

Chinmaya Mission San Diego



A Workshop On

Conscious Self-Management

Saturday March 14, 2009

8:30 AM - 1:00 PM

The International House Great Hall at UCSD

Free parking at the Pangea parking lot

Advanced registration required:

CMSD Members \$50

Non-members \$100 (10 % discount for groups of 3 or more)

Students with valid ID \$25

To register and/or for more information, please visit:

www.omcmsd.org/workshop.shtml

registration@omcmsd.org



About the Speaker

The workshop and associated lectures will be conducted by *Swami Ishwarananda* who is the presiding *Acharya* at Chinmaya Mission in Tustin, California. Originally in pursuit of a career in software engineering, *Swami Ishwarananda* was so inspired by *Swami Chinmayananda's* writings and lectures that he changed his profession of choice to become a disciple of the well-renowned *Swami Chinmayananda* and student of *Vedanta*.

Since undertaking the study of *Vedanta*, *Swami Ishwarananda* has conducted many seminars and discourses and organized retreat camps in addition to authoring two books on spiritual life: *Conscious Living* and *Silent Search*.

Chinmaya Mission San Diego is a chapter of Chinmaya Mission which was established in India in 1953 by the devotees of the world renowned *Vedanta* teacher, His Holiness *Swami Chinmayananda*. H.H. *Swami Chinmayananda* was the founder of Chinmaya Mission and taught spirituality as the art of living. Through the *Vedantic* path of spiritual knowledge, he emphasized the balance between the head and the heart and pointed out selfless work, study, and meditation as the cornerstones of spiritual practice.

Who should attend:

Anyone in pursuit of something greater, beyond material wealth

Anyone looking to be defined by internal happiness irrespective of external conditions

Anyone looking to learn how to better manage his/her own thoughts, emotions, and actions

What is Conscious *Self-Management*?

Modern life has placed many demands on our finite resources. Our thoughts turn to the stresses of the great financial crisis of our time, the pressures of balancing work and family life, and the underlying search for meaning in all of our actions.

Guidance in navigating these issues can be found in teachings delivered thousands of years ago in ancient India, and collectively known as *Vedanta*. This includes the "science of the mind" and deconstructs how we make decisions and perceive happiness, and can be taught and understood through a secular lens compatible with all faiths.

You are invited to a workshop that has adapted this ancient wisdom for a modern audience.

You will learn:

- What is spirituality
- How to manage the mind
- The relationship of the mind to actions
- Karma theory: actions and consequences
- How to control the mind through an exercise in meditation
- How to apply the teachings specifically to your own life

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