



# VEDANTA TEACHINGS IN HONG KONG-2017 BY SHUBHRAJī



**January  
9th-21st**

## *Kaivalya Upanishad*

**Monday-Thursday, January 9,10,11,12  
7:30am-9:00am**

This Upanishad is one of the most accessible teachings from our Vedas. Kaivalya Upanishad belongs to the Atharvaveda. Upanishads form the final part of the Vedas. In a simple way, it gives effective techniques to meditate and clearly outlines the spiritual path even while living in the world. It presents a universal understanding of the Divine and a negotiation of who we are at the everyday level. The word Kaivalya means 'only That'. The ultimate meaning of Kaivalya is the full understanding of the reality of the truth that I am.

Dominique Fung  
Flat 16A Visalia Garden, 48 MacDonnell Road, HK  
Email: domque@yahoo.com  
**Tel: 91057310 (WhatsApp or SMS only)**

## *VISHNUSAHASRANAM ARCHANA*

**Saturday, January 14  
Time: 4:00pm-4:30pm Registration  
4:30pm-7:00pm Archana**

Chant the 1000 names of Lord Vishnu  
on the auspicious day of Makar Sankranti

Venue: Estoril Court, Garden Road, Mid-Levels, HK  
Pre-Registration is required  
**Email: vspuja2017@gmail.com  
Tel: Dina 92190005**



## *Workshop: The Code to Heal*

**Wednesday, January 18  
10:00am-10:30am Registration  
10:30am-2:00pm Workshop (followed by lunch)  
Price: \$600**

A revolutionary workshop to rewire your mind. This workshop is designed to give you practical tools and create an opportunity to heal. Shubhrajī will present specific techniques based on ancient teachings and latest research, to empower you to unlock the blocking patterns within and help bring yourself back to health and balance.

Venue: Estoril Court, Garden Road, Mid-Levels, HK  
Pre-Registration is required  
**Email: namahhk2017@gmail.com  
Tel: Tara 68889897, Nisha 92720463 (WhatsApp or SMS only)**

## *Action and Success - An Evening Talk Based on the Bhagavad Gita*

**Thursday, January 19  
7:00pm-8:15pm (followed by dinner)**

Am I so wrapped up in planning and in the details that I miss the point of what constitutes successful action? Shubhrajī will explore two key principles of Karma (The Law of Action) which you can apply to your professional and personal life. These are a sure antidote for stress and very easy to follow - succinct, crisp and practical. Shubhrajī will teach from two of the most famous verses of this revered text in this session.

Reena & Ravin Melwani  
Block B-2, 7th floor, Villa Monte Rosa, 41A Stubbs Road, HK  
RSVP requested to help us with planning  
Email: reenaarav@netvigator.com  
**Tel: 28363635 or 61054756**  
Parking is available

## *The Promise of Meditation: Talk & Guided Meditation*

**Saturday, January 21  
11:00am-12:30pm (followed by lunch)**

In this session, Shubhrajī will illuminate the techniques of meditation used to help us reconnect with our inner being. She will also explore Mindfulness and present ways of how we can develop more awareness as we go about our daily tasks. Shubhrajī will share different approaches which can help us discover our true self.

Bindiya Sabnani  
Parc Palais Clubhouse, Function Room, 18 Wylie Road,  
Ho Man Tin, Kowloon  
RSVP requested to help us with planning  
Email: usabnani@hotmail.com  
**Tel: 28188594 or 97382671**  
Parking is available

**For more information:** [www.namahom.org](http://www.namahom.org)  
[www.facebook.com/ShubhrajīNamahom](https://www.facebook.com/ShubhrajīNamahom)  
[www.inthelotusoftheheart.com](http://www.inthelotusoftheheart.com)

*You are welcome to attend any or all of the talks. The teachings are free.  
Donations are welcome and appreciated.*

*For questions, please call Dina 92190005*