

Chinmaya Mission San Diego

presents

The Essence of Gita

Discourses on Srimad Bhagavad Gita

by

Swami Ishwarananda

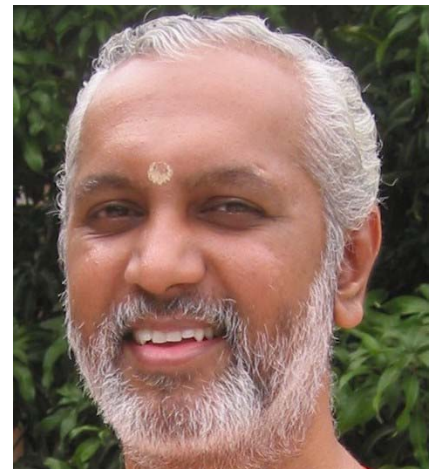
Acharya, Chinmaya Mission Tustin

Srimad Bhagavad Gita, the Lord's song, is the most popular and the single most influential text in Hindu Philosophy. If the *Upanisads* are the text-books of philosophical principles discussing man, world and God, the *Bhagavad Gita* is a hand-book of instructions as to how every human being can apply the subtle philosophical principles of *Vedanta* in everyday life. Religion is philosophy in action. From time to time, an ancient philosophy needs intelligent re-interpretation in the context of new times. In seven days, *Swamiji* will guide us to effectively apply the ancient teachings in our present lives.

Swami Ishwarananda is a disciple of *Swami Chinmayananda*. He was pursuing the career of a software professional when he first met *Swami Chinmayananda*. Due to the inspiration he derived from the writings and lectures of *Swami Chinmayananda* he relinquished his profession and joined *Sandeepany Sadhanalaya, Mumbai* in 1991 to pursue the study of *Vedanta*.

He was appointed as *Acharya of Chinmaya Mission Los Angeles* in 1995 and he conducted many seminars, discourses and retreat camps for 6 years. From 2002 for two years he served as the main *Acharya of Sandeepany Sadhanalaya in Mumbai* and taught the twelfth *Vedanta* Course for a batch of forty three students. Presently he is the *Acharya of Chinmaya Mithila* in Tustin and is also guiding other centers in Southern California.

He has authored two books - *Conscious Living* and *Silent Search* - which appeal to youth and adult alike to pursue spiritual life.



Date: Sunday, January 28, 2007 ----- **Time:** 6:00 PM - 7:30 PM

Date: Monday, January 29, 2007 thru' Friday, February 2, 2007----- **Time:** 7:00 PM - 8:30 PM

Date: Saturday, February 3, 2007 ----- **Time:** 6:00 PM - 7:30 PM

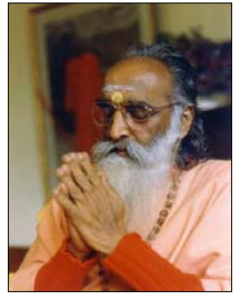
Please arrive and be seated ten minutes before the discourse begins.

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

For further information, please call *Lakshmi Sukumar* at 858-549-2908 or *Ganesh Bhat* at 858-676-0243 or visit www.omcmsd.org

Admission Free.

All are Welcome.



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presents

Amṛtabindu Upaniṣad

by

Swami Ishwarananda

Acharya, Chinmaya Mission Tustin

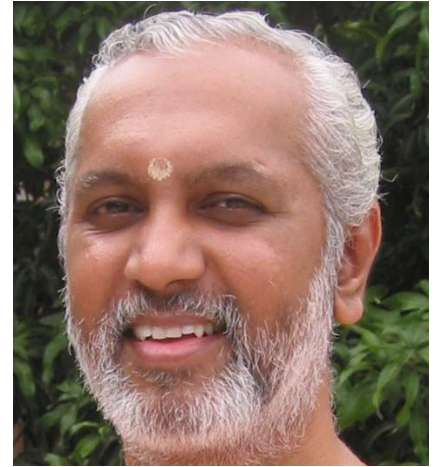
Amṛtabindu Upaniṣad is from the *Atharva Veda* and is considered a minor *upaniṣad*. *Upaniṣads* teach Self-Knowledge. They address the most significant question of life, “Who am I?” A study of the *upaniṣads* lifts our minds from the non-essentials and habitual identifications to great heights of contemplation.

In just twenty two *mantras* this *upaniṣad* discusses the place of scriptural study and the relevance of meditation, and gives a wonderful outline of necessary guidance on the path of Self-realization.

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He has authored two books - *Conscious Living* and *Silent Search* - which appeal to youth and adult alike to pursue spiritual life.



Date: Monday, January 29, 2007 thru' Saturday, February 3, 2007

Time: 6:30 AM - 7:45 AM

Please arrive and be seated ten minutes before the discourse begins.

Venue: 11715, Treadwell Drive, Poway, CA 92064

For further information, please call *Lakshmi Sukumar* at 858-549-2908 or *Ganesh Bhat* at 858-676-0243 or visit www.omcmsd.org

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