



*Chinmaya Mission San Diego*

*presents*

# **The Essence of Upanishads**

*by*

## **Swami Ishwarananda**

### **Acharya, Chinmaya Mission Tustin & Bakersfield**

The *Upanishads* are the text-books of philosophical principles discussing man, world and God. From time to time, an ancient philosophy needs intelligent re-interpretation in the context of new times. In seven days, *Swamiji* will expound the central theme of five of the major *upanishads* and guide us to effectively understand and practice the ancient teachings in our present lives.

**The Vision of Oneness- *Ishavasya Upanishad***

**What is behind the mind?- *Kenopanishad***

**The spiritual quest-*Kathopanishad***

**Encounter with Death-*Kathopanishad***

**Mindful Meditation-*Kaivalya Upanishad***

**Renounce & Rejoice-*Mundakopanishad***

*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 2002-2004, 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 *Chinmaya Gokul* in *Bakersfield*.

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

**Date: Sunday, March 8, 2009 -----Time: 6:00 PM - 7:30 PM**

**Date: Monday, March 9, 2009 thru' Friday, March 13, 2009-----Time: 7:00 PM - 8:30 PM**

**Date: Saturday, March 14, 2009 -----Time: 6:00 PM - 7:30 PM**

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

**Venue: KER Inc., 9520, Black Mountain Road, San Diego, CA 92126.**

For further information, please call *Lakshmi Sukumar* at 858-549-2908 or *Ganesh Bhat* at 858-676-0243 or visit [www.omcmsd.org](http://www.omcmsd.org)

*Admission Free.*

*All are Welcome.*