



16 Video Programs by

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1] **UNDERSTANDING HINDUISM:** Three reasons why we ought to understand Hinduism are: 1) Hindus constitute one sixth of humanity; 2) Hindus have a radically different worldview; and 3) Hinduism has millennia of experience in managing diversity. These reasons compel us to understand Hinduism. We have to disabuse ourselves of three prejudices about Hinduism: 1) the colonial attitude towards India and Indian culture; 2) the Western academic attitude; and, 3) the “New Age” perspective. An insider’s view of Hinduism suggests that its basic principles are sound and that this world tradition offers answers to the problems of the 21st century. To know and understand the three basic tenets of Hinduism, listen to these words of Swami Bodhananda. (Time: 47:46)

2] **THE SPIRITUAL PATH:** The happiness that we all seek is not in the world of things, people and situations. The one who realizes this truth is spiritual. He/she turns the direction of search inward, through detachment and meditation, and taps into spiritual resources. Happiness is the quality of the spirit. It is different from pleasure, which is born of possession and indulgence. Pleasure leads to dissipation and happiness to integration. “Meditate and be happy,” whispers Swami Bodhananda. (Time: 55:53)

3] **THOUGHTS ON GOOD AND EVIL:** Evil is an existential reality. Evil is seeking pleasure by inflicting pain on others. Evil is a uniquely human passion. A lion killing its prey is not considered evil. A person in authority causing pain to those in their care is indeed evil. Hitler who gassed 6 million Jews is considered the epitome of evil. Who created evil? What is the source of evil? God the all-compassionate couldn't be the source of evil. The source of evil has to be sought in the ignorance veiling human mind. It is the unhappy human, alienated from his/her spirit, who indulges in the wanton acts of evil. Wherever it appears evil has to be resisted by good people. Evil should not be confused with a stand point. Neither personal agendas nor evil means are to be adopted in the name of resisting evil. He alone who sees Divinity in everybody has the moral authority and stature to oppose evil. (Time: 58:06)

4] **MEDITATION: THEORY:** Discusses the philosophy of meditation. Meditation is an exercise to live in touch with the spirit by a process of watching the mind and body. It invokes values like happiness, health and creative intelligence from the spiritual dimension. It creates healthy neuro-physiological processes, maintains balance of the humors and enhances the immunity. Meditation is not opposed to activity, in fact they are mutually nourishing. This presentation also discusses the relationship between concentration, contemplation and meditation. (Time: 59:25)

5] **THE ECSTASY OF DEVOTION:** Confronted with the mystery of God, human beings raise their hands in adoration and sing God’s glory in self-abandon. Our hearts go out in longing for the Lord, and eyes well up in tears in contemplating God’s love. It is like the lotus’s longing for the sun, the peacock’s longing for the clouds, the river’s longing for the ocean, or the child’s need for mother’s warmth. Ecstasy is when our whole attention is commanded by the mystery, power and glory of God. We woo God and God woos us. It is not within our power to know God completely, but we can love God by loving all. To love God is to love everyone. Love is a non-demanding state of total self-giving. (Time: 57:00)

6] **THE MESSAGE OF THE BHAGAVAD GITA:** The *Gita*, a Hindu scripture, was taught on the battlefield. Lord Krishna, the Guru who taught this scripture, was God incarnate. The pupil was a confused prince, Arjuna. War never solves any problem, but when evil raises its pernicious head to threaten humanity, war is inevitable. That is the dilemma that confuses and weakens the resolve of good people. The teaching of *Bhagavad Gita* helps Arjuna gain clarity, and he springs into decisive action to fight against evil. The message of the *Bhagavad Gita* has perennial relevance to ethical conflicts and their right resolution. (Time: 58:31)

7] **THE MEANING OF ENLIGHTENMENT:** The physical body is a tiny, infinitesimal speck of dust floating in this vast cosmos; but the whole universe floats in our consciousness. That is the paradox of man, who exists as an intersection between the physical and the spiritual. Enlightenment is when the light inside is realized as the Supreme Light in which thoughts and sensations are known. It is that Light that radiates through the senses, encompassing the world. The Enlightened One is naturally happy, loving and caring, whose actions are spontaneously “right”. Enlightenment is the final fruit of human evolution. (Time: 58:48)

8] **ON RELATIONSHIP:** Three levels of relationships are discussed—mono-logical, dialogical and trans-logical, that the individual establishes with the world of objects, people and the Self. Objects are passive and hence do not challenge the individual as much as do people. Dialogical relationships arouse passions and ancient fears. People bring mutual expectations. It is a give and take relationship. Nothing should be taken without giving. People should help each other to grow together. Happiness is a subjective value - it doesn't come from relationships. Enduring relationships can be forged only between two happy people. Find your happiness within, enter into relationships as happy people and create communities of mutually nourishing and cherishing individuals. (Time: 57:51)

9] **PERSONALITY RE-ENGINEERING & WORK EFFICIENCY:** People are the critical resource in any organization. They add value to the operations of the company. Success of a company depends upon the sustained productivity of its work force. To inspire the worker is to help re-engineer his personality. To help him discover his motivation from within is to help him unlock his hidden potentialities. Five ideas are presented as strategies for achieving this goal—1) that every individual is a field of infinite potentialities, 2) that growth is an inward out process, 3) that people grow by facing challenges, 4) that detached engagement is the key to sustained performance and 5) that every individual should follow his/her bliss/nature. (Time: 53:16)

10] **LEADERSHIP AND DECISION MAKING:** The age of patriarchal, towering leadership has gone. No one leader can comprehend the complexity of modern world. We need mini-leaders at several layers of the social pyramid. Still leadership qualities remain the same. They are: self-motivation, integrity, communication skills, clarity of goal, nurturing attitude and global vision. (Time: 58:49)

11] **THE DISCIPLINE OF YOGA:** Three percent of Americans practice yoga. There are nine million yoga practitioners all across America! Yoga has become the health and fitness *mantra*. But yoga has higher objectives. The ultimate purpose of yoga is to realize the bliss of Self, the fullness of *Purusha*, and the redeeming power of Consciousness. Although the word “yoga” means union, practicing *yoga* actually leads to *dis*-union, that is, with the false ego and its identifications. *Yoga* philosophy talks of three orders of reality: 1) the spiritual Self; 2) the mental processes; and 3) the ever-changing material world. The conscious, blissful Self mistakenly identifies with the cognitive processes and the body sensations and comes to suffer body-mind limitations. Through systematic psychic and physical disciplines the *yogi* invokes the power and brilliance of the Spirit and he/she comes to abide in the true Self, a state of *samadhi*, pure bliss. (Time: 57:35)

12] **HAPPINESS THE GOAL OF LIFE:** There is unanimous agreement on the postulation that happiness is the ultimate goal of life. Theologians call it God, Nirvana or Moksha. Many blindly seek happiness in the accumulation of money, exercise of power or in the indulgence of wanton pleasures. But experience teaches us that such pursuits only lead to ultimate frustration and disappointments. It also leads to psychological and physical illnesses. All types of social evils arise from the unhappy man's egoistic craving for self promotion at the cost of others. The diagnosis is clear. But what is the remedy? Where does the average person find his/her happiness? Is happiness objective or subjective? Is it a feeling to be created or a fact to be appreciated? Do we have a choice in being happy or unhappy? Does happiness lead to sloth and laziness? Or is happiness the highest form of self expression? These are the questions that Swami Bodhananda reflects upon in this presentation. (Time: 57:37)

14] **ON COMPASSION:** Humans are endowed with the faculty of passion and reason. Passion gives him the drive and reason the direction. Divorced from each other passion is blind and reason is impotent. All encompassing passion, moderated by reason is compassion. Christ's passion on the cross was compassion, Buddha's passionate teaching of the noble truth was a flowering of compassion. The Bodhisattva's renunciation of his personal nirvana to work for humanity's salvation is an act of compassion. Love unmotivated by selfish considerations is compassion. We love our little selves, but is it possible to love all, to respect all, to accommodate differences? The survival of humanity depends upon the cultivation of such altruistic impulses. Compassion may not effortlessly flow from the human breast, but it may be cultivated. How? This presentation will deal with the nature and the cultivation of compassion. (Time: 57:28)

15] **STRESS MANAGEMENT:** Stress is the greatest killer after cancer and heart disease. Millions of man-hours are lost due to stress, cutting into company performances. Stress is again the major cause of marital discord. Even school children are affected by anxiety-related stress. In the modern world, stress is the single, major cause of family and social violence. Stress is the way we *choose* to cope with external pressures and demands, a habit that we unconsciously develop. The complexity of modern city life, the information revolution, contradictory and conflicting demands on one's time and energy, a stern boss and deadly deadlines, noisy children, an independent-minded wife or a domineering husband, and lack of personal discipline and moral values all contribute a high level of stress. The physiological expression of stress is release of large quantity of cortisol and adrenaline hormones into the bloodstream. The brain's limbic system also becomes overactive. As a result our behavior becomes imbalanced and our communication inarticulate; and the very worst comes from a "stressed-out" person. Now, how to manage this killer stress? Dietary changes, exercise, change in one's world view and attitude toward life, leading to mastery of mind and eventually the way we perceive so called "stressful situations" on the outside will help us create inner leisure and balance. In this presentation, Swami Bodhananda will discuss the nature of stress and a way to overcome stress. (Time: 57:56)

15] **ANGER MANAGEMENT** Frustrated desire becomes anger. Anger is a mental reaction against obstacles in the pursuit of desire-fulfillment. The Eastern Wisdom Traditions count anger as humankind's worst enemy. Anger debilitates its host. The origin of anger is irrational lustful thoughts. And the root of such thoughts is delusion or the absence of reflection. According to evolutionary theorists, anger is a response developed by species for their survival. Anger against the enemy, detractors, towards those whose intent is to harm us is a biological preparation for self defense. Between these opposing positions where lies the truth? The fact is anger makes us "go mad" and causes irrational and harmful behavior. In this presentation Swami Bodhananda, from a spiritual perspective, looks into the psychological and biological nature of anger along with its social and ethical implications and, in addition, offers effective anger management tools. (Time: 59:49)

16] **EMOTIONAL INTELLIGENCE or EQ** Daniel Coleman, a Harvard Psychology Professor, popularized this concept of "Emotional Intelligence" (EQ) in the Western world quite as a complement to its much celebrated counterpart, "Cognitive Intelligence" or IQ. Long before, the East and Christian West already knew this concept as a spiritual or ethical state of mind. The wisdom traditions have always emphasized the importance of individual mind control and inner balance as the only way to peace and happiness. Ability to control the environment is the measure of IQ, whereas the ability to control inner impulses is the measure of EQ. A world which is looking for skills and tools to control violence, hatred and misunderstanding is discovering the value of this old concept in its new incarnation. Swami Bodhananda in his presentation will discuss ways of enhancing emotional intelligence. (Time: 58:52)