

Hari Om
Two-Day Retreat
with
H.H. Swami Bodhananda Saraswati
at the
Bharatiya Temple of Lansing



Friday, August 21, 2009
7:00 – 9:00 p.m., and
Saturday, August 22, 2009
9:00 a.m. – 4:00 p.m.

Crisis to Confidence:

Practical Wisdom from the *Upanishads* and the *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 which we hold dear.

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 how to draw upon one's inner resources and 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 of the *Upanishads* and *Bhagavad Gita*.