

Come and Meet

Swami Bodhananda Saraswati

Don't Forget to Sign up for Our Gyan Retreat !

Join us for two days of knowledge immersion retreat into the silence of your mind
 Ramana Maharishi's direct method of inquiry into the SELF
 Reflections on the unaffected core of our being
 A meditative inner journey



If you want to change your life you have to change how you think. You have to realize the SELF and touch your inner beauty and strength. If you have inner peace no one can force you to be a slave to outer reality.

| Date | Time | Program | Contact-Venue |
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| Thursday 29-Sept | 7:00 PM | Welcome Dinner by RSVP Join us in welcoming Swamiji to the Tri State area | Sharad Dabral 52 Donald Drive Hastings, NY 10706 Tel 914-478-7533 |
| Friday 30-Sept | 7:00- 8:30 PM | Time is an Illusion: Time-space is the background in which we locate life's events by asking 'when' and 'where' or 'how long'. In sleep we don't experience time though we know 'I slept for two hours'. May be time is relative to the observer and an illusion created by the mind. In states of ecstasy and absorption the flow of time is not experienced. So may be time is just memory and the record of experiences. Can we experience past, present and future in the same instance as a part of this grand illusion? Swamiji expounds on the illusory nature of time as the causation to and the ending of (the determinism) karma and beginning of liberation or moksha, the ultimate spiritual awakening. | Kavita-Vijay Khanna 21 Baldwin Hills Road Millwood, NY10546 Tel: (914) 923 8327 |
| Saturday 1-Oct | 11:00- 12:30 PM | The Path of the Karma Yogi: Karma is action and Yoga is awareness. Action in awareness or meditative action is the path to freedom and happiness. Karma Yoga is also known as self giving action-action as a means of self exploration and self | Shoba-Gaurav Bhatnagar 11 Montgomery Road Scarsdale, NY10546 Tel: (914) 713 8758 |

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| | | expression, of unleashing your infinite potential. Karma Yoga is the perfect path for the modern achiever. | |
| Saturday 1-Oct | 7:00- 8:30 PM | Relevance of Puranas Today: Puranas are Hindu mythologies that describe stories of creation, dissolution, fourteen cosmic cycles, four historical periods, solar and lunar dynasties. These mind boggling descriptions encompass vast time spans, series of eternal cosmic events nested in the stories of the universe and its origin. Puranas also talk about significance of temple worship, rituals and meaningful spiritual practices. They can make deeper, educative, ennobling impact to empower you through the young lives of our next generation of kids and can be more entertaining than Harry Potter stories. This interactive discussion is dedicated to young adults and teenagers. | Ram-Kamla Vittal 27 Stratton Road Scarsdale, NY105483 Tel: 201-360-3004 |
| Sunday 2-Oct | 11:30- 1:00 PM | Why Bad Things Happen to Good People: We ask this question when bad things happen to us. But why is no question asked when good things happen? Swamiji reflects on this and poses a different question. 'What happens to good people when bad things happen to them?' He leads us into a deep contemplation on mystery of human existence and beyond. | Mid Town Manhattan BY RSVP ONLY Veramehta8@Yahoo.com Kavita: 914-923-8327 |
| Sunday 2-Oct | 7:00- 8:30 PM | Spirituality, Health and Healing: We are a harmony of body, mind and spirit. Spirit is consciousness as also body-mind content of consciousness. Health is when body, mind and spirit are in dynamic harmony. Illnesses are manifestation of disharmony, caused by wrong world views, regrettable dietary habits, negative emotions, conflicting thought patterns, ego centered work habits, lack of exercise, loss of purpose, undue stress and a hurried life styles. Healing is when all these habits are in reverse gear. Swami Bodhanada brings the ancient wisdom of the spirit in healing the body-mind to recover our natural health and happiness | Nalini Rau Seshashayee Murthy 1804 Hunter Brook Road Yorktown Heights New York 10547 Tel: (914) 243 7855 |
| Monday 3-Oct | 7:00- 8:30 PM | Kundalini Awakening: Kundalini is the hidden, coiled, sleeping power that each one of us is endowed with. When this power is awakened and channeled through the sushumna, the subtle nadi that connects the brain with the root chakra, the practitioner experiences deep peace, health and bliss. Let us spend a life changing evening with Swami Bodhananda awakening our kundalini. | Mid Town Manhattan BY RSVP ONLY Veramehta8@Yahoo.com Kavita: 914-923-8327 |
| Tuesday 4-Oct | 7:00- 8:30 PM | The Ideal Of Justice in Hindu Dharma: One of the many meanings of the word Dharma is justice. The Upanishads, the Bhagavad Gita and the Mahabharata, the canonical texts of Hindu dharma, are deep reflections on the practice of Justice. Respect for and accommodation of all beings as expressions of the same Reality is the basis of Hindu ethics and ideal of justice. Individuals are considered as sparks of divinity and all must get equal opportunity to realize their full inner potential. Hindu ideal of justice extends not only to humans but also to animals, plants and entire ecosystem. <i>"To exist is to coexist, declares Hindu Dharma"</i> | BY RSVP ONLY Sunita Viswanath 361 Warren st Brooklyn NY 11201 Tel: 917-518-2441 |

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| Thursday 6-Oct | 4:00- 8:00 PM | Sixteen Samskaras: Sixteen purification rituals, performed for the integration of Body-Mind-Soul which prepares humans for a spiritually fulfilling life. Dhanvantari Homa: Swamiji will perform the havan invoking Lord Dhanvantari, God of longevity and perfect health. | Usha-Deep Kaul 799 Candlewood Lake Rd New Milford NY 06776 Tel: 860-350-4119 |
| Friday 7-Oct | 7:00- 8:30 PM | The Art of Dying And the Continuity of Life: Death is the inalienable friend of the born. Death follows us like our shadow, till it catches up with us. What awaits us in the deep abyss of death? Is immortality not at the heart of death, eternal life deep down? What is beyond the disintegration of body and evaporation of the mind? May be in the long journey of life death is only a temporary halt, a refreshing repose! Swamiji brings a mystic lens to the understanding of life and death. | Mid Town Manhattan BY RSVP ONLY Veramehta8@Yahoo.com Kavita: 914-923-8327 |
| Saturday 8-Oct | 10:00AM -7:00 PM | Our 11th Gyan Retreat <i>Registration Required: Individual @\$175, Couple@\$300: Sat: Lunch & Dinner. Sun: Lunch</i> Sat-Darsanam of Ramana Maharshi: Ramana Maharishi was the most powerful and celebrated mystic of the 20th century. His direct method of inquiry into the SELF cuts through the centuries of frustrating overgrowth in the name of spirituality. 'Sat-Darsanam' is a composition of Ramana Maharshi, a set of forty reflections on Truth, Bliss and the Inner Self , the unaffected core of our being, doing and living. A moment of life transforming experience and meditative inner journey. Realize your inner beauty and strength and power and walk to the chamber of Truth along with and guided by the Vedanta master Swami Bodhananda Sarasvati. | Sharad Dabral Retreat Venue: 11 Montgomery Road Scarsdale, NY10546 Tel: (914) 478 7533 |
| Sunday 9-Oct | 9:00 AM -4:00 PM | | |

Meditate at Guru's feet for spiritual realization!

Swamiji encourages all to ask questions and challenge our existential perspective while offering the key to understanding our own minds. In a personalized one on one dialogue with the Guru we can experience the connection with our creator and learn the mysteries of the universe. It feels great to surrender at gurus feet as he gently guides us along the path of spiritual realization and intellectual clarity to lift us beyond the mundane.

Introduce your friends and family to a great spiritual teacher!

Please share with your network, invite your friends and family, and gift them a chance to learn from a great spiritual teacher. Gems of knowledge from Vedas and Upanishads will enrich your life and uplift your thinking.

HOSTED BY INDIVIDUAL DEVOTEES-PROGRAMS ARE FREE AND OPEN TO ALL.

AS A COURTESY TO THESE GRACIOUS HOSTS - PLEASE RSVP TO HELP WITH A HEAD COUNT.

DONATIONS ARE ALWAYS WELCOME AND TAX DEDUCTIBLE: PLEASE SUPPORT SWAMI BODHANANDA'S MISSION OF TEACHING VEDANTA AND SPREADING ITS MESSAGE IN THE WISDOM TRADITION OF HINDU SCRIPTURES.

The Sambodh Society

Email: sambodhsociety@sambodhsociety.com

Website: [Visit Sambodh USA](http://VisitSambodhUSA.com)