



VEDANTA TEACHINGS - HONG KONG-2018 BY SHUBHRAJĪ



January
14th-27th

Evening talk
The Four Goals of human life
The Puruṣārthas: Dharma, Artha, Kāma & Mokṣa-
Monday, January 15, 2018
7:00pm-8:15pm (followed by dinner)

What is the purpose of life? Man is engaged in the pursuit of happiness. Is there a formula by which one can actually achieve this permanent sense of fulfillment even while interacting in the world? The ancient masters of our culture have dealt exhaustively with this topic.

Join us for an evening with Shubhrajī as she shares how to live a wholesome life in the midst of stress and change; moving towards greater freedom and leading a meaningful life.

The four puruṣārthas are dharma (righteousness, moral values), artha (prosperity, economic values), kāma (pleasure, love) and mokṣa (liberation, spiritual values).

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

Kaivalya Upaniṣad teaching continues:
Tuesday-Thursday, January 16,17,18, 2018
New Time 8:00am-9:30am

Upaniṣads form the final part of the Vedas. This Upaniṣad is one of the most accessible teachings from our Vedas and it belongs to the Atharvavedā. 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 notion of who we are. 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
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For more information: www.namahom.org
www.facebook.com/ShubhrajīNamahom
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

Workshop: DISCOVERING THE POWER OF FORGIVENESS

Tuesday, January 23, 2018
10:00am-10:30am Registration
10:30am-2:00pm Workshop (followed by lunch)
Price: \$600

The practice of forgiveness frees us from all emotional wounds that impede our progress at various levels. Forgiveness not only heals us, but it also releases those whom we believe have hurt us. This workshop focuses on the Vedantic approach to forgiveness - why forgive, and how to forgive. Shubhrajī presents the technique of forgiveness to free us of the past and get established in the present, while bringing an infinite sense of peace from within. Come, free our mental energy and experience the power of forgiveness in this interactive workshop.

(Please bring a journal and pen)

Venue: Estoril Court, Garden Road, Mid-Levels, HK
PRE-REGISTRATION IS REQUIRED
Email: namahhk2018@gmail.com
Tel: Tara 68889897 (WhatsApp or call),
Nisha 92720463 (WhatsApp or SMS only)

Slowing the Mind: The Promise of Meditation
Talk by Shubhrajī
at Asia Society, Hong Kong
Saturday, January 27th, 2018
11:00am-12:30pm

Venue: Asia Society Hong Kong Center
The Hong Kong Jockey Club Former Explosives Magazine
9 Justice Drive, Admiralty, Hong Kong

For more info on this event:
Tel: +852 2103 9511
Email: enquiryhk@asiasociety.org
Website: <https://asiasociety.org/hong-kong/events>

VISHNUSAHASRANAM ARCHANA

Sunday, January 14
Time: 4:00pm-4:20pm Registration
4:20pm-6:30pm 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: vspuja2018@gmail.com
Tel: Dina 92190005

