

The Miracles of Meditation

Real life experiences of forty meditators



Buddha-CEO Quantum Foundation

others on the principles of life and self-knowledge. I will continue to do so. Some basic understanding/principles are:

A human being is a coexistence of body and Self. Understanding this creates harmony in individuals.

Happiness (state of harmony, peace, stability within) is our innate quality. Preconditioning and body sensations disturb it if we are not aware of ourselves. Understanding through self-exploration builds the clarity to maintain it naturally.

Acceptance, expressing gratitude, surrender, forgiveness, seeing a situation without making a judgment, right understanding... Those are the tools for happiness and prosperity in continuity.

Physical facilities are necessary, but we must be clear of our needs to dissolve craving for accumulations, exploiting others, and transform to helping others.

Relations work and bring mutual happiness and prosperity if we understand rightly the values operating our relationships. Trust is the foundation value. If there is no trust, the relationship breaks.

It is such a wonderful thing. We are grateful to everyone working for the well-being of people, guiding them. In particular we are grateful to Brahmarshi Pitamaha Patriji, Chandra Sir, all other meditators and teams of PSSM, and the Buddha-CEO Quantum Foundation for transforming the lives of people.

Let the play of life go on.....

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Opened holistic path to my life

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My name is Dr. Amarendra. I am working as a professor of Economics in the Department of Higher Education of the Government of Chhattisgarh, India. Teaching is my profession and learning a passion. I love to know and experience divine love and compassion. I was curious about the science of self-discovery from childhood. I have been reading the books of Swami Vivekananda and had the opportunity at an early stage of life to attend and listen to the Geeta Gyan from pooja swami Chinmaya Nanda of Chinmaya Mission.

Being a student of science, I always tried to know the truth of life but was not satisfied with the explanations of most thinkers. It was by chance that while scrolling Facebook, my eyes caught a Buddha-CEO Quantum Foundation advertisement for registering to a six-week mindful meditation program. I filled up the form at once. It was my first meditation class in January 2021 by Chandra Sir. I was never fascinated by meditation though I have had the opportunity to meet many great spiritual gurus in India, and widely read books of spiritual experience by great masters of east and west. Buddha and the Gita always inspired me. But the very first session of Chandra Sir gave me the feeling of