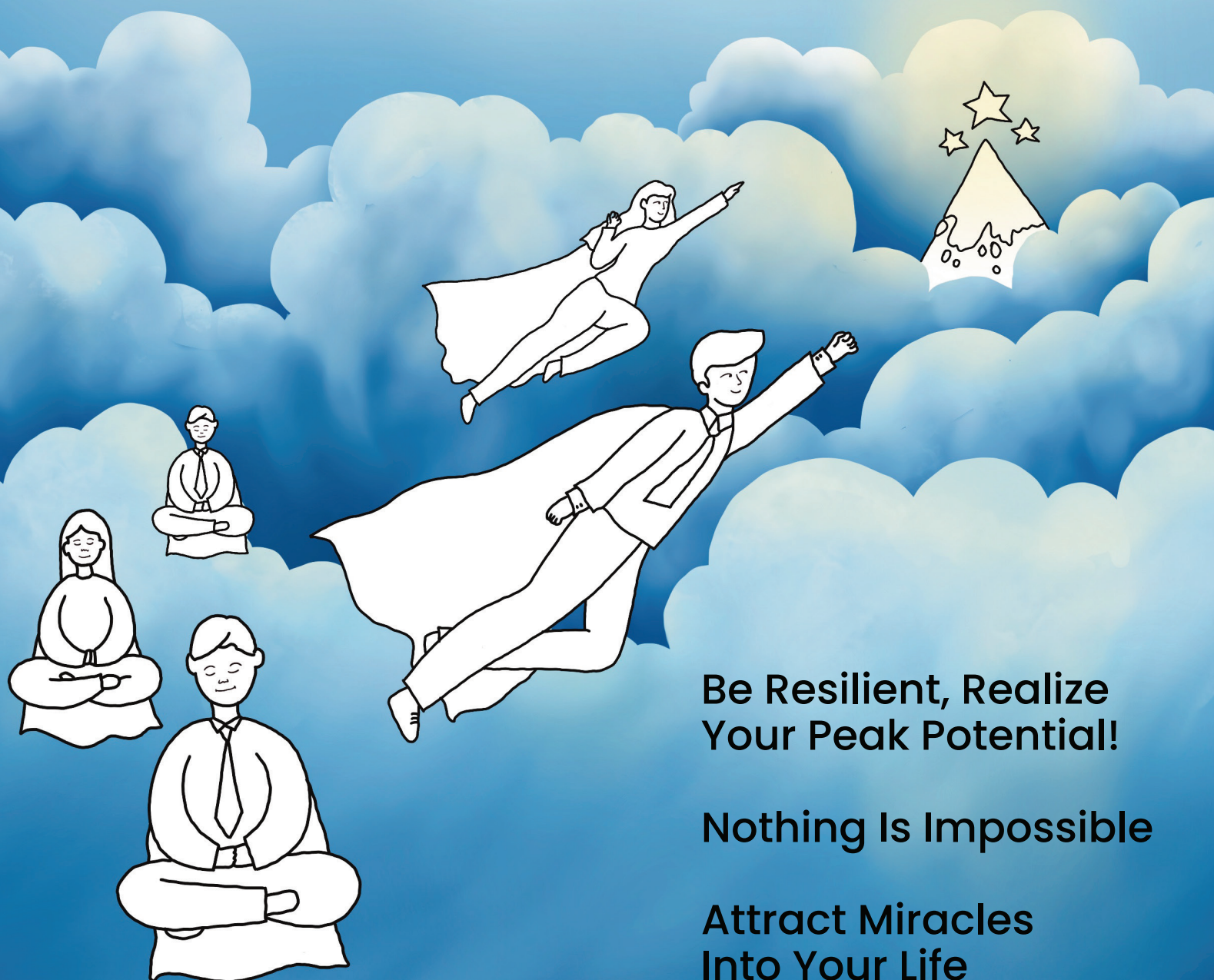


# Buddha-CEO

Excellence through Meditation



**Be Resilient, Realize  
Your Peak Potential!**

**Nothing Is Impossible**

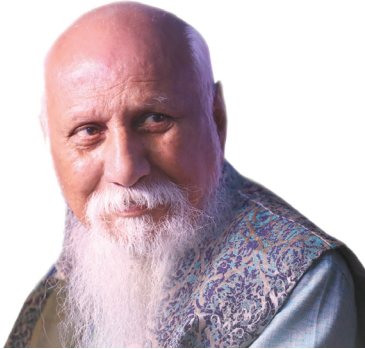
**Attract Miracles  
Into Your Life**

**How Grateful  
Are You Today?**



**Buddha-CEO**  
*Quantum Foundation*

# INSIDE



## 3 Editorial

## 4 Gain Excellence Through Meditation

Brahmarshi Patriji



## 14 Nothing Is Impossible

Padma Shri  
D.R. Kaarthikeyan



## 6 CEO Speak

Chandra Pulamarasetti

## 10 Explore Infinite Potential

Lakshmi K



## 18 Attract miracles into your life

Shreans Daga



## 23 Business Leaders Speak

Kaarthika Ravindrakumar,  
Sennimalai Arunachalam

## 28 Know Your Meditation





**30 Meditation helped me succeed in my corporate career!**

Sai KrupaSagar

**34 Experiences**



**36 New Shambala**

**38 Voice of Youth**

**42 Content You Can Use**



**44 Mindful Leader's New Habits**

Laurence Guihard-Joly

**48 Our Journey & Impact**



**50 Emerging Trends**

**54 Meditation Quotient**

**57 Book Club**

# TEAM

Editorial Team :  
Latha Srinivasan  
Rakesh Jalumane

Design, Art & Photography :  
Siva Pradeep  
Mad Buddha Publishing

Contributors :  
Brahmarshi Patriji  
Padma Shri D. R. Kaarthikeyan  
Sai Krupa Sagar  
Shreans Daga  
Laurence Guihard Joly  
Chandra Pulamarasetti  
Vani Chandrasekhar  
Karthika Ravindrakumar  
Sennimalai Arunachalam  
Latha Srinivasan  
Lidija Stankovikj  
Lakshmi K  
Arvind Sampath  
Shirisha Reddy  
Ladhini Perla  
Vallidevi Prabhu  
Jagan Mohan Reddy  
G Koteswar Rao  
Veena Arvind  
Rakesh Jalumane  
Naga Pradeep  
Lalitha Pulamarasetti  
Pruthvi Mahalingu

Production :  
Narendra Paladugu

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

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

Contact us :  
Phone : +91 - 96069 57285 (India) ,  
+1 (636)489-8585 (USA)  
Email : [help@buddhaceo.org](mailto:help@buddhaceo.org)  
Website : [buddhaceo.org](http://buddhaceo.org)

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



**Buddha-CEO**  
Quantum Foundation

# Contributors



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

A grand meditation master and new age spiritual scientist who has spread the practice of Anapanasati meditation across the globe for over 40 years to millions; promoting meditation, vegetarianism and pyramid power is his life mission.



**Padma Shri D.R. Kaarthikeyan**  
Former Director-CBI, NHRC, CRPF

A lawyer and an IPS officer; has held important offices both in India and abroad; has travelled widely around the globe, speaks on socially relevant subjects of meditation; human rights; protecting Mother Earth etc. Associated with several spiritual organizations closely as chairman, advisor and other capacities.



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

Former senior General Manager of IBM; has managed multiple large global business units; introduced meditation to thousands of leaders and teaches meditation and mindfulness regularly to leaders.



**Shreans Daga**  
Manifestation Mentor & Breathwork Coach

An extremely successful entrepreneur and vice-chairman of Pyramid Valley International; attributes his success in life and work to meditation; teaches meditation wisdom to people through his non-profit Shreans Daga Foundation.



**Chandra Pulamrasetti**  
Founder, Buddha-CEO Quantum Foundation

A successful entrepreneur, former VP at IBM, meditation coach; inspired by Patriji, has practiced meditation for over 20 years and teaches business leaders, organizations and professionals.



**Dr. Sai Krupa Sagar, Ph.D**  
Managing Trustee,  
Pyramid Valley International

A corporate IT veteran of 30 years with MNCs including Microsoft, travelled and worked in many countries, feels that meditation helped him climb the ladder of corporate success.



# Editorial

## Perform at your Peak Potential!

Nature is inherently resilient, and so is human nature. In the past 22 months, even as the pandemic tested our endurance, we heard enough instances of people caring for and helping others, reflecting on what was truly precious for themselves and adjusting their life courses. We saw many meditation and mindfulness movements, organizations, technologies and communities thriving as more and more people, rightfully, found strength, confidence and hope through them.

Some people thrived while others did adversely in the pandemic induced uncertainty and trauma. What did the few who got it right *have* that the others did not? Why is that some people are resilient and able to take life as it comes and others struggle with and resist changes? The answer lies in personal resilience. Resilience is the innate ability of an individual to bounce back from stressful events. Personal resilience traits like self-awareness, self-control, and control over the responses to people and events can be developed through mindfulness practice and meditation.

Organizational teams and organizations too need to be resilient to deal with adverse events of lower productivity, increased attrition and altered work environment. To maintain their competitive advantage, organizations have to support their employees to develop resilience to cope and thrive during uncertainty. In fact, the World Economic Forum discusses the need for ***national and global resilience*** to counter the political, technological and societal disruptions emerging due to the pandemic.

In this issue, our focus is on **personal resilience and peak performance**. Patriji reminds us of one of the core messages of Bhagavadgita, a famous Indian scripture that ***'Meditation enables excellence in all our actions'***. In the corporate world, it is about delivering peak performance among larger teams. In the pages ahead, you will read about how meditation develops inner resilience, increases emotional quotient (EQ), and overall excellence in your life. Successful entrepreneurs and corporate professionals have shared their recent meditation experiences that it is helping them to lead a greater and abundant life. You can also read about the technology of manifestation to draw miracles into your life.

The World Yoga Day is observed on June 21 every year. Larger group meditation events help raise the collective consciousness and cause specific positive outcomes driven by intentions. In 2022, Buddha-CEO aims to bring one such global event by planning for one million people to meditate at a specified hour on that day. We invite you to make note of it, and signup your organization. Together, we can take a ***Quantum Leap*** towards ***One Consciousness*** just like how nature intended us to be.

I wish you and your loved ones a very happy 2022! May your consciousness align you with abundance of good health, prosperity, peace and happiness in this new year.

*Whatever the mind of man can conceive and believe, it can achieve. Napoleon Hill*



Latha Srinivasan, a former IT professional and a current edtech entrepreneur, is from Bangalore and has been a regular meditator for a year.

# Patriji Speaks

## Gain Excellence Through Meditation



Every organization has a CEO, the Chief Executive Officer. Every organization, every family, every community and every business has a CEO. Everything is an organization and there is always a CEO. So how should we manage an organization?

Every leader must remember the saying 'yatha raja thatha praja' which means 'as is the king, so will the members of the community be'. Raja means king. He is the CEO of the kingdom. The growth of the king is very important for the growth of the community. Who is the right king or the right CEO? A Buddha.

A Buddha is an enlightened person who knows everything about everything. Such a person who knows everything about everything should become the CEO of any family, community, organization, business, corporate, nation. If the leader does not have knowledge, he will mismanage the organization. With such a leader, the family gets spoiled, the community gets spoiled, the corporation gets spoiled, the nation gets spoiled - everything gets spoiled.

Hitler was a CEO who caused the second world war because he did not know anything about anything. In India, we always talk about "Ramarajya" because Rama was a person who knew everything about everything. People like him should become CEOs, and not someone like Hitler. Hitler was a CEO who did not



know anything about anything, whereas Rama knew everything about everything. Both Hitler and Rama were CEOs, but what kind of CEOs were they? Hitler was ignorant because of lack of enlightenment. And Rama became a hero because of enlightenment.

Even after thousands of years, people still bow down to Rama. One became an example of darkness, and one became an example of light. We want every CEO to be like Rama. One must become a Buddha, only then can he rule the kingdom. As Socrates said, only philosophers should rule the kingdom. Philosopher means an enlightened person, a lover of knowledge. It does not mean loving power. Hitler loved power but Rama loved knowledge. Rama was a great philosopher. Hitler was a brutal person.

Management is a super easy job for any Buddha. All the people under them are perfectly happy with their leadership. As a leader is, so are the followers. As the teacher is, so are the disciples.

### A Buddha-CEO Leader always follows “Yogaha Karmasu Kaushalam”

The powerful message is from Bhagavadgita, the famous Indian scripture that emphasises the need for meditation in everyday life.

**Yoga** is meditation.

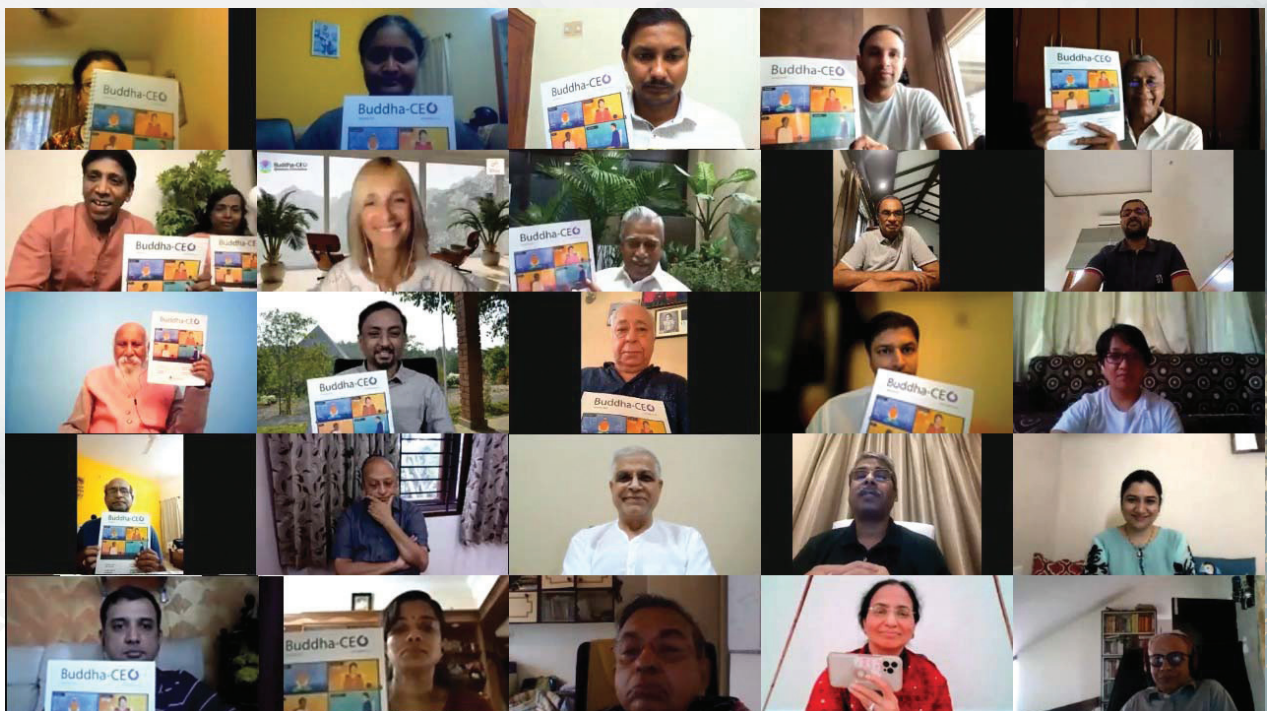
**Karmasu** is action.

**Kaushalam** is efficiency.

In any action we perform, we increase our efficiency through meditation. We want more and more efficiency in everything we do. Anyone leading now, must become a better leader tomorrow. This constant growth will happen through regular practice of meditation.

Growth is eternal. Fine-tuning the consciousness is an eternal process. Every CEO should be a Buddha. Before one becomes a CEO, one must know everything about everything. One will know everything about everything only through meditation. One must become a Yogi to become a CEO. A Yogi is someone who practices Yoga i.e. meditation. A leader is supposed to become the most efficient person in the organization as a CEO which will happen only through regular meditation.

The present day Buddha must go back to the kingdom after gaining enlightenment. Buddha-CEO means return of the Buddha to the palace, to the family, to the organization. We are not guilty to come back to our families. We are happy to come back to our families, our people, our friends and help them and the organization.



# CEO Speaks

## Be Resilient, Realize Your Peak Potential!



Dear Friends,

On behalf of Buddha-CEO Quantum Foundation, wish you all a very Happy New Year 2022!

Meditation is a great technology to build resilience in an individual. Constant and effortless creation is nature's principle. With regular meditation, we imbibe all the qualities of Nature - being patient, resilient, creative, expansive, abundant etc.

In the last issue of the Buddha-CEO magazine, I discussed the seven key challenges that need to be addressed in the new normal and how meditation provides solutions to be successful. Being inspired and aligned to the core purpose are two key aspects that help leadership and employees to take on any challenge naturally and boldly. Personal resilience and peak performance, are two core complimentary skills needed to sustain and grow, both personally and the organization.



## Personal Resilience

Personal resilience is one's ability to withstand, adapt to and recover from stress, challenges and adversities and continue to give the best.

Many employees and leadership go through several challenges – business lows, unmet expectations, attrition, financial pressures, chronic illnesses, family disputes, social problems etc. Neuroscience reveals that every repeated experience gets recorded strongly in the subconscious mind, and projects in one's daily life, impairing personal health and work performance.

### Detach from the subconscious mind programs

Research shows that people operate 90% of the time from what is stored in their subconscious mind and use only 10% of the conscious mind. Our subconscious mind stores our routine feelings, behaviors, habits, beliefs, and perceptions. When our present moment is colored by the unpleasant experiences of the past, we constantly judge, conclude and limit our performance in the current task.

To be resilient, one must first learn to detach from the memories of past experiences.

Right meditation techniques help to clear the mind and allow the limiting subconscious programs to be erased slowly. According to neuroscience, memories that are not recollected for a few days, automatically get weaker and disappear. Regular practice of breath-mindfulness meditation (Anapanasati) clears the mind of unwanted memories. One can easily feel the calmness in the mind after 3-6 weeks of meditation practice and move more into the present moment.

### Develop self-awareness to overcome the present moment difficulties

*This too shall pass.*

One must be more mindful of the present difficult situations - these are temporary in nature and will pass soon. This requires self-awareness of thought patterns, emotional patterns and reaction patterns from moment to moment. Normally, it takes less than a second for the brain to fire a neural impulse against an environmental trigger like seeing a biased boss or hearing about a



huge contract loss, and makes one respond negatively, often based on the past sub-conscious judgements and behaviors. This means there is little control on the response, and often the individual gets derailed, impacting the work on hand.



Many successful leaders have found a way to stay focused on their present plans and future vision and not get carried away by adversities. Meditation builds this quality naturally. A daily meditation practice helps us to become more self-aware and provides us the ability to choose a conscious response to situations. With self-awareness of our thoughts, emotions, and feelings, one can instantly navigate through adversities and stay resilient.

Few other factors that contribute to resilience include good relationships, strong problem-solving skills, overcoming fear of failures, proactively seeking help, living a meaningful life. Regular practice of meditation improves relationships greatly. It improves intuition to solve problems spontaneously. It makes people less worried about what others think of them and makes them value themselves more. In such a state of being,

fears naturally drop and people do not hesitate to take help from others, as they see everyone in themselves.

How to use personal resilience to perform better at work and in life? Meditation helps to make that transition happen.

### Meditation increases focus for better performance

An average person has 50,000 - 60,000 thoughts a day. More than 90% of these are negative, redundant, and worrisome. Every thought generates electro-magnetic energy, and this is dissipated wastefully due to the relentless unwanted thoughts. Regular meditation drops them quite easily and helps us conserve much energy. In empty state of mind, all this energy is directed into the present moment. This increases the focus and attention onto the work at hand. The more focused we are, the more we create. We derive from Quantum Physics, that

where our attention goes,  
there the energy flows and  
manifestation happens.

Hence, we become more successful with the increased focus and attention.

### Meditation helps to go into a peak performance state called 'flow'

The brain is an electrochemical organ in which electrical communication happens through neurons; this electrical activity is measured in frequencies called brainwaves. By altering these brainwaves, meditation helps one to slow down, recharge and connect.

There are five types of brain waves ranging between 0 - 100 Hz.

*For most people, the normal states are high beta and low beta.*



High beta is the stressful, anxious, and worrisome state. In low beta, one is focused and executes well.

*Meditation slows the brain waves to the alpha state, next to the theta state and finally to the delta state. Sometimes it moves the brain into the gamma state.*

Alpha state helps to rest and relax well, get inspired to strategize better. It also provides solutions to ordinary problems. Theta state is great for creative solutions; intuition is at full play here. Delta state helps to go into deep rest and repairs the body.

*Gamma is the peak performance state where the brain goes into full coherence.*

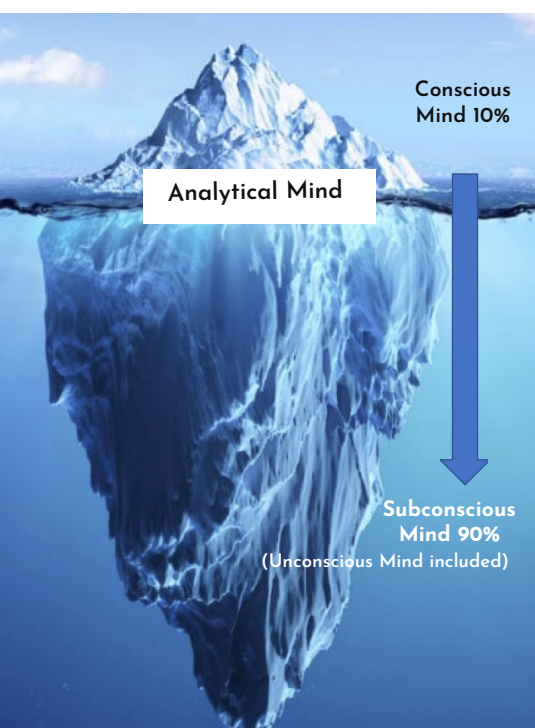
Gamma brainwaves have the highest frequency of 32-100 Hz. In this state, the various areas of the brain work in unison to deliver maximum performance. Gamma state normally occurs when fully in the present moment, totally relaxed, open to all possibilities, more compassionate and grateful to all that is happening. The individual is not fearful of anything, inspired and aligned with the purpose. In this state, one is consciously aware of the environmental signals that are synthesized across all brain areas to receive the best outcomes.

*It is also called the 'flow' state. This could be about delivering an inspiring client presentation, a path-breaking product design or a heart-touching employee act.*

Regular practice of meditation helps one to go into these 'flow' states, and deliver exceptional performance, consistently.

EEG recordings (brain wave electric patterns) of top athletes show that they go into the gamma state during their 'peak performance'. Many Buddha-CEO practitioners and leaders mention that they are lot more resilient now, and do not get stuck up with failures and challenges. They have expressed that their mindsets have changed significantly with regular meditation. They do not criticize, or blame, but rather contemplate on what can be learnt from every tough situation. They have additional time now as their productivity has increased, and willing to help others. Often, they go into 'flow' states, delivering their best !

Let us embrace meditation across the organization and give this great gift to every employee.



Anxiety, Stress

Focus, Execution

Rest, Relax, Solutions

Intuition, Insights, Creativity

Deep Sleep, Healing

Flow, Peak performance

High Beta  
20-40 HZ

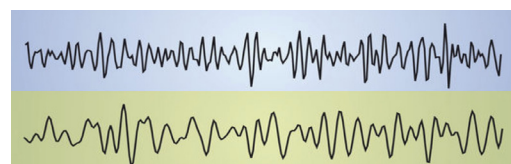
Beta  
16-30 HZ

Alpha  
8-15 HZ

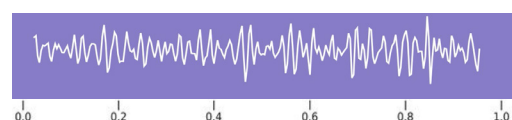
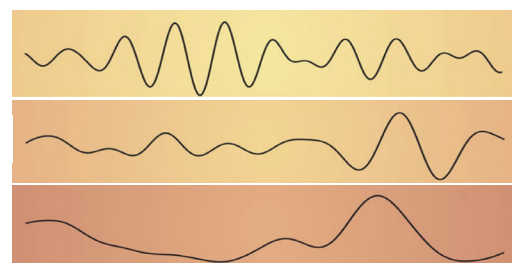
Theta  
4-7 HZ

Delta  
0.1-3 HZ

Gamma  
32-100 HZ



Analytical Mind



# You have Infinite Potential! Explore It!

## Scientific Meditation programs for Corporates - Employees and Leadership

For corporates, institutions and governmental bodies, the Buddha-CEO Quantum Foundation offers 11-day, 3-week and 6-week meditation programs that help participants to gain health and energy, positive mindset, greater personal resilience, improve emotional intelligence and deliver peak performance through personal transformations.

Targeted at leadership and employees alike, these programs are based on modern science including Quantum Physics, Neuroscience, and Epigenetics that scientifically explain the various processes and benefits of meditation.

The uniqueness of these programs is the emphasis on deep practice of meditation and learning scientific practical meditation wisdom. Meditation practice changes mindset. Meditation wisdom develops expansive thoughts and beliefs, leading to an empowering life. Maximum amount of time is allocated for practicing meditation and related processes during daily sessions of these programs.

Participants practice 35-40 min breath-mindfulness meditation daily and make meditation as a habit into their life by the time they complete a 6-week program, leading to a totally transformed individual, a vibrant workplace, and a prosperous organization.

These programs offer an immersive experience through several activities such as group meditations, wisdom master classes, wisdom book clubs, participant experience sharing, peer

interaction and learning, mindful business leaders and guest masters' talks, for everyone to learn from, practice and contribute as well.

With all of these, the organizations benefit automatically from a workforce that embraces a growth mindset, has clarity of purpose, is more engaged and collaborative, is committed and accountable to self and the organization. The Foundation also offers these programs as FREE public programs that often have the participation from hundreds of vibrant, trusting global individuals and leaders across dozens of countries. Most popular among these are 'the





## 6-week Program Structure

- A public program offered online over Zoom.
- Everyday 90 min session - 45 min meditation practice and 45 min of wisdom session.
- Wisdom sessions may contain a master class covering various weekly topics by a qualified teacher, or interaction with other participants in a breakout room, or listening to a guest master lecture.
- A daily newsletter to recap the day's learnings.
- Use of Interaction tools (WhatsApp or similar) for lively participant interactions.
- Self-assessment surveys to measure one's progress.
- Practitioner certification program.

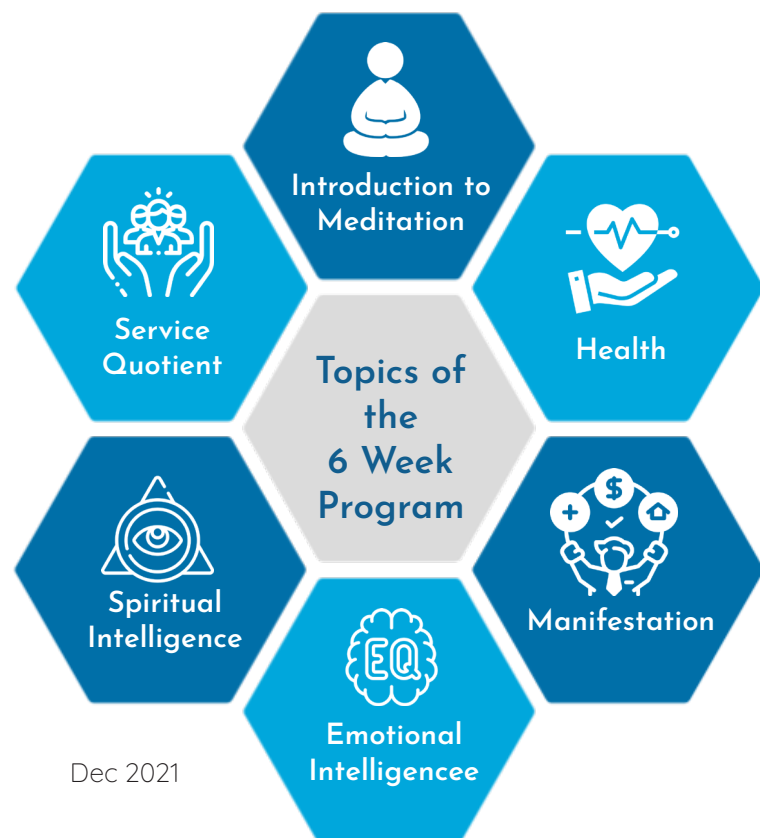
6-week meditation program for personal resilience and peak performance', and the '3-week mindfulness program to expand awareness and life zest'. Be part of these programs for a quantum shift in your life! These 2 programs are free. Do register and attend.

*It is the sole mission of our non-profit Buddha-CEO Quantum Foundation to empower every leader and aspiring leader with simple meditation to help them discover their greatness.*

## The Art & Science of Meditation

Proven by many studies and now corroborated well by scientific research, meditation is the foundational practice to nurture a mindful life, overcome stress, develop a growth mindset, gain emotional regulation and deliver peak performance. Meditation helps individuals break the habit of being themselves, often limited by their subconscious programs of routine habits, attitudes, and behaviors. 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, experiences and beliefs. A 6-week daily meditation practice, supported with powerful meditation wisdom, helps reprogram the old patterns of the subconscious mind and instills a positive and miraculous mindset for an empowering and happy life. It opens up the gates for an individual to expand their consciousness significantly and lead a life with acceptance, empathy, openness, confidence, clarity and creativity, while realizing their limitless potential !





# What can you expect from the 6 - Week transformation program?

## Week

1

### Introduction to Breath-mindfulness meditation

- Learn the fundamentals of meditation, techniques for Breath-Mindfulness meditation or Anapanasati and the science behind it. Understand what meditation is and what it is not.
- Learn the powerful process of 'Heart -Elevation' to make the mind highly conducive to become empty. Know about 'heart and mind coherence'.
- Understand the Impact of meditation on the brain waves, and the power of the conscious and subconscious mind. Recognize how meditation moves one into peak performance states.



## Week

2

### Meditation for Radiant Health

- Understand how meditation can help combat stress, heal physical ailments, and increase physical quotient (PQ)
- Improve mental health by reducing anxiety, fear, depression etc., enhance body energy.
- Understand how meditation can slow down aging.
- Learn how meditation improves several mind powers - learning, reading, concentration, creativity etc. (IQ)



## Week

3

### Visualization and reprogramming limiting beliefs for personal and business growth

- Learn how meditation helps in reducing lack and creating abundance: success at the workplace, wealth, and relationships.
- Understand how to reprogram the limiting beliefs and thoughts.
- Learn why it is important to accept and express gratitude generously.
- Learn about goal setting & Visualization process.



## Emotional Intelligence

Week

4

- Explore how meditation can make one more self-aware, self-expressive, inspired, empathetic and engaging (EQ).
- Understand the guiding principles for experiencing a liberated life.
- Deal with negative and destructive emotions and experience true happiness.
- Develop creative thinking and growth mindset.



## Spiritual Intelligence

Week

5

- Understand how meditation not only develops PQ, IQ and EQ but also the SQ - Spiritual Quotient which is about leading a meaningful life and making a difference.
- Learn how SQ can guide us go beyond our routine life and live our purpose.



## Service Quotient

Week

6

- Expand your inner-self and be open to new experiences and ideas.
- Understand varying models of happiness and why Service to others, is the highest model of happiness.
- Trust the process and learn how to teach meditation and introduce it to your teams, corporates and organizations.



“Register for the next 6 week program @ [buddhaceo.org/galaxy](http://buddhaceo.org/galaxy);  
For 3-week programs, usually, the first 3-4 week syllabus from above schedules is taught.  
For a 11-day program, the first 2-week syllabus is taught.”

As a substitute for 6-week program,  
Companies can nominate their employees to attend a week long physical  
beginner meditation retreat at Pyramid Valley, Bangalore.  
**Register for the next program @ [buddhaceo.org/beginnercourse](http://buddhaceo.org/beginnercourse).**

Written by: Lakshmi K, IT Leader & Meditation Coach



# Nothing Is Impossible

**Padma Shri  
D. R. Kaarthyayan, IPS (R)**

Former Director, CBI  
Former Director General, NHRC  
Former Special DG, CRPF

D. R. Kaarthyayan shares his experiences of dealing with adversities and how he had overcome them by his resilience and performed at his peak potential in all his assignments; he says that regular meditation helps him to do this and more.

For thousands of years, man was envious of birds. Ultimately flying became a reality. What was once considered impossible became possible! Similarly, we were envious of the sea animals deep in the sea, then submarines were made. Now, we too can live for days, weeks and months together deep in the sea. Here's another example - there was a time when something untoward happens and we lose a part of our body like limbs or when internal organs like heart / kidney are damaged, there was no solution. But now with advancement in medical sciences, we are able to replace all the organs. Once again, what was considered impossible became a possibility.





Let me share a personal experience with you - when I was investigating Shri Rajiv Gandhi's assassination case, my team and I had to work 20 hours a day, every day, throughout the year. I had to handle a lot of stress, tension, continuous travel and all types of challenges. By the time we filed the charge sheet, I was declared a diabetic. That was almost 30 years ago. In spite of that, I had to handle two jobs at a time, travelling around the country and the world. Many drugs, including insulin, were prescribed for my condition; every one said that I would have to learn to live with it. However, two years ago, I minimized all medications. I manage mostly with herbal concoctions, even while under constant travel or stress. So here is another example that what was considered impossible has been made possible! You have to change your lifestyle and your thoughts; you can get rid of any disease. The most difficult task here is 'changing the mind'; it is said 'you can do anything but you can't change your mind'. But with meditation, you can change your mind too.

Bhagwan Buddha, giving up a luxurious life went in search of 'peace of mind', ultimately he succeeded. The Vipassana meditation movement was born and it was popularised by Master Satya Narayan Goenka who was able to cure himself of his problems and headache through meditation. He brought this meditation back to India from Burma, 2550 years after Buddha's time. I too have undertaken the Vipassana meditation course during a critical point in my life. It is a tough course no doubt. About 40 years back, another master emerged who joined this



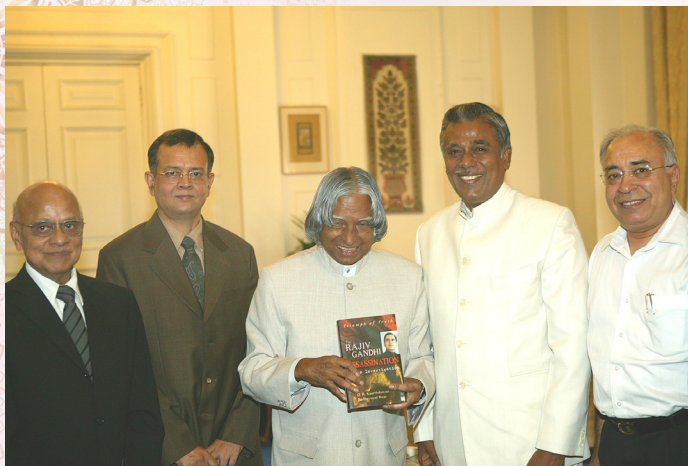
Vipassana course but he left it in one day once he attained the knowledge that this 'Anapanasati' meditation technique of 'simply observing the natural breath' is the simplest form of meditation. He decided that the knowledge he obtained and experimented on himself must be spread to everybody.

We all know this Master today as **Brahmarshi Patriji, founder of Pyramid Spiritual Societies Movement**. What was considered impossible was made possible by this simple meditation technique which we are all experiencing now. He has trained many and now Master Chandra has been very effectively teaching thousands of people from all walks of life through the Buddha-CEO Quantum Foundation. All of us have the spark of divinity in us, it has to be kindled. Many achievers including eminent doctors, industrialists, businessmen, scholars, administrators, diplomats are following this simple process of meditation called 'Anapanasati' and experiencing immense benefits, physically and mentally.



When I was asked to take up the investigation of the dastardly killing of our former Prime Minister Rajiv Gandhi, it was a blind case, considered to be a mystery at that time. However, I took it up as a call of duty towards my nation. Many in Delhi had refused to take it up not only because it was considered to be a difficult case to solve but also due to the imminent threat from terrorists. When I landed in Chennai for the investigation, all officials, including the local CBI, questioned my acceptance of this difficult case. Not the one to give up easily, I wrote 'NOTHING IS IMPOSSIBLE'





on a piece of paper and put it up on my desk. It was a clear message to all – not to demoralise me. I showed that it was possible and made it possible. Since then it has become a popular slogan. Even Bharat Ratna President Abdul Kalam brought my attention to this slogan in my book when he released my book '*Triumph of Truth*' - *Investigation of the Rajiv Gandhi Assassination case*.

**Nothing is impossible** - however, what is difficult is controlling the mind. Meditation helps us achieve what is considered impossible. All of us want to live a contented life. Mere wealth, popularity or power does not give a sense of fulfilment within. Who would have imagined that during the pandemic and lockdown, communication would be such that Chandra and Buddha-CEO team are reaching thousands of people and teaching this wonderful technique of meditation? People from young children to aged are all benefitting through the Buddha-CEO programs. I am especially in awe of the young children who have been sharing their experiences. They are fortunate indeed, to have parents who are encouraging them and vice versa. What a future these children will be creating for themselves and others as they grow!

It is wonderful that technology has made it possible that by sitting in the confines of our homes, we have access to this treasure of meditation. Meditation helps us to create harmony between our body, mind and soul,

harmony within the family, to get over our ego, anger, laziness, jealousy, to build our immunity and lead a life of virtue practising yoga and pranayama, eating vegetables/fruits and many more such benefits. We gain peace of mind, compassion for others, live a fulfilled life and most importantly conquer fear. There is nothing to fear. We fear only fear. We are ready to go when our time comes to leave planet earth!

I had an opportunity to interact with our Prime Minister Shri Narendra Modi Ji, when he was the Chief Minister of Gujarat. I had asked him what was the source of his unending energy. His reply was that he starts his day at 5 am with 90 minutes of yoga, pranayama and meditation. I know he does that even today and never feels tired. If someone as busy as him can allocate time, then why can't we spare one or one and a half hours for our own health? **Meditation** improves our physical health, mental health, emotional health and **increases our efficiency and productivity at work**. Our relations with family members and others become cordial and harmonious. Above all we are at peace with ourselves. I can envision a future in which all medical doctors are going to prescribe 'meditation' as a long term prevention and cure for all illnesses.



Meditation improves the quality of our lives in all aspects. Transform your lives, experience the benefits and spread the message to one and all. Meditation is indeed miraculous!





Buddha-CEO  
Quantum Foundation  
Presents

## || Galaxy ||

# A 6 Week – Online Guided Meditation

For Personal Resilience & Peak Performance

For Leaders & Aspiring Leaders



**Jan 24th to Mar 4th**  
India - 6am - 7:30am IST

**Jan 23rd to Mar 3rd**  
USA - 7:30pm - 9:00pm EST

Register @ <https://buddhaceo.org/galaxy>

Hosted by



**Chandra Pulamarasetti**  
Founder, Buddha-CEO Quantum Foundation



**Padma Shri Dr.R.V. Ramani**  
Founder & Managing Trustee Sankara Eye Foundation

Entry  
Free

“We are that infinite energy with unlimited capability. The entire world is one big family. Meditation helps us to realize these concepts and live them. 'Buddha-CEO Quantum Foundation' meditation programs are really transformative!”

Follow us



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



+91 9606957285 (India) +1(636)489-8585



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



# Attract miracles into your life!

Apply the technology of  
manifestation.  
Live and Experience a  
miraculous life!

Shreans Daga,  
Founder of Shreans Daga Foundation,  
Vice Chairman of Pyramid Valley International



In this interview,  
Chandra Pulamarasetti,  
Founder of Buddha-  
CEO chats with  
Shreans Daga.

Shreans tells us that  
it is possible to have  
everything as he lives a  
perfectly balanced life  
of having fun, business  
and spirituality. He has  
mastered the art of  
creative visualization  
and manifestation and  
has used it to grow his  
business. In this chat,  
he shares this wisdom  
with us.



**Chandra:** Shreans, tell us how you started your meditation journey.

**Shreans:** At the age of 19, I lost my father. Fear, anxiety and depression took over. Three years later, I was diagnosed with chest TB. I had a chance encounter with Patriji who initiated me into meditation. He suggested that if I meditated for 40 days, I would be able to get rid of my medication forever. Even though I was skeptical, I continued to meditate for the next 40 days. During a routine medical follow-up, I found out that I was cured and realized that I can heal myself. This is how my journey with meditation started.

**Chandra:** You started meditation at an early age. Many people are getting into meditation at a later age. Does age matter?

**Shreans:** It matters in a way - *the earlier you get into meditation, less is the conditioning. Less is the old belief system.* Eventually it is your belief that drives your behaviour. Also, starting young means that you have a long time ahead of you. *When you practice meditation and experience miracles in your own life, then you will have the conviction.*

That's how it happened for me. *My physical healing brought in that conviction.* Then I started to practice meditation regularly to have results in all aspects of my life - my business, marriage, building Pyramid Valley - all were synchronicities which strengthened my conviction.

**Chandra:** You are a successful businessman. You mentioned that your business was in the red at one point in your life but then you managed not to just turn it around but grow it to a great extent. Can you share how meditation helped you achieve your business goals?

**Shreans:** I inherited a factory [a family business] that was a sick unit when I took over. At that time, I was new to running a business. We needed at

least INR 20 million to pay the employees' salary and to buy raw material. I started to visualize what I wanted my factory to achieve. A week later, I met a customer who was willing to buy my products. I explained my situation to him and asked him for an advance without quoting the exact amount. He wrote a cheque for INR 20 million, exactly the amount I needed to restart the factory. *I was amazed at how the power of meditation and creative visualization made this event happen.* I have grown my business *2,500 times* since then; all this has been possible due to meditation and manifestation.

When my business grew, my bank borrowings also grew. At one time, I had a working capital bank borrowing of INR 2.5 billion. Due to the pressure to pay the bank interest, I felt that I did not have the financial freedom; I desired to use my own money for the working capital.

I started to visualize my financial freedom - "I am financially free, I have zero debt to repay and I have no bank borrowings". At that time, I was doing commodity trading in agricultural products with a partner who provided the funds for the trading. All of a sudden, the price of one of the commodities I was trading in drastically increased; I made a windfall. With that money, I paid off all my bank borrowings and achieved my financial freedom. Another example is when I decided to invest in an IT company and experienced a very high return on investment. That was nothing but Sanovi Technology that Chandra co-founded and ran successfully as CEO.

We all have dreams and aspirations. We are here to experience the fullness of life. The power of meditation and visualization will help you to experience the fullness of life.

*My entire journey as an entrepreneur has been so effortless due to creative visualization and manifestation*

## HOW DOES THE LAW OF ATTRACTION WORK?



**Chandra:** What is this visualization you are talking about? You seemed to have combined meditation and visualization to grow and make a beautiful life for yourself!

**Shreans:** Most of us base our happiness on external events and situations. We have conditioned ourselves to believe that happiness lies outside of us. If the situations are good, we are happy. If they are challenging or if there is a setback, we feel upset, anxious, grief or anger.

But that is not the way the law of attraction works. First, stop focusing on the external conditions. Next, withdraw your attention from them. Third, focus on the emotions inside yourself with the help of meditation and creative visualization. When you change your emotions inside, your vibrational output changes. When your vibrational frequency changes, the outside conditions automatically change in your favour.

Remember that your vibrational output *precedes* manifestation. But many want to bypass that and focus only on physical manifestation. That's incorrect. *When you emotionally manifest, physical manifestation automatically follows. It is a law. It happens without exception all the time, every time.* That is the power we have as human beings. *And that is how quantum living is.*

*Imagine, visualize and emotionalize the desired situation.*

*This is how the law of attraction works.*

**Chandra:** You attribute a lot of your success in life to meditation. Can you tell us a little more about how it has worked for you?

*Everything we do in our lives is for an emotional payoff.* Whether you want a good marriage, good house, good car, good relationship, good health – the bottom line is the emotional payoff. Everyone on this earth desires happiness. But we are chasing that happiness outside. With meditation, we realize that happiness is within us. *Whenever I want to manifest something, I always think about that emotional payoff.*

All of us like to work hard, struggle, plan and be in control of everything. But *when you use the technology of manifestation*, you do not have to work hard. You can attract things into your life effortlessly. When this happens, the universe is working for you. The combination of meditation and creative visualization is a powerful tool to effect changes in your life. *As an entrepreneur, I always apply this.*



*When you plan to manifest a goal, I recommend that you combine the goal with a purpose.*

*When you combine your goal with a higher purpose, the universe will help you.*

The universe sees you as a channel; it channels abundance through you because you have a higher purpose.

Not that I have not faced challenges – in fact, I have faced quite a few but eventually I get help. A few years ago, due to a change in the government rules, I lost a lot of money in commodities trading. In fact, whatever I had earned in the previous 7 years, I lost it all in just 1 week. With the help of meditation, I was able to overcome my stress. I started to visualize abundance and practiced gratitude for what I had. Today I can say that I have recovered the money I lost and in fact, I have made more money than I lost. And it was effortless.

Looking back, that event was a blessing in disguise. Prior to this, I had always wanted to



teach meditation. But I was unable to break my addiction of commodities trading and making money. That event nudged me to eventually follow my path. The loss eventually helped me break out of my addictive pattern, and follow my passion.

We do not know what plan the universe has for us. Sometimes, it is good to leave it to the unknown – that is when the magic happens.





**Chandra:** People complain that they lack time to meditate. How do you handle it?

**Shreans:** Meditation is a time saving device. Lack of time is a common predicament. Here's an analogy – you are driving a car without fuel because there is no time to fill fuel. Is it possible to drive it? If you meditate and use the power of creative visualization, then whatever you usually achieve in 8 hours, you will achieve in 2 hours. When you meditate, you have lots of clarity and you get insights. When you meet people, you will be intuitively guided. Life is all about choices. And these insights will guide you to pick the right choice. That's why life becomes so effortless. You will achieve much more in a much shorter time.

When you start your day with meditation, you will be able to achieve more. 5% of the time spent on meditation can change 95% of your day. It is quantity vs quality. It is a choice.

**Chandra:** Do you have any parting advice for people who may still wonder if meditation is for them?

**Shreans:** If you are intelligent, you will meditate. You will harness your true power, become more

productive and efficient. Meditation helps you develop your adaptive quotient (AQ) and your emotional quotient (EQ). *In today's world, the business models and technologies are changing rapidly. We need to adapt to the new environment; meditation helps us to adapt better. You lose your old conditioning quickly.*

Many intelligent people make stupid mistakes – they have intelligence but are in debt, have poor relationships or have poor health. You don't have to choose one over the other. You can have it all.

You can have the best health,  
the best relationships and  
all the abundance and the  
wealth in the world.  
That's the potential you have.

When you apply the technology of manifestation, life becomes a miracle. This is the simple technology of meditation.

Meditation, Visualization,  
Emotionalization, Manifestation –  
This is how you can transform your life.



# Business Leaders Speak



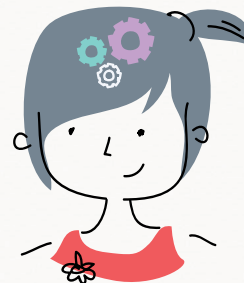
**Karthika Ravindrakumar**

Director, Buysell Interactions Private Limited  
Chennai

I would like to begin with 'heartfelt gratitude' to Shri Kaarthikeyan; it is only because of him that I am part of the Buddha-CEO Quantum Foundation family today.

We are trade show organisers with a hectic schedule of conducting B2B exhibitions all over India. Every trade show is like conducting a big fat Indian wedding with all the drama included! Before the pandemic, our yearly calendar included a minimum of 5 shows in the Metros and another 5 in the Tier 2 cities. Life was a whirlwind of activities from dawn till late into the night due to work as well as family commitments. And then Covid happened!

It was in July 2020. I was going through a down phase in life. Pandemic induced lockdown was in place, I was having some health issues, business was at a standstill, my usual schedule had gone haywire, I was just not feeling good about myself or I can shamefully say that I was wallowing in



self-pity. This was when I got to know about the meditation program by Master Chandra through Kaarthikeyan Uncle. I had been following other forms of meditation previously. However, I joined with an open mind, making a commitment to myself that I would complete the 40-day session, no matter what.

On the very first day itself, I was blown over by Master Chandra's guidance. I had blissful tears by the end of the first day's meditation. I was touched beyond what can be expressed by words... I felt very connected. I felt truly blessed. Only through this method of Breath-Mindfulness meditation,



so beautifully taught by Master Chandra along with his wonderful wisdom sharing, I was able to experience such a calm, peaceful and blissful state. So much so, that I was looking forward to waking up every morning to one more wonderful session.



After the lockdown was partially lifted, we were allowed to start conducting trade shows with restrictions. It is an understatement to say the number of challenges we faced and continue to face has significantly multiplied post-Covid. When we could conduct our first trade show in Coimbatore (post lockdown), I realised how much my attitude to work had changed because of meditation.

My mindset has changed from disastrous thinking to miraculous thinking. This, in turn, helped me face every single business challenge calmly. In spite of last-minute venue changes, exhibitor cancellations and government policy changes, I was able to think clearly, make decisions wisely and deal with extremely difficult situations at work in a stress-free manner. I have learnt to focus on the experience instead of worrying about the result, to always do my best without any attachment or expectations. This attitude has made me a better leader and has brought out the best in me.

I have started noticing synchronicities and opportunities which help me to find solutions for the business problems we face. For example, when our usual exhibition venue at Coimbatore was suddenly taken up for Covid Vaccination Drive, we were desperately looking for an alternate venue. We just happened to drive past a new venue and finalised it instantly. It turned out to be the best choice, when actually it was not even in our list! Also, the way the District Collector agreed to meet us nearly three times, every time a new challenge cropped up, he was so empathetic to our cause and granted us all necessary permissions which was truly a miracle!

I attribute such miracles to the fact that I had decided to allot a space for a Buddha-CEO stall in this particular exhibition for the first time, to help spread awareness of Anapanasati Meditation to our exhibitors and thousands of participants who attend our shows. When we direct our energies to make a positive impact of spreading a noble cause automatically the universe supports us. I could experience this. The Coimbatore exhibition happened against all odds finally.

Meditation has become a 'way of life' for me. I have meditated every single day since I started. I love the way we express gratitude at the end of meditation every day, especially to our parents, mentors, nature. When faced with some challenging situations (both in professional & personal life), I spend many more hours in meditation. This really helps me to overcome anxiety and relieve stress.



Meditation not only benefits us as leaders and employees at work but also everyone in our families and communities. It can easily be introduced to them. I suggested to my sisters, who are also business women by themselves, to join this program. Initially they were hesitant, however once they attended the Buddha-CEO program, both of them could immediately feel the benefits too. Now not only my sisters, my parents are regular meditators too, getting some health benefits and are able to sleep much better which is a real blessing. My younger daughter too joined and she has started reading so many books now. As a family, we all feel empowered by meditation.

I now feel spreading meditation is the purpose of my life! When many friends and acquaintances that I have introduced this program to, come back saying “thank you, our lives have been transformed”, it gives me immense satisfaction. I truly feel blessed to be an instrument in spreading this message of ‘Miraculous Meditation’. I feel I am being taken care of!

Thanks to Master Chandra, I am aware of concepts which I never gave a second thought to earlier; Gratitude, Acceptance, Surrender, Thoughts and Feelings create our Reality, Abundance, Oneness, Compassion, Sharing, Service, Empathy, Self-Awareness, Self-Expression, Mindfulness, being non-judgmental, Forgiveness, Unconditional Love, listening rather than speaking, reading the right books, LEARNING DOING BEING. etc., the list can go on!

I started volunteering too with Buddha-CEO and I am thoroughly enjoying the experience. I am able to manage this in spite of my professional and personal commitments and travels.

I can vouch that regular practice of meditation is helping me to become a better version of myself. I would once again like to express my heartfelt gratitude to Shri Kaarthikeyan, my true inspiration to spread the cause of meditation, Master Chandra, Vani madam, the entire Buddha- CEO team and all the meditators who are with me in this wonderful journey together.

Thank you from the bottom of my heart!





# Business Leaders Speak

## Group meditation is very beneficial

### Mr. Sennimalai Arunachalam

Managing Director of  
Appu Hotels Ltd (Le Meridian, Chennai)

I started meditation 4 decades ago, but I was not regular. My focus was more on yoga and pranayama to help with my chronic sinusitis. About 15 years ago, I suffered a personal tragedy when I lost my son in an automobile accident in the USA. I sought support, to come to terms with this enormous loss, by reading religious texts, listening to devotional music and spending all my time at work. Recently, the pandemic compelled all of us to stay indoors and this affected me mentally, physically and financially.

In March 2021, I was introduced to Buddha-CEO Quantum Foundation's 6-week meditation program. On the first day itself, I found the Breath-Mindfulness meditation both easy and impactful. The soothing music and the gentle, guiding voice of Mr. Chandra made meditation natural and I was able to experience great peace and emptiness. Listening to the great masters – Patriji, Shreans Daga and other meditators was truly enriching. I am grateful for the opportunity to host Mr. Chandra and Mrs. Vani and their efforts to



convince my wife to do meditation. I have been a part of all the subsequent 6-week programs ever since.

Meditation has helped me to deal with the financial stress caused by the pandemic and not allow it to impact my health or my state of mind. It gives me the ability to remain calm, have great energy to face the challenges in a fearless manner and with stoic detachment. Now, I have the confidence to deal with the uncertain future and an inner urge to find the purpose of my life. Besides, when we meditate in a group, I experience great energy and immense positive vibes.

On the professional and business front, our group companies and I have been going through very critical challenges faced by loss of business, the stress created by banks and creditors and our inability to go out or travel abroad or to domestically mobilise funds and solve our problems. This is where the meditation sessions, reading of recommended books and live sessions with Brahmarshi Patriji, Master Chandra and others gave me the ability to remain calm and face the challenges in a fearless manner and with a stoic detachment. I was able to sleep well and stay energetic all through the day.





# 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 our 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.

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.

There is no forceful inhalation or forceful exhalation. 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 !**



# Know Your Meditation

## Basic Principles of Meditation - Part 1

When we begin our meditation practice, there are a few tenets that we need to know well. As we progress in our meditation journey, these become our second nature. Here is the first article of a multi-part series about the basics of meditation.

Beginners may find it hard to focus on the breath as it is the tendency of the mind to wander and thoughts come and go. Here are some simple principles to keep in mind when you sit for your meditation session.

### *Principle 1 : Be present*



Be present and in the NOW. The easiest way to achieve this is to focus on your breath. When you are observing your in-breath and out-breath, it is hard to think of anything else. When you realize you are with your thoughts, bring your attention back to your breath.

Be with your breath.

### *Principle 2: Be gentle with yourself*

When you find your mind wandering to your past or into the future or analyzing your experience, bring your focus back to your breath. Don't get angry or upset or be self-critical when your concentration wavers. Self-love is very important to progress in meditation.

Be gentle with yourself.

### *Principle 3: Avoid comparing experiences*



People are encouraged to share their meditation experiences. When you hear others' experiences (e.g. feeling of lightness, visions, colours, healing etc), do not fret about why you have had no such experience. Each of our experiences is unique reflecting our own uniqueness.

When you compare, you despair. Avoid comparison. Every meditation is a good meditation.

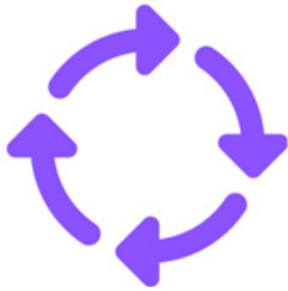
### *Principle 4: Accept your experiences*



Beginner meditators often have expectations about the way their meditation session should be or should not be. They get disappointed when their experiences do not meet their expectations. Just like how the external landscape changes ever so often when we travel, our mind landscape too changes as we move along our meditation journey.

Accept your experiences from your meditation sessions just the way they are and avoid analyzing them.

### Principle 5: Trust the process



People take up meditation for various reasons and at various points in their lives. Some beginners experience desired results more quickly than others. It is important to keep the faith and continue the practice of meditation. Remember feeling the elevated emotion is more important than analyzing the feeling.

Progress with meditation is not linear but a quantum leap. Keep your faith in the process. You will reap the benefits.


You won't need to wait for years before you start to see the effects of meditation. Every session of meditation has its own benefits – sometimes these are tangible and other times subtler. The critical aspect to remember during the practice is to allow and accept your experiences as unique.

**“Don't think your practice is right or wrong. Simply bring your whole heart to your practice.” — Michael Stone**

Written by: Latha Srinivasan





A man with a beard and mustache, wearing a blue patterned shirt and a watch, is smiling and speaking into a microphone. He is positioned in the lower half of the frame. The background consists of several tall, modern skyscrapers with glass facades, viewed from a low angle looking up. A semi-transparent dark grey box is overlaid on the upper right portion of the image, containing white text.

# Meditation helped me succeed in my corporate career!

Sai Krupa Sagar

Former VP at a Large MNC & Managing  
Trustee, Pyramid Valley International



***Sai Krupa Sagar is on a 2-year gratitude break,  
serving as the Managing Trustee of Pyramid Valley  
International, after spending 30 years in Corporate IT.***

During the early stages of my corporate IT career, I got introduced to Transcendental Meditation (TM) and started practising it. TM definitely helped improve my focus and concentration. A decade later, I was introduced to Anapanasati (Breath-Mindfulness) meditation in Bangalore. Due to my earlier brush with TM and my typically inquisitive nature, I was easily drawn to a daily practice of breath mindfulness meditation. My initial motivation was not anything spiritual. I looked at meditation as a brain-calming tool, especially since my brain was always buzzing with thousands of thoughts every minute. A consistent practice of meditation and reading books has had a profound impact on my life and career.

When I transitioned from a software product development experience to executing software projects at work, the number of meetings, checkpoints and client interactions was far beyond my comfort zone. Every meeting made my head spin with thousands of thoughts – some anxious about my performance, few on my communication, and most around the fear of what other people may think. Being a new employee in a senior role in the organization, I felt that I was open to judgement from all quarters. Thankfully, it was during that time I got introduced to breath meditation. Though I tried to practice meditation every day, due to the usually long work hours, my meditation time was spent mostly in dozing off, or in thinking about pending tasks, or in critiquing

myself that “I should have responded differently...” My initial months were unremarkable, until I had my ‘aha’ moment at work.



One day as I was walking along a long corridor from my office room to a conference room for a client meeting, I felt something totally different. For the first time, I noticed that my brain was completely devoid of the usual chatter. I could feel the silence in my head. I could vividly observe the people passing by. I was keenly focused on the conversation I was having with my fellow colleagues as we were walking along. And that meeting turned extraordinary, in the sense that I did not have any preprogrammed thoughts or fears. Every sentence I spoke was spontaneous and fully relevant to the ongoing discussions. I was fully conscious of each word. My usual



judging mind seemed to be switched off. I felt very satisfied with the meeting and extremely happy with the transformation in my head. That was the beginning of numerous wonderful meetings where my communication would flow flawlessly and spontaneously. I was able to take praise and criticism in the same way, fear disappeared, and the judging noise vanished.

Let me share a couple of more instances where meditation has helped me at the workplace. I used to travel internationally quite a bit for my work – meeting clients, participating in business meetings and pitching for new technology work. During one such business trip, I had a critical meeting at a top Insurance Company in Hartford, USA. It was supposed to be a routine pitch for our new technology services. I was told that the client stakeholder was quite hard to impress. I did my usual preparation and created a presentation to share with the client. When I walked into the meeting room, I noticed that there were three client personnel seated in the conference room. I started the meeting by sharing the meeting agenda. Immediately, a member of the client's team asked me to explain the security aspects of the new technology I was going to present. For a moment I was taken aback, as the presentation I had prepared did not address that aspect.



Nevertheless, I nonchalantly walked to the whiteboard and started writing and presenting on the topic. After an hour of intense and interactive session, I realized that I had gotten through my presentation without any conscious thinking, having covered a topic that I was not well-versed in. I was very surprised at how I had managed to spend 60 minutes on that topic, which only a few experts could cover at that time. Shortly after, an elated account manager came running and conveyed nice words of appreciation from the client stakeholder. Apparently, this was the first instance of such positive feedback from them. Subsequently, we won a good amount of business from this client team. I learnt, years later, that I was in the midst of a 'flow' or 'in the zone' state, characterized by deep concentration, lack of sense of time, absence of mental chatter, peak creativity and optimal consciousness. A noiseless mind, heightened awareness and greater confidence, brought together by my regular practice of meditation, had helped me enter this state of peak performance.



A few years later, I moved to London to grow the business in UK and Europe. This provided me with lots of opportunities for learning and improvement. That was when I had to report to a manager who seemed very unreasonable in his deadlines and expectations. Discussions with him always were unpleasant - I used to get disturbed after his meetings and phone calls, and dreaded interacting with him. I started ruminating on why I was feeling frustrated,

looking for a proper solution. I coincidentally re-read a book that talks about how we all live with a 'great misunderstanding' of depending on things 'outside' of ourselves (like job, spouse, boss, house, car, wealth...) to provide us joy and happiness. The book argues that the right way is about living 'inside-out' — your inner state should be the one to drive your outer actions and behaviour. I suddenly realized how deeply I was affected by the behavior of my manager, though it was I who 'chose' to suffer because of my thoughts and emotions. All I needed was to change one thought, and the suffering was gone. I realized that, irrespective of how other people or other things are, it is my mind that causes suffering or happiness. If I choose not to suffer, then the suffering is gone. Coincidentally, within a few weeks of my transformed state, my manager moved on to another department!

While these are just three instances of workplace 'magic' that meditation has brought forth, I have experienced many more transformational moments with tough situations and difficult people – at work and in my personal life.

Thanks to my meditation practice and right wisdom from books, I was a star performer in my corporate leadership role and was able to grow rapidly without stress, anxiety, or frustration. Meditation helped silence the constant chatter in my mind and helped me be more aware and avoid unhelpful thoughts and feelings. This, in turn, helped me be more spontaneous, without

interference from the mind. In that calmness, I connected to my inner intelligence and let it do the work for me in the form of spontaneity, creativity, and coincidences. I awakened to a spiritual truth that we never have to worry about how to go about situations or wanting to do more. All we have to do is allow life to happen and have the confidence to flow with it. Life gives you all that is required for your consciousness to evolve.



As a measure of gratitude for all the awesomeness, abundance and insights that meditation and spiritual-scientific wisdom have given me, I am enjoying my voluntary service role — sharing, teaching and inspiring thousands of youngsters and professionals to live 'inside-out'. My immensely beneficial experiences from meditation and spiritual wisdom has now given me the conviction to start a venture that brings the benefits of meditative techniques and practical spiritual wisdom to a large section of 'non-seekers' - using my strength in digital technologies.





# Corporate Employees' Experience

## "Keep the faith and practice meditation"

**Mrs. Vallidevi Prabhu is an IT professional based out of Bangalore, India.**



For a few years, I struggled with health issues like muscle pain in the shoulders, back, tailbone and legs, arising from work related stress. I tried various treatments, different medications and physio therapy but I did not get much relief. Last year, I was forced to take a break from work due to my chronic back pain. I was unable to sit for long. Walking for even 10 minutes became highly challenging. I started to search for a holistic approach to improve my health.

It was at this time that my colleague suggested that I try Buddha-CEO's 6-week program with an open mind. The program has been an eye opener for me. Firstly, the Breath-Mindfulness or Anapanasati meditation is very simple and easy to follow. The information-sharing sessions on the various aspects of life, health, relationships, money and service by Chandra were mind-blowing. Experience sharing by fellow meditators, Patriji's

guidance and pearls of wisdom were wonderful. All these greatly helped to bring immense amount of clarity and calmness to my mind.

I attended all the 6-week programs conducted in the last 12 months. During the initial days, I heard many people share their experiences about resolving their chronic health issues. However, even after three 6-week programs, I did not experience much improvement in my health. Nevertheless, I kept my faith and continued my meditation practice; I focused on feeling that my back and shoulder pain have healed. I recently realized that my back pain is completely gone. I have now resumed my walking and yoga sessions.

My message to new practitioners is that to keep an open mind, and practice regularly; listen, discuss or read about the meditation. In my experience, three things are extremely critical - meditation, knowledge and practice. Even If one of them is missing, we may not be able to bring changes quickly.



## “Spread the joy of meditation”

**Mr. Jagan Mohan Reddy Rajidi**  
works as an IT professional with  
FNF in Bangalore, India.



My interest in meditation piqued in 2016 when I read a book ‘If truth be told’ by Om Swami. I started to practice meditation with the Art of Living Foundation. A year later, I chanced upon a video by Patriji that resonated with me; I started to practice meditation under the guidance of Pyramid Spiritual Sciences Movement [PSSM]. Even in the early days of my meditation practice, I experienced high energy levels throughout the day and my productivity at work increased. I was able to maintain my calm composure during stressful situations at work and I was able to establish a great rapport with my team. My family and I became vegetarians.

I became a regular visitor to the Pyramid Valley at Bangalore. It was then that I met Mr. Chandra and I enrolled in a manifestation workshop organized by him. I was able to successfully deploy manifestation to resolve my work-related

problems and earn accolades at work. I also used the manifestation technique successfully to resolve certain issues in my personal life too.

My parents too started meditating. My father was able to heal himself of the allergies that he had suffered for decades within a very short time. My mother was able to overcome the injuries she suffered in a road accident only with meditation. My children too have become meditators now. To support other meditators, I constructed a pyramid in my village near Warangal within 3-months duration. Today, this pyramid helps many people in my village and nearby places enjoy better health and spread the message of meditation in that region. I am really grateful to Buddha-CEO for supporting me in my spiritual journey.





**An open invitation  
from Pyramid Valley  
International [PVI],  
Bangalore to all the  
readers, to experience the  
energy of the Maitreya  
Buddha Pyramid.**

Shambala is a Sanskrit term for a place of tranquility, peace and happiness. If you are on a quest for a healthier, balanced and more fulfilling life, we invite you to discover Pyramid Valley, a remarkable and one-of-a-kind spiritual centre in Bangalore. Referred to as one of the Seven Wonders of Bangalore and the new shambala of our time, Pyramid Valley helps you find tranquility, rise to a life of mindfulness and awareness, and achieve personal excellence.

Pyramid Valley is a spiritual sanctuary for the contemporary seeker, open to individuals and groups who seek self-development and strive to unlock their inner potential. It is a place where one can feel serene, practice meditation, and rejuvenate. Pyramid Valley promotes holistic health, principles of nonviolence, collaboration,

love and peace among individuals and societies worldwide. This international meditation centre was set up in 2003 by the Pyramid Spiritual Science Movement (PSSM). In the words of Brahmarshi Patriji, the founder of PSSM, 'Pyramid Valley International, Bangalore is the headquarters of the worldwide New Age spiritual movement.

Both an open retreat center and a state-of-the-art spiritual science hub, Pyramid Valley is situated amidst lush greenery and pristine, serene nature. The beautiful, 28-acre campus is a home to the Maitreya Buddha Pyramid, the world's largest pyramid structure built exclusively for meditation. Pyramid Valley is a powerful energy vortex and a true spiritual oasis for seekers of all paths.

There are several meditation energy spots on site. The area is dotted with water bodies, coconut groves, organic farms and beautiful sculptures. Practice walking meditation and mindfulness in the Zen Garden labyrinth. Have





# Shambala

an outdoors meditation session at the scenic Tapastali Hill Energy Spot. Visit the Osho Pyramid and Adi Shakti Dhyana Kshetram, each surrounded by beautiful greenery.

Pyramid Valley and Buddha-CEO Quantum Foundation organizes training sessions, workshops and conferences on meditation and spiritual science, often tailored to meet the specific needs of individuals and organizations. World-renowned spiritual masters conduct stillness retreats, master classes and talks, full moon night programs and guided meditations, supported by a network of volunteers, friends and patrons of PSSM. The events are organized in modern training rooms and conference halls with audio and video facilities.

The Socrates Central Library contains a large collection of books and magazines on spirituality by renowned authors. The Book Space and the Pyramid Valley Online Store offer a wide range of products, including books, crystals, health and wellness products, pyramids, fengshui items and other souvenirs.

Visit Pyramid Valley on a half-day or a full-day tour. If you wish to attend a residential course, Pyramid Valley offers several types of accommodation, including dormitories, deluxe rooms and luxury rooms. Free vegetarian dining is available at the Annadana dining hall, while a variety of western and Indian-style vegetarian meals can be purchased at the vegetarian world cafe.

Pyramid Valley International is a hub of spiritual evolution, and a birthplace of a new human—one who consciously, empathetically and responsibly creates a world of spiritual wisdom and harmony.

More details on the facilities, events and projects at Pyramid Valley can be seen on our website

We invite you to visit Pyramid Valley regularly. If you are here for the first time, make a half day or full day visit. If you are a repeat visitor, consider staying in campus for a few days.

<https://www.pyramidvalley.org>

*Written by:*

*Lidija Stankovikj, an international development professional and an author*





## Celebrate the process too, not just the result!

**Shirisha B Reddy**  
Advocate



*Set ambitious goals,  
be determined and confident,  
hustle, work tirelessly,  
achieve the goal,  
move on to the next,  
repeat.*

This is what defined me as a person before I was introduced to meditation via the Buddha-CEO's 'Master Your Mind' meditation programme for the youth in October 2020.

I was a fresh law graduate who had decided to be a part of the Indian bureaucracy to make a difference to the society. The goal was clear but I suffered from the fear of failure, the uncertainty of the result and burnout. That's when meditation came to the rescue.

With meditation, I was able to substitute the negative thoughts with positive ones and this increased my overall happiness. I moved from a state of being highly self-critical to self-love; from

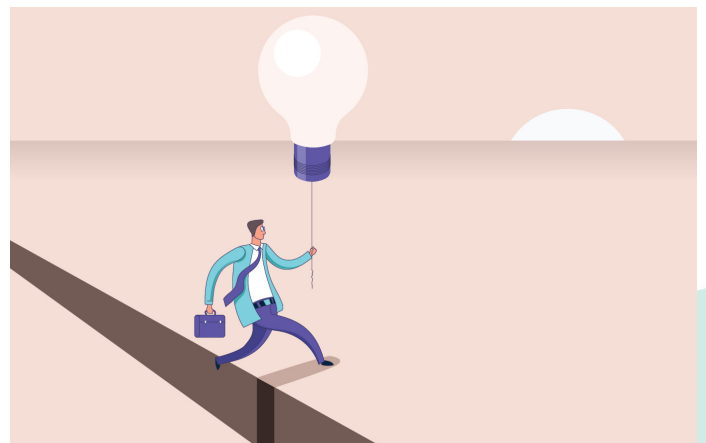
a state of complaining to being grateful; from never acknowledging my personal achievements to appreciating myself. The fear of failure subsided. I started to live more mindfully and compassionately. I embraced vegetarianism. I am more conscious of my lifestyle preferences and make sustainable choices. I am now happy without the need of external events to make me feel so.

There is still a part of my past that peeks every now and then and reminds me of my fears. But my meditative mind is more aware of these feelings. Now it takes me a shorter time to get out of the bouts of sadness or laziness.

I am reminded of the quote that

*'the real purpose of a goal  
is not necessary to achieve  
it but what you become  
in the process.'*

I am grateful to Buddha-CEO Quantum Foundation that introduced meditation and the science behind it to me. I would still like to set ambitious goals, be determined and confident but now I work effortlessly, attract the results and celebrate not just the destination but the path.



## Start at an young age

**Ms Ladhini Perla**  
Software Professional



I was introduced to Breath-Mindfulness meditation or Anapanasati meditation 11 years ago when I was in my 8th Standard. After I started to meditate regularly, I realized that my memory power increased substantially. Learning meditation at a young age helped me to be positive in every phase of my life.

Two years ago, I attended a workshop on manifestation facilitated by Chandra sir. In that workshop, I learnt that our thoughts and feelings create our own reality. I have started to implement this in my daily life and have experienced major changes. In the same workshop, I learnt about the concept called Vision Board. In my Vision Board, I wrote some long-term goals like getting a job in my dream company and building a pyramid in my home. To my surprise, I manifested these goals within 5 months after the workshop. In short, I have experienced the tenet, that our thoughts and feelings create our own reality, in my life.

After these experiences, I started working as a volunteer in Buddha-CEO Quantum Foundation.

In the beginning, I was a team facilitator for many programs. Initially, my goal was to teach meditation to 100 people; with the help of Buddha-CEO, I have been able to reach more than 100 people, within few days.

Buddha-CEO has also given me an opportunity to become a good reader through its book clubs and book discussions. In these sessions, I have listened to and have been inspired by the experiences of many meditators and authors.

With all these experiences in my life, I would like to share that

**If we practice meditation regularly,  
we can recognize and realize  
our true potential.**

**Meditation and manifestation  
are the tools to achieve  
all our goals in life.**





# In a lighter vein

## Shake it off! Take a step up!

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old, and the well needed to be covered up anyway - it just wasn't worth it to retrieve the donkey.

He invited all of his neighbours to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement, he quieted down. A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was doing something amazing. He would

shake it off and take a step up.

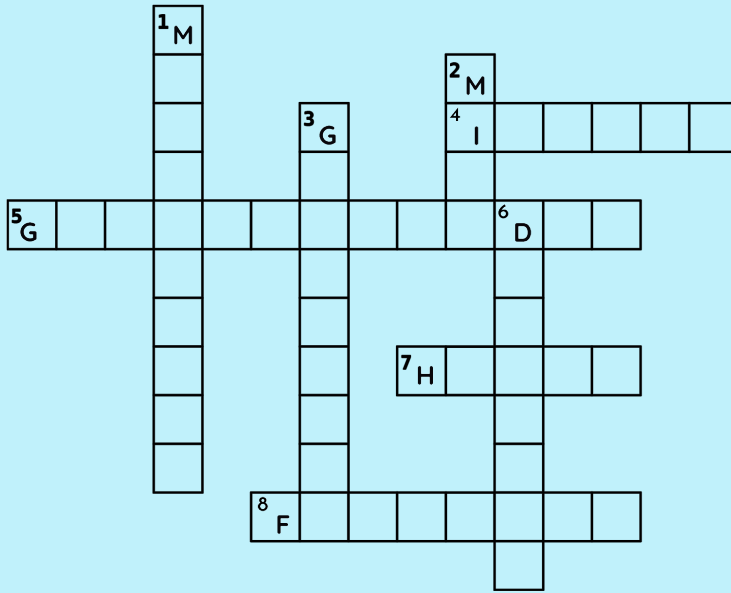
As the farmer's neighbours continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and happily trotted off!

Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a stepping stone. We can get out of the deepest wells just by not stopping, never giving up! Shake it off, and take a step up.

Source: <http://sites.edb.utexas.edu/resilienceeducation/inspiring-stories>



# Crossword



## Down

1. 10 letter word - A better practice to begin the day with
2. Meditation helps in attaining mastery over \_\_\_\_\_
3. \_\_\_\_\_ is the highest state of receivership.
6. Meditation enhances the production of this 'feelgood' hormone/neurotransmitter.

## Across

4. A famous book - Japanese word for 'Life's Purpose'.
5. Anapanasati meditation was first taught by \_\_\_\_\_
7. The energy centre of our body associated with love and affection.
8. Our thoughts and \_\_\_\_\_ together create our reality.

*For answers see page no: 54*





# 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 Videos which are available in our **Buddha-CEO Youtube** Channel ([www.youtube.com/buddhaceo](http://www.youtube.com/buddhaceo)). You can scan the **QR code** or search by the topic name.



## 9 step process of hologram to heal oneself

Dr Newton a Medical Doctor and great Spiritual Master gives simple, yet profound 9 step hologram process that you can implement along with meditation to bring about holistic healing



## Mind to Matter - How Meditation heals health, set goals for self and manifest?

Master Chandra shares Science of Mind Body connection and how it affects different aspects of our life. He shares wisdom that you can implement to bring about a great life that you want to manifest for yourself



## Meditation for mental well-being

Learn how Meditation helps improve your mental well-being. Understand how it helps improve your self-awareness, quality of sleep, increase the ability to concentrate and reduce fear.



Compiled by: Veena Arvind, Content Head Buddha-CEO Quantum Foundation

## Deep Gratitude to all Volunteers

“Service unto others is Service unto Ourselves”

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.

Thank You. Thank You. Thank You !

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



Buddha-CEO  
*Quantum Foundation*

# Buddha-CEO Quantum Foundation

Is now on

udemy



## Available Course



Introduction to  
breath mindfulness  
meditation for  
beginners



Meditation for  
radiant health  
and energy



Meditation for  
manifestation  
science



Meditation for  
emotional  
intelligence and  
relationships





# The Mindful Leader's New Habits

## How grateful are you today?



The end of the year often seems to be the time when the world remembers to celebrate gratitude. Of course, we have the World Gratitude Day on September 21. The US celebrates November as the national Month of Gratitude. It seems apt since Thanksgiving is also celebrated in November. Diwali, in India, calls for celebration of kindness, gratitude and humility; there are many other variants around the world in many cultures (and religions). While the dates and rituals differ, they all revolve around the notions of gratitude, appreciation, and thankfulness.

For those of us that practice gratitude mindfully on a consistent basis, we enjoy the positive energy these celebrations bring into our daily routine. But we also can use these opportunities, or simply our own energy and initiative, to go one step further by encouraging a daily practice of gratitude at the workplace (and at home), and it can truly be life-changing, for the individuals and the teams, and beneficial for the organizations.

## Rewiring our brain



Most people have a natural affinity to focus mainly on the negative in present times. This wiring in our brain was temporary in ancient times and was great to secure our survival from life threatening dangers.

This “negativity bias” is not required anymore to survive in these modern times. However, it is still responsible for our blindness regarding the finer things happening to us, to our family, friends, colleagues, business, or even to the world. Many people always focus on what is wrong and barely notice what is right.

For instance, when we have a wound in our mouth, we spend most of our day touching that spot with our tongue, hurting and complaining. But we never think of appreciating all the days when our mouth was perfectly fine, plus granting us the joy of tasting wonderful flavors.

Meditation and mindfulness help us to rewire our brain to ignore the ongoing media hype about bad news. They help us gratefully acknowledge the positive, and turn our energies towards productive actions.

## Amplifying the power of gratitude



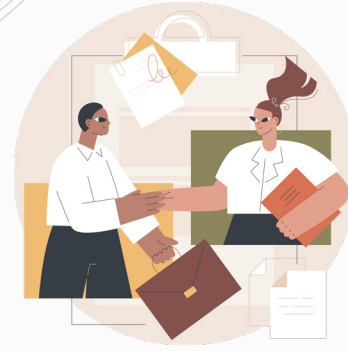
Why don't we take the beginning-of-the-year to start a new movement in our workplaces? Gratitude is communicative and it creates lot of positive energy. It is a wonderful 2-way emotion – both for the one expressing and to the one receiving. Besides, cultivating and expressing gratitude leads to a deeper sense of belonging for everyone. By appreciating the blessings at work and in our life, we feel committed to help each other and to count on each other. It makes us stronger and happier.

Here are some actions you can take to amplify the power of gratitude in your workplace.

### Quiet Room

Employees can practice stillness and meditation whenever they want to or need to. This should be a quiet area, preferably with soft flooring, various types of seating, a dim lighting, and some inspiring quotes about gratitude on the walls. Guided meditation and mindfulness sessions may be provided, with a special focus on gratitude.





### Your Daily Thankfulness Habit

Express your gratitude to someone or to a team every day. Don't just say "thank you", but instead be very explicit about what you are grateful for, so as to maximize the positive impact. Do not fear to express your vulnerability. This will create a stronger bonding between you and your team.



### Gratitude Walls

Create a wall at the workplace where employees are free to write (or stick post-its) about "Today, I am grateful for...". If you are a remote team, there are online shared walls applications available for the teams to post their appreciations. These become wonderful emotional moments to read through as a team – about people, the special moments and the accomplishments etc.

Most of these actions can be taken at home too. I know families who have their 'gratitude round' routine at the dinner table, or maintain a 'Family Gratitude Notebook'. Parents should encourage their children and their extended family to acknowledge their good moments of the day and express gratitude, for the enjoyment of the whole family.

### Grateful Routine

Invite everyone around the table, or in your video meeting, to briefly mention what are they grateful for, today. Explain the rules, go first, make it optional, and it's fine when humor and laughs show up. It is not just a one-time team building activity. Instead, practice it at the beginning of all your weekly meetings.



## Expanding our impact

Especially after these last 2 years of pandemic, there is a lot to be thankful for: the solidarity and the efforts of our families, the resilience of our colleagues, the heroic dedication of the healthcare staff and of many other workers that we discovered were so essential to our life, the amazing progress of science, the innovation in technology, the flexibility of so many employers, and so much more. And, most importantly, we need to be thankful for simply being here today, breathing and alive.

Of course, it is certainly not an easy time – so many people suffered and continue to suffer. We can choose to complain or be angry, or we can decide to be grateful. Gratitude leads to empathy,

and by remembering what it is to suffer, we can (re)commit to do everything we can to help more; it means to take actions – because we can – as individuals, as teams, as organizations and businesses.

As we meditate, as we practice mindfulness, we move from a somehow ‘selfish gratitude’ (I am fine, for that I am so thankful) to a ‘responsible and universal gratitude’, acknowledging the abundance of resources and possibilities (I am grateful that I can find ways to support others).

Cultivating gratitude leads us to the habit of ‘service to others’, with a focus on each step, and with the will to create a gigantic butterfly effect.

*Laurence Guihard-Joly*

*Co-Founder, Buddha-CEO Quantum Foundation*





# Our Reach and Impact in 2021



## Deep Gratitude to all Donors

“What we give always comes back multiplied in many forms”

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 active and thoughtful support from the Donors. Your every donation counts in creating more Buddha-CEOs ! Thank You. Thank You. Thank You !

[www.buddhaceo.org/donate](http://www.buddhaceo.org/donate)  
[donations@buddhaceo.org](mailto:donations@buddhaceo.org) | +91 - 96069 57285



	<b>Beginners Programs</b>	
	6 Week Program For Leaders	12000+
	3 Week Program for Youth	7500+
	<b>Advanced Programs</b>	
	Intense Meditation Program	800+
	Physical Retreats	100+
	<b>Nurturing Communities</b>	
	3 Week Mindfulness Program for Corporates	700+
	Book Clubs	500+ Sessions
	<b>Awareness</b>	
	Students & Professionals	2500+
	Short Introductory Programs	1000+
	Social Media Content	1.2+ Million Views



## Subscribe/Sponsor for Magazine Make an Impact

Share this knowledge with  
colleagues, friends & family



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





# Emerging Trends in Meditation

## Emotional Intelligence: A Critical Skill for now and the future



Emotional Intelligence is the ability to be aware of and to understand our emotions and those of others. Every one experiences emotions but when you recognize your own emotions and those of others and manage them in a positive way, you can be free from stress, solve problems, make much better decisions, and have an effective communication. Given the high level of uncertainty that everyone is experiencing these days, for a leader to have a high emotional quotient (EQ) is akin to being a superpower.

Many studies have shown that exceptional leadership goes with an EQ that is higher than

average. The Times of India carried an article [dated March 16, 2021] on EQ with the headline “Success in life depends on 20% academic, 80% emotional intelligence”. The good news is that emotional intelligence is a skill that we all can learn and develop, and meditation is the best way to build emotional intelligence abilities and hence a high EQ.

The current pandemic has triggered significant uncertainties and challenges. It is only apt that in 2021, a number of articles have been published to promote this skill, because emotional intelligence allows the worker to navigate these complex times



much better. Businesses and organizations will benefit from offering emotional intelligence training to their leaders and, in fact, to all their employees.

Here are few extracts from various sources to illustrate the need and benefits of more emotional intelligence in the workplace, and in life.

In July 2021, the European Commission News insisted that: “Emotional Intelligence and Empathy are more important now than ever due to the fact that the COVID-19 crisis has had an enormous impact on those who have lived through it. As a result, many people may be experiencing increased stress related to high workloads, financial strains, problems with their own health or that of a loved one, bereavement, and lack of childcare, among many other things. As a result, individuals that are able to show concern for other’s experiences, whilst also balancing responsibility for the quality of their work, are more valuable than ever.”



among young adults. Resilience is the ability to mentally overcome and emotionally deal with a crisis, and to return to normal. The researcher used a sample consisting of 100 adults among the age groups of 18-24. The tools used were Emotional Intelligence self-assessment tool and Connor-Davidson Resilience Scale. The results showed a significant positive correlation between emotional intelligence and resilience.

In January 2021, FORBES had reminded us that: “with workers still dealing with the stress and social isolation associated with the Covid-19 pandemic, companies worldwide are prioritizing employee mental health and well-being. But businesses will need to implement more than just expanded employee assistance programs to support workers during this challenging time. The focus on well-being must be accompanied by empathetic leadership. Employers need to understand that we’re all human and going through the same experience together”.



In ScienceDirect, a study was published in November 2021 “aimed to assess the moderating effect of Emotional Intelligence (EI) in the direct impact of the stress generated by the pandemic on work performance and counterproductive work behaviors (CWB) in a multi-occupational sample of 1048 professionals. The results confirmed the importance of EI in improving the effectiveness of work performance and reinforce the role of EI as a protective variable that can safeguard occupational health”.

A similar study was published on June 30th, 2021, in the International Journal of Indian Psychology to find out the relationship between Emotional Intelligence and resilience





Forbes insisted that: “While traditional management skills are essential, a greater degree of Emotional Intelligence is necessary to nurture and motivate teams”. Forbes summarizes emotional intelligence as “being self-aware, self-motivated, vulnerable and practicing empathy” and that “the good news is you can improve your emotional intelligence—if you’re willing to work at it”.

In conclusion, dealing with this pandemic at a personal level and enabling your team to overcome the related challenges much better is certainly a great advantage of a high EQ. But

there are many more benefits from developing our emotional intelligence e.g. finding a new job better aligned with our purpose, values, and skills. Some studies have even shown that over a 10-year period, a higher EQ of workers has a strong positive correlation with higher salaries.

It is also an essential skill for leaders to become self-aware of their emotional bias and to help create psychologically safe environments for their teams. This can lead to more inclusiveness in workplaces which would mean better job satisfaction, engagement and improved performance for everyone.

EQ becomes even more vital for the future economy! On October 1st, 2021, The Hindu published that “the (India) National Board of Accreditation (NBA) has underscored the need for technological institutes to hone emotional intelligence, a ‘must-have’ skill that will ride artificial intelligence (AI) and automation in the days to come. Meghalaya, NBA Chairman K.K. Aggarwal said that the demand for emotional intelligence in India would increase at least eight times in the next three to five years”.

Well, how do you feel about that?

**Laurence Guihard Joly**

Co-Founder, Buddha-CEO Quantum Foundation





# Research on Meditation

## Impact Of Individuals' Mindfulness Practices On Organizational Performance

Organizations around the world are incorporating meditation and mindfulness as a practice to improve resilience and performance of the individuals and organizations. There are several research that positively correlate meditative practices of leaders and employees to organizational innovation, performance, learning and resilience.

One such research conducted across 15 companies in Taiwan attempted to investigate the effect of meditation on employees' self-directed

learning (SDL) readiness, organizational innovation (OI) ability as well as organizational performance (OP). The results showed that employees' meditation experience directly influenced employees' SDL readiness, companies' OI capability and OP. The finding implies that spiritual practice improves individual capability (i.e. in learning), as well as organizational capability (i.e. in innovativeness), which consequently enhances the outcomes of organizations.

Another study published in the International Journal of Organizational Analysis, explored the relationship between spirituality (meditative practice), leader resiliency and life satisfaction/well-being. Data for this study was collected from the executive MBA alumni of a US based university – 25% of whom reported high frequency of spiritual (meditative) practice.

They were further studied to see how they applied their spirituality in stressful work situations. The results found positive relationship between spirituality, resilience and overall life satisfaction. Leaders who engaged in meditative practices had a significantly higher overall resilience score than non-meditators.

In another study published by Cornell University, authors Jenny Stauffer and Marinda O'Bryant reviewed various research papers to understand whether mindfulness and meditation impact business results in organizations. They concluded that mindfulness/meditation training in organizations not only saves money but also saves time by boosting productivity. Further they found out that mindfulness will protect employees and organizations from burnout, saving the company both money and productivity declines. Finally, they found evidence that suggested that leadership mindfulness increases employees' job performance and job satisfaction and also reduces employees' emotional exhaustion.

### References:

1. <https://www.emerald.com/insight/content/doi/10.1108/02635571111099758/full/html> - Meditation, learning, organizational innovation and performance
2. <https://www.emerald.com/insight/content/doi/10.1108/IJOA-08-2019-1848/full/html> - Resilience and spirituality: a mixed methods exploration of executive stress
3. <https://ecommons.cornell.edu/handle/1813/74381> - What Are the Demonstrated Impacts of Mindfulness/Meditation/Energy Management' on Individual and Organizational Performance?



*Compiled & Written by:  
Rakesh Jalumane, Entrepreneur  
& Pruthvi Mahalingu, Researcher*



# What Is Your Meditation Quotient?

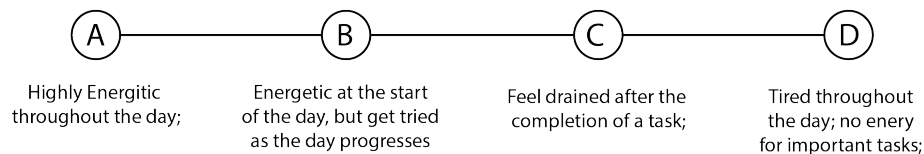
Each one of us is a CEO of our own lives. Typically, CEOs are expected to lead their enterprises with zeal, focused effort and passion to achieve the organization's vision to the satisfaction of all the stakeholders. You, as a CEO of your own life, are no different.

During Buddha-CEO's 6-week program, we share surveys with the participants to understand their journeys. These surveys have given us valuable insights about the inner transformation of the participants as shared by them – be it more clarity in decision making, improved creativity, improved inter-personal communication, equanimity while dealing with stressful situations etc. They feel more confident about achieving their personal goals with perfect ease. These are the hallmarks of a Buddha-CEO.

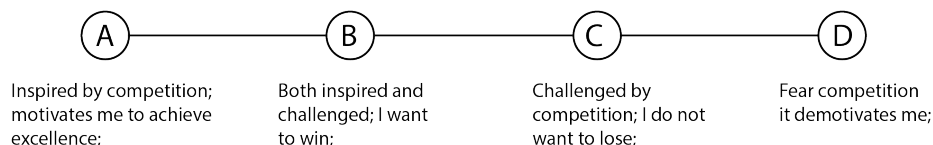
## Are you a Buddha-CEO?

Take this self-reflective test and find out for yourself

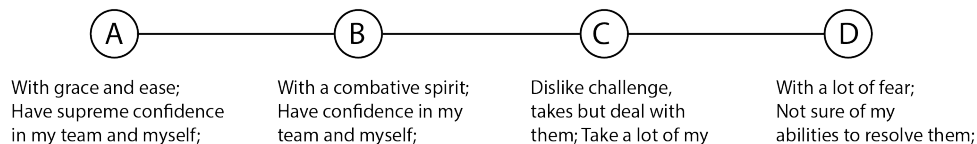
1. Which state best describes your energy levels throughout the day?



2. What are your views about your competition?



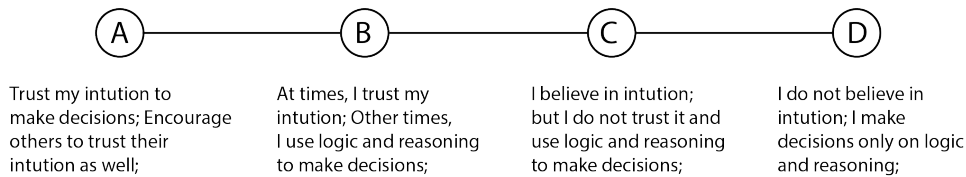
3. How do you face challenges?



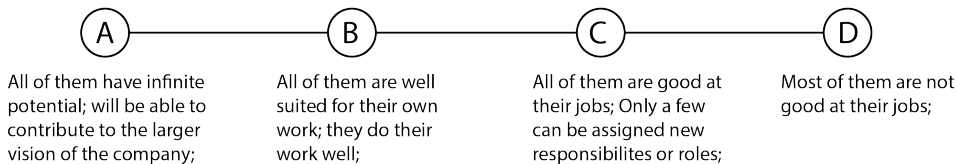
Answers for crossword on page: 41

1. Meditation 2. Mind 3. Gratitude 4. Ikigai 5. Gautama Buddha  
6. Dopamine 7. Heart 8. Feelings

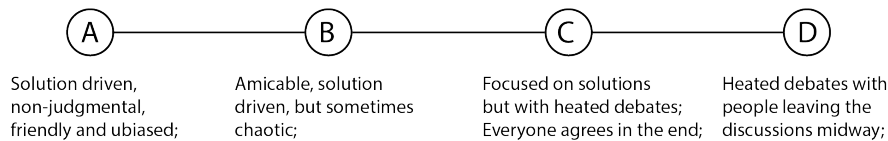
#### 4. What are your beliefs about intuition?



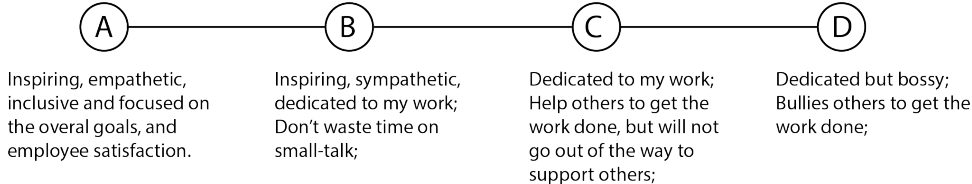
#### 5. What are your thoughts about your colleagues and team members?



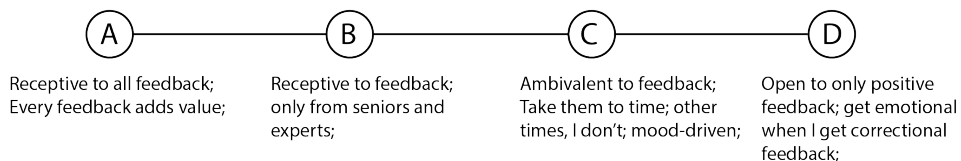
#### 6. How will you describe your discussions with your colleagues?



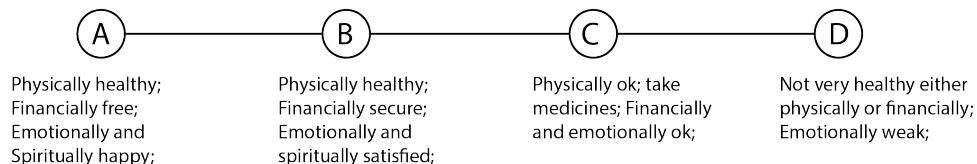
#### 7. How do you think your team members perceive you?



#### 8. How open are you to suggestions and feedback?



#### 9. How will you best describe yourself?



Refer to page number 56 for the  
Interpretation of your answers

Written by:  
Shirisha Reddy, Advocate



## Here's how you interpret the results :

### 1. If majority of your answers are the first option i.e. 'a' (i.e., more than 7) :

Congratulations, your meditation quotient is high. You are a Buddha-CEO already!

A Buddha inside and a CEO outside! You are very confident, radiant and are aligned with your higher purpose. You have a high emotional and spiritual quotient; you are capable of achieving your goals with poise and ease.

### 2. If majority of your answers are the second option i.e. 'b' (more than 7) :

Great, you are very close to becoming a Buddha CEO! You can quickly achieve the results you desire with meditation.

You are a great leader and are determined to grow and glow as a beautiful and strong person from inside and out. You also believe in letting others grow. A few positive steps from your end will make you a perfect Buddha CEO who is full of life and light.

### 3. If your answers are dominated by the two options on the right i.e. 'c' and 'd' :

Great, you have so much scope to learn and become a Buddha-CEO. The fact that you have undertaken the test shows that you have taken the first step towards understanding yourself better. You are diverting your maximum effort and energy towards your goals, however you may not be enjoying your work as much and hence, you are falling short on taking care of yourself holistically. So, by analysing your shortcomings and taking steps in the right direction, you will be a complete Buddha-CEO and will be able to effortlessly strike a balance between work and life.

For those who want to take a leap and become a Buddha-CEO, meditation is a great way to start. Follow a vegetarian diet, read spiritual books, listen to other spiritual masters, pursue your passions and render service to causes of your interest – these will fasten the process of becoming a Buddha-CEO.

Hope that you will undertake the necessary steps and make the switch. All the best for your fulfilling, and progressive journey ahead!

## A 3 Week - Online Guided Meditation

- For Confidence, Clarity & Manifestation  
For Graduating Students & Youth

### || Mystic ||

Jan 17 to Feb 6

5:30PM - 6:45PM IST (India) /  
8AM - 9:15AM EST (USA)



### || Thrive ||

Mar 7 to Mar 27

5:30PM - 6:45PM IST (India) /  
8AM - 9:15AM EST (USA)



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



# Book Club

Buddha-CEO Quantum Foundation conducts regular book clubs where we discuss wisdom from books of various masters. Here are excerpts from two book recommendations that will empower you.

You can register for the book clubs from our website [www.buddhaceo.org](http://www.buddhaceo.org)

## Book in focus : The Surrender Experiment

by Michael A. Singer

Have you ever run out of things to say when you are in a conversation? Such awkward situations may give you an opportunity to awaken spiritually. They allow you to analyse your anxiety and you can reflect on yourself. In fact, it was a similar situation that led *Michael A Singer*, to have his first brush with spirituality. The author chose to analyse his thought processes and understood that his conscious mind and his anxious one were two separate entities, as the former can observe the latter. But how can we prevent our anxious minds from distracting us? A very effective way is by practicing meditation.

Why do we get irritated or nervous about things that we can't control? This is due to our personal preferences. Singer shares a personal anecdote about how his exams were causing him a great deal of anxiety. Having found refuge in meditation, he figured out that his resistance was making him nervous and decided to go with

the flow. He wrote his exams and did well in them too. *When you surrender, life will help.* Here are a few tips from the book - *when someone asks for help, offer your services. This may lead to a much more satisfying outcome.* Singer learnt this when he helped a woman to take part in his meditation sessions and pitch a tent in his backyard. The same person eventually built a meditation temple next to his house. The author highlights that *spirituality can help a business person achieve his/her goals.* He managed to build his first successful venture by aligning his life with his spiritual principles and his construction business became very successful. Singer also faced

*"I see myself on the path of knowledge maturing into Wisdom. While trying to answer participants queries on various anecdotes and concepts, I found answers to my own Quest."*

Anoop Luther,  
Buddha-CEO Book Club Facilitator

a few adversities in his life but was very resilient. The author's business was raided by the FBI under suspicion of fraud and



his assets confiscated. Since Singer knew how to surrender to life, he came to terms with the situation and was calm. *He accepted the situation but did not give up.* Eventually, all the charges against him were dropped. But the whole process took more than five years. This five-year ordeal enabled the author to find the time to write *The Untethered Soul*, a book which went on to become a New York Times bestseller.

Instead of stressing over what we should do with our lives, Singer teaches us how to open our minds and souls towards new opportunities. By surrendering to life, by listening to the people around us, and by learning how to say yes, we can achieve great things.

"Sometimes, the people who ask for our help are signs from the universe to help us become happier and more satisfied."

Compiled by:  
Naga Pradeep, IT Professional



## Book in focus: Mind to Matter by Dawson Church

This book is one of the master pieces that has been published in the recent times. It provides a logical explanation to the existence of infinite possibilities and explains how our thoughts create our realities. Through the medium of analogies, stories, case studies and experiments, the author elaborates how thoughts and intentions of the human mind can create matter.

According to Church, we are not hardwired to be a certain way for the rest of our lives and not bound by our genes as well. When you organize your thoughts and feelings into coherent states, you will realize your true potential. The author strings evidences from different researchers, demystifies the connection between mind and matter and presents them as simple techniques to the reader.

Our minds are full of limiting beliefs. We cannot spend our lives as reflections of the limitations of the past. We must challenge every limiting belief so that we can live our unlimited potential. Doing this, we will begin to reclaim parts of ourselves that we had disowned.

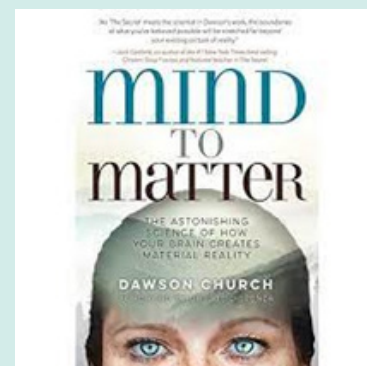
We radiate positive energy in this transformed state and this has a ripple effect in the community.

Disease shows up in a person's energy field before it becomes evident at the level of matter. When energy is applied with the intention of healing, matter often follows. However, we only look for material solutions like pills, surgery or recreational drugs to make us feel better. When we choose the path of energy, we address the problems at the level of cause rather than effect.

***"Rainy day or shiny day  
book club showers wisdom  
on all days. I enjoyed and  
quenched my thirst of  
knowing the unknown." -***

**Dr. Vidya Ramachandran,  
Buddha-CEO Book Club Participant**

It's not the genes we have that determine our destiny as much as what we do with them. Energy is epigenetic, regulating the processes of life and healing. Meditation doesn't just change the way we feel at the moment. It changes our traits. It results in greater resilience in the face of adversity, more empathy for others, and increased compassion for oneself. It also leads to a greater degree of



self-regulation, making us the master of our emotions rather than a slave to them.

With each thought we think, we're signalling our brain to create new neural connections. When we use this power deliberately, rather than allowing random thoughts to flow through our mind, we start to consciously direct the formation of new neural tissue. We have magnificent minds, capable of creating wealth, happiness, health, and well-being in our own lives and the lives of those around us. Our consciousness is powerful - much more powerful than we realize. Most of us use just a tiny fraction of our ability, not even realizing that our minds create matter.

In summary, the book is not meant to be just read but meant to be imbibed and the practices incorporated into our day-to-day life to reap the rewards and to transform our lives to one filled with unlimited joy and happiness.

*Compiled by:  
Arvind Sampath, Tech Leader*

# Jan - Mar 2022 Key Events



## Jan 3 - Jan 21

5:30PM - 6:30PM IST / 7:00AM - 8:00AM EST

|| *Aware* ||

**Daily Weekdays  
Mindfulness Program**

## Jan 5, 6 & 7

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

|| *Heal* ||

**Meditation for  
Health & Stress Relief**  
Deep Relaxation, Stress Relief, Positive Mindset

## Jan 10, 11 & 12

4:00PM - 5:30PM IST / 5:30AM - 7:00AM EST

|| *Moon* ||

**Meditation.. Your Inner  
Doctor, Friend & Guide**  
For senior citizens and others

## Jan 24 - Mar 4

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

|| *Galaxy* ||

**6-Week Online  
Guided Meditation**  
For Leaders and Aspiring Leaders

## Jan 17, 18 & 19

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

|| *Awake* ||

**Introduction of Meditation**

## Jan 31 - Mar 4

Morning : 8:15AM - 9:15AM IST & Evening : 7:30PM - 8:30PM IST

|| *Star* ||

**Book Club**  
To Expand Wisdom

## Feb 26, 27

9:00AM - 6:00PM IST

|| *Dream* ||

**Manifestation Workshop**  
(Physical Event @ Chennai)

## Jan 17 - Feb 6

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

|| *Mystic* ||

**3-Week Online Guided  
Meditation Program for Youth**  
For Graduating Students & Youth

## Mar 5 - April 10

6:00AM - 7:15AM IST / 7:30PM - 8:45PM EST

|| *Prana* ||

**Daily Meditation**

## Mar 7 - April 6

7:30PM - 8:45PM IST

|| *Light* ||

**Wisdom of World Masters**  
Only On Wednesday

## Mar 12 & 13

9AM - 6PM IST

|| *EYE* ||

**Manifestation Workshop**  
(Physical Event @  
Pyramid Valley International, Bangalore)

## Mar 14 - Mar 19

Starts Morning 9AM IST

|| *Excel* ||

**Week Long Beginner  
Meditation Retreat**  
1Week Corporate Physical Program  
@ Pyramid Valley International,  
Bangalore

## Mar 7 - Mar 27

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

|| *Thrive* ||

**3-Week Online Guided  
Meditation Program for Youth**

## Mar 14 - Mar 18

|| *Amruth* ||

**Intensive Meditation**  
4:00AM - 7:00AM IST / 5:30PM - 8:30PM EST  
**Advanced Spiritual Science Topics**  
7:00AM - 7:45AM IST / 8:30PM - 9:15PM EST

## Mar 14 - April 1

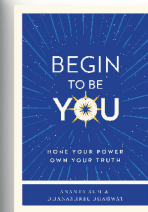
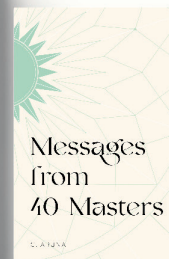
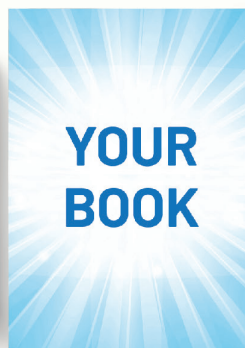
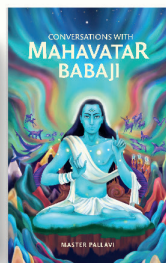
6:30PM - 7:30PM IST / 8:00AM - 9:00AM EST

|| *Mindful* ||

**Daily Weekdays  
Mindfulness Program**

A TRUE BUDDHA CREATES MORE BUDDHAS

# Publish Your Wisdom Today!



Are you looking to share your stories and experiences  
with the world? At **MB Publishing House**, we publish  
books on **self-help and spirituality**, in several languages.



**MB  
Publishing  
House**





Buddha-CEO Magazine Launch



Workshop in a college in Mandya



Meditation in Rishikesh



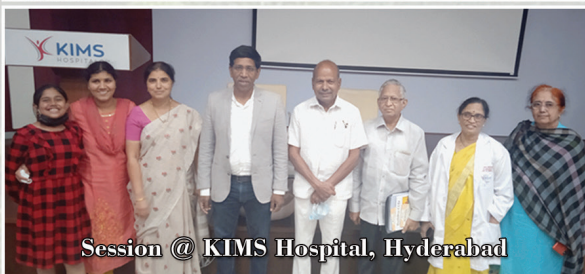
Multiple sessions in Coimbatore



Jupiter - Nov-Dec 2021 40days program



Advanced Meditation and Manifestation Retreat @ Pyramid Valley



Session @ KIMS Hospital, Hyderabad



Buddha-CEO team @ Mahila Dhyana Maha Chakra - Kadthal



SPACE-3 Week Online Program for Youth



Session for a College in Mandya



Himalayan Retreat



# Growth in the New World



Focus



Friendship



Purpose



Intuition



## Practice mindfulness with us.

We share our experience and success stories.  
We listen to yours.

## Call us for corporate programs.

easy, scientific, non-religious, not-for-profit

+91 9606957285

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

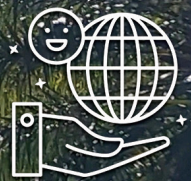
 [programs@buddhaceo.org](mailto:programs@buddhaceo.org)



# 1 Million Meditators - 1 Hour - 1 Consciousness



Heal  
Yourself



Heal  
The Planet

Join the MINDFULNESS moment  
Be in the vibration

Save the date!  
June 21, 2022

Participants will receive  
a virtual souvenir.

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

