

CHINMAYA MISSION UK PRESENTS

Life Management

TECHNIQUES



BY H.H. SWAMI SWAROOPANANDA

Sunday 3rd - Saturday 9th September 2006

From 7:15pm to 9:00pm daily

At Kensington Town Hall, Hornton Street, London W8 7NX

**ALL TALKS ARE IN ENGLISH ALL ARE WELCOME
ADMISSION IS FREE**



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Life is never straight-forward. There are ups and downs, challenges and obstacles, victories and defeats and just as we feel we have adapted ourselves and attained a sense of equilibrium, life takes us down an unexpected path.

In this 7-day series of talks, **Swami Swaroopananda** will explore the various challenges that life throws at us and, applying the ancient wisdom of Vedanta, the philosophical core of Hinduism, explain to us methods by which we can meet our obstacles and challenges with full confidence and faith in our inherent abilities.

Specific topics include **Relationship Management**, where Swamiji breaks down the essential ingredients for a healthy relationship and helps us to understand how to cultivate and maintain lasting bonds of love and affection with our family, friends and society as a whole.

Stress management, where Swamiji elucidates on the root cause of stress in our lives and explains how, through a modicum of introspection and self-awareness, we can avoid dissipating our energy and remain dynamic and productive in all of our day-to-day activities.

And **Wealth Management**, where Swamiji explains that the key to managing wealth successfully is to treat it with the correct attitude: not one of greed and vice, but of humility, respect and gratitude; not allowing ourselves to spiral into the depths of appetite and indulgence, but to instead use wealth to uplift oneself and the community.

Sunday 3rd September 2006	The Science Of Life Management
Monday 4th September 2006	Managing Sorrow
Tuesday 5th September 2006	Managing Stress
Wednesday 6th September 2006	Managing Wealth
Thursday 7th September 2006	Managing The Manager
Friday 8th September 2006	Managing Love And Relationships
Saturday 9th September 2006	Meditation And Living A Balanced Life