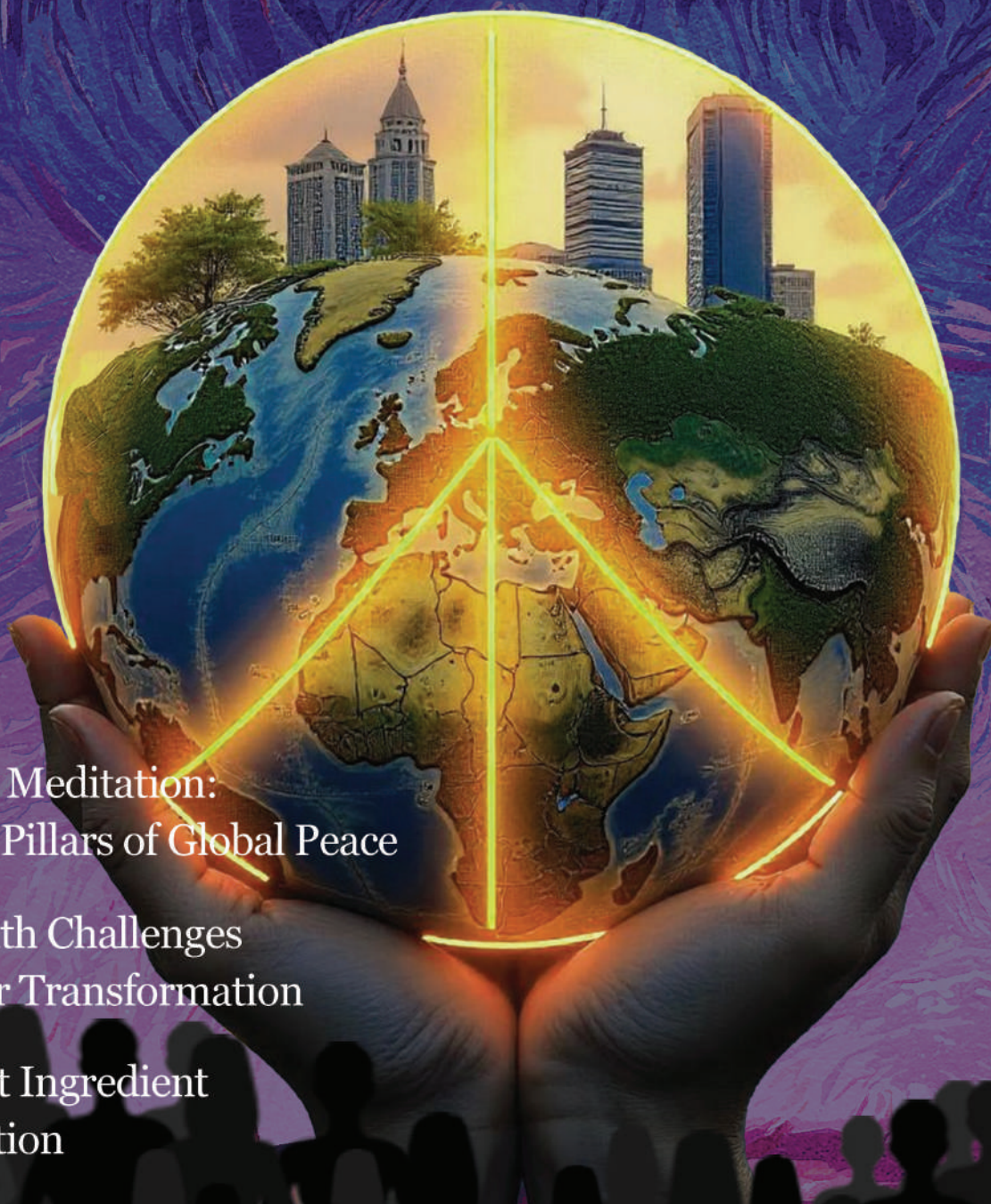


Buddha CEO



Ahimsa & Meditation:
The Twin Pillars of Global Peace

Coping with Challenges
with Inner Transformation

The Secret Ingredient
of Meditation

Meditation: The Path to Inner
Calmness and Growth

Rajyoga Meditation:
The Path to Self-Mastery



Buddha-CEO
Quantum Foundation

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Key Events

Jan 2025 - Jun 2025

Buddha-CEO Quantum Foundation

Jan 6 to Jan 26

|| Thrive ||

**Meditation for Health,
Clarity & Growth**

21 Day Online Program in
6 Regional Languages
buddhaceo.org/thrive

Jan 27 to Feb 16

|| Miracle ||

**Excellence
through Meditation**

21 Day Online Program
buddhaceo.org/miracle

Feb 3 to Feb 26

|| Inspire ||

Book Club

In-depth Insights from
Spiritual Books
buddhaceo.org/inspire

Feb 20 to Feb 23

|| GCML ||

**Global Conference of
Meditation Leaders**

New Delhi

Mar 10 to Mar 14

|| Amruth ||

**3- Hour Intensive Meditation
- Akhanda Dhyana**

5 Day Online Program
buddhaceo.org/amruth

Mar 10 to Mar 30

|| Spark ||

**Meditation for Confidence,
Clarity & Manifestation**

21 Day Online Youth Program
buddhaceo.org/spark

Mar 17 to Apr 25

|| Gratitude ||

**Excellence
through Meditation**

40 Day Online Program
buddhaceo.org/gratitude

Mar 9 to Jun 8

Meditation Coach Program

Weekly online sessions
with interactive practical learning

buddhaceo.org/coach

Apr 28 to Jun 6

|| Thrive ||

**Meditation for Health,
Clarity & Growth**

40 Day Online Program in
6 Regional Languages
buddhaceo.org/thrive

May 2 to May 6

|| AMR ||

**Advanced Meditation
Retreat**

Pyramid Valley International

May 12 to May 16

|| Amruth ||

**3- Hour Intensive Meditation
- Akhanda Dhyana**

5 Day Online Program
buddhaceo.org/amruth

May 26 to Jun 15

|| TBD ||

**Meditation for Confidence,
Clarity & Manifestation**

21 Day Online Youth Program
buddhaceo.org/tbd

Jun 4 to Jun 8

|| AMR ||

**Advanced Meditation
Retreat**

Dubai

Jun 9 to Jul 18

|| TBD ||

**Excellence
through Meditation**

40 Day Online Youth Program
buddhaceo.org/tbd

Jul 2 to Jul 6

|| AMR ||

**Advanced Meditation
Retreat**

USA

Every Saturday

5:30 pm - 7:00 pm IST

**Saturday Masterclass
& Meditation**

Every Sunday

6:00 am - 8:00 am IST

Long Meditation
for deep relaxation & rejuvenation

21st of Every Month

5:30 pm - 6:45 pm IST

|| Million ||

**Meditate for Yourself
and the Planet**

1 Million : 1 Hour : 1 Consciousness

Full Moon Every Month

9:00 pm - 12:00 am IST

**3-Hour Full Moon
Energy Meditation**

Editorial

Meditation For Positive Social Change and World Peace

It is truly a great moment to note that the United Nations has announced December 21st as World Meditation Day. This reflects the growing global awareness of meditation.

Inner transformation is the key to overcoming greed, conflict, and stress. The upcoming Global Conference of Meditation Leaders in New Delhi highlights the key role of meditation in bringing transformation, developing conscious leadership, and social change.

Brahmarshi Patriji emphasized that meditation and Ahimsa (non-violence) form the twin pillars of inner and global peace.

Scientific research and quantum physics demonstrate what spiritual wisdom has long known—consciousness shapes reality. As India leads with its spiritual leadership, the Pyramid Spiritual Societies Movement (PSSM) calls upon all leaders to integrate meditation into governance, business, and education.

We are proud to mention that five meditation conferences were organized in 2024 by the Buddha-CEO Quantum Foundation in association with PSSM organizations worldwide: New Delhi, St. Louis (USA), Pune, Bangalore, and Dubai, with the twin objectives of awareness creation and policy assistance. We are grateful for the opportunity and extend our deep gratitude to Padma Shri D. R. Kaarthikeyan for his continuous support in this mission.

This issue is packed with the wisdom of many global masters—Padma Bhushan Kamalesh Patil (Daaji), Rajyogini B.K. Shivani, and Padma Shri Dr. H. R. Nagendra—all of whom will be speaking at the Global Conference. Didi Krishna Kumari Ji spoke at the Pune Conference.

The future demands Buddha-CEOs - leaders who embody wisdom, responsibility, and peace. Let us meditate and embrace non-violence for a truly peaceful world.

“

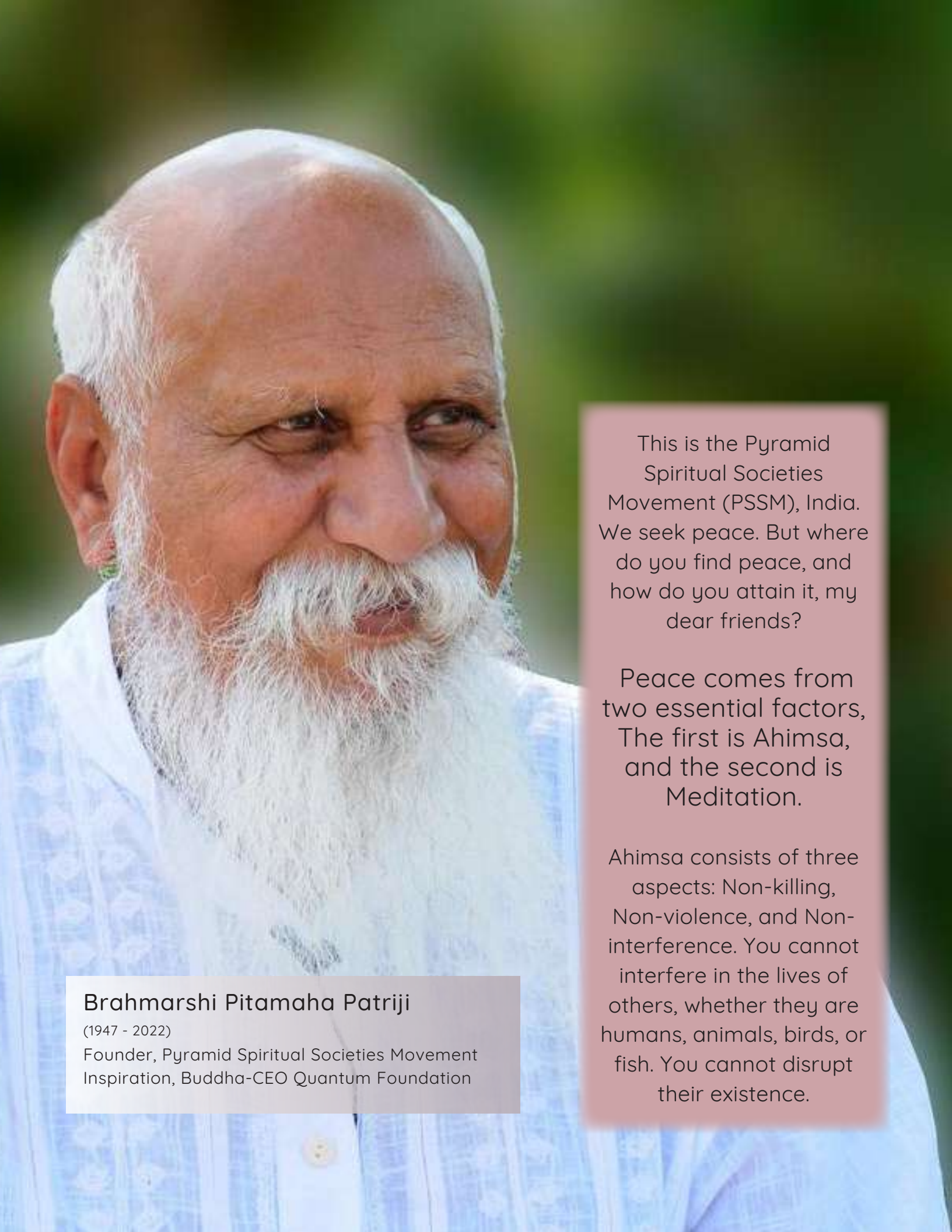
A peaceful world begins with peaceful individuals. The more we meditate, the more we radiate peace into the world.

— Paramahansa Yogananda

”



Chandra Pulamarasetti, founder of Buddha-CEO Quantum Foundation, is a successful entrepreneur, former Vice President at IBM Corporation, meditation coach, and board member /advisor of Pyramid Valley International, Quantum Life University & other.



Brahmarshi Pitamaha Patriji

(1947 - 2022)

Founder, Pyramid Spiritual Societies Movement
Inspiration, Buddha-CEO Quantum Foundation

This is the Pyramid Spiritual Societies Movement (PSSM), India. We seek peace. But where do you find peace, and how do you attain it, my dear friends?

Peace comes from two essential factors, The first is Ahimsa, and the second is Meditation.

Ahimsa consists of three aspects: Non-killing, Non-violence, and Non-interference. You cannot interfere in the lives of others, whether they are humans, animals, birds, or fish. You cannot disrupt their existence.

AHIMSA & MEDITATION: THE TWIN PILLARS OF GLOBAL PEACE

You must refrain from killing for food, sport, or scientific experimentation. Spirituality will never allow such actions, and if you engage in them, you will lose your peace of mind.

When you kill other beings' animals, birds, fish, or even fellow human beings, when you violate their integrity and interfere with their habitual patterns, then you will lose your peace of mind. Ahimsa encompasses all these aspects.

We have been taught that Ahimsa Paramo Dharmaha, i.e. Non-violence is the highest righteousness. It has three key principles: no killing, no violence, and no interference.

The second essential factor is meditation. Even if you practice ahimsa, if you are not a meditator, you will not attain peace of mind. Conversely, even if you meditate, if you do not follow ahimsa, you will still lack peace. True peace is achieved only when both ahimsa and meditation are present. One must be candidate for both sides of the coin, ahimsa and meditation, to truly experience peace. Peace is like a coin with two sides.

At the EKAM World Peace Festival, these two aspects are being emphasized by the Pyramid Spiritual Societies Movement.

The Pyramid Spiritual Societies Movement is dedicated to bringing peace to every human

being, every animal, every bird, and every fish. Animals are losing their peace because of human beings; the animals are not losing peace because of themselves. It is humans who are responsible for disturbing them. Similarly, humans are losing peace because of their own poor choices and negative karma.

Therefore, PSSM strongly advocates vegetarianism. You cannot have animals on your plate as food. Your dining table must be free of animal products, only plant-based food should be consumed. In addition, meditation is essential.

What is meditation? Meditation is the process of emptying the mind, silencing all thoughts related to the worldly things. You will have an empty mind when you cease to talk and when you cease to think. Out of the twenty four hours in a day, everyone must practice meditation for at least one to two hours. Three hours would be even better. However, a minimum of one hour of meditation is essential for every human being to attain peace of mind.

When you practice meditation, you automatically become a candidate for ahimsa. Meditation transforms your inner nature. If you are inclined toward himsa (i.e. violence, killing, and interference), meditation will shift your mindset toward ahimsa (non-killing, non-violence, and non-interference). Meditation is the foundation of peace. Thus, the first step is ahimsa, and the second step is meditation. Together, is what gives peace to both within individuals and throughout humanity.



India gained its independence through the power of ahimsa, as demonstrated by Mahatma Gandhi. Gandhiji always carried with him the Bhagavad Gita, the essence of which is to do meditation. The Gita says:

*tapasvibhyo 'dhiko yogī,
jñānibhyo 'pi mato 'dhikaḥ
karmibhyaśh chādhiko yogī,
tasmād yogī bhavāṛjuna*

“Become a Yogi, my dear. Become a meditator.” This is the fundamental message of the Bhagavad Gita.

Ahimsa was the path shown by Mahatma Gandhi, leading India to independence. It is apt that this program begins on August 9 and concludes on August 15, India's Independence Day. A day achieved through peaceful means. The Father of the Nation, Mahatma Gandhi, was a great advocate of peace and ahimsa. We are all his children, and we must follow the same principles.

We are also very fortunate to have a great Prime Minister among us, Shri Narendra Modi Ji, who comes from Gujarat, the same land as

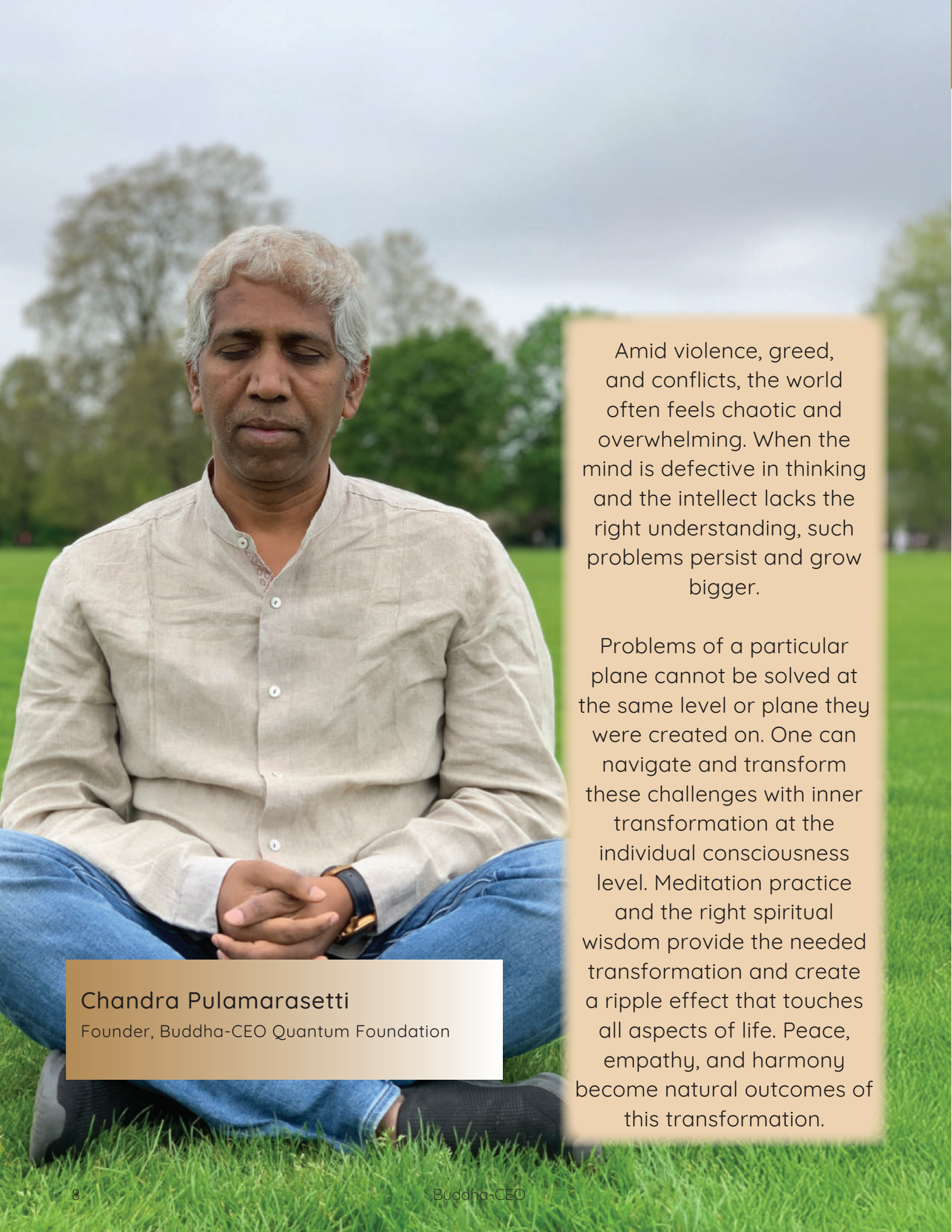
Mahatma Gandhi. He follows the same principles, practicing meditation and leading India toward greatness. Under his leadership, India will once again reclaim its ancient glory and serve as a guiding light for all nations.

PSSM teaches every human being these two core values: ahimsa and meditation. When you meditate consistently, you will experience immense inner peace. You will transform into a peaceful human being and a peaceful warrior spreading peace to everyone. Once you become a peace warrior, you will naturally inspire others to walk the same path.

PSSM extends its heartfelt wishes for the success of the EKAM Peace Festival. All Pyramid Masters are peace warriors, working tirelessly day and night to spread the message of ahimsa to every human being.

We hope that within the next ten years, the entire global population of 7.5 billion people will become peaceful warriors, living in harmony with nature and one another.





Chandra Pulamarasetti

Founder, Buddha-CEO Quantum Foundation

Amid violence, greed, and conflicts, the world often feels chaotic and overwhelming. When the mind is defective in thinking and the intellect lacks the right understanding, such problems persist and grow bigger.

Problems of a particular plane cannot be solved at the same level or plane they were created on. One can navigate and transform these challenges with inner transformation at the individual consciousness level. Meditation practice and the right spiritual wisdom provide the needed transformation and create a ripple effect that touches all aspects of life. Peace, empathy, and harmony become natural outcomes of this transformation.

COPING WITH CHALLENGES WITH INNER TRANSFORMATION

HEAL THE WORLD WITHIN TO HEAL THE WORLD OUTSIDE

The Warrior Who Chose Peace over Violence

Violence—whether physical, emotional, or psychological, is often an expression of deep-rooted suppression and unfulfilled childhood or past needs. This understanding allows us to approach it with compassion rather than retaliation.

There was once a great warrior known for his strength and aggression. He believed power came from defeating enemies. One day, he met a wise monk who challenged him, *If you are truly powerful, show me your strength by choosing peace over war.* The warrior was puzzled but intrigued. He meditated and observed his emotions, realising that true strength lay in mastering his mind. He renounced violence and became a guide for others, proving that the most powerful warrior is the one who conquers himself.

The Wealthy Merchant's Realization of Greed

Greed, the excessive desire for more, is rooted in a sense of inadequacy and scarcity—this is called a “lack consciousness”. It drives individuals to accumulate wealth and resources at the expense of others and the environment.

With abundance consciousness, one can easily transition from greed to satisfaction and service.

A wealthy merchant amassed a fortune but felt insecure, and empty inside. One day, he met a humble farmer who, despite having little, was always joyful. Curious, the merchant asked the farmer about his secret to happiness. The farmer replied, «I learnt to live in the moment. I see abundance in the sunrise, the laughter of my children, and the love in my heart. True

wealth is not in possessions but in appreciation of life. My mindfulness practice helps me.» Inspired, the merchant started sharing his wealth and found joy greater than money could ever provide.

The Two Brothers Resolving their Conflicts

The root of conflicts is feelings of separateness and a crystallised ego-self that always seeks dominance. When a person moves into oneness consciousness, conflicts dissolve.

Two brothers inherited a piece of land and argued over its division. Each felt entitled to more. An elder from the village suggested, *Spend a night in each other's home before deciding.* The brothers reluctantly agreed. That night, each saw the struggles and love the other had for the land. Their hearts softened, they felt grateful for what they already had, and by morning,

they decided to share it harmoniously. True resolution comes from connecting with and understanding the other's perspective.

How to Cope with Challenges?

1. In Difficult Times, Ask: «Is This Truly the Worst?

When we consciously examine the worst-case scenario, our perspective shifts. Fear often magnifies problems, but when we look at them with clarity, they lose their power over us. When we look at the worst case that can happen, and come to an understanding that we can handle it, the problem at hand automatically becomes small.

2. Use Suffering as a Source of Learning

Pain is not the enemy—it is the

teacher. Like fire purifying gold, suffering makes us stronger.

A man saw a butterfly struggling to emerge from its cocoon. He decided to help by cutting the cocoon open. But the butterfly's wings were weak, and it could not fly. The struggle was necessary for the butterfly to grow strong.

3. Heal Wounds Rather than Retaliate

Retaliation creates more pain. The vibration we carry brings similar experiences. Only love and forgiveness can break the cycle. Holding onto pain is like

carrying a heavy stone—it only weighs you down. Accept and free yourself.

4. Appreciate All Experiences, and Find Joy in the Present Moment

Every season has its beauty, even the harshest winter. Embrace it.

A blind man was given a lantern to carry at night. Confused, he asked, "Why do I need light if I cannot see?" A passerby replied, "So others can see you and not bump into you." The blind man smiled and walked on, now carrying the lantern with gratitude.

Even in darkness, there is purpose. Trust that every phase of life, even the difficult ones, holds something meaningful. Meditation



develops this understanding. It empowers us to embrace the journey.

With these approaches, we not only cope with the challenges, but also bring about transformation.

Meditation, Mindfulness and Gratitude for Transformation

Meditation is a powerful tool for inner transformation. Through regular practice, we cultivate a state of inner peace and clarity, allowing us to respond to challenges with equanimity.

Meditation enables us to tap into infinite possibilities and brings abundance. The quantum field is full of possibilities, which become material experiences through our thoughts and feelings. True abundance comes from within. This shifts focus from material accumulation to spiritual fulfilment. This is abundance consciousness.

Quantum physics reveals that everything is energy and deeply interconnected.



Meditation helps us experience this energy and develop a sense of oneness with all beings, encouraging care for people, animals, and the planet.

This shift in consciousness transforms conflicts into opportunities.

Practising mindfulness means being fully present in each moment and observing thoughts and emotions without judgment. This heightened awareness allows us to release negative patterns, aligning us with the natural flow of life.

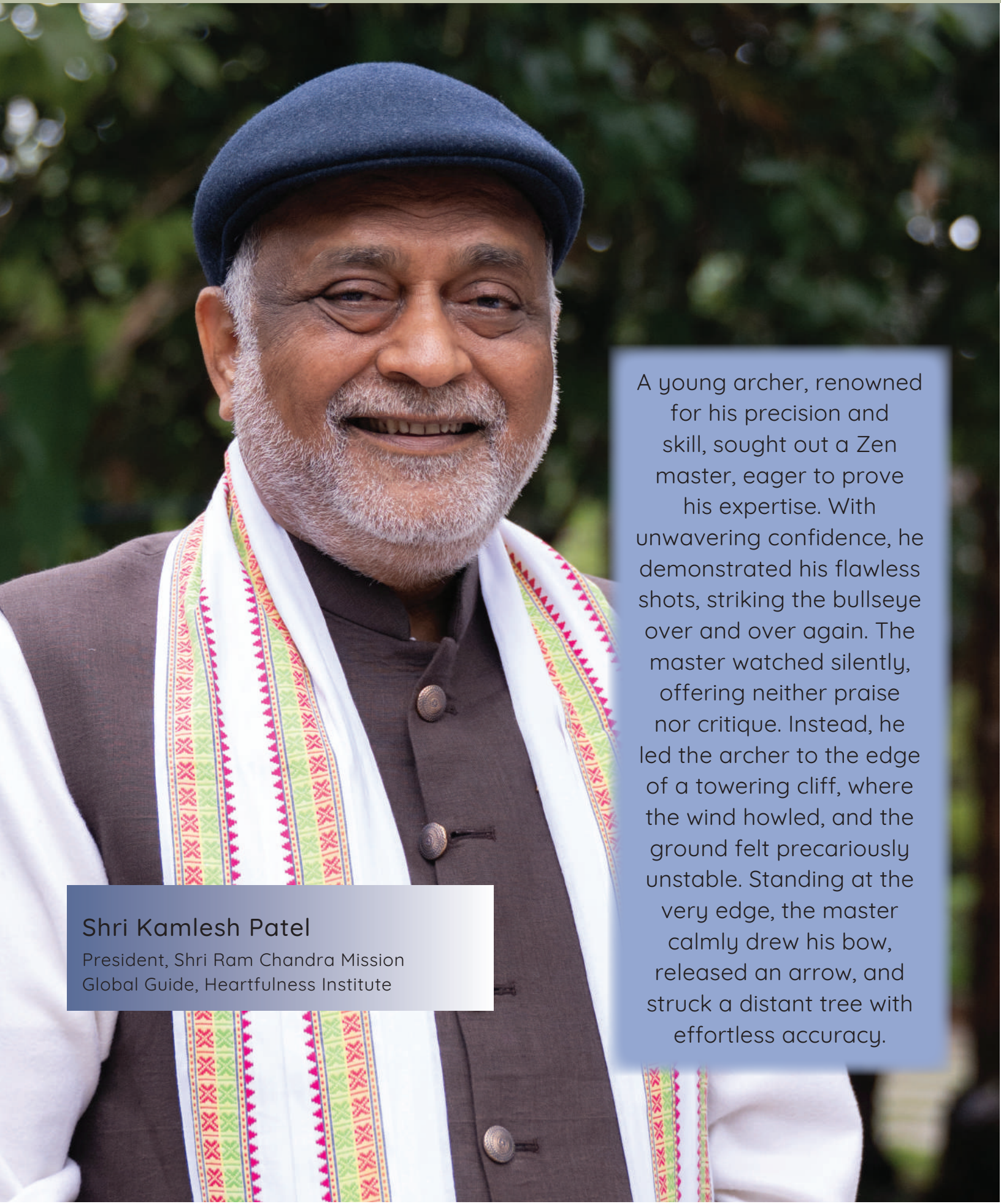
Cultivating gratitude shifts our focus from what we lack to what we have. A simple

gratitude practice such as keeping a daily journal or expressing thanks can create profound shifts.

Every Meditator is Causing a Shift

By recognising the interconnectedness of all things and acknowledging that our thoughts, feelings, and actions impact everything, we have the opportunity to effect meaningful change. Meditation, mindfulness, and gratitude provide the foundation for this change.

Every Buddha-CEO, every pyramid master, and every person sincerely practising meditation is causing a shift in consciousness and elevating collective energies.



Shri Kamlesh Patel

President, Shri Ram Chandra Mission
Global Guide, Heartfulness Institute

A young archer, renowned for his precision and skill, sought out a Zen master, eager to prove his expertise. With unwavering confidence, he demonstrated his flawless shots, striking the bullseye over and over again. The master watched silently, offering neither praise nor critique. Instead, he led the archer to the edge of a towering cliff, where the wind howled, and the ground felt precariously unstable. Standing at the very edge, the master calmly drew his bow, released an arrow, and struck a distant tree with effortless accuracy.

THE SECRET INGREDIENT OF MEDITATION

The archer hesitated. When he tried to shoot from the same spot, his hands trembled, and his once-steady aim wavered. The master smiled. “Skill alone is not enough. If your heart is restless, your mind will betray you. True mastery is not about control. It is about trust. It is about letting go.”

In that moment, the archer realized his mistake. He had spent years perfecting technique, but he had never mastered his own inner stillness.

And this is the secret of meditation. It is not just about posture, breath control, or discipline. The missing ingredient is not silence. It is you. Your heart.

Your Heart is the Gateway to Deep Meditation

Many of us approach meditation as a task to complete, a skill to refine, or

a challenge to overcome. But meditation is not a conquest; it is an experience. And the depth of that experience depends not on how much effort you exert, but on how much you allow your heart to lead the way.

Think of the last time you truly lost yourself in something you loved—a melody that stirred your soul, the brilliance of a sunset that left you breathless, or a heartfelt conversation that made time stand still. In those moments, you weren’t forcing your mind to focus. You were simply present. Immersed. Absorbed in something greater than yourself. That is what meditation should feel like.

Your mind will always generate thoughts. That is its nature. But your heart is where stillness resides.

When you shift your awareness from your restless mind to the quiet sanctuary of your

heart, meditation ceases to be a struggle and becomes effortless.

The Missing Ingredient in Your Meditation

Let me share another story. A brilliant but anxious young coder worked tirelessly at a high-pressure AI startup. He had tried meditation many times, but his restless mind would not settle. One day, he confided in an old mentor, who asked, “Do you meditate with love?”

The coder chuckled. “Meditation isn’t about love. It’s about focus.”

The mentor shook his head. “That’s where you’re mistaken. Meditation without the heart is like music without melody. If you are forcing it, how can you expect to go deeper?”

Intrigued, the coder decided to try again. This time, he did not

force himself to concentrate. Instead, he turned his awareness inward, toward his heart. And suddenly, everything shifted. Meditation was no longer a chore. It became his refuge. His sanctuary of calm.

The true secret ingredient is not the technique of meditation. It is the way you approach it. It is your heart.

Many believe that meditation is about controlling the mind. But have you ever tried to silence your thoughts? The more you resist them, the more persistent they become.

What if, instead of trying to control your mind, you simply let go?

Imagine a river attempting to force its way through a mountain. It struggles, crashes against obstacles, and loses energy. But when it surrenders to the natural path, it flows effortlessly toward the ocean. Meditation is the same. Stop resisting. Stop forcing. Allow yourself to be carried inward.

The Role of Transmission in Heartfulness Meditation

You may wonder: How can I cultivate this surrender, this love, this deep letting go? It is not difficult at all. This is where Heartfulness meditation

introduces a profound and transformative element: yogic Transmission, or Pranhuti.

This subtle yet powerful energy, transmitted by the Guide and thousands of trainers worldwide, shifts meditation from an effortful practice to an effortless experience. It does not replace focus; rather, it creates effortless focus.

Think of it like wireless charging for your phone. You do not need to force your battery to charge. It happens naturally when placed on the charger. Similarly, Pranhuti acts as an invisible current that nourishes your heart, making meditation deeper, faster, and more fulfilling.



Many people say, “I can’t meditate; my mind is too restless.” But with Pranahuti, even beginners often experience profound stillness from the very first session. Why? Because when the heart is gently awakened, the mind naturally follows.

Meditation is Not a Routine—It is a Way of Life

The true secret of meditation isn’t found in a technique. It is found in you. In your heart. When meditation shifts from being a structured routine to a heart-driven experience, it no longer remains confined to 20 minutes in the morning. Instead, it seeps into every aspect of your life. You become more present in conversations

or even in silence. More patient in stressful situations. More creative in your work. More alive in every moment.

Meditation is not something you «do.» It is something you live.

A Call to You

If meditation has ever felt like a struggle, I invite you to explore a new approach:

- Instead of forcing your mind to empty, shift your awareness to your heart.
- Instead of wrestling with thoughts, allow them to settle naturally.
- Instead of seeking results, surrender to the experience.



Your heart has always known the way. You only need to listen.

May your meditation be filled with love, and may your heart always be your guiding light.



|| Spark ||

Meditation for Confidence, Clarity & Manifestation

A 21-Day Program for Youth and Graduating Students

Mar 10th to Mar 30th, 2025

6:30 to 7:30 PM IST,
8:00 to 9:00 AM US ET

 buddhaceo.org/spark



Dr. HR Nagendra

Founder, Chancellor, S-VYASA University

Meditation is the seventh limb of Patanjali's Ashtanga Yoga, a profound system developed by Patanjali Maharshi. Rooted in ancient wisdom, meditation is the practice of achieving an effortless state of a single thought. Unlike concentration, which thrives on a single subject with multiple thoughts connected for mental agility and sharpness. We all know the usefulness of concentration which is vital to success in any endeavour we undertake. Meditation takes the mind to the next stage of focus on a single thought, Dharana, and next to Dhyana.

MEDITATION: THE PATH TO INNER CALMNESS AND GROWTH

The Essence of Meditation:

Meditation embodies simplicity and depth. Meditation involves sustaining a single thought effortlessly, free from distractions. Unlike concentration, which emphasizes speed and efficiency, meditation embraces slowness, fostering stillness and calm.

A key aspect of meditation is the triad of meditator, meditated, and meditation itself. The meditator observes the object of meditation, with the act of meditation forming a bridge between them. However, in Samadhi, this division dissolves as the meditator, object, and process merge into a unified experience. Achieved through prolonged meditation, typically three hours or more,

this state transcends ordinary consciousness, bringing profound inner peace and expansion.

Meditation Beyond Sitting:

A common misconception is that meditation requires sitting still in a specific posture. Meditation isn't limited to sitting still; it can be practiced while standing, walking, or performing daily tasks.

True meditation cultivates mindfulness and calmness, transforming routine activities into a meditative journey of awareness, relaxation, and presence in every moment.

Meditation vs. Concentration:

It is a common misconception that meditation and concentration are the same. However, they differ fundamentally in their essence and purpose. Concentration is characterised by speed and efficiency. For instance, if one person can read 40 pages in an hour with the same level of comprehension as another who reads 20, the former exhibits greater concentration. Speed is a hallmark of mental sharpness in concentration.

Meditation, on the other hand, thrives on slowness and singularity. It is not about processing information rapidly but about letting go of mental effort to reach a state of deep awareness and presence.

Meditation is a journey inward, where the mind narrows to a single thought or sensation, gradually reducing mental fluctuations and bringing the practitioner to a state of wakeful restfulness.

Techniques of Meditation:

Over centuries, more than a hundred techniques of meditation have evolved to suit different individuals and goals. Among these, one of the most effective is Cyclic Meditation (CM), rooted in the Mandukya Karika by Gaudapada and developed by VYASA, integrates periods of activity and relaxation, aligning with the

natural rhythms of the body and mind.

Research on cyclic meditation has yielded remarkable results. Studies reveal that 35 minutes of CM can lower the metabolic rate by 32%, offering deeper rest than six hours of sleep, providing unparalleled rejuvenation in less time.

Meditation in Action:

One of the highest forms of meditation is the ability to integrate its principles into daily life. This concept of *meditation in action* allows individuals to maintain a state of relaxation and blissful awareness while

engaging in various activities. By fostering calmness and clarity, routine tasks transform into acts of dhyana, creating a life infused with meditative tranquillity.

Conclusion:

Meditation transcends practice, becoming a way of life. By embracing slowness and awareness in all actions, it cultivates inner calm, offering a path to balance and fulfillment in our fast-paced world.





Buddha-CEO
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Rajayogini B K Shivani

Spiritual Mentor, Brahma Kumaris World
Spiritual Organization.

In the hustle and bustle of our daily lives, who wouldn't crave a sanctuary of peace and power? Rajyoga meditation, the cornerstone of the Brahma Kumaris teachings, fulfils this quest. For, this ancient and time-tested practice empowers spiritual, emotional, mental, physical, and social well-being.

RAJYOGA MEDITATION: THE PATH TO SELF-MASTERY

‘Raja’ signifies the Supreme, Master, or King, and ‘Yog’ means union or communion. So, Rajyoga meditation represents a spiritual connection between us souls and the Supreme Soul, God.

During Rajyoga meditation, we focus on our true form—a soul, or pure energy—and connect with our Supreme Father or Supreme Soul God who is the Ocean of bliss, wisdom, peace, love, happiness, purity, and power. As children of God, these 7 qualities exist within us. However, over time, due to various life experiences and external influences, our qualities have diminished.

By channeling our minds to focus on God during Rajyoga meditation, we activate and enhance these 7 qualities, healing emotional blockages in the process. With consistent practice we become ‘Raja’ or rulers over the Self achieving self-sovereignty. This mastery

over self-paves the way for happiness, health, and harmony.

Empowerment and Transformation Through Rajyoga

Rajyoga meditation engages our mind and intellect in various aspects of empowerment and transformation:

- Self-Realization – Understanding our true nature as eternal, pure souls.
- God-Realization – Connecting with divine virtues.
- Ego Elimination – Cultivating humility and equality.
- Mastery Over Vices – Overcoming lust, anger, greed, attachment, and ego.
- Right Thinking – Training the mind for positivity.
- Emotional Balance – Responding with wisdom and peace.

- Physical Well-Being – Meditation promotes holistic healing.
- Emotional Independence – Deriving happiness from within.

The Versatility of Rajyoga

Rajyoga is often called ‘Easy Rajyoga’ due to its simplicity. It’s an open-eye meditation, can be practiced anywhere at home, work, or while traveling without requiring isolation or specific postures. It helps maintain a meditative state throughout the day, benefiting students, professionals, and homemakers by fostering inner stability, wisdom, and resilience in daily life.

Maintaining a Meditative State:

Rajyoga encourages us to carry a meditative mindset throughout the day. Here are simple ways to incorporate it into daily life:

- Morning Meditation – Start your day with meditation to set a peaceful foundation.
- Pre-Meal Meditation – Pause before eating or drinking to infuse your food and water with pure energy.
- Hourly Pause – Take a minute every hour to reconnect with your inner self.
- Bedtime Meditation – End the day with meditation to release stress and prepare for restful sleep.
- Anytime Meditation – Meditate whenever you feel stressed, anxious, or overwhelmed.

Guided Rajyoga Meditation Experience

Sit back, relax and go through a meditation experience with this guided commentary. As you read each thought, visualize it and start feeling it:

“I visualize myself as a tiny point of radiant light... a shining star... glowing at the center of my forehead... This is my true self—I am a soul... the master of my body... the creator of my thoughts... feelings... and actions... I connect with the Supreme Soul, God... I absorb His pure vibrations of peace...

love... wisdom... power... His divine energy flows into me, filling me completely... I radiate these virtues in every action... I expect nothing from others... I am a giver... I accept every situation with calmness and strength... I am powerful... I naturally adjust and tolerate... I am wise... My thoughts shape my destiny... I attract success, health, happiness, and harmony into my life...”

Learning Rajyoga Meditation

Everyone is welcome to learn Rajyoga meditation. It is a 7-day course, an hour daily, free of cost.

- India: www.brahmakumaris.com/centers

- Other countries: <http://www.brahmakumaris.org/centre-locator>

Rajyoga is more than just a meditation technique; it’s a way of life. Embrace it and discover its transformative power. Your journey to inner peace and harmony awaits.



Simplicity of Breath-Mindfulness Meditation “Anapanasati”

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

It is very simple

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 feet at the ankles and clasp your hands. You can sit on a chair or on the floor. If you are wearing spectacles, keep them aside and close your eyes. Observe your normal in-breath and out-breath. There is no forceful inhalation or forceful exhalation. If you find you are caught up in thoughts, gently bring your awareness/attention back to your breath. That is, it.

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.

What are you waiting for? Come, join us !



Didi Krishna Kumari

Head, Sadhu Vaswani Mission

It is a joy and an honour to be a part of this beautiful conference on meditation. Today, we live in an age of stress. Technology surrounds us, demanding our attention, and even in a meditation conference, our mobile phones keep ringing. In such times, meditation is no longer an option; it is a necessity.

Every person vibrates with energy. When we gather in a space, we create collective energy. The energy in this hall right now is the result of all of us being here. Tomorrow, the energy will be different. Similarly, the energy of our homes depends on us, the people who live in them.

MEDITATION: THE KEY TO INNER PEACE AND AWARENESS

Meditation helps us raise our vibrational energy and maintain balance in our homes, workplaces, and institutions. Let us begin by raising our energy. Close your eyes, sit straight, and take a few seconds to affirm:

- I am a child of God.
- Infinite possibilities are within me.
- God's purity, power, love, light, strength, and stability flow into me.
- I am calm, serene, and peaceful.
- I will radiate this peace and bliss wherever I go.

Such simple affirmations, repeated throughout the day, can energise us instantly.

Cleanse your Inner Window

Let me share a story. A newlywed couple moved into their home and enjoyed their morning tea on the balcony. The wife noticed that their

neighbour's freshly washed clothes always looked stained. Every day, she commented on this to her husband, wondering why the neighbour used poor detergent. One morning, she was surprised to see clean clothes. She told her husband, "Finally, she has learned how to wash!" Her husband smiled and said, "My dear, today I cleaned our windowpanes."

The problem was never with the neighbour's clothes, it was the dust on their own windows. We often look outside and want to change our surroundings, our colleagues, our family members, and even our spouses. But where does real change begin? Within us. Meditation helps us cleanse the dust of our thoughts, accumulated not just in this lifetime, but over many lifetimes. When our inner vision is clear, our decisions become wiser, and we stop seeking validation from others.

The Power of Thought

Our mind is our greatest friend and our greatest foe. A pure, stable mind serves us well, but a cluttered mind creates chaos.

A man once bought a book from a mall and sat down to read it. To his surprise, every page was blank. As he flipped through, he had a random thought: "A mother with a crying baby will enter." Within moments, a mother walked in with a crying baby. Later, he thought of an old friend, and his phone rang, it was that very friend.

This simple incident shows the power of our minds. Our thoughts create our reality. Meditation strengthens the mind, unlocking creativity, intuition, and limitless potential. Each of us is capable of becoming a Krishna, a Buddha, or a Christ. All we need to do is focus and train our awareness.

Meditation is Awareness

Meditation simply means heightened awareness. How many of us are truly aware of the present moment? When we eat, do we taste our food? When we work, are we focused, or are we multitasking and worrying about the past and future? Most of us function on autopilot, missing out on life's beauty.

Meditation helps us focus on the here and now. It cuts through distractions and allows us to live fully in the present.

Three Practical Tips to Develop Awareness

1. Be mindful of your first thought in the morning.
 - Are your first thoughts about stress and despair, or are they about gratitude and hope?
 - The thoughts you entertain upon waking up shape your mood for the entire day.

2. Stay aware of your thoughts throughout the day.

- Set a goal for yourself every morning. Align your thoughts and actions with that goal.
- Avoid distractions, comparisons, and competition. Focus on your own journey.

3. Before sleeping, review your day.

- Mentally scan your actions, thoughts, and emotions.
- Identify repeated patterns are they helping or harming your peace?
- If needed, resolve to make changes the next day.

The Impact of Meditation

Meditation is not just about sitting in silence it transforms our entire day. It allows us to remain calm in chaos, strong in the face of adversity, wise despite distractions, and tranquil even within turmoil. Meditation makes us radiators of peace, love, and harmony.

This world needs more radiators of peace and love. May this conference inspire us all to become beacons of harmony. Let us spread these vibrations wherever we go.



THE BUDDHA-CEO APP: YOUR MEDITATION COMPANION

Meditation has long been celebrated as a gateway to clarity, calmness, and profound transformation. But in a fast-paced world, consistent practice can be a challenge. The Buddha-CEO app, was launched in February last year with an ambitious vision to democratize meditation and make it accessible to people from all walks of life. With thousands of users currently onboard, we are setting a new benchmark while offering a one-stop platform for all offerings of the Buddha-CEO Quantum Foundation.

A Tool for Everyone

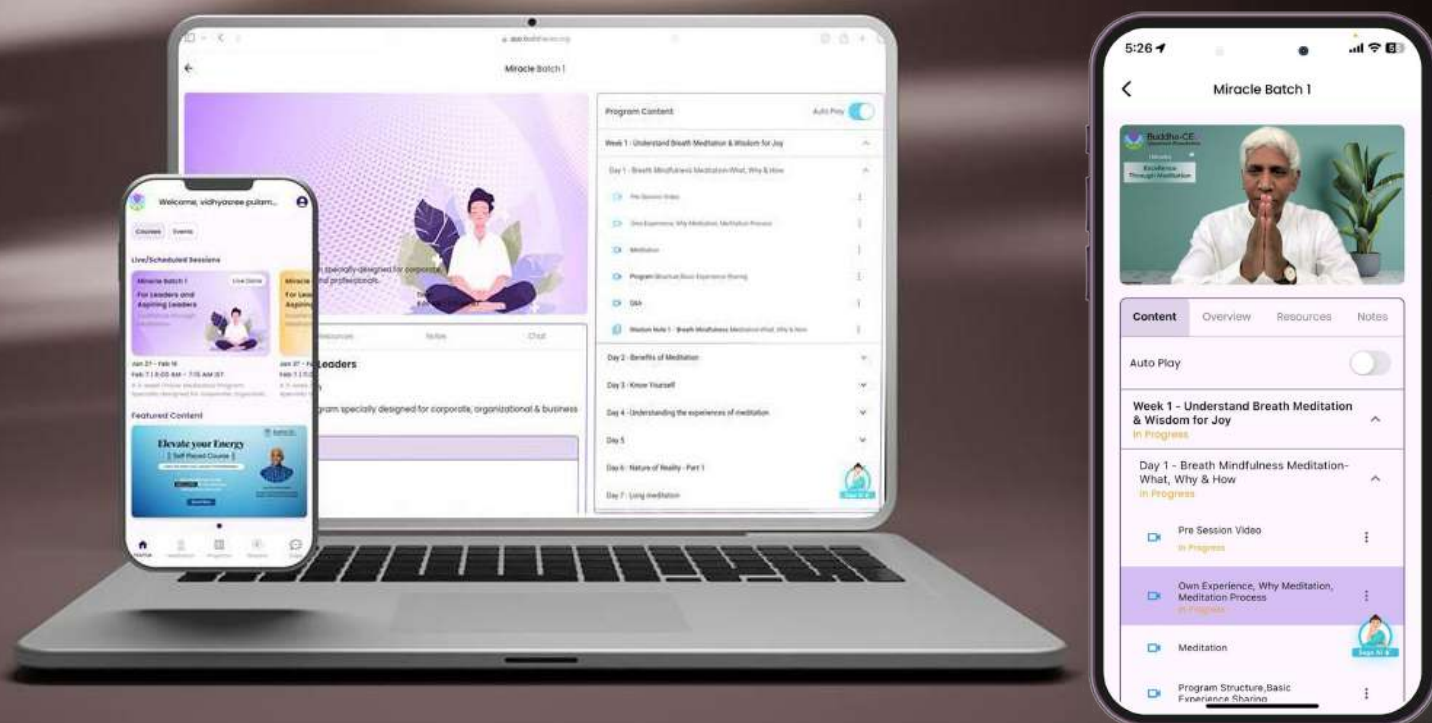
The core mission of the Buddha-CEO app is to integrate meditation into daily life at scale. The app leverages technology and combines the science of meditation with deep spiritual truths, offering individuals the ultimate tool for profound growth.

Built by Quantum Coherence Technologies (<https://qcoherence.com>), the Buddha-CEO app serves as a hyper-personalized meditation guide, empowering users on their individual journeys of

transformation. Whether you're an executive seeking clarity in decision-making, a student aiming to improve focus, or a professional looking to relieve stress, the Buddha-CEO app serves as your trusted companion. It's designed to meet you where you are—and take you to where you want to be.

Helpful App Features

The Buddha-CEO app uniquely combines technology, wisdom and community to enhance your practice. Here's what makes it a truly useful tool:





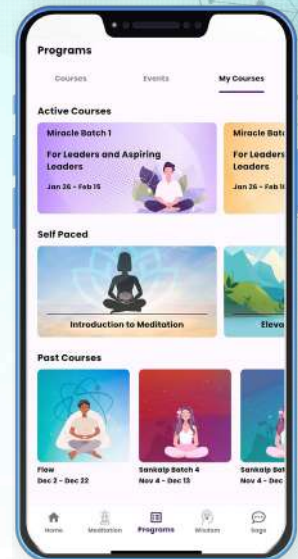
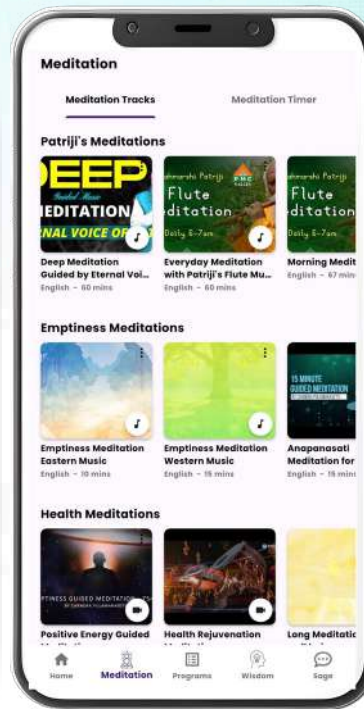
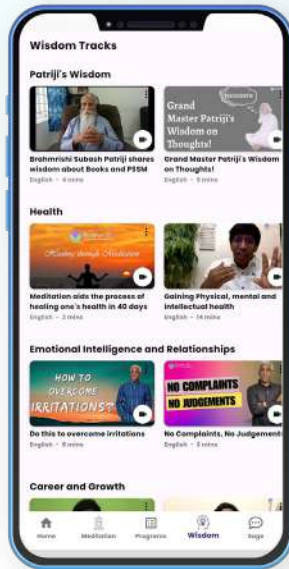
Live Meditation Sessions

The power of a live session with experienced teachers is palpable. The app hosts daily live meditation sessions where users can meditate together, ask questions, share insights, and connect with a like-minded community. A sense of togetherness and accountability strengthens your commitment to the practice.



Ask 'SAGE'

The app's AI-powered virtual coach, SAGE, is a game-changer. SAGE can answer meditation-related questions, offer spiritual guidance, and recommend curated content or personalized next steps on your journey. This level of hyper-personalization ensures you always have support, no matter the time and place.



Guided Meditation and Wisdom Content

The right perspective can change your day (and life!). The Buddha-CEO app boasts an extensive library of guided meditations ranging from 10 minutes to two hours. Paired with a rich collection of wisdom content (course videos, self paced courses, wisdom library), these resources help users.



Enhanced Security and Compliance

Built with advanced privacy measures, the app ensures the utmost security for personal data and interactions, adhering to local data protection standards.



Meditation Timer

For users who enjoy self-led meditation, the app offers a built-in meditation timer with a range of meditation music to accompany your practice.



Note-Taking During Sessions

Want to capture a moment of clarity or jot down key takeaways? The app includes a note-taking feature so you can seamlessly document your meditation experiences and wisdom during live or recorded sessions.

Progress Tracking and Reminders

Meditation is a practice, not a one-time fix. The Buddha-CEO App excels in fostering consistency, a critical factor for meaningful change. By tracking your progress, streaks and offering gentle nudges, the app helps you measure the positive impact of your efforts over time.



Download the App



Coming Soon

The Community feature on App creates an ecosystem of support. You can join groups based on shared interests, courses, or locations and connect with fellow meditators.

This sense of belonging will transform your meditation into a shared, uplifting experience.

The Biofeedback feature lets you sync your health data from smart devices (watches, rings, bands) with the app to

track key metrics like Heart Rate, Sleep Quality, and HRV etc. Real-time insights will show how your meditation hours on app impacts your well-being, inspiring deeper practice. Your data is secure, and integration is optional, ensuring full control over privacy.

“Such an amazing app. It helped me a lot to deal with my anxiety and multitasking... I suggest everyone download this app and become the CEO of your life.” – Kalyan P.

“I’ve gone through so many webinars, but this one feels like the most scientific approach to meditation. It’s a place where I feel truly fulfilled.” – Amity D.

“Wonderful meditation app! It helps me relax and overcome stress and anxiety. Thanks to the Buddha-CEO team for this transformational tool.” – Pradeep S.

Take the First Step Today

We hope you make meditation a way of life, and experience the profound changes it brings. The Buddha-CEO app is available on Android, iOS, and Web platforms (www.app.buddhaceo.org).

REGIONAL CONFERENCE OF

Buddha CEO has conducted four Regional Conferences of Meditation Leaders (RCML) over the past two years in Bangalore, Dubai, St. Louis, and Pune. Each of these conferences was a combination of wisdom and meditation, conducted amid the presence of mindful leaders, expert speakers and enthusiastic delegates. The conferences focused on how meditation brings holistic, educational, organisational, and health excellence, based on the speakers' personal experiences and case studies. Delegates and speakers also had a first hand experience of the breath mindfulness meditation technique through multiple guided meditation

sessions. This helped them recognise the multifold benefits of this simple meditation process and the ease with which it can be introduced into their organisations and communities.

In his inaugural comments, Padma Shri D R Kaarthikeyan, a mentor of Buddha-CEO Quantum Foundation and chairman of the conference, reinforced the conference objectives and emphasised the power of meditation in harmonising the mind, body, and soul—and by extension, creating a tolerant, harmonious society. He reminded everyone of the urgent need for meditation in today's world, plagued by conflict,

environmental degradation, and societal unrest. He fondly remembered Brahmarsi Patriji and his steadfast commitment to spreading meditation to individuals across villages, towns, nations, and the entire world.

Following this, Mr. Chandra Pulamarasetti delivered the conference keynote speech, drawing from his deep wealth of knowledge gained through a lifetime of professional success and transformative spiritual experiences. His journey stands as empirical evidence that transformation through meditation is possible for everyone willing to become an empowered 'Buddha-CEO'—one who embodies



Padma Shri D R Kaarthikeyan



Chandra Pulamarasetti



Shreyans Daga



Didi Krishna Kumari



Dr. Gopalakrishna



Dr. Sai Krupa Sagar



Laurence Guihard-Joly



Varun Daga

MEDITATION LEADERS

Buddha's wisdom in their inner world while being a successful leader in the outer world. He spoke passionately about meditation's power to heal the body, improve relationships, and align individuals with their purpose.

One of the key takeaways from Chandra's session was the concept of manifestation through meditation. He explained that by aligning thoughts, emotions, and actions, individuals can manifest their goals and create a life of abundance and fulfillment.

Holistic Excellence

Each of the speakers and

panelists under the holistic excellence section highlighted some excellent wisdom and practical tips for the delegates to take away. Using case studies, they emphasised how meditation can transform lives by bestowing physical, mental, emotional and spiritual benefits and can even lead to the transformation of an entire village.

They talked about how meditation helped many young children heal from serious trauma they experienced, and how it reduces one's dependency on medication. It is extremely crucial that meditation be added to the process of healing mental illnesses. Meditation, or going within oneself, gives you the

courage to face everyday challenges with ease. Many of the speakers pointed out that meditation has made them much better leaders overall, by making them more blissful, compassionate, and efficient. Meditation helps one find their life's purpose and it helps you stay aligned to it. One speaker said, "It's like the universe flows through you when you meditate. Ideas just come naturally, almost as if someone is guiding your hand."

Some of the suggestions for spreading meditation included introducing meditation in schools and colleges, to begin educating children right from a young age. Leaders should ensure that they become an



Dr. Anuradha Sathiyaseelan



Raj Kumar KG



Rakesh Jalumane



Prof. Jagadish S



Brent Chandler



Dr Swetha Adatia



Pratap Ramudu



Erik K French

example for their employees and stakeholders by practicing meditation themselves. Religious or overly spiritual connotations should be removed from meditation, and social media marketing should focus on more than just the health benefits of meditating.

Organisational Excellence

The organisational excellence section focused on meditation's role in individual and organisational growth. Leaders talked about how meditation helps enable diversity and inclusion, unbiased leadership and a growth mindset in organisations. Various case studies showed how one

can witness the incremental improvements in performance, empathy and communication in an organisation that practices meditation. One leader shared this important statement, "Trust your gut, trust the universe, and trust yourself." They highlighted the connection between meditation and improved intuitive decision-making abilities which help businesses thrive. Meditation aligns one's thoughts, beliefs, and feelings, ultimately re-shaping reality. For these leaders, meditation is a philosophy that influences every part of their lives, and they stressed the need for every leader and executive to champion meditation initiatives. One method could be to

share meditation within their communities and on platforms like LinkedIn. Many leaders experiences smoother business transitions and enhanced corporate client dealings. It is also very important to address misconceptions and create awareness to make meditation accessible to everyone. The session underscored meditation's ability to enhance self-awareness, decision-making, and communication while fostering organizational excellence.

Health Excellence

The health excellence section underlined the impact of meditation in bringing positive changes in physical, mental



Dr. S Sivaramappa B



Suresh Kalburgi



Amy Levin



Dipak Sanghavi



Amit Purohit



Rajiv Aggarwal



Creta Schiermann



Dr. G.V Naidu

and emotional health. In a power talk about the link between health and psychosomatism, the speaker said, “As people aligned with their purpose and passion with regular meditation, their health challenges dissolve.” Speakers explained how they were able to become more compassionate, empathetic and accepting while treating their patients, once they started combining meditation with their clinical practice.

Many illnesses like autoimmune disorders and IBS are related to stress, and meditation provides a lot of relief in such cases. Meditation has helped many healthcare professionals

remain composed during work and while interacting with emotional patients and their families. An expert in neuroscience explored the fascinating interplay between thoughts, emotions, and the brain’s neurological pathways. “Knowing is not doing. To rewire your brain and change reality, you must actively engage in conscious practices like meditation,” she explained. Meditation fosters brain coherence, optimizes emotional regulation, and heightens cognitive function. Integrating measurable experiments and scientific findings, techniques such as focused breathing and mindful awareness were introduced to the delegates, and shown

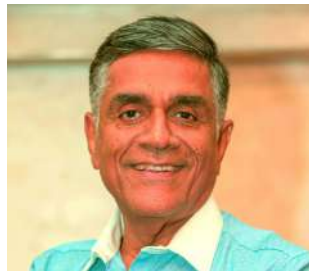
how they lead to tangible physiological shifts, including reduced stress and improved focus.

Educational Excellence

This section showcased diverse perspectives from experts dedicated to integrating mindfulness into educational institutions. Speakers advocated for teachers to lead by example through meditation, promoting values like cooperation and gratitude among students. Many practical tips for incorporating mindfulness into school routines were shared during the panel discussion. Meditation fosters inclusivity and creativity among students, and there is a



Zhanna Manzyk



Jay Mordani



Dr. Suman Khanna Aggarwal



Dr. Anand Lakshminarasimhachari



Jayesh Patel



Manju Nichani



Savitha Reddy



Ravi Devisetti

need to empower teachers with mindfulness training so that they may provide an inspiring space for students. The panel concluded with actionable recommendations, including integrating meditation into school curricula, training teachers, and collaborating with parents and government bodies for its widespread adoption.

Conclusion

The conference ended with all the participants and speakers declaring a resolution to promote meditation to organisations and governments across the country. It provided valuable insights and practical tools, and also inspired attendees to take meditation beyond personal practice and into the world as a force for positive change. The conference highlighted the

urgent need for inner change in an increasingly chaotic world. From healing the body and fostering positive relationships to enhancing leadership skills and creating mindful educational environments, meditation emerged as a universal solution. As Chandra aptly put it, “Meditation is simple. Observe your natural breath, allowing your mind to settle. When the mind is empty, we experience the infinite energy within and around us.”



Dr. Ashalatha Tatineni



Sivaji Nimalipuri



Narendra Mairpady



Naga Pradeep



Jayashree Madhanagopal



Rajeshwari Mutham



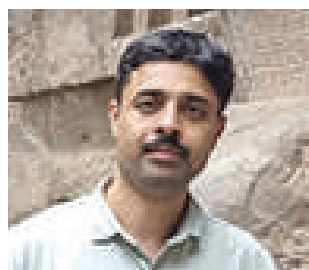
Sonal Doshi



Sudhakar Bheemarasetti



Reshma Nagaruru



Nagendra Prasad



Sirisha B Reddy



Anjali

1ST REGIONAL CONFERENCE OF MEDITATION LEADERS, ST. LOUIS, APRIL 21ST, 2024



2ND REGIONAL CONFERENCE OF MEDITATION LEADERS PUNE, JULY 6TH, 2024



3RD REGIONAL CONFERENCE OF MEDITATION LEADERS BENGALURU, SEP 1ST, 2024



4TH REGIONAL CONFERENCE OF MEDITATION LEADERS DUBAI, NOV 24TH, 2024



Join Us in Our Mission

"I am endeavoring to see God through service to humanity, for I know that God is neither in heaven, nor down below, but in everyone."

- Mahatma Gandhi

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Ashok & Rama

Jayshree & Srin

Business Leaders Speak



Asha Pai

Senior Pediatrician, Meditation Coach
Jacksonville, Florida, USA

You will never feel fully happy or content as long as you look for encouragement, appreciation or approval outside of yourself.

I come from a very successful and affluent family, and I have also had a successful career as a paediatrician and a happy family life with a supportive husband and three wonderful daughters.

I can distinctly divide my life into two phases: before I began meditating and after. The biggest change I saw was in my attitude towards life. Before meditation, circumstances, people, financial and health challenges would frustrate me and make me feel like a victim. I would blame my family and fight with them. Happiness was something I sought from

people, things, and places. Juggling my career and home life was very challenging and stressful.

So early on, in my forties, I started finding meaning through books and went to retreats with swamis. However, the peace or joy I experienced was temporary since I could not practice a Vedantic lifestyle. In February 2012, I was introduced to breath mindfulness meditation by a dear friend, and ever since I have been practising it regularly. I attended almost all the classes on meditation that were offered online. I saw a total change in my attitude and awareness. I moved from unconscious living to conscious living. I stopped reacting to situations with anger or judgment.

Now, I know that I create my own realities and that I have planned my life to learn certain lessons in patience, love, and acceptance. I healed my high blood pressure with meditation. Reading spiritual books and applying the principles became a hobby. I came out of the cage of limiting beliefs, and societal expectations. I love whatever I am doing and only do something because I want to experience it, not because someone else expects it from me. If I am hurt physically or emotionally, I absorb the pain and express gratitude to my body for helping me deal with the pain, and to the people who hurt me with their words. I remember the lesson I am learning and again offer my gratitude. I have started experiencing oneness - the feeling that you and I are the same. If I find fault with you, I

immediately become aware and see that same fault in me, just being reflected through you.

I understand and experience the increase in my energy, and I only speak when necessary using mindful language. Of course, there are still some ups and downs, and old behaviours may pop up. But I don't berate myself at that point. Instead, I

use that episode as a stepping stone towards my walk into bliss and abundance.

So dear friends, whatever you want to achieve, the path gets clearer and shorter with a clear understanding of your purpose in life, meditation, and mindful conscious living. Being sincere and regular will bring you face-to-face with a miraculous and better version of yourself.



Business Leaders Speak



Latha Abiruben

Founder of Navik Organic Products,
Sivakasi, Tamil Nadu, India

I hail from a Tamil-speaking business family in Udamalpet, near Coimbatore, Tamil Nadu, where religious and traditional values were nurtured by my parents, Mrs. Sumathi and Mr. Sivasubramanian. My first encounter with meditation was in 1997 when I attended the Art of Living's 7-day Happiness Program. This introduction set me on a lifelong journey of spirituality.

After marrying Mr. Abiruben, from a business family in Sivakasi, my in-laws Mr. Grahdurai and Mrs. Bhavani introduced me to His Holiness Tiruchi Maha Swamigal and His Holiness Jeyendra Puri Swamigal. Along with my husband and children, Navya and Vikram, I've received their divine spiritual guidance which has deepened my spiritual practices.

My professional journey as an MBA graduate led me to become a social entrepreneur. Inspired by my passion for the environment, I founded Navik Organic Products and Navik Farm, promoting sustainability and natural farming. With family support, I developed the brand Greenvision Eco Organics, launched an e-commerce site, and gained recognition for environmental contributions.

My spiritual exploration expanded through reading and attending diverse workshops, including Pranic Healing, Raja Yoga with Brahmakumaris, and a 12-level Soul Programming course. Books like *Many Lives, Many Masters* by Dr. Brian Weiss and *Autobiography of a Yogi* by Paramahansa Yogananda shaped my understanding of

soul evolution, consciousness, and the journey of human transformation.

In 2011, I began practising Anapanasati meditation under Dr. Newton and Dr. Lakshmi Kondaveeti at Quantum Life University, which introduced me to profound concepts like past life regression, astral travel, and kundalini energy. A transformative moment occurred during a Tree Meditation practice, where I received the divine mantra "Ekam Bramham" (We are One Consciousness). This mantra has become central to my spiritual practice.

My journey with Kriya Yoga began in 2019 after being guided to explore this path. Attending a retreat at Pyramid Valley Bangalore, I experienced a deep connection with

Mahavatar Babaji, marking a pivotal moment in my spiritual evolution. Visits to Babaji Caves in the Himalayas further deepened my connection to his guidance, where I experienced divine energy and profound inner peace.

In 2024, I trained as a meditation coach with Buddha-CEO Quantum Foundation and had the opportunity to teach meditation to Tamil-speaking participants in their programs. Alongside my family, I organised meditation workshops in Sivakasi, introducing 1,500 people to meditation in collaboration with Chandra Pulamarasetti, founder of the Buddha-CEO Foundation.

Meditation has transformed me into a calmer, more accepting individual. It has helped me overcome fears, embrace self-awareness, and align with life's purpose. Today, I actively participate in online and offline meditation programs, including those at Pyramid Valley, and aim to spread meditation in my hometown to inspire others to embark on their spiritual journey.

I believe spirituality is for everyone—an ever-evolving journey of expanding consciousness and connecting to the divine within.



Corporate Employees' Experiences



Anil Devata

Business Owner,
Anakapalli, Andhra Pradesh, India

Meditation has brought incredible joy, confidence, and clarity into my life. As a retail entrepreneur from Anakapalli, Andhra Pradesh, my journey with meditation began during the pandemic, a time of uncertainty. Introduced to Buddha-CEO Quantum Foundation by Sujata Sriram and my life partner, Sravani, I found a powerful tool for transformation.

My most profound experience came when I was in the hospital with dangerously low oxygen levels. Using meditation, I manifested healing and, miraculously, saw my oxygen levels rise and was discharged. This life-changing experience sparked a deeper commitment to my meditation practice.

Under the guidance of Chandra sir, I explored the science of miracles and attended programs like advanced retreats and the Global Summit in Delhi. My understanding of life expanded, and I experienced a renewed passion for living. Meditation improved my relationships, health, and overall happiness. It also brought a sense of purpose, helping me understand the reasons behind my life choices.

Manifestation became a part of my daily life. I even achieved a long-held goal of travelling internationally when I visited Azerbaijan. My business flourished, and I built harmonious relationships with competitors, leading to new opportunities.

Feeling immense gratitude, I wanted to share this transformation with others. I organized meditation sessions in colleges and rotary clubs and supported local initiatives like promoting greenery and holistic education through Chandra Sekhara Mahaswamy pyramid in Nagulapalli.

Meditation has enriched my life, and I hope to inspire others to experience the same abundance and joy.

Corporate Employees' Experiences



Sonal Ajmera Doshi

Acute Pain Nurse Practitioner
St. Louis, USA.

From *Why Me?* to *Wow, It's Me!*
- My Transformational
Buddha-CEO Journey

I still remember the day I embarked on the Buddha CEO journey. Little did I know that this path would unravel a transformative journey, intertwining spiritual growth with professional success.

As I delved deeper, I discovered the power of mindfulness, forgiveness, and gratitude. My perspective shifted, and I began to see life's challenges as opportunities. The weight of resentment and anger lifted, replaced by compassion and understanding.

Books became my companions, and I devoured inspiring stories. Presenting them to others helped solidify my own learnings. The Buddha-CEO principles resonated

deeply, and I found myself aligning professional and personal goals with spiritual values.

Then, something magical happened. I manifested an Advanced Meditation Retreat (AMR) and a 9-day meditation retreat experience at Pyramid Valley. These journeys allowed me to connect with great masters, listen to their wisdom, and form lasting bonds with like-minded individuals.

In these sacred spaces, I deepened my meditation practice, amplifying personal abundance. Non-judgment, a lesson from Patanjali's sutras during my yoga instructor training, became a living reality. Meditation and mindfulness became the wings that lifted me above life's turbulence.

The seeds sown by my parents during childhood began to blossom. Regular meditation practice, coupled with Buddha CEO wisdom sessions, and meditation coach training, prepared me to share this gift with others.

I will be eternally grateful to dear Chandra sir, Vani ma'am, and the Buddha-CEO team. I look forward to teaching, growing, and strengthening my meditation practice and spiritual growth. This journey has transformed me from within, and I'm eager to pay it forward.

As I soar on this spiritual journey, I've traded *Why me?* for *Wow, it's me!* – embracing life's beauty and complexity with purpose, gratitude, and joy.

Voice of Youth



Vidya Sree Pulamarasetti

Marketing Executive, QCT
Bengaluru, Karnataka, India.

Meditation has transformed my mindset and made me fearless. It freed me from obsession with external validation and to let go of comparison.

Like many of my peers, I once felt that the world had nothing to offer me. I was lonely and anxious about my future. However, after attending the AMR program, I understood that while the past offers insights and the future holds possibilities, only the present moment gives us the power to act and create solutions. This realization was very helpful. I became grateful and aware of the 'now'. It changed me

from a passive observer in my life to a joyful active creator of it.

On challenging days, spirituality helps me recognize that any difficulties are temporary and I have the inner capability to overcome them. I now approach life with joy rather than compulsion or fear and developed a deep interest in any work that I take up.

During each AMR program, I write down goals, and they consistently manifest—whether in work, relationships, or health. I'm deeply grateful to the Buddha-CEO team for this true transformation.



Sagar Shashidhar

Senior Consultant at EY
Bengaluru, Karnataka, India.

I offer my deepest gratitude to Buddha CEO, Patriji, Chandra sir, Vani ma'am, and all the masters. Since joining Buddha CEO in December 2023, when I started practicing breath mindfulness meditation through the Quantum Creation program, I've gained knowledge I never expected. Mindfulness now guides my daily life, helping me make wiser decisions. The AMR Program has been transformative, teaching

me to replace limiting beliefs with empowering ones, which has brought me calm and clarity in pursuing my goals. Meditation has unlocked incredible manifestations in my life. I also had the privilege to lead the youth program "CREATOR," where I learned a lot during my role as facilitator. I am committed to supporting Buddha CEO's mission and sharing these profound teachings with others.

Deep Gratitude to all Volunteers

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.

“Service unto others is Service unto Ourselves”

Journey of Meditation: From Exploration to Service and Joy



Venugopal Sarvepalli
IT Professional, TX, USA.

“My meditation practice has nurtured a positive mindset and enhanced my kindness, compassion, and empathy for all living beings.”

“Volunteering has been the most important step in my journey, giving me the confidence to share my meditation experiences and the benefits I’ve gained with hundreds of participants. Through this service, I’ve learned a lot of things and found true happiness.”

Know Your Meditation

BASICS OF MEDITATION - PART 7



1. What is difference between emptiness and happiness in practice of meditation?

In meditation, emptiness is a state of pure awareness where the mind is completely still, free from thoughts and emotions. In this state, deep healing occurs as the body naturally balances itself, and we connect with the quantum energy field. By letting go of mental activity, we transcend our physical limitations and experience deep stillness.

On the other hand, happiness arises naturally as the mind empties. When thoughts dissolve, the body releases feel-good hormones like serotonin and dopamine, creating a sense of inner joy, love, and peace. Unlike temporary happiness from external events, this happiness is stable and unconditional.

During meditation, the brain shifts into different states, each offering unique benefits. Deep

healing happens in the delta state, while a strong connection with the quantum field occurs in the theta state. In this field, we experience oneness with everything around us.

Emptiness and happiness are interconnected.

- Emptiness is a state of pure awareness, free from thoughts and emotions, allowing healing and deep connection.
- Happiness arises naturally as meditation releases feel-good hormones like serotonin and dopamine.

Emptiness is the process, and happiness is the result. As we deepen our meditation practice, emptiness leads to a lasting state of bliss, balance, and harmony with the universe.

2. How do I know if I'm meditating correctly?

As you observe your breath, changes occur in your body



and mind. You may feel sensations, energy shifts, or enter a dream-like state with visions instead of thoughts. When you notice your mind wandering, gently bring your attention to your breath. Over time, you will distinguish between thoughts and meditative experiences. While there is no perfect method for breath mindfulness meditation, clear signs indicate your practice is right:

- You notice when your mind wanders and gently return your focus to your breath without self-criticism.
- You feel an increasing sense of calm and clarity over time.
- You experience greater awareness in your daily life

These signs show your practice is effective. Trust your inner experience; consistently returning your focus to your breath and feeling more centered suggests you're meditating



correctly. Remember, meditation is a personal journey that evolves gradually, so be patient with your progress. With time, your dedication yields truly noticeable improvements



3. I struggle with being consistent in reading books. After reading a few pages, I often find it hard to continue. What steps can I take to improve and make reading a regular habit?

Imagine sitting down to eat

with a plate full of food. You start eating, but after a while, you feel full and stop. Is that a good thing to do? This concept applies to reading as well. Some people can only read a few pages before they feel mentally “full”, while others can read several chapters or even a whole book. It depends on the individual and the day. The key is to allow yourself to pause and digest the information, just like with food. The mind, like the body, has its limits for processing. Taking breaks allows us to absorb the information slowly and effectively without overwhelming ourselves. Rather than forcing yourself to finish a book in one go, focus on the progress you’re

making, even if it’s just a few pages. Over time, as your understanding grows, so will your ability to read more. Sometimes, you might lose interest halfway through a book because you’ve already gained the insights you need. That’s okay! You can always move on to another book that feels more relevant. The most important thing is to enjoy the process and take it at your own pace. Even reading two pages of valuable information is a success, and forcing yourself to push through when you’re not ready can take away the joy of reading. Let it flow naturally, and trust that your interest and capacity will grow over time

Contributed by Apurva K



MINDFUL HEALING: THE POWERFUL CONNECTION FOR THE CORPORATE WORLD

Anuradha Sathiyaseelan
Professor of Psychology, Christ University

Mana nalam man uyirukku aakkam – Thirukkural
We begin with an ancient Tamil verse by the poet-saint Thiruvalluvar, written between the 2nd and 5th century BCE, which underscores the importance of mental health: *mana nalam*-mental well-being, *man uyirukku* to all living beings, *aakkam* is vital. This verse highlights that mental health is fundamental to the overall well-being of all living beings. However, we often overlook mental health or misunderstand it as it is less tangible than physical health. Since the COVID-19 pandemic,

society has become more aware of the importance of nurturing mental health, sparking a growing interest in alternative practices like meditation, a long-forgotten ancient wisdom to enhance well-being.

The Ancient Roots of Meditation

Meditation, rooted in ancient Vedic texts like the Aranyakas, was integral to Indian traditions until colonization diminished its prominence. With a renewed focus on indigenous wisdom, the Indian government

established AYUSH in 2014 to revive it. This article explores meditation's role in mental health and overall well-being.

Scientific Evidence Supporting Meditation

- Meditation offers more than relaxation; it delivers profound mental health benefits supported by scientific evidence:
- Reduces anxiety (Bränström et al., 2010)
- Alleviates stress and enhances well-being (Grossman et al., 2004)
- Reduces depression

- (Carlson & Garland, 2005)
- Improves quality of life (Nyklíček & Kuijpers, 2008)

Regular meditation helps lower cortisol levels and thus helps people to manage their stress levels better. Meditation enhances self-compassion and fosters a sense of calm and resilience, which is particularly helpful for those with more negative thought patterns.

Meditation in the Corporate World

Integrating meditation into personal lifestyles is critical in today's high-pressure corporate environment. For those with mental health challenges, alternative approaches like meditation become essential as traditional methods become difficult to access due to stigma and costs. Companies like Google, SAP, and Intel have embedded meditation into their workplace cultures to build resilience and mindfulness among employees.

A Corporate Case Study

During the COVID-19 lockdown, we conducted an online stress reduction session for a Bangalore startup. Positive feedback led to a post-lockdown on-site meditation workshop to enhance team dynamics, decision-making, and trust.

The CEO's enthusiastic participation was very encouraging and highlighted the meditation's transformative power, highlighting its role in fostering personal and team growth.

Strategies for Incorporating Meditation in Corporates

Organisations can adopt the following measures to integrate meditation into their daily routines:

- **Training for managers:** Managers can be trained on the practice and significance of meditation.
- **Integrating meditation into daily routines:** Meditation sessions can be integrated into workplace routines. The sessions can initially be for 10-15 minutes twice a week with gradual increases in frequency and, possibly, duration.
- **Awareness workshops for employees:** Periodic workshops and awareness sessions on the practice of meditation can be conducted to reinforce learning and sustain practice.

Organisations can unlock the potential to transform workplace culture and enhance collective well-being by embedding meditation into their daily routines.



In a Lighter Vein

“THE PATH TO WISDOM: A KING'S THREE QUESTIONS”

Once, there was a king who had everything he desired. One day, three questions began to trouble him:

1. What is the most important time?
2. Who is the most important person?
3. What is the most important thing to do?

Restless and seeking answers, he consulted his ministers. They responded that the most important time was when he became king, that he himself was the most important person, and that expanding his kingdom was the most vital task. Dissatisfied with these responses, the chief minister suggested he seek the wisdom of a sage who lived on a distant mountain.

The next day, the king set off with twenty soldiers but decided to leave them behind to approach the sage alone. After a tiring journey, he arrived at the sage's cave, only to find the sage deep in meditation. He waited three hours and, ultimately exhausted, decided to spend the night. He laid down his sword and turban and fell asleep.

Upon waking, he was greeted by the sun and birdsong, but the sage was gone. Curious, he stepped outside and was awed by the panoramic view of his kingdom. Unlike within the palace filled with the stress of reports of troubles, here he felt a profound connection to his people. It dawned on him that his role as king was to serve them.

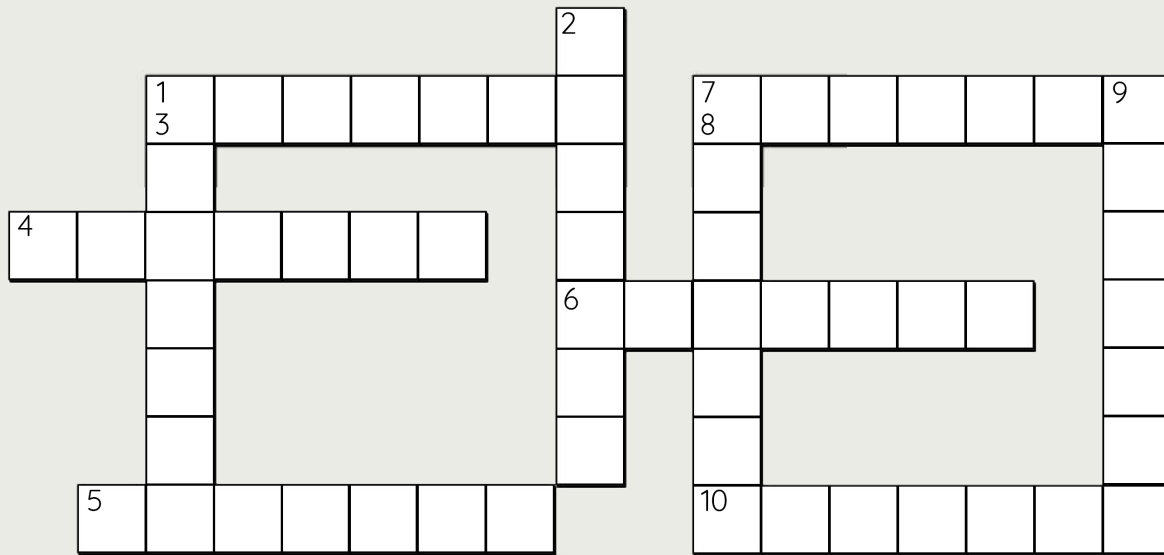
Just then, the sage reappeared, holding the king's sword. He asked the same three questions. Having gained clarity in his moment of reflection, the king recognised that the answers lay within himself. The sage acknowledged this understanding and encouraged the king to return and rule wisely.

The essential lessons emerged: the most important time is the present; the most important person is whoever you are with; and the most important thing to do is to love and show kindness.

Contributed by Jayshree M



Crossword



Down

- 2. One step in the cycle of reincarnation
- 9. _____ music leads to deeper meditation
- 8. Extraordinary event that happens through manifestation
- 3. final stage of meditation; union with the consciousness/divine through meditation

Across

- 1. Inner ___ leads to thoughtless state
- 7. Essene _____ of relationships
- 5. State of blissful liberation
- 10. Nature of the soul which never dies
- 6. One of three main practices to gain spiritual wisdom meditation, satsang and _____
- 4. Spiritual classic by Nisargadatta Maharaj

Answers

- Down**
- 2. Rebirth
 - 9. Soulful
 - 8. Miracle
 - 3. Samadhi

- Across**
- 1. Silence
 - 7. Mirrors
 - 5. Nirvana
 - 10. Eternal
 - 6. Reading
 - 4. Iamthat

Contributed by Alekhya P



News Around the World

MAIN EMERGING TRENDS IN MEDITATION



Biofeedback integration from Wearable devices like smartwatches and EEG headsets track physiological responses, providing real-time feedback to enhance and optimize meditation practices for maximum benefit.

Sound Healing, particularly Binaural Beats, is becoming a mainstream tool in meditation practices and apps, helping to align the brainwaves which promotes focus, deep relaxation, heightened states of consciousness, and sleep.



NATURE-BASED and ECO-MEDITATION.

2. Another notable trend is **NATURE-BASED and ECO-MEDITATION**. As urbanisation expands and climate change continues to be a major concern, eco-conscious meditation practices are gaining traction. In addition, research shows that spending time in green spaces reduces stress and enhances overall well-being.

In recent years, meditation has evolved, transcending traditional practices and integrating with modern lifestyles. The rise of technology and increasing awareness about mental health have given birth to innovative meditation trends. These exciting developments aim to enhance accessibility, engagement, and effectiveness.

significantly. While meditation apps have been popular for years, we expect to see more sophisticated platforms that utilise artificial intelligence (AI) and machine learning to personalise meditation experiences. These apps will analyse user behaviour and preferences to recommend tailored meditation sessions, breathing exercises, and mindfulness practices.

Additionally, virtual reality (VR) meditation experiences are gaining traction, allowing users to immerse themselves in calming environments that enhance their practice. This tech-driven approach aims to make meditation more accessible and engaging, especially for younger generations.



INTEGRATION OF TECHNOLOGY

1. The **INTEGRATION OF TECHNOLOGY** into meditation practices is set to expand

Eco-meditation fosters mindfulness and gratitude for nature, promoting environmental awareness and sustainability through outdoor meditation and conscious connection with the Earth.



COMMUNITY AND GROUP MEDITATION

3. **COMMUNITY and GROUP MEDITATION** are becoming increasingly popular, as many find collective practice enhances their experience and fosters connection. Group meditation sessions, whether in-person or virtual, provide a supportive environment where individuals can share their experiences and insights.

Retreats and workshops focused on meditation are also gaining popularity. They also provide immersive opportunities to deepen practice and learn from experienced instructors, and connect with like-minded individuals from all backgrounds.



MINDFULNESS IN THE WORKPLACE

4. **MINDFULNESS IN THE WORKPLACE** is another emerging trend. Workplaces increasingly prioritize mindfulness, offering meditation sessions, workshops, and quiet spaces to support employee well-being, boost productivity, and enhance company performance.

A few other noticeable trends are:

HEART-BRAIN COHERENCE refers to a state where the heart and brain communicate effectively. This synchronisation leads to emotional stability, cognitive function, and overall good health. This fascinating interplay is becoming a focal point for many meditation practitioners seeking deeper, and more profound experiences.

As attention spans dwindle, many individuals seek quick and effective ways to meditate.

SHORT-FORM MEDITATION,

lasting anywhere from one to five minutes, allows practitioners to fit mindfulness into their busy schedules.

COMBINING MEDITATION WITH PHYSICAL MOVEMENT

is gaining popularity, with practices like yoga, tai chi, and qigong leading the way. Many practitioners are blending these two practices to create a holistic approach to well-being.

People are increasingly borrowing design elements from meditation or yoga studios, and adapting them in their HOME DECOR to help enhance their meditations.

Finally, another emerging trend is adopting

MINDFULNESS AS A LIFESTYLE.

Mindfulness is becoming a lifestyle, integrated into daily routines like eating, walking, and conversations, fostering awareness and presence in every moment.

In conclusion, meditation is transforming, with new trends emerging to meet the needs of modern society. As these trends unfold, they promise to make meditation more accessible and enjoyable for everyone.

Contributed by Laurence Guihard Jolly



S. Jagadish

(Retd.) IIM Bengaluru

Is there really something called, “Your Purpose of Life” that everyone has, and that it is mandatory that one should discover it?

Consider the mobile phone that all of us use. It is a system consisting of several parts -of specific functionality- put together, fundamentally, for the purpose of aiding communication. Similarly, a car is a system containing many parts, put together for the purpose of providing transportation. In other words, whenever we refer to or interact with a system, we associate it with a purpose. The very thought of a system implies a purpose.

The above examples are of non-living systems. Living systems have the additional

properties of growth, replication, and locomotion. Organisms like us are living systems. Behavioral scientist turned systems expert, James G Miller classified living systems into 7 levels, beginning with the cell and ending with ‘Supra national society’ with several hypotheses that apply across all the levels.

Thus, if each one of us is a system, it goes without saying that each one of us has to have a purpose for why we were designed. It implies that it is imperative that we seek and fulfil that purpose; and that is when we can find meaning to our lives.

Lord Tennyson, the English poet laureate says in his poem, In Memoriam,

“That not a worm is cloven
in vain.
That not a mother with vain
desire
Is shriveled in a fruitless fire,
Or subserves another’s
gain”.

Again, a living system maintains its direction towards its purpose through a mechanism of feedback and control. Feedback is the information it seeks about its position relative to the goal and control is the action it takes to steer itself towards it.

That is exactly what we should understand about our need to be constantly aware of where we are in relation to our purpose and take mind and physical action to remain steadfast towards our purpose. The next question is, “do I know what my purpose in life is? How do I find out”?

As we start our careers, we may feel something is missing. Deep inside, a nudge guides us toward a different path. When we discover and pursue our true purpose, we find happiness. Sometimes, our first career already aligns with our purpose, as seen with scientists and spiritual masters.

There are many who get to identify their life purpose, explicitly. There are also many, like me, who do not. They

may have to search for their purpose and follow it when they find it.

While returning home from the airport in a cab, we passed a hospital near my house. The driver mentioned a family who comes daily to distribute free food packets to the friends and families of patients waiting outside, so they don't have to search for eateries or spend money. Inspired by this, he and a friend decided to do the same at smaller hospitals, cooking at home and planning to create a group and a kitchen with donations.

I realized he had found his purpose. He may continue driving, but his true happiness will come from this service.

I've read about many such stories. Some young professionals left high-paying jobs to help old-age homes. A group of IT professionals started a unique initiative—a shopping area where construction workers can buy clean, donated clothes for just one rupee, giving them a real shopping experience. They, too, have found their purpose.

Consider the Buddha CEO foundation itself: Mr. Chandra Pulamarasetti, otherwise a hardcore technologist and entrepreneur, found his purpose in life by devoting his

life to teaching and spreading meditation, as a service to humankind. The many volunteers that work with the foundation are those who seemed to have similarly found their life purpose.

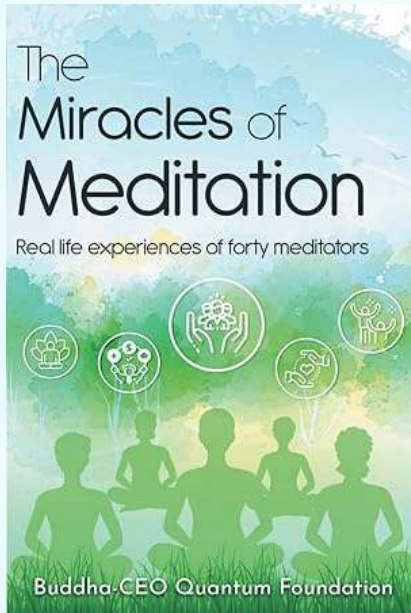
There are others who may have not found the purpose of their lives explicitly, but they do recognize it implicitly when they find their lives moving smoothly and are comfortable with whatever they are doing, without any anxiety or stress. When they are in a positive state of mind most of the time, they are said to be in the flow of things. They are not intrigued by the question, “into this world, why, not knowing, wily- nily like water, flowing; And out of it, whence not knowing, wily- nily, like wind blowing along the waste”. The most significant aspect of one's life purpose, if you noticed, is that it is always directed towards an act of service- to meet the needs of others.

you have found your purpose explicitly or know it implicitly, the practice of meditation helps in recognizing and aiding in the achievement of one's purpose. It implies that as a living system, you are complete.

I can say that I wandered many paths unconsciously until I was intuitively guided toward my true purpose. I became a devoted, consistent meditator through a series of events, and meditation now keeps me in flow, comfortable and truly happy.



Book Club



Miracles of Meditation

Real life experiences of forty meditators
— Buddha-CEO.

Meditation is fundamental to the holistic well-being of an individual. Meditation and mindfulness practices can help leaders develop a mindset that gains and continues to seek spiritual wisdom and scientific knowledge about their inner selves, body-mind relationships, and surrounding environments. This transforms their leadership style to focus on building stronger teams and driving improved performance. It is a formidable transformative opportunity for both individuals and society.

Meditation gives people the experiences that are necessary for them at various points of their journey and learning. As Brahmarsi Patriji mentioned, sharing

and listening to experiences leads to enlightenment. Inspired by him, the Buddha-CEO Quantum Foundation envisioned the book *Miracles of Meditation*, the first in a series featuring detailed meditation experiences from 40 meditators from various walks of life, each having undergone a profound transformation. This book is intended to inspire leaders, professionals, and organizations to experiment with meditation and experience its benefits.

For ease of reading and brevity, the experiences have been classified under the following broad categories - Workplace, Health & Energy, Service to Others, Holistic Transformation & Children.

In the Founders' Journey section, we have detailed stories from the three founders of Buddha-CEO Quantum Foundation, Chandra Pulamarasetti, Laurence Guihard-Joly & Manikyavani Dadi about how meditation helped them in their journeys and to live their purposes.

In the Workplace section, several leaders and employees talk about how they were able to excel in their leadership roles, win customers' trust, and build relationships through the regular practice of meditation. They also talk about how meditation opened new horizons for them and allowed them to respond instead of react.

In the Health & Energy section, the meditators talk about how they were able to recover from decades of migraine, insomnia and several other illnesses, without medication through the regular practice of meditation. They explain how they were able to heal many health issues, reduce anxiety and improve sleep quality.

In the Service to Others section, the meditators explain how they developed a mindset to serve others in various ways, including starting a care centre and a school to spread meditation, initiating meditation sessions and many more.

In the chapter on Holistic Transformation, many meditators share how meditation has helped them holistically transform their lives. The section on Children highlights how regular meditation practice has benefited young ones.

Each of these real-life experiences is deeply inspiring, demonstrating how consistent meditation can empower us all to lead healthier, more purposeful lives.

We sincerely believe that as more people read these experiences, they will be inspired to explore meditation, benefit from it, and contribute to making the world a better place.



Contributed by Aravind Sampth

Join the mindfulness moment

Meditation for Yourself & Planet

1 Million Meditators | 1 Hour | 1 Consciousness

21st of Every Month

5.30pm to 6.45pm IST | 7.00am to 8.15 am US ET

 buddhaceo.org/million



Advanced Meditation Retreat



The Advanced Meditation Retreat (AMR) by the Buddha-CEO Quantum Foundation, led by Chandra Pulamarasetti and Vani Chandrasekhar, is a life-changing experience. This five-day in-person retreat offers profound meditation sessions and transformative wisdom, set in a serene environment free from daily distractions. The simple, healthy vegetarian food enhances balance and well-being.

Each day begins with a two-hour guided music meditation in nature or under a Pyramid. Morning and afternoon sessions cover Quantum Physics, Neuroscience, and Epigenetics, showing how thoughts shape reality. Learn about spiritual science theories on how thoughts, beliefs, and emotions shape our experiences. One discovers seven essene mirrors, which show how relationships reflect us. Explore techniques to align actions with life's purpose, helping to build deeper connections, find fulfillment, and live a more meaningful life with awareness and intention. Participants engage in goal setting, vision board creation, and belief reprogramming to manifest desired outcomes.



Apurva Kondamutti
IT Professional, St.Louis, USA

Powerful meditation techniques include nature meditation, walking meditation, energy center meditation, and pyramid meditation. A unique session is the healing and body dialogue meditation, where participants connect with body cells through positive affirmations for self-healing.

The retreat promotes higher intelligence, emotional growth, and spiritual awareness through discourses, wisdom sharing, and deep discussions.

It heightens focus, expands understanding of thoughts and words, and encourages openness to infinite possibilities. Meeting people from different places cultivates a sense of unity and oneness. Evening meditations are conducted near water, around fire, or under the open sky connecting participants with nature's elements. The days end with Q&A session (Satsang) with Chandra Sir, offering deeper insights.

By the end, participants experience inner transformation, returning home with greater energy, clarity, and fulfillment. I highly recommend this retreat to truly experience the power of meditation and spiritual wisdom.



Sheetal Ranka
Homemaker, Coimbatore

AMR inspired my journey into regular, longer meditations. Chandra Sir's insights on meditation's science and benefits motivated me. His guidance strengthened my resolve. Now a consistent practitioner, I look forward to another AMR session.



Reena Ashok
Director SAR Global
Advisors Pvt Ltd, Delhi

My meditation experience at Pyramid Valley International was truly heavenly. The serene environment with high divine energy in every nook and corner. All buildings seamlessly flowing into nature created a magical ambience. Surrounded by lush greenery and birds, it felt like stepping into paradise. Guided by the exceptional mentor, Mr. Chandra, I

reached a realm where time dissolved, and past, present, and future blended together. I experienced a state beyond the physical body, where only pure consciousness existed. In this realm, there was no physicality, only a sense of compassion and pure, ecstatic energy, a state of ultimate bliss that no words can hardly capture.

Advanced Meditation Retreat



Excellence Through Meditation

A 40-DAY PATH TO LASTING TRANSFORMATION

Buddha-CEO Quantum Foundation offers a free 40-day online transformation program to the general public. Based on science, including quantum physics, neuroscience, and epigenetics, this program helps participants become more aware and energetic, develop confidence, cultivate a miraculous mindset, overcome challenges, and gain empowering wisdom to realize their dreams—a complete transformation inside out.

By practicing Anapanasati (breath-mindfulness) meditation regularly, participants naturally feel inspired to be more socially responsible, accountable, and compassionate. This leads to a vibrant workplace, harmonious communities, a more prosperous society, and a peaceful world. The program provides an immersive experience through group meditation, book clubs, experience sharing, talks by business leaders, and a global, trusting community where participants learn, practice, and contribute

What can you expect from the 40-day transformation program?

You will learn the fundamentals of meditation, including Anapanasati techniques and their effects. You will understand what meditation

is and what it is not and explore its impact on the brain and the subconscious mind. You will discover how meditation heals ailments (chronic and otherwise), improves physical and mental well-being, and connects to epigenetics. You will gain wisdom about manifestation science by understanding quantum physics and neuroscience to create abundance. Techniques like creative visualization, belief reprogramming, and gratitude will be introduced, helping you use meditation as a foundation for manifesting dreams.

You will realize how meditation enhances self-awareness, self-expression, empathy, and inspiration, making you adept at handling negative emotions and experiencing true happiness. Your emotional quotient (EQ) and spiritual quotient (SQ) will rise, helping you find purpose and lead a meaningful life. By the end of six weeks, you will experience a calmer, happier, and transformed YOU!

Register for the next 40-day online program at buddhaceo.org/gratitude

Here are some experiences from the past 40-day program participants:



“ After starting the 40-day meditation program, I saw steady improvements in all aspects of my life, both personal and professional. I am grateful for my wonderful mentors, whose guidance changed my life. Today, I feel more confident in facing challenges.

I experienced a manifestation breakthrough in my career. After losing my job, I went through 25 unsuccessful interviews. However, after just 1.5 months of meditation, I secured a job, a miracle!

Meditation brought positivity and clarity in thinking, helping me handle situations better, control anger, and find peace. Unexpected miracles have occurred, things I never imagined possible.

I’ve started reading and already completed Conversations with God. Currently, I’m reading another book and have many more lined up. Buddha-CEO has been a life-changing experience, and I’m deeply thankful.”



Arti Tiwari
IT Professional (Pune, Maharashtra)



Scan to watch video

“ During the 40-day meditation program, I experienced a significant transformation. At that time, I was applying for my U.S. visa and preparing to move. Practicing meditation consistently gave me deep calm and focus.

During those 40 days, I successfully manifested my dream university, secured an on-campus job, and obtained my visa smoothly. Meditation improved my emotional intelligence, helped me manage stress, and guided my decisions.

Now, meditation is an integral part of my life, providing mental clarity, emotional balance, and a deeper connection with my inner self. I draw inspiration from books, and by staying consistent, I’ve experienced remarkable growth.”



Scan to watch video



Sai Likhit Baviseeti
Postgraduate Student (St. Louis, USA)

“ A few years ago, I faced health issues and professional stress, leading to an autoimmune condition. Despite consulting top specialists in Dubai, doctors told me there was no cure. This realization led me to meditation.

Meeting Chandra Sir was life changing. His practical approach helped me integrate meditation into daily life. Over time, I learned it’s not just about sitting in meditation but maintaining a meditative state throughout the day.

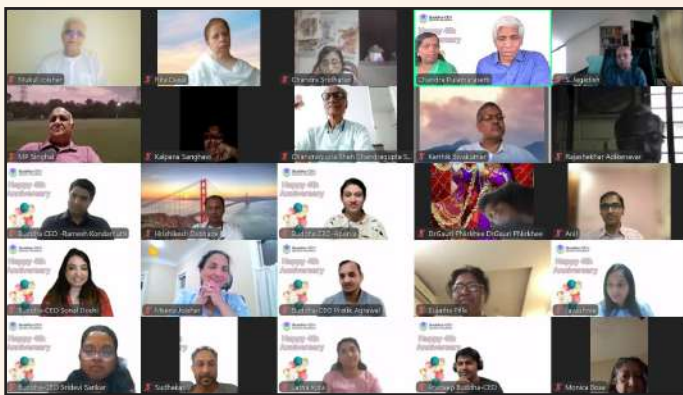
The impact was profound—my autoimmune condition healed completely. Tasks that were once impossible, like walking or using my hands, became effortless.

During a 40-day meditation program, I also learned about manifestation, leading to major professional breakthroughs. I switched jobs and created the work environment I envisioned. This journey transformed me, making me healthier, happier, and fulfilled.”



Scan to watch video

Srinivas M
Global Director & Information Security Leader (Dubai)





Pyramid Valley International

PLACE FOR INNER TRANSFORMATION

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Dr. Raghavendra Rao

Director, CCRYN, Ministry of Ayush,
Govt of India.

MEDITATION FOR MENTAL HEALTH

Meditation is a practice that involves focusing the mind and eliminating distractions to achieve a state of mental clarity, relaxation, and heightened awareness. Meditation can be done for various purposes, including stress reduction, self-reflection, spiritual growth, or improving concentration and emotional well-being.

Thoughts and emotions flow in a chaotic manner in an unaware mind. Once we bring in the awareness we can funnel and slow the thoughts from many to none either by focussing on single thought or just being a passive observer allowing the thoughts to sublimate as in mindful awareness or mindfulness.

Focussing meditation techniques include Raja Yoga, Om meditation, Sound meditation, Mantra meditation, breath awareness, body scan etc. Mindful meditation techniques include Vipassana, Metta, Zen , etc .

The feelings of euphoria, positiveness, relaxation and calmness following meditation can be explained by its effects on the Brain and autonomic nervous system.

EFFECTS ON THE BRAIN

Meditation has been shown to induce various changes in the brain's electrical activity, as recorded by electroencephalography (EEG).

EEG & MEDITATION

1. Increased Alpha Waves (8-12 Hz)

- Alpha waves : Meditation often increases alpha wave activity, particularly in the posterior regions of the brain. This increase is linked to relaxation and a reduction in mental chatter.

2. Increased Theta Waves (4-8 Hz)

- Theta waves are linked to deeper states of relaxation, creativity, and access to subconscious thoughts. Some forms of meditation, especially mindfulness meditation show a significant increase in theta wave activity, especially in the frontal and central regions of the brain.

3. Decreased Beta Waves (13-30 Hz)

- Beta waves are associated with active thinking, problem-solving, and high alertness. During meditation, there is often a reduction in beta wave activity, suggesting that the brain enters a state of less mental effort, reduced stress, and more relaxed concentration.

4. Increased Gamma Waves (30-100 Hz)

- Gamma waves : Some studies show that advanced meditators, exhibit a significant increase in gamma wave activity. The increase in gamma waves is believed to reflect a state of «peak experience» or profound mental clarity.

5. Altered Connectivity and Synchronization

- Meditation may also lead to increased functional connectivity between different regions of the brain. Synchronization between different brain regions during meditation, especially in the alpha and theta bands, suggests a state of coherent mental activity.

6. Changes in Frontal Cortex Activity

- The frontal cortex, involved in higher cognitive functions like decision-making, planning, and emotional regulation, often shows increased coherence or synchronization during meditation.

7. Long-Term Brain Changes

- Research suggests that long-term meditation can lead to structural changes in the brain, including increases in gray matter density in areas related to sensory processing, emotion regulation, and self-awareness.

FUNCTIONAL MAGNETIC RESONANCE IMAGING OF BRAIN & MEDITATION

MRI (functional Magnetic Resonance Imaging) studies have been used to explore the brain's activity during meditation. These studies have revealed several key changes in brain function.

1. Increased Activity in Specific Brain Areas

- **Prefrontal Cortex:** This area, associated with higher cognitive functions like attention, decision-making, and self-control, often shows increased activity during meditation.
- **Insula:** The insula also shows increased activation during meditation, which enhances awareness of internal bodily sensations and emotions.
- **Anterior Cingulate Cortex (ACC):** This region, which is key in regulating attention and emotional responses, is often more active during meditation.

2. Decreased Activity in the Default Mode Network (DMN)

The DMN is a network of brain regions that tends to be active when the mind is at rest or engaging in self-referential thinking (e.g., daydreaming or ruminating). Meditation has been shown to decrease activity in the DMN.

3. Changes in Brainwaves

Meditation can also alter brainwave patterns, leading to an increase in alpha waves or theta waves.

4. Enhanced Connectivity Between Brain Regions

- Studies suggest that meditation can increase communication between different brain regions. Long-term meditators show enhanced connectivity between brain networks that are linked to attention, memory, and self-regulation.

5. Changes in Brain Structure

Some studies have shown that long-term meditation can lead to structural changes in the brain, such as Increased gray matter density and thicker cortical regions.

6. Reduction in Stress Response

Meditation has been shown to reduce the activity of the amygdala, which is involved in the brain's stress response.

PHYSIOLOGICAL EFFECTS OF MEDITATION

Meditation has been shown to have various positive effects on the brain, largely due to the brain's neuroplasticity, its ability to reorganize itself by forming new neural connections. With regular meditation, following changes may be noticed: Increased Gray Matter, Enhanced Connectivity, Reduction in Amygdala Size, Improved

Emotional Regulation, Increased Theta and Alpha Brainwaves, Improved Attention and Focus, Decreased Cortisol Level, Increased Self-Awareness, Improved Brain Plasticity, Reduction in Symptoms of Mental Health Disorders, Better Sleep

Overall these changes following meditative practices can have salutogenic effects on health. This is particularly useful to improve ones mental health and manage day to day stress and improve productivity and efficiency.



S-VYASA & Buddha-CEO



Buddha CEO's Certified Meditation Coach Programs

In today's fast-paced world, the need for self-awareness, emotional balance, and purpose-driven living has never been greater. Meditation has emerged as a powerful tool to address these needs, and the Buddha CEO Quantum Foundation is at the forefront of this transformative movement. With a mission to create a conscious planet, the Foundation offers Certified Meditation Coach Programs that equip individuals with the skills and knowledge to teach meditation and inspire positive change in themselves and others.



Holistic Growth Through Scientific Wisdom

The Buddha CEO Certified Meditation Coach Programs focus on enhancing five key quotients: Physical (PQ), Intelligence (IQ), Emotional

(EQ), Manifestation (MQ), and Spiritual (SQ). By addressing these dimensions, participants learn to achieve a state of holistic growth and balance. The programs integrate cutting-edge neuroscience and quantum physics principles with ancient meditation practices, enabling individuals to unlock their inner potential and manifest their dreams. This dual focus on scientific grounding and practical application ensures that the teachings are both relatable and impactful.



A Purpose-Driven Life

These programs are designed to help individuals discover and live their true purpose. By becoming certified coaches, participants not only enhance their own lives but also become catalysts for transformation in their communities and organizations. The Foundation's approach empowers coaches to inspire others to adopt meditation as a tool for personal and professional growth, contributing to a ripple effect of positive change.

Two Levels of Certification

The Buddha CEO Certified Meditation Coach Program is structured into two levels to cater to diverse aspirations:

Associate Meditation Coach Program (Level 1): Ideal for those looking to become community coaches, this program provides foundational training in meditation and its scientific benefits. Participants gain the skills to lead meditation sessions and share wisdom with small groups, fostering local awareness and engagement.

Professional Meditation Coach Program (Level 2): Designed for individuals aspiring to work with corporates and institutions, this advanced program delves deeper into the science and application of meditation. Graduates are equipped to lead large-scale workshops and create tailored programs for organizational growth and well-being.

Collaboration with S-VYASA

Adding to the program's credibility is the collaboration with S-VYASA, a deemed-to-be university and one of India's leading institutions for yoga and meditation. This partnership allows participants to earn a certification that carries academic recognition, further enhancing their

Certified Coach Programs

professional credibility. The integration of S-VYASA's expertise ensures that the programs maintain a high standard of authenticity and depth.



Impacting Lives and Creating a Conscious Planet

Graduates of the Buddha CEO Certified Meditation Coach Programs emerge as ambassadors of change, equipped to inspire and guide others toward a purposeful and abundant life. By helping individuals improve their PQ, IQ, EQ, MQ, and SQ, these coaches play a vital role in shaping a conscious and harmonious world. The benefits extend beyond the participants themselves, creating a network of transformation that touches countless lives.

Be the Change Maker

As the world faces unprecedented challenges, the need for conscious leaders has never been more critical. The Buddha CEO Certified Meditation Coach Programs offer a unique opportunity to be part of this global movement. Whether you seek personal growth or wish to contribute to the well-being of others, these programs provide the tools and platform to make a meaningful impact.

Embark on this transformative journey today and join the ranks of certified meditation coaches dedicated to creating a brighter, more conscious future for all.

I am grateful for the enriching Meditation Coach program L1+L2 by S-VYASA and Buddha CEO. The facilitators' support, insightful wisdom notes, and practical sessions were invaluable. I look forward to more transformative courses in the future.

Srujana

M.sc yoga professional from S-VYASA University

The Buddha CEO Coach program gives practical skill tests. The trainee is required to deliver PowerPoint presentations on the subject learnt every week. This provides a strong foundation to be a successful coach.

Latha Abiruben,

Founder, Navik Organic Products, Sivakasi





Padma Shri D.R Kaarthikeyan.
Former Director, CBI, CRPF (Gol),
Chief Mentor, Buddha-CEO Quantum Foundation

In the 44th edition of DRK's Newsletter, Padma Shri Awardee D R Kaarthikeyan, highlights the importance of meditation as a universal solution for peace, health, and harmony.

The 16-page newsletter includes valuable insights on Meditation by several world renowned spiritual masters, corporate and govt. leaders from India.

We are bringing excerpts from this news letter as a column called **Project Meditation** from this issue onwards.

I am making this very humble appeal to all right-thinking personalities all over the world to make practice of meditation in any form, compulsory for everyone. Meditation is no longer an option but has transcended into necessity to save humanity. Despite all the efforts of the governments all over the world through laws, courts, prisons and religious teachings, humanity is suffering from ever increasing incidence of poverty, disease, deprivation, crime, violence, corruption, exploitation, disharmony, wars, social and economic injustice and damage to the environment.

Unless each and every individual is made to realize in own conscience of what is right, there is no salvation. Global, societal, national transformation can and shall begin only with individual transformation. Meditation is the simple technology for such transformation. Meditation is simple and scientific, and hence and hence must be adopted by one and all to bring about inner transformation that will in turn ensure transformation all over the world.

It's universally accepted that meditation calms the chattering mind. When the mind settles, clarity emerges,

equipping people to make wiser choices, and ultimately paving the path to a better world. All the problems in the world today, be it disease, anxiety and depression, military conflicts or domestic conflicts, begin in the human mind first. Meditation and supplementary breathing techniques can turn the aggression and violent tendencies inside people into compassion, and caring. In these times of war and disease, it's so important that everyone meditates a little bit every day.

I am attaching herewith messages from few eminent spiritual leaders, leading personalities, practitioners.

Project Meditation



“Meditation or ‘Dhyana’ is the most important and an integral part of yoga practice. It helps rejuvenate both body and mind, improve concentration and aids behavioral modification. Meditation also helps to eliminate fear, anger, anxiety and depression by developing positive emotions. It increases one’s memory, willpower and clarity of thought, ultimately improving quality of life. It makes the mind calm and quiet and leads to self-realization, which is the goal of yoga practice”.

-Shri Narendra Modi, Hon’ble Prime Minister of India

The Global Conference of Meditation Leaders’ initiative, advocating for Meditation, Everywhere, is not only commendable but also the need of the hour. This visionary call, if heeded, holds the potential to usher in a new revolution in the world. I urge everyone not only to adopt meditation in their own life but also to actively support its widespread adoption in society. With influential people and leaders taking the lead, this noble concept will have a more significant reach.

State support plays a significant role in the mass adoption of new ideas. Therefore, I urge world leaders to heed this call of conscience. Let’s each play our part in making this timeless practice a universal tool for healing and inner transformation on a global scale.

-Gurudev Sri Sri Ravi Shankar, Founder and Head of Art of Living Foundation





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energy

Meditation for
manifestation
science

Meditation for
emotional intelligence
and relationships

Buddha-CEO Events

1-day workshop @ Sivakasi



Workshop @ Coimbatore



Chandigarh Intro-session



Bangalore Intro-session



MEPCO Schlenk Engineering College, Sivakasi



Janaki Ammal College -Shivakasi



1-day Workshop AIIMS, Delhi



Tools for Manifestation - Vishakapatnam



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Dr. Newton & Dr. Lakshmi Kondaveti
Chairman, Quantum Life University



Dr. Issac Mathai
Chairman, Managing & Medical Director, Founder, SOUKYA International Holistic Health Centre



Dr. Raghavendra Rao
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Mrs. Pia Singh
Chairperson, DLF Foundation



Shri Shreans Daga
CEO, Betul Oil Ltd, Transformatio Coach, Chairman, Pyramid Valley International



Shri Chandra Pulamarasetti
Founder, Chief Meditation Mentor, Buddha-CEO Quantum



Shri Vijayabhaskar Reddy
Chairman, The Pyramid Spiritual Trust (Hyd)



Dr. Gopala Krishna
Founder and Chairman, Spiritual Tablets Research Foundation, London.



Mrs. Laurence Guihard-Joly
Former Global Senior General Manager at IBM



Dr. K P Kochhar
Prof & Head of Dept, Dept of Physiology, AIIMS, New Delhi



Smt. Parinita Patri
Founder, PSSM - SWAGG, Meditation Mentor



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Mrs. Jayashree Madango-
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