



Swami Bodhananda Saraswati  
New York Programs - Sept11<sup>th</sup> to Sept 24<sup>th</sup>, 2013

# Join us for the 8th Gyan Retreat on Mandukya Upanishad



"When you go to the Ocean (of God) you can take as much water as you want. It all depends upon the vessel you take to the ocean. It depends on how pure you are."

Date	Day	Time	Program	Sponsor	Location
Sept 6 & 7	Fri & Sat	All Day	Woodstock		Woodstock
Sept 8 To Sept 11	Sun To Wed	4 Days	New Jersey Programs	Madhu Gandhi (609) 223 0500	8 Francis Court, Clarksburg New Jersey 08510
Sept 12 Sept 13	Thursday Friday	All Day	<b>Intuition</b> An in-house seminar for a consulting organization. "The discipline of making the unknown known". This is open only to employees of the sponsoring company.		
Sept 13	Friday Evening	7:00 PM To 9:30PM	<b>Welcome Dinner</b> Please join us in welcoming Swamiji to the Tri State area.  Who is Spiritual? Swamiji offers an honest evaluation of true spirituality.	RSVP Sharad Dabral (914) 478 7533	52 Donald Drive, Hastings New York 10706
Sept 14	Saturday Morning	11:00AM To 1:00 PM	<b>Intuition</b> What is intuition? How do we unlock it to support us in living creative lives? Summoning hidden intuitive powers helps fill the gaps in analytic probabilistic solutions. This session is conceived as an interactive conversation between a spiritualmaster and a corporea transformation expert on the power of intuition.	Shoba and Gaurav Bhatnagar  (914) 713 8758	11 Montgomery Road, Scarsdale New York 10583
Sept 14	Saturday Evening	6:00 PM To 8:30 PM	<b>Narada Bhakti Sutra</b> Narada is foremost among devotees of Vishnu and had a humble origin and later rose to the highest position of a Devarishi. Narada Bhakti Sutras are his composition--the ultimate word on Bhakti. Reflections on these sutras open the heart to the bliss of pure divine love and self abandon.	Kavita Khanna Vijay Khanna  (914) 923 8327	21 Baldwin Hills Road, Millwood New York 10546
Sept 15	Sunday Morning	11:00AM To 1:00 PM	<b>"Eeshwar Stuti Prarthana Upasana":</b> Worship of God Based on the Vedas	Arya Samaj of Long Island Veer Mukhi  (917)715 1974	319 Jerusalem Revenue, Hicksville, NY 11801

Sept 15	Sunday Evening	6:00 PM To 8:30 PM	<b>Bliss of Devotion</b> Devotion is the language of the heart. It is loving service of God manifested in the world. This talk deals with the nine steps to the pinnacle of devotional bliss.	Krishnan Sugavanam Mythily Krishnan (845) 628-4901	32 Country Knolls Lane Mahopac, NY 10541
Sept 17	Tuesday Evening	7:00 PM To 9:00 PM	<b>Self Realization</b> Self as Consciousness is the ground of all our experiences. It is the source of joy, love, health and inspiration. To realize the self means to believe that we are all blissful boundless consciousness and act on that belief as we interact with the world and go through the inevitable ups and downs of living. A life lived, based on this self understanding is meditation. And the flowering of that meditative life is love.	Vera Mehta (917) 399 6713  Attendance by confirmed <b>RSVP ONLY</b> to first 25 attendees due to limited space.	333 East, 46th Street, Apt 2H New York 10017
Sept 18	Wednesday Evening	7:00 PM To 9:00 PM	<b>The Meaning of Life</b> Meaning is direction. It is the inward and outward flow of energy and the fulfilling experience of affluence. Connecting with a larger purpose or noble goal provides this meaning. Meaning is living outside the ego bubble. Meaning is the capacity to appreciate and to feel life deeply while enjoying every moment of it. Swamiji will explore these intricate concepts and answer questions.	Vera Mehta (917) 399 6713  Attendance by confirmed <b>RSVP ONLY</b> to first 25 attendees due to limited space.	333 East, 46th Street, Apt 2H New York 10017
Sept 19	Thursday Evening	7:00 PM To 9:00 PM	<b>Sthithaprajna</b> The ideal of BhagavadGita is the man/woman of steady wisdom, exemplified in the personality of Shree Krishna. The Gita teaches us to go through the ups and downs of life with an equanimous frame of mind, always inwardly focused on the infinite power of the self, and drawing from its wisdom and bliss as we interact with the world. 'Work in the world happily, not for happiness' is the refrain of Krishna's teaching.	Nalini Rau Seshashayee Murthy (914) 243 7855	1804 Hunter Brook Road, Yorktown Heights New York 10547
Sept 20	Friday Evening	6:00 PM To 8:30 PM	<b>Freedom from Suffering</b> Pain has a material basis, but gets accentuated by mental phobias and becomes suffering. This talk will delve deep into the nature of pain and the technique of overcoming the snare of imaginary suffering.	Susheela Raghavan Robert Roach (914) 833-1686	575 Forest Ave, New Rochelle New York 10804
Sept 21 Sept 22	Saturday Sunday	10:00 AM To 7:00 PM  9:00 AM To 4:00 PM	<b>8th Gyan Retreat in New York</b> <i>(Registration Required. \$150 for individual, \$250 for couples. Includes 2 lunches &amp; 1 dinner)</i>  <b>Mandukya Upanishad</b> Mandukya is the shortest of the major Upanishads, with just 12 mantras. It reflects on the three states of experiences which lead to the underlying consciousness, which is eternal bliss. Participants also perform a special archana and pooja while chanting special mantras. Join us in this discovery with Swami Bodhananda.  <i>Respected both in India and abroad, Swami Bodhananda is an accomplished teacher of Vedanta and Upanishads and a living expression of its ideals. He has authored several books to help apply lessons from the Vedas to the challenges of modern-day life.</i>	Sharad Dabral (914) 478-7533	Bronxville Women's Club 135 Midland Avenue, Bronxville NY 10708

Sept 22	Sunday Evening	6:00 PM To 7:30 PM	<b>Swadharna</b> Swadharna is the concept of individual duty determined by many factors in one's basic guna disposition, training and skill set, and situational contingency. The Bhagavad Gita says that performance of duty is the best way to please the Lord, our creator, and achieve personal integrity and fulfillment. Swami Bodhananda will dwell on the concept of Swadharna and the way forward to a conflict free life of spontaneous happiness.	Kirti, Lata and Kishan Tewari  (914) 725-2686	973 Post Road, Scarsdale New York 10583
Sept 25 Sept 26 Sept 27	Tuesday To Thursday	All Day	New Jersey	Sarla and Hira Suri  (732)-286-1818	612 Vista Court, Pine Beach New Jersey 08741

- ❖ PROGRAMS ARE HOSTED BY INDIVIDUAL HOSTS AND ARE FREE AND OPEN TO ALL.
- ❖ AS A COURTESY TO THESE GRACIOUS HOSTS - PLEASE RSVP TO HELP WITH A HEAD COUNT.
- ❖ DONATIONS TO SWAMIJI'S MISSION ARE ALSO WELCOME.

Donations to The Sambodh Society are tax deductible and help support Swami Bodhananda Saraswati's mission of teaching Vedanta and spreading its message of unity in religious teachings in the wisdom tradition of Hindu scriptures.

Sponsored By: Sambodh Center for Human Excellence and The Sambodh Society Inc - a tax-exempt non-profit spiritual organization at The Sambodh Society, Inc., 6363 N. 24th Street, Kalamazoo, Michigan, 49004.  
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