

Life Bliss Foundation

Community Outreach Program

Responsibility is a *Consciousness*. The moment you feel responsible for what is happening around you, that moment the Divine Energy will rush into you! This is a basic secret of Life.

The more responsibility you take up, the more you will expand and grow. You will become a leader. Most of us wait for the status to come and then take up the responsibility. Only if we take up the responsibility, the status will come!

_ Nithyananda



Community Outreach Program

2006



Life Bliss Foundation

A non profit organization described under section
501 (C) (3) of the Internal Revenue Code

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Life Bliss Foundation

A non profit educational and charitable organization



Community Outreach Program

together making a blissful difference !

www.LifeBliss.org



Community Outreach Program

Your contribution will help us support programs like those offered by Dhyanaapeetam, our sister organization in India, and described below :

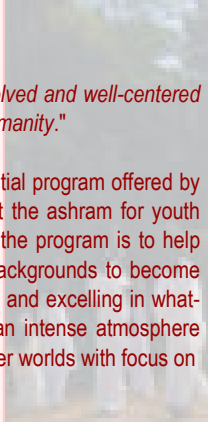
Ananda Yogam

Empowerment of Youth

Swamiji says, "A handful of spiritually evolved and well-centered youth is enough to transform the entire humanity."

Ananda Yogam is a free one-year residential program offered by Dhyanaapeetam, that has been initiated at the ashram for youth aged between 18 and 30 . The thrust of the program is to help youth from all types of socio-economic backgrounds to become self-supporting and confident in facing life and excelling in whatever field they may choose. It provides an intense atmosphere for the youth to grow in both inner and outer worlds with focus on

- Yoga and Meditation
- Self Improvement (Vocational skills)
- Ananda Healing



Ananda Ashraya

A loving home for senior citizens

Ageing is an irreversible biological phenomenon. It is also the survival of a growing number of people completing their traditional adult roles. Dhyanaapeetam's Ananda Ashraya program works towards providing all round care for the aged. The key components of the program are medical care, balanced nutrition, basic comforts of living and a loving community environment. The residents of Ananda Ashraya also have free access to the various meditation programs that are conducted at the Ashram in India all through the year.

You can help provide a blissful haven!

together making a blissful difference !

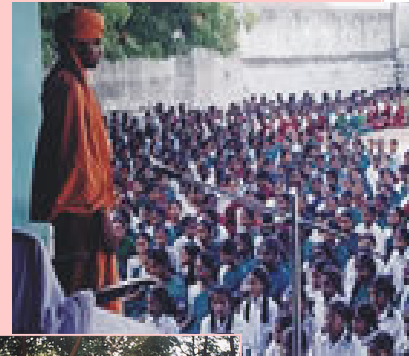
Ananda Path

The journey of bliss—programs for prison inmates.

Inmates serving prison sentences are given an opportunity to understand and eliminate their deep rooted negative emotions. The meditation programs are designed to liberate them from the torment of guilt and rekindle the emotion of love togetherness. The 2 day program has witnessed wonderful stories of individual transformations. The inmates have been reported to be less confrontational and more cordial with fellow inmates.

Prison administrators are ensuring that these meditation programs are included as a curriculum to help bring in a blissful transformation in every prison inmate.

You can be a partner on their journey of joy.



Gnana Dhaan

Giving Wisdom to the Youth

"When meditation is taught to youth, collective negativity can be destroyed, crime rate brought down and countries can be seen flourishing." Swamiji

In tune with these words and Swamiji's vision, Dhyanaapeetam has initiated the movement Gnana Dhaan (giving wisdom) to give discourses and meditation tools free of charge to 10 lakh (1 million) youth to show them the way of blissful living.

This movement is aimed at kindling the inner intelligence of the youth which will guide them in managing themselves and society. The movement has already touched 500,000 youth in various parts of India. Acharyas (teachers trained by Swamiji) conduct the various programs as part of the Gnana Dhaan movement.

You could also be a part of this revolutionary movement!