Shubhraji's 'Live' Online Lecture Series

Moods of the Mind – The Yoga of Guṇās Bhagavad Gītā Chapter 14 (27 verses)

7 lectures: April 28 to June 9, 2022





NAMAH

The material nature of the universe is made up of three energies that influence our minds. Understanding them helps us navigate our life with ease. In this chapter, the discourse between Lord Krishna and Arjuna gives us an insight about how to deal effectively with

external and subjective challenges. It also provides us with a trajectory of how to manage our emotions and thoughts to gain mastery over our life.

Amount: US \$145

for 7 online lectures

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Scholarships available for eligible participants – email us: onlineprograms@namahom.org

Please make sure you have a copy of the text.

It is available at:

https://www.chinmayapublications.com/bhagavad-gita-chapter-14-2

SHUBHRAJI will be LIVE via VIDEO for each lecture.

Each participant will be able to view her and interact via audio at the end of the lecture.

Audio recording of each session will be available to registered participants until November 1, 2022

Please check your local timings with reference to EST/USA Times

11:00 am to 12:15 pm ET/USA (9:00 am to 10:15 am MT/USA) & 7:00 pm to 8:15 pm ET/USA (5:00 pm to 6:15 pm MT/USA)

There will be 2 different sessions covering the same verses – so you can join at the time that suits you.

Other time zones: Thursdays

5:00 pm to 6:15 pm Berlin (Germany)

7:00 pm to 8:15 pm (Dubai/Mauritius)

8:30 pm to 9:45 pm (India)

For Hong Kong and other parts of SE Asia PM session in US Time: 7:00 am to 8:15 am of the following day (*Friday*)