

Buddha-CEO

Excellence through Meditation

“Celebrate every step, achievement, milestone, success.
Welcome fun, encourage humour & joy. That is the
Purpose of Life and will go a long way in the workplace.”

- Brahmarsi Patriji
(1947 - 2022)



Buddha-CEO 
Quantum Foundation

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Quantum Foundation

Presents

|| *Harmony* ||

Entry
Free



Meditation for Resilience & Performance



6-Week Online Program

Jan 9th - Feb 17th

India - 6am - 7:30am IST

Hosted by



Chandra Pulamarasetti

Founder, Buddha-CEO Quantum Foundation

Inspired by



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

Former Director - CBI, NHRC, CRPF

“According to WHO, Health is a state of complete, physical, mental, spiritual and social well-being. Regular meditation ensures all that and more joy, contentment, peace and enthusiasm for life”



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Editorial

Have you heard that all the best things in life are free? Sunshine, rain, love, hugs, friendship, etc. - the list can go on. Meditation has a place on that list. What do you need to meditate? Just a quiet spot!

There is an increased interest in meditation and mindfulness practices around the globe. Meditation is the simplest way to gain excellence in life. Many corporates offer meditation as a wellness program to their employees. What is interesting is that meditation is not merely a wellness tool but also a management technique. In this issue, you will find articles from industry leaders, professionals and business owners who have experienced the benefits of meditation at their workplaces.

Our mentor and guide, Brahmarshi Patriji, transitioned to other dimensions in July 2022. With tributes pouring in from people whose lives he touched and transformed, we decided to delay this fourth issue by a quarter. This issue has a special section on his life. The common chord across all experiences is the grandmaster's humility, simplicity, unshakeable faith in humanity and focus on spreading meditation to make the world Spiritual (Dhyan-Jagat).

During the past 6-months, Buddha-CEO Quantum Foundation has gone global in organizing in-person programs. We had powerful meditation programs in many cities worldwide. Master

Chandra and Vani have toured extensively and met Buddha-CEOs in their towns and cities. We are happy to mention that several Buddha CEOs have come forward to organize programs in their cities.

Every one of us have a role to play in bringing harmony and peace to this planet. Towards this, we started a unique project called Million Meditators: Heal Yourself, Heal the Planet, to promote mass meditations with collective intents to help realize the vision of the Foundation. This online group meditation event is held on the 21st of every month. Join us to become a part of this "One Consciousness" hour.

Let us know what you liked about this issue and which articles you could relate to. Also, please write to us about your experiences, your views and what other articles you would like to see here.

Holidays and festivals are upon us. We wish you and your loved ones a great season of peace, happiness, and celebration.

“ Every experience, no matter how bad it seems, holds within it a blessing of some kind. The goal is to find it.

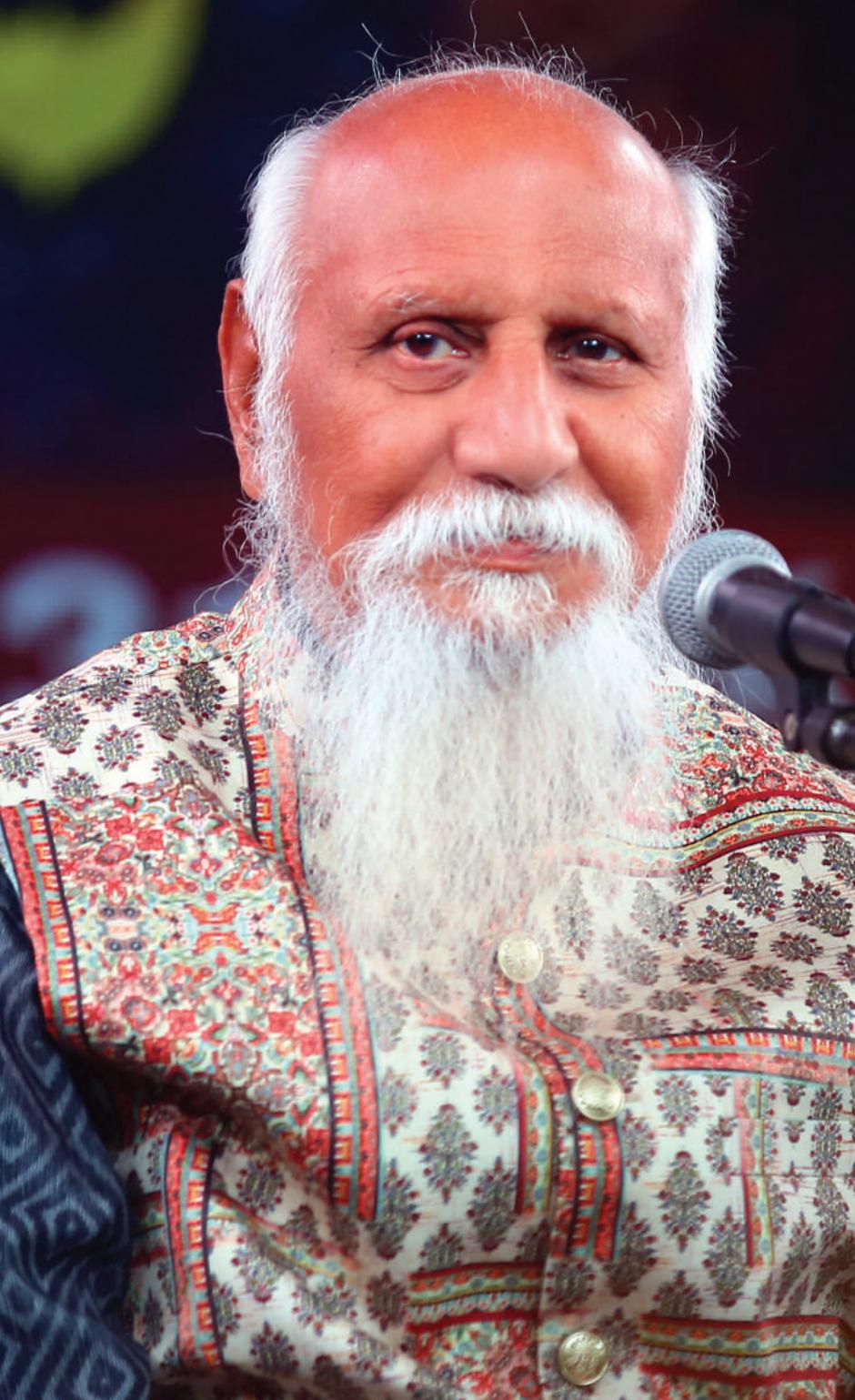
- Buddha ”



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.

Pearls of Wisdom From Patriji

Meditation will help companies achieve more



Brahmarshi Pitamaha Patriji
Founder, Pyramid Spiritual Societies Movement

In a free-wheeling interview, Brahmarshi Patriji, Founder of Pyramid Spiritual Societies Movement shares his wisdom with Chandra Pulamarasetti, Founder of Buddha-CEO Quantum Foundation, about the impact of mindfulness and meditation on corporates, how meditation can bring about collaboration and how corporates can manage and grow their business effectively.

Chandra: Thank you very much for agreeing to share your wisdom on how meditation and mindfulness practices will have an impact in the business world.

I took three years to understand the concept of meditation. When I was undergoing work-related stress twenty years ago, I realized it was due to my thinking. I knew we could reduce the stress with meditation, gain greater clarity and perform our work efficiently. I used this practice in my business, and then it became easy.

From there, I developed the confidence that I could achieve my professional goals through meditation. Slowly I realized that meditation leads to mindfulness. Now it is being introduced in many companies, mainly as mindfulness.

What is the main difference between meditation and mindfulness?

Patriji: Mindfulness means concentration. If the mind wanders here and there, then there is no mindfulness. If it is focused, then it can be termed as mindfulness.

Once upon a time, a man visited Buddha. He observed that people posed questions to Buddha and Buddha answered them very patiently. So, the man decided to ask a question - what is meditation. Buddha said, "Walk while walking and eat while eating." But the man did not understand Buddha's words.

He turned to Buddha's disciples for help. They explained - when you are walking, your mind should walk with you and not think of family, friends etc. In the same way, while you are eating, you must concentrate on your food. That was the message of Buddha.

The man returned to his town and practised Buddha's advice. He started

to focus his mind on walking, realizing there must be truth in what Buddha said. He understood that he must focus on his walking alone. In the same way, he had to concentrate on the food while eating instead of thinking of other things. This way, he managed to keep his mind with what his physical body was doing. **This is called "Mindfulness" - wherever your body is, your mind should be!** It means if you are in your office, your mind should not be in your house and vice versa. You must focus your mind, in mindfulness.

Chandra: So mindfulness means present moment awareness.

Patriji: Yes, that is it. You should concentrate on what you are doing. If you are thinking of something else while driving, you may get into an accident. You can avoid an accident if you are driving with mindfulness. In a class, only a few students do well. The rest may not do that well or even fail. Why do they fail? Because their body is present, but the mind is absent. For those who do well, both the body and mind are present. That is mindfulness.

When an unmindful person asked Buddha about meditation, he replied, "Walk while walking and eat while eating." If a senior master were to ask Buddha, then Buddha would have told him to keep his mind clean and stable, which is meditation.



‘Yogaha chittha vritthi nirodhaha’. Yoga means controlling the mind and body, not just focusing but making it empty. That is meditation.

The first step in meditation is to focus, and the next step is to make it empty. Once you become a meditator, you will automatically attain a state of focus. That means mindfulness before meditation and after meditation. Mindfulness is the result of meditation as well as a step towards meditation.

Chandra: You explained that focusing the mind is the first step in meditation; you will attain mindfulness through concentration. Mindfulness is one of the benefits. But what are the other benefits of meditation?

Patriji: You will get everything you desire. If you focus in class, you will be a topper; if you do business with great concentration, you will be successful. If you are mindful, the world will appreciate you. So, in a nutshell, where there is mindfulness, there is success. Hence if you meditate, you will be successful.

In his book, Nobel laureate Herman Hersey says that if you practice meditation, then you can do anything. He says you can achieve anything if you know how to sit quietly. That means you can



learn and do anything if you can make your mind stable.

Chandra: Several techniques are being taught for mindfulness. You taught us Anapanasati meditation. However, some companies are introducing one-minute, two-minute or five-minute techniques before or after meetings. And further, they say it is sufficient to practice mindfulness for five minutes daily. What do you say- are they sufficient?

Patriji: Any step will be helpful. We start with Anapanasati, which is simple. If you practice Anapanasati, you need not do any other practice. Whatever you do, ultimately, you have to come to Anapanasati. Instead of getting it later, why can't it be brought forward? Why should we think of other techniques when there is a better technique?

Chandra: So, among all techniques in meditation, Anapanasati meditation is the best. So, we give it the top most priority.

Patriji: Yes, it is a unique method. There are no substitutes.

Chandra: Many people express that although they meditate, they do not get any experiences. Is it due to lack of concentration?



Patriji: Everyone will get concentration if they meditate. There is no need to get experiences when you meditate. There is no drawback if you don't get any experience; there is no added advantage if you get experience. Experiences will come to those who need them; others may not get them as they don't need them. A person who doesn't get any experience also happily enjoys the concentration during meditation and will attain the energy. There is no need to worry about not getting experiences. Don't get anxious. Just meditate happily. Don't worry if others get experiences; you concentrate on your meditation.

Chandra: Experiences are not necessary. We should be consistent with our meditation practice, is that it?

Patriji: Meditation is like sleep. Sleep is what you need, not dreams. Can you guarantee that you will get dreams every time you sleep? Whether you get dreams or not, sleep is sleep. Your motto for meditation should be to concentrate and not to anticipate the experiences.

With meditation, the need for more sleep and more food will reduce. Even the necessity to speak more or think more will reduce. Whoever is not practising meditation usually will talk, think, sleep, and eat more. In another case, if one practises meditation, everything will be optimum, like

optimum sleep, food, speech and thinking. There won't be any excessive needs for a person who meditates.

Chandra: If you are a manager, you may want that everyone enjoys their free will and be allowed to do what they like. At work, however, you may have to direct your staff. How does a manager manage the business needs and a team member's personal needs?

Patriji: Be it business, farming, office work or managing a family, there are specific rules and regulations which have to be followed. These goals are different from the goals of meditation. However, while directing others, you need not be harsh. If you instruct politely, people will listen. If you practice meditation, the harshness will vanish, and politeness will prevail.

Chandra: The employee gets into an agreement with the organization. He is bound to abide by the rules of the organization.

Patriji: If a person goes to a temple, he is expected to leave his footwear outside the temple. He cannot go into the temple wearing his shoes. He may be a VIP, but even then, he is expected to follow the traditions or rules of that temple. If there is a traffic signal, can you jump it saying that you are in a hurry? No, it is not allowed.



People may have urgency, but they should not jump the red signal. In the same way, employees should abide by the company or business rules. They should not mix company rules with meditation rules. Also, the company management must be polite. They should politely convince their staff to follow instructions for the good of both. If the management threatens the staff with dire consequences, they may try to defame or cause damage to the company.

Chandra: You say that the management should transition from an authoritative or fear-based leadership to politeness through meditation.

Patriji : Yes, an office is like a family. Your staff are your people. If you meditate, you will get self-awareness and discard your arrogance. If you politely instruct your staff, they will be committed to their work. But if you lure them with money, they may not do the job. This politeness will not come through your university degrees; it will come only through your meditation.



If your eyes are covered with a green film, the entire neighbourhood looks green; similarly, with a red film, your neighbourhood looks red. With a transparent colour, you can see your neighbourhood as it is, in its true colours.

If you don't meditate, the world looks wicked to you; on the other hand, if you meditate, you will see the world as pure. A meditator lives well and makes others live well too.

Chandra: These days, we observe that many people, particularly youngsters [millennials] in the organization want to have quick results. They need fast growth in salaries and status.

Patriji: No. Hurry is not good. They will destroy their health. They may burn out fast. Why do you want to hurry? How much do you need to earn in a day? Probably you have to earn your food and shelter for that day. Don't try to earn millions in a day. Just earn what an optimum requirement for you is. There is no limit to a day's earnings. Keep a limit. This hurry is not required. It may result in catastrophes.

Chandra: The Board of Directors of a company fix revenue targets which places undue pressure on the management to work hard to achieve those targets. The high targets set by the board



to conduct more business indirectly causes stress on every person in the organization. The senior management passes these targets to their teams.

If the senior management knows about meditation, then how would they handle the situation of meeting revenue targets? How can a meditator-manager handle these situations without pressurizing his team?

Patriji: A company should first aim for the harmony of its employees. Every organization and employer should have a noble mind to grow the business and increase trust in their employees. They should have a noble thought that their employees should earn a livelihood and happiness while working in the organization.

Noble aim means not only profit but also the peace and well-being of the organization. The ultimate happiness of all is the primary requirement in any organization. Every company should make meditation a part of its culture. Previously it was not present, but now that culture is slowly starting. In future, meditation will become a norm.

Chandra: A business has noble aims, but these are ignored in a hurry to achieve revenue targets. So, you say it is essential to practice meditation for the success of an organization.

Patriji: Yes, it will flourish well. You may earn quick profits if there is no meditative practice, but the business will also decline quickly. It is like constructing a building on water. It will collapse soon. The foundation should be strong, and that foundation is spirituality. Let it be any event or activity; the root/seed should be spirituality. A company is also an activity; it is not special to evade this.

Chandra: There is a lot of competition in and among organizations.

Patriji: When there is a competition to earn money, the same competition should also be present to gain wisdom. Where is it? Everybody wants their child to become an IAS (Indian Administrative Service) officer, but no one desires to make their child a Buddha. Who is great? An IAS officer or a Buddha? We pressure our children to study hard to become IAS officers. But there should be opportunities to attain the status of Buddha too.



The entire society is wrongly oriented, but meditation will give them the right direction towards Buddha's ideology.

Chandra: So, you suggest we should not have competition in our minds. There is no concept of competition when everybody is one and the same.

Patriji: Yes, we ignore the individual consciousness through meditation and strive for group consciousness. We feel that the entire nation should be good. The whole world should be good. We go beyond the boundaries of an organization and individuals; instead, we desire that the entire country should be good. Love your country and develop tranquility in society. Only then will good flourish. Does every company love its country?

Chandra: Many companies would like to earn more for themselves.

Patriji: That means they have the wrong idea in the initial stage. Love your country. Help your neighbourhood. Strive hard and have good thoughts for the well-being of society and your country. Do something good for the community to prove your love for the country. A country is not

merely the soil but the people living in it that form a country.

Just forego some part of your profit to help society. That is what is now termed CSR or Corporate Social Responsibility. It will be better if the CSR funds are used for spreading meditation. If everyone knows to meditate, then all neighbourhoods will gain more profits societally.

Chandra: That would be marvellous. We will increase our group consciousness through meditation. With group consciousness, companies will not compete. Instead, they will innovate more. Group consciousness gives scope for more healthy growth.

Thank you very much Patriji !

“ How many life-times will we watch simply others' greatness, discuss others' enlightenment ? How many life-times will we sing songs, praise others' meditation and others' enlightenment ? If we sing songs praising others' meditation and others' enlightenment, will our personal problems be solved ? Only our personal meditation, our personal enlightenment, can solve our personal problems. ”

- Patriji



Buddha-CEO Quantum Foundation

Oct - Dec, 2022 Key Events

Sep 19 - Oct 28

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

|| Prosperity ||

Excellence through Meditation

A 6-week online program

Sep 26 - Oct 26

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

|| Inspire ||

Book Club

To Expand Wisdom

Oct 29 - Nov 27

6:00AM - 7:15AM IST / 8:30PM - 9:45PM EST

|| Prana ||

Daily Meditation

Nov 2 - Nov 23

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

|| Light ||

Wisdom of World Masters

(Only On Wednesdays)

Nov 14 - Nov 18

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

|| Amruth ||

3 -Hour Intensive Meditation - Akhanda Dhyana

Nov 14 - Dec 4

6:30PM - 7:45PM IST / 8:00AM - 9:15AM EST

|| Passion ||

Meditation for Confidence, Clarity & Manifestation

A 3-Week Online Program for YOUTH

Nov 28 - Dec 11

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

|| Bliss ||

2 Week Advanced Meditation Program

Dec 12 - Jan 8

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

|| Prana ||

Daily Meditation

Every Saturday

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

Saturday Masterclass

21st of Every Month

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

|| Million ||

1 million : 1 hour : 1 consciousness

You will play your part to heal yourself and Planet Earth

Every Sunday

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

Long Meditation

For deep relaxation & rejuvenation

Jan 9 - Feb 17

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

|| Harmony ||

Meditation for Resilience & Performance

A 6-week online program

Sep 2022

CEO Speaks

Meditation helps you to lead with greater clarity !

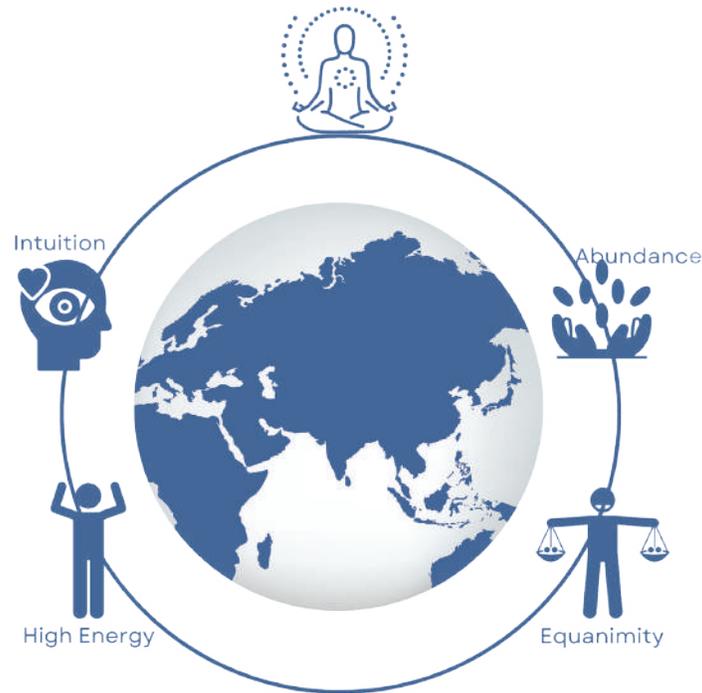


Chandra Pulamarasetti
Founder, Buddha-CEO Quantum Foundation

*Dear friends and masters,
Warm greetings to you all
for the upcoming festivals
and holidays.*

*Change and ambiguity
are very natural in our
personal realities and
group realities. They are
there for us to learn,
experience and grow as a
leader.*

*We need to steer our
organizations to grow and
provide value and meaning
to all involved. We may
be called upon to make
decisions, often with very
less or no data or time or
in ambiguous situations.*



**Meditation makes it possible and effortless.
And it has its basis in Quantum Physics.**

Quantum physics indicates that everything in the universe is energy. We are 99.999% energy in our body, and only 0.001% matter. Energy is formless and is entangled deeply, forming a single huge field called *Quantum Energy Field*. This is a field of unlimited possibilities. These possibilities can be transformed into matter with individual observation and attention. There is scientific evidence that our observation collapses the possibilities into physical realities.

(1) Meditation helps you to develop intuition.

The quantum energy field is awareness or intelligence. It is helping us to be our best in every situation. When you are compelled to make decisions, as a first step, start with the right intent or thought to realize the possible outcome. Our thoughts create our reality. The more aligned your thinking is to the potential outcome, the stronger your feeling is for the outcome to be realized and the more possible the outcome will be. When

we set clear intentions about new outcomes, we experience more of these in our life. We will realize that we are responsible for our successes or failures, with our own thinking.



When you meditate, you start to receive unexpected insights and feelings known as Intuition. This intuitive knowledge is unlimited, and is known to provide solutions to issues, answers to questions, and responses to the intents. Many leaders rely heavily on their intuitive strength to make important decisions. They use this intuitive knowledge to align to right goals and growth

which truly gives them joy and moves them into a flow state. They make huge impact in whatever they do since they love what they do.

Intuitive knowledge that provides answers and solutions originates from the vast quantum field and is unlimited. Leaders can tune into



the potential of this intuition to take correct and timely decisions. Not just that, meditative leaders encourage everyone to see themselves as leaders, to solve challenges through their own intuition and inner strengths.

Soon after I took to meditation in the year 2002, it became apparent to me that knowledge about meditation must reach everyone. I was aligned to my purpose to spread meditation. Despite my hectic schedules and several responsibilities as director and founder in the start-up, I was able to spend time to practice and teach meditation.

Today, I truly feel my life has been highly purposeful after having served Pyramid Valley International meditation centre for nearly 20 years. Similarly, the time I spent at IBM, spreading meditation was unforgettable, while I was equally focused on delivering integration of our company into IBM's business. It was very meaningful work and culminated into Buddha-CEO Quantum Foundation work.

We create our respective individual realities all the time through our own thoughts and feelings.

Meditation helps us to become powerful observers, highly focused on our goals and dreams by reducing distractions and unwanted and scattered thoughts. It also silences the analytical mind that resists new ideas or uncommon experiences.

(ii) Meditation helps you to maintain high energy levels.

A meditative leader exhibits high energy all the time and leads from the front. The energy levels are high with regular meditation in that you are being your best in front of your team at any time of the day, you are still productive even during late night calls. This was my personal experience working at IBM. While this inspires your teams on one side, you experience great satisfaction for being highly productive.

When I was on business travel and in customer calls, CIOs used to comment and ask about my secret of being active even at the end of long working days. Even with my overseas travels, particularly between India and USA, I could easily overcome jet lag on most occasions. My body was always ready and I always hit the road on the same day of arrival, many a times, doing non-stop meetings for several days,



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



Since quantum physics states that 99.999% of what exists is energy, it is clear that we are all interconnected in the quantum energy field. Meditation helps us to experience this energy field. When we let go of all thoughts, we are letting go of the matter i.e. our body, environment and people, and we experience what we are innately i.e. energy. Since there is no separation in energy field, we experience a great connectedness to all people and things when we meditate. This is the beginning of compassion, empathy and friendship.

(iii) Meditation helps you to be inclusive.

Meditative leaders are highly empathetic and friendly. When the “whole” is experienced in everyday meditation, it becomes second nature to perceive everyone and everything as part of individual and very close.

This in turn helps us to take compassionate decisions and responsible actions. “What you do unto yourself is what you do unto others” follows naturally.

Meditation naturally sets in the understanding in every leader that all things are equal. We shed biases and do not give special treatment to any section of people. We are able to give freedom in a caring and inclusive environment for our teams to thrive, as opposed to stifling them with control and fear. In a meditator’s world, fear has no scope.

We are able to identify hidden potential in our employees and encourage everyone equally. Also, we are able to work with every employee easily, identifying their strengths intuitively and aligning them to their best potential.

In my experience, treating every employee equally - junior to executive staff, became very natural. Seeking special attention for myself automatically stopped and I developed the habit of appreciating every small act, no matter whom it came from.

(iv) Meditation helps you to realize that the universe has abundance of resources for everyone.

Since the quantum field has infinite matter particles as waves, and any combination of them can be materialized into physicality with our own observation, we develop the understanding that there is an abundance of resources at the disposal of every individual, limited only by one’s thought and feelings to experience them. As a result, competition becomes immaterial for meditative leaders.

Abundant, innovative and seeking excellence

As a meditative leader, we recognize the unlimited potential of the quantum energy field, and the powerful role of our thoughts and feelings creating our outer reality. So we become accustomed to the fact that there are abundance of opportunities for everyone.

This leads us to have a healthy focus on our own business growth and not to get unnecessarily distracted by competition. In fact, we will recognise competition as an inspiration for developing excellence and not to dominate or eliminate.

Since there is no fear of competition, a meditative leader easily takes business risks, gets creative, experiences newness and encourages the same with teams.

In the enterprise software industry where I worked, I still remember clearly that we needed to provide quick resolutions to the complex system (computer) failures. I was amazed at the insights I used to receive which led to problem solving and new product development.

A lot of discussion came up about killing competition during my start-up days. But as a meditator, I knew that we have to stay focused on our own goals. I was well aware that where we place our attention is where we place our energy and that the universe had abundance for everyone. Then I became oblivious of our competition.

Meditation empowers everyone as a leader and helps to be energetic, creative and responsible. Such a leadership assumes no limitations, exhibits highest levels of empathy and compassion towards people and situations. Organisations with such leadership thrive and employees find themselves free and in a creative space to express themselves truly and completely.

I wish that every leader and his/her team embrace meditation to function at their peak capacities.



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 for every year of your age) this meditation yields its benefits within a few days.

What are you waiting for? Come, join us !

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 amongst 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, 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.

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

Enjoy good health with meditation

Dr. S. V. Balasubramaniam

Chairman, Bannari Amman Group of Companies



Why should people meditate? All of us love to live happily. All of us want success for ourselves, our families, our nation and for the world. How do we achieve that? Only through meditation. What we need is not just physical health but also mental and spiritual health to do everything successfully.

Anapanasati meditation is the easiest and simplest form of meditation. One can practice it for any length of time - thirty minutes, one hour, two hours, three hours etc if one

wishes. What is the ultimate aim of meditation? You will get into a blissful mode. Once you get the blissful mode, then you can have a very clear mind. The first principle of meditation is to empty the mind. Music also helps a beginner to get into a blissful mode.

Music has the capacity to enhance bliss in people. Einstein used musical instruments to enhance his capabilities. Dr. Abdul Kalam used to play the musical instrument called “veena” at 5:30 a.m. The great mathematical genius Ramanujan used the Gayatri mantra to give him answers for all his queries.

I have experienced good health as a result of my meditation practice. I have noticed that my blood sugar levels have reduced drastically to normal levels due to my regular practice of meditation. Now I am able to enjoy sweets and add sugar to my coffee. Also, my immunity has improved quite a lot. I used to suffer from cold very often during the monsoons. Typically, my throat used to get affected and then I would be down with fever for about a week. This hasn't happened for the past 2-3 years. I am extremely happy with this situation.

Self-healing is another great benefit of meditation. During

the experience sharing sessions, I have heard youngsters from the IT field talk about their mental illness as well as their physical illness and how they have been able to overcome both with meditation. Meditation is the ultimate medicine for all the problems. If you take medication, it will only be helpful for a short time but meditation is going to be a permanent

medicine. There's no doubt that meditation is the ultimate path to a very successful and happy life.

Through meditation, you will also be able to manifest your goals too. Buddha-CEO programs recommend that we read books along with practising meditation. All the book suggestions made during



the 40-day programs are good. I have read the *Untold Story of Sita* and many other books which can enhance your ability to get to know how to be successful in life. Reading also helps you to concentrate, leading to memory power which is important for students.

Swami Vivekananda was once asked how he was able to remember everything he read. He used to say “You tell me a chapter in any book. I will be able to narrate the contents without even looking at the book.” That is the power he had. He had great clarity of mind because of meditation. Meditation also helps us to develop self-confidence to face

problems in life. Everyone faces problems in their life. To face problems, we need confidence and for that, we need to certainly get into meditation. Meditation is not a luxury. It is a necessity in life to win and to lead a successful life. Not only that, it can give you the power to face any situation and accept any challenges, it also can get you into a blissful state as we receive energy from the universe. Once we get to into the empty state of mind, we have succeeded in our meditation. Being in the company of

other meditators and listening to their experiences are also important. Regular practice of meditation is Important as not just you but your family, your society, your nation and the world will be benefited by your practice.





Buddha-CEO
Quantum Foundation

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 doing service is a wonderful feeling to cherish always ”

My journey with Buddha CEO has been enriching my life.

Volunteering is an incredible step I have taken in the path of meditation. It gives me great satisfaction, fulfillment, strengthens my meditation practice and helps me develop greater empathy.

Volunteering enables me to work and learn from people of various backgrounds selflessly. Most importantly my selfish mind got dropped, helped me to embrace everyone, and appreciate other's success wholeheartedly. This unexplainable joy drives me to do more service.



Rathinavel D, IT Professional
Vellore, Tamil Nadu.

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Harmony in one's own self leads to harmony in the society

Padma Shri Dr. Ramani

Founder & Managing Trustee, Sankara Eye Foundation



Right from our childhood, all of us have been repeatedly told that we should aspire for a healthy mind and a healthy body. Besides this, we all desire perfection in our life, for which the pre-requisite is a healthy mind in a healthy body. Beyond acquiring all the above we need to seek yet another dimension - the spiritual quotient - which is the unlimited energy, the driving force in every one of us.

Life becomes wholesome when we bring in the “divine energy” into the concept. To inculcate that divine energy, meditation is the way. It is the *realization of the self by the self*. When that realisation takes place, we *connect with the Universe* and we will be able to harness the unlimited energy from the Universe. Meditation is the key to harness this energy.

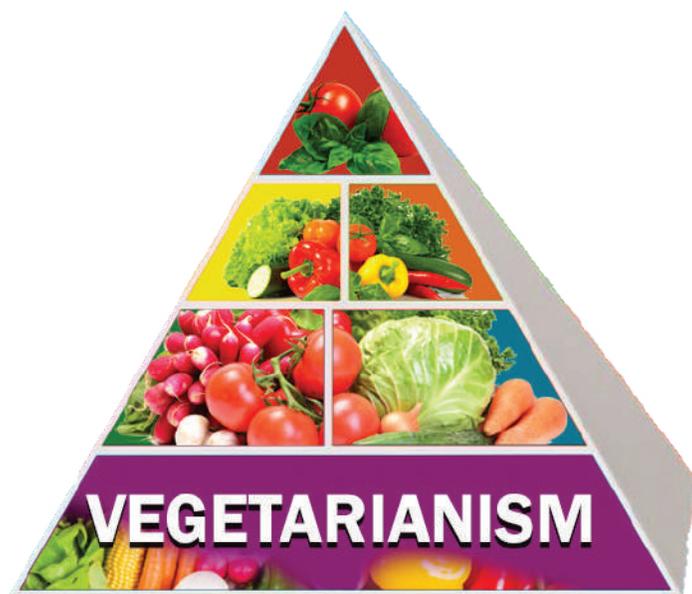
The mind has the power to control the body.

You would have experienced that some Doctors do extremely well, and some Doctors are not that successful in their profession. What is the reason? It is because the successful Doctor has mastered the art of communication and he has made the Patient accept him as a good Doctor. Mind has a lot of influence on the Body. When the patient’s mind accepts the Doctor as a Good Doctor, automatically the body responds and healing takes place at a faster pace. This *psychosomatic influence* is there in every aspect of our life.

Breath-mindfulness meditation is very simple

Meditation, is an age-old practice. Unfortunately, we have lost touch with that. Our own temples and places of worship are a source of meditation.

People must go there and derive the kind of energy which is phenomenal and come back revitalised. Meditation which many thought as a complex process, has been made simple. *Anapanasati or breath-mindfulness meditation*, taught by Chandra and guided by Brahmarshi Patriji, is very simple. Everyone - the elders, the middle-aged and the youngsters



can practice. Meditation is very simple and it is for us to reap the benefit. Only an open mind, to ideas and suggestions will receive maximum.

We have to experience the *wisdom of the Masters*. How do we do that? It is only by reading their wonderful books, which are the treasures. Gratitude is another wonderful concept in meditation. Being grateful is the greatest form of receivership.

Meditation helps us to realize that the World is one big family

Meditation brings a lot of peace, tranquillity and clarity in our mind. We become clear and unbiased. We are able to take quick decisions. Meditation also teaches us to be non-judgemental. We stop being judgemental about others and self. We accept things as they are.

When we meditate, we emerge as better persons and as better individuals. When we perfect ourselves, we bring harmony in the Family. The harmony in the Family builds harmony in the Society. When every one of us aspire to become perfect, the Society gets perfected. That’s when we establish “One Universal Family” or “Vasudhaiva Kutumbakam” as per

Indian ancient scriptures.

There is no substitute for vegetarianism

Food has a great impact on our system and there is no substitute for **Vegetarianism**.

Imagine you are walking on the road and suddenly you hear a truck behind you and the driver bangs the horn. What happens? Your whole body is just shaken!

You feel that something has been pumped into your system and you just rush to the side of the road. What's happening? The hormone Adrenaline is secreted in large amounts in our body during an emergency. It is not a comfortable feeling at all! Too much of Adrenaline is injurious to the heart and vascular system.

About 30+ years ago, in Aurangabad, I saw animals being taken to the slaughter houses. These animals have an intuition that they are going to be butchered and they resist as much as they can. Finally when an animal gets slaughtered, the fear in the animal makes its body secrete huge amounts of Adrenaline. This gets embedded in the muscles and the various tissues of the animal. Unfortunately, when we eat the meat, we consume

so much of this Adrenaline which is alarmingly harmful to our system. Vegetarianism, the satvik food is the foundation for Meditation.

Thanks to Chandra, Brahmarsi Patriji and Buddha CEO Quantum Foundation, this ancient science of Meditation is being taken to the nook and corner of the Country, primarily to benefit our fellow Indians. It is for us not only to imbibe the practice of meditation, but also to make our family and the younger generation realise the value and start practising.

Over the years the impact will be enormous on the Society. Let us do our bit.

Jai Hind





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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Know Your Meditation

Basic Principles of Meditation - Part 3

As we embark on our journey of meditation, we need to follow a few tenets so that the practice of meditation becomes effortless. In the last two issues, we shared the 10 tenets for beginners (i) be present (ii) be gentle with yourself (iii) avoid comparing experiences (iv) accept your experience (v) trust the process (vi) be regular (vii) practice self-forgiveness (viii) seek the company of other meditators (ix) share your experience (x) read books to get knowledge.

As we continue on our journey of meditation, several questions do arise in our minds. In this third article about the basics of meditation, we strive to answer some of the common questions that many beginners ask, as they start their meditation practice.

How long should I meditate?



The simple thumb rule is 1 minute for every year of your life i.e. if you are 30 years old, you meditate for 30 mins. Note that there is no upper limit to the time you can meditate.

Start small. Build your practice muscle with time.

What is the best time to meditate?



You can meditate at any time in the day. Mornings may be best suited for some as we are fresh from night's sleep with the least amount of distractions.

Many do meditation in the night when the mind is free from actions.

Can I heal my chronic health condition through meditation?



There is enough documented evidence of people who have healed themselves through meditation. If you believe you can heal yourself, you can! Our thoughts create our reality.

Our emotions and beliefs have a direct impact on our bodies and our actions. Regular meditation practice can relieve deep stress, making us happy, calm and positive. In such a frame of mind, you find more energy to do any activity and be joyful for no apparent reason. This will have a direct effect on your physical and mental health, giving you relief from / healing you of any chronic ailments.

Should I meditate before/after my yoga practice?



You can meditate anytime. If you practice hatha yoga [i.e. asanas] and/or pranayama, some say that meditating after they finish their yoga practice got them into deeper states. Hatha Yoga improves joint health, flexibility and posture, and can help to sit still for long periods in meditation.

Meditation is raja yoga. Meditation heals all five bodies (Panchakoshas) where as hatha yoga deals with two bodies - physical body and mind body.

Will I become detached from life with regular meditation?

When you meditate regularly, you respond,

not react. Your responses may be calmer, more patient and slower than your earlier self. Meditation also develops empathy and compassion and your response may be very different from what others expect. Some people may perceive this as 'detachment' but it isn't. Meditation improves your mindfulness i.e. you are more present in any situation than before and less reactive to life's stressors.

Research indicates that meditators are more resilient and bounce back quickly from adverse life situations. Regular practice of meditation increases self-awareness and imagination apart from boosting creativity.

“The mind is definitely something that can be transformed and meditation is a means to transform it.”

Dalai Lama

Contributed by : Latha Srinivasan



Business Leaders Speak



Radhika Athota

Los Angeles, USA

Vice President, Freedom Mortgage.

I live in Los Angeles, USA with my husband and two children. I have been in the US for more than 25 years - getting my MBA, growing my career in IT, raising two wonderful children and balancing everything while enjoying the abundance of life. Somewhere along the way, the competitive drive, desire to find the next success, and driving children through what we thought is best for them, turned my life into an emotional rollercoaster.

Work and life started to be stressful; discontent and conflicts grew; restlessness and negativity started to rise unconsciously within me. Then came the pandemic as a blessing in disguise. Life suddenly shifted into a different gear. While still stressful, it forced us all to slow down and take time to introspect.

During the pandemic lockdown, a close friend brought up the Buddha-CEO 40-day meditation program conducted by his childhood friend and raved about how it had transformed him. Our family was aware of mindfulness and meditation concepts.

For us, meditation was something that you do if you can't go to sleep or something children need to do if they are stressed about exams. I had never done serious meditation, although I was

aware of some spiritual programs in the USA.

My friend's recommendation of the 40-day program made me curious and I joined the next session without any expectations. The first week of the program did nothing for me except putting me to sleep. The supportive masters and volunteers of the program encouraged me to continue with an open mind. Completing the 40-day program did bring a great deal of awareness to me of my feelings, thoughts and beliefs that created the resistance, all of which I thought was the norm of life.

Anapanasati is the easiest way to meditate, yet the practice of it appeared hard to me due to years of brain conditioning. It seemed like I was not able to calm my mind by observing my breath, nor was I able to get and stay in the empty state of mind for a long enough time. Yet the transformation was obvious by the end of the program.

My emotional quotient increased significantly. My negativity, fears, and discontent reduced drastically and I became so inexplicably calm that my family immediately noticed the change. Apart from the guided meditation, the explanation of the working of the mind, awareness of self, and the connection of thoughts to reality in a scientific and



engaging way were empowering and insightful. Meditation made me energetic, happy and made life seem easy.

I started enjoying work more and my relationships with colleagues and family improved. I felt accepted and respected. I was able to trust people more, get more alignment of ideas and get very creative. “My sleep improved and my hours of sleep reduced. I was able to heal a frozen shoulder without any therapy or treatment.”

My relationship with my children has completely changed now. Also, I became a vegetarian. I continued to participate in all Buddha-CEO programs and became a regular meditator.

I also landed a new job with great compensation and was able to take on new challenges with a positive outlook. I have learnt to be more grateful, more accepting and compassionate at the workplace, which resulted in expanding my career and opening up new avenues.

Now I promote the benefits of meditation and have brought most of my extended family to practice it. My greatest realization through the journey into meditation is, how late I was introduced to this empowering practice and how much suffering I could have avoided, had I gotten

into this earlier in my life. I have been patient and consistent in bringing awareness of this practice to my kids, nieces and nephews. I am happy to see them slowly getting into meditation and starting to see the benefits.

I encourage everyone to attend the 40-day program with an open mind and follow the process without questions or doubts about one’s ability to do the practice.

Meditation and mindfulness are now more mainstream than ever before and many CEOs and executives practise these on a personal level. It is only a matter of time before these become common practice across the world for a harmonious universe.

My gratitude to the Buddha-CEO team, my friend Srinivas Anka Reddy for introducing this meditation to me, and to my family for all their support.

“

Listen to the experiences shared by the masters, read the recommended books and most importantly trust in the process. One doesn't need to expect some outlandish experience from meditation

”



Business Leaders Speak



Karthik Sivakumar

Senior IT Executive, Seattle Area

When problems or setbacks come my way, I do not dwell on the why but rather accept them and spend more of my time finding and acting on solutions.

I am living in the USA for the past twenty-five years and am currently on the West Coast in Seattle. I work as a senior executive in supply chain strategy and operations. For the last couple of years, I was not satisfied with my career.

I was working hard and making progress but did not get a sense of accomplishment. I also kept running into challenges at work that prevented me from reaching my true potential. I spent a lot of my time and energy resisting the challenges. I became preoccupied with analysing past events or worrying about the future. I was not living in the present moment.

I attended the Buddha-CEO 40-day meditation program, Ganga, in January 2021. My objective for attending these sessions was to gain calmness and learn more about myself. I learned to accept, and that too, without judgement. An open mind

helps us to accept everything that comes our way. I learned that this approach softens the ego and enables us to embrace the quantum field. When I later attended the Yamuna 40-day program, more of Master Chandra's teachings became clearer. Over time, I realized that my mind was in a constant high beta state (it means high alertness, stressful thinking).

I learned from Patriji, that challenges are gifts that come to teach us life lessons. We should happily embrace all challenges. **"Where our thoughts go, the energy flows"** is such a strong, powerful statement. I realized that, if we focus on our problems and always talk about them, we are unknowingly sending energy to the problems and amplifying them. However, if we change our thought process and think about developing solutions to these challenges, we send energy to these solutions, opening doors to many possibilities.

After several weeks of meditation, I learned to centre myself and be more in the present. I practised positive thinking. Over time, I have reduced having negative thoughts and being



judgemental and continue to work on this. I have started to notice small things around me with a positive attitude. For example, when I am gardening, I am more mindful of my activities in the backyard such as watering the plants, trimming leaves, etc. I take time to enjoy the beauty of nature around me.

Nowadays, I respond to situations rather than react. I have more energy and am more empathetic to others around me. Meditation helped me understand more about my ego, my soul, and how I can be a better person. I have enhanced my awareness of the real meaning of **abundance, acceptance, thought coherence, gratitude, and empathy** and applied them in my day-to-day life.

Reading books regularly has become a part of my life. I recently finished reading Ikigai (by Hector Garcia) and my takeaway is to find my purpose in life and also enjoy a sense of fulfilment and satisfaction. Listening to great masters like Patriji, Master Chandra, Shreans Daga, Laurence,

Dr Newton and many more has enabled me to become kinder and more compassionate to all, including one's own self.

Meditation is now a regular part of our life - my family members, including my two children, are also practicing meditation. With the help of my wife, my daughter is leading daily meditation sessions for children between ages 9 and 14. I have personally seen immense change in myself; my family has mentioned that I am more calm and serene.

I volunteer for Buddha-CEO Quantum Foundation to co-ordinate activities in USA. Recently we initiated a 6-month pilot project in a corporate to measure benefits of meditation at an organization level and publish the findings.

My deepest gratitude to Patriji, Master Chandra, and the Buddha-CEO Quantum Foundation team for spreading awareness of breath mindfulness meditation to millions around the world.



Corporate Employees' Experiences

Meditation opens up many possibilities and ideas



**Tirumala
Ramesh
Kondamutti**

*Sr. IT Professional
Saint Louis, MO,
USA.*

I've been practising Anapanasati [or breath-mindfulness] meditation for the past 3 years and have been associated with Buddha-CEO for the past 2 years. The practise of meditation has made me calm, peaceful, and balanced and benefitted both my emotional well-being and physical health.

I no longer suffer from migraine headaches. I have overcome my pre-hypertension condition, been able to maintain normal BP levels and my sleep quality has improved. Focusing on the present moment and responding to situations rather than reacting has improved my self-confidence. Now I have a more positive outlook on life and increased positive feelings towards myself and others. Also, I have developed a strong understanding of self. I became a vegetarian and strictly follow a plant-based diet now. My thought patterns have changed for the better as I can reprogram my subconscious mind and overcome my limiting beliefs.

I volunteered as a facilitator for a few of the Buddha-CEO's 40-day programs and gained lots of knowledge and thoroughly enjoyed the unconditional service. I developed divergent thinking and became more open to possibilities and ideas. Meditation and service helped me to

subside the "I" or the ego as I work with people from all walks of life and truly learnt to live as one among many. Meditation also helped me to see myself in others and developed the natural ability to help everyone and everything around me.

My relationship with my colleagues, business users and vendors at the workplace has improved. Interestingly, I have never been stressed at the workplace since I started meditation. My habits began to change for the better, my learning skills improved, and I was able to quickly complete a few professional certifications. I strongly believe that meditation is a great gift which you can give to yourself, your friends, family members and everyone around you.

I'm very grateful to Buddha-CEO for the wonderful gift of meditation.



Corporate Employees' Experiences

Meditation has transformed my personality



Latha Kota
*Sr. IT Analyst, Albany,
NY, USA*

How does one truly become the best version of him/herself/? Is it possible to make the right choice every time? The answer to this question is usually negative by most people. But a genuine acceptance of who we are and who the people around us are, will help us walk down a path of self-prosperity.

I hail from Guntur, Andhra Pradesh, India. Now I live in New York, USA with my husband and two sons. I work in the New York Statewide Financial Systems department. I have been meditating for about a year and a half.

I started my meditation practice during the COVID-19 pandemic. In May 2020, my husband had a heart attack. During that time, I was also going through a few other personal challenges. I felt flustered and helpless. I was questioning why this was happening to me. It was then that I started to watch spiritual talks. This helped me to look at things from a different perspective. I started my meditation practice during this phase.

I didn't feel any difference for the first three months of my meditation practice, but I never gave up. After those three months, I noticed that I was generally happier, had more energy, saw

positive health changes, and soon learned how to accept myself and those around me. Now I can handle difficult situations better, and I stopped questioning why things are happening to me. My family and friends have seen significant changes in my behaviour. I started looking for meditation groups to join when I saw an advertisement for a 40-day program from the Buddha-CEO Quantum Foundation. Since then, I have been joining Buddha-CEO meditation sessions regularly.

I learnt the concept of manifestation, and I was able to manifest a promotion at work. This incident increased my confidence and belief in myself. I learned that each one of us is capable of achieving many things. Meditation is a practice that I strongly encourage others to engage in. In fact, it is the only practice that can significantly change one's life.

My journey is far from complete, but I'm a changed woman and have never felt more complete in my life. My gratitude to Buddha-CEO Quantum Foundation.



Corporate Employees' Experiences

Profound transformation within months of starting meditation



Ravi Kiran,
*Associate Director,
London, UK*

I started my meditation practice in 2007. As a result of meditation, I experienced a lot of transformation in every aspect of my life - personally, financially, socially and in my corporate career. Before 2007, I was broke. I was a chain smoker and an alcoholic. I would drink alcohol just to have better sleep. I was that broken! Whenever I couldn't get alcohol, I would use cough syrup to get a good sleep. I was quite timid too. I even had suicidal thoughts. This was the worst phase of my life. Then a miracle happened - one of my friends offered to teach me meditation and I started the practice.

Soon meditation became a habit. I replaced alcohol with meditational energy! My timidity and fear vanished completely. I began to speak with confidence. I increased the duration of my practice to six to eight hours per day, and an immense transformation happened, and I could experience many benefits.

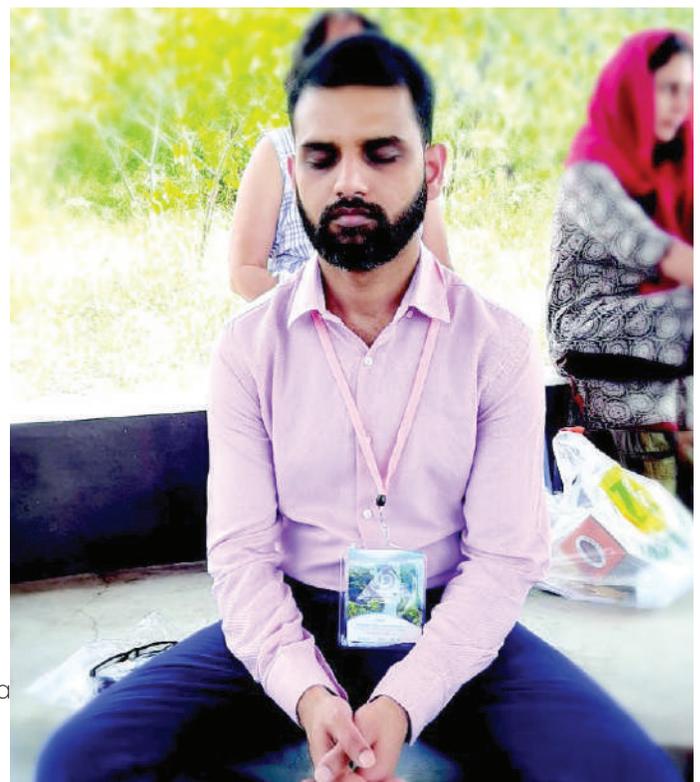
I made Pyramid Valley International, Bengaluru, my new weekend home. I went there often to do spiritual service for twelve hours - this also included my meditation time, self-growth and the opportunity to serve others. Before meditation, I only focused on problems. Now I focus on

solutions. Earlier, I used to take things personally, which always kept me distracted and disturbed. Now, it's gone.

What a profound transformation I had in a few months to a year of meditation practice! My life changed far beyond my wildest expectations: now I'm part of the Pyramid Foundation in the UK. At the workplace, I started as a software engineer. Now I'm a senior business analyst and one of the valued employees! My new habits now are meditation, reading spiritual books and serving people. I'm spreading the meditation wisdom to many people - friends and colleagues at the workplace, and witnessing their transformations.

I recently organized Buddha-CEO programs in UK and find a lot of interest in people. My mission is to see that everyone in UK becomes a meditator.

I am grateful to Anapanasati meditation and pyramid masters. My salutations to Patriji.



Youth Experiences



Vinay K,
*IT professional from
Bangalore.*

Meditation has given me miraculous results

My mother introduced me to meditation in my 10th standard, but I was not a regular meditator. Back then, during my board exam preparations, I often wished that questions should be from the content I had prepared well. Surprisingly this became true. I got 78% in my board exams which was a miracle.

I started meditating intensively only after I completed college. While preparing for a job interview, I meditated with a strong intent of getting the job. I cleared the first selection round with ease. In the technical round, out of 40, I was one of the 2 people who were selected. I wasn't asked technical questions, while the other person chosen was grilled with quite a few. I landed that job. I would attribute this good fortune to my meditation practice.

When I started applying to universities for my master's degree, I was told that the deadline was too close, my chances of getting accepted into the program of my choice were slim, and it would be better if I waited and applied for the next term. Once again, I meditated on this with a solid intent to get accepted. To my surprise, I was accepted into all 6 universities to which I applied. This made me realize that meditation is miraculous.

Now meditation is a happy habit for me.



Nikitha Muvva
*Young business leader,
Telugu Foods, Hyderabad.*

Meditation gave the strength to do and be anything

It may seem that closing your eyes and sitting still is futile. I thought so too until I sat down to meditate and realised how much willpower it takes. To do nothing, to be thoughtless and stay still isn't easy.

With very little time and a multitude of things to do, meditation seemed like an additional task for me. But soon I realised that meditation is an essential activity to maintain my inner calm among all the noise and busy life around.

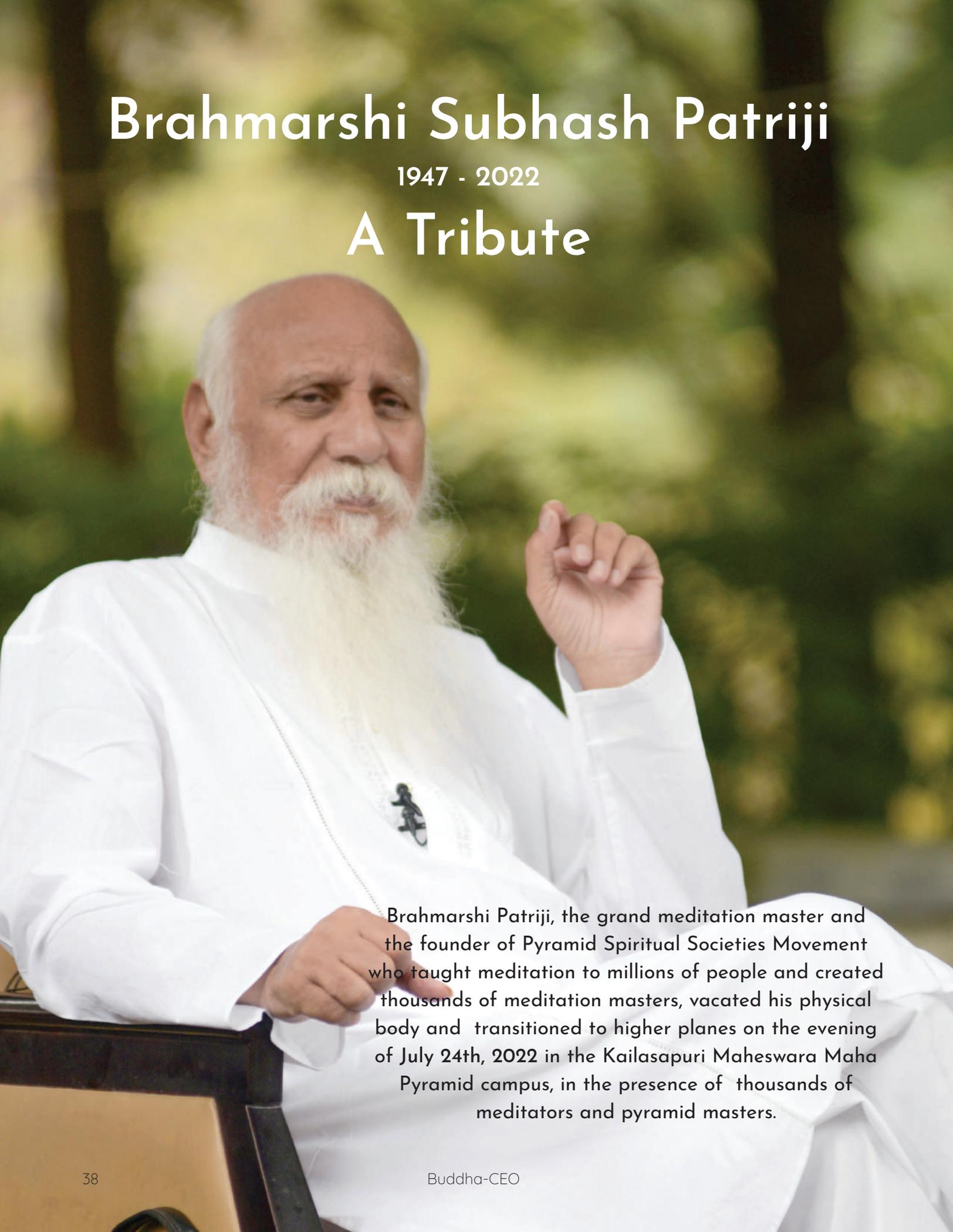
I started my meditation journey with a 40-day course with Buddha-CEO. Like the Buddha-CEO masters say, every meditation is good, every day that I meditated went well. My day started with a pleasant calmness. My memory at work got better. My personal life improved. I made better decisions. I started manifesting a beautiful day every day. But most importantly, meditation gave me the strength that I can do anything and be anything.

Meditation isn't about a single set of advantages but more of a continuous journey to improve ourselves bit by bit. Meditation is the best gift my father and Buddha-CEO gave me. I wish that many more of the youth today benefit from this simple and powerful technique.

Brahmarshi Subhash Patriji

1947 - 2022

A Tribute



Brahmarshi Patriji, the grand meditation master and the founder of Pyramid Spiritual Societies Movement who taught meditation to millions of people and created thousands of meditation masters, vacated his physical body and transitioned to higher planes on the evening of July 24th, 2022 in the Kailasapuri Maheswara Maha Pyramid campus, in the presence of thousands of meditators and pyramid masters.

About Brahmarshi Patriji

Brahmarshi Pithamaha Patriji, fondly referred to as 'Patriji', was an amazing personality with the profound wisdom of the sages that he tirelessly shared with any seeker. Patriji was a new-age Spiritual Grand Master on a mission to spread the practice of meditation across the globe.

Born in 1947 in Shakkar Nagar in the Nizamabad district of Telangana State, Patriji obtained a Master's degree in Agricultural Sciences and a Master's degree in English Literature. He was also an exponent of classical music - both vocal and flute.

Patriji became enlightened in 1979 after some serious experiments with Anapanasati meditation. He formed the first meditation group called the Rama Channa Kurnool Spiritual Society in 1990 to promote meditation. He resigned from his job at Coromandel Fertilizers as Marketing Manager in 1992 to dedicate himself to the spiritual movement. Since then, he has been striving relentlessly to enlighten and awaken every individual to their infinite potential and remind them that they create their respective realities.

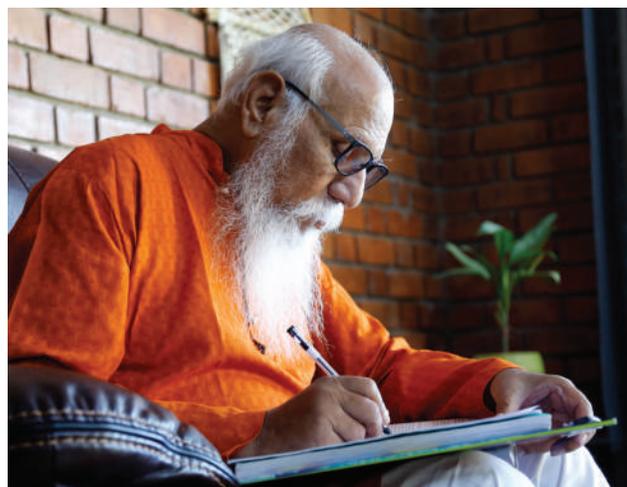
Patriji established the Pyramid Spiritual Societies Movement in 1990 in India. This new age movement consists of thousands of organized non-profit groups and pyramid meditation centres dedicated to spreading Anapanasati meditation, vegetarianism and spiritual science to every human being on this planet. Patriji's focus was to spread meditation, not just as yogic practice for health and peace, but with a higher purpose to connect to one's infinite self to manifest their own realities. Millions of people have attended Patriji's group meditation sessions.

With his ever-mesmerizing flute, Patriji combined music with meditation for more profound meditation experiences. He has been a passionate proponent of meditation to all segments of society irrespective of class, religion or nationality. He has conducted intense meditation sessions and workshops on topics like 'New Age Spiritual Science', 'Science of Meditation', 'Energy, Consciousness and Wisdom', 'Vegetarianism', 'Pyramid Energy', 'Creating Your Reality' and 'Essence of Bhagavad Gita'. He travelled extensively to every nook and corner of

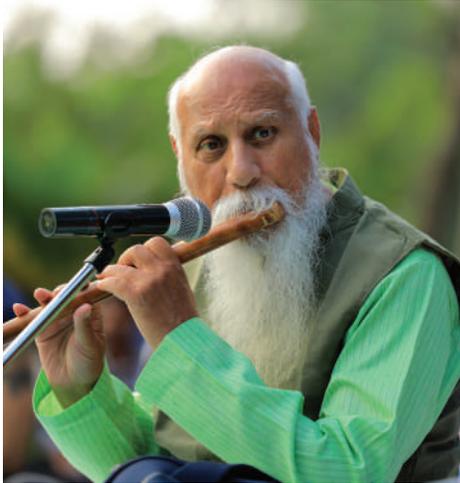
the country of India, including remote villages throughout the year. He gave meditational classes to individuals of all ages, education, and strata. His meditation sessions in remote villages and places like prisons and hospitals have healed and transformed thousands of people.

Even as a grand master, he remained accessible to all. All those who interacted with him recall his humility, grace, sincere hospitality and simplicity. Patriji treated everyone the same way always, irrespective of their material status.

**Doing Meditation,
Reading books on
Meditation,
Listening to others'
meditational experiences...
these are the three grand
requirements in
the Practice of
Meditation.**



PYRAMID SPIRITUAL SOCIETIES MOVEMENT



Celebrate every moment

Pyramid Spiritual Societies Movement (PSSM) is a significant part of the world-wide '*New Age Spiritual Revolution*'. PSSM is a *non-religious, non-cult and not-for-profit* spiritual scientific movement with an ever-growing movement of genuine spiritual seekers.

It is a movement leading humanity

- from violence to non-violence ...
- from non-vegetarianism to vegetarianism ...
- from blind belief to spiritual scientific experimentation and scientific logic ...
- from insane materialism to sane middle path and spirituality

The core message of PSSM is "*We are not just physical entities experiencing random existence. Instead, we are 'Eternal Energy-Consciousness—Wisdom (ECW) Entities' constantly choosing and creating our own respective on-going existential realities.*"

We realize divinity in ourselves through 4 simple practices:

- Using **breath** for practicing meditation
- Utilizing **pyramid energy** for meditation
- Understanding the **essential teachings** of the world's spiritual masters

- Being a **vegetarian** and being compassionate to all animals

Genesis of PSSM

Brahmarishi Pitamaha Patriji founded PSSM in 1990, with a mission to bring meditation and spiritual sciences to everyone. Ever since it's inception, many masters have joined this movement. It started as 'The Kurnool Spiritual Society' but today it is the conglomeration of hundreds of independent, autonomous pyramid spiritual societies and trusts involving millions of active members and volunteers in more than 50 countries across the globe.

Patriji considered himself as a spiritual scientist involving himself directly in soul-level experiments. He realized the power of meditation through his own spiritual practices and his profound experiences. He attained enlightenment in the year 1979. Patriji was a charismatic and a powerful leader. He was an example of how human life can be lived with zest and compassion towards one and all. He taught and guided everyone with the same level of friendliness and was always accessible to everyone. He gave total freedom and encouraged everyone to do their best. He was a great orator, a voracious reader, a prolific writer, an accomplished flute player, an engaging singer, an ardent cricket lover and a wonderful chef.





PMC Channel

Under the auspices of PSSM, information about meditation is broadcast in many languages via the Pyramid Meditation Channel, short named as PMC. PMC first started in Telugu in 2018, and today it broadcasts programs in more than 30 languages. About PMC, Patriji says, “PMC is considered as a Spiritual University...it is our Online University.”

Many pyramid masters are doing sincere work across the world and their number is increasing day by day. Join hands with PSSM to establish spiritual sciences wisdom and spiritual harmony all over the world.



Activities of PSSM



Tributes To Patriji

“ Millions of humans and animals are grateful to him ”

Like you all, I do not want to believe Brahmarsi Patriji is physically no more with us. Like millions of you friends, I will also dearly miss his physical presence, love, and hospitality. For me, he was my very close friend, philosopher and guide. He was a great man with many talents. He excelled in all - whether it was in knowledge, wisdom, oration, singing, playing the flute, holding a conversation, cooking delicious dishes, or even serving the kings and paupers with equal care and humility.

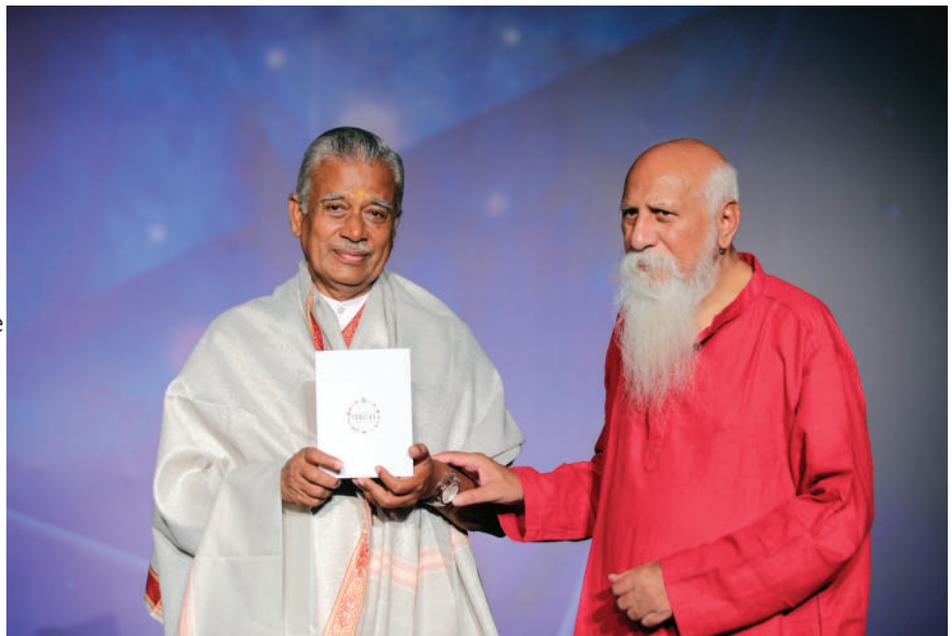
As a human, patriji was simple and humble - not born in a rich family or legacy of any kind. Listened to everyone, encouraged everyone, read scriptures and writings from all traditions - he was a man who was concerned about everyone-rich or poor, illiterate or scholar, of any caste, religion, tradition or nationality, yet he created a great, socio spiritual movement in just three decades. For him there is no follower. He never claimed to be a Master. He called everybody a Master.

He firmly believed in the inherent divinity in every soul - not only humans but animals, birds and every being created by the Divine. A rare humanitarian who boldly advocated plant based diet and compassion to not only others but every being imbued with life by the Divine/Nature. Millions of animals are grateful to him as they were saved because of him.

The greatest tribute we can offer to Patriji is to carry on his legacy by spreading the simplest form of Aana-Pana-Sati Meditation, transforming individuals and thus the entire planet into a heaven of peace, harmony and prosperity. I believe when great masters leave, they get liberated from the confines of a physical body. Their spirit and soul become more powerful and influential everywhere. History has proved this fact. He has created hundreds of talented masters and thousands of dedicated meditators to carry on his global mission.

How to we pay our homage and gratitude to the unique Master, whom I fondly call as “barefoot spiritual master”? The parting message of the great Master is “life has to go on”. Let us carry on living and carrying on his noble Mission. That will be a life “In Gratitude” to dear Patriji, the great.

Padma Shri D. R. Kaarthikeyan, IPS (R)
Former Director - CBI, NHRC, CRPF



Tributes To Patriji

“The whole of mankind is indebted to him”

Let me first pay my respects to the departed soul of our revered Patriji. The whole of mankind is indebted to him for introducing meditation to us. This practice has helped young and old alike, both physically and mentally and changed their lives for the better. We will always be grateful to Patriji for his teachings. I feel his absence now.

Though it is said that we should not feel bad for his demise but rather celebrate, on the belief that he will take another avatar, we cannot avoid feeling sad. The only way to console ourselves is to remind ourselves of the teaching from Bhagavad Gita - *For certain is death for the born, and certain is birth for the dead. Therefore over the inevitable, thou shall not grieve.* Patriji lived as consciousness; we should not feel for the absence of the body. He has given us the priceless gift of meditation. How are we going to repay? Only by propagating meditation to one and all.

Dr S V Balasubramanian,

Chairman, Bannari Amman Group of Companies



“Patriji deeply inspired me to share!”

A guru, a friend, a mentor – Brahmarshi Patriji was all this to me, and more.

I met Patriji when I was going through an extremely difficult phase in my life. My first experience was immensely life-changing. It made me look at myself in a new way. In his gentle and humble way he showed me how meditation has the power to heal.

Patriji has been one of the biggest influences in my life. During the numerous conversations I had with him, I always admired how simply he could convey the most complicated concepts and philosophies. The most endearing quality was his humility and eagerness to share his knowledge and learn from everyone.

He deeply inspired me to share his knowledge and wisdom with the world. To express my devotion and immense gratitude to my Master, Brahmarshi Patriji, I commit to carry out his empowering work and give my absolute best to Pyramid Valley International, Bangalore and Pyramid Spiritual Societies Movement.

Shreans Daga,

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



Tributes To Patriji

“Meditation is an unending joy.

Spreading of meditation is unending work”

India is at the beginning of a great spiritual revival. It is through the masters of highly advanced spiritual paths that we will find answers to many of the global issues and personal ailments that are plaguing us. Brahmarsi Patriji is one of them. I have had the opportunity of listening to several incidents and anecdotes of Patriji's teachings.

By observing one's own breath, one is able to find stillness within. From this stillness emerges the answer to every problem. Thousands of people follow this simple practice, and rid themselves of chronic physical ailments, mental sorrows, financial troubles and so on. His greatest gift to mankind is to have imparted

this ancient Buddhist technique by making it very simple for anyone to follow.

Patriji's life is a true example of the life of a great Mahatma, a Guru of the masses. He personally travelled to every nook and corner of the country and encouraged the masses to meditate. By establishing the concept of meditating within a pyramid, he made it possible for people to harness the supreme energy of universal forces.

The work of the Pyramid Spiritual Societies Movement will always be guided by Patriji's vision. Thousands have dedicated their spiritual lives to this powerful force. My very best wishes to the PSS Movement. I wish to appreciate the great work being done by ChandraJi, Shri. Shreans Daga and many others in spreading Patriji's message and teachings.

Shri. K. Ramasamy ,
Chairman, Roots Group, Coimbatore.

“The Messiah of Meditation”

In May 2020, Kaarthikeyanji introduced me to Buddha-CEO's 40-day Meditation program. It was then I met Brahmarsi Patriji. He called me 'Swamiji'. In October 2020, Patriji delivered the O.P. Ghai Memorial Lecture. He was humble and honoured everyone, always ready to give happiness. His message was vegetarianism and making reading books a habit. He was the Messiah of Meditation.

When I presented him with our new book, *Meditation: Myth & Reality*, authored by Harish Malik, he agreed to release it during his talk at Satya Sai Centre. At Sterling, we published his book *Patriji Answers*.

Though my association with Patriji was brief, I feel like I had known him for ages.

S K Ghai,
Chairman, Sterling Publishers Pvt. Ltd.
New Delhi.



Tributes To Patriji

“Spiritual Scientist”

It’s my great privilege to be associated with Patriji for a golden period of 28 YEARS, which I can quote as the alphabet of life.

Ever since I met Patriji, I always used to treat him as a SPIRITUAL SCIENTIST. For me, he is the one who introduced a magnificent spectrum of spiritual science literature filtering from East and West. BREATH MEDITATION taught by him, changed my life brilliantly. The true purpose of my life, to help people heal by themselves without a single rupee, has been achieved in the form of SPIRITUAL TABLETS under his excellent guidance.

His unconditional love, thriving to bring a transformation in people, led to the creation of MULTIPLE PROJECTS. His practical way of teaching, like no complaints and no judgements, vegetarianism, scientific speech, simplicity, and jet-speed execution, have collectively made impossible possible the “MIDDLE PATH”.

My great salutes to Patriji for accomplishing his mission ! A great messenger to Earth plane !

Dr P. S. Gopala Krishna,
Founder Chairman Spiritual Tablets &
Enjoyment Science Academy, Manchester, UK



“My Silent Mentor”

My formal association with Patriji has been in several roles for Pyramid Valley International and PSS movement. However, personally my experience with Patriji has been that of teacher-student and father-son experience. Most of it has been unique in the form of silent learning through observation.

We all know ‘Swadhyaya’ (reading books) is one of the core teachings of Patriji. To me Patriji himself is a great book. I personally learnt a lot from observing Patriji as a meta human-being.

From the way Patriji inspired the masses, the compassion he showed and his unrelenting courage and conviction, he showed how life can be made fulfilling. He showed by example how simplicity, fun and enjoyment are key to living a richer quality life. I will always be grateful for this lifetime as I was able to silently learn from Patriji

Dr. Sai Krupa Sagar,
Managing Trustee,
Pyramid Valley, Bengaluru



Tributes To Patriji

My Journey with Patriji was the best thing that happened to me

My highest regards to Patriji.

We get rare opportunities to meet consciousness, to walk with consciousness, with a soul who has lived in that state as consciousness. One of the foremost spiritualists from the Theosophical Society, Mr Leadbeater, describes 'Param Gurus' as those who can significantly shift the consciousness of the people they interact with. Energy, Consciousness, and Wisdom (ECW) are all synonymous. 'Param Gurus' are indeed ECW entities. They do not live as matter. A true param guru, Brahmarsi Pitamaha Patriji lived more as consciousness and less as a body.

Patriji touched millions of people's lives. Through the PSSM movement he created, he visited over 75,000 villages and taught meditation. He had an impact on everyone who met him personally. I saw humbleness in the master and the focus on his mission. He would conduct four to five meditation sessions daily from morning to night and reach the place of stay by night. His work was always on the road, and he would move from village to village and from place to place; he stayed at any place that was offered to him. He advocated daytime for meditation service and night for practice. According to him, practice is either meditation, reading books or Satsang.

Seeing his calendar was forever full, I once asked him what motivated and inspired him and how did he prioritize. He said that he was living every day as if it was his last. He added, "I align my priorities to my mission of teaching meditation to



everyone". He firmly believed that Dhyana Jagath (Spiritual World) would happen soon.

On one occasion, he said, "Chandra, If I don't keep my day productive, after ten years, I might look back and say I could have done that, I should have done that. I don't want any regrets. I want my life to be full. So I utilize every minute." According to him, "could've" and "should've" are words that should not be in the vocabulary of a meditator. He never used words like "You cannot do it" or "You don't do it" to anyone. He said "no" only to three things - non-violence, non-killing and non-interference. He would not tolerate unscientific talk and guided people to be alert and impeccable with their words particularly.

Patriji firmly believed in the concept of energy. He maximized his energy by respecting everyone's decisions. He gave everyone enough time, depending on how heart-centred or mind-centred they were. He taught us to seek equality and not superiority while working with others. He was very spontaneous. His simple message was - when you constantly learn and meditate, the right things will come to you.

As you meditate, you get the ability to pick the right people. He would give complete freedom

Tribute To Patriji

to the people he worked with. Also, he never entertained complaints and guided people to find ways to progress. He always stayed focused on the solutions and never on problems.

Once, we planned an event and expected an audience of 500 people. But only 150-200 people finally attended the event. We asked Patriji how he felt about the turnout. He replied, "The event went well. 500 or 50, the number doesn't matter. Whatever happens, happens for the best." Even when people around him analyzed that efforts were wasted, he encouraged people to stay positive and accepting. That made it easy to work with him. All he sought was to do your best, so you won't regret it. Results never mattered to him. Patriji became my inspiration to do my best. His teachings taught me to do Nishkarma karma (expectation-less actions), and I learned to detach from the results.

When I started to work with Pyramid Valley International Meditation Centre project as a Trustee in 2003, I got a chance to interact with

Patriji closely and frequently. I noticed that Patriji paid very close attention to the details. I used to think money was the most critical element for a project. For Patriji, it was only a component. He was a person who did not have a cell phone, a bank account, a home or even a purse. He went from place to place with no money in his pocket. He truly lived as consciousness. He said money is incidental, and it all starts with the thought. In 2003, when we began to build the mega pyramid, the project estimate was fourteen crores, and we were concerned about how we will raise this amount. Yet we initiated the project - a 25,000-square-foot pyramid. Even with no money to be begin, our big project started shaping up. By 2005, the mega pyramid structure came up in Bengaluru despite of a small base of meditators in Karnataka. That was when the whole concept of manifestation was sown in my mind. I understood that our thoughts create our realities. Today more than 2.3 million people have visited and learnt meditation in Pyramid Valley.



Tributes To Patriji

As part of this project, Patriji started visiting Bangalore often and used to stay in our home. We had a lot of interactions then. For someone who was very busy travelling and teaching meditation, patriji was very accessible - no layers, no ego whatsoever. Despite being busy, he used to call us on the phone even if we didn't call him.

In 1992, he resigned from his job because he had a great passion for meditation. Only a few people used to come to learn meditation, as no one knew his true potential. Yet he believed in it fully and kept going. When I heard this, it became more evident to me that when you align with your purpose, you give your best to that.

If I look back, I shared my achievements with my father. However I shared both my achievements and challenges with Patriji. He always gave spiritual solutions, and that's why I consider him my spiritual father, who mentored me greatly.

Buddha-CEO Quantum Foundation was a direct inspiration from him. He gave direction to the foundation with the motto 'Excellence Through Meditation' to deal with corporates and organizations. With his guidance, we held two annual Buddha-CEO conferences with a small group of leaders in 2016 and 2017. Soon, it took the form of Buddha-CEO Quantum Foundation in the year 2020, with his advice.

My journey with patriji was the best thing happened to me. My deepest gratitude to him forever for guiding and encouraging me to align to my highest potential and purpose.

His mission is our mission and that of Buddha-CEO's mission. We commit to carry on this great work until the last person on mother earth becomes a meditator and vegetarian.

Chandra Pulamarasetti,
Founder, Buddha-CEO Quantum Foundation, Bangalore.



Tributes To Patriji



“Genuinely charming and compassionate”

In my first meeting with Patriji, I approached him with expected reverence and touched his feet. I was surprised when he stood up from his chair, greeted me with cheerful friendliness and hugged me! I felt a spark of light shoot through me as he touched my heart. I felt divine.

He served with love as we ate lunch and enquired kindly about how it tasted. It was the first time I met a master who oozed genuine charm and compassion.

An unique thing about him was that he was never supercilious. He was always friendly, and treated us as equals. For a man of such profundity, there was not even one moment that he lost his sense of humility.

I believe his vision of transforming the entire world into enlightened beings will happen. Patriji my Messiah, my pranaams !

Prof Jagadish S,
Former Professor, IIM Bangalore.



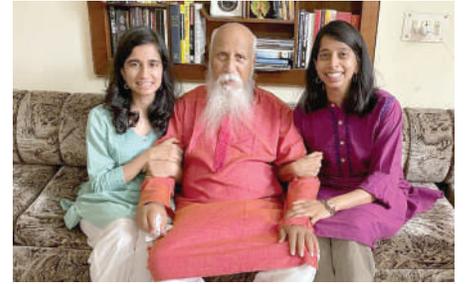
“I was spellbound by his energy”

My association with Patriji was warm and affectionate. I first met him at the PMC office in Hyderabad. Next, I met him during the Buddha-CEO magazine launch at Dhyana Jagat's office, where we spent some time listening to what he was saying to his visitors. Later, he instructed someone from the team to show us the office. We got an opportunity to meditate under the pyramid.

He spent time with us during lunch and served all of us. I fondly recollect how caring he was and how he made sure we had a good meal.

He was an approachable master with no protocols or airs about him. I was spellbound by his energy which I witnessed during Dhyana Maha Chakra.

Lakshmi KN,
Senior IT Professional & Meditation Coach, Hyderabad



“A great leader is a true friend of everyone. - Torkom Saraydarian”

I bonded with Patriji first 13 years ago, not as a guru, but first as a friend over our mutual interest in books. And through my journey of self discovery through meditation, he became the constant in my life who has taught me by example, to keep on exploring and through the process, evolving.

I remember, in 2016, when he was in **silence**, when I was discussing the similarity in the principles of marketing and spirituality, he wrote:

1. 24 hours/every day, keep on working
2. Be a student of everyone
3. Learn to do everything, every minute in a different way
4. Help everybody
5. Let everybody enjoy!

Today, I have the privilege of applying these principles into practise through PMC Hindi. Thank you for everything.

Alekhyia Shastri,
Founder - Managing Director, PMC Hindi, New Delhi

Tributes To Patriji



“A good friend with whom I could share anything”

I have been associated with Patriji for the past 14 years. I have had very close interactions with the great master on several occasions - some in Chennai as my parents were running a meditation centre, and the rest in the USA during Patriji's visits. I was fortunate to plan his trips in and around the USA. During this period, I learnt various things by observing Patriji and how he dealt with situations with simple common sense. He was a philosopher, guide and, above all, a good friend with whom I could share anything.

Sreekanth Garla,
Sr. IT Architech & PSSM USA
Co-ordinator, Atlanta, USA



“You create your reality inspired me”

My journey with Patriji and PSSM (Pyramid Spiritual Societies Movement) started in 2002. For the very first time, I saw Patriji during the Dhyana Maha Yagnam. His miraculous thinking, his grand vision to spiritualize the whole world, and his core teachings - *Your Breath is your guru, and You create your reality*, inspired me. With the fire he ignited in me, I started to spread meditation through a non-profit organization called *Meditation Magic* in the USA.

Divya Nadimpalli,
Sr. IT Professional and Meditation
Coach, Dallas, USA



“His legacy will live on!”

My first interaction with Patriji was in Dubai. We were in the midst of arranging a massive meditation session when he asked me the cricket score. After the session, he asked me how I liked it. I was spellbound - here is a master who has influenced millions of people with no pretensions of being a spiritual leader. He behaved just like one of us. He showed us how to live consciously. His teachings - simple living, observing the breath, what to talk, and eat, how to listen - are profound. He was the torchbearer for new-age scientific meditation. His legacy will live on !

Sudhakar B,
Sr. Engineer, Dubai.



“Have a purpose in life”

I had the opportunity to meet Patriji during my visit to Pyramid Valley, Bangalore, in March '22. Patriji was not well that day, so he did not speak much. However, he was gracious enough to share his wisdom when we approached him. I recall his glowing face and me trying to absorb all his learnings and ideology in those 45 minutes. He said, “You become a Buddha. And to attain happiness, have a purpose in life.” Patriji's blessings and words will continue to guide us toward greatness.

Vinita Agarwal,
Business Leader, New Delhi

Tributes To Patriji



“Embodiment of the highest awareness”

I have known Patriji for more than 20 years. He was no less than any Mahaveer, Buddha or Jesus Christ who walked on this planet. He was an embodiment of the highest awareness. I travelled to several states across India along with Patriji and had extraordinary experiences.

The first time I saw him, I was not very impressed. After reading his books and attending his sessions, I resonated with the depth of Enlightenment in him and his work for humanity. He is a great inspiration for me and my life purpose, which is to unite the whole world on the platform of Spiritual Science.

Pradeep K,

Chief Editor PMC English, Hyderabad



“Inspired me to be an avid reader”

My first meeting with Patriji was in Sep 2020. In this meeting, he shared the five things to lead a purposeful life – meditation, reading books, cooking, driving and music. These words inspired me. Today, I am an avid reader and started on my music journey.

During my first visit to Pyramid Valley Annadana, Patriji personally cooked and served us. He also checked on us individually about the food. I was in tears and humbled to experience such a motherly touch and love. After this, I was fortunate to have had multiple interactions with him, thanks to my association with Buddha-CEO.

During my work on *Patriji Answers* book, I realized the depth of his wisdom in the wide variety of topics and simple explanations.

Arvind Sampath,

Senior IT Professional & Meditation Coach Bangalore.



“Simple living is the right way of living”

My association with Brahmarsi Patriji started in the year 2002. Since then, I have observed him travel worldwide to teach about three powerful things - anapanasati meditation, vegetarianism, and pyramid energy.

Patriji taught us simple living is the right way of living. He encouraged us to be responsible for our actions and to seek answers from within. He treated us like friends, not disciples. When I worked at Maheswara Maha Pyramid, Kailasapuri, Hyderabad, I got the opportunity to interact closely with Patriji, and I am grateful for that.

Koteswar Rao,

Operations Lead, Buddha-CEO, Bangalore.

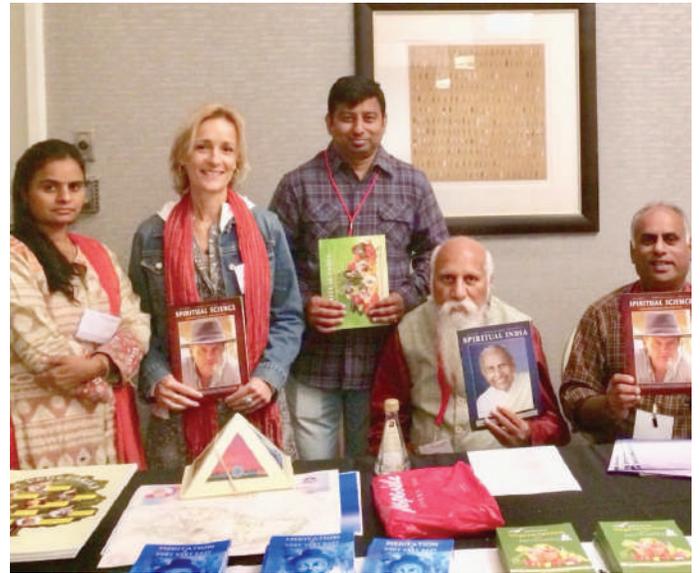
Tributes To Patriji

“Patriji - A model of simplicity presence and energy”

These days, every time I see birds in the sky, I think of Patriji. And since July 24, 2022, as I keep seeing bird feathers everywhere I go, I feel that Patriji is around and just left me gentle signs. Then a grateful smile inevitably arises from the depth of my inner being because I know that these signs remind me that he is there -- forever -- to push and encourage and that I still have a lot of work to do!

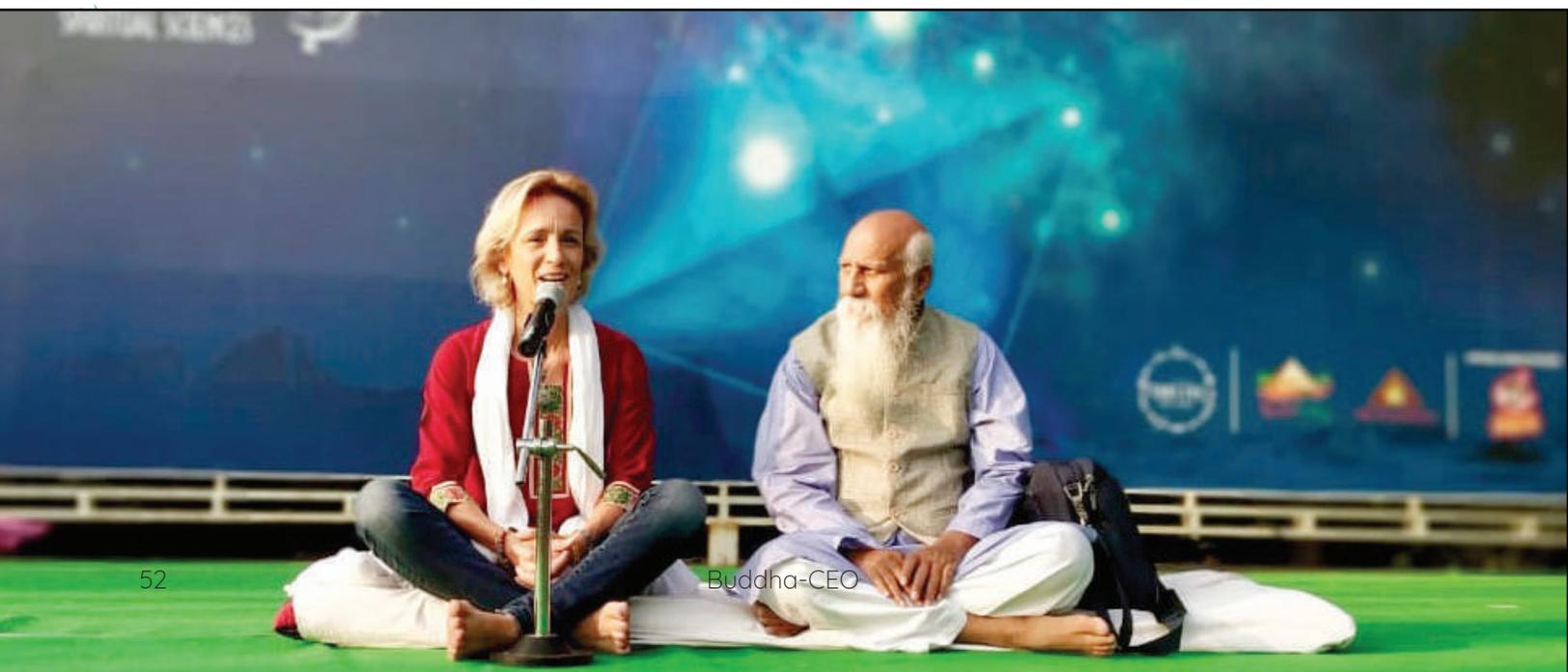
When I met Patriji for the first time, I had no idea who he was. It was a Sunday at the Pyramid Valley International in Bangalore in September 2016, during a business trip. After being introduced to meditation for the first time in my life, we talked. I loved that it was all about science, people, and nature. I liked the 18 PSSM principles. Overnight, back in the USA, I became a vegetarian!

In the following years, I had extraordinary opportunities to meet, be, meditate, listen to, learn from, work, cook, eat, hike, enjoy humour, laugh, travel, discuss, write, plan, teach and



create with Patriji. We even played ping-pong (he won; he was a great player)! Inspired by Patriji, I completed reading more than 160 spiritual books in the following two years. These books were from the scientific and spiritual list he created for his fellow meditators. We would sometimes discuss them, which would turn my world upside down and switch off my ego!

From the very first minute, Patriji welcomed me as an equal. He was a model of simplicity, presence, and energy. He opened doors for me with his words, music, and silence to a brand-new world of wisdom, community, and spirituality. Patriji started



Tributes To Patriji

to guide me toward a life transformation, bringing new challenges one after the other, and he would never take a no for an answer! Be it co-creating a CEO meditation workshop, writing about my experience of meditating, sharing on stage in front of 20 or a few thousand people, organizing a large meditation event in New York City, connecting with new people, meditators, and communities, advocating publicly for vegetarianism, nature, animals, birds, and fishes, teaching meditation across East and West - the list can go on. I would always accept because I understood he was guiding everyone toward new experiences and becoming fearless.

The new experiences became life-changing. Patriji always wanted to reach out to the world of corporate leaders through meditation practice and to enable them and their enterprises to contribute to a kinder and better world and a healthy planet. His vision certainly fostered the meditation and mindfulness teaching. Chandra and I actively started at IBM and later culminated with the launch of the Buddha-CEO Quantum Foundation.

When we were just the two of us, Patriji would invite us to go through thoughts or questions. In

the first 12 months, I remember the subject that I obsessed over was what my life's purpose was. I could not find an honest answer anywhere. Finally, I dared to ask him and I will never forget when Patriji explained to me in a quiet voice and a cheerful smile, "Our purpose is straightforward. It is to enjoy life". It was so liberating. At that moment, everything suddenly shifted inside me; everything made sense.

Patriji was an amazing, tireless, and inspiring role model. He had an immense impact on so many people. It was an immense joy to share many moments with him in his meditation endeavour. I will always cherish my unique memories with Patriji in the USA, in India, and in Bosnia. But above all, he was a friend whom I respect, who is still present, still teaching us the science of friendship with ourselves and with every living being on planet Earth.

I am so grateful that I can feel his presence, continue talking to him, and joyfully let him guide my steps forward.

Laurence Guihard-Joly,
Co-Founder of Buddha-CEO Quantum Foundation,
France.

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Tributes To Patriji

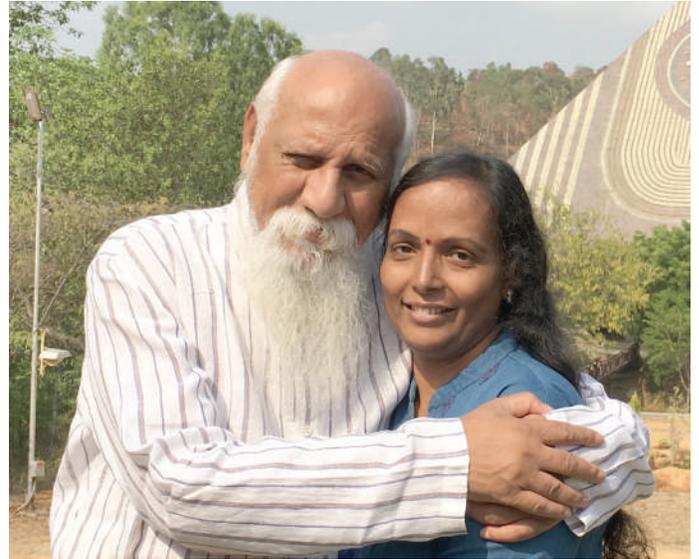
“Patriji made my life incredible”

My brother-in-law Dr Gopala Krishna (Dr. GK), introduced the concept of Anapanasati meditation to us in 1999. Later that year, I attended Dhyana Maha Yagna in Kurnool, where I met Brahmarsi Subhash Patriji for the first time. After seeing the scale of the programme, the wisdom of the great masters, and how they were serving free food and teaching meditation without any expectations, I greatly admired PSSM. In 2002, we had the opportunity to work on the Pyramid Valley International (PVI) project. During this time, we worked closely with Patriji, and he used to visit our home frequently.

A unique characteristic of my relationship with Patriji is how he used to answer my questions. I used to hesitate to ask him directly, so I would release them as thoughts in my meditation. And soon after that, he would always give me a message or a book that answered those questions.

Patriji taught us, through his own actions, that if one is doing the right kind of service, nature always takes care of them and their needs. Patriji was an example of this - he did not own a mobile phone or carry any money on his person. Yet he would travel across the country and the globe.

In 2008, my friend Bindu and I went on a spiritual trip to Egypt with Patriji and others. The plan was to visit the Giza Pyramids and meditate in the King's Chamber. We meditated to the accompaniment of Patriji's flute music.



That one hour of meditation was the ultimate highlight of my trip. It was a beautiful experience. Every single person in the group had an out-of-the-world experience that day.

In 2010, Patriji initiated the activities of Soul Management Services at PVI to sell pyramids, books, meditation aids, crystals and other spiritual items at PVI. He gave me the opportunity to be the director of this endeavour. I enjoyed setting up this new-age spiritual store along with the book space in PVI. This project enabled the visitors to have a good experience and contributed financially to PVI.

A couple of years later, Patriji gave me a new project. He wanted me to create a similar space in Bangalore to represent PSSM's work. This led to the creation of SoulTrends, a meditation studio and wellness store, on June 23, 2015. This project brought new experiences into our lives. We met and connected with many local masters. Over the years, we taught meditation and spiritual wisdom to about 8,000 people in Bangalore. SoulTrends also offered spiritual counselling services. When we opened the centre, we were unclear about who we should choose as counsellors. I was stunned when Patriji suggested that I become a counsellor.

Tributes To Patriji

Through the various counselling sessions and talks I conducted, I started implementing spiritual concepts in my life and saw tremendous growth.

My husband and I attended a vegetarianism conference in New York City along with Patriji in 2017. Every night no matter how late it was, Patriji cooked and personally served food to 25 of us with love and dedication. He used to say that food prepared by a master is always filled with tremendous amounts of energy, allowing for an instant transfer of energy.

In 2019 Patriji gave us the opportunity to work on the Kailaspuri Pyramid Project in Hyderabad. For many years, I wished to spend all fifteen days of the Dhyana Maha Chakram with Patriji, which was finally fulfilled in 2019. During the event, his days were packed; however, he would make his presence known everywhere. He really inspired me with his tremendous energy.

The greatest gift I received from Patriji was the guidance and support he gave Chandra and me to start the Buddha CEO Foundation in 2020. Working with Buddha CEO has given me joy like no other work has given me before. My role with the organisation has allowed me to travel

worldwide with Chandra and meet hundreds of people whose lives have been transformed. Patriji once said, “all housewives are CEOs too”. This helped me redefine the way I look at myself. I began to give myself more respect and care. I started focusing my energy and time on activities that truly make me feel happy and satisfied.

Patriji was my father, mother, God, and guru. Every meeting was a lesson in how to talk, how to behave, how to cook, how to serve, how to be selfless, how to be unconditional and many more. He taught in a simple manner that instantly connected him to people. His humility while interacting with people, irrespective of their backgrounds, was inspiring. A true master creates masters unconditionally with utmost compassion, humility, wisdom and selflessness. Patriji has been that and much more; he has made my life incredible. Through his guidance, I have transformed into an empowered and courageous woman. I feel very grateful to have shared a part of my life with him.

Vani Chandrasekhar

Co-Founder,
Buddha-CEO Quantum Foundation, Bangalore.



Buddha-CEO Goes Global for Offline Programs

Buddha-CEO Quantum Foundation has gone global in organizing in-person sessions. Masters Chandra and Vani toured across many cities in USA, UK and UAE, meeting several Buddha-CEOs and hosting in-person meditation sessions. A tour to Dubai in Feb, to UK in Apr and to USA in May resulted in conducting 30+ programs across 20 cities. Hundreds of professionals and leaders learnt meditation while existing members deepened their experiences.

Our gratitude to Buddha-CEO leaders and volunteers in these cities who actively organized the sessions. Here's a round-up of the experiences of the meditators and hosts at various cities around the globe.



Feb 2022, Dubai and Abu Dhabi

Buddha-CEO leader volunteers from Dubai, Sudha Rao and Pratap organized an introductory talk on meditation and manifestation by Master Chandra at Four Point Sheraton, Dubai. This talk was followed by a two-day Manifestation workshop. Supported by senior masters Varsha and Jai Mordani, 40 participants attended this empowering program. Most of them were new to meditation. Sudhakar, Raji, Nanajee, Koti and their families came from Abu Dhabi to participate in these sessions. The hall was filled with high energy and all the participants shared their experiences.

Another event organized by Pyramid Masters Sudhakar and Nanajee in Abu Dhabi also saw active participation of 40+ people.



Apr 18 – Apr 30, London and Manchester, UK

The much awaited Buddha-CEO sessions finally arrived in May this year for the UK seekers. UK was privileged to host Mr Chandra Pulamarasetti and Mrs Vani Pulamarasetti, Co-founders of Buddha-CEO Quantum Foundation for the 3 week period. Introductory sessions were held in London and Birmingham, and 2-day deep dive workshops held in London and Manchester.

Quantum Creation Workshop @ London

The first 2 day workshop was held at London. The venue at Thistle Hotel provided the right ambience.

The organising team led by Ravi Kiran, Sree Marni, Neelima Shah and Dinesh made great arrangements. As part of the welcome, attendees picked the energy tokens that contained an uplifting word, the energies of which stayed for

the entire day...mine was Determination!! The guided meditations by Mr Chandra instantly raised the vibrational energies of the room. Attendees had deep experiences, many of joy, calm, peace, to name of few. This was the first experience for many, and they were completely hooked. Participants created their vision boards that made them to think deeply into what they really want.



Buddha-CEO Goes Global

Quantum Creation Workshop @ Manchester,

The Manchester 2-day workshop organised by Padma P, and Laxmi B had similar effects on all participants, some of whom were medical doctors. With an energising ambience and deep interest from participants, two days went by quickly, with the practice of longer meditations, interspersed with talks on topics ranging from Quantum Field, Goal setting, Visualization to Belief reprogramming.

Our gratitude to the organisers including Neelima Shah from London, and Lalitha from Birmingham who organised introductory sessions.



May 5-7, Washington, NJ, USA

Buddha-CEO's Dinesh Sanghvi, Meena Joisher and Ranjana Patel planned the NJ and Washington Programs for Master Chandra and Vani, and organized several events during their 3-day stay.



On their arrival in the USA on May 4th, Chandra and Vani were welcomed by Meena and Mukul Joisher at Newark. On May 5th, they drove to Virginia to visit Pari Patri, Head of PSSM Global. They met senior world bank diplomats and Buddha-CEO practitioners Mr. Ganesh Mathur and Mrs. Uma Mathur in Washington DC and held a meditation session in their home.



Edison, NJ: On May 6, 2022, about 25 people gathered at pyramid masters Devi and Suryanarayana Chakka's residence in Edison for the group meditation and wisdom session.



Monroe, NJ: The next day, a public session on Beyond the Breath : Meditation & Manifestation was organized at Monroe Library in collaboration with Indo-US Forum of Monroe TWP. It was a full house event with attendees having travelled even from Delaware and New York State.

The group was a mixed one with first time meditators who participated along with long time meditators. After meditation, some of the attendees expressed several energy and wholeness experiences. There were several requests to conduct more in-person meditation sessions in the future.

for Offline Programs

Montville, NJ: Buddha-CEO Ranjana Patel hosted the next session in her home at Montville, NJ on 8th May, 2022 with over 60 close associates, friends and family. The new participants were very attentive during the session and had lot of follow-up questions. Sceptics were turned around by the end of the session.



Buddha-CEOs Latha Kota, Hiren Patel, Meena Joisher and Ranjana Patel shared how meditation helped them heal their health and manifest their visions. Friends and family went home with a changed mindset.



May 14 & 15, 2022, Chicago

The Buddha CEO USA team Karthik Sivakumar, Ramesh KT and Sheetal Pawar organized the two-day Quantum Creation workshop, by Master Chandra at Holiday Inn, Chicago O'Hare airport. Many thanks to Arun Sadaram.



A transformational workshop with 50 participants, the program helped many gain immense clarity and set them on a path to realize their dreams. Participants drew vision boards, set their goals, worked on their limiting beliefs and practiced long meditation and visualized their future.



PSSM USA senior masters Anila & Srikanth Garla, Jyothi & Satya Vaitla, attended the workshop and shared their experiences.

Shyam from Ohio felt heavy vibrations through all energy points during morning meditations, and was able to merge into depths of meditation, something that he has been struggling with before.

Kiranmayi from Iowa said that meditation helped her to come out of stress and gain emotional balance. Rajesh from Chicago felt the compressed energy around him, Arvind from Austin shared that he felt cold during visualizing the cold places, while many participants experienced visions.

College student Pranav Karri mentioned this workshop helped him to understand the science, while Priya from Iowa said her takeaway is to stay positive.

Buddha-CEO Goes Global

May 8, 2022, Atlanta, GA, USA

Buddha-CEO volunteer Sheetal Pawar and PSSM USA Lead Sreekanth Garla and team came together and arranged a grand 5-step manifestation session by Master Chandra in Atlanta, GA. About 60 participants joined, of which most were new, some traveling all the way from Tennessee. The session was very scientific about meditation and manifestation. The hall was filled with lot of positivity and participants were spellbound to hear the knowledge and wisdom delivered by Master Chandra. Buddha-CEO masters - Usha, Swapna, Damodar, Sucheta and Karuna shared how they transformed their lives by attending the Buddha-CEO 40-day programs. Later in the evening, a Q&A session was held in the home of PSSM USA functionaries Narasimha



and Sirisha Pamidi. They also gave valuable suggestions to develop a meditation community so more people can benefit.

May 10, St Louis, MO, USA

The Buddha-CEO volunteers from St. Louis – Ramesh KT, Apurva and Venugopal. organized an Introduction to meditation session that had 75 participants from Telugu association of St. Louis, Board members of NATS (North America Telugu Society), ISKCON Saint Louis team, Satya Sai Spiritual education team and experienced masters from Buddha-CEOs. About 50 participants were new to this program.

Many Buddha-CEOs shared their experiences and inspired the newcomers. Young Buddha-CEOs Vicky and Parimita were impressive with their meditation stories. One participant Naga Goriparthi mentioned that he was impressed by the science behind the meditation. Another participant Dr Shanti spoke about mindfulness meditation and offered to promote Buddha-CEO programs among students and youth. All the participants felt energized and showed interest to participate in future sessions and practice meditation regularly.



for Offline Programs

May 16, 2022, Austin, TX, USA

Buddha-CEO volunteers - Archana Srivastav, Jyotsna, Venu, and Santhosha organized the event at Austin that had 100 participants. It was phenomenal to see the eagerness in participants to learn meditation and manifestation techniques. The hall was filled way before the start time and participants expressed deep gratitude to Master Chandra and Vani for coming to Austin to share their meditation wisdom. Buddha-CEO masters shared their healing experiences as they practiced the techniques learned from 40-day meditation sessions. Post the session, they had a beautiful satsang and a full moon meditation session at Raji's home.



May 17, 2022, Dallas, TX, USA

Buddha-CEO masters from Dallas - Vindhya and Divya Nadampally organized the Dallas event along with local masters. The session was packed with seekers to learn the new age wisdom. Experienced master Mrudula from Dallas, Mukul and Meena Joisher from New Jersey shared their experiences on how they benefited by attending Buddha CEO 40-day sessions, book clubs, and long meditations. The event was followed by dinner and satsang. And many participants shared the miraculous journey with meditation and manifestation practice.

May 25 to 29, 2022, Seattle, SFO Bay Area, Los Angeles, USA

Buddha-CEO's work spreading to western part of the world is exciting and is a great effort towards raising human consciousness. Seattle, San Francisco Bay area and Los Angeles was a part of the 2022 US tour. Volunteers Karthik Sivakumar, Srinivas Anka Reddy, Radhika



Buddha-CEO Goes Global

Athota, Gargee Garg, Suresh Ravor and others joined hands to conduct introductory sessions and a 2 day workshop.

The workshop received great interest from all ages to dive into concepts like epigenetics, neuroscience and quantum physics. They helped people understand their thought process, emotions, and limited beliefs. Learning the concepts of quantum physics further helped to understand spirituality and to experience how much interconnected the entire cosmos is. Overall people experienced Oneness. Connection to nature – plants, animals and earth was the most common experience everyone felt. A participant expressed emotions on how work relations were matured and arrived in equanimity

while the participant developed faith and continued the practice of meditation. Some individuals expressed they overcame limited beliefs and took decisions from awareness of the present moment than that of the past. Another expressed the experience of being in bliss and abundant joy, peace and in emptiness. Many experienced motivation, courage and fearlessness. Energy of higher and evolved masters was also experienced by a participant, bringing tears of joy.



Compiled by: Sudha Rao, Sree Marni, Ranjana Patel, Dinesh Sanghvi, Sheetal Pawar, Apurva Pari, Neha Kohli

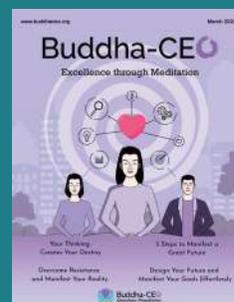
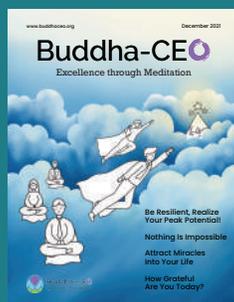
16 April, 2022, Birmingham, UK
23 May, 2022, Seattle, USA



3 June, 2022, Milwaukee, USA
4 June, 2022 Dane County Madison University, USA



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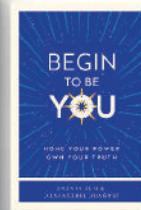
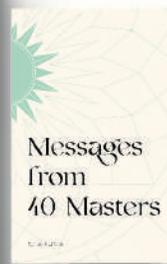
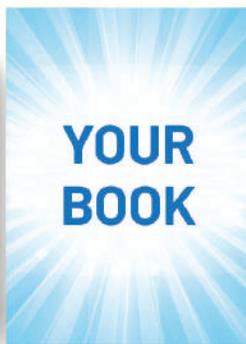
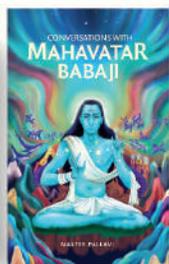
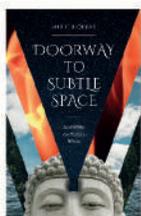


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In a lighter vein

What are you carrying in your mind?

Two monks - one senior and another junior, were travelling together. During the course of their journey they had to travel on a muddy road. There was a heavy downpour and they noticed a pretty girl in a kimono and sash. This girl was struggling to cross an intersection. The senior monk went forward and offered to help. He carried her on his back over the crossing.

The junior monk was a silent spectator to all this. He was upset but did not say a word until they reached the temple where they would be spending the night. Seeing the older monk not talking about the incident that happened during the day, he could not stay silent anymore.

The younger monk went to the older monk and asked “We don’t go near women, but you carried a girl this morning! Why did you do that?”.

“I left the girl there, but you are still carrying her!” said the older monk.

Stay in the present moment, do not carry your past in your head.

Contributed by:
Aarthi Lakshminarasimhan

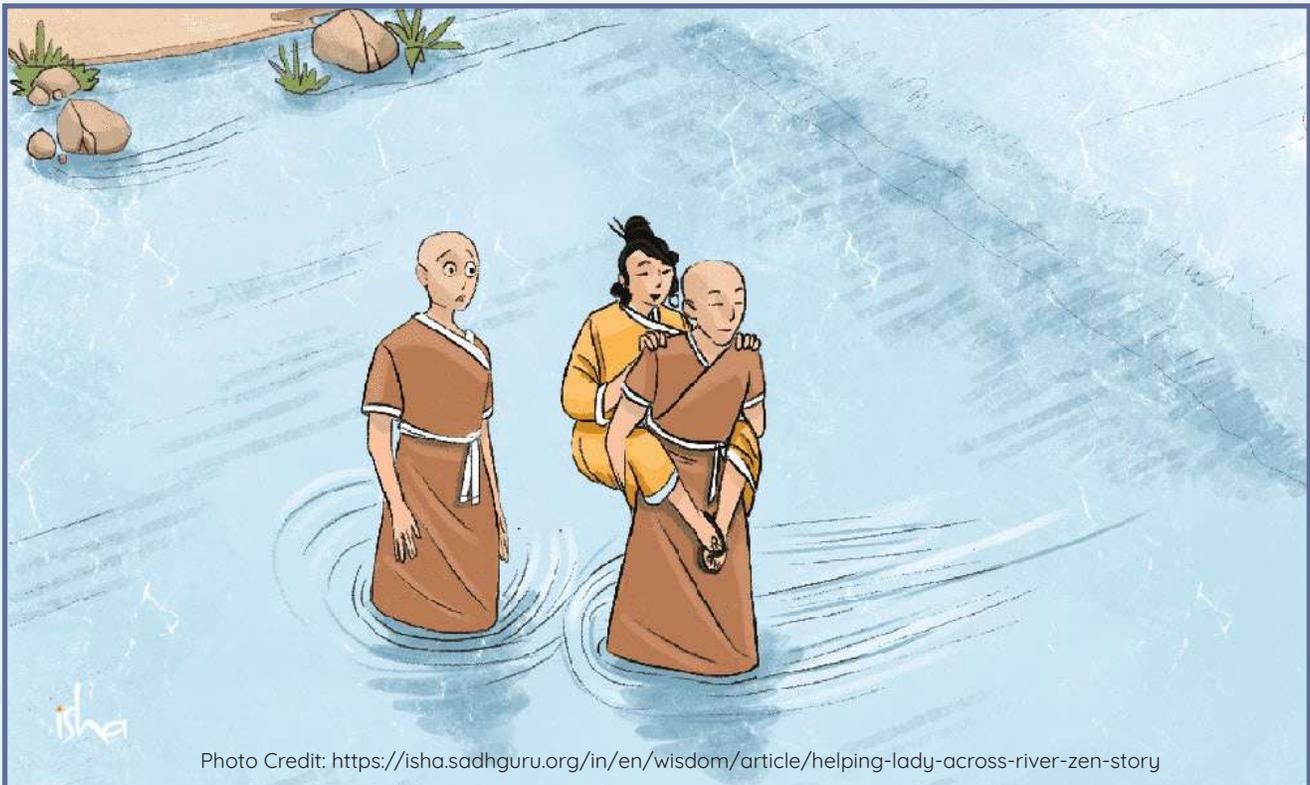
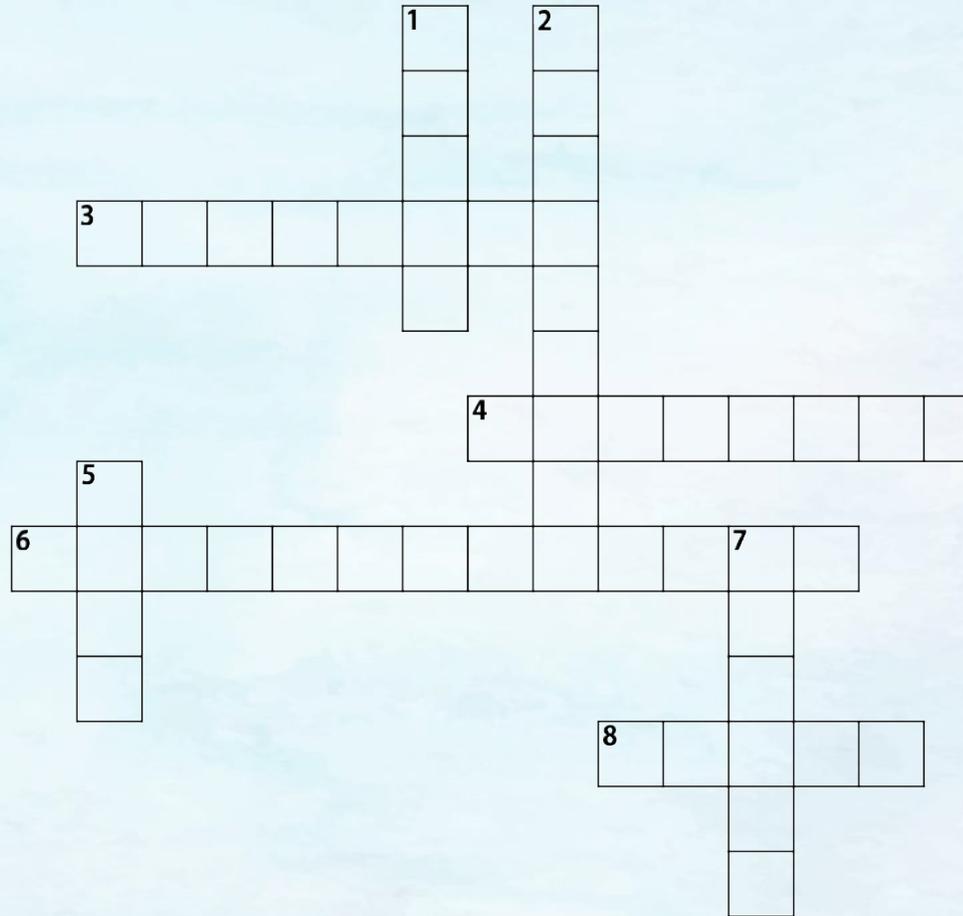


Photo Credit: <https://isha.sadhguru.org/in/en/wisdom/article/helping-lady-across-river-zen-story>

Crossword



Down

1. A state of tranquility, an outcome of meditation that enhances one's mental health
2. Yogic practice of controlled breathing that helps one maintain physical and mental wellbeing.
5. To become whole and healthy again, specially to recover from an injury.
7. Natural feeling of emotional or physical tension when put under pressure, also the cause of anger and frustration at times.

Across

3. Popularly known as the 'love hormone', am responsible for your warm, lovely and empathetic relationships.
4. Claimed to be the best medicine, I help in boosting your mood and for releasing the feel good hormones.
6. Practice of adopting a diet free of all animal products
8. Natural resting state of the body, vital for maintaining good health

For answers see page no: 49

Contributed by : Shirisha Reddy

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



'Expanding Beliefs: Become Unconsciously Conscious by Chandra Pulamarasetti

Becoming unconsciously conscious with regular practice of meditation helps us to expand our beliefs and stay in the present moment.



Wisdom healing through spiritual tablets by Dr. Gopala Krishna

Dr. Gopalakrishna shares wisdom on the basic spiritual tablets and how they can be used to heal oneself. Lot of illnesses can be cured and healed with regular practice of meditation



Overcoming our Unconscious Biases by Laurence Guihard Joly

Laurence Guihard-Joly speaks about how everyone has subconscious bias and how everyone can use meditation to handle it. Diversity and inclusiveness are good tools in this journey.



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



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The Mindful Leader's New Habits

As a Leader, What is Your Vision of Progress?



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

Recently, a close friend shared that he was in charge of collecting 3-page write-ups from each of his classmates for the reunion of their prestigious engineering class that had graduated 40 years ago. The topic was:

“How do you see and define progress today for our world?”

He told me it was fascinating to see the significant differences in beliefs, opinions, and perspectives among his former classmates, now all above 62 years old. These people had completed all or most of their careers in senior leadership and influencer positions. They had many life experiences and had been very active contributors to the last 4 decades of unrestrained technology and economic growth.

More than half were still stuck in the dominant model of productivity, profit, competition, and consumer society, ignoring the social and environmental challenges of our times and the changing expectations of the youth. The others acknowledged that a new era, new alternatives, and an inner transformation are needed for the sake of humanity, our planet, and our happiness overall.

It made me wonder “What about me? What about you? How do we see the present and the future? What does ‘progress’ mean for us?”

A vision of progress starts with clarity about ourselves.

Are you being driven by your ego? Or are you able to listen to your true self and learn when to embrace change and progress?

The ego likes certainty and routine. My ego was enjoying the career I was in, the title I had, the workaholic habits I had developed, and the financial security that came with it. I had a family to support; it was perfect for my ego to justify and dictate my behaviours.

But I felt it was not *enough*; something was amiss. At work, after every 3 to 5 years in the same role, I would start to feel bored and contemplate a radical change, out-of-comfort zone roles which translated, in my case, to moving to USA and Singapore on new assignments.

It was like a little voice inside me that kept whispering “time to explore, to grow, to learn, to



change...”. But my ego was responding, “no, no, you are very fine now, stay where you are, you are a successful leader, do not risk your career and lose everything...”.

My analytical mind was finding every reason to convince me to remain in the status quo. These inner conflicts were a source of suffering, delayed actions and potentially missed opportunities.

One of the main benefits I got from meditation was to start recognizing my ego chatter versus my true self - the little voice. Meditation enables us to distinguish our *Being (inner consciousness and presence) from our Doing (in the outer world)* and therefore to become mindful and fearless. This subsequently translates into better clarity of vision, faster decisions and actions, leading us into greater alignment between our Being and Doing, which I would call the *‘Highway to personal progress’*. These can be amplified through practising the manifestation science. This progress can be in any aspect of our lives - health, learning, career, relationships, engagement, spirituality, service etc. It gives our life meaning, in general.

To lead others efficiently toward a common vision and especially toward change, a leader first needs to know himself/herself well. But often people wonder, “What exactly does it mean to know myself?”

The answer will come naturally if you take the time to create stillness and awareness inside you, and free yourself from identifying your Inner Being with your mind along with its emotions, fears, limiting beliefs and unconscious biases. This freedom includes embracing changes and uncertainty as an opportunity to welcome new experiences, for growth and progress.

Through meditation and mindfulness practices, we become truly present and also become aware of this awareness. This is when we can accomplish powerful actions e.g. identifying a new market, managing a crisis or consciously adopting the best leadership style needed for a specific business situation or objective. It could be, for instance, an authoritative style for urgent actions or democratic for collecting the best creative ideas from the group, etc.¹. Meditation not only gives us tremendous energy and empowerment but also helps us understand the alignment between the enterprise/organization’s common goal and our own dream/purpose and accordingly decide what step to take towards coherence.

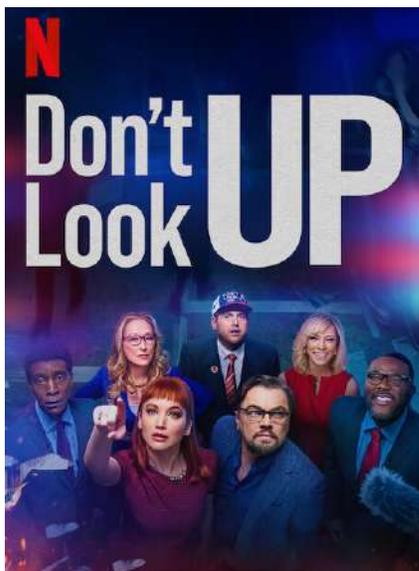
Mindfulness for IBM(ers) and Beyond *The Other Journey*

—
Laurence Guihard Joly
General Manager Cloud Migration – IBM Services
Corp. Sponsor & Lead for Mindfulness@IBM



What about our vision of progress for the world?

Now, how can we influence, lead, innovate and transform if we do not have clarity about the present and a vision of the future for our business, our organization and our teams? How can we today define progress for the society and the planet if we are stuck in the past, in the “we have always been doing things this way” mode, attached to our routine? Or if we are afraid of the new generation’s lifestyle and expectations, if we



do not see the challenges our planet is facing, after the last 40+ years of unbridled economic expansion and excessive consumption culture?

A perfect example of the current general apathy is well described in the movie *Don't look up* a social and political satire that shows how much the older generation decision-makers are still in total denial of the threats and challenges our planet Earth is facing, which technology alone cannot resolve.

(If you have not yet watched the movie, I highly recommend that you do so; the movie was nominated for at least 25 awards!)

I have always been in the Information Technology

industry with its perpetual high-speed innovations, enabling a digital era that radically changed society in many ways. And from my perspective, I felt proud and satisfied that I was always learning something new, about technology and market trends. I considered this was enough to have a decent understanding of the overall world. But I was, in fact, only scratching the surface of the planet’s challenges, without going into the details and the substantive actions I could take.

Only after discovering the meditation practice did I truly open my heart and eyes widely, started to get out of this *bubble* and question everything. I met new people, dived seriously into different cultures, backgrounds and perspectives, attended conferences and read lots of books on science, economics, wisdom and spirituality. I realized that I had been seeing only a small part of the world. I willed myself to let go of past habits and make space for new experiences that would help me participate to create a more sustainable and harmonious world.

My first bold move was to become a vegetarian and advocate it actively, considering my French and US food traditions. Next, I volunteered to teach meditation and mindfulness at work to help open the eyes, hearts, and minds of my fellow leaders. Finally, I felt it was time to change my life, and dedicate my time to launching the Buddha-CEO Quantum Foundation with my friends Chandra and Vani. And I know there is more to come as I connect more deeply with Nature and reconnect with the child within me.

As leaders, we should always question and challenge ourselves about our vision of the world and of progress.

Meditation will naturally guide leaders

When you get clarity about your inner self and have an open mind – thanks to the meditation practice - you will get a new meaning about what progress is for all living beings and the planet.



You will feel whole and this new Oneness with the Universe; you will receive a new vision for your future actions.

As my friend wrote: “Tomorrow’s progress is when all companies, large and small, will no longer only ask themselves how to make more profits but also how they can contribute to meeting the challenges of the planet, identifying which among the 17 Sustainable Development Goals (SDGs) can their impact can be the greatest!”

I urge you to learn about these 17 SDGs set by the United Nations which deal with poverty, hunger, health, education, inequality, responsible business, animals, as well as everything about a sustainable planet (climate, water etc.). We can build a new era when companies no longer aim to ‘be the best in the world’ but to ‘be the best for the world’.

Now, more and more leaders realize that this new era will come from their inner development, from the transformational skills that will facilitate and accelerate the advent of a fair and sustainable world. And in fact, this new era presents a fabulous treasure of new opportunities.

Do your research, practice meditation, engage in actions, and trust that the Universe will naturally guide you towards how you can truly contribute

your best to a meaningful future for everyone and how your dreams, in the end, will align miraculously with ‘service to others’ that can change our world!

References

- 1 “Don’t Look up” – 2021 - from Director Adam McKay.
- 2 Read about Emotional Intelligence and Leadership Styles – Daniel Coleman
- 3 The 17 SDGs from United Nations:
<https://sdgs.un.org/goals#goals>
- 4 Vision of the nonprofit B-Corp / B-Lab network transforming the global economy to benefit all people, communities, and the planet. Visit: <https://www.bcorporation.net/en-us>
- 5 Learn about the Inner Development Goals (IDGs), a non-profit organization researching, and communicating science-based skills and qualities that help us to live purposeful, sustainable, and productive lives. Visit : <https://www.innerdevelopmentgoals.org>





News Around The World

The Inner Development Goals (IDGs) Initiative.

A very promising initiative that is fast emerging is the Inner Development Goals (IDGs), a non-profit and an open-source project. This initiative focuses on research and communication of science-based skills and qualities that help us live purposeful, sustainable, and productive lives. This is rapidly gaining currency in many countries in business and academic circles. Meditation and mindfulness are key foundational practices for this initiative to succeed.

What is IDG?

The Inner Development Goals (IDGs) are a framework of skills and qualities that individuals and organizations need to develop to successfully work with complex societal issues, particularly those identified in these 17 SDGs. The present IDGs framework can be used as a starting point for exploring individual and collective skills and qualities and how organizations and institutions can support the necessary human growth for sustainable development.

The IDGs framework consists of five categories organizing 23 skills and qualities of people's inner growth and development. A team of international researchers has developed this after an extensive outreach consultation worldwide. And many corporations, academics and public organizations have already adopted it. The goal is to mobilize a broader engagement and effort among organizations to increase efforts to develop crucial skills and qualities significantly.

Inner Development Goals framework summary :

Being – Relationship to Self	Thinking – Cognitive Skills	Relating – Caring for Others and the World	Collaborating – Social Skills	Acting – Driving Change	
Inner compass	Critical thinking	Appreciation	Communication skills	Courage	
Integrity and Authenticity	Complexity awareness	Connectedness		Co-creation skills	Creativity
		Humility	Optimism		
Openness and Learning mindset	Perspective skills	Empathy and Compassion	Inclusive mindset and Intercultural competence		Perseverance
Self-awareness	Sense-making			Trust	
	Long-term orientation and visioning				

This open-source initiative is for everyone to use and contribute to. What is interesting is that Buddha-CEO content already addresses all these skills.

Visit : <https://www.innerdevelopmentgoals.org>

Contributed by:

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

Research on Meditation

Impact of Meditation on the Health of an Individual

Meditation has become popular in the West. To truly understand meditation, one has to learn how the human being is viewed by Vedic sciences, i.e. Vedic texts of ancient India.

The human being consists of three aspects with their associated functions:

(a) Physical body

(b) Inner faculty or the working consciousness that changes constantly. The mind that processes sensory perceptions, the *intellect* that analyses, decides and judges, the *ego* that is the doer and experiencer and the *chitta* which is the storehouse of memories and experiences are all in the working consciousness.

(c) *Deep Inner Self* or the non-changing pure consciousness.

This witnesses the activity of the Inner faculty. The deep Inner Self is the source of all knowledge, intelligence, creativity, and all natural laws that govern existence.

According to Vedic science, the deep inner Self activates the inner faculty (viz. working consciousness), which activates the physical body. A feedback

loop is provided by meditation, in which a conscious connection is made with the deep inner Self. This view of the human being correlates with the scientific theory of deoxyribonucleic acid (DNA) in the body.

At the cell level, DNA creates and controls all activities in the body. Information from the DNA proceeds to ribonucleic acid (RNA), then to the amino acids, through which proteins are formed. A feedback loop to the DNA starts a new cycle to provide whatever is needed for the cell's activities. In meditation, the feedback loop to the deep inner Self (the seat of knowledge, like DNA) provides inner peace and bliss.



Research has shown that a program of comprehensive lifestyle changes (including a vegetarian diet and stress management - meditation, and breathing exercises) improved health and modulated gene

expression in prostate cancer patients who were not treated with surgery, radiation, or hormone therapy. The effects of meditation and health education were investigated in a randomized controlled trial of 201 African American men and women with coronary heart disease. After 5 years, there was a 48% risk reduction in deaths, heart attacks and strokes in the meditation group. This 3-month study showed changes in more than 500 genes: 48 genes were up-regulated, and 453 genes were down-regulated. The down-regulated genes included disease-promoting genes related to cancer.

Meditation, as described in the ancient Vedic texts, is an exercise of consciousness without the mind directing the process. In a physical activity, the mind does not direct the muscles; rather, the muscles are strengthened automatically by exercise. Likewise, in this exercise of consciousness - meditation, the results are achieved automatically not by mental manipulation. The meditation process goes beyond the mind to the deepest level of the inner Self.

References: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4895748/>

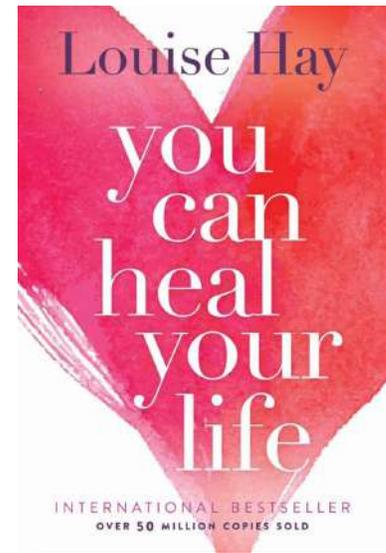
Contributed by : Srinivas Anka Reddy

You can heal your life by Louise Hay

The book **You can heal your life** by Louise Hay is an excellent handbook when you embark on a journey of inner transformation. The author presents a process to identify problems and the steps to bring about improvements in relationships, work, health, etc.

The book has also a reference guide that lists all the major diseases that affect the human body and their associated cause. According to Hay, the associate cause is usually a thought pattern, and she suggests affirmation as an alternate thought pattern to remediate the issue.

An affirmation is anything you say or think. Most of our thoughts and speech are negative; hence, we do not create good experiences for ourselves. We must retrain our thinking, speaking patterns, and associated belief systems if we want to change our lives. An affirmation is a message that you give your subconscious mind that you are taking responsibility. You are now aware that there is something you can do to change. When you start affirmations, you consciously choose words that help eliminate something unwanted from your life or help create something new in your life. Every thought you think and every word you speak is an affirmation. When you repeat these affirmations daily, with feeling/ associated emotion, the subconscious starts to accept the same



The book is a must-read for each spiritual seeker to advance in their transformation journey.

Louise Hay is the author of several spiritual books aimed at helping people discover their full potential for personal growth and self-healing. She is also the founder of Hay House, an enterprise that publishes spiritual books and audio programs.

“ Book club is one of the best platforms where learning and interacting clubbed together became so much fun for me. It is a wonderful opportunity to enrich myself. ”

- Namitha Singh, New Delhi.

Contributed by: Arvind Sampath

Enlightened Humour

Q: Why did the meditation teacher not give change when a student paid for a meditation cushion?

A: Because change has to come from within.

Q: What do mindfulness meditators love the most?

A: Present(s)

Q: What is the name of the best Zen teacher?

A: M.T. Ness

Q: Why do mindfulness students love going to airports?

A: Because they always get a free body scan!

Q: What do you call a Buddhist monk who meditates in the snow?

A: Fro-zen.

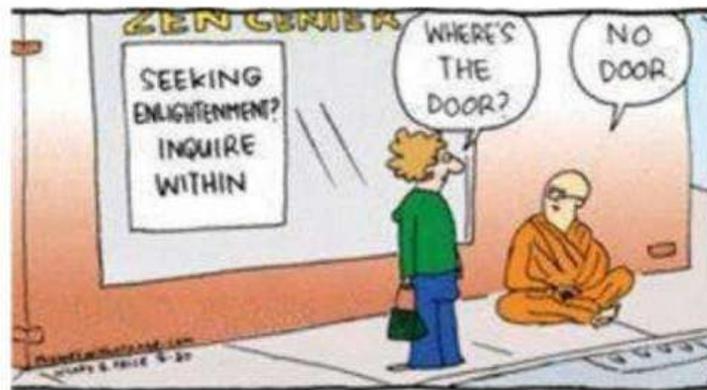
Q: What do Yoga meditation and an apple peeler have in common?

A: They both take you to the core.

Q: What did the advertisement of the meditation teacher searching for new students say?

A: "Inquire within"

The best vitamin to be a happy person is B1. (Oneness)



Source: The internet

Answers for crossword onpage : 39

1. Peace
2. Pranayama
3. Oxytocin
4. Laughter
5. Heal
6. Vegetarianism
7. Stress
8. Sleep

Contributed by
Aarthi Lakshmi Narasimhan

What is your Awareness Quotient?

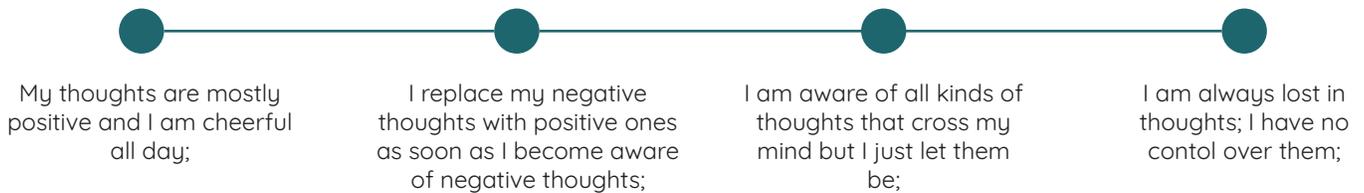
Awareness is like the sun. When it shines on things, they are transformed!

Thich Nhat Hanh

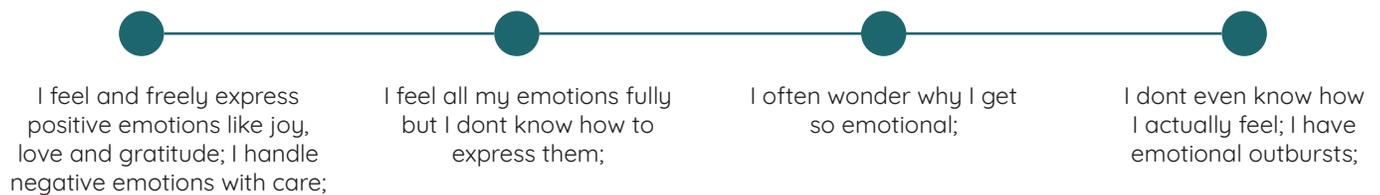
When you meditate regularly, one of the natural consequences (benefits) is you are more aware of your thoughts, feelings and words. Several participants of the Buddha-CEO Quantum Foundation's 40-day program bear testament to this and have experienced improved awareness first-hand. As meditation silences the inner chatter and cleans up the mental clutter, you become more aware of both the outer physical world and the deep and beautiful world within. This self-awareness introduces you to your thoughts, emotions and reaction patterns and helps you to transform positively to lead a fulfilling life.

The potential to become aware of oneself and the world is infinite. Yet we should start with the basics. Take the test below and check where you are in your awareness journey!

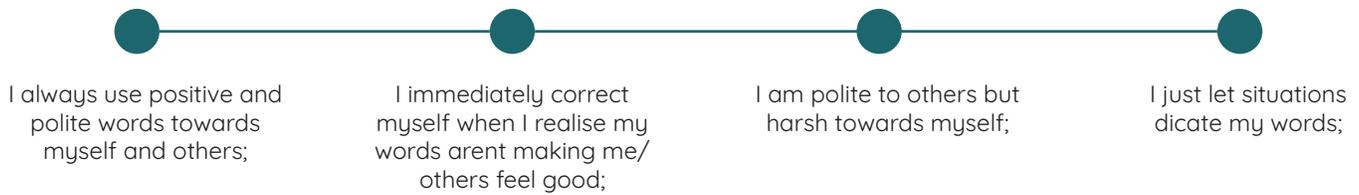
1. Which of the following best describes your thought patterns?



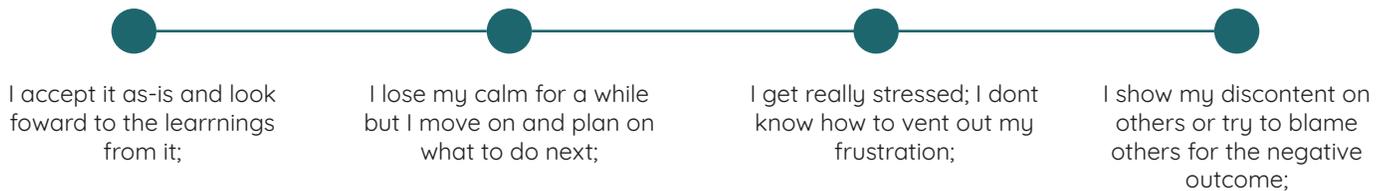
2. Which of the following is true about your emotions?



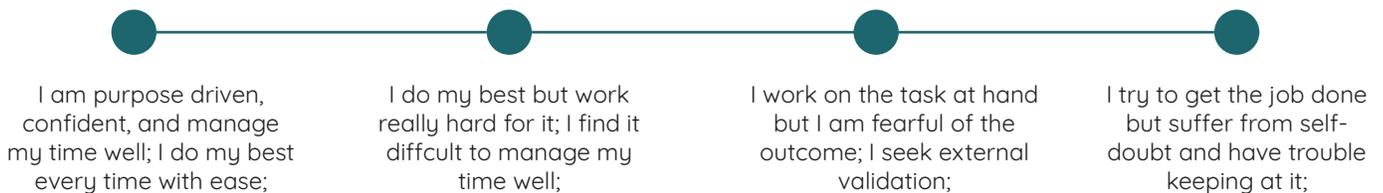
3. How do you describe your choice of words while talking to yourself and others?



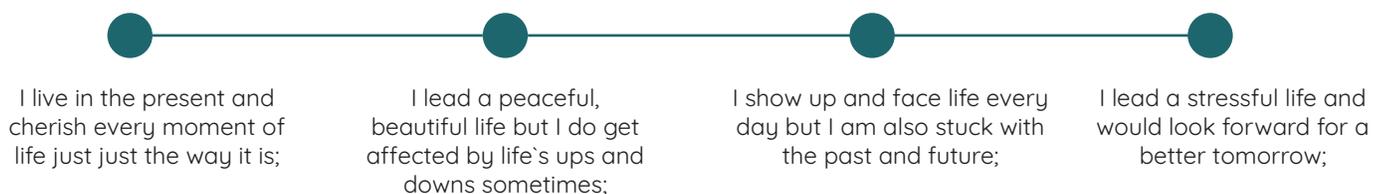
4. How do you react when faced with an unfavourable outcome/situation?



5. How do you describe your ability to take action?



6. How do you think you are leading your life currently?



NOTE: All the above suggestions are only a few instances of how awareness could translate into thoughts, actions and behaviour in everyday life. Awareness could manifest differently in different people. However, it is always associated with heightened sense of emotions or feelings like happiness, gratitude, acceptance, empowerment etc.

Here's how you interpret the results:

1. If all your answers are the first option i.e. 'a' (i.e., 6/6):

Kudos to you. You are very self-aware and it shows in all your minute actions and behaviour. May your growing awareness beautifully transform your life and contribute for a better world.

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

You are pretty much aware of things around you and within. Practice regular meditation and you will gain more awareness of yourself and the world too.

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

There is much scope to expand your consciousness and know more about yourself and the world. Be open minded and willing to seek answers and learn. Give meditation the opportunity to be your best friend, guide and mentor on this awareness journey. Make sure to tune into your breath every day (practice Ana-Apana Sati meditation) and see how you automatically become more aware and start to live more mindfully. You could also consider journaling your thoughts, the things you feel grateful for, and about life in general, to gain better insights and to keep a tab of your growing awareness.

Dear Friends, when we meditate and connect with the supreme consciousness, it is natural to become more aware of everything around us and within.

Be regular with your meditation practice and experience the magic that increased awareness can do in your life and In those of others around you

Created by : Shirisha Reddy

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