Holistic Science And Art of Living

Date and time: Sunday, June 30th, 9:00 am- 5pm
Hosted by : "Center for Indic Studies", Woodland Commons, Parking lot 10&11, University of Massachusetts, 285 Old Westport Road, Dartmouth, MA

Seminar Topics:

- **Vedic View of Holistic Science and Art of living; *Art of living holistically;**
- **Chemistry of Yoga - Yoga beyond exercises and breathing**

People do yoga based on teachings or self-learned techniques from the vast literature we have available today. In this high tech world we are busy and do not have time to reflect on ourselves. This session will expound on the chemistry of yoga, Vedic view and Holistic Science views of art of living.

- **Human Life a unique experiment**

Human life is a unique live experiment where in mind, speech, body, inner and outer circumstances constitute an experiment. And ‘I am’ (name bearer) is the experimenter. Human life experiment has two parts – one is the part of happenings and the other is part of decisions or projections. What is in our realm and what is not? What is fate and free will? Are we independent doer? What is the Science of cause and effects? How does natural regulatory system function through scientific circumstantial evidences? How do mind, body, speech, reflective consciousness, intellect, ego and soul part a play in the experiment? What is science of pure conscious or soul and matter or karmic bonds? This session will throw light on these in addition to answering any of your queries.

- **Live to eat or eat to live?**

Do we really think what we are eating and how it plays a part in digestion? How is the food intake related to our health and spiritual progress? This session will bring out the holistic science and its effect in daily life living.

- **Various Drishtis (Ways of viewing) – Live Holistically**

How do we get locked in with certain views that obstruct us looking at other viewpoints holistically? This session will discuss how to get out of locked in views and live holistically.

Interactive Sessions and Practical Session:

Interactive sessions will consist of Q&A on a variety of topics such as diet, my inner journey – Holistic Inner Science perspective, Yoga/meditation, Universal projections for rich inner living – divine code of conduct for Happiness, my day looking in the mirror. Practical session will demonstrate how we can use Holistic Science to get rid of inner weaknesses and obstacles.

Speakers:

- Dr. Shailesh Mehta, MD, Eye Surgeon, India, Experienced in Holistic Inner Science.
- Swami Deepakanandji, Electrical Engineer, a Celibate with Jai Sachchidanand Sangh, India, Experienced in Holistic Inner Science.
- Sadhvi Bhagawati Saraswati, Ph.D, a disciple of Swami Chidanand Saraswatiji, Parmarth Niketan Ashram, Rishikesh, India.
- Pandit Ramadheen Ramsamooj, Director Saraswati Mandiram.
- Dr. Bal Ram Singh, Director, Center for Indic Studies, University of Massachusetts, Dartmouth.
- Dr. Mahesh Mehta, Retired membrane scientist, involved in Rural Empowerment programs in India.
- Dr. Madhusudan Jhaveri, PE (Structures) and retired UMD Professor.

Registration for the event: Advance registration is required so we can plan better especially for food. Visit www.hscrf.org and register for the June 30th Dartmouth, MA seminar. Each participant needs to register individually and upon registration the participant will receive an email confirmation and a seat will be reserved. No registration fee for the seminar. Lunch and tea will be served.

For further information please contact: Dr. Madhusudan Jhaveri (508) 947-5343 * Dr. Bal Ram Singh (508) -999-8588* Falguni Patel (617) 320-4608 * Himali Patel (617) 710-3899* Samir Patel (781)856-8434 * Rajnikant Patel (724) 672-6564

Sponsored by HSCRF—Holistic Science Charitable Research Foundation is a non-profit, 501(c)3 whose primary purpose is to share knowledge, promote research, and further the understanding of Holistic Science, or the science of consciousness as it relates to matter.