

Buddha-CEO

Excellence through Meditation



Your Thinking
Creates Your Destiny

5 Steps to Manifest a
Great Future

Overcome Resistance
and Manifest Your Reality

Design Your Future and
Manifest Your Goals Effortlessly



Buddha-CEO
Quantum Foundation

INSIDE



- 3 Editorial
4 Your Thinking
Creates Your
Destiny
Brahmarshi Patriji



- 15 Meditation
Coach

- 16 Women's Day
Program



- 8 CEO Speaks
Chandra Pulamarasetti
12 Quantum Creation



- 18 Overcome
Resistance &
Manifest Your
Reality
Pari Patri



- 23 Business
Leaders Speak
Sudha Rao,
Mukesh Chauhan

- 28 Know Your
Meditation



30 Design Your Future & Manifest Your Goals Effortlessly

Varun Daga

34 Corporate Employees' Experiences



36 Youth Experiences 40 Content You Can Use



42 Mindful Leader's New Habits

Laurence Guihard-Joly

45 Our Reach



46 Emerging Trends 50 What is Your Manifestation Quotient? 52 Book Club

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

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



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

Award-winning Executive Spiritual Coach and Founder of PSSM Global; recognized as one of the 'Top 20 Global Women of Excellence' in the US for the International Women's Day in 2019; daughter of Brahmarshi Patriji, she is keen to introduce Patriji and PSSM across the continents through PSSM Global.



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Co-Founder of Girik Capital

Varun Daga Founder, Fund Manager at Girik Capital and part of Shreans Daga Foundation.

You are The Architect of Your Destiny

A few months ago, I found myself in my car following a tractor-trailer filled with garden waste. My eyes were drawn towards the bright bougainvillea plants among the waste. A random thought flitted past my mind - what if one of the bougainvillea's thorns were to puncture my car's tyres? I chided myself for being negative but moved on. After I had gone for about a kilometre, someone pointed out that one of my tyres was punctured. I ended up aggravating a traffic jam on a crowded road in Bangalore. This incident left a deep impact on my mind - the slap on my wrist was so swift; the impact of my negative thought was instant.

We have the power to transform our lives using our thoughts. This ancient truth is a paradox as it is both empowering and unnerving. It is *unnerving* for we need to be mindful of what we consume with our senses as our thoughts are influenced by these. It is *empowering* as we need not be limited by our circumstances or situations and craft our future by changing the way we think! You can create problems and you can also create success! Such is the power of your thoughts.

This issue of Buddha-CEO magazine discusses how our thoughts create our reality. It features the experiences of masters who have crafted their destinies. This can be a great motivation for many of us to understand and manifest our goals

through meditation. As you can see, acceptance of unlimited possibilities along with changing our limited beliefs are very critical for manifestation. Most of us go about our everyday life with fixed notions about our capabilities, limitations, relationships et al and view our destiny as fixed. When we repeatedly think the same thoughts, they become our beliefs which then become our reality. The situations and circumstances in which we find ourselves are a result of our thoughts. Many of us understand this from an intellectual standpoint but only when we accept this truth at an emotional level, do we open ourselves to lasting transformation.

Let's forge a better reality for ourselves by becoming aware of what we think and, by dealing with limiting beliefs. This is a great way to manifest the reality that we truly deserve to lead fulfilling lives!

“Your personality creates your personal reality. Your personality is made up of how you act, how you think and how you feel.”

- Dr. Joe Dispenza



Latha Srinivasan, a former software professional who has held senior roles at HCL, Oracle & Wipro and a current edtech entrepreneur, is from Bangalore and has been a regular meditator for a year.

Patriji Speaks

Your Thinking Creates Your Destiny

*Our life is the sum total
of whatever we have
intended and whatever
we are intending.*

Brahmarshi Patriji,
a grand meditation
master and the
founder of Pyramid
Spiritual Societies
Movement, who
is also the main
inspiration and
strength of
Buddha-CEO
Quantum
Foundation,
reinforces about
the concept of the
power of thought in
shaping up our outer
realities.

When you think right, you are a Good Samaritan. We are here to help each other to be Good Samaritans. We are not here to harm each other. We are here to live symbiotically, not parasitically. An enlightened human being is a symbiotic species - we help one another, we want the whole of humanity to become symbiotic. Help the animal kind and in turn, be helped by the animal kind; help the fish kind and in turn, be helped by the fish kind; help the bird kind and in turn, be helped by the bird kind.

Live and Let Live this is the basic principle

There is a tremendous amount of work to be done. We are here to help Mother Earth revive her own energies and her own happiness through teaching *right living*. *Right living* is the key word. At this point in time, we are living wrongly. We do things that should not be done and we skip things that should be done. First, to get into *right thinking*, you have to come out of *wrong thinking*. After that, you have a neutral zone called *no thinking* and from *nothing* emanates the *right thinking*. The transformation from *wrong thinking* to *no thinking* to *right thinking* is called **meditation**. The transformation from *no thinking* to *right thinking* is called **enlightenment**.

Meditation is the basis for enlightenment for anyone, anywhere, anytime and in any situation. And for this, we should move away from *wrong thinking* into *no thinking*.

Think before you think, speak or act

It is wrong to control your thoughts and it is right to control your thoughts. When to control a thought and when to allow a thought as a free expression should be thought of as you think every thought, as you think about every word that you speak and every act that you act. The fact that you are considering creates balance in your body. When you are unmindful of what you are thinking, unmindful of what you are talking,

unmindful of what you are acting then you are out of control. Meditation means actual control.

Why do we follow meditation?

We are always going to be controlled by our own selves. We should to be balanced within ourselves. That's why we do meditation. Before every thought, you *think*; before you open your mouth for every word you speak, you *think*; before you act at every step, you think and act. That is the way to think, act and speak. No *thinking without thinking*, no *speaking* without thinking, no *action* without thinking.

Your thinking creates your destiny

Think less and live more! We are prone to thinking. Your thinking creates your destiny, so think properly. Think quality thoughts because you are creating your destiny through your thinking. You must manage your thinking properly.

As you think, so you become !

There is no negativity or positivity out there. You are either negative or positive and it is your thinking. Your thinking creates your destiny.

As our intent is, so would be the effect of ourselves on the environment. Intent is what we think and conclude in our mind, and the effect is on the environment. Every body's life is solely the result of one's own choice patterns. We create our own particular realities through our own particular intents, and thought patterns.

Gautama Buddha saw 'sorrow' everywhere. Once he came out of the palace, a thought sprang in him, "What is the cause of this misery?" His mind was captured by the thought and then he searched. He went to so many people - all those who were involved in a similar search. He went to many masters and discussed the whole problem. He learnt whatever he could learn from each and every person concerning the quest. He practiced,

and practiced and then he became enlightened.

He came to know about the whole 'Science of Event Formation.' He came to understand about the nature of the power of thought, nature of the power of desire, nature of the power of intent, nature of the law of *cause and effect* and more. He became a Buddha. What he set out to become, he did become. Once he came out of the palace then the new thought pattern began. He thought and contemplated and he became a Buddha.

Be decisive in your thinking

If we don't conclude and decide in our mind, nothing can ever manifest. This is the power of decisive thinking. Do not have any indecisive thinking, no hanky panky thoughts, no haphazard thinking. Never indulge in thoughts that take you one step forward and two steps backwards. Such kinds of thought patterns never lead us anywhere, other than creating tremendous unwanted disturbances in the mind.

If we desire something, we should go wholeheartedly towards it. Decisive thinking alone leads us to become successful human beings. If we are fearful, then our power of thought and intent would become weak, and cannot manifest.

If we take a few earnest moments to control our minds, and give proper shape and direction to our minds, then we would have taken charge of our lives. Meditation is the best way to give direction

to our minds. *Our life is the sum total of whatever we have intended and whatever we are intending.* We rise through the strength of our thoughts and intents, or we fall through the weakness of them. We move ahead through our unwavering decisions, or we lag behind through our wavering decisions.

**Stop unnecessary analysis.
Stop unnecessary thinking**

I listen to everybody but I don't analyse any experience. Follow these three - no analysis of *life experiences*, no analysis of *dream experiences*, no analysis of *meditation experiences*. My concept is 'no analysis' as analysis creates thinking. '*no thinking*' and '*no analysis*' have created a grand destiny for me - our Pyramid Spiritual Societies Movement (PSSM) and what a grand family it has given me! I don't analyse at all and I have created a perfect destiny. '**As you think, so you become!**' - this is the most important statement. Think properly, don't analyse and experience life.

**Experience life,
Experience meditation,
Experience dreams.**

Don't analyse life, don't analyse meditation, don't analyse dreams but experience *experience after experience*.

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

// Yad Bhavam, Tad Bhavati //
As you think, so you become.

// Yā Matih Sā Gatir-bhavet //
As your thinking is, so is your destiny.

Simplicity of Breath-Mindfulness Meditation “Anapanasati”



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

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

It is very simple

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

How to practice it?

Choose a place that is not too distracting or noisy. Sit in a comfortable posture, cross your legs at the ankles and clasp your hands. You can either sit on a chair or on the floor. If you are wearing spectacles, keep them aside and close your eyes. Start to be aware of your normal in-breath and out-breath.

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

There is no forceful inhalation or forceful exhalation. It can be done by people of all faiths, all ages across all socio-economic groups. You can do it while you are traveling to/from work on the bus or metro or at a quiet time at work/school.

Effectiveness is another feature

You won’t need to wait for years before you start to see the effects of this meditation. If practiced regularly and for a reasonable duration (one minute per years of age) this meditation yields its benefits within a few days. Some benefits include experiencing a sense of calmness, more energy throughout the day, and less cravings for food and sleep.

What are you waiting for? Come, join us !

CEO Speaks

5 Steps to Manifest a Great Future



Dear Friends,

We all have dreams. We all aspire to make it big.

Employees want to grow in their careers. Entrepreneurs dream of creating something new. Companies want to grow and impact investors and communities. Governments want to enable citizens with a comfortable and respectful life. Leaders want to make a difference. In all these cases, one thing is common - dreams and goals for a better future. Everyone has aspirations and they want to realize them. This is the constant pursuit of man to experience more in life and seeking happiness.

Spiritually speaking, this aligns perfectly well with the laws of Nature. When we observe Nature, we notice that it grows everywhere. It thrives in any condition. Personal reality is no different, because the underlying principle is that we feel joyful when we experience something new. Repetition diminishes pleasure. Thus, it is perfectly understandable that everyone has dreams and aspirations.

If Nature is the cause of these limitless aspirations and dreams, then Nature too would give us methods to bring these dreams into reality. We just have to understand these methods and explore them. At the top of these methods is '*Yad Bhavam Tad Bhavathi*' principle i.e. '*What you think and feel is what you create*'.

Many leaders have used this principle. They may not know the science behind it, but they know it works and have used it. The law of attraction works. Our focused attention onto anything brings results. Few companies and individuals, particularly entrepreneurs, know that if they focus on fewer things, they would succeed well. This is a core wisdom of the business world.

At the same time, there are many people who are not aware of this principle. Even those who are aware do not have a strong intent, as the Science is not known to them. Hence there is no strong conviction to adopt this principle. Many times, the goals are not met due to lack of clear intent, lack of strong will power and lack of energy.

When we understand this creation principle fully, we have a strong inclination to apply it. We call it '***The Art and Science of Manifestation***'. Meditation greatly aids in understanding and applying it.

When I first started meditation, twenty years ago, I was surprised to hear this empowering statement - '*our thoughts and feelings create our outer reality*'. I just did not want to believe it. Until then, for me, whatever good I experienced was

because of my efforts, and whatever unpleasant I experienced was because of other people around me. After experimenting with my health and with my relationships at work, I realized that manifestation does work. I healed myself of a medical condition of my ears, in just a few months of meditation practice and positive thinking. I started thinking good about my colleagues and managers and I experienced improved relationships at work. Over the next twenty years, I experienced many successes and I attribute a lot of it to the art and science of manifestation. This was true even in the case of our software company that was acquired by IBM in the year 2016. We dreamt of a great outcome for it, and it worked providing great outcomes for everyone who believed in it.

Every employee, every leader and every organization can utilize the manifestation science principles to grow their business and their organization.

Why do most people feel their goals are not manifesting?

Often, our intents are delayed or not manifested due to our limited state of '*inner being*', caused by our limiting thoughts and feelings. Most people start off with a good intention, but they are just not able to control their thoughts. The 'thinking-feeling' loop of the past limiting and/or negative experiences continues to interfere with their present reality and as a result, it acts against their intentions that they begin with. By elevating our thoughts and feelings, we can change the state of our 'inner being' and manifest our intentions.

Quantum Model of Creation

Where our attention goes, there the energy flows! It is fascinating to understand through the development of Quantum Physics that we are 99.999999% energy and only a tiny 0.000001% matter in our body, in our environment and everywhere. Everything is interconnected in this

energy field as waves of possibilities. Quantum Physics corroborates that where our attention goes, there the energy flows and there the manifestation happens.

Our observation (attention) collapses the possibilities into our life as events (experiences). Observation is nothing but our thoughts and feelings. Every thought and feeling is about an experience of life. An experience is always about one or more persons, life forms, places and things in a given time frame. The more courageous, confident and miraculous thoughts and feelings we have, the more pleasurable and enjoyable experiences of life we go through. The more fearful, worrisome and anxious thoughts and feelings we carry, the more tougher life experiences we face.

Our outer experiences are a mere reflection of our state of 'inner being'. Regular practice of meditation helps us to change our state of being, and experience this concept easily and naturally.

Breath-mindfulness meditation is a great tool to achieve miraculous goals in our life - at work, with our health, with our family etc. Having the right goal, dreaming about it regularly with adequate

meditation energy, being open to unlimited possibilities from the Quantum field and dropping all limiting beliefs from the mind are important to realize any goal. Practicing the simple five-step process (as given below) regularly will create abundance of success at work and in everything else in life effortlessly.

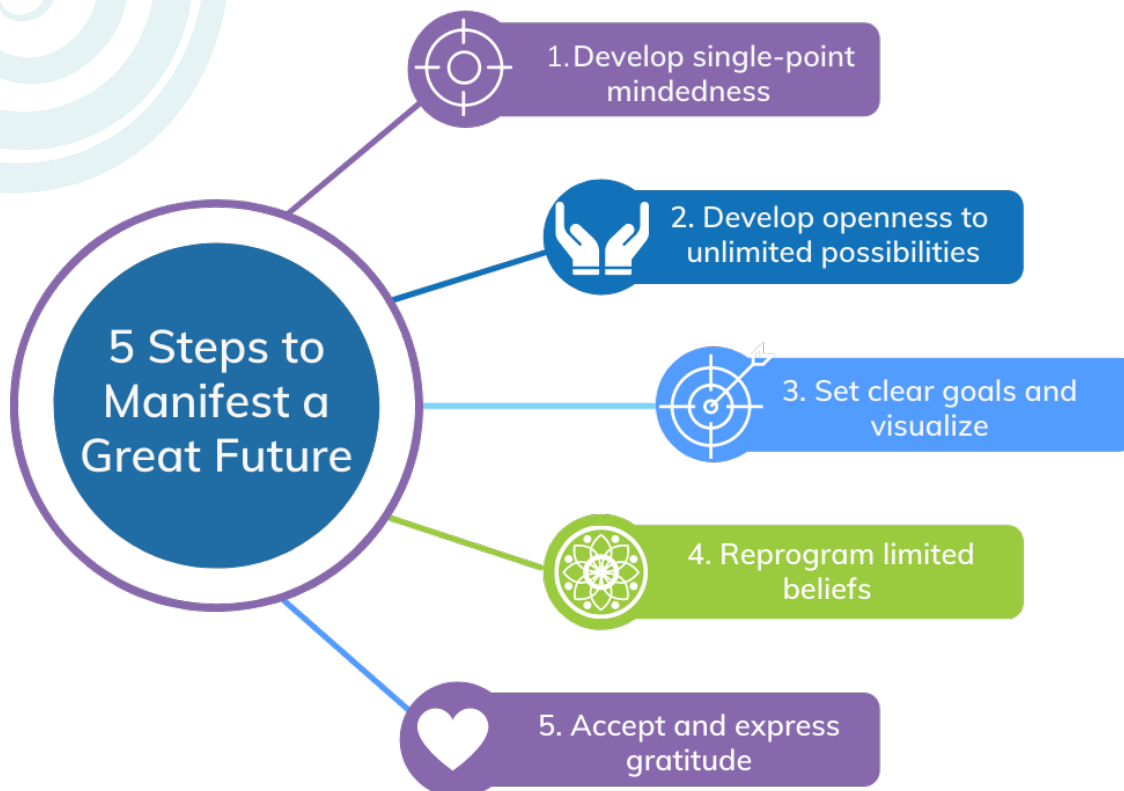
5 Steps to Manifest a Great Future

Step 1: Develop single pointed mindedness with regular meditation

Regularly practice breath-mindfulness meditation to channelize all your energies into the present moment and become single point focused. The more focused you are, the more you are able to focus on whatever you want.

Step 2: Develop openness to unlimited possibilities

Spend as much time in the empty state of mind (with meditation) to be in the quantum energy field i.e. in the state of being with unlimited possibilities. Learn more about the nature of reality by reading the right books. The more you enhance your knowledge, the more you



experience the emptiness, the more open you become to the newer possibilities.

Step 3: Set clear goals and visualize

Set a vision and clear goals for the future which will move you into an 'elevated thoughts' state. Know what is important to you. The more you meditate, the more clarity you will get to decide what is important. At the end of each meditation session, visualize the new future experience. i.e., outcomes and the feelings associated with your vision and goals as if they have already happened in your life. Visualization also brings refinement to the goals and give more focus and energy.

Step 4: Elevate your feelings by reprogramming limiting beliefs

We often form core limiting beliefs based on the past experiences such as "It takes many years to get a promotion", "Big companies do not grow fast", "I don't have time" etc., These beliefs are programmed into our subconscious mind and block us from achieving our goals. Read the

right meditation wisdom books to reprogram the limiting beliefs. Develop and affirm empowering beliefs in your daily visualization.

Step 5: Accept and express gratitude

Accept the current reality with an understanding to learn from it. Our 'present' is the result of our 'past' thoughts and feelings. Meditation gives us the strength and courage to accept it. Express gratitude for all things - both big and small - that you have received. This helps you to stay in a higher emotion state and focus on achievements rather than on failures.

I recommend that you participate in intense workshops along with other meditators to work on your vision boards, define clear goals, examine limiting beliefs, develop empowering beliefs, and set off on a clear path to manifest a great future. Even organizations can benefit by empowering their employees / leadership with the manifestation science and meditation techniques.

I wish you success in manifesting your goals !

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



Quantum Creation

Manifest Your Dreams & Create Great Outcomes For Your Organization

Buddha-CEO Quantum Foundation organizes intense multi-day workshops called 'Quantum Creation' based on meditation, neuroscience and quantum physics principles to enable you to manifest your dreams and create great outcomes for your business or organization.

In the workshop, participants work on their vision boards, define clear goals, examine limiting beliefs, develop empowering beliefs, and set off on a clear path to manifest a great future. This process will help you achieve your goals and scale your business to new heights. Many successful business leaders have applied these techniques in their lives.

The workshop is conducted in 2 formats :

- 2-day intensive physical retreat
- 3-day online workshop

What will you learn?



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

We have infinite potential

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



Our thoughts and feelings create our outer reality

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



Meditation is miraculous

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



What you dwell upon, you become

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



Expansive beliefs create expansive realities

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



Understand the neuroscience and epigenetics

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



Learn the art and science of gratitude and surrender leading to greater happiness in your manifestation process.

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

What will be your key takeaways?

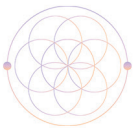
As a participant, you will gain complete clarity on the manifestation method to realize your goals and set off on a clear path of creation for yourself and your business. You will be

Empower yourself to become a new YOU !

Achieve your dreams !

Scale your organization and projects to new heights !

Written by : Rakesh Jalumane



jointly present

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Organizations can greatly benefit by empowering their employees / leadership with the manifestation science and meditation techniques. Write to us at corporate@buddhaceo.org to know more or for scheduling a training at your organization.

Quantum Creation Workshops



Feb 2022
@ Dubai



Mar 2022
@ PVI,
Bengaluru,
India



Spread the Joy of Meditation. Discover Yourself as a Coach !

Are you convinced that meditation can impact the world positively?

Have you experienced the joy of meditation and manifestation?

Are you committed to help others?

Are you willing to be a change agent in someone else's life?

If you have said 'yes' to any of the above questions, then you can easily be a meditation coach. Everyone who practices meditation regularly is a meditation coach, if they believe. Here is a wonderful opportunity to discover yourself as a meditation coach and receive certification from Buddha-CEO Quantum Foundation. The meditation coach program by Buddha-CEO Quantum Foundation is for meditation practitioners to become coaches.



The coach certification is a 4-step process:

Step 1: Complete any one of the 40-day meditation programs from Buddha-CEO. This is a transformational experience.

Step 2: Enrol in the Buddha-CEO Udemy course to learn the concepts of meditation.

Step 3: Attend the live 3-hour/week coaching sessions for 8-12 weeks. Practice and perfect your coaching with a fellow cohort-member.

Step 4: The final step is to conduct an hour-long coaching session with any audience of your choice, record it and share it for insightful feedback.

The above ensures that you are very confident to coach others on the science of meditation.

Here's some feedback from people who have enrolled in the program:

"It is a wonderful experience to enrol in this Buddha-CEO meditation coach program. I get to create awareness, give information about meditation and motivate others to take up meditation as a daily practice."

- Rajendra Savanur

"Meditation gave me happiness from inside irrespective of everything around me, which was a new experience. I want to spread that happiness to people around me. This is why I joined the meditation coach program. The assessments and quizzes help to get clarity about the topics."

- Geetha R Nair



Become a meditation coach.
Write to us at help@buddhaceo.org.

Compiled by : Veena Arvind

Special Report

A Round-up of *Infinity* - The International Women's Day Program Feb 27 - Mar 8, 2022

Learn... Embrace...Celebrate was the theme of the 11-day program organized by Buddha-CEO to celebrate the infinite potential of women on the occasion of the International Women's Day. The program was an inter-generational event where women of all ages across the globe connected, conversed and contributed without judgment. The finale on March 8, 2022 was jointly organized with PSSM Global.

The various topics brought open discussions on the challenges that women face in their professional and personal lives. The program aimed to educate women to use mindfulness and meditation to deal with every day challenges and live a life

to realize their true potential. Women leaders and masters shared their wisdom on the various aspects that impact women, reminisced events where mindfulness practices helped them and answered questions from participants. The 20-min meditation sessions every day enabled many to experience the benefits of meditation first-hand.

The common thread among all the experiences-sharing was that meditation enables women to express themselves well, find courage to speak up for themselves against biases and ask for what they feel is their due. Practising self-love, ability to maintain equanimity in the face of adversity, respond rather than react, rely on their intuition

for decision making and utilize their inner strength to overcome difficult situations are critical for women to achieve their true potential.

The discussions centred around topics that were very relevant to women:

- Art of asking
- Become fearless
- Creating time for yourself
- Managing good health and high energy
- Being emotionally intelligent
- Miracles of mindfulness
- Crossing limiting beliefs
- Women leadership
- Law of manifestation
- Growth mindset
- Courage and freedom as tools

Infinity programme aimed to leave participants inspired with a to-do list of individual actions that will help them become advocates of real WOMANHOOD.



of self-expression

- Oneness that unites
- Empowerment from within

Here are some veritable quotes from the speakers:

Power of asking questions

When you do not ask, the answer is already 'no'. Asking for help is very critical to do well in personal and professional lives. Asking questions without fear helps to clear confusions and mitigates risk in professional situations. Questioning in a powerful manner is a sign of emotional intelligence and this can be learnt.

Practising self-love

Find time for yourself. Only when you are happy and fulfilled, can you take care of others!

Health

Meditation helps people alter their perception of pain, reduced anxiety and mood disturbances and improves the quality of life.

Practising inclusivity

Train and sensitize managers (both men and women) to appreciate the unique strengths that women bring to their teams.

Self-expression

Meditation allows you to express yourself better. Treat yourself with love and respect.

Appreciate yourself. There is no need to sacrifice your needs for anyone else. You need to take responsibility for yourself.

Mindfulness

When we practice mindfulness, we become more efficient in what we do at that moment.

Dealing with unconscious bias

Join a network to support women, talk about unconscious biases with respect to gender-based prejudices not just with women but also men.

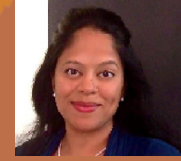
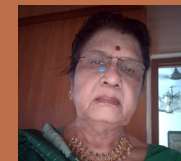
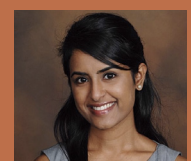
Courage and freedom

Organizations that want more diversity among their employees need to ensure that the culture and the environment helps women to succeed. Also, when women confront a difficult or an unpleasant situation, they need to speak up - this may not help in the immediate scenario but it may help reduce / prevent such situations for others.

The program also helped to highlight that women can contribute positively in promoting meditation among the people and every affirmative action has an impact in the overall goal of true women empowerment.

The journey has begun well!

Compiled by : Lakshmi. K, Latha Srinivasan

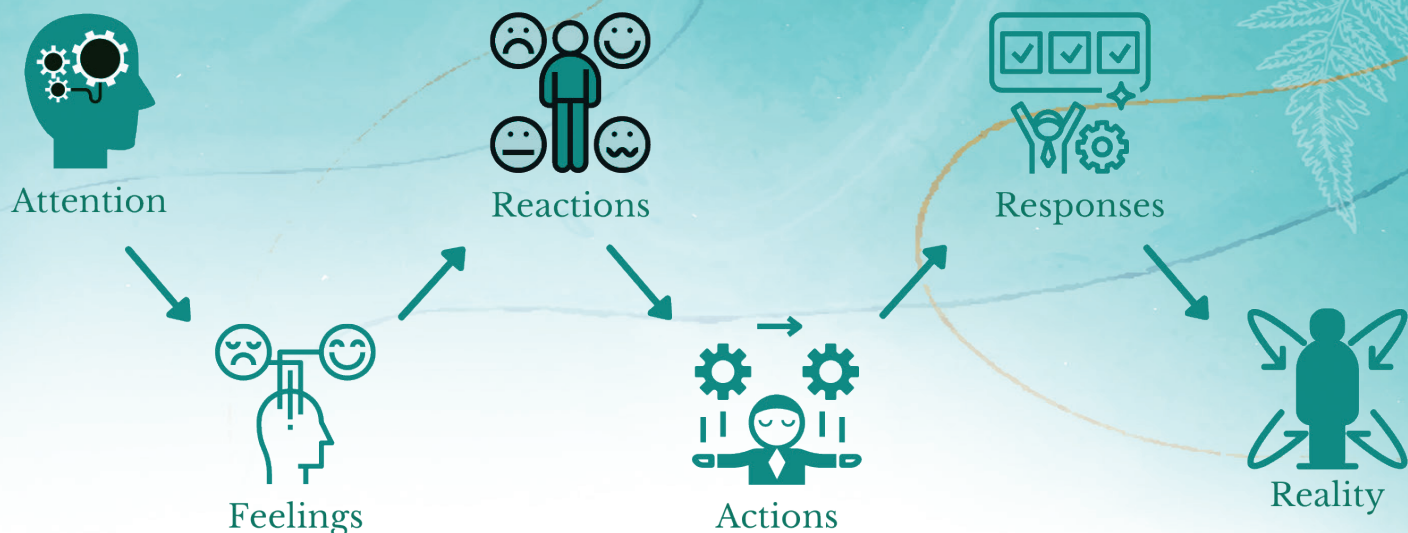


Overcome Resistance And Manifest Your Reality !

Pari Patri, an Award-Winning Executive Spiritual Coach and Founder of PSSM Global shares her experience of how she was able to 'come home to herself' after trying to 'fit in' by realizing the truths that she had learned and experienced as a child, growing up in India as Brahmarshi Patriji's daughter.

Pari is an Award-winning Executive Spiritual Coach and Founder of PSSM Global. Recognized as one of the 'Top 20 Global Women of Excellence' in the US for the International Women's Day in 2019. Daughter of Brahmarshi Patriji, she is keen to introduce Patriji and Pyramid Spiritual Societies Movement [PSSM] across the continents through PSSM Global.





I grew up in a spiritual family in one of the world's greatest spiritual places, India. In India, we believe in the power of energy. I was born into a household that not only believed in energy, but also practiced harnessing its potential to manifest reality.

Even as a young child, when I wanted something, I would visualize the energetic result and instinctively send that energy out into the world. Without fail, the energy I put forth came back to me one-hundred- fold! I didn't have to use positive affirmations; I lived surrounded by quotes that my father would hang on the walls. They were everywhere in our house! I was connected to the truth that each of us has the inborn potential to be the master of our own life.

You Are What You Think

Most of us have forgotten the simple truth of life - **You are what you think**. Just like how eating healthy food helps us live a healthy life, the quality of our thoughts is manifested in the nature of our reality.

Ancient spiritual thinking says that **our life energy rides our thoughts** like a rider on a horse. Our thoughts give direction to this energy. We might understand this by the following flow:

Where you place your attention influences how you feel. How you feel influences how you react and act in the world. How you act defines who you are, and how others respond to you. Thus, where you place your attention creates the reality you experience in your life.

Abandoning Intuition

Fast forward several years to my arrival in the US, and everything was different. The excitement of adventure and newness quickly faded as I began to feel that I did not fit in. In the US, reality did not seem to match the belief system I had grown up with.

In my experience, I was the creator of my own contentment, peace and joy. I talked about things like meditation and energy. When I would tell others how I had always manifested what I wanted, even my closest friends could not understand. I felt ridiculed and out of place, but I desperately wanted to be part of this world. And so, I shut down.

I found myself in an environment where getting what you wanted seemed to require

an outward focus. In the search for happiness, my peers were working harder, longer and more stressful hours. They were accumulating material goods and filling their social calendars, grasping at fleeting joys. They were escaping night after night with another glass of wine. I mistakenly thought that is what I should do too. In an effort to fit in, I completely disconnected from my 'old self' and my previous world. It worked - at first!

False Hope

My excitement in adopting this new way of thinking and living carried with it a certain energy. My frequency matched my reality. Everything was still fresh and new and I finally felt I was fitting in. I had lit a fire that led me to a high-paying new job, I had friends, I met my future husband, and eventually we got married. But then things began to change.

It started with migraines and terrible stress headaches. I ignored them and kept pushing on. After all, my new belief system said the solution was to spend more time with friends, work harder at the office, and ignore my internal world. Things only got worse.

I got assigned to a high-profile project - a dream opportunity to advance my career. Instead, I found myself surrounded by toxic people; I was spending

longer hours in the office, and foregoing self-care. My soul was screaming for help, but I just wasn't listening.

What went wrong?

Feeling afraid or out of place is a normal human emotion. But when we invest energy in those thoughts, things begin to go wrong. By consistently engaging in self-doubt, we begin to feel powerless. Our body reacts to these feelings and we no longer stand tall and we project less confidence. How does the world see us then? We realize others have little faith in us, and the cycle repeats again - our thoughts of self-doubt are now confirmed.

The truth is, all my experiences began with a THOUGHT. The

thought that I would never fit in - one that never deserved my attention in the first place.

Returning to Truth

The principle or the law of life is that whatever is in your mind is expressed in your reality. And my mind was full of fear. Afraid I wouldn't fit in, I had let fear guide each of my decisions. I felt I had to tolerate being overworked, doing things I didn't like and spending time with difficult people. All this negative energy was building within and manifesting as stress, toxicity, infertility and unhappiness. But just as I had known as a child, my own thoughts and beliefs were influencing my situation!

And just as a gardener can't grow roses from a dandelion



seed, I had been planting the wrong seeds by placing my attention on negative thoughts.

No wonder I had been struggling at my job and at home! I had disconnected from my intuition, my personal truth. But it had been there all along. And now, I was reaping the consequences of having ignored it for so long.

The solution was to shift my gaze inward again, to the truth inside my heart. I reconnected to my true self as I recalled the belief system I had learned at my first home in India.

Coming Home

I knew something had to change, and it was not easy. But I took a good hard look *within*. I realized the common denominator in all that seemed to be going wrong in my life was ME. Defeated, I sat back in contemplation. And in a moment of quiet and stillness, my mistake became crystal clear. I had gotten everything backwards!

Real Change Begins Within

It is not our job or our social circle, or our life situation that needs to change. It is our inner landscape, and our thought process. What needs to change are the long-held beliefs we have about ourselves. And it is not so easy to shift our belief systems. But we can start to



move energy in a positive direction by paying greater attention to our thoughts.

Repetition is what wires the brain. For how long have we repeated the limiting thoughts that have held us back?

To rewire the brain, we must practice a new repetition.

Remember, thoughts lead to feelings that leads to actions and reactions which leads to behavior. If we think the same thoughts, we will repeat the same habits, and hence experience the same outcomes. To change outcomes, all we need to do is change our thoughts. This is what

neuroscientists refer to as neuroplasticity -

**where the attention goes,
energy flows -
creating a new reality.**

Now, we cannot change overnight, but we *can* change. And it begins within.

The first step is to realize- you are not your thoughts. You are the thinker. As the thinker, you have a choice of where to place your attention.

To do this, begin by developing mindfulness. Notice the connection between thoughts, emotions and bodily sensations. Then, become more aware of

which thoughts deserve your attention.

As we develop the capacity to think about what we're thinking - a process called metacognition - we're better equipped to direct our attention to thoughts that are most beneficial for us, and the reality we deserve.

Lessons Learned

No matter how spiritual you are, how many workshops or courses you have taken, the magical places you've traveled to, or the story of your past, if in the present moment, you do not believe in your own power,

you will allow yourself to be influenced by the limiting views of others.

Through this process I learned 2 important things.

You must always remain connected to your source - in each and every moment.

Your beliefs create your reality. The life you are living now is the result of your thoughts.

Having finally uncovered the limiting belief systems that were holding me back, (my own self-doubting thoughts!) I decided I would NEVER AGAIN give

away my power. By remaining connected to the present, I remain connected to my heart's truth.

For me, the truth was that I would be a mother, I would reconnect to my roots, and I would share with anyone who wants to learn, how to manifest our reality - just by using our own thoughts.

*Pari Patri
Founder, PSSM Global.*



Business Leaders Speak



Sudha Rao
Co-owner, Panache Building Materials
Dubai, UAE

I have been a resident of Dubai, UAE for the past 20 years. During a challenging phase in my life, I was introduced to meditation through Siddha Samadhi Yoga [SSY] workshops which helped me immensely. However, I was not very consistent in practicing meditation as I did not understand the importance of regular practice.

During the pandemic-induced lockdown, I was introduced to Anapanasati meditation by Buddha-CEO Quantum Foundation and my meditation journey intensified. If I were to compare myself before and after the regular practice of meditation, I can confidently say that it has transformed me into a much better version of myself.

My daily practice of meditation has completely transformed my life in all realms - physical, mental, and spiritual. I have become calmer and more composed than before, as I have learned how to deal with my anger. I have also started to accept things as they come. Now I enjoy simple things like watching a movie, eating scrumptious food or attending a business meeting. I am

present in the moment and self-aware.

As a family, we have started practicing the art of manifestation. We do this by putting up vision boards, setting goals, regular meditation, and visualization. Just like how we need to be specific about what we would like to eat when we go to a restaurant, we need to be specific with our goals which we put out to the universe. We have tried this as a family and we have manifested our car, our pet, our house, and many more events.

In 2021, I attended the intensive meditation sessions - "Amruth" conducted by the Buddha-CEO Quantum Foundation. During these sessions, I started to connect with my inner self and found myself in a completely blissful state. The experiences were astounding and mystical as I traveled to different dimensions, saw glimpses of Lord Shiva, a peace symbol, a smiling Buddha, and many more. The best part was connecting with the masters - Yogananda Paramahansa and Mahavatar Babaji who now guide me in my everyday life. Initially, I felt that these were mere illusions or I was hallucinating. I was quite overwhelmed, but I trusted the process even





though it was difficult. Later everything started to make sense.

Long meditation sessions (Akhandā Dhyana) have helped me connect with my inner self. I have learned that pure consciousness is the key to spiritual growth; being unconditional is essential, whether loving, helping, or sharing. Our power lies in the art of letting go and being unaffected by our surroundings. These are some of the key insights from the interactions I have had with Mahavatar Babaji and Yogananda Babaji. I am grateful and blessed to be guided by masters from a different dimension.

Regular meditation is the simplest and the most powerful tool that people can use to transform their lives. I am very grateful for the opportunity to volunteer as a facilitator for some of the programs conducted by the Buddha-CEO Quantum Foundation which has helped me grow as an individual. My deepest gratitude to Chandra sir and the Buddha-CEO team, who have wholeheartedly dedicated themselves towards the mission of spreading the simple tool of breath-mindfulness meditation to millions of people in the world, under the able guidance of Brahmarshi Patriji.

“ I trusted the process even though it was difficult. Later everything started to make sense. ”



Business Leaders Speak



Mukesh Chauhan
Associate Vice President @
a global IT organization

I am an IT professional with 25+ years of IT experience, heading the IT infrastructure services for my organization in Canada. Though I did not have any specific challenges, I felt the need to control my mental chatter and to understand the basics of spirituality and meditation. I tried a few approaches through YouTube videos and other sources but did not experience any difference.

In July 2020, one of my colleagues introduced me to the Buddha-CEO Quantum Foundation meditation program. My objective was to try something different that would help me in my everyday life. The timing was perfect as we all were dealing with the worst phase of the pandemic in 2020. Besides, it helped me to connect socially as there were no face-to-face interactions with friends or colleagues. Also, I had my commute time to spare as I was working from home.

I experienced a high level of energy throughout the day after my morning meditation sessions. I had a number of experiences of being in 'zero-state' when I had no awareness of myself (body) and time. As I continued the meditation practice through the repeated six-week programs, I started experiencing a tingling sensation with energy waves, primarily in the forehead area and around my eyes. After a few months of practice, the intense energy waves started appearing within a

few seconds of sitting in the meditation posture and closing my eyes.

As a result of my meditation practice, I can say my awareness of my thoughts has greatly improved. I am able to stop the negative thoughts and replace them with positive ones. I have become more positive in all my transactions at work. I am very aware of what to think / not to think as well as what to do / not to do. My intuition is very strong now - I have a prior feeling of the outcome of the customer discussions and this has helped to identify the right options and proposals to put forward to customers for a favourable outcome. Some of the business transactions included changes to contractual terms, business performance measurement matrices, and other agreements. I have become more empathetic and this has helped gain customers' trust. My creativity has improved multi-fold. I have become more cognizant of the language aspects in both spoken and written communication and I can visualize more details and interpret messages better than others. A strong discipline and desire to learn new things to transform my thinking keeps me going.

Regular participation in the six-week meditation programs, all weekend programs, participation in full-moon longer meditation sessions and reading the recommended spiritual books helped me reshape my thinking. Repeated messaging to myself helped me transform my thinking and perspective of life. I have also shared my experiences with other fellow practitioners in the sharing sessions. Listening to the great masters - Patriji, Dr. Newton, Shreans Daga, Laurence, Chandra and others have left a permanent impression on me.

My key takeaways are to have an open mind to accept and try new things in life. Have faith in the meditation process, do not analyse experiences and just enjoy the journey. Read books to improve your knowledge and remain open to newer ideologies to progress further on this path of self-realization.

Deep Gratitude to all Volunteers

"Service unto others is Service unto Ourselves"

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

Thank You. Thank You. Thank You !





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Chandra Pulamarasetti
Founder, Buddha-CEO Quantum Foundation



Brahmarshi Pitamaha Patriji
Founder, Pyramid Spiritual Societies Movement



Entry
Free

“ *Meditation should be
practiced daily for thirty to
forty five minutes at least!* ”

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Basic Principles of Meditation - Part 2

As we embark on our journey of meditation, we need to embrace a few tenets so that the practice of meditation becomes effortless. Here is the **second** article of a multi-part series about the basics of meditation.

In the last issue, the first five tenets for beginners were shared (i) be present (ii) be gentle with yourself (iii) avoid comparing experiences (iv) accept your experience and (v) trust the process. Here are some more principles to keep in mind when you sit for your meditation session.

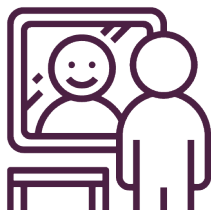
Principle 6: Be regular



Be regular in your practice of meditation. When you take breaks in your meditation practice, the intensity of your effort goes down. Just like how athletes have to work harder to rebuild their muscles post a break, you too have to work harder to rebuild your spiritual muscle up to the previous level.

Be consistent with your meditation practice.

Principle 7: Practice self-forgiveness



When you are unable to practice meditation at the usual time due to any exigency, do not be harsh on yourself or feel guilty that you have let yourself down. The fact that you are aware of the need for regular practice is important. Explore if you can get quiet time during the day to do your sadhana.

Forgive yourself for the occasional slip-up.

Principle 8: Seek the company of other meditators



Seek the company of other meditators to firm up your practice. Whenever you start a new habit, choosing the right company is key to remain committed and stay focused.

Stay committed to your meditation practice. Meditate together with fellow meditators as much as possible, to motivate you and keep you in the fold.

Principle 9: Share your experience



As a beginner meditator, you may often wonder if you are in a trance or sleeping or meditating. You may get disappointed if you do not see auras

or visions. Share your experience(s) with fellow meditators to get support in your inner journey.

When you share, you get more clarity, confirmation and confidence that you are on the right path.

Principle 10: Read books to get knowledge



Whether you are a beginner or a seasoned meditator, reading books on meditation will help you in your journey. Books will deepen your understanding of the practice. If reading is hard

for you, you can choose the audio version of the books or join book clubs that discuss such books.

Ask your fellow meditators for book recommendations. This would ensure that you are more likely to choose a book that fits your interest level and your stage in meditation.

Regular practice of meditation boosts productivity and creativity, increases self-awareness and imagination apart from a host of other physical and emotional health benefits. The critical aspect to remember is to be regular in your practice.

“By the practice of meditation, you will find that you are carrying within your heart a portable paradise.”

Paramahansa Yogananda

Written by: Latha Srinivasan



A portrait of Varun Daga, a man with dark hair and a beard, wearing a white polo shirt, smiling. The background features a light blue hexagonal pattern with dots at the vertices.

Design Your Future and Manifest Your Goals Effortlessly

Varun Daga

Co-Founder & Fund Manager
Girik Capital

Varun Daga, who started his spiritual journey as a young child, is the co-founder of Girik Capital - a portfolio management company that manages more than INR 1,000 crores+ (INR 10 billion+) in assets, with phenomenal growth.

Born in a small town called Betul in the state of Madhya Pradesh, India, I lived an idyllic life as a child. I loved my life, my friends and my family and I thought I was the luckiest person in the world. When I was 8, my father passed away all of a sudden. I was too young to comprehend the magnitude of the loss. One thing I knew was that it was my responsibility to take care of my mother. I had no idea how I got the strength to still be in a state of joy in spite of such a big blow. Deep inside I knew that I was being guided by a higher power and everything will fall in place.

I was 11 years old when I came to Mumbai (then called Bombay). Life in Bombay was nothing like Betul, it was difficult initially and I just wanted to go back home to Betul. One day I saw a man with a long beard, maybe in his fifties, in the living room of our house.

In our culture, when we see elders at home, we touch their feet and take their blessings. So, I went and touched his feet; to my surprise, he responded, not by blessing me but instead by touching my feet in return. I was shocked at first, but then I realized he did that with everybody. That person was Patri sir (Brahmarshi Subhash Patri). That evening, he played the flute and all of us meditated. That was the first time I ever meditated; it was the beginning of my spiritual journey.

My brother Shreans Daga invited many spiritual masters to live with us. My favourite of them all was Dr Newton Kondaveti and Dr Lakshmi Kondaveti. I used to assist them while they conducted past life regression therapies. I would chat with them for many hours. Once before

my exam, Dr Newton Kondaveti told me that I would be able to see my question paper in my meditation; I had total faith in him and sat down for my meditation. And do you know what? The next day in my exam, the same questions that I saw in my meditation appeared. I realized I had some psychic ability, I started to guess numbers in people's minds and open mobile phone locks by guessing their passwords.



I would meditate every day with my brother Shreans. At nights and on weekends, he would read spiritual books to us and explain what they meant. He would utter beautiful quotes about life and spirituality that shaped my inner being. Frankly, I owe it all to him for guiding me so early in life and putting me on this path of knowing myself. He had this unbelievable knack for motivating people and he made sure that meditation became an integral part of my life. And that is the biggest gift he has given me.

Ever since childhood, numbers and mathematics have fascinated me. What better avenue than the stock market to prove my skill? When I was 17, a friend introduced me to the stock market. I borrowed INR 60,000 from my mother, invested and suffered a loss of INR 30,000. Bitten by the investment bug, I realized that knowledge was money. I read many books on investing and trading.

While I was reading and dabbling in stocks since I was 17, my full-time professional career started in 2006 once I finished college. I was 21 then. I knew I had the rigour and the will to succeed. I lived



Byrne. It was exactly what I needed at that point in my life. The documentary talked about the law of attraction and how our thoughts become things. There was no looking back for me after that. I made my vision board and my meditation sessions were powerful and focused. The visualization of my manifestations became so real that I was literally living in the future designed by me for myself. My single mission was to make a lot of money, so I put out my vision board on the wall opposite my bed. My vision read in big bold letters, "I have made a profit of INR 1 Crore as of 31st march 2007". And exactly on that day, I made a profit of INR 1 crore. It was so empowering especially as I started with nothing to make that sort of profit. The next goal was to make INR 2 crore in the next six months; that too happened. It was like a dream.

many lives in the books and learned from many legendary investors and traders. And I created a system and rule book of my own. I promised myself to be disciplined and never to break the rules I set for myself.

In the same year, I saw a most amazing documentary called 'The Secret' by Rhonda

2009 was a defining moment in my life. I was able to achieve two milestones that year. First, I married the love of my life. It took a little longer to manifest that goal but nevertheless, it happened when the time was right. Second, I met my business partner and we started Girik Capital, our investment management company. Girik Capital manages over INR 1000 crore (INR 10+ billion) in assets under management and is one of the best performing portfolio management companies in India.

Lessons For Your Manifestation journey

**# 1: Practice gratitude
and acceptance!**

**#2 : Do not let your mind
limit your creation!**

#3: Be in the *state of flow*!

I would like to share a few lessons that I have learnt in my journey. First, gratitude and acceptance are the foundation for any manifestation. Achieving anything becomes effortless when you are in a state of gratitude and acceptance. Be grateful for what you have and accept your current state of being. Second, do not limit your creation by your mind, the universe has a bigger plan for you. All you have to do is to stay on the path of your vision. Leave the *when*, *why* and *how* much to the universe. Going into too much of specifics is meddling with the universal plan. Third and the most important lesson is to achieve what I call 'the state of flow'. Once you are in this state of flow, manifestation is a natural process. Your vision becomes so alive in your mind and in your heart that the internal state is already experiencing the joy of the manifestation - just like Gandhiji's vision of a free India. Gandhiji was definitely, I would say, in 'the state of flow'.

It has been 15 years since my first manifestation but I am still as grateful for it today as I was then. When things work out, I am grateful; when they do not, I am even more grateful because it gives me opportunities to realise them. While it is important to visualise and plan where you want to reach, it is even more important to be grateful for what you have achieved and where you have come from. I do not know what life holds for me in the future but I know that I am ready to embrace and accept anything that comes my way because I know that I have created my own reality.

Varun Daga
Co-Founder of Girik Capital



“The 15-mins mindfulness sessions that I started at my workplace have benefitted my colleagues across the various continents immensely and many are joining in.”

Mr Rathinavel is an IT Professional and a volunteer with Buddha-CEO Quantum foundation.



I work for a very large IT services organization. My work involves supporting a healthcare sciences customer, enabling critical decision support systems through the effective application of business intelligence and data solutions. Due to the pandemic and work from home (WFH) situation, my colleagues face a lot of challenges at work with increased stress due to project timelines, pressure from the top management to meet the commitments without compromising the quality of the deliverables. Meditation helps me to stay calm, understand the challenges faced by the team members and the management by practising empathy, and staying focused during difficult meetings at work.

I am alert throughout the day, mindful of my thoughts and feelings and able to deal with tough situations. Meditation has helped me to develop self-expression and increased my self-confidence. I was able to communicate the team's concerns to the management, who have acknowledged the team's efforts through awards.

To help my colleagues cope with work-related challenges, I started a daily 15-min mindfulness session with my team that has now extended to all the associates in my organization. I am really happy to see that we have participants across continents joining these sessions regularly.

Being a book club facilitator at Buddha-CEO is a joyful experience. I recently read the book 'The miracles of mindfulness' by Thich Nhat Hahn which helped me to deepen the practice of mindfulness at work, choosing to respond rather than react to critical feedback.

Meditation has also made me more creative - recently, I have been able to reduce the backlog of work by using a creative approach that has helped us deliver in a shorter timeframe. When faced with errors or lapses in my colleagues' work that triggers emotions like anger or mistrust, I have been able to handle these tough situations and establish trust at the workplace.



Employees' Experiences

“Consistency, not perfection, is the key to reaping the benefits of meditation”

Ms Sheetal Pawar is a teacher of meditation, a Board member of PSSM USA, and a volunteer with Buddha-CEO Quantum foundation.



I began my spiritual journey in 2010 when our family moved from Saint Louis, MO to Atlanta GA in the US. My friend Anila became my first guide in my spiritual journey and introduced me to Anapanasati meditation. Although it was difficult to gather my thoughts in the beginning, with practice, I began to notice benefits, such as greater control over what I do, a happier frame of mind, and increased focus when doing other tasks.

While going deeper into my own spiritual journey, I was introduced to Patriji and the PSSM movement. I learned about the 40-day meditation challenge, reading books, and ‘sajjana sangatya’ and benefited immensely. This was the next major progress in my spiritual journey.

I had chronic back pain and frequent migraines for a major part of my adulthood. This held me back from performing at my potential both physically and mentally. After completing the 40-day meditation program, both my back pain and migraine disappeared without a trace. Not only did I miraculously heal my physical pain but my thoughts and emotions were far more aligned. I felt a strong sense of self-love and confidence in myself. Meditating for 40 days continuously taught me that focusing on meditating perfectly was not the goal, it was meditating consistently that enabled the healing and granted me the ability to meditate at a higher level.

The benefits that I experienced with meditation with respect to my mood, relationships, and life made me more curious about meditation and I got deeply involved with the process. I started to teach meditation so that others too can experience the wonders of meditation. I now know my intuition rarely fails me and I am able to think clearly in stressful and critical situations. My imagination and creativity have increased significantly and I am able to express myself with no self-imposed boundaries. My increased patience, tolerance and compassion to all life forms have made me more empathetic and overall, I have a more positive outlook about life.



Youth



SOWBARANIKA.G,
2nd year B.E. CSE,
Park College of Engineering and
Technology, Coimbatore.



Life was good until the pandemic. Being home for over a year, my mind began to overthink. I developed an irrational/unnecessary fear and an obsessive tendency about my hair turning white. To my horror, my hair did turn white. Besides this, I also developed a heightened sense of disgust when I saw certain insects, fungus or dirty places. My mental suffering was unexplainable.

My mother took me to an Ayurvedic doctor Dr. Thangarathi. She recommended that I meditate and gave me information about Buddha-CEO programs. I attended the 21-day youth program in August 2021 with an open mind and no expectations.

In the beginning, I couldn't focus on my breath as all my fears, obsessions, and negative thoughts crowded my mind. I struggled for more than a month but I did not give up. Then I noticed that I had stopped overthinking and my sense of disgust on seeing insects, fungus, and dirty places also

vanished. I started visualisation and manifestation with the hope of getting my hair colour back. When it did, I was amazed. Also, I realized that the severe pain in my left knee too disappeared along with my irrational fear. I consider this transformation as my rebirth.

My learning has been quite profound. I learned to believe in the Universe and myself and to be consistent in whatever I do. Things happen only when you believe in yourself. I am very grateful to my doctor and the Buddha-CEO team for their support in my transformation journey.



Experiences



Naman Pant
Partner - AP & Associates
President - PYMA International

Raised in a brahmin family, I was a vegetarian like my forefathers and had the habit of doing 'pooja' every day. My spiritual journey started right from my childhood. My parents taught me by example the importance of service.

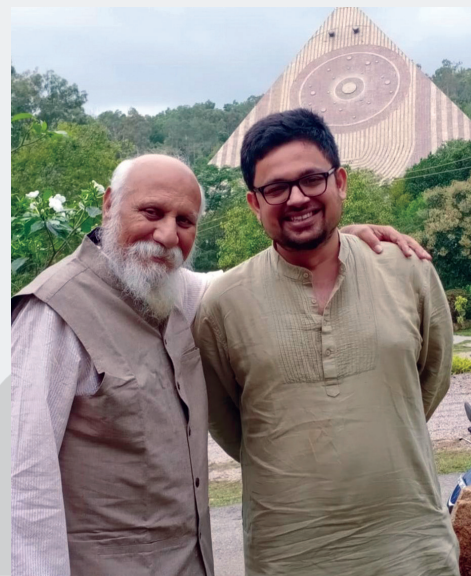
Even during the initial days of my college, a lot of these childhood habits continued. But as time progressed, my personality changed due to peer pressure. I started consuming non-vegetarian food and it had a snowball effect on all the other aspects of my life. I became lazy, angry, was filled with fear-based emotions including jealousy, competitiveness, and developed many health issues.

On October 16, 2016, I was introduced to Anapanasati Meditation by one of my friends at PHD Chamber of Commerce, New Delhi where I met Brahmarshi Pitamaha Patriji for the first time. Little did I know then that my life will change completely! Even though I was living the seemingly

perfect life on the outside, the master saw through me. He triggered a huge shift in my thought process by making me question my entire lifestyle - what was I putting into my body? How was I spending time and what were my choices?

Professionally, I was assisted by the best business leaders to guide me to become a better entrepreneur. But when I met Patriji, I realized that subconsciously I was seeking the right direction in my life to fulfil my purpose of being born. And the journey of unlearning and discovering began!

It started with re-adopting a vegetarian diet, dropping the usage of all allopathic medicines, and regularizing my practice of meditation. The journey has been a long one, one day at a time, discovering what to do and what not to do!



In a lighter vein

IT IS THE LITTLE THINGS THAT MAKE A BIG DIFFERENCE

Once upon a time, a man was walking along a beach after a big storm had passed by. He found the beach littered with starfish as far as the eye could see, in both the directions.

As he continued his walk, he noticed a small boy approaching. As he walked, the boy paused ever so often to bend down to pick up a starfish and throw it into the sea. Approaching the boy, the man asked, “Young man, what are you doing?”

The young boy paused, looked up and replied, “Throwing the starfish into the ocean. The storm has washed them up onto the beach and they can’t return to the sea by themselves. When the sun gets high, they will die, unless I throw them

back into the water.”

The man replied, “But there must be tens of thousands of starfish on this beach. I am afraid you won’t really be able to make much of a difference.”

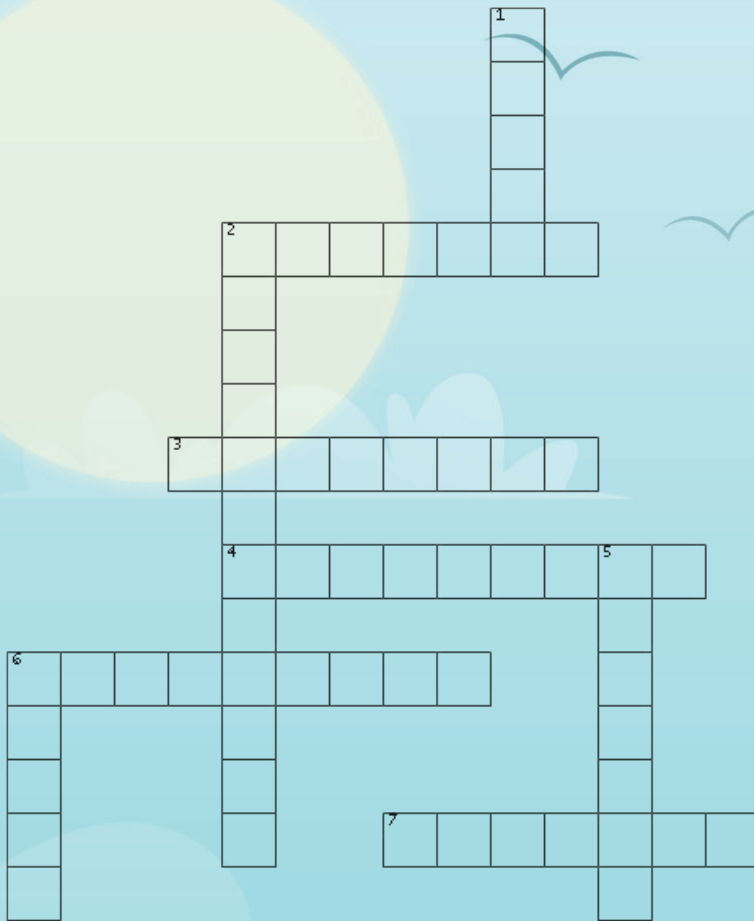
The boy bent down, picked up yet another starfish and threw it as far as he could into the ocean. Then he turned, smiled and said, “It made a difference to that one.”

What difference are we making? Big or small, it does not matter. If everyone made a small difference, we’d end up with a big difference, wouldn’t we?

Contributed by:
Anusha Paladugu



Crossword



Down

1. food for the soul, aids in deeper meditation
2. The part of brain that is the store house of skills, root beliefs and memories
5. Energy in motion
6. The brain waves ranging from 40 MHz to 100MHz

Across

2. The simple act of helping others unconditionally
3. Fight or Flight hormone/ stress hormone (either one)
4. The act of letting the Universe do its magic and accepting what comes our way
6. Expressed at the end of every meditation session
7. billions in number, information messengers of the brain

For answers see page no: 49

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



The Art of Joyous Living by Chandra Pulamarasetti

Learn the Art of Joyous Living using the powerful technique of Mindfulness Meditation by Master Chandra. Mindfulness meditation helps us to understand that life is to celebrate and we start living life joyfully and consciously.



Healing your Inner Child by Rajashekhar Potluri

Master Rajashekhar talks about how with meditation one can bring out our inner child and heal ourselves. Our illnesses and mental states are based on our experiences many of them that happened in our childhood. Our Subconscious mind gets tuned into that inner child state.



Animal Kingdom by Parinitha Patri

Parinitha Patri talks about how meditation gives us that awareness to deal with the animal kingdom and nature. We become more aware and conscious of our environment with regular meditation. We love our environment the way we love ourselves.



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6:30PM - 7:45PM IST (India) /
9AM - 9:45AM EST (USA)



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udemy



Introduction to
breath mindfulness
meditation for
beginners



Meditation for
radiant health
and energy



Meditation for
manifestation
science



Meditation for
emotional intelligence
and relationships



Meditation for
Personal Resilience &
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The Mindful Leader's New Habits



Become a Caring Leader !



“Take care of your employees, and they’ll take care of your business. It’s as simple as that. Healthy and engaged employees are your top competitive advantage,” says Richard Branson, founder of the Virgin Group who is a meditator and compassionate entrepreneur.

Business schools and universities do not teach ‘care’ and ‘compassion’ as key leadership attributes. At best, they belong to the human resources ‘wellbeing department’. Early in my career, a manager told me bluntly that ‘kindness is weakness’ and it would inexorably lead me to failure. Agree a few well-known CEOs have pioneered the concept that the payoff for leading with humanity and care is high, but it is still extremely rare to hear business leaders and managers even utter the word ‘compassion’ at work.

At the workplace, care and compassion are powerful emotions that drive engagement, enthusiasm among teams, and performance across the organization. They nurture a sense of belonging among people, an inherent desire to form interpersonal connections, and an irreducible need to feel loved and wanted.

Many research studies have shown that employees who are appreciated, valued, and cared for, are more productive and loyal. Rasmus Hougaard, author of the book 'Compassionate Leadership: 'How to Do Hard Things in a Human Way' shares his research findings of working with 2000 global leaders across 15 industries - 'when leaders do hard things in a human way, employee job satisfaction increases by 86%, job performance increases by 20%, and burnout decreases by 64%.'

The current context of the global pandemic, war, conflicts, and economic volatility add so much stress and uncertainty to everyone's life; meditation and mindfulness help us transform ourselves and adopt the habits of an authentic, caring, and compassionate leader.

Practice empathy and presence



Care requires empathy i.e. to put ourselves in others' shoes and try to understand what they are going through. It may be hard as there is no way of experiencing everything that they have undergone in their lives – but we should try our best to understand the challenges that others are facing.

Practicing empathy and care requires being present with what is happening right now versus being distracted. When we are truly present in the moment, we give people our full attention. Mindfulness helps us to remain self-aware of our emotions, our unconscious biases or limiting beliefs; it enables us to be fully present with others and incorporate compassion into our interactions. Think of it as a bell that reminds us that the person in front deserves our attention, interest, and respect. And this will allow us to identify the best decisions, words, or actions needed for the present situation.

Be authentic and accept vulnerability



Our words, our tone, our look and smile, our body language - everything communicates to our colleagues whether we are authentic and genuinely

present for them. We do what we do because we are genuinely interested in our colleagues, not because it looks good to do it. It comes from the heart! It means that we are true to our personality, goals, and values regardless of external pressures. We are ready to accept the consequences of our actions even if that is perceived as unconventional in fear-based organization culture.

When we authentically care, we will be able to deliver difficult messages to people most kindly and directly. We are being simple, transparent, and clear, while remaining open to others' perspectives, demonstrating care for their well-being, and understanding their emotions that may come from uncertainty.

Thanks to meditation, we acquire this fearless wisdom that reconciles us with our vulnerability and our willingness to accept the emotional risk that comes from being open. In most business cultures around the world, vulnerability is associated with weakness. However, research has proven that leaders who show their vulnerability create the strongest bonds and trust with their teams. True vulnerability is a sign of strength, openness, and courage. This is when we know how to apologize to someone when we make a mistake or hurt them; this is when we accept to forgive no matter what; this is when we admit we do not know what to do; this is also when we accept that we, ourselves, need help or care.

When we are mindful of our emotions when we feel vulnerable - by being curious and non-judgemental, we increase self-trust and develop

our emotional intelligence to benefit others at home and work.

Believe in and encourage friendship at work



In the workplace, many people place boundaries - consciously or subconsciously - to either maintain their privacy or a healthy professional relationship.

They believe that becoming too close with their colleagues leads to less constructive feedback, less productive work, or cannot survive a competitive culture. Well, if that is your fear, it is time to reconsider! As a leader, you should encourage friendship among co-workers as an additional way of caring and improving overall job satisfaction and engagement at work.

Building trusted friendships in the workplace stimulates our energy, increases our feeling of belonging and of being valued, and creates more opportunities for collaboration and communication. In such an environment, it is easier to share opinions, offer help and work together. When pressure, stress, deadlines, and challenges strike, co-workers who are friends are more willing to offer their assistance and reassurance. They also provide space for humour, laughter, and imagination. This compassionate and friendly culture will naturally enable diversity and inclusiveness initiatives to blossom within the organization.

Caring leaders encourage friendship and create opportunities for stronger relationships to be developed in the workplace. We can start by knowing our co-workers better - their hobbies, their passions, their family situations, remembering their birthdays and the names of

their children. Caring leaders create informal situations and events for people to bond, e.g. an (online) coffee party, out-of-office fun or charity days, team building programs, and of course, group meditation.

Encourage people to grow



Caring leaders are always on the lookout for opportunities to help people grow, by suggesting to their teams - new skills, new projects, new responsibilities, etc. It is important to remember that when we truly care, we see

positive strengths in people that they don't see in themselves. And when a caring manager sees and says the truth about someone who is capable, it encourages them to grow into that potential, and to dare to jump into an out-of-comfort zone job role. Mentoring and coaching are then an obvious means to care and serve others, to provide the essential positivity needed by anyone facing the inevitable doubts, mistakes, and bumps of a personal growth journey.

Finally, caring leaders find a way to introduce meditation and mindfulness practices to benefit their team, co-workers, managers, and the entire organization!

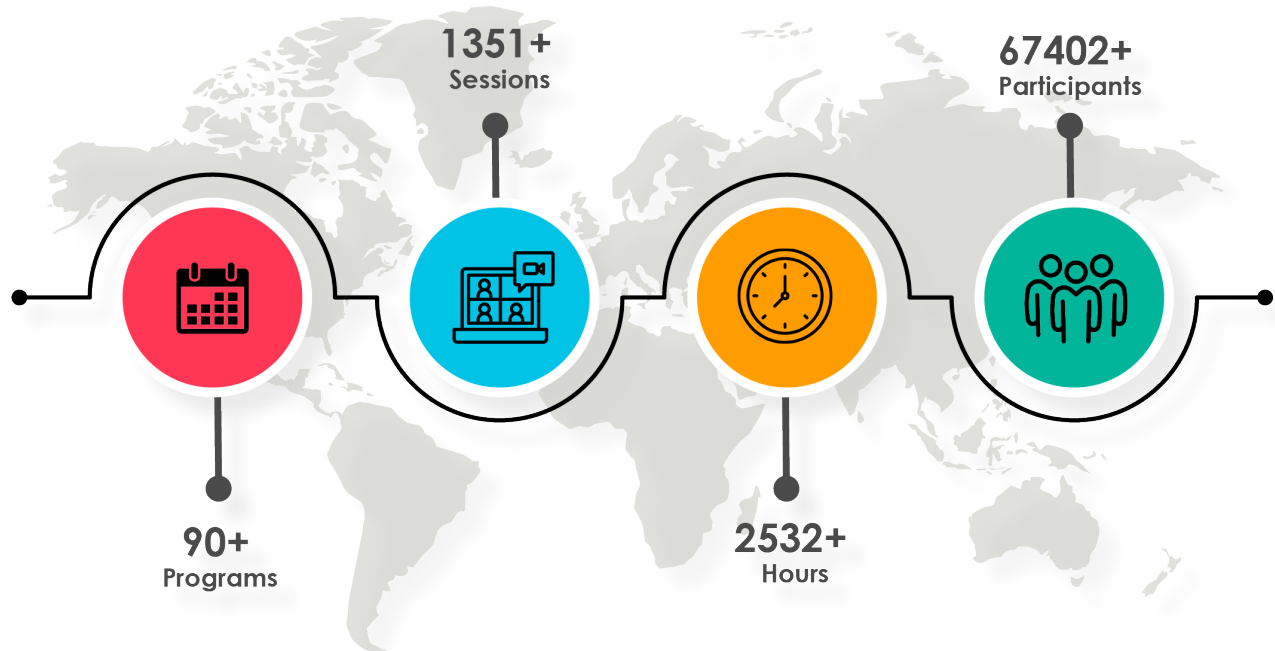
As Richard Branson says, "integrating mindfulness into our everyday lives is just as important as eating well and exercising regularly!"

Laurence Guihard Joly

Co-Founder, Buddha-CEO Quantum Foundation

Our Impact

Buddha-CEO Quantum Foundation, which started in Aug 2020, has touched the lives of thousands of people around the globe since its inception. As of March 2022, we are glad to share our reach as given below:



| | Beginners Programs | |
|--|----------------------------|--------|
| | 6 Week Program For Leaders | 24214+ |
| | 3 Week Program for Youth | 17715+ |

| | Nurturing Communities | |
|--|---|------|
| | 3 Week Mindfulness Program for Corporates | 800+ |
| | Book Clubs | 100+ |

| | Advanced Programs | |
|--|----------------------------|-------|
| | Intense Meditation Program | 6000+ |
| | Physical Retreats | 80+ |
| | Advanced Concept Programs | 300+ |

| | Awareness | |
|--|--------------------------------------|--------------------|
| | Students & Professionals | 2500+ |
| | Short Introductory Programs | 1000+ |
| | Social Media Content - Million Views | 1.2+ Million Views |

Few organizations that have benefitted from our programs

Cognizant

alight





Emerging Trends in Meditation



Corporations that practice diversity and inclusiveness flourish in a global world

Many organizations around the world celebrate **March 8th - International Women's Day** with various initiatives to bring awareness and connectedness to the workplace. This leads to longer-term changes and fosters a deeper transformation toward a more diverse and inclusive culture.

About 2022

Every year has a theme. The 2022 international campaign — **#BreaktheBias** — intends to highlight the individual and collective biases against women

that fuel gender inequality. To generate change, we need to celebrate women's success and raise awareness against gender bias. Whether deliberate or unconscious, biases make it difficult for women to move ahead. A typical example is when a woman negotiates and self-advocates for higher pay, biases present a socially difficult situation. This bias "*a woman should not ask for herself and not discuss money...*" results in women not negotiating salary, while performing the same job as their male co-workers.

A good time to bring meditation and mindfulness into the workplace

International Women's Day is a great opportunity to launch new programs in the workplace, especially those that will benefit the corporate culture in the long run. What better offering can there be other than a meditation/mindfulness workshop and starting a regular practice at work? When we meditate, we realize the profoundness of the message that '*we create our personal reality*'. This becomes even more profound when it comes to the '**#BreaktheBias**'.

How does meditation help in breaking the bias?

- First, at an individual level, meditation and mindfulness practices enable women to go beyond their fears, reprogram their limiting beliefs, restore their sense of value and the courage to speak up or ask for help, and to take ownership of their dreams and happiness.

- Second, these two practices allow men and women to respect and understand each other at an elevated level, to connect spiritually, and to unite to transform the work environment – and the world toward a more welcoming and peaceful place.

- Third, meditation and mindfulness facilitate powerful dialogues about personal and societal challenges. Research shows meditation enables a new consciousness about our connectedness, which helps people to build more care and compassion at the workplace, to understand diversity and promote inclusiveness initiatives, so that everyone in the organization is heard, respected, enabled to learn and grow, and to contribute fully.

Only then can we aspire for a level-playing field for our women!

Contributed by
Laurence Guihard Joly

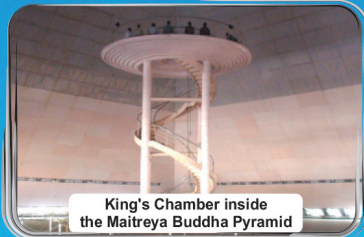


PYRAMID VALLEY INTERNATIONAL

Place For Inner Transformation



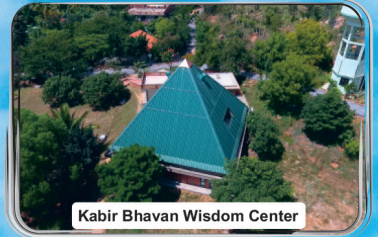
Tapasthali Energy Spot



King's Chamber inside the Maitreya Buddha Pyramid



Book Space



Kabir Bhavan Wisdom Center



Nitya Annadana Seva



Sacred Labyrinth in Zen Garden



AYA Accommodation



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Aerial View of Maitreya Buddha Pyramid

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Research on Meditation

Meditation and Mindfulness Practice Enhance Positive Outlook About Life

In today's world, all of us have plenty of distractions, considerable pressure and stress to perform well in both personal and professional lives. This may cause us to lose direction leading to mental challenges, depression etc. Having a positive outlook allows us to manifest goals and create success for ourselves and for our organizations. Meditation and mindfulness is a great tool to help bring clarity and a positive outlook. Here are a few scientific studies that support this concept by providing insights into this.

In a reference conducted by Department of Psychology, Northumbria University, UK, on how *mindfulness programmes can be used as a potential avenue of enhancing pupil wellbeing*, researchers studied the impact of meditation and mindfulness training on school children over a 6 week period. The study concluded that higher levels of mindfulness, as a result of mindfulness training,

may be related to effective emotional regulation and cognitive reappraisal strategies. Cognitive reappraisal, instead of suppression, is known to lead people to interpret stressful situations in a more optimistic light and hence, they tend to express more positive affect and less negative affect.

Another study conducted by researchers from University of North Carolina School of Medicine and University of West Virginia on *how mindfulness training promotes positive emotions* showed that meditation and mindfulness would reduce thoughts that emphasize negativity but not those that emphasize positivity. This research involved two studies – one that examined the tendency to ruminate on positive or negative affect and another which examined the effect of positively or negatively weighted thoughts in response to affective stimuli, through a randomized controlled experiment using visual stimuli. In both the correlational and experimental studies, the results indicated that *mindfulness reduces thoughts that emphasize negativity, while positive emotions are not affected*.

In a different study which included researchers from University of Pittsburg and

Carnegie Mellon University on the subject '*Does mindfulness attenuate thoughts emphasizing negativity, but not positivity?*', it was also found that meditation and mindfulness reduced negative thoughts. In addition, this study provided experimental evidence to highlight that acceptance training is a key component of meditation and mindfulness interventions for increasing positive affect in daily life. Together, the studies emphasize the importance of learning to accept present-moment experiences for enhancing happiness, and suggest that mindfulness interventions may be tailored toward boosting positive emotions and their associated benefits.

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<https://bmcp psychology.biomedcentral.com/articles/10.1186/s40359-020-00428-y#Sec26>

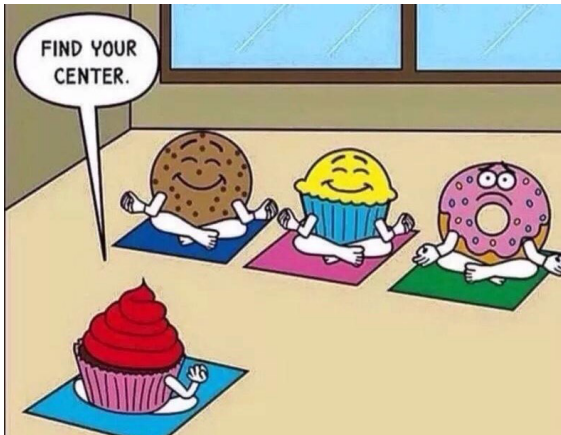
3<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6296247/>

2<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4178287/>

Compiled by : Rakesh Jalumane

Enlightened Humour

"If you think you are too small to make a difference, try sleeping with a mosquito"
- The Dalai Lama



To earn the trust of your meditation, you have to visit it everyday. It's like having a puppy!

Chelsea Richer

Buddhist compliment

Zen Master: I have never met anyone so thoughtless in my life. Keep up the good work.

Zen Disciple: Thank you, master.

Answers for crossword onpage : 39

Down

1. Music 2. Subconscious 5. Emotion 6. Gamma

Across

1. Service 2. Cortisol 3. Surrender
6. Gratitude 7. Neurons

Q: Why did the meditation teacher give no change when a student paid for a meditation cushion?

A: Because change has to come from within.

Q: Meditation student asked his teacher, "Am I allowed to send you email?"

A: "Yes," replied the teacher, "But no attachments please."

Q: How is a meditating monk and a fiber-optic cable similar?

A: Total internal reflection

For his 70th birthday, one of his students gave the zen master a big box with a ribbon around it.

When the master opened the box, he found that there was nothing inside.

"Aha," he exclaimed, "just what I wanted!"



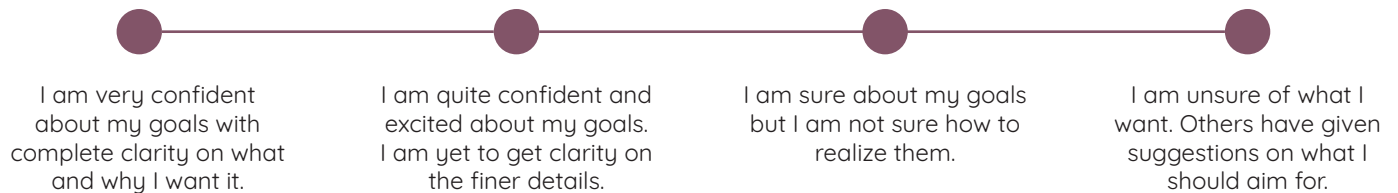
What Is Your Manifestation Quotient?

One of the great aspects of being a meditator is finetuning your ability to create your own reality. The various programs from Buddha-CEO Quantum Foundation talk about the simple yet powerful techniques of manifestation. These tools and techniques can help you to achieve your goals - be it material, emotional, professional or spiritual. As creators of our own reality, we can manifest anything we strongly desire. This knowledge empowers us to achieve success as professionals, business leaders, entrepreneurs et al. Let's manifest enthusiastically and create a beautiful world for ourselves and others.

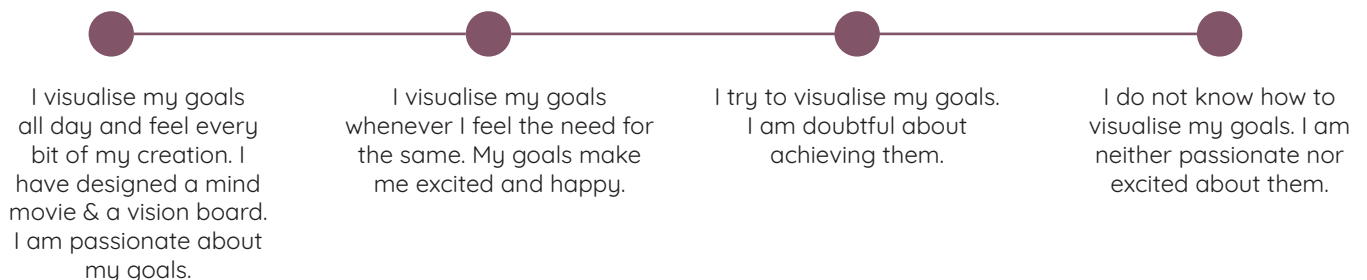
Are you manifesting your dreams? How close are you to realizing your goals?

Take this self-reflective test and find out for yourself.

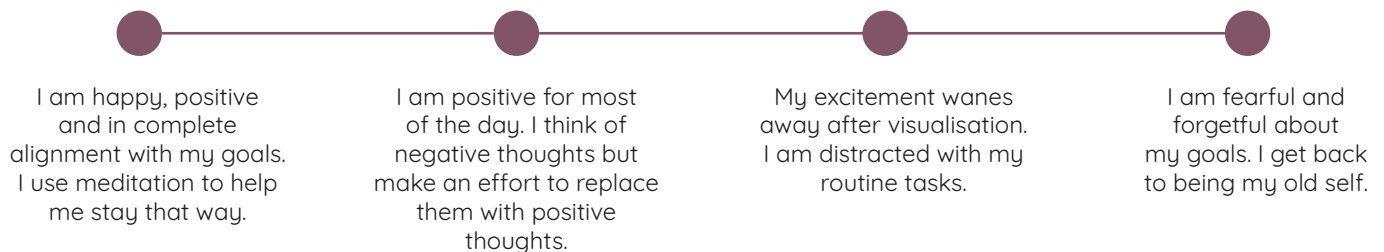
1. How confident are you about the goals you have set out to manifest?



2. Do you visualise your goals?



3. What is your state of *being* for the rest of the day after visualisation?



4. Do you feel there are limitations to achieving your goals?

Absolutely not; I believe in the Quantum field and the science of manifestation to realise my goals.

Yes, I am aware of some limiting beliefs within myself. I practise positive affirmations to reprogram my subconscious mind.

Yes, I have many limiting beliefs but I know that with effort, I will be able to overcome my limiting beliefs.

Yes, there are so many limiting beliefs for me to achieve my goals. I am scared.

5. How do you feel about the result of your manifestation process?

I feel as if my goals have manifested already. I express gratitude to the Universe for the same.

I can see the synchronicities around my goals. I have surrendered my goals to the Universe.

I believe I will manifest my goals but I would like to know how quickly I will realise my goals.

I want my goals to be manifested quickly but I have my doubts if the process will really work.

Here's how you interpret the results:

1. If all your answers are the first option i.e. 'a' (i.e., 5/5):

Congratulations, you are a super manifestor ! Continue your practice and be ready to realize your dreams with great joy.

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

Great, you are very close to manifesting your goal but you need minor changes to your approach. Use the quotient above as a mirror to know at which stage you need to make changes. Let meditation, visualisation and affirmations be your guide and you will see your dreams turn into reality very soon.

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

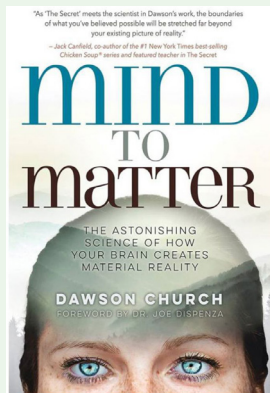
Good to know that you are excited to manifest your goals but trust the 5-step manifestation process and implement it fully to experience the results with ease and confidence. Do use the above questions to guide you on where to make course correction. You should meditate more frequently and re-visit the 5-step process and gain clarity on your goals. Be focused and surrender your goals to the Quantum Field of Infinite Possibilities. Channelize you energy and let the Universe do its magic !

Dear Friends, when we meditate regularly and visualize our dreams, we are sure to manifest our dreams sooner or later. Follow the 5-step manifestation process that Buddha-CEO Quantum Foundation actively advocates and enjoy the joy of co-creating with the Universe. Remember ! What can be conceived in the mind can be held in the hand ! May your dreams become a reality and do not forget to thank the Universe in advance !

Book Club

In this issue, the book club has a different format from the earlier issues. Here, we feature the wisdom from different masters for the concept *'thoughts create reality'*.

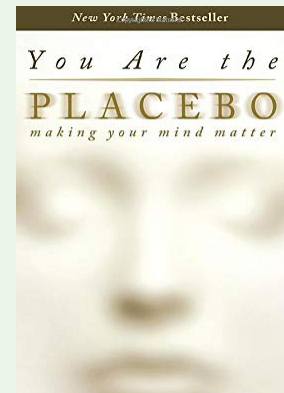
At the outset, the concept *'thoughts create reality'* can be better understood through the lens of spiritual science, epigenetics and quantum physics. The books discussed here will help you in your understanding of this concept; when you do so, you will change the way you think about your future and that will lead you towards a more fulfilling life.



Dawson Church, in his book *'Mind to matter'* explains that we are neither hardwired to be in a certain way for the rest of our lives nor bound by our genes. Our heads are full of limiting beliefs about ourselves. These beliefs arise from early childhood experiences. They shape our entire lives; unless we challenge them, we can spend our lives living the lies we were told as children. The key is to realize that each of us have numerous abilities, powers, and insights. We must challenge every limiting belief so that we can reach far ahead of our potential. When we do this, we begin to reclaim parts of ourselves that we had disowned because of the disapproval of parents, teachers, partners, and friends. We succeed sometimes,

other times we fail, but either way we grow. We start to discover the boundaries of who we really are instead of the boundaries others have set for us.

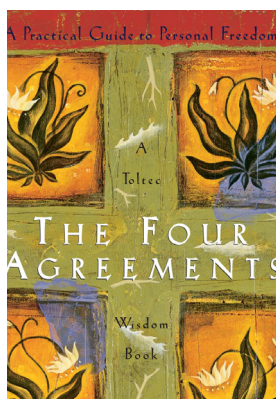
We have this magnificent mind, capable of creating wealth, happiness, health, and well-being in our own lives and the lives of those around us. Our consciousness is much more powerful than we realize. Most of us use just a tiny fraction of our ability, not even realizing that our minds create matter.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



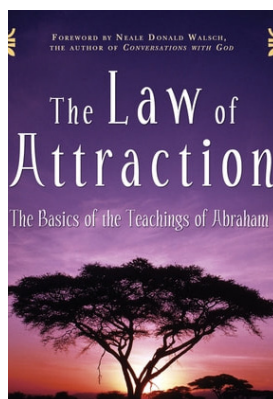
Another master and author Dr Joe Dispenza uses modern research by neuroscientists and quantum physicists to demonstrate that our thoughts and feelings create our own reality. In his book *'You are the placebo'*, he talks about how new thoughts should lead to new choices which in turn, should lead to new behaviours. New behaviours should lead to new experiences. These new experiences should create new emotions and new emotions and feelings should inspire us to think in new ways.

“ We are what we think.
All that we are arises with our thoughts.
With our thoughts, we make our world.

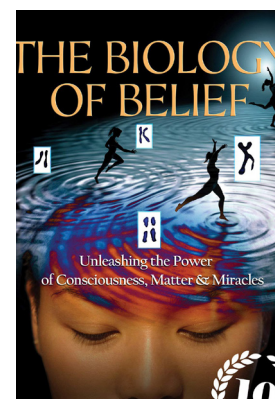
- Buddha ”



In his book '*The four agreements*', author and master *Don Miguel Ruiz* points out that we are raised from childhood to believe that our reality is already predestined. We are told that our life is determined by our past karma or 'deeds from past lives'. He calls this state of affairs as 'domestication and dream of the planet'. The author explains how this includes all of rules of the society, beliefs, laws, religions, different cultures and ways to be etc. When a child is born, the society hooks the child's attention and introduce these rules into his or her mind. How do you break out of this? By a new set of agreements - become very self-aware, learn to forgive the people who hurt you and to be in the present.



In their book '*The Law of Attraction*', authors *Esther & Jerry Hicks* share that each thought that we think has its own vibrational energy that broadly fits into one of the 22 emotional states. Each thought attracts another thought that is similar to itself and over a period of time, a chain of similar thoughts are formed. Based on where our thoughts and associated emotions lie within the spectrum, we end up attracting experiences that match that vibrational frequency to our lives. This is quite powerful in that our experiences are the results of our thoughts.



Cell biologist *Dr Bruce Lipton* in his book '*The Biology of Beliefs*' cites research that indicates that our genes do not determine our biological development, rather it is a factor of our environment. Even a cell's health is determined by its environment. And we can reprogram our cells much the same way we program a computer. How do we do that? By the power of our thoughts!

We suggest that each of you read these books, reflect on the ideas discussed before realizing the truth that we alone are the creators of our own destiny by the thoughts we think.

Compiled by
Latha Srinivasan, Arvind Sampath

“Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions.”

“Your actions become your habits,
Your habits become your values,
Your values become your destiny.”

- Mahatma Gandhi

Apr - Jun, 2022

Key Events



Apr 18 - May 18

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

(Every Monday & Wednesday)

|| Nilgiris ||

Book Club

To Expand Wisdom

May 16 - Jun 5

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

|| Vindhya ||

**Meditation for
Confidence, Clarity & Manifestation**

A 3-Week Online Program for YOUTH

May 21

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

|| Awaken ||

World Meditation Day

Jul 6 - Aug 14

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

|| Star ||

**Meditation for Resilience &
Peak Performance**

A 6-week online program for
Leaders & Aspiring Leaders

May 21 - Jul 5

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

|| Prana ||

Daily Meditation

May 25 - Jun 29

7:30PM - 8:45PM IST / 10:00AM - 11:15AM EST

|| Light ||

Wisdom of World Masters

(Only On Wednesdays)

May 27 & 28

5:30PM - 8:00PM IST / 8:00AM - 10:30AM EST

|| Sinai ||

Repattern Relationships

by Shreans Daga

Jun 10 - 12

5:30PM - 8PM IST / 8AM - 10:30AM EST

|| Shasta ||

Elevate Your Energy

Empower Yourself for a Magnificent Future

3-Day Online Workshop

Jun 28 - Jun 30

6:30PM - 8:00PM IST / 9:00AM - 10:30AM EST

Meditation for

Radiant health & Stress Relief

Every Saturday

5:30PM to 7:00PM IST | 8:00AM to 9:30AM EST

Master Class

Every Sunday

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

|| Abu ||

**Introduction to Breath
Mindfulness Meditation**

Jun 15 - Jun 17

Starts Morning 9AM IST

|| Excel ||

**3 - Day Residential
Corporate Beginner
Meditation Retreat**

@ Pyramid Valley International,
Bangalore

Jun 13 - Jun 17

|| Amruth ||

**3 -Hour Intensive Guided Meditation -
Akhandha Dhyana**

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

Followed by Participants sharing

Jun 21

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

|| Million ||

1 million : 1 hour : 1 consciousness

You will play your part to heal yourself and Planet Earth

Jul 18 - Aug 7

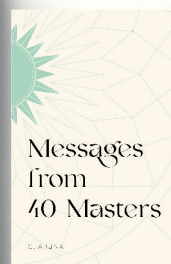
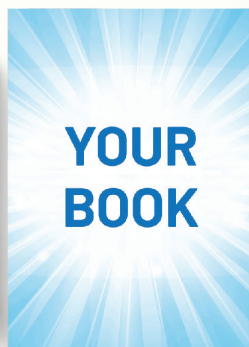
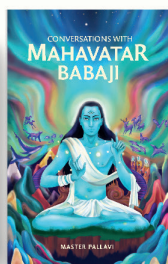
6:30PM - 7:45PM IST / 9:00AM - 9:40AM EST

|| Alpha ||

**Meditation for
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If love is what you seek, *offer love*.

If you crave material affluence, *help other* become prosperous.

- Deepak Chopra



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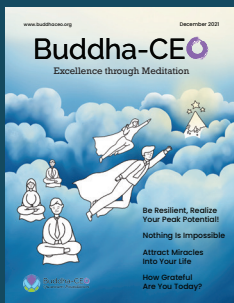
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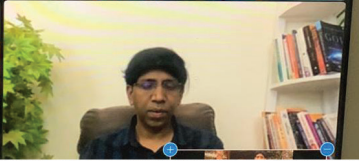
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