

Buddha-CEO

Excellence through Meditation



Be compassionate to all beings

Vegetarianism-
A humane choice for humanity

Meditation enables holistic health

How are we treating our animals



Buddha-CEO
Quantum Foundation

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Contributors



Brahmarshi Pitamaha Patriji

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



Dr. Newton Kondaveti, MD

Founder Quantum Life University and world renowned Spiritual Scientist.



K. Ramasamy

Chairman, Roots Group of Companies, & RK Nature Cure Home.



Parinitha Patri

Founder, SWAGG (Save Water And Go Green), Meditation Teacher and Spitual Empowerment Coach



Rakesh Jalumane

Trustee, Buddha-CEO Quantum Foundaion, Entrepreneur and Former Delivery Director at Cognizant Technology Solutions.



Laurence Guihard-Joly

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



Chandra Pulamarasetti

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

TEAM



Our Inspiration
Brahmarshi Patriji



Chief Advisor
Padma Shri
D.R. Kaarthikeyan

Editorial Team :

Latha Srinivasan
Rakesh Jalumane
Karthika Ravindrakumar

Design, Art & Photography :

Siva Pradeep
Archana Cheluva Raja
Koteshwar Rao
Pradeesh .K

Contributors :

Brahmarshi Patriji
Chandra Pulamarasetti
Dr. Newton Kondaveti
K. Ramasamy
Parinitha Patri
Laurence Guihard Joly
Latha Srinivasan
Rakesh Jalumane
Hari Ramakrishnan
Ramesh Muvva
Alekhya Shastri
Nanaji Rao
Ranjana Patel
Sashank Pilla
Reshma Kaushik
Shirsha Reddy

Production :

Narendra Paladugu

For Contribution & Advertising:

publishing@buddhaceo.org

Contact us :

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

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



Buddha-CEO
Quantum Foundation



Excellence through Meditation

A 6-Week Online Program

Apr 24th – Jun 2nd

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



Chandra Pulamarasetti

Meditation Coach, Founder
Buddha-CEO Quantum Foundation



Shri Dr. R.V. Ramani

Founder & Managing Trustee, Sankara Eye Foundation

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!

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Editorial

We are here for an experience. We are always looking forward to realising our dreams. Every leader and organisation aims to grow and make a meaningful contribution to themselves and their communities. Manifestation techniques are a great aid to realise one's goals. The foundational aspect of the manifestation process is to focus on things that are important. Health or personal well-being is fundamental to be focused. Without physical health and energy in the body, mental stability, and emotional regulation, this focus is impossible.

It is often said that health is the greatest gift of all. Herophilus, the father of anatomy, is credited with the saying, "Without health, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied." And the term health encompasses all three forms - physical, emotional and spiritual. And meditation is the panacea for all things health.

Extensive research states that when employees enjoy good health, organisations prosper. There is reduced absenteeism, enhanced energy, increased optimism and excellence in delivery. Companies have the means to drive employees' well-being through policies, programs and promotions, and they reap the rewards.

The 5th issue of Buddha-CEO magazine focuses on health and shares wisdom from corporate professionals and business leaders. At its core is the thrust for vegetarianism. Non-violence or Ahimsa, i.e. kindness and compassion for all sentient beings, is the need of the hour. To see a world without conflict, capable of sustaining all beings, the first step is kindness towards oneself, followed by kindness to all beings.

We wish you and your family a great year ahead!

“Keeping your body healthy is an expression of gratitude to the whole cosmos—the trees, the clouds, everything.”

Thich Nhat Hanh

”



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

Grand Master's Wisdom

Be compassionate to all beings



Brahmarshi Pitamaha Patriji
Founder, Pyramid Spiritual Societies Movement

Brahmarshi Patriji wanted everyone to be a vegetarian and practice ahimsa or non-violence. Thousands have become vegetarians with his inspiration. He demonstrated his commitment throughout. He encouraged satvik food and personally took time to cook and serve with love. Here, we share his views on food and health and why we need be compassionate to all living beings.

Spirituo-scientific temper

We have so many amenities, comforts, and luxuries: we have the television, the internet, the jet plane, the laser beam etc. The material developments we see all around us result from the unrelenting *scientific temper* of all scientists and technologists. They have helped humanity to reach its present stage of material development. It is the *scientific temper* that has allowed man to split open the atom. *Scientific temper* has allowed humans to fly, go beyond Earth's gravity and set foot on the moon.

However, despite all this, most of humanity is yet to become sane, decent and civil. Man has become more of a machine and less of a spirit. This is primarily because most of humanity is, unfortunately, lacking in *compassion*. We see so many atrocities - one human being killing another human being and another human being killing another animal. What a lack of *compassion*! Most humans are yet to learn what is right to eat, the right way of living, the right desires and so on. Man needs to learn *compassion* on a giant scale - to become truly sane, decent, and civil.

Eating animal flesh is absolutely horrible. Human beings are not designed to eat animal flesh. 90% of Earth's humans are eating their animal brothers and sisters. Unless the compassion of human beings is urgently aroused, humanity will be totally eliminated from Earth. All animal/ bird / fish creatures are very beautiful and wonderful. But they are suffering under the ongoing brutality of humans. The cruelty and brutality of humans towards animals is truly very sad. To possess compassion, humans need to cultivate a *spiritual temper*. Man has to become less materialistic and more spiritual. Because of a lack of *spiritual temper*, humans have lost their innate happiness. Misery has stepped in. Cruelty towards the animal kingdom is the natural result of a lack of *compassion*.

Suppose we don't become internally more spiritually aware and externally more socially responsible. In that case, it means we have no *spiritual temper* whatsoever. If we don't understand through personal experience the soul-part of ourselves, and if we live on blind beliefs about some far-off God, doubtful life after death etc., etc., it means we have no *spiritual temper* whatsoever!

The time has come to apply the familiar *scientific temper* to basic spiritual questions like "What are we ? Where from are we ? Where to are we ? Why are we ?" to produce real health, real peace, and real happiness in human life. Now, the time has come full circle to using the same *scientific temper* which has been used by humanity to explore the outer material world, to be used to explore the inner spiritual world too. This can be termed as a *spirituo-scientific temper*.

The new *spirituo-scientific temper* calls for regular, everyday meditation on the part of every human being. Meditation provides great energy through which we heal all our illnesses and diseases - chronic or otherwise.

Spirituo-scientific temper has to be taught right from childhood so that every child grows as a naturally beautiful human being, a naturally



harmless human being, a naturally happy human being, a naturally divine human being and a naturally socially-responsible human being.

With the application of *spirituo-scientific temper*, with the adoption of Anapanasati meditation, the whole of humanity will soon become a compassionate humanity, a healthy humanity, a sane humanity, a happy humanity and a beautiful humanity!

Holistic Health

Holistic health means wholesome health or complete health. It has five mega components: *physical health, mental/emotional health, intellectual health, spiritual health and social health.*

There should be no illness, and there should be no disease. That is *physical health.*

There should be no mental depression at anytime. We should never lose our emotional energy, even if we are insulted or face failures. That is *mental health.*



If we read the scriptures, we should be able to understand the inner meaning of it immediately. If we do not understand, there is something wrong with our *intellectual health.* Our intellect is not as healthy as it should be.

Spiritual health is knowing what we are, our true essence. We should be able to feel and understand that we are an eternity - an infinity of pure fundamental consciousness. We are an *atma.*

We are responsible for the all-around health of all our fellow beings. If we are not working for the betterment of our fellow beings, then we do not have social health. If we don't perform our social dharma, we lack social health! If I don't teach meditation to you, I don't have social health. It means I am not doing my social dharma.

These five components together are called '**Holistic Health**'.

Food as medicine

There are foods and '*foods*'. Different types of food give you different kinds of results. Some foods are not at all foods. They are actually toxic.



will be ok; if your food is not ok, then your body will not be ok, and hence your life will not be ok.

Meat is absolutely toxic to humans. And killing animals, birds and fish for food, sport or scientific research is inhuman and anti-spiritual. Human bodies are meant only for plant-based food. Humans are herbivorous, not carnivorous. Plant-based food becomes 'food as medicine'. One should be a vegetarian.

A microwave should never be used for cooking. When you use a microwave, the vibrations in the food are killed. There is no energy present anymore. It is as if you are ingesting dead food. Also, food should always be prepared or cooked by a vegetarian, using utensils which have never seen animal food. No garlic should be used. Garlic was created to wean people away from satvik vegetarian food towards *tamasic* animal food. And avoid mushrooms. A mushroom is a fungus, not a plant. It has no chlorophyll. Food should always be cooked just before you eat. Only freshly cooked food should be ingested. You cannot have stale food out of your refrigerators



Refrigerators are not meant to store cooked food but to preserve vegetables and fruits.

Fruits are really the best possible foods - spiritual foods and medicinal foods! Raw vegetables and fresh vegetable and fruit juices detoxify human bodies. We have toxified our respective physical bodies by having toxic foods. We must reverse the process by ingesting detoxifying foods like fruits or vegetable salads.

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Jan - Apr, 2023
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Mar 1 - Mar 5

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Advanced Meditation & Manifestation Retreat

Pyramid Valley International, Bangalore

Apr 24 - Jun 2

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

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Mar 6 - Mar 10

4:00AM - 7:30AM IST / 5:30PM - 9PM US ET

|| *Amruth* ||

**3 -Hour Intensive Meditation -
Akhandha Dhyana** (Online)

Apr 3 - Apr 23

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

|| *Zest* ||

**A 3-Week Online
Youth Program**

Mar 8 - Apr 12

8:00PM - 9:00PM IST

|| *Light* ||

Wisdom of World Masters

(Only On Wednesdays)

Mar 8 - Mar 10

|| *Introductory sessions* ||

Pune, Mumbai

Mar 23 & Mar 26

|| *Introductory sessions* ||

Delhi

Mar 27 - Mar 31

|| *Introductory sessions* ||

Dubai & Abu Dhabi

Apr 1 - Apr 2

|| *Quantum Creation* ||

Dubai / Abu Dhabi

May 1 - May 31

Morning : 8:15AM - 9:15AM IST &
Evening : 8:00PM - 9:00PM IST
(Every Monday & Wednesday)

|| *Inspire* ||

Book Club

To Expand Wisdom

Every Saturday

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

**Saturday Masterclass
& Meditation**

Every Sunday

6:00AM - 8:00AM IST / 8:30PM - 10:30PM US ET

Long Meditation
For deep relaxation & rejuvenation

21st of Every Month

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

|| *Million* ||

**1 million : 1 hour : 1 consciousness
Meditation**

You will play your part to heal yourself and Planet Earth

Full Moon Every Month

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

**3-Hour Full Moon
Energy Meditation**

Simplicity of Breath-Mindfulness Meditation “Anapanasati”



Breath-Mindfulness Meditation or Anapanasati is an ancient meditation technique which means ‘mindfulness of breathing’. It is a method where we focus on our in-breath and out-breath. It is widely believed that, Buddha attained enlightenment while practicing this technique sitting under a Bodhi tree. This is a popular practice in Tibetan, Zen and Theravada Buddhism.

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

It is very simple

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

How to practice it?

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

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

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

Effectiveness is another feature

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

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

What are you waiting for? Come, join us !

CEO Speaks

Meditation enables holistic health



Chandra Pulamarasetti

Founder, Buddha-CEO Quantum Foundation

Dear friends and masters,

Greetings to you on the occasion of the New Year!

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

World Health Organization defines the health of an individual in broad terms. Here are a few points from WHO's constitution (Ref: who.int).

Principles set out in the prembles of the WHO constitution

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being.

The health of all people is fundamental to attaining peace and security and depends on the fullest cooperation of individuals and States

The achievement of any State in the promotion and protection of health is of value to all

Health is a state of complete physical, mental and social well-being, as per the above WHO constitution. It is also referred to by different terms - holistic health, radiant health, total health et al. When we explore meditation and spiritual practices, we conclude that our health or personal well-being is not merely about being physically fit. It is about being physically, mentally, emotionally, spiritually, and socially fit. Meditation and mindfulness develop all these most easily and naturally.

Five bodies

We are made up of five bodies: Physical-body, Mind-body, Intellect-body, Spiritual-body (Individual consciousness), and Social-body / Universal-body. We need to nourish all these bodies for perfect health. Meditation nourishes the spiritual body directly and all other bodies indirectly. In addition to meditation, unconditionally serving others is the best way to nurture the Social-body, and helps us to gain that perfect health!

The Spiritual-body helps us to see everything as an experience.

We are energy beings at our core. According to Quantum Physics, we are 99.99% energy and only 0.01% matter (physical). In this energy field, we are all deeply connected. When we meditate, we drop all our thoughts - we move away from the physical body and the environment. In due course, we experience what we are innately inside - the

energy (or the spirit). This is the Spiritual-body. Meditation nourishes the Spiritual-body directly.

In meditation, we experience the connection with our past, with everything that exists, and with everyone. When we meditate, we experience the 'unlimited' nature of the quantum energy field, as our own nature. We experientially understand that we are more than physical matter, and our environment and experiences bind us to material things every day and limit us. We experience that we are the whole, and everything is happening inside of us. This makes us feel complete, more aware, open, and energetic. This is the most important nourishment one can have and will lead to a greater intellect.



During my entrepreneurship journey, we raised two rounds of investments but could not deliver on the promises made to the venture capitalists. We had to significantly lower the company's value to gain new investments. This meant the earlier investors had to let go of a good portion of their investment. My spiritual understanding helped me to realize that we are here for an experience; the only thing that mattered was we did our best. This enabled me to quickly come to terms with dealing with our earlier investors and maintain good relationship with them without any guilt. Most importantly, it helped me to lead the company with renewed enthusiasm.

The Intellect-body helps to do the right thing.

With regular meditation, reading the right books on spirituality and meditation, and listening to the experiences of others, we develop our intellect, i.e., spiritual intelligence, to live a righteous life in the grandest possible way. Intellect is the ability to discern between right and wrong. The intellect is based on the wisdom, beliefs (or the facts of life), and past experiences stored in our subconscious. When our Spiritual-body is sufficiently nourished through meditation, we easily overcome several

limiting beliefs and sharpen our Intellect. At the core of the intellect is the understanding that 'we have unlimited potential', and 'our thoughts create our reality'. With well-developed intellect, we take full responsibility. We do not indulge in blame games or complain about others.

During my software start-up days, I formed several limiting beliefs blocking the company's progress. I thought it was difficult to attract any large company to evaluate us for acquisition as we had too long a history of changes and slower growth than expected. With a well-developed intellect, I quickly understood the limiting nature of these beliefs was blocking us. Every day I visualized and reversed these beliefs. We got acquired by an MNC within 12 months after I reprogrammed my beliefs.

Another example was that during the early days of my start-up, I could rally investors and the team to develop a new product line, although we had significant cashflow issues for day-to-day operations. We ran out of funds and regularly had to face pressure on cashflows. Despite this, I followed my intuition that we needed a better value proposition for an acquisition. We could impress this upon the investors and motivate the team to invest in a new product line, which helped us to meet our acquisition goals. I can attribute this to better intellect health. A well-developed intellect gives clarity and strength to follow the heart. It gives the strength to do the right thing.

The Mind-body maintains greater thoughts and higher emotions to create desired outcomes.

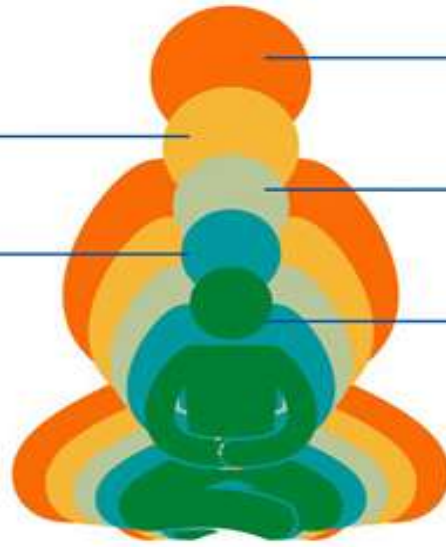
The mind is a product of culture, environment and upbringing and is full of negative and stressful thoughts, that is very limiting or short-term oriented. A well-developed intellect transforms the mind to have positive and miraculous thoughts, and empowering beliefs. A transformed mind will not succumb to limiting emotions such as anger and outbursts and is focused on what is



The Five Bodies

Spiritual-Body
We experience what we are innately inside. **Everything** is an **experience**

Mind-Body
It is influenced by the intellect to have **positive** and **miraculous thoughts**.



Social-Body

We realise serving others gives us joy and start to **give unconditionally**.

Intellect-Body

Based on wisdom and beliefs. It **discerns right** and **wrong**.

Physical-Body

Its an instrument of the mind and builds **energy**.

important. Meditation develops neural networks and helps increase several mind powers, including visualization capabilities that are necessary to stay focused.

With my regular meditation practice, I could focus on the acquisition process and visualize outcomes with sustained interest for a few months till the outcome happened. This is despite regular cashflow challenges and lower-than-planned revenues. I could focus on goals and visualize effortlessly. I attribute this to my meditation practice making my mind a lot more coherent and cooperative.

The Physical-body helps shed procrastination and builds energy.

Our Physical body is an instrument of the mind. It acts as per the directions of the mind. This is called mind over matter. Most illnesses are due to negative thoughts and suppressed emotions that interfere with the body's function. As meditation reduces the negative mind chatter, it eliminates the body's stress and helps it gain natural health.

We lose a lot of energy in the body to unwanted thoughts and emotions. A transformed mind does not have these unwanted thoughts and emotions and conserves body energy. Epigenetic research shows that the physical body can gain excellent health, energy and vitality with a transformed mind that is always positive and miraculous.

As a corporate leader, staying healthy, energetic and leading from the front is critical. Meditation immensely helped me, and I have rarely fallen sick or rarely had to take days off on health grounds in my career since I started meditation.

The Social-body makes us happy and our life very meaningful.

Finally, the best way to nourish Social-body / Universal-body is to serve others and everything around us. We recognize that helping others gives us greater contentment and fulfilment. Hence we start to give unconditionally. When we meet different people during volunteering, we develop divergent thinking and become more open to possibilities and ideas. The 'I' or the ego

subsides as we work with people of all ages and from all walks of life. We stop seeking superiority over others, and genuinely learn to work as 'one among many'. Working with others makes our own challenges appear insignificant as we get exposed to others' challenges that are often larger. This enables us to stop complaining about life, accept situations, and be grateful for what we have. The end result is that we form great teams at work, caring relationships at home, and harmonious communities around us.

My meditation service work gave me greater fulfilment and kept me going in my venture for many years with perseverance. It helped me accept many ups and downs of the business. In another case, I could easily integrate and work for an MNC- IBM, after running my own company for ten years. Also, I could carry on my meditation service work at IBM, which was very satisfying.

Vegetarian Diet

A vegetarian diet is essential for good health. It removes diseases from the Physical-body, reduces procrastination and dominance/aggression from the Mind-body, reduces

lethargy in the Intellect-body, removes emotional blocks from the Energy-body, and reduces violence and conflict from the Social-body. Vegetarianism endows enhanced health, an improved economy, a better planet, greater animal welfare, reduced global warming, increased peace and harmony, and a progressive lifestyle.

In summary, a vegetarian diet coupled with meditation significantly helps in to gain holistic health for a happy individual, a healthy organization and a peaceful community/world.

Experiment with meditation and a vegetarian diet!

Experience for yourself the excellent benefits of these powerful practices!

Realize a quantum shift in your life!



The Law of GIVING is Simple !

if you want joy, give joy.
if love is what you seek, offer love.
if you crave material affluence,
help others become prosperous.

- Deepak Chopra



Our heartfelt gratitude to all donors who have made monetary contributions to the Foundation. Most of our programs are FREE and we are happy to carry out these activities with the active and thoughtful support from the donors. Every donation counts in creating more **Buddha-CEOs !**

Thank you ! Thank you! Thank you!

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Buddha-CEO's Corporate Programs

Not just a wellness program, but a management tool

Do you wish to lead an organization where innovation, creativity and accountability are the norms?

Is your team open to taking up new challenges and bold goals?

Have you aspired for more collaboration and a high-performing culture among your employees?

Do you wish that your leaders demonstrate empathy and are more inclusive?

Have you wished your meetings are more productive and engaging?

If you have said 'yes' to any of the above questions, then your answer is right below!

Introduce Meditation as a Management tool for progress

How does meditation benefit the organization?

Mindfulness and meditation help employees embrace a growth mindset, have clarity of purpose, be more engaged and collaborative, and are committed and accountable to themselves and the organization. Meditation also increases emotional quotient (EQ), leading to a more inclusive workforce willing to take challenges in their stride to achieve a common goal.

The above facts have been corroborated well by neuroscience, quantum physics, epigenetics and other branches of modern science.

What is the structure of the Buddha-CEO corporate programs?

We offer programs and workshops for corporates in multiple formats: a one-day introductory session to meditation, 2-day intent and goal-setting sessions, and 1-week and 3-week programs. While the short workshops are introductory, the longer-duration workshops are transformational.



Customized programs are also available on request.

What is the content of these corporate programs?

The programs discuss the basic concepts of meditation, mindfulness, their effects on the brain and overall health, how meditation assists in combating stress and anxiety, how it helps to improve mental health and energy, reprograms limiting beliefs, increases personal resilience and peak performance, develops a growth mindset plus many more topics in detail. These concepts are explained scientifically, backed by research.

What is the impact of the programs?

When participants practice breath-mindfulness meditation regularly, they develop positive outlook, are less anxious and are naturally inspired to be more socially responsible and accountable, building a more vibrant and collaborative workplace.



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



Practice Mindfulness with us.

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

Call us for corporate programs @ +91 - 96069 57285
easy, scientific, non-religious, not-for-profit

Vegetarianism - A humane choice for humanity

Dr. Newton Kondaveti, MD

Newton is a world renowned Spiritual Scientist

Dr. Newton Kondaveti is a world-renowned spiritual scientist and the Founder and Chairman of Life Foundation and QLU (the proposed Quantum Life University) which is the first Spiritual Science University in the modern world. You can reach him at chairman@qluglobal.org Visit: www.qluglobal.org,



Since ancient times, what we should eat or not eat has been an unconscious choice primarily determined by external factors such as environment, culture, customs, tradition etc. However, an increasing number of people in today's world have consciously begun to make these choices. In this article, Dr Newton Kondaveti, M.D., tells us why he chose vegetarianism.

I am a vegetarian. But why?

Let me take you on a trip to show you the world through the eyes of a vegetarian. This journey of taking you along infuses a feeling of great delight as I share my insights and facts with you. This also allows me to debunk a few myths concerning vegetarianism and non-vegetarianism. Let's get started.

The simplest explanation of vegetarianism is honouring a plant-based diet and abstaining from animal ingredients. To understand vegetarianism better, you must first understand certain principles that aid in your comprehension of vegetarianism.

Balanced Food

A well-planned vegetarian diet provides all nutrients available in a non-vegetarian diet for all stages of life. With some planning around food and a few lifestyle changes your diet will have daily requirements of protein, iron, vitamin B12, fatty acids, calcium, vitamin D, choline and other nutrients.

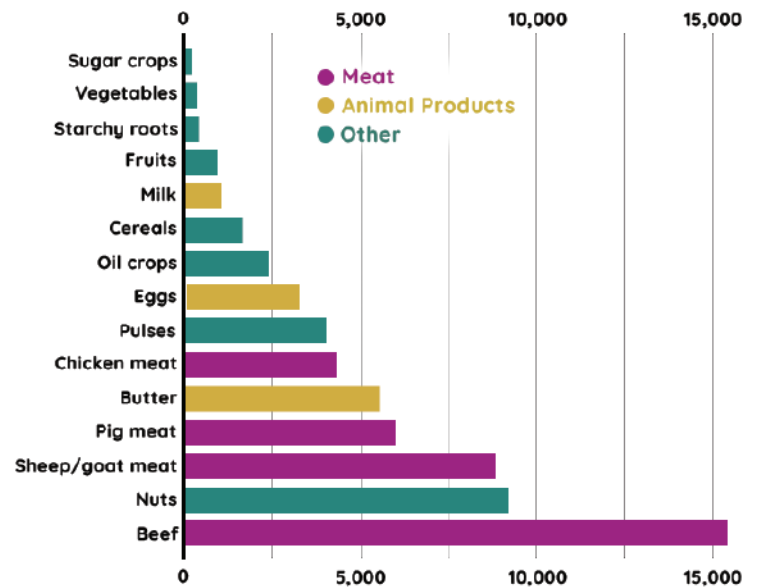


Conserving and Saving Ecosystem

When we choose vegetarianism, we choose NOT to overheat the planet, occupy more land, consume more water, cause deforestation, harm the Earth, and spoil the oceans. When we don't eat meat, we reduce the human impact on the environment, and create Heaven on Earth.

Meat and Animals Products Use A Huge Amount Of Water

Total water footprint per ton (m³/ton)



Source: Ecosystems, A Global Assessment of the Water Footprint of Farm Animal Products

THE HUFFINGTON POST

Non-Violence

Vegetarianism is not just a dietary choice but an approach and philosophy. There is an ancient saying in Sanskrit - Ahimsa paramo dharmaha (non-violence is the highest dharma). By following it, we make our food divine, and we, in return, become light and energetic.

Health

We induce more health and longevity into our lives by choosing a plant-based diet. Each food has a specific energy attached to it and falls into three categories - the tamasic, the rajasic and the sattvic. When we know this fact, we are cognizant of how our choices impact us and how the proper diet creates a clear and muddle-free mind. When we are aware, why should we suffer?

IMPROVE YOUR HEALTH

Your risk of death related to cancers, heart problems, and obesity is reduced by:



The average cholesterol levels in:



161



230



Vegetarians tend to live eight years longer

A meatless diet means being three times less likely to get Alzheimer's



Balance of Nature

Well-preserved nature acts as paradise and haven for all Earthlings. In contrast, imbalanced nature is the passport to entering the land of chaos and tragedies. So let nature be BALANCED with our right eating.

Food and Mind

Our aahaar (food) becomes our vichaar (thoughts). These vichaar subsequently transforms into our sanskar (subconscious impressions that form the basis of our attitudes, behaviour and nature). Eating animal meat fills our prana or energy with fear, aggression, laziness, anger and negativity. These emotions become our mental states and our modus operandi. To break away from these sabotaging patterns, we need to realize that our food is not just nutrients, proteins and minerals but also ENERGY at its core. This awareness then creates mindfulness that filters what we invite into our lives.

Abundance

Nicola Tesla, a scientist and physicist, stated that to understand the Universe, we need to understand energy, frequency and vibration. To communicate efficiently with the Universe, we need to speak its language. The Universe understands only our current vibration and energy levels and the frequency at which we vibrate. When we stay in low-vibration states and expect abundance and happiness, we are not wise in our actions and approach towards life. Staying with the right choices creates vibrations that allow abundance to flow easily. Let's remember to choose wisely, and it ALL STARTS WITH THE FOOD.



Karma

Every action has a consequence. Our present life reflects the consequences of our past actions, and our future will be the consequence of our current actions. The question to ask then is, "Are we living the life of our dreams? If not, why?" If our answer is in the affirmative, ask if we are ensuring that we shall live the same for the rest of our life and the lives to come.

Every principle quoted above urges us softly to move towards a plant-based diet. If we take a moment and ponder, we realize it is also the current need of the hour. Our planet, now more than ever, needs balancing to bring it to its past glory. By embracing vegetarianism, we contribute to the Earth's well-being by bringing down various toxic and stunting factors affecting it.

We start seeing the world more compassionately when we follow vegetarian food choices. We begin to realize that our single decision dramatically impacts many voiceless beings.

Our bodies are not designed to process animal food. Here's how we differ from the design of carnivorous animals.

Teeth and jaws

We don't have large canine teeth capable of tearing flesh like a carnivore. Our jaws, like other herbivores, can move up and down, from side to side, while the jaws of carnivores only move up and down.

Stomach Acidity

Our stomach acids are much weaker when compared to meat-eating animals, as we only need to digest fruits and vegetables. Meat eaters need extremely highly acidic juices to break down flesh and take down bacteria within it.

Intestinal Length

Animals that hunt have short intestinal tracts to allow the meat to pass through quickly to prevent its rotting in the intestine, which could lead to various diseases. But humans' intestinal tracts are much longer than that of carnivores as it allows the fibre in the food to break **down** properly and absorb the nutrients fully from the foods.

If the above did not convince you, here are additional facts to reconsider your food choices regarding meat. T. Colin Campbell, a nutrition expert and director of the Cornell-China-Oxford Project on Nutrition, Health and the Environment, states that in the next decade, we will realize that animal protein is one of the most toxic nutrients we can consume.

Truth transcends time. The ancient wisdom, as documented in the Indian scriptures, speaks about the importance of plant-based food choices. Bhagavad-Gita mentions that there is a soul in every living being. In that case, do

we have the right to kill other living beings to satisfy the cravings of the human palate? Manu smriti, another scripture, recommends that we refrain from eating meat as this liberates one from karmic bondage. Harming, hurting or killing another life always has a consequence that would come back to us in various forms. Maharaj Parikshit, a great king in ancient India, said that to enjoy the ultimate bliss and message of the Absolute Truth, one should adhere to Ahimsa or non-killing of other life forms.

Earth is meant for cohabitation and harmonious living, not just with fellow humans but all living beings. When we become empathetic and compassionate beings honouring everyone's space in this ecosystem, we create a reality that previously only existed in visions and dreams.

Live and let live by making vegetarianism the #1 food choice.

Let us choose to become part of this movement. To rise and stand together. Let's come together and pledge to be vegetarians.

Yes, I care about the pain of animals.

Yes, I care about the world's hunger.

Yes, I care about the future of planet Earth.

Yes, I want to take a stand for non-violence.

”






Food for the body, Food for the soul

K. Ramasamy

Chairman, Roots Group Of Companies, & RK Nature Cure Home



Meditation is the most vital gift that one can have today. When practised every day, it is known to relieve common ailments and fill people with a sense of equanimity. Meditation in various forms and techniques has been part of India's culture and heritage for millennia.

Meditation is the most vital gift that one can have today. When practised every day, it is known to relieve common ailments and fill people with a sense of equanimity. Meditation in various forms and techniques has been part of India's culture and heritage for millennia. Today, it is being talked about the world over. Countless people across continents have taken to the practice to bring discipline and calmness to their minds. Our worlds are filled with needless stress and complications, and meditation can be of great comfort to those who practice it.

It is a matter of great fortune that we, in India, have inherited a vast and precious legacy of learning to control the mind and bring the mind and body in complete harmony with ourselves. This legacy has been given to us by sages and saints through the ages. Brahmarshi Patriji belongs to this lineage. With his technique anapanasati of merely watching the breath, he has taught thousands of people how to relieve the stress of modern-day living. Indeed, meditation is food for the soul.

According to the ancient Tamil classic Thirukkural, written over 2000 years ago by the Saint Thiruvalluvar, our food is medicine. He says there is no need for medicine if one eats only after ensuring that what has been eaten is fully digested. Only suitable food is to be eaten after experiencing good hunger. Further, he explains, those who eat less will enjoy good health, and those who indulge in too much food will always be unhealthy.



80% of the health problems are due to food, i.e., overeating, eating improper food, eating untimely food, and eating too frequently. Therefore, 80% of diseases can be either avoided or cured simply by food. The fundamental principle of naturopathy is that our body can heal itself. We only have to provide conditions for it to heal itself. The disease is primarily due to toxins getting deposited in the body. To dislodge toxins, fasting is the primary method. By fasting, we can heal many diseases. If we fast, all the energy required for digestion is diverted towards removing toxins. Once the toxins are removed, health returns.

In India, there is an adage: a person who eats three times a day is a *rogi* which means diseased. A person who eats two times a day is a *bogi* which means overindulged, and a person who eats one meal a day is a *yogi*. And let's all aspire to be yogis.

Let's be mindful of what we eat!



Know Your Meditation

Basic Principles of Meditation - Part 4

If you are reading this article now, you are either a meditator or considering starting your Breath-mindfulness meditation practice. We congratulate you on your decision to start on this path of personal transformation. As a beginner, you may have questions about meditation or how it is practised. In the earlier articles under this column, we shared some of the basic tenets of meditation. In this issue, we answer a few common questions.

Why do I feel sleepy (or) sleep during meditation?

Feeling sleepy or falling asleep during meditation is common. Meditation relaxes you and takes you to the delta wave state, aka deep sleep. If you fall asleep during meditation, it is perfectly ok. Accept it. A deep sleep state is great for body rejuvenation and repair. You will also notice a tremendous improvement in the quality of your night time sleep.

Many usually overcome this a few days into their practice. Also, there is no guarantee that advanced meditators will not go into a sleep state during meditation.



Am I meditating or am I sleeping?

When you meditate, your brain waves slow down. They move from the beta state (when you are awake) to theta state, which is the state of deep relaxation. Theta brainwaves are those that you

experience just before you sleep. Since your mind is relaxed, you may feel that you are sleeping, but you may not have done so. Do not ponder over this. Sleep is one of the meditation experiences. Accept it.



Is chanting a form of meditation?

Meditation means emptying the mind of thoughts by observing the breathe. Stilling the mind needs you to close all conscious activities.

Your brain is still consciously active when you chant. While it is true that chanting calms you down, helps you focus and brings peace to your mind, it must be said that chanting is not meditation.



I am not sure if meditation is acceptable in my religion.

Breath-mindfulness meditation is merely focusing on your in-breath and out-breath. How can watching your in-breath and out-breath interfere with your religious beliefs?

Breath-mindfulness meditation helps you to relax, become more aware of yourself, gain good health and focus better on your work. None of that is connected to religion.



I have too many thoughts. I am unable to get into a quiet state.

You do not need a quiet mind to start meditation. Neither is it expected that you will be in a completely quiet state when you go into meditation. **If you are agitated or restless, you need meditation more than ever to calm your mind.** When you sit down for your meditation practice, be patient with yourself. When you find your mind wandering, bring your attention back to your breath.

You will find that with regular practice, your thoughts tend to reduce, and you can meditate effortlessly. The only requirement is that you do not give up. Be persistent.



I experience body pain when I meditate.

When you are in meditation, it is common to experience a certain amount of physical pain. The most common reason is the energy body is being cleared of blocks for better health. All illnesses are psychosomatic. The pain could also be due to your posture, lack of practice sitting still or any release of emotional or physical strain. Another reason is as you are more aware of yourself when you meditate, you are also more aware of your pain.

The ideal way to deal with pain is to accept it and continue meditation. This may sound counterintuitive, but the pain will disappear as you continue. It is a common experience and nothing to fear. The trick is to keep at it. Be patient, and do not give up.



“When meditation is mastered, the mind is unwavering like the flame of a candle in a windless place.”

Bhagavad Gita

Contributed by : Latha Srinivasan



Business Leaders Speak



Shri Ramesh Muvva
Managing Director,
Swetha Foods, Telugu Foods
Hyderabad, India

I used to pose questions to myself - who am I? Where and how do I derive my sense of identity? Is it from my past, my education, my position, my wealth, my name, my fame, my network? Or is it derived from the energy which is primary for life and that is sustaining my body? To draw energy, to draw emptiness, to draw quantum field - this energy is crucial.

While delving on these questions, I dropped all my beliefs about my personality and my past. I try to identify my sense of self or derive that sense of self as it controls my body and organs from within. Once I am with my sense of self, my body

enables my thoughts and hence, my energy. That energy guides me. That energy is my guide, my guru, my god.

How do I get that energy? By practising anapanasati meditation. When I practise anapanasati meditation and mindfulness, I drop all my thoughts, my personality and be completely one with that energy. I do not judge my surroundings, people. I accept them.

Whenever somebody asks me a question, I do not react. I pause for a few seconds before I respond. I am amazed how my ideas and replies flow spontaneously. Since I am with that energy, my negative thinking has come down. Now I attract positive things, positive people and positive situations. I experience a great deal of coincidences or synchronicities in my life. I am confident, courageous and have unquestionable belief about the quantum field. I manifest my desires. I am able to spread positivity among my colleagues and family members and can see the immense potential in them.

I can see how much I have been identified by, derived from the thought, personality, concepts of self.

When you think the right thoughts, when you have



single-pointed focus, then the energy will flow and it gives you amazing results. When you are focused, your past is cut-off as you focus on the outcome of the whatever you are doing which is amazing.

I tell my colleagues, “Be open to any possibility and don’t be limited by your past. Don’t define your personality. Be open. Anything can happen. There are innumerable choices and opportunities.” That’s the way I have started to lead my life. Compared to my earlier self, I am more positive, courageous and confident. Meditation is healing my body - I had some health issues and meditation is helping to heal.

Even at work, when I encounter stressful situations, I close my eyes and take a few conscious breaths. I connect with my energy. I tell myself that breath is more important than anything and it is precious. Then I can sense the stress dropping away and amazing solutions start to flow to deal with the situation in an appropriate manner. Meditation has helped me tremendously. I practice meditation wherever I am and whenever I can - even if someone is talking, I close my eyes and become conscious of my breath.

I convey my gratitude to Chandra sir and the Buddha CEO team for the wonderful gift of meditation. For the past 8 months, my entire staff has been practising meditation every day between 2:30 pm and 3 pm using the recordings from Buddha-CEO. The staff is very grateful that meditation is making their lives lighter. Their focus has increased; their stress levels are down; their health has improved. When they return home after work, they feel fresh. Earlier, they used to feel uneasiness and tiredness.

Thank you for all of this.

“Ramesh Muvva’s team at Telugu foods have been practising meditation for 30 mins at work for the past 8 months. As an employer, he vouches that both he and his team have benefitted from the practice.”



Business Leaders Speak



Alekhya Shastri

Managing Director,
OneMedia Network Ltd

I am grateful to Patriji, who introduced us to meditation and inspired us to bring that into every aspect of our lives. My meditation journey started as a student thirteen years ago while preparing for my chartered accountancy exams. I was curious about the changes I noticed around me - subtle changes in my mom's behaviour, my dad's health, and how we completely stopped taking medicines.

My parents, already meditators, had created an environment at home where there would be regular meditation classes. Our house used to

be a space where everyone would come and meditate. While my parents meditated and benefitted from it, I often considered that as something that others needed and not me. But the benefits I noticed in my parents inspired me to try meditation. Over time, what started as an experiment became a way of life.

In my journey as a meditator over the past 13 years - as a student and as a chartered accountant, I got absolute clarity about what I wanted to do through the power of intent. In hindsight, I realized that this clarity was due to meditation. In the initial stages, it was more of achieving material milestones.

Meditation empowered me to aim for things I needed at that stage, however trivial they may have been from others' perspectives. For instance, I had a personal milestone at 21 and I would be flown business class by my client and have a BMW car pick me up from the airport. This aspiration may not define my personality, but if anything could happen, then why not? This was more like it. When this experience happened in real life, it motivated me even more. The clarity, the intent and the manifestation of my goals were all through meditation. Now I realize that every single moment of my life has led me to this present moment to do what I have been passionate about.

My passion always has been to do something to enable other people. I did not know how to tie that with my purpose at that time. Also, how would I know what my life purpose was? My career was progressing well. I also wanted to teach meditation to many people. So, I started off by volunteering part-time.

As a volunteer, I offered help to structure processes, create systems, manage events, coordinate with people and manage vendors. I thought I would fulfil my passion by supporting from outside. Even though I was achieving all the milestones in my life, I realized that meditation is an important tool we should share with everyone.



That was how the youth organization in Pyramid Spiritual Sciences Movement [PSSM] came about in 2016. For many young people who held the belief, as I did, that meditation is not for them, Patriji demystified meditation for youth. We used the power of music in public spaces to help people demystify meditation.

There was a big myth around the media. PSSM is a spiritual, not-for-profit, non-commercial and non-religious organization. And media is entirely about commercialization. How can media and spirituality come together? However, true spirituality is to acknowledge that all these are integrated. We are all connected. It is not about materiality or spirituality. This is how Patriji, through visualization and manifestation, materialized Pyramid Meditation Channel (PMC) - Telugu in 2017. And in 2019, Patriji thought that time was ripe to launch a Hindi channel.

In 2020, we established the company - One-Media Network and brought out the PMC-Hindi channel. Due to the pandemic, everyone needed to come together, and the media could support that. Since 2020, PMC-Hindi has reached 20 million [2 crores] homes and has 200,000+ subscribers on YouTube. And on Jan 26, 2023, in the presence of great masters, we launched the PMC satellite channel.

“

If all employees come together for a combined purpose, they empower themselves and the organization

In the last year and a half, every employee in our organization has become a meditator, become a vegetarian and helping others to achieve their purpose ”



The power of meditation has led me to understand two things: I am passionate about enabling people. And spreading meditation really gives me joy. Empowering people with the power of meditation is what I want to do in my life. Manifestation through meditation is such a powerful thing. My passion for streamlining things, strategizing, and enabling people is now fuelled by my purpose to spread meditation everywhere, to bring meditation to the whole world. That really truly is my vision.

To have absolute clarity about what we want in life - meditation is the only tool.

I am grateful to Patriji every day when I walk into the PMC-Hindi office. At our office, we start the day with group meditation for 15 mins. Every Saturday, we have a slightly longer meditation for 30 mins, post which we have a small satsang - we read excerpts from books and share wisdom and experiences.

If all employees come together for a combined purpose, they empower themselves and the organization. In the last year and a half, every

team member at our office has become a meditator, has empowered more people in their families to become meditators, has transformed themselves to vegetarians within 1 week of joining by just being in this positive environment, and is helping crores of people to fulfil their purpose.

People have this misconception that meditation is not for corporates. Every corporate should incorporate meditation into its ethos. And Buddha-CEO is that platform that enables corporate leaders to trickle down empathy and compassion to the last mile.

Our mission is to empower eighty crore Hindi-speaking people worldwide with the power of meditation using media and technology. We will achieve this, and I say this with absolute clarity because possibilities exist in the quantum field. All we have to do is to impress this thought in our supra-consciousness.

We create our own reality. And the belief is that every single person on this planet will be touched by the message of meditation.



Deep Gratitude to all Volunteers

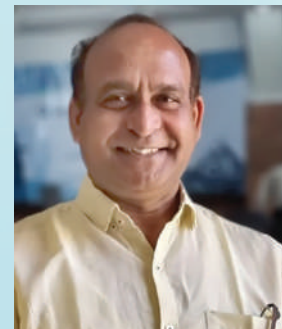
Our deep gratitude to all the volunteers who are supporting the cause of the Foundation and all our meditation service activities directly and indirectly by way of promoting, organizing, writing, teaching and more. Several people across the globe have come together in creating this impact and giving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

“Service unto others is Service unto Ourselves”

**“The joy of making friendships
with people is incredible”**

I learned to be limitless. I am in a flow state when I do my volunteer work. My biggest takeaway from my association with Buddha-CEO is to *'learn to be'*. This has helped me to drop my ego, make friendships with people of all age groups and diverse backgrounds.

My deepest gratitude to Chandra sir and Vani ma'am!



Narendra Paladugu

Corporate Employees' Experiences

Power of thought increases with meditation



Nanajee Rao

*Senior manager in the
construction industry
UAE.*

I have been residing in UAE for the past 20 years. When Brahmarsi Pitamaha Patri ji visited Abu Dhabi in 2013, I was introduced to Anapanasati meditation. I was very happy during the first session as the technique is quite simple - clasp your fingers, cross your legs and observe your breath.

My introduction to Buddha- CEO was in 2019 during the 40-day program conducted by Chandra sir. Since then, I have been practising meditation using the Buddha-CEO YouTube Live channel at my convenience. Sincere and regular meditation has helped me improve my health and achieve a positive mindset and thoughts. It has also reduced my mind chatter and helped me focus better at work. My confidence levels also have increased substantially.

My belief system has undergone a drastic change. Earlier, I used to wonder why my children's attitudes and beliefs differed from mine and why they chose their own ways without listening to my advice. Clearly, each person has their own way of thinking, and I must respect that. This belief has freed me of worries about my children's studies and careers.

Earlier I used to suffer from sciatica pain. With regular meditation, I am free from pain now. During the pandemic, my employer reduced everyone's pay by 25%. However, the returns I received on my financial investments were the exact amount that was cut. This gave me the confidence that the universe is taking care of me.

I followed the manifestation technique, as explained by Chandra sir, and it has benefitted me. Here's one such instance - my daughter aspired to go to Canada for her studies, and I was concerned about the funds. One of my former colleagues and a friend, with whom I had lost touch for 10 years, called me to invest in his company. Although initially hesitant, I took a leap of faith and invested a small amount. This led to a regular monthly return that built the corpus, and I could fulfil my daughter's wish to study abroad. Meditation helps to manifest things in ways that we can least expect and imagine



Corporate Employees' Experiences

I work in the tendering department of my company. Due to the pandemic, we did not get suitable projects in 2021. In 2022, I fixed a target to bag projects over AED 300 million. To my surprise, all the projects on hold since 2019 were re-tendered. As a company, we could secure five big projects worth more than AED 315 million. Not just for myself, I could also manifest for my company. I believe our power of thought increases with meditation

Buddha-CEO's 40-day program starts at 4:30 am UAE time. After the session, I usually sleep. Once during my sleep, for the first time, I had an experience of my astral body releasing itself from my physical body and visiting my native place in India. I can say that I have even touched the plants there. I realised that whatever is written in books about astral travel is true. I have painted Maha Avtar Babaji and Jesus Christ through my astral vision.

I feel that the highest order of meditation experiences is the change of our attitude towards others and helping society in whatever way we can by way of time, knowledge or money. The best service is to teach meditation to children, which I have started. I teach meditation to children at Satyasai Balavikas every week for 10 - 15min, which gives me immense satisfaction.

Buddha-CEO Quantum foundation is committed to the selfless service of teaching meditation to everyone to help them relieve their stress and make them efficient through scientific meditation and mindfulness. Chandra sir and Vani ma'am have given me an opportunity to work for Buddha-CEO as a volunteer. I design fliers regularly with wisdom notes and newsletters from Buddha-CEO.

My sincere gratitude to Chandra sir and Vani madam and the entire Buddha -CEO team.



Corporate Employees' Experiences

Meditation has helped me forgive myself & others



Ranjana Patel

Senior IT Professional
USA

My definition of meditation means being peaceful, joyful, grateful, tranquil, mindful, non-judgemental, empathetic and compassionate.

My meditation journey started in May 2020 when my friend Meena Joisher asked me to join the 40-day guided meditation program from Buddha-CEO along with her. I was sceptical, but she convinced me to try the program for a week. The first day, the experience was too good to be true; the second day was even better. Before I knew it, I had completed the entire 40-day program. I learned so much and realized that I need to work on myself.

My first 40-day meditation experience was phenomenal. I absolutely loved the guided meditation part of the program and Chandra sir's scientific explanation of the concepts. I learned to remove the what, where, when, why, who, and how from my mind. I also learned the power of manifestation through mind movies. I was able to manifest properties and heal minor aches and pains.

During this program, I heard of Brahmashri Patriji and his spiritual talks and participated in the Q&A sessions. Patriji's answers are not for the faint of heart. He was a straight shooter and spoke from

the heart. At first, he seemed a little harsh. Still, as I dwelt on his answers, I realized he spoke the absolute truth. I needed to muster up the courage to accept and implement his teachings if I wanted to improve myself.

After completing the first 40-day program, I realized that meditation would challenge me to keep improving. And meditation has helped me make peace with my soul.

I have progressed in all my relationships - family, friends, and colleagues. The intensity of words or actions by people that earlier I could not get out of my mind has become less. I could stop myself from reacting in many situations.

Now even if someone or something bothers me, I reason with myself, and I am able to forgive myself and others. I am learning not to react, and that is a blissful feeling. I still have a long journey ahead of me. Still, I know now that practising meditation will help me reach my ultimate goal of being "same in praise and blame, silent and thoughtful".

I am eternally grateful to my masters, Chandra sir and Vani ma'am, for encouraging me.



Youth Experiences



Sashank Pilla

Architect based in UK

Make Meditation a daily habit and gain miraculous results

Meditation came into my life way earlier than I was wise enough to see its benefits. It was like my firmware got updated and became a part of my existence. Meditation helps to understand the Self far more profoundly than just introspecting on actions, outcomes and reactions. It helped me encounter challenging situations with more mindfulness and a broader understanding - that they are indeed states of learning and understanding ourselves much more. Meditation is now a core part of my daily routine. I meditate for at least one hour every day.

I experienced the benefits of meditation as soon as I had regularised my habit. Right from deciding on my educational pursuits, meditation gave me a lot of clarity in decision-making, keeping me calm in difficult situations. I have benefitted from the manifestation process significantly. I could clearly visualise my way to the best postgraduate course and further a dream job with an unbelievable work environment and benefits. I visualised myself working in one of the best architectural firms in the world; strong manifestation guided by regular and disciplined meditation made every bit of it real.

I highly recommend making meditation a daily part of everyone's life.



Reshma Kaushik

*IT professional,
Bangalore, India*

I fixed my inner world and everything fell in place

I started my first 40 days meditation program at the same time, same place every day. After 20 days, I observed that I felt happy for no reason; my face glowed; while I cooked, I did not have any thoughts - a miracle for an over-thinker like me.

With meditation, my relationships have become beautiful without any effort from my end. I realize that when I fix my inner world, there is a change in my energy. The behaviour of people I felt earlier was troublesome has changed. The situations I attract, too, have changed. I have started enjoying my office work; I believe everything will fall into place at the right time.

I even got a solution to fix my code for a programming issue during meditation. Interestingly, when my meditation is irregular, I can feel the immediate impact on my emotions and situations.



In a lighter vein

The sound of the bell

In zen temples, monks in training wake up very early in the morning. As soon as they awaken, they go to the meditation hall and practice meditation for about an hour. Even if many people are present in the dark, pre-dawn hall, it is as quiet as if no one were there. The only occasional sound you can hear is the sound of the waking stick on sleeping monks' shoulders.

During this time, the prayer bell sounds 108 times. Sometimes, the sound is loud. Other times it is soft. It is rung either slowly or rapidly. Some monks are good at ringing bells, and some are not. Also, depending on the weather, sometimes the bell sound is clear; other times, it is muffled. One cold winter morning, the abbot of the monastery was in the meditation hall along with the other monks. He heard the solemn resounding of the bell. He sensed that there was something mysteriously different in the way the bell was being struck.

"That is strange. This is the bell I am used to hearing, but this morning I feel sternness in the sound that is going through my body." After the abbot returned to his quarters, he instructed his assistant, "Go fetch the monk who struck the bell this morning."

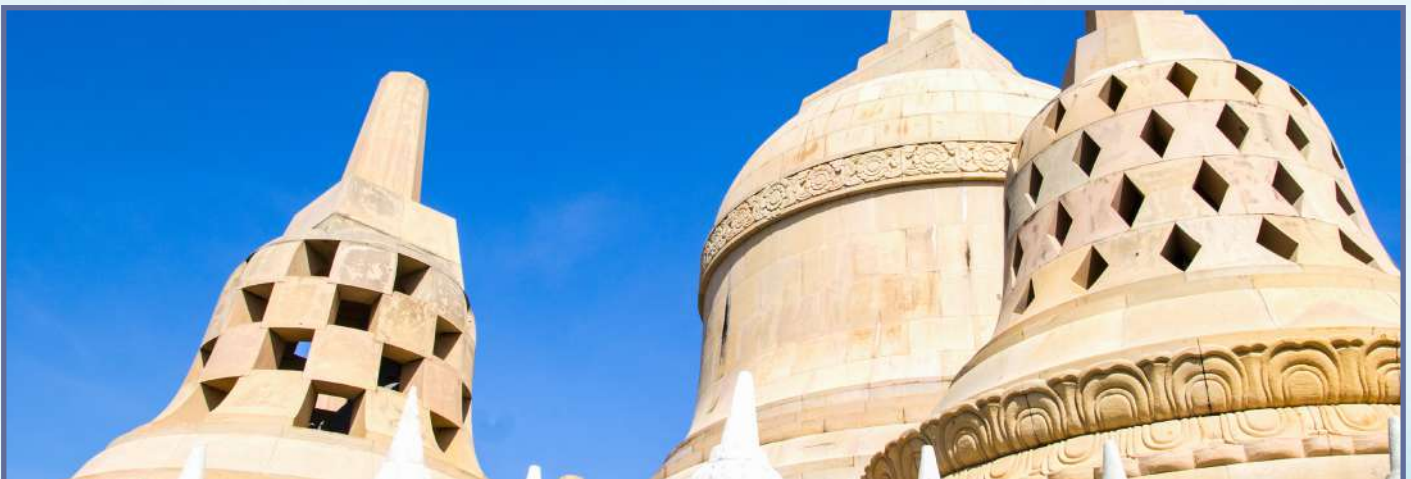
A newly arrived novice monk was ushered in. "You're the one who hit the bell this morning, aren't you?" said the abbot.

"Yes, sir. Well, you see... this morning was the first time I ...," stammered the novice, timidly bowing his head, thinking he would be scolded for ringing the bell badly.

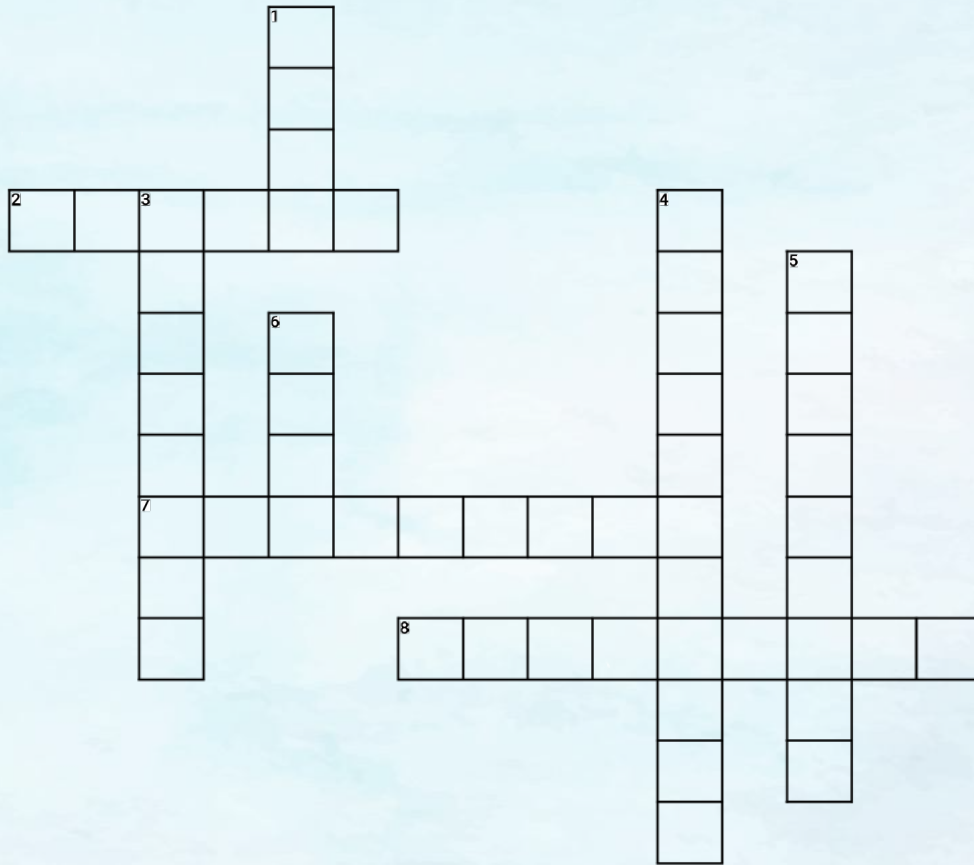
"No, I didn't summon you because you rang the bell badly. I want to ask you, what were your feelings when you struck the bell?"

The novice answered, "I was taught that to strike the bell is to hear the voice of the Buddha. Therefore, when we strike the bell, we should hit it with this attitude. So, concentrating on hearing Buddha's voice and bringing forth the Buddha from the bell, I put the strength of my whole body into my hands when I grasped the mallet and I hit the bell. After each strike, I put my hands together and made a prostration."

"Oh, so that's it," said the abbot. "Well, don't forget that feeling when you practice meditation. Bring forth the Buddha in yourself when you practice." Many years later, the boy grew up to be the abbot himself of the great monastery.



Crossword



Across

2. A state of Complete Wellbeing and not just the absence of a disease.
7. A compulsive craving for a substance or behaviour driven by the obsession for reward regardless of it's negative consequences
8. I'm your buddy, a happy hormone, keeping anxiety and depression at bay.

Down

1. Food and drink consumed for one's nutrition. Alternately, a trend to lose one's weight!
3. The fear centre of the brain
4. The field of study that deals with how the environment and behaviour affects one's genes without altering the DNA
5. A hormone that put's you to a good night's sleep!
6. The mental faculty enabling you to think, feel, experience, desire and to be aware!

For answers see page no: 49

Contributed by : Shirisha Reddy

Publications by Buddha-CEO

Release of the book

“ The Miracles of Meditation “

Buddha-CEO released the book ‘The Miracles of Meditation’ on Nov 26, 2022 at Pyramid Valley International, Bangalore, India, in the presence of Padmashri D R Kaarthikeyan, mentor, Buddha-CEO Quantum Foundation and Ms Swarnamala Patriji, co-founder, Pyramid Spiritual Societies Movement [PSSM].

Buddha -CEO Quantum Foundation encourages meditators to share their meditation experiences with others i.e. ‘sajjana sangatya’; in fact, Patriji would often say that sharing is as important as the practice itself. Doing so dispels common beliefs that meditation is only for the spiritually evolved or for senior citizens or people who have severe health challenges. When meditators share their life transformation experiences in an authentic manner, others may be inspired to take up the practice too.

Another practice that the foundation strongly advocates is to develop the habit of reading, especially books on spirituality.

Here’s a publication from Buddha-CEO Quantum Foundation that has the experiences of 40 meditators, as narrated by them. This authentic sharing is very inspirational and a proof that meditation is indeed transformational on all counts - health, wealth, relationships, profession, career etc. With a foreword from Padmashri D R Kaarthikeyan and a message from Patriji himself, this book has academicians, entrepreneurs, professionals, students, homemakers, business owners from across the globe share their experiences. The section on ‘how to meditate’ at the end of the book is an added bonus for beginners.

Buy your copy today!.



Praise for the book

“ I am very impressed by the depth of transformation in so many people. Meditation is really miraculous. Everyone must read this book to truly adopt meditation as a regular practice in their lives. Buddha-CEO Quantum Foundation is doing great work ”

- Dr. S. V. Balasubramaniam Chairman, Bannari Amman Group

“ *It is my hope that this book, titled Miracles of Meditation will serve keen learners and practitioners of meditation alike. Books like this are needed in today's complex world and I am sure that it will become a handbook to guide learners through. My best wishes to Chandraji for conceptualising the book and the team for making this legacy of Patriji accessible to the world.* ”

*K. Ramasamy, Chairman,
Roots group of companies, Coimbatore, India*

“ It is a very easy read that brings true inspiration for everyone and it can open a world of possibilities. ”

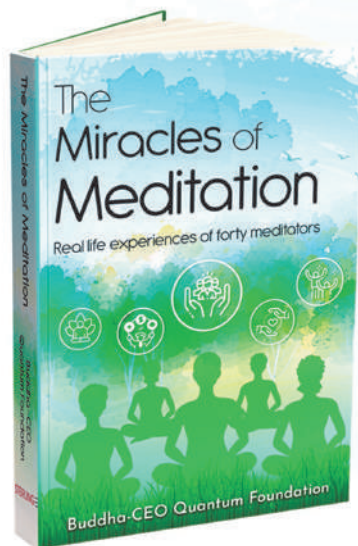
*Mercedes Escala, VP -
Talent and Learning, Genesys, USA*

“ *Meditation has been scientifically proven to bring about life-changing results. All the life transformation experiences in this book are very inspiring, simple and demonstrate this point. A must read book for everyone.* ”

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

“ I am thrilled to see so many meditators from around the world benefitting so deeply from meditation. Kudos to the entire Buddha-CEO team for putting together a book that is hugely inspiring for new and advanced meditators alike. ”

*Shreans Daga, Vice Chairman, Pyramid Valley International,
Manifestation mentor, Mumbai, India*



Available on



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 the youtube channel of Buddha-CEO.



«Great Vision Perfect Action” - Journey of Buddha-CEO Quantum Foundation

Tune in to listen to the Foundation’s journey for the last couple of years. We thank everyone behind this mission to make a dream come true



Inner Child by Dr.Newton Kondaveti

Dr. Newton Kondaveti shares wisdom on Inner Child and how our inner child has some very basic needs.



Goal Setting & Creative Visualization

Listen to Master Chandra Pulamarasetti sharing wisdom on how to set goals and achieve them by creating vision boards.



Guided Meditation Tune into healing energy

This long guided meditation for 3 hours helps you heal at a deeper level.



Buddha-CEO Youtube Channel (www.youtube.com/buddhaceo).
You can scan the QR code or search by the topic name.



|| Zest ||

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(A 3- Week Online Youth Program)

Apr 3rd - Apr 23rd

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

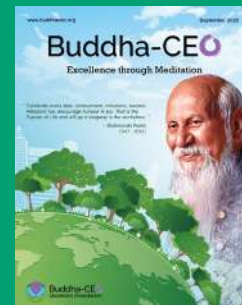
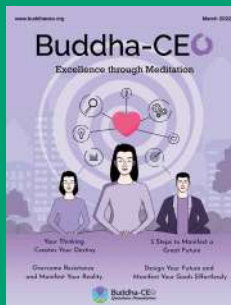
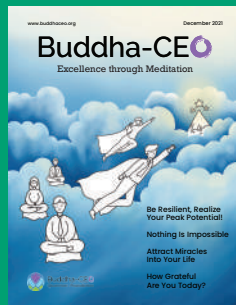
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Meditation as *the* tool to improve employee wellness



Rakesh Jalumane

Entrepreneur and former
Delivery Director at an MNC

It is estimated that more than USD 1 trillion in productivity is lost yearly by corporates globally due to their employees' physical and mental illnesses. So how should organizations ensure their employees stay healthy? Modern science has come a long way in understanding the human body. Today we know the function of every organ, gland, bone and muscle of our body. Yet many people are inflicted with newer diseases that baffle modern medicine. It is as if when you find a cure for a disease something new comes up.

As with all modern inventions, we need to only look up to nature for solutions. There are no surgeries or medicines to keep animals healthy in the wild. If nature has provided animals with the ability to heal themselves, humans should have a similar, if not higher, ability to do so. Modern

medicine is now unearthing this, as research shows most conditions are psychosomatic. Most chronic conditions, such as diabetes and hypertension, are linked to our lifestyle. While modern medicines help treat symptoms of these diseases, medical experts recommend that people review their lifestyles for holistic healing.

At the root of our current lifestyles that make us sick is the stress that we carry. We experience stress due to various reasons such as work pressure, challenges in relationships, fear of failures or fear of adapting to the future. Stress begets stress; when we keep re-living situations that caused the stress in the first place, our body is always out of homeostasis or not in an equilibrium state. This, in turn, manifests as various diseases in our bodies. For holistic healing, we must work on correcting the root cause of our stress.

Meditation is the most natural way to keep our body in homeostasis or equilibrium. When we meditate, we naturally disconnect our minds



from our past experiences. First, this helps to reduce or remove the constant replay of stressful situations in our minds. Second, it allows us to maintain equanimity in difficult situations so that external conditions do not cause stress in the first place. There is enough research that shows that regular meditators have lower levels of cortisol (i.e. stress hormones) and higher immunity.

Our body is designed such that when the stress-causing situation is over, our parasympathetic nervous system is triggered to deactivate our stress response. Our body activates the sympathetic nervous system when we face stressful situations like project deadlines, customer escalations or sales pressures. Stress produces cortisol in the body, so we become more alert.

Our mind does not differentiate between the current stress-causing situations and past memories. When unpleasant memories from the past are recalled, the body continues to exhibit stressful responses, including cortisol production. The continued presence of cortisol suppresses immunity. It also impairs the functioning of many systems, such as digestion which, in turn, results in chronic diseases. Regular meditation helps activate the parasympathetic nervous system and reduces cortisol levels significantly, thereby reducing the risk of chronic health conditions.

I have experienced the positive health benefits of meditation ever since I started my meditation practice. In the 23 years of my former corporate life, migraine had become a part of my life. I also suffered from regular bouts of severe bronchitis, which would persist for weeks. I had come to attribute it to my work environment, weather conditions, pollution and genetics. However, after I started my meditation practice, within 2-3 months, I realized that I no longer suffered from migraines and bronchitis. In the last 2.5



years, I have not taken any medication. As I read more literature and understood quantum science and epigenetics better, I now know that our health is impacted by our negative thoughts, beliefs, feelings and emotions and these can be altered easily with regular practice of Meditation. At Buddha-CEO Quantum Foundation, many participants of the various programs have shared their experiences of living a completely healthy life healing many conditions such as sciatica, migraine, and hypertension with meditation.

Organizations have now started to recognize that healthy employees mean better productivity and more positive work environment. The lines between work and family life have blurred; organizations have no control over how stress from one affects the other. Stressed employees are unable to perform at their peak potential. Organizations must look for ways to reduce the overall stress of their workforce to result in healthier employees.

Meditation is the best tool that organizations can deploy to keep employees and businesses healthy.

How are we treating our animals?

Parinitha Patri

*Meditation Teacher, Spiritual Empowerment Coach and
Founder, SWAGG (Save Water And Go Green)*



Dear Earthlings,

I have been an ardent animal and nature lover and have always wanted to do more for animals and nature. Being born into a vegetarian family to my parents, Brahmarshi Subhash Patriji and Swarnamala Patriji, I started my meditation practice when I was four.

"The greatness of a nation and its moral progress can be judged by the way its animals are treated." Mahatma Gandhi

In Nov 2018, I had an epiphany when I watched a video which showed the horrendous life of cows, calves and buffaloes in dairy farms. I found myself in tears for a long time. I decided to go on a plant-based diet. I gave up animal-based products such as dairy and honey. I didn't even look for alternatives for dairy products at that time. Becoming a complete vegetarian was my first act of compassion towards animals. My conscious decision to adopt plant-based food changed my life completely.

Thus my quest began. I had a lot of questions: Why can't we survive only on plants? Can't we get all the necessary proteins and vitamins from plants? What is Ahimsa? Am I being hypocritical? Are we animal lovers or animal users? Do we really love animals? I started to search for answers.

I learned how animals have been enslaved, slaughtered, electrocuted, mutilated, and made to suffer. Even as you read this, animals are being ill-treated in many ways. Let's spread awareness about bulls, hens, horses, and other animals who are ill-treated for racing, games, and sports, silk worms being killed for silk, cows and various other animals being raised for dairy, leather and beef, sheep being reared for wool, the various experiments on animals for numerous reasons, enslaving and caging



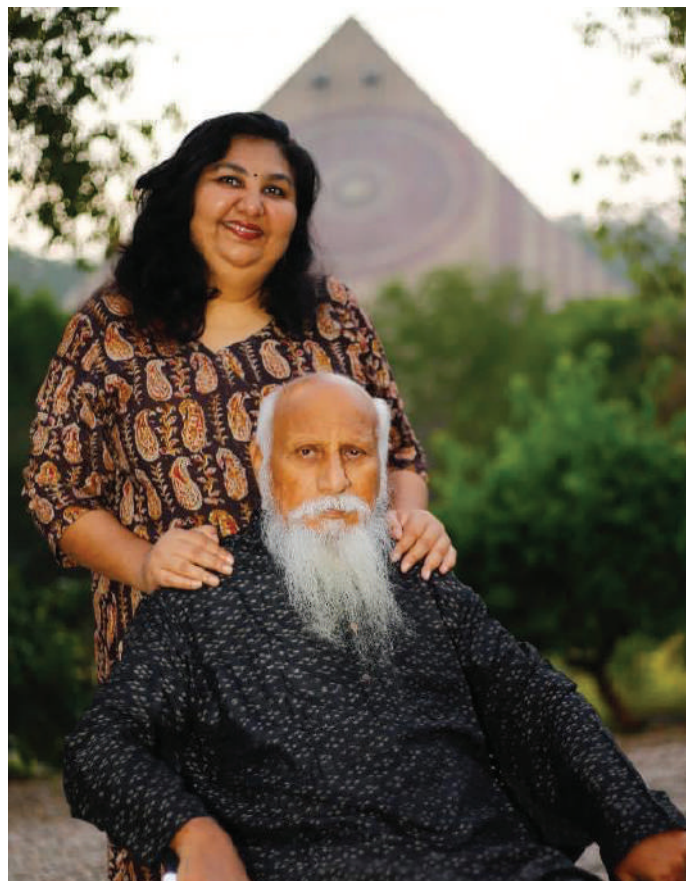
of foxes and other animals for fur, animals being bred to be pets etc. Let's also include donkeys and horses that suffer carrying you and your luggage, animals trained for our entertainment in circuses, animals kept in zoos, and pigs mutilated and electrocuted or gassed for pork. Well, the list can go on.

How are we treating our animals? Are we showing love and compassion to them unconditionally?

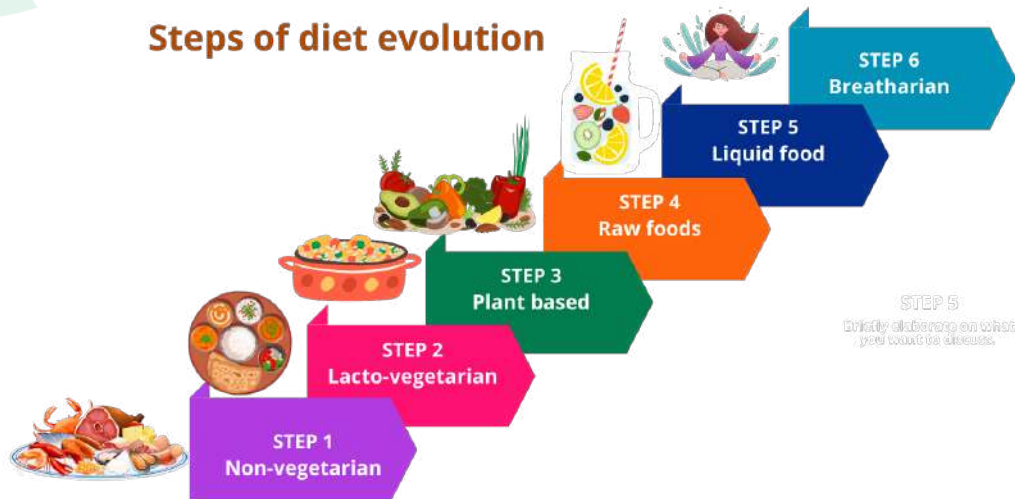
In November 2020, we started a global initiative, SWAGG – Save Water And Go Green, under the aegis of the Pyramid Spiritual Societies Movement (PSSM). We were joined by many volunteers, aka SWAGG warriors, who are as passionate about the cause as we were.

The main objectives of S.W.A.G.G. are:

1. Save Water
2. Plant-Based Living
3. Plant Trees



To understand this, let's start with the stages of diet evolution.



Vegetarianism is absolutely essential for spiritual life. In fact, spirituality and vegetarianism are synonymous. Everyone has to become vegetarian. Quantum vibrational science is slowly recognizing the ill effects of animal food on human systems. The cardinal principle of any religion is love. And love is being kind to our co-inhabitants of the earth. Animals are not food for humans.”

Brahmarshi Patriji

SWAGG's main aim is to give back to Mother Earth by partnering with community leaders and environmentalists to create a climate resilience society and a sustainable planet for all kingdoms to co-exist: human beings, animals, plants and minerals. The movement aims to spread the message of non-violence and compassion towards all living beings and stop animal killing.

We all live in abundance and believe in abundance, but that doesn't mean we use our natural resources irresponsibly. Research shows that when we save water that is wasted by different



industries and go on a plant-based diet, we can eradicate world hunger and the water crisis.

We don't have any right to kill animals or make them suffer. The aim is to avoid all animal-based products for whatsoever reason. Another major initiative by SWAGG 'Save Animals' is to include the entire animal kingdom into our hearts, to be more conscious of our lifestyle, habits, thinking, belief systems, myths, etc., The objective is to free all animals and species from all kinds of slavery.

As animal agriculture is a primary reason for deforestation, SWAGG aims to motivate everyone to plant trees and expand the planet's greenery.

We die as a mineral to become a plant, we die as a plant to become an animal, and we die as an animal to become a human being. We have evolved through so many kingdoms, and it is our responsibility to do our tiny bit to take care of the mineral, plant, and animal kingdoms with love and compassion.

As a first step, let's get into a plant-based diet and then aim to become a breatharian with the power of anapanasati meditation. When you meditate by observing your breath, you acquire cosmic energy through which you will increase your understanding, enlightenment, healing, wisdom, and consciousness. You will become more compassionate, loving, humble, and joyful. Meditation increases beauty and makes the world look beautiful. You will be able to see a friend, a master, and a God in each and every living being. We should strive to free animals from all kinds of slavery. Let's address animals as 'them', 'he', and 'she' instead of 'it'. They are living sentient beings with a soul.

Let's be true animal lovers and stop using them. Animals are meant to be free, like you and me. They have families; they feel happy and sad; they feel pain, love and compassion. They go through a lot of physical, emotional, and mental trauma just because they are born as animals.

Animals are not products, Animals are not slaves, Animals are not machines, Animals are not experiments, Animals are not objects, Animals are not entertainment, and most importantly animals are not food. Animals are our friends. Let's have compassionate food. Let's make compassionate choices. Let's become animal lovers, true animal lovers

!

Let's think from the perspective of the animals. Let's connect to every animal's heart and try to understand them.

Respect your body and the Human Kingdom
Respect the Animal Kingdom
Respect the Plant Kingdom
Respect the Mineral Kingdom
Respect Mother Earth!

Gratitude,
Parinitha Patri.



The Mindful Leader's New Habits

Daring radical changes



Laurence Guihard-Joly,

Co-Founder of Buddha-CEO Quantum
Foundation

I was born and raised in the North of France, and in that country, food is everything. Everyone is always talking about food - what we ate, what we are eating, and what we will eat. Food is a defining foundation of our identity, culture and tradition, which French people are very proud of. And it's all meat, fish, and eggs in everything we cook daily, and even more on special occasions.

Since most of the population lives in cities, most kids and even many adults have never seen a live farm animal graze peacefully, or a wild fish swim the current. What they see comes from grocery shopping bags or plastic boxes on supermarket shelves. Their brains have been denied the opportunity to make the connection with animals as living beings. Ignorance - primarily due to industrial animal breeding, is more comfortable. I

was one such person for most of my life. I was an enthusiastic gourmet for French meat, fish, shells, omelettes, and cake recipes. I did not ask any questions.

Then I started my meditation in India and became a vegetarian right away. I travelled back home to New York and told my family, friends, and colleagues, "I have changed radically. I am now meditating and a vegetarian - for real!"

**Why am I writing about food in this column?
What is its connection with leadership and habits?**

Well, it is one more way to demonstrate that with the power of meditation and mindfulness, you can radically change your habits and beliefs, even the ones that seem impossible to change. And what is true for food choices is true for any other habit or belief you may have about yourself, your business, your organization, or your career!

I let your imagination and intellect extrapolate some of the following leadership learnings from making a life-changing decision. And if you are not a vegetarian yet, I hope that along with practising meditation and mindfulness it will influence your decision to become one.

Awareness and compassion

As a child, I liked animals as far as I can remember. I wanted to have a dog and become a vet. But I never connected the dots between animals and food in childhood, youth, and adult life. I was eating what everyone around me was eating. Once, as a 14-year-old, I refused to eat horse meat as I fell in love with horses, such



magnificent creatures! But I never extended this decision to other species.

Meditation acted as a wake-up call to finding myself, trusting my strength, opening my heart to compassion for all living beings no matter which one, and becoming aware that we can respond by choice -- including food -- instead of reacting to lifelong conditioning. Mindfulness allowed me to train this self-awareness, be present, face my ego, thoughts, and emotions, and stick to my new choices with peacefulness. This new kindness toward the animal kingdom makes me feel more energetic, healthier, and happier. And certainly a better person for other people living or working with me!

Self-discipline and ownership

Habits are powerful. They tempt you to go back to your old routine. I was not born into a vegetarian family and did not live in a vegetarian community. Hence, I needed to take ownership and develop strong self-discipline to stick to my new plant-based diet, especially in the first few months when I was building this new habit. I was surrounded by temptation everywhere - especially the French bakery around the corner of our block in New York, full of egg pastries, each looking

more appetizing than the other! As my husband and sons were not vegetarians, I had to avoid the ease or laziness of indulging in their dinner menu. Meditation helped me a lot to discover how strong my will could be. And it is quite a joyful pride now!

Fearlessness

I had to increase my fearlessness as the environment around pressured me about my vegetarian diet choices. It was about my own health - "You won't get enough proteins; it will weaken your immune system", etc. It was about my references - "You say that vegetarianism is healthier, but many studies show the opposite", etc. It was about the nature of human minds and bodies - "Men are born to hunt and eat meat. Everybody knows that fact since we were cavemen", etc. In short, we learn to document ourselves, adapt to the audience and articulate numbers and findings from medical and economic studies. With the help of mindfulness, we learn to keep calm even when people might become quite aggressive as they feel challenged by our plant-based diet experience and our choice to try something totally different. We also learn to become comfortable with the discomfort of often being the only vegetarian at a table! All in all, we exercise our emotional intelligence and clarity of thought in new social circumstances. That is very useful in managing relationships in life and at work.

Vision

Vegetarianism is a choice that made me much more visionary than I was. I discovered with joy that I could immediately and truly bring a positive impact to the planet Earth and other living beings with all my will! I started reading much more seriously about the environment, sustainability, climate change, the long-term impact of vegetarianism on forests, clean water, ocean balance, and solutions to eliminate hunger on Earth; on unacceptable animal conditions, livestock, poultry and even farmed fishes. I started to pay close attention to large companies' economic stakes and avoid being trapped in their



lobbying and brainwashing marketing strategies, especially regarding food and beverage. A great side effect is that this research helped me exercise my mid- and long-term visionary skills and anticipate events and impacts better, which was helpful in my business decisions.

Curiosity

It is easy to understand that when you change the diet that was yours for the last 50 years, in a country where meat, fish, and egg are the daily basic ingredients, you must open your mind extensively and search for vegetarian alternatives. I explored the diversity of food traditions and recipes from plant-based diet-friendly countries. I also started mindfully tasting and enjoying each fruit, vegetable, bean, cereal, bread, or nut, with minimum preparation and often raw. Then you naturally want to learn more about nature, gardens, types of agriculture, and organic and 'bio' labels. You discover there is so much that you don't know. And curiosity is a critical skill to continuously train for a most fulfilling life and successful work experience.

Networking and coaching

I had committed to myself to talk about meditation to one person every day. In the same way, I wanted to take advantage of every opportunity to talk about vegetarianism to new people. It was easy as I travelled a lot; I had a large global team; breakfast, lunch or dinner meetings were perfect! As I ordered vegetarian options at restaurants, they were usually interested in the reasons and the experience

of shifting abruptly to a plant-based diet. And you also easily connect with other vegetarians or people who want to try it. It even became an excellent ice-breaker topic with many clients!

I also quickly and deeply connected with people who happened to have a similar kind of experience. Specifically, I recall my husband's friend who shared that his 12-year-old daughter came home one day and declared that she had become a vegetarian. Vegetarianism became a family adventure that her parents embarked on with creativity and enthusiasm. Not surprising that after a few minutes, we were discussing our respective spiritual journeys!

Your leadership call!

What I learned when I turned vegetarian is priceless! Five years later, I have so much gratitude for my friends in India, starting with Chandra, Vani and Patriji, who introduced me to meditation and showed me the way of vegetarianism.

Everyone has their own journey and pace, and I learned to respect that, so I neither judge nor force. But I always teach that we have the infinite power to make radical changes and build brand new habits - both in life and at work. Meditation and mindfulness are there to help. And when it comes to food, many / most people on this planet have choices. Only their will is at stake. Every step - even a very tiny one - toward a plant-based diet is worth it and will make the world a better place.

Are you going to make radical choices to change your life for the better?



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News Around The World

Scottish university takes meat off the menu as student union votes to go 100% vegan.

The University of Stirling student union will transition to '100 per cent plant-based catering' within three years.

A plant-based diet makes you more productive at work than meat-eating counterparts, new research reveals.

Plant-based foods are associated with having lower levels of inflammation, that allow our brain to spend less energy keeping us on the go. "It's important to eat anti-inflammatory foods to ensure workers wake up in a good mood and stay energized and focused through the entire morning," explains Dr Uma Naidoo, psychiatrist and nutrition specialist at Harvard Medical School.

Life changing decision.?

"73 Cows" is a 15-minute masterpiece about the first farmer in the UK who found the courage to follow his heart. A poignant story of someone who stopped beef farming, gave his herd to an animal sanctuary, and started sustainable organic vegan farming. Alex Lockwood's film received many Awards and it is a brilliant piece of work!



Meditation huts will be available to the public in four city forests

That will be developed in an eco-friendly world-class model. The Delhi environment minister declared the objective is to provide a place to citizens where they can appreciate nature and educate the next generation about it, as well as ecological protection.



The 10 Top ranked Apps 2022 by Forbes Health.

They will help spread the meditation practice into your office and among the youth.

- | | |
|----------------------------------|-----------------------------------|
| 1. Insight Timer | 6. Balance: Meditation & Sleep |
| 2. Meditation Studio | 7. Breethe |
| 3. The Mindfulness App | 8. Waking Up |
| 4. Calm | 9. Ten Percent Happier Meditation |
| 5. Mindfulness With Petit BamBou | 10. Meditopia |

Visit : <https://www.forbes.com/health/mind/best-meditation-apps>

Contributed by:
Laurence Guihard-Joly

Research on Meditation

Meditation Improves Physical Health

In the last couple of decades, there has been a significant increase in scientific research on the effect of meditation on our health and well-being. A recent article published in 'Everyday Health' shares some of the research highlights about the benefits of meditation on mental wellness, heart health, and treatment of chronic pain, cancer and other conditions.

Here is a summary of those findings.

Meditation and Heart Health

In 2017, the American Heart Association (AHA) issued its first-ever statement on meditation, saying the practice may reduce the risk of heart disease. "Even in patients with difficult-to-control blood pressure who might be on two or three medications, randomized clinical control trials have shown that once they learn and practice transcendental meditation, they can improve their blood pressure, and in fact, some of them can even get off medications sometimes."

Meditation To Treat Chronic Pain

Studies have found that mindfulness-based stress reduction therapy helped improve symptoms in adults with chronic lower back pain. They have also revealed that mindfulness meditation eases chronic pain by using a different mechanism in the body than that used by potentially addictive opioid painkillers.

Meditation and Cancer

A 2014 study found that the telomeres — the protein caps at the end of DNA strands that protect chromosomes — of breast cancer patients who practised mindfulness meditation stayed the same length over the three-month study period. In contrast, participants who did not meditate had shorter telomeres over this time. A 2020 meta-analysis study further supported this finding.



Meditation and Sleep

A study found that participants who practised mindfulness meditation had less insomnia, fatigue, and symptoms of depression at the end of a six-week program than those who did not. According to the National Sleep Foundation, meditation has even reduced the use of sleeping pills

Meditation and Gut

A 2015 study found that practising yoga and meditation improved symptoms of irritable bowel syndrome (IBS) and irritable bowel disease. Another study found that people with ulcerative colitis who practised yoga meditation reported increased quality of life and decreased disease activity.

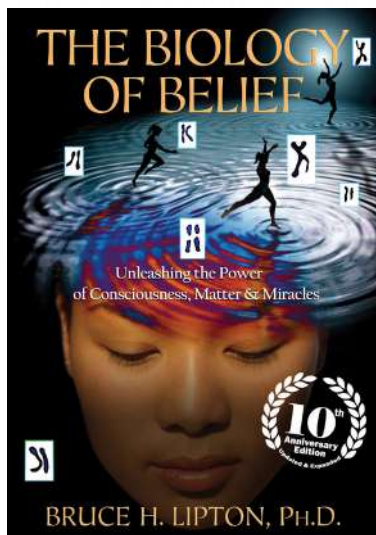
References:
<https://www.everydayhealth.com/meditation/manage-illness/>

Contributed by :
Rakesh Jalumane

Book Club

Book Summary

The Biology of Belief by Dr Bruce Lipton PhD



“We are not the victim of our genes, but masters of our fate, able to create lives overflowing with peace, happiness and love.”.

Beliefs control human biology rather than DNA and inheritance.

In the fall of 1985, Dr Lipton experienced an epiphany while he was reviewing his research on the mechanisms by which cells control their physiology and behaviour. He was then teaching at a medical college in the Caribbean. Away from the hustle and bustle of mainland America, he had the opportunity to think outside the rigid parameters of belief that prevail in conventional academia.

Based on the outcome of his research, Dr Lipton realized that a cell's life is controlled not by its genes, but by its physical and energy environment. Genes are simply molecular blueprints used in the construction of cells, tissues, and organs. The environment serves as a contractor who reads and engages those genetic blueprints and is ultimately responsible for the character of a cell's life. It is a single cell's awareness of the environment, not its genes, that sets into motion the mechanisms of life.

Our beliefs shape our destiny

As cells respond to our thoughts and perceptions, we are in control of own life. Bruce was exhilarated by the new realization that he could change the character of his life

by changing his beliefs - here was a science-based path that would take him from his current state as a perennial victim to his new position as co-creator of his destiny. Many of our beliefs are false and self-limiting; we can change those beliefs to become unlimited.

A cell is an intelligent being

Each cell is an intelligent being that can survive on its own. This is how scientists grow cells in a culture in a lab. Single cells are capable of learning and store their learning in their cellular memories and pass this to their offsprings. This is how our vaccinations [either naturally produced or injected] work - the immune cell retains the genetic memory of the antibody. So when the person is exposed to the virus again, it launches the protective immune system. Even when the cell divides, this memory is passed on to the daughter cells.

Environment signals impact cells

We have to recap our knowledge of cell biology now and understand how environment signals affect our genes. The human body has 50 trillion cells.

Proteins are the building blocks for a cell's structure and behaviour. Our body has about 100,000 protein molecules. These proteins change shape constantly to link up with other proteins. Cells exploit the movement of these protein molecules to power metabolic and behavioural functions like muscle contraction, digestion pathway, expression and regulation of DNA, respiration etc and thus propel life. Environment impacts cells. The way cells perceive their environment impacts their movement, survival and death. As you can see from the figure, gene is a part of the DNA and is inherited. Each cell expresses only a fraction of its genes at any time. The rest of the genes are repressed or turned off. The process of turning the gene off or on is called gene regulation. Genes are turned on and off in different patterns during development to make a brain cell look and act different from a liver cell or a muscle cell, for example. Gene regulation also allows cells to react quickly to changes in their environments.

DNA is the long term memory of the cell, passed from generation to generation. RNA, an unstable

copy of the DNA, is the active memory and is used by the cell as a physical template in synthesizing proteins. The information flow between DNA to RNA [gene transcription] and the proteins are bi-directional. Gene regulation can happen during gene expression or gene transcription. Environmental signals [i.e. emotions and feelings, along with pollutants etc] affects the transcription and hence has an effect on the new cell that is created.

Epigenetics

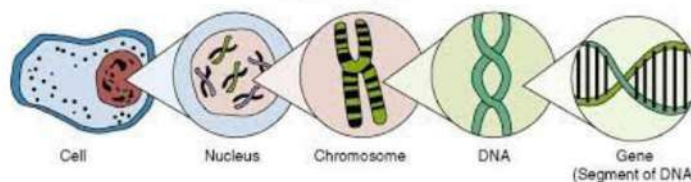
'Epi' means on or above in Greek. 'Epigenetics' describes factors beyond the genetic code. Epigenetic changes are modifications to DNA that regulate whether genes are turned on or off. These epigenetic modification vary among individuals, in different tissues within an individual, and even in different cells within a tissue. Environmental influences, such as a person's diet and exposure to pollutants, can impact the cells. Epigenetic modifications can be maintained from cell to cell as cells divide and, in some cases, can be inherited through the generations.

Genes are not the sole reason for diseases

Your disease is not always caused by your genes. If our diseases aren't hereditary, what causes them?

It's the environment, stupid!

For many years, researchers thought that the nucleus was the brain or the key element of a cell. However, even when the nucleus was removed from the cell, the cell continued its other biological functions like eating, moving, communicating with the other cells etc. The only activity that stopped was cell repair. On the other hand, when the cell membrane is damaged, the cell goes into a comatose state. Dr Lipton calls the cell membrane as 'mem-brain'. He considers the membrane as the true brain of the cell. The true secret of life is not in the double helix [or DNA that is in the nucleus] but in the simple biological mechanisms of the cell membrane where the body translates the environmental signals into behaviour. The protein structures in the cell membrane receive the specific environment signals including vibrational energy fields like emotions, sound, light and radio frequencies and translate them



DNA blueprints passed through genes are not set in concrete at birth. **Genes are not destiny!** Environment [nutrition, stress, emotions] modifies genes without affecting the blueprint.

to cellular behaviour. Biological behaviour can be controlled by thought just like how it is affected by physical molecules like penicillin. The lesson from the above is that we are in control of our lives, not in the genetic roll of the dice at conception. We become masters of our fate, not victims of our genes.

Quantum physics

Dr Lipton discusses how quantum physics is connected with biology. Quantum physicists discovered that each atom is like a spinning top that radiates energy and has its own specific energy signature. In the same way, assemblies of atoms (molecules) i.e. any physical structure in the universe, including you and me, radiates a unique energy signature.

Einstein revealed that we do not live in a universe with discrete, physical objects separated by dead space. The Universe is one indivisible, dynamic whole in which energy and matter are so deeply entangled that it is impossible to consider them as independent elements. When energy and matter are so tightly coupled in the universe, can you ignore the role energy plays in health and disease?

Effect of drugs on the body

Conventional biologists understand our physical bodies as a chain of chemical building blocks. So diseases are attributed to malfunction of chemical building blocks in the body. Prescription drugs can

fix the defective single point to restore your health. This assumption has been the basis for the pharmaceutical industry's search for magic-bullet drugs. But when a drug is ingested, it enters our system, interacts with many other proteins and causes side-effects.

Our body's natural defence is sophisticated in its specificity. If we come in contact with an allergen and get a rash, our body releases histamine to activate an inflammatory response to the allergen only at the site of the rash. But the drugs we ingest have no such specificity. When we take an antihistamine to deal with allergy, the ingested drug is distributed throughout the body. It enters the brain too where it impacts nerve function. That's why people who take over-the-counter antihistamines experience allergy relief along with the side effect of drowsiness.

Dr Lipton believes that the placebo effect should be a major topic of study in medical school. Medical education should train doctors to recognize the power of our mind. If medical researchers could figure out how to leverage the placebo effect, they would hand doctors an efficient, energy-based, side effect-free tool to treat diseases.

Conscious parenting

Since environment impacts emotions, Dr Lipton advocates conscious parenting as it plays a significant role in the growth

of children. The conditions in the womb are equally important, if not more, than genes in determining how a person performs mentally and physically during his/her life. The emotional and the psychological health of an expectant mother, along with her physical health has a lasting impact on the child. The same epigenetic influences also continue after the child is born because parents continue to influence their child's environment. Infants need a nurturing environment to activate the genes that develop healthy brains. Nature needs nurturing to reach its full potential. Young children carefully observe their environment and adopt their parents' beliefs as their own that is imprinted in their subconscious mind. If a child hears the words "you are a "stupid child", "you do not deserve things", "you will never amount to anything" etc, these comments are downloaded into the subconscious memory as absolute facts. During early development, the child's consciousness has not evolved enough to critically assess that those parental pronouncements as necessarily true. Once programmed into the subconscious mind, these abuses become defined as "truths" that unconsciously shape the behaviour and potential of the child throughout its life. Parents and other caregivers should be cautious what they say to young children.

Contributed by:
Hari Ramakrishnan

Enlightened Humour

Q: What happens when a Buddhist becomes totally absorbed with the computer he is working with?

A: He enters Nerdvana.

Q: Monk chanting: OOOOMMMMMM...

A: Cows: Some Holy Man. Dude's got it all backwards!!!

Q: What is the name of the meditation centre owned by an Electrician?

A: O-H-M

Q: Say my name and I disappear. What am I?

A: Silence

Q: Man - I have a problem. Can you please help me?

A: Monk - Meditate!!!

Q: Man - What???

A: All the problems have answers when you look in the inner net.

Q. What do you say at the end of a Meditation class for Squirrels?

A. Nutmaste!

Q. Why do vegetable lovers love practicing meditation regularly?

A. They always want to find inner peas (peace)!

Q. Why did the yogi get fired from her job as a cashier?

A. Because she kept saying change comes from within.

Q. What do yoga, meditation and an apple peeler have in common?

A. All of them take you to the core.



Answers for crossword onpage : 39

1. DIET
2. HEALTH
3. AMYGDALA
4. EPIGENETICS
5. MELATONIN
6. MIND
7. ADDICTION
8. SEROTONIN



Source: The internet

Contributed by
Aarthi Lakshmi Narasimhan

Advanced Meditation and Manifestation Retreat

Manifest your dreams & create great outcomes for yourself

Buddha-CEO Quantum Foundation organizes 5-day spiritual retreat that takes you to a state of deep transformation. The next retreat to be held at Pyramid Valley International, Bangalore, this highly insightful advanced meditation and manifestation retreat will expand the concepts of neuroscience and quantum physics principles to enable you to develop greater self-awareness, attain better clarity, manifest your dreams and create great outcomes in your business or personal life.

As a participant, you will learn and practice processes to achieve your personal and professional goals.

The workshop is conducted in a physical format for 5-days. :

What will you learn?



Learn the simple 5-step manifestation process and the tools to manifest anything you want in your life.



We have infinite potential
Understand the quantum Physics principles of energy, matter, quantum field of infinite possibilities and creation of life's experiences.



Our thoughts and feelings create our outer reality

Understand the concept of Placebo effect to develop an unwavering and miraculous mindset which is the basis for manifesting a new reality.



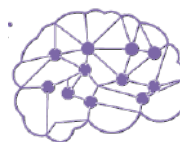
Meditation is miraculous

Learn and practice the art and science of simple 'breath mindfulness meditation' and develop a solid foundation for a miraculous mindset.



What you dwell upon, you become

Learn the neuroscience of goal setting, visualization, mind movie creation to unlock the unlimited power of your mind. Draw vision boards and create unambiguous goals that inspire you



Expansive beliefs create expansive realities

Identify your conditioned limiting beliefs. Develop empowering beliefs and learn techniques to reprogram your subconscious mind.



Understand the neuroscience and epigenetics

models of health that cause the real change in your brain and body effectively.



Learn the art and science of gratitude and surrender

leading to greater happiness in your manifestation process.

able to define immediate goals and begin the process to manifest them in your life. When you meditate, you will discover your true potential. Not just that, group meditation during the two days of the workshop will help you to elevate your energy and effortlessly get into empty state of minds for longer periods. You will also be able to break free of your limiting beliefs and prepare to become 'unlimited' by gaining insights into your own mind power. Sharing of success stories will inspire you to make manifestation science as the tool for creating your own future. What will you learn?

Empower yourself to become a new YOU !

Achieve your dreams !

Live and enjoy life the way you have always wished for!

What will be your key takeaways?

As a participant, you will gain complete clarity on the manifestation method to realize your goals and set off on a clear path of creation for yourself and your business. You will be



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Heal
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21st
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the Planet

Join the Mindfulness Moment, Be in the Vibration!



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