

Hari Om
Swami Bodhananda Saraswati 2-day Retreat
At
Bharatiya Temple of Lansing



August 21, 2009 – 7:00 – 9:00 PM
August 22, 2009 – 9:00 AM – 4:00 PM
(Date/Times to be confirmed by Ruth & Sunit Patke)

Crisis to Confidence: Practical Wisdom from Upanishads and Bhagavad Gita

We as individuals and as a society are facing a severe economic crisis unprecedented in recent history. People are losing jobs, iconic companies are folding up or facing bankruptcy, the nation is in a debt trap and intellectual as well as political leadership is in disarray. It is in such dire situations that we turn to moral and spiritual sources for inspiration and guidance. A crisis is both a threat and an opportunity for a new beginning. A crisis can be turned into an opportunity. Great transformations in human consciousness and behavior do occur when faced with life-threatening challenges. A crisis calls for a re-evaluation of our beliefs, assumptions and values about ourselves.

Swami Bodhananda brings the practical wisdom of the Upanishads and Bhagavad Gita to throw light on the present crisis of confidence and suggests ways and means to rebuild faith, virtue, self confidence and draw on one's inner resources to creatively face life's challenges.

The topics to be discussed include:

- From unconsciously unskilled to [un] consciously [un]skilled: the cycles of personality growth
- Change you can - power of conscious intention and choice.
- Two faces of fear- the discipline of turning weakness into strength.
- Creative response and finding yourself.
- Grounding yourself in the wisdom statements of the Upanishads and Bhagavad Gita.