration.



Business Leaders Speak



Teaching and business has become
my purpose!

Master Pallavi,

Founder at MB Publishing House and Soul Network
Author & Transformational Coach

I come from the vibrant land of Beed in Maharashtra, where I was born on the 3rd of September 1986. Growing up in a family with Hindu beliefs, I was fortunate to have parents who instilled in me the value of independence, empowering me to create my own path. As a member of the esteemed group of IndiGo children, I was a curious child who dared to challenge old traditions, searching for someone to guide me towards truth.

It wasn't until I turned eighteen that I discovered the world of meditation, which proved to be a turning point in my life. Anyone who has endured a difficult journey eventually realizes that the end of old

cycles marks the beginning of new ones. It was at this juncture in life I encountered the most remarkable person - the grand master Patriji. In just one meeting, the presence of his energy shattered all my difficulties, for my consciousness had finally arrived at its ultimate destination.

Patriji, the visionary master-leader who has inspired numerous masters to find their way, led me towards enlightenment. Since childhood, I had extraordinary psychic abilities that allowed me to communicate effortlessly with higher energies. I was unaware of the purpose of these gifts and yearned for

clarity. My quest led me to meditation and the profound teachings of Patriji. I found answers to all the questions that had eluded me for so long. Through meditation, I have

Engaging with spirituality is akin to finding one's Soul Family, a group of individuals who share a similar collective consciousness and are committed to protecting and helping each other grow.

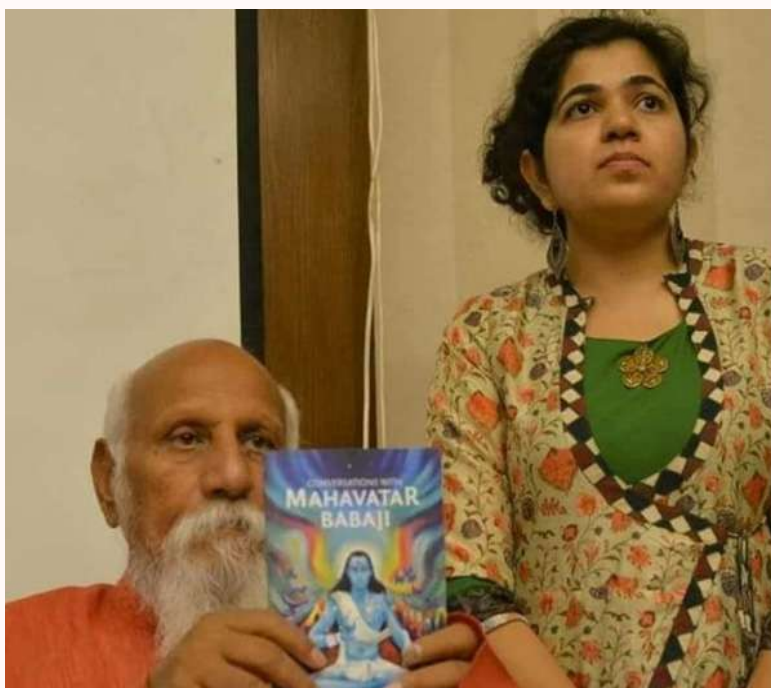
seen more than 300 of my past lives, which helped me to truly understand the concept of “getting freed from the cycle of birth and death”.

Patriji’s wisdom and my meditation practice made my life effortless, and every moment was a joy of learning and growing, an exciting journey of adventure as I started experiencing the true essence of existence or the Quantum Energy Field that Buddha-CEO calls it.

My eighteen-year journey with Patriji has been unforgettable. I was enlightened with his teachings and I realized my life’s purpose.

My passion for researching astral travel, channeling, and multidimensional realities led me to read many books suggested by Patriji, and I enjoyed discovering new things through experience. In 2018, Patriji released my first book,

‘Conversations with Mahavatar Babaji,’ and this led to the opening of my publishing company, ‘MB Publishing House,’ and my research company, ‘Soul Network.’ Both are part of the Mad Buddha Group.



Thus, my journey from homemaker to an entrepreneur began, enabling me to spread this powerful meditation wisdom in my own unique way.

Engaging with spirituality is akin to finding one’s Soul Family, a group of individuals who share a similar collective consciousness and are committed to protecting and helping each other grow.

The vast Group Consciousness of PSSM has thousands of small and large groups working to spread meditation worldwide. I have been fortunate enough to find my own beautiful soul family members, and my growth has multiplied. The joy of attaining enlightenment is not something to be experienced alone but shared with others as you help guide them on their journey.

I began teaching meditation. After getting married, my husband Krishna Bommareddy and I have been deeply involved in spreading meditation in North India.

My daughter’s arrival expanded my consciousness in multiple ways and gave

me the beautiful experience of motherhood. I realized that what I had once disliked, teaching and business, had turned into my purpose in life.

Every meditative leader should work towards making their vision a reality and use today's technology to reach spiritually curious individuals seeking more profound global understanding and knowledge.

The current technology should be utilized to educate individuals ready to ascend

and unleash their creative potential to bring about a positive change in this world.

The beauty of a group united by a common vision and purpose is awe-inspiring. When individuals join forces with a shared goal, they can achieve magnificent feats that would have been impossible to accomplish alone. Meditation is a powerful tool that can help us establish a profound understanding of ourselves and others, laying the foundation

for forming elevated groups capable of creating even greater things. Meditation is the key to unlocking the power of elevated groups. Through meditation, we can establish better work groups, communities, and organizations, built on trust, collaboration, and purpose. Through my ventures, and through our meditation service work, several meditation groups are being formed - in North India and in Maharashtra, who in turn are spreading the message of meditation.



Deep Gratitude to all 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 unto others is Service unto Ourselves”

**“ Nurtured by great masters,
Transformed through service ”**



Anusha Paladugu
Senior Manager, Finance;
Bangalore

From an early age, my association with great masters naturally drew me towards selfless service. I firmly believe that service is a wonderful platform for putting into practice what I have learned through meditation and for discovering my true self. Through service, I have been shaped into a confident, contented, and mature individual. The invaluable guidance and support I receive from Buddha CEO has been instrumental in my continuous learning and personal growth.

I express my deepest gratitude to Chandra Sir, Vani Ma'am, and the entire Buddha CEO Community.

Corporate Employees' Experiences

Meditation has shown me a new way of life.



Vrushali Dabhade

Business Analyst,

Founder - Homeschool International, Pune

I am Vrushali Dabhade from Pune, India, working with IBM as Business Analyst and owner of Homeschool International (A Montessori Preschool).

I started my meditation journey on 6th July 2020. My husband, Hrishikesh, a meditator, introduced me to the Buddha-CEO program. I found it difficult to focus on my breath first. I was thinking like Meditation is not my cup of tea, as I always loved sleeping. Yes, it's true, even in yoga, I like SHAVASAN. However, with the insistence of Hrishikesh, I continued the meditation practice without judging myself. Even when I was down with Covid, I

continued. Now, I can tell very happily that one of the good things that happened to me during the pandemic was Meditation.

Manifestation worked for me

In one of the sessions, Chandra sir explained Manifestation and its science. I followed his instructions and wrote down my goals on a notepad. Interestingly some of my goals have become a reality. One of them was to get my elder son admitted to a prestigious school in Pune. Another goal was to get an opportunity to work as a Business Analyst. I was able to manifest both of

these goals. Now I know I can achieve my goals with regular meditation practice, putting my energy into it, and feeling that it has already happened. I started living with these principles, without thinking about time and space factors.

Meditation has shown me a new way of life. I now know that our thoughts and feelings create our reality. I understand how to practice acceptance, abundance, surrender, gratitude, self-awareness, mindfulness, etc. I have become more energetic than before, and stay positive throughout the day.

I healed my backache

I recently suffered backache for a couple of weeks, and I couldn't meditate for long as the pain was severe. I consulted an orthopaedic, and he prescribed painkillers and medicines to relieve muscle spasms. However, to my greater disbelief, I was able to heal myself without taking a single medicine, and only by meditation. This has strengthened my belief in self-healing and the power of meditation.

I have become more energetic than before, and stay positive throughout the day.

Introduced meditation to my school staff and children

I have introduced meditation to my teaching and non-teaching staff at my preschool. Also, we make our tiny tots (aged between 2-6 years) meditate

during the school assembly. I share my meditation experiences with others. Now all my family members have become meditators. Now I listen to Chandra sir's messages and Patriji's videos on YouTube in my free time or whenever I feel stressed. Also, I started reading my first book 'Ikigai'.

Here are some of my key takeaways as I continue on my spiritual journey:

- There is abundance everywhere, and I can see potential in every person around me.
- You have the power within you to achieve everything you wish

for. We get what we wish from the Universe with our thoughts and feelings.

- Life is very beautiful; make the best of it!

My heartfelt gratitude to my first spiritual Guru - Chandra Sir, and to Vani Ma'am, Patriji, Shreans Daga and the entire Buddha-CEO Quantum Foundation team. I like Chandra sir's dedication, his teachings with scientific explanations and the experience sharing of co-meditators. I thank my sister Sheetal Dabhale for being the trigger to get into meditation and Hrishikesh who helped me to learn, practice, and explore the world of meditation.





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



Excellence through MEDITATION

Stress Relief | Connect | Growth | Clarity

Aug 7th – Sep 15th

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



Facilitator & Coach

Chandra Pulamarasetti

Former Corporate Exec, Founder,
Buddha-CEO Quantum Foundation



Dr. S.V. Balasubramaniam

Founder & Chairman, Bannari Amman Group

" I feel energetic throughout the day. I truly enjoy the process of meditation. This program is very well structured and taught by Buddha-CEO Quantum Foundation "

Register:

buddhaceo.org/coherence

+91 96069 57285

+1 (314) 640-4196



Excellence Through Meditation

A 6-week Transformation Program

Buddha-CEO Quantum Foundation offers a 6-week transformation program FREE to the general public. The program has its basis in science (including quantum physics, neuroscience, epigenetics etc.). It helps participants to become more aware and energetic, develop confidence and a miraculous mindset, overcome life's challenges, and learn empowering wisdom to realize their dreams – in short, **a complete transformation inside out.**

When participants practice Anapanasati or breath-mindfulness meditation regularly, they naturally get inspired to be more socially responsible and accountable, building a more vibrant workplace, harmonious communities, a more prosperous society, and a peaceful world.

The program offers an immersive experience through many activities

[viz group meditation, book clubs, experience sharing, business leaders speaking, and a vibrant, trusting global community] for you to learn from, practice and contribute.

What can you expect from the 6-week transformation program?

You will learn the fundamentals of meditation, the techniques of Anapanasati and the details around it. You will also understand what meditation is and what it is not. And you will understand the impact of meditation on the brain and the power of the subconscious mind.

You will gather how meditation can heal chronic and other medical ailments, improve physical and mental well-being and the science behind epigenetics.

You will gain wisdom about manifestation science by understanding Quantum Physics and Neuroscience

principles to create abundance in your life. You will learn the techniques of creative visualization, belief reprogramming, gratitude, and several related concepts and how meditation is the Foundation for all of this, to help you consistently materialize your dreams.

You will realize that meditation can make you more self-aware, self-expressive, inspired, empathetic and engaging. You will become adept at dealing with negative and destructive emotions and experience true happiness. Your Emotional Quotient (EQ) and Spiritual Quotient (SQ) will rise to help you go beyond your daily routine and know your purpose and lead a meaningful life. You will become open to new experiences and ideas too.

Overall, at the end of six weeks, you will experience a calmer, happier and newer YOU!

Register for the next 6-week program at buddhaceo.org/coherence.

Corporate Employees' Experiences

Transforming my life through meditation



Karthik AJ,
Software professional, UK.

I am Karthik from India, and I have been living in the UK for the past 1 year. I started my meditation practice with Buddha-CEO in 2020 when I attended one of their 40-day programs. Now I practise meditation daily and have participated in all the subsequent 40-day programs and 3-hour meditation sessions. Before 2020, I was not regular and used to meditate every now and then whenever I was forced to by my parents, who have been practising meditation for many years.

A few things that attracted me to Buddha-CEO programs are the sharing of scientific concepts of meditation, clear instructions including heart elevation, music throughout the session and sharing of meditation experiences.

I used to experience headaches when I was stressed at work or in my personal life. And I used to find relief from them either through massages or

medication. However, the headaches have not recurred since I started my regular meditation practice.

I have created a vision board for my short- and long-term goals, mainly related to work. I have benefited from the manifestation process in all aspects – career, creative ideas at work and receiving good growth opportunities. I manifested an increase of a 40% salary hike when the typical salary hike was between 5% - 9%.

I manifested my onsite assignment in the UK. Due to the pandemic and work-from-home situation, there were no opportunities for onsite assignments. However, on my vision board, I drew a picture of an aeroplane and mentioned the location as the UK. Subsequently, in a 1x1 session with my manager, I expressed my desire to go for an onsite assignment. She accepted this proposal and started the

process for my UK Visa. Slowly, I updated my vision board with visa details and travel dates. Although there was no clarity about the client or projects then, all these became a reality, and I travelled to the UK for work.

I also wished to settle down in the UK. Out of the blue, one of my managers with whom I had worked a decade ago called me and mentioned that she was keen to refer my name to another company in the UK that had a few job openings. I was able to clear the job interviews and received a job offer from them – all within a month of that call.

I regularly participate in meditation service activities here in the UK viz promoting and organising meditation events with Pyramid Meditation Foundation and Spiritual Tablets. Recently, during Chandra Sir's visit to the UK, I had the opportunity to volunteer for the physical 2-day workshop called Quantum Creation. It was a great experience, and many established medical doctors spent two-full days exploring meditation.

Content You Can Use

Buddha-CEO Quantum Foundation regularly conducts and curates sessions on advanced topics which are useful for regular practitioners of meditation in their journey.

Below are some of the videos which are available in the youtube channel of Buddha-CEO.



Spirituo- Scientific Understanding by Chandra Pulamarasetti

Understanding Spirituality from a scientific point of view always helps us in expanding our beliefs. Master Chandra has explained spirituality based on scientific facts.



How to Embrace Our Emotions by Dr.Newton Kondavetti

Tune into this video to learn and meditate. This meditation is so beautiful that it will teach you to embrace our emotions and not avoid our negative emotions. He says we must face this void to open the portal to our inner source.



Million Meditators Mindfulness Moment Meditate for Yourself & the Planet

Master Chandra explains the, “Maharishi effect” in this video. To know more about this, scan the qr code to watch this video!



Buddha-CEO Youtube Channel (www.youtube.com/buddhaceo).

You can scan the QR code or search by the topic name.

In a Lighter Vein

Move your chicken, goats and sheep out

A long time ago, there lived a family in a small, quiet house in Poland. One day they learned that their grandparents were coming to live with them. The children were very excited about this, and so were the parents. But the parents worried because their house was tiny. They knew that when the grandparents arrived, the house would become crowded and much noisier.

The farmer went to ask the Rabbi what to do. The Rabbi said, "Let them come."

So the grandparents moved in. They had a lot of furniture, which went in the living room, where they slept, and in some other rooms. The house was crowded and noisy, so the farmer returned to the Rabbi. "I did what you said, Rabbi.

Now my in-laws are here. And it is really crowded in the house."

The Rabbi thought for a moment. Then he asked, "Do you have chickens?" "Of course, I have chickens," said the farmer. "Bring them into the house," said the Rabbi.

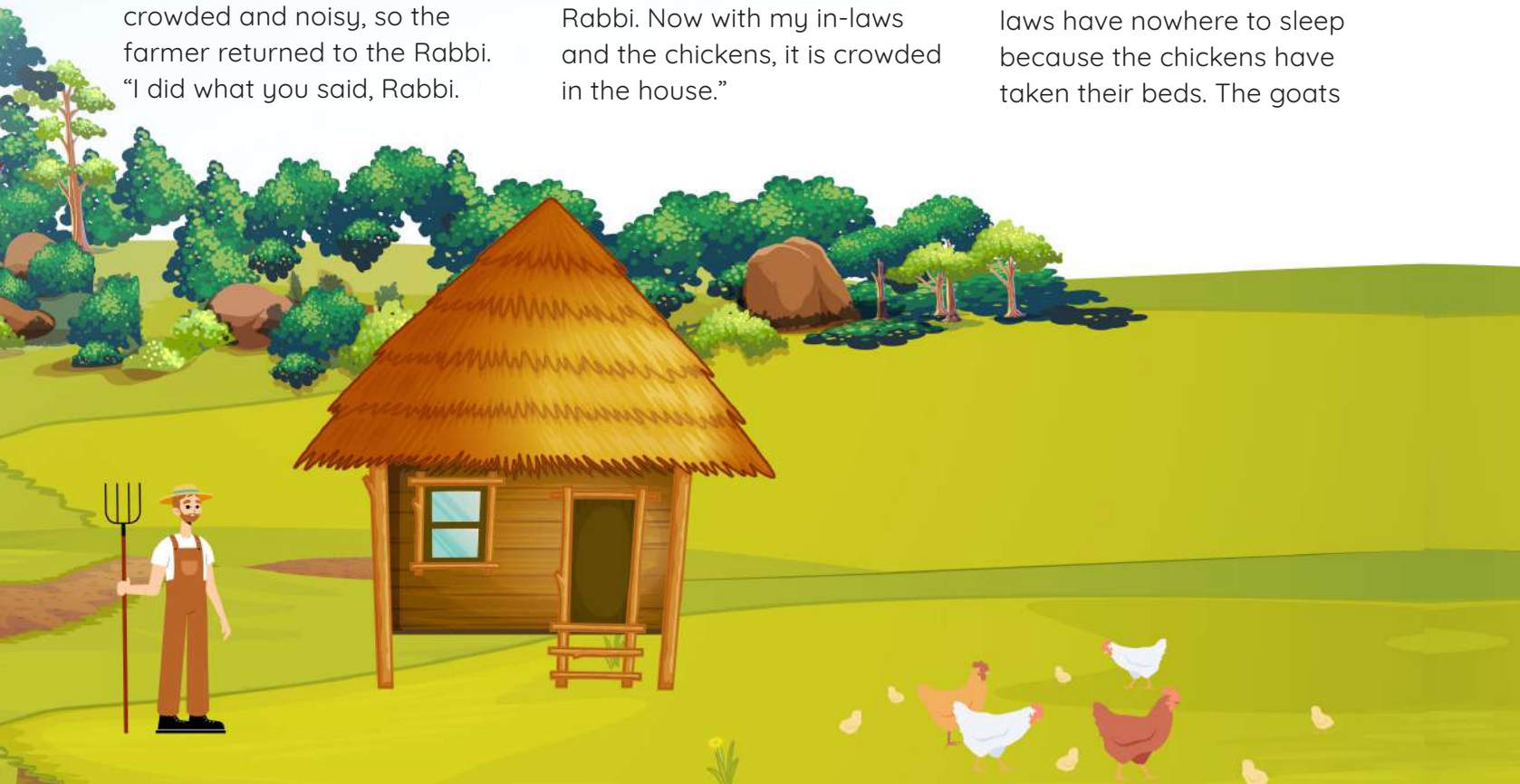
The farmer was confused, but he knew the Rabbi was very wise. So he brought all the chickens to live inside the house with the family. But, it became more crowded and noisy, with the clucking, pecking, and flapping of wings.

The farmer went back to the Rabbi. "I did what you said, Rabbi. Now with my in-laws and the chickens, it is crowded in the house."

The Rabbi thought for a moment. Then he asked, "Do you have any goats?" "Of course, I have goats," said the farmer. "Bring them into the house," said the Rabbi.

The farmer was confused, but he knew the Rabbi was very wise. He brought all the goats from the barn to live inside the house. It became more crowded and noisy, with the chickens clucking and flapping their wings and the goats baa-ing and butting their heads against the walls and one another.

The next day, the farmer went back to the Rabbi. "I did what you said, Rabbi. Now my in-laws have nowhere to sleep because the chickens have taken their beds. The goats



are sticking their heads into everything and making a lot of noise.”

The Rabbi thought. He looked very puzzled. Then he said, “Aha! You must have some sheep.”

“Of course, I have sheep,” said the farmer.

“Bring them into the house,” said the Rabbi.

The farmer knew the Rabbi was very wise. So he brought the sheep inside. It became more crowded and noisy. In fact, it became much, much worse. The chickens were clucking and flapping their wings, and the goats were baa-ing and butting their

heads. The sheep were baa-ing, too, and one sat on the farmer’s eyeglasses and broke them.

The house was loud and crazy, and it started to smell like a barn.

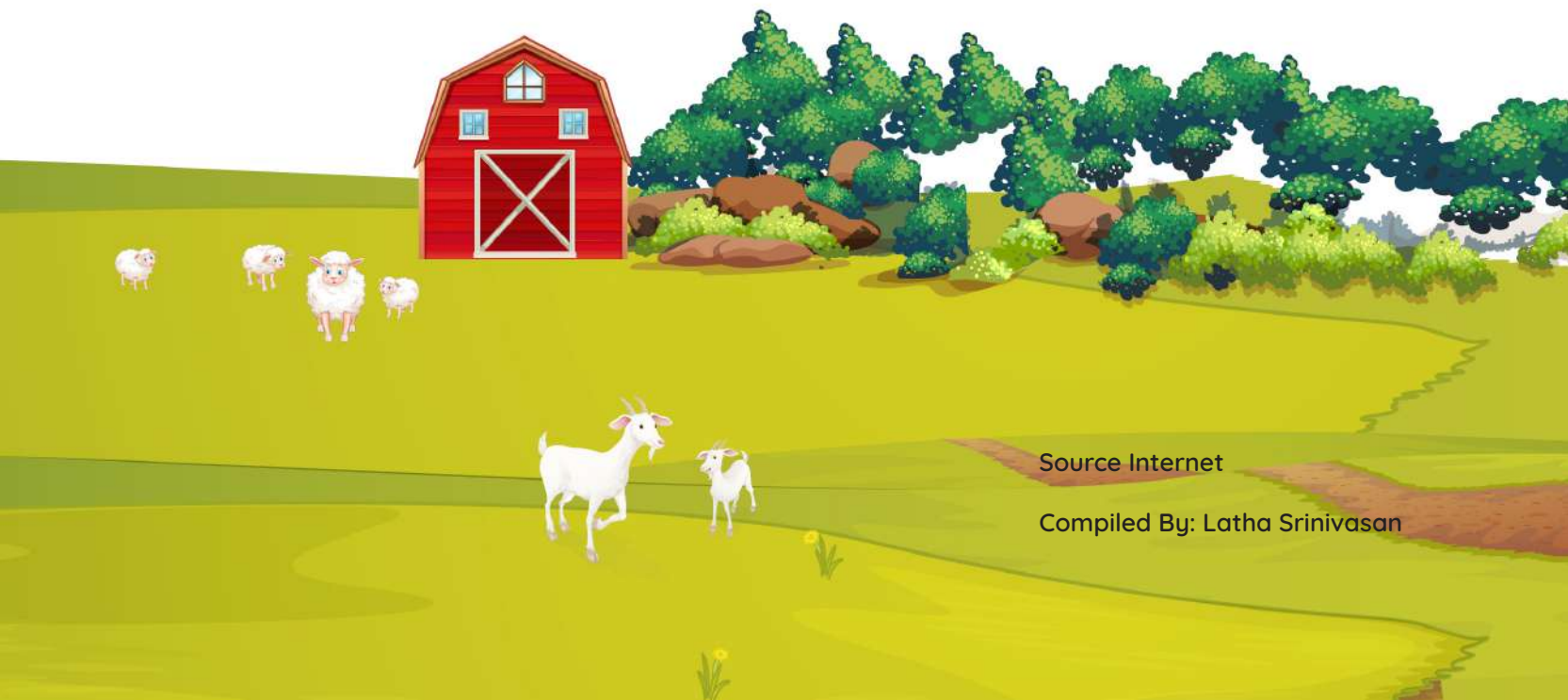
Completely exasperated, the farmer went back to the Rabbi. “Rabbi,” he said, “I have followed your advice.

I have done everything you said. Now my in-laws have nowhere to sleep because the chickens are laying eggs in their beds. The goats are baa-ing and butting their heads, and the sheep are breaking things. The house smells like a barn.”

The Rabbi frowned. He closed his eyes and thought for a long time. Finally, he said, “This is what you do. Take the sheep back to the barn. Take the goats back to the barn. Take the chickens back to their coop.”

The farmer ran home and did exactly as the Rabbi had told him. As he took the animals out of the house, his children, wife and in-laws began tidying up the rooms. By the time the last chicken was settled in her coop, the house looked quite nice. And, it was quiet. All the family agreed their home was the most spacious, peaceful, and comfortable home anywhere.

This story is an allegorical one - we tend to think we lack time for important things in life - to meditate, to read a book, to volunteer etc. However, if you take out your goats, sheep and chicken [viz watching TV, gossiping, sleeping in etc], you will realize how much spare time you have to do things that are truly important for your personal transformation.



Source Internet

Compiled By: Latha Srinivasan

Voice of Youth



Monisha Ramudu
*Social Media
Coordinator, Dubai.*

Discovered the power of manifestation

I am Monisha Ramudu working as a Social Media Coordinator in Dubai I started my meditation practice in 2020. Meditation has guided me towards a deeper understanding of myself and the world.

In my teen years, my mother Sudha Rao introduced me to meditation, but I didn't fully grasp its significance then. During the pandemic, my mother attended Buddha-CEO's meditation sessions online and found solace. She suggested that I join a 21-day meditation program designed for youth. It turned out to be one of my best decisions. Meditation reduced my anxiety and stress, brought clarity to my thoughts and

allowed me to face challenges with a clear and focused perspective. I have also become more open-minded and learned to accept things as they come. I discovered the power of manifestation and manifested things like my pet Bruno, passing my challenging driving test on the first attempt, securing an internship, and even my dream car. Listening to the experiences of other meditators inspires and motivates me to continue to deepen my practice.

In 2022, I had the incredible opportunity to attend a Buddha-CEO Meditation and Manifestation workshop led by Chandra Sir and Vani Ma'am, who stayed at our home during their visit to Dubai. Since then, I have actively associated with the Foundation and took advantage of all in-person sessions in Dubai. Meditation has become an integral part of my daily life. Through the stillness I experience, I have discovered wisdom as I embark on a lifelong journey of self-discovery and inner peace.

Meditation came as a boon to me

My meditation journey started in April 2023, with the 21-day Youth program from Buddha-CEO. Since then, I realise that I am not the same person that I used to be. I am hardworking and highly ambitious. Stress, anxiety, and overthinking were my all-time companions and frequently ruined my mental state. I often got angry, irritated, frustrated and used to regret it afterwards. Due to this, my relationships with my friends, colleagues, and even my family were unstable. Within two months of regular meditation practice, I have gained tremendous benefits in the quality of my sleep, reduced stress, lowered anxiety, elevated energy, and overall balanced mental health. I am mostly aware of my emotions and learning

Manish Koirala
*Engineer,
Kathmandu, Nepal*



to transmute them rather than express them unconsciously. Worries about the future and sadness of the past are gone, and I am more present in the bliss of now. I am starting to develop a clear understanding that problems are mere exaggerated projections of our own minds. My approach to situations in life has changed, and my ability to handle them positively has increased. Meditation came as a boon to me, and I have immense gratitude towards the masters and leaders of the Buddha-CEO quantum foundation.



Buddha-CEO
Quantum Foundation

|| Youth ||

Free Entry

(A 3- Week Online Youth Program)

Meditation for Confidence, Clarity & Manifestation

Aug 14th - Sep 3rd

6:30 pm - 7:30 pm IST (India)

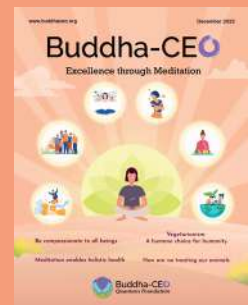
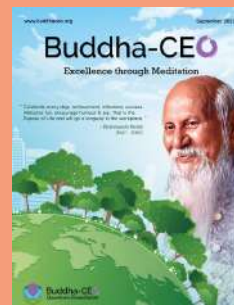
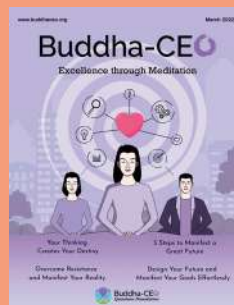
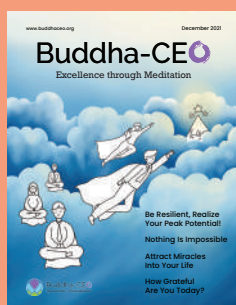
9:00 am - 10:00 am EST (USA)



 Register: buddhaceo.org/youth

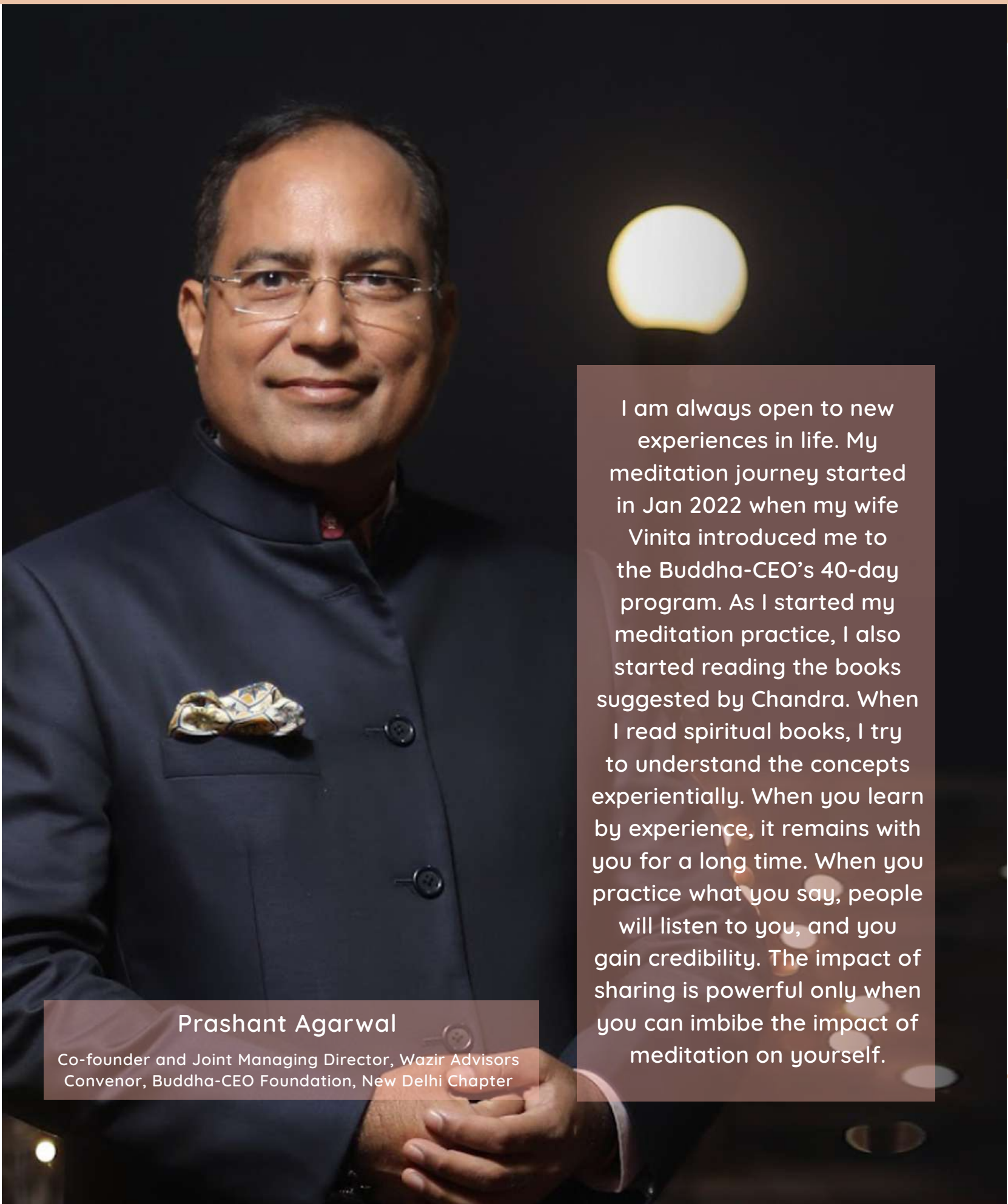
 +91 96069 57285

Subscribe to / Gift our Magazine - Make an Impact.



Share this knowledge with colleagues, friends & family
www.buddhaceo.org/magazine





Prashant Agarwal

Co-founder and Joint Managing Director, Wazir Advisors
Convenor, Buddha-CEO Foundation, New Delhi Chapter

I am always open to new experiences in life. My meditation journey started in Jan 2022 when my wife Vinita introduced me to the Buddha-CEO's 40-day program. As I started my meditation practice, I also started reading the books suggested by Chandra. When I read spiritual books, I try to understand the concepts experientially. When you learn by experience, it remains with you for a long time. When you practice what you say, people will listen to you, and you gain credibility. The impact of sharing is powerful only when you can imbibe the impact of meditation on yourself.

NOT JUST LEARN MEDITATION BE REGULAR WITH THE PRACTICE

After my first 40-day program, I went to Pyramid Valley International (PVI) in Bangalore, India, to attend the 3-day program conducted by Buddha-CEO. I had the opportunity to meet and interact with Patriji there. The experience at Pyramid Valley was incomparable with anything I have had in all my life until then - all the three days I spent at PVI, I did not think of anything else - I was with myself all the time. Being with fellow meditators was a great experience. I also met a nine-year-old child in the program who had read so many books and had more clarity than me.

For me, life is about experiences. Let me share a few meditation experiences that considerably changed me as I imbibed the concepts.

First and foremost, I have deeply experienced the concept of thoughts creating reality. I experience throat pain sporadically - but when I started to believe that this pain would not recur and went about my regular work and meditation, it stopped. I did not take any antibiotics - I thought I would not suffer from throat pain, which became a reality.

Similarly, at work too, when we submit proposals for projects, my team would often comment saying that competition is tough and we would not get the project. I advise them to do their best with the idea that we would bag the project and make the proposal accordingly. More often than not, we would get the project. What you think matters! Your thoughts become a reality.

Another concept I have imbibed is to stop complaining and become non-judgmental about everything. This changes the tenor of relationships at home and at work. While I am a people person and love my team, I have had preconceived notions about certain people in my team - this person will take extra time; I have to review





his work thoroughly when he submits it etc. When I decided to become non-judgmental about my team, I realized that the team's performance improved, and I became more peaceful. I did not do anything different, just changed my thoughts.

I have had similar experiences in my personal life too; when I stopped judging, my life changed magically. I am grateful to Chandra, who helped me understand these life's basics.

This was when I decided to promote meditation. We had taken Buddha-CEO to many corporates in Delhi area – when Chandra presented meditation concepts for a few hours, we

realized that people struggle with day-to-day challenges. They over-analyze everything and compete with each other. Chandra discussed the concept of being open and non-judgmental and how it will transform relationships for the better. In the corporate world, complaining and judging are enormous challenges. When people realize meditation will help them overcome these challenges, you have given them a gift that no amount of money can buy.

All the people in my family meditate. I have seen much

**I have deeply
experienced the
concept of thoughts
creating reality**

change in my children because of meditation. My daughter, a lawyer by profession, works with a Supreme Court judge. Many associates join the firm regularly. She welcomes these newcomers and shares what she knows with them. Earlier, she would have competed with them – now she says that life has so much abundance. It is indeed transformative for a person to realize this at such a young age.

We are fiercely competitive in India as we feel that things and opportunities are scarce, and we must share these with too many people. We try to jump queues and circumvent processes to get what we want. But God has given everything in abundance – air, water,

food, opportunities etc. There is abundance in the Universe. A feeling of abundance gives you peace with everything you do in life.

I love sharing, and I want others to benefit too. I want others to experience abundance. I will continue to promote meditation to many people in my personal and professional circles to enhance their experiences.

I am happy to be associated with Buddha-CEO Quantum Foundation and feel fortunate to be gaining many global meditator-friends and well-wishers through the wonderful Buddha-CEO community. I am grateful to the Foundation.

Life is about experiencing, not competing!

In the corporate world, complaining and judging are enormous challenges. When people realize meditation will help them overcome these challenges, you have given them a gift that no amount of money can buy.



The Mindful Leader's New Habits



Laurence Guihard-Joly
Co-Founder, Buddha-CEO
Quantum Foundation

When I was 22, I started my career with IBM France. I joined a client team of fifteen engineers designated to support a large and strategic client in the automotive sector for the next seven years.

We supported multiple departments for that client - research, manufacturing, dealerships, financing affiliates, corporate HQ and all their international locations.

INVEST IN THE POWER OF A ‘COLLECTIVE MIND’

This IBM client team was amazingly united in all circumstances, even during the worst crises or working on the most complex projects. Trust and respect were natural, ideas and initiatives were welcome, senior engineers were mentors to the newcomers, problem solutioning was collaborative and even youngsters (like me) were allowed to question the status quo. In addition, the team arranged many opportunities to share quality time, laugh, and build memories. We even had an ‘artist’ who was fantastic at drawing funny cartoons about our team and client situations; he contributed to maintaining a lively atmosphere of shared humour.

It felt good being part of a tribe, standing for each other, with a collective pride and willingness to succeed, a culture with its values, language and references, and a shared

purpose of delighting our client. We had a **‘collective way to respond as one-mind’** to the various competitive, economic, or technical challenges and opportunities. I enjoyed these first years very much. I honestly believed that this incredible team culture was the norm everywhere. Only later I discovered it was not. It was the vision and achievement of a true leader.

My team leader, a true leader, was from Portugal and worked in France then. He was the mindful architect of the beautiful culture I experienced early on at IBM. He worked every day to maintain and enrich the ‘group awareness’. This would ensure the team priorities would be evident to everyone and the collective energies could be directed to the group cohesion and success. He ensured he had a diverse team - in age, gender, background etc., and every

team member would value collaboration with others. Finally, he cared about every individual’s career progression. Every team member felt engaged and supported no matter what; in short, he influenced our collective consciousness positively. I learned a lot from him. With that experience, in every new job, I started ever since - as a people manager, an executive and as senior executive, I always worked to create what I used to call a ‘family culture’.

“ Collective consciousness can refer to a multitude of different individual forms of consciousness coalescing into a greater whole ”

That was a priority, no matter the size and the diversity of the team I was leading.

Thankfully the meditation and mindfulness practice that I promoted at IBM later

became a fantastic way to build, strengthen and amplify the power of a team - even a very large business unit - to aim toward a 'collective consciousness' that permeates all members, affecting their attitudes, feelings, trust, behaviours, to drive their energies toward the same goal.

The essential determination of a leader

Awareness, attention, and memory of every individual consciousness are socially constructed, and identification with anyone and anything is achieved through group interaction. Therefore, **it takes time and determination for a leader** to create opportunities to unify a diverse team and hence, a robust and sustainable group culture. Here are a few success factors I experimented with. These are intrinsically facilitated

by practising meditation and mindfulness.

First, building trust and promoting kindness among the team members allows everyone to collaborate and innovate effectively, even under pressure or during crises. When someone feels they belong to a team or a group, when they are aware that they are wanted for their skills, support, and personality, they deliver their work with

engagement and enjoyment. They are more willing to put the group's well-being and success ahead of their own. Team leaders must model the culture they want to create, always put the team first and fearlessly resist those who consider kindness as a weakness while doing business.

Second, the leader must clarify the team mission, explain its impact, and



A collective mind considers relationships between parts and wholes, stability and change, individuals and communities, rationality and creativity, rather than boundaries that divide them. Developing a collective mind releases immense capabilities of individuals and societies.
- Valerie A. Brown *

provide a shared purpose for everyone to relate to and become fully aware of. All this must be written, explained, and communicated to the team - and outside the team - frequently and with genuine enthusiasm. Explicit examples, a logo, a mantra, and rewards for achievements should illustrate it. It makes the team

proud to mindfully contribute to a better environment, a more secure and healthy world, and be known for it. It also makes the other teams willing to partner and help.

Third, team leaders should welcome diversity among people and their ideas, knowledge and beliefs. Inclusiveness is a defining factor of a successful team



and a business. I ensured that individuals always had opportunities to speak up and align with the group's mission.

Fourth, I reached out to the families of my team members. Being a large team, I focussed on my direct reports and encouraged them to percolate it to their

teams. Create opportunities to meet spouses, parents and children (for instance, during a weekend activity, an informal potluck dinner, an online coffee gathering or a meditation session). When our family members have good connections with our colleagues and understand roles well, it creates a deep feeling of 'extended family' and gives fulfilment. It magnifies the energy toward the common purpose.

Five, I always recommend that leaders show their vulnerability at work. It means being open, asking for help, acknowledging uncertainty or mistakes, apologizing when needed, embracing humour and a genuine laugh etc. It is a precondition to developing our emotional intelligence. Being vulnerable is an opportunity to build meaningful trust and connections with our team, by carefully expressing how we authentically feel and think. For some leaders, this may require courage, but it becomes a strength and improves our resilience. Being vulnerable comes naturally when we practice meditation,

and it has a tremendous positive ripple effect on people and the group culture.

Group Meditation amplifies the outcome

When a team, even a very large team, e.g. a business unit of a few thousand people, can build this shared feeling of an extended family, that team is invincible, counting on each other and collaborating while looking for new opportunities and dealing with new challenges.

There is enough anecdotal evidence in history across cultures that focused thoughts

of the mind influence and manage the matter. When a team practises meditation with a shared intent during a group meditation, the projection of collective awareness for a purpose toward a specific outcome for the group, e.g. winning a deal, achieving financial targets, bringing to market innovation, finding a partnership, etc. will highly influence the materialization of the desired results.

I have experienced this group intent personally. After acquiring and integrating a software company from Bangalore into my business unit and introducing meditation

and mindfulness practices to my managers and our global team, we had a fantastic year well above all expectations, above our aggressive business plan, and with a very high level of employee satisfaction.

We are all a part of the whole, just like cells within the body. They function separately but work together as the basis of life itself

* Reference: <http://www.collectivethinking.com.au/valerie-a-brown/>





Quantum Life University

A New-Age Spiritual University

Quantum Life University (QLU) is a unique institution founded by Dr. Newton Kondaveti, MD and Dr. Lakshmi Newton, MBBS, world renowned Spiritual Scientists and pioneers in applied Spiritual Science. Dedicated to the study and application of Spiritual Science, it is going to be the first Spiritual Science University in the modern world to teach Universal Spiritual Science Wisdom in a Scientific Manner, and is set to become a private University in the state of Telangana, India.

QLU is a Brahma Jnana Peetha (Center of Universal Wisdom) with Three unique Jnana Peethas (Centers of Learning), each with Six 'Schools of Wisdom' (departments).

At QLU, students are exposed to a wide range of courses and programs that integrate the principles of Spiritual Science into real-world applications. The curriculum includes courses on holistic education, transpersonal psychology, quantum economics,

epigenetics, quantum biology, energy healing, and many more. Students are encouraged to explore the spiritual aspect of quantum physics and its connection to consciousness and the universe.

The university's faculty consists of a team of experts from various fields, and they are committed to providing students with a holistic education that goes beyond the traditional academic approach.

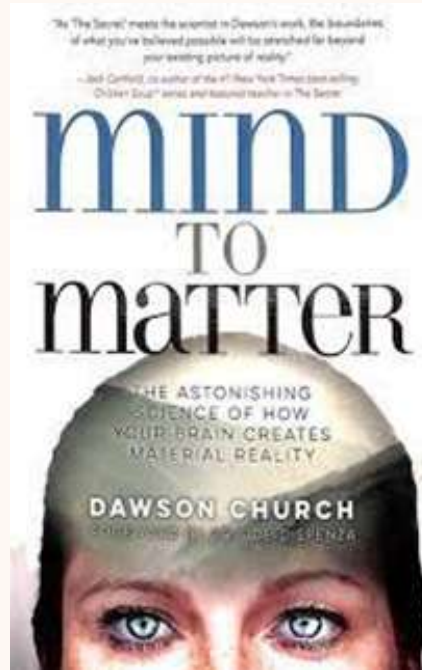
The vision of QLU is 'Awakening Wisdom Within', and its mission is to empower students to become leaders in their respective fields by providing them with a cutting-edge education that integrates science, spirituality, and practical application. With its innovative approach to education and its commitment to help explore the limits of human potential, Quantum Life University is truly a pioneer in the field of Spiritual Science and its application in everyday life.

Website: www.qluglobal.org

Nagsanpally Village, Kotipally Mandal,
Vikarabad (d.t.), Telangana - 501106. INDIA.



Book Club



In *Mind to Matter*, award-winning researcher and author Dawson Church explains the science of how our minds create matter. He uses scientific concepts and authentic case histories as he explains this.

THE MIDDLE GROUND

On one extreme, our thoughts manifest themselves into physical things and situations. On the other end, wishes like complete age reversal may not be possible. Between these two exists a vast middle ground that this book explores.

REAL-LIFE CASES & NEW RESEARCH

In the year 2004, the author was in Hawaii for a vacation. While snorkelling there, he lost his jeep keys and of his apartment keys, in the sea. He shares his experience of how

he eventually got back his keys purely through his intuition. He explores studies that found people in their 80s who could significantly expand their neural connections against the previously held scientific understanding. Another experiment to study the effects of meditation showed a 22.8% increase in the volume of the brain part responsible for emotional regulation with enhanced response time. The book also talks about an experiment on a person who cured serious hearing ailments through distance healing. The author shares that our consciousness can be directed

per our desire to harness our mind's power.

ENERGY BUILDS MATTER

When we have an intention, a complex chain of events begins in our brains. Thoughts travel as electrical impulses along neural pathways. When neurons fire together, they wire together, creating electromagnetic fields. These fields are invisible energy, yet they influence the molecules of matter around us like a magnet organizes iron filings. Electromagnetic fields are present in all objects, plants, insects, and

astronomical objects too! Similarly, each cell in our body has electromagnetic fields that can extend up to 5 metres and interact with that of others. Dawson Church shares the case of a person who could heal others by projecting energy from his electromagnetic field.

ENERGY IS ORGANIZING MATTER

The thoughts and energy fields we cultivate in our minds condition the atoms and molecules around us. Different intentions produce different fields and different material creations. We can now trace the science behind each link in the chain from thought to thing, showing the surprising ways our intentions create the material world.

When we get a cut on our finger, the skin grows back again. Our invisible energy field provides the blueprint for new cells to organize themselves. A study on Salamander eggs showed that the egg's high-voltage side grows into the head, and the lightweight side becomes the tail.

The author discusses Cymatics, the science of how sound affects matter, with examples of opera singers breaking glasses because water molecules rearrange themselves according to the music. Another example shares how sound cured a person's cardiac arrest.

DISEASE & CURE

Dawson Church discusses how energy flows through meridians, acupressure points, EFT techniques, and ancient cures. When a person practices meditation, their brain waves get accompanied by the feeling of oneness with the Universe, harmony, and well-being. Electromagnetic fields generated by our consciousness can directly affect our cell regeneration. Surrounding energy fields can change the matter of our cells even though they are invisible.

POWER OF COHERENT MIND

Our brain functions in a default mode i.e. Beta wave mode (the mode of survival and fear). The author talks about how we can successfully move away from it to a calmer Alpha state and further to the

Theta and Delta states with conscious relaxation. It ends with the message that our brains are not coherent when our consciousness is disturbed by stress. Hence the reality created is not coherent either. Only a coherent mind can lead us to manifest coherent matter.

Neuroscientists have measured a specific brain wave formula that is linked to manifestation. This *flow state* can be learned and applied by anyone. New discoveries in epigenetics, neuroscience, electromagnetism, psychology, vibration, and quantum physics connect each step in the process by which the mind creates matter. They show that the whole Universe is self-organizing. When our minds are in a flow state, they coordinate with nature's emergent intelligence to produce synchronous outcomes.

The book has many illustrations that explain the process. As it drops each piece of the scientific puzzle into place, it leaves us with a profound understanding of the enormous creative potential of our minds. It also gives us a road map to daily cultivating these remarkable brain states.

Contributed by : Dr Vidya Ramachandran

What is Your Workplace's Group Consciousness Quotient?

Have you ever observed ants at work and wondered how they manage so well? Sometimes they work alone; at other times, they work in pairs or groups. There appears to be an innate understanding at play that gets the task accomplished and the group's objective met. Don't we all desire such efficient teamwork in our families and workplaces? Is there an easy way?

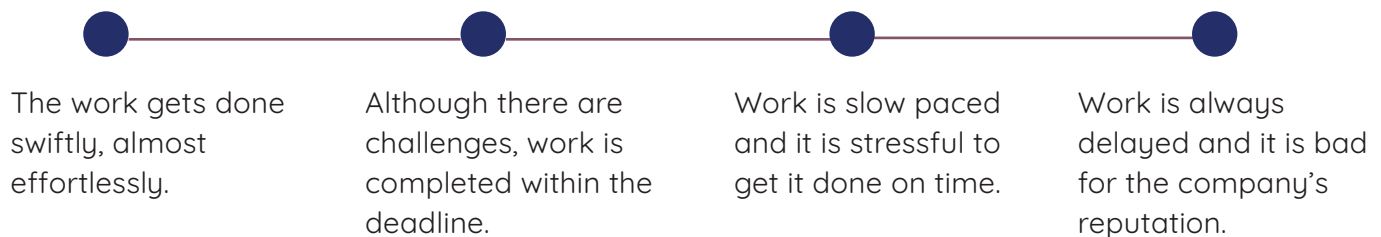
Most corporates try to get their teams to work coherently; they conduct leadership coaching, team-building activities, provide incentives, seek accountability etc., to ensure that all the teams function as a single unit to achieve the business objective. But it doesn't have to be so complex.

Would you be surprised if we told you that when groups/teams meditate with a common intent of achieving the company's objective, this could also lead to the same end? Yes, it is possible. The power of group consciousness can make our businesses and workplaces more efficient and peaceful.

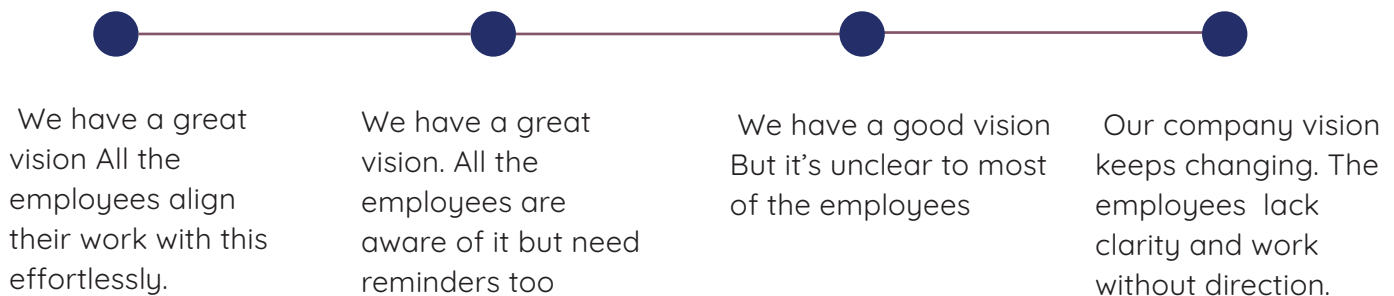
Take this test and see how well the group consciousness is at play at your workplace!

(You can answer it from the perspective of both employer and employee)

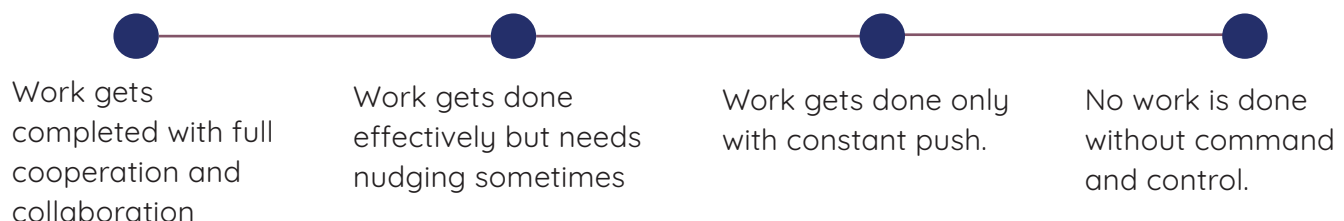
1. What is the productivity level at your workplace?



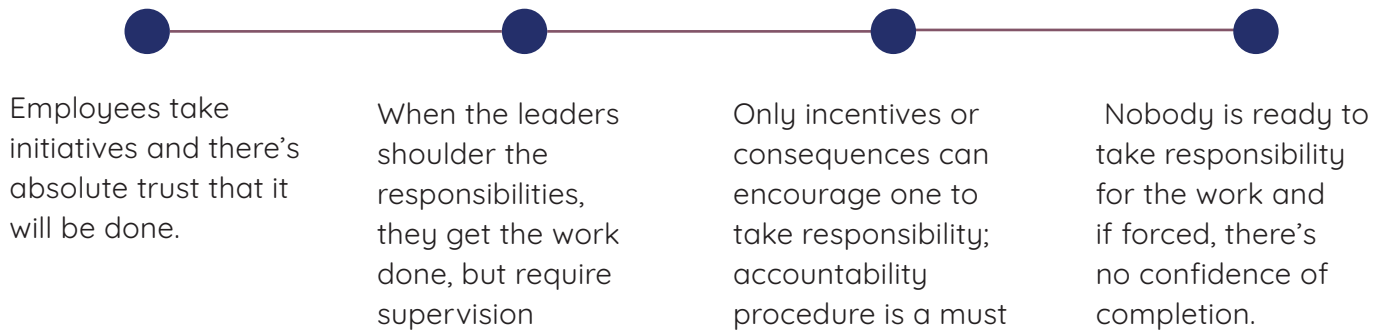
2. Which of the following best describes your Company's vision and its implementation?



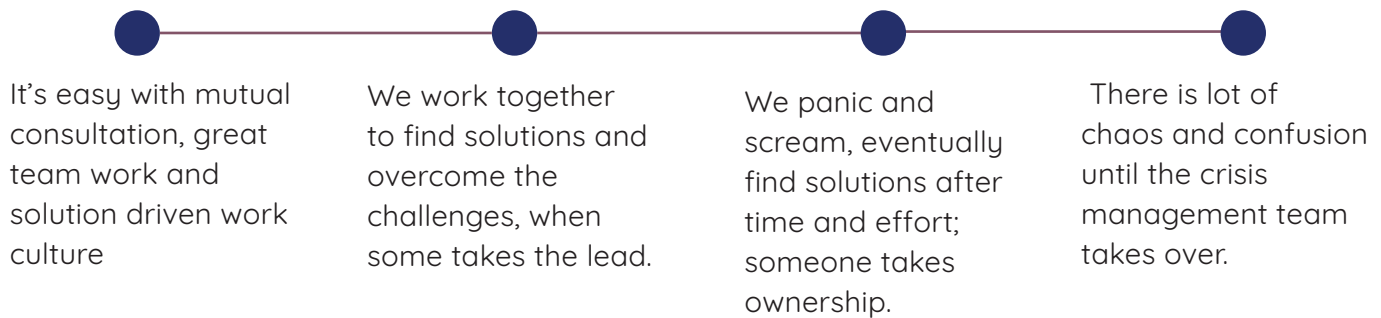
3. What is the level of initiative in getting work done?



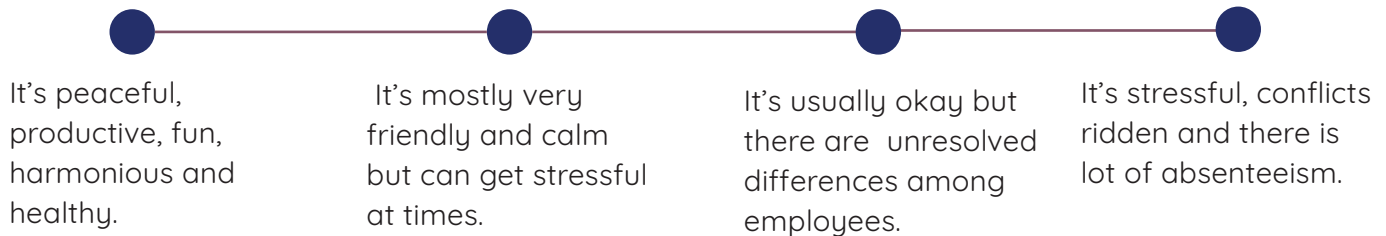
4. What is the level of engagement at your workplace?



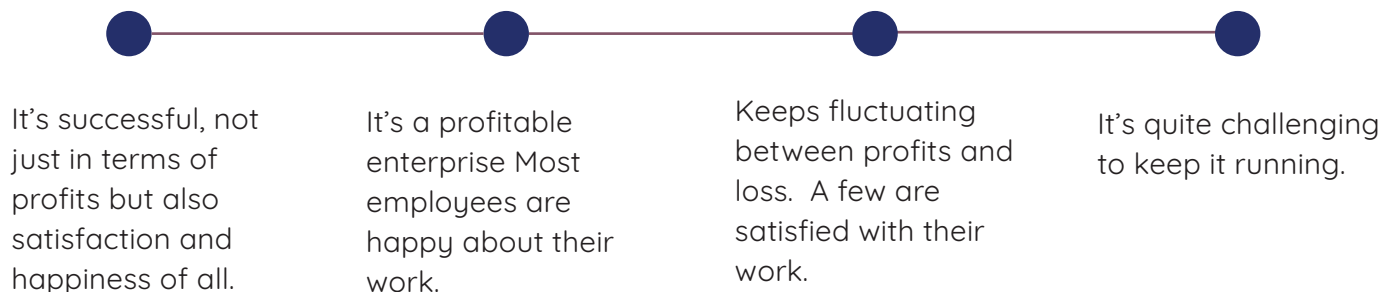
5. How are challenges faced at your workplace ?



6. What is the culture at your work environment?



7. How do you term the success of your work?



NOTE: All the above questions are only a few instances of how group consciousness could be at play at a workplace. It could differ depending on the type of enterprise and the kind of work. However, great synchronisation, cooperation and collaboration and hassle free work environment are usually the products of a good group consciousness.

Here's how you interpret the results:

1. If all your answers are the first option i.e. 'a' (i.e., 7/7):

Congratulations. Yours is a great workplace that is being empowered by the invisible power of group consciousness. No questions asked, no forceful action taken, no constant supervision required, yet all stakeholders and specially the employees are self-driven. They are carrying on the work in absolute unison with the purpose and vision of the company. High chances are that the leadership or your employees are regular meditators. You can surely lead by example in the corporate world.

2. If majority of your answers are the first or second options i.e. 'a' and 'b' :

You workplace is very close to becoming an ideal workplace and a highly successful one too. But it is faced with regular challenges that many enterprises face. You have been handling the challenges well with all resources in your reach and maintaining a great workplace. However tapping into the bountiful and unlimited power of group consciousness can make your workplace more efficient. Introducing meditation to all employees will not just make them efficient, aware and calm at an individual level but will also make the workplace better.

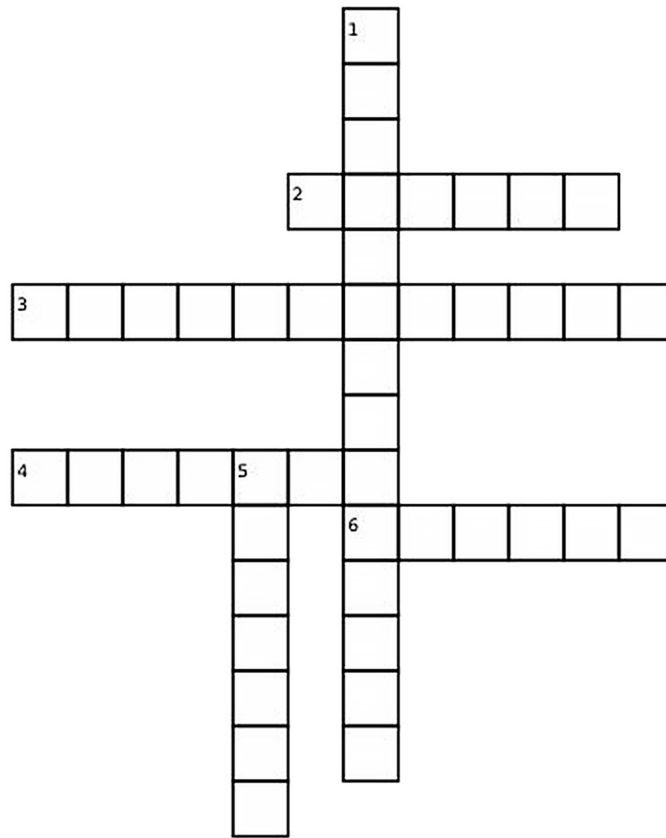
3. If your answers are dominated by the third and fourth options i.e. 'c' and 'd':

It is possible that while your workplace has been functioning well and is also giving you desired results, it could be at the cost of the too much hard work and stress or could be a result of time and money consuming processes. While these are indeed required for running a successful enterprise, all this and much more could even be achieved effortlessly and with grace. Meditation for everyone at work can be a great starting point. It will not only enhance the individual skills but will also make the workplace vision oriented, purpose driven, healthy and more aware as they are guided by the group consciousness.



Created by: Shirisha Reddy

Crossword



Down

- 1. Maharishi mahesh yogi taught this type of meditation
- 5. Being aware of what you are doing at the moment

Across

- 2. determined to do (something)
- 3. Author of the book Mind to matter
- 4. Meditating under this helps in healing faster
- 6. at the core level we are all this

Answers

- | | | |
|------------|------------------|-------------------|
| 4: Pyramid | 3: Dawson Church | 5: Mindful |
| 6: Energy | 2: Intent | 1: Transcendental |

Down Across

Created by Aarthi Lakshminarasimhan

Trends in Meditation

Post the pandemic, the global economic recovery has been hampered by the ongoing Russia-Ukraine war, at least in the short term. The war has led to a surge in the commodity prices, supply-chain disruptions, causing inflation and affecting markets across the globe. This has caused stress and anxiety to rise which also has caused an increase in the use of stress reduction methods like meditation. In fact, the global meditation market is expected to reach USD 6.65 billion in 2023 and expected to grow to USD 14.60 billion in 2027.

As per the Meditation stats for 2023, practice of meditation at work increases employee productivity by 120%, reduces absenteeism among employees and meditation at schools reduces suspensions by 45%. Wearable technology empowers individuals in high-stress environments to safeguard their mental health. A 2023 study from Mayo Clinic showcased significantly reduced stress and burnout by 54% and improved quality of life and cognition among



Health Care Professionals (HCP) when using a wearable headband Muse to support mindfulness techniques. In this 26-week study, 40 dedicated HCPs were equipped with Muse S devices – cutting-edge headbands that provide real-time feedback on brain activity, promoting focus and centering during meditation practice. The study revealed that Muse S significantly reduced stress levels ($P < .001$) and markedly improved resilience ($P = .02$), quality of life ($P = .003$), and cognition ($P < .001$) among the participating healthcare professionals. An astounding 91.9% of participants reported feeling more relaxed after using the device, with 73% expressing

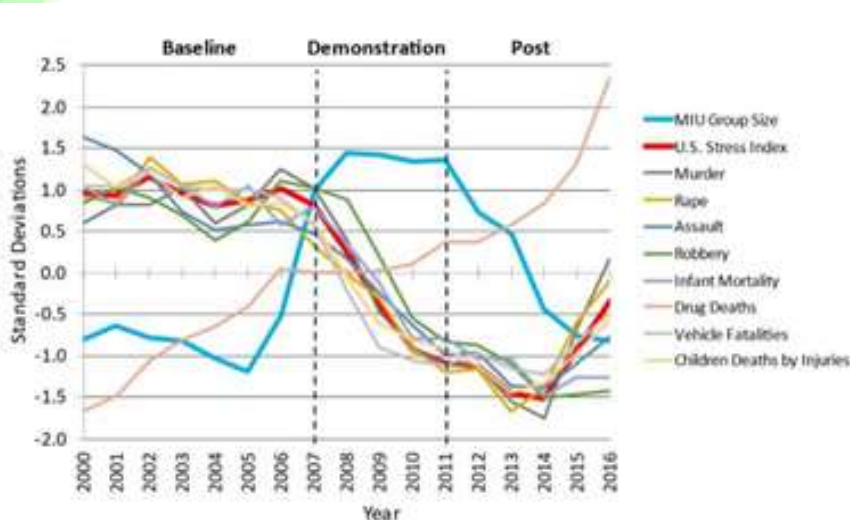
their intention to continue leveraging Muse S beyond the study. Using meditation apps is a key trend that is gaining popularity in the meditation market. In May 2022, Mobio Interactive of Singapore launched the AmDTx app that includes medical-grade mindfulness meditation activities. This app offers a digital theragnostic [diagnosis + therapy] platform driven by AI offering clinically approved psychotherapy regimes customized to each patient. Other perks include evaluating stress levels using a mobile camera, stress self-evaluation, intuitive mood calculation and free-form writing.

Compiled by : Geetha Nair

Reference:
www.thebusinessresearchcompany.com/report/meditation-global-market-report
www.thrivemyway.com/meditation-stats/
www.ncbi.nlm.nih.gov/pmc/articles/PMC10041582/

Research on Meditation

Widespread practice of meditation impacts a larger audience, beyond geographical boundaries



At Buddha-CEO Quantum Foundation we promote group meditation as a way to increase the beneficial effects of meditation. A scientific study done over a longer period of 17 years, found that the widespread practice of meditation makes a positive impact on the entire population of the US – even on those who don't partake in it. Published in the World Journal of Science, this research was carried out by Maharishi International University and Transcendental Meditation in Fairfield, Iowa.

Researchers ascertained the baseline of average stress levels in the US during the period before group meditation began, by counting tens of thousands of stress-

related “tragedies” in that time period. For the next 5 years between 2007 and 2011, researchers followed a group of 1,725 participants who meditated every day. The data showed that stress-related incidents overall had significantly decreased while a mere fraction of the US – the approximate square root of 1% of the population – meditated together.

The graph above shows the results. The blue line indicates the study's meditating group size. As the group's meditation began within a very short period of time, the incidents of crime/tragic events started a downward trend. When the five years were over and the study entered its “post” period, from

2012 to 2016, the same stress-related incidents began to trend upward again, like before – and quite suddenly. Co-author Dr Kenneth Cavanaugh commented “This study used state-of-the-art methods of time series regression analysis for eliminating potential alternative explanations due to intrinsic pre-existing trends and fluctuations in the data”. “We carefully studied potential alternative explanations in terms of changes in economic conditions, political leadership, population demographics, and policing strategies. None of these factors could account for the results.”

While there are various scientific studies and research that show individual benefits of meditation, there are far more significant impacts beyond the individuals - to the communities and organizations, when a group of individuals meditate together regularly.

Contributed by: Rakesh Jalumane

Reference: <https://nypost.com/2022/12/29/group-meditation-curbs-tragedy-on-a-national-level-study/>

Advanced Meditation Retreat (AMR)



An Advanced Meditation Retreat conducted by Master Chandra, Founder, Buddha-CEO in the month of March was attended by 100+ participants. In this highly transformational program held in Pyramid Valley International, participants spent 5 days away from their day to day life and went deeper into themselves.

Each day consisted of multiple sessions where participants got scientific understanding of how the thoughts create our reality. They practically set goals, built vision boards and learnt about reprogramming their limiting beliefs. The sessions were accompanied by intense meditations which included meditation in nature, walking meditation, energy center meditation and meditation under the Pyramid. Participants were not the same persons when they went back after the program.

March 2023 @ Pyramid Valley International



“

The 5-day retreat was absolutely life-changing. The atmosphere inside the pyramids was so serene, with friends and masters deep in meditation, having these incredible experiences and discovering their true purpose in life. It was like witnessing a glimpse of enlightenment right before my eyes. Since the retreat, my life has been getting better every single day. It's like I've become a better version of myself.”

- Anjana Ledwani, Dubai

“

Two days on 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 during my 4th Day. I'm also finding that I'm laughing again & being more positive’

- Shakti, Youth Football player,
Coimbatore.

Advanced Meditation Retreat (AMR)

“ I could feel the oneness ”

The beautiful immersive energy of the group in AMR was pure magic, listening to the inspiring stories of so many divine souls filled the heart with pure gratitude. I was living in the ‘present’ (the now moment) for the longest time possible with minimal or no thoughts, feeling the complete miraculous shift in my aura and energy, being non-judgemental and embracing every moment as is, learning ‘to be’. I never knew I would feel like a breeze and I would feel as light as a feather. I could feel the oneness. I felt empowered, complete and whole, taking all the power back in my hand, loving myself, and connecting with myself.

Some of the most blissful highlights for me were experiencing the meditation in the Gaushala -

connecting to the souls of the animals, and the walking meditation that was so powerful. I could feel connected to the soul of the greens around me. The fire meditation again felt like an entire cleansing and rejuvenation - letting go of the old and embracing the new!

The vision board gave so much clarity, made me feel all the emotions as if I was living all of it, the heart elevation and visualisation, the play of the mind movies, overcoming my limiting beliefs to empowering beliefs and knowing to have intent without a doubt makes any dream possible, felt empowered queen in all ways.

Riddhi Priya

Creative head and Founder,
Katha Design Studio, Bangalore



Upcoming Advanced Meditation Retreats



Jul 19 - Jul 23

Niagara Falls, USA

Register
www.buddhaceo.org/amrus



Sep 15 - Sep 20

Pyramid Valley International,
Bangalore

Register
www.buddhaceo.org/amr

Buddha-CEO Events

Intro Sessions - Pune



Quantum Creation - Anakapalle

in association with



Buddha-CEO Events

Sessions - UAE



Sessions - UK

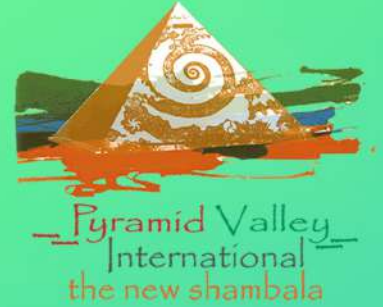


Buddha-CEO Events





Buddha-CEO
Quantum Foundation



1 Million Meditators : 1 Hour : 1 Consciousness

Meditate for Yourself and the Planet



Heal
Yourself



Heal
the Planet

Join the Mindfulness Moment, Be in the Vibration!



Zoom ID: 316 158 180

Password: buddha



buddhaceo.org/million