



Chinmaya Mission San Diego

presents



# Holistic Habits

Discourses by

## Acharya Vivek

Acharya, Chinmaya Mission Niagra Falls

**A spiritual person does not do different things, rather does things differently.** Most of us think 'being spiritual' demands a change in context. This strong preconceived notion handcuffs us from reaching our true potential. Break free! Through selected teachings from *Srimad Bhagavad Gita's Chapter 4*, learn how to develop healthy habits in eating, sleeping, working, learning, living. **'Being spiritual' demands a change in content.** By making, breaking and sublimating habits we will realize our true potential. Be free!!!

Having experienced much of what the world has to offer, from studying at the Ivey School of Business to travelling to over forty five countries, *Vivek* still sought more. Simply tired of the inconsistent peace attached to extrovert pursuits, he decided enough was enough and turned his journey within.

In 2005, *Vivek* was accepted to the intensive two year Vedanta Course at Chinmaya Mission's Sandeepany Sadhanalaya in Mumbai, India. Under the guidance of *Pujya Guruji Swami Tejomayananda*, he studied the *Upanishads, Srimad Bhagavad Gita, Shri Ramacharitramanas, Sanskrit, Vedic Chanting* and a great deal more.

Joining the ultra rare company of those having graduated from a Sandeepany, now *Vivek's* only purpose of life is to make others aware of what is the purpose of life - to be unconditionally happy.

Through his innovative and passionate style, *Vivek* makes the ancient wisdom of Vedanta (vision of non-duality) relevant, relatable and reachable. Intrigued by the fact he is a young adult born and raised in Canada, all kinds of social groups, religious organizations and Chinmaya Mission centers around North America have invited *Vivek* to share his insights into the truths of life.



Date: **Monday, Feb. 6, 2012 thru' Wednesday, Feb. 8, 2012**

Time: **7:00 PM - 8:30 PM**

**Please arrive and be seated ten minutes before the discourse begins. Please switch off cell-phones.**

Venue: **Jewish Community Center, 4126, Executive Drive (at the intersection of Genesee Avenue) La Jolla, CA 92037.**

Please visit [www.chinmayajyoti.org](http://www.chinmayajyoti.org) or call 858-337-9702 for details.