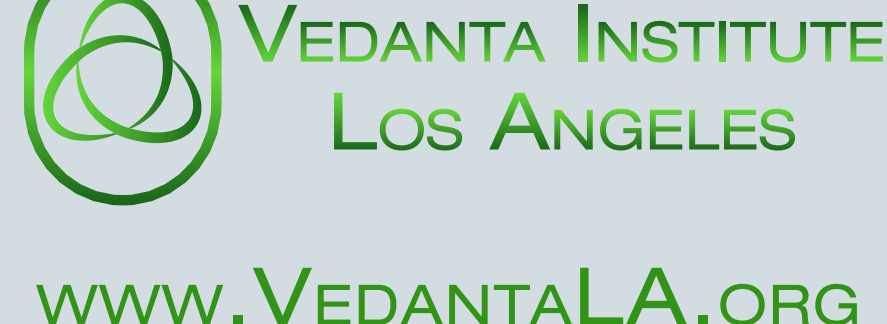


"LIFT YOURSELF BY YOURSELF"

A Philosophical Perspective on Life

Holiday Inn Express, Anaheim
Saturdays, 10:00-11:30am



WWW.VEDANTALA.ORG

8th Sep. 2018

AN INTRODUCTION Stress: Cause & Cure - I

Merely managing stress is not an effective long-term strategy. Its causes must be clearly understood and eliminated. The cause of stress is not external circumstance, but our own poorly-managed mind. (Session 1 of 2)

WATCH
ONLINE

First session free. All other sessions by donation.

To express interest or request further details:

Glen@VedantaLA.org

(310) 871-5840

29th Sep. 2018

Stress: Cause & Cure - II

We continue to investigate the internal causes of stress. Merely managing stress is not an effective long-term strategy. Its causes must be clearly understood and eliminated. The cause of stress is our own poorly-managed mind. (Session 2 of 2)

WATCH
ONLINE

13th Oct. 2018

Unlocking Success

Success is an effect that lies in the future. The cause of success is right action executed in the present. Philosophical inquiry reveals the principles that underlie success in our chosen field.

WATCH
ONLINE

Click to Watch: Stress and the Mind



17th Nov. 2018

Philosophy for Youth

Maturity brings the freedom to choose our own path through life. However, with freedom comes the responsibility to choose wisely. What is freedom, what is wisdom, and how are they gained? How can I make good choices before my wisdom has matured?

WATCH
ONLINE

8th Dec. 2018

Life is Change

We all strive to create a peaceful and progressive life. However, the world often disregards our plans and brings us unexpected changes. How can we remain optimistic and enthusiastic about our own plans and work while adapting to and accepting a changing environment?

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FOR DEC-8

Click to Watch: Self-development



29th Dec. 2018

Defining Human Maturity

True progress in life is marked by increasing maturity of mind & intellect, which affords us greater self-sufficiency and enhanced empathy. Maturity is the effect, and the three self-development disciplines are the cause. When these disciplines are directed towards a well-chosen ideal, there is spiritual growth.

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FOR DEC-29

2nd Feb. 2019

Harmonizing Relationships

Relationships ought to serve to facilitate our success and growth in life. Yet they can become perfunctory rather than meaningful, frustrating, and fertile ground for conflict. Why? The quality of our mind and intellect determines our attitudes and choices, as well as how we interpret and experience relationships.

Click to Watch: Redefining Intimacy



TBC

Parenting Principles

Philosophy asks us to investigate the principles that govern all our experiences. Understanding and applying them to the parent-child relationship promotes success and harmony in the role of parent. Through an analysis of the relationship we come to understand parental responsibilities and obligations.

TBC

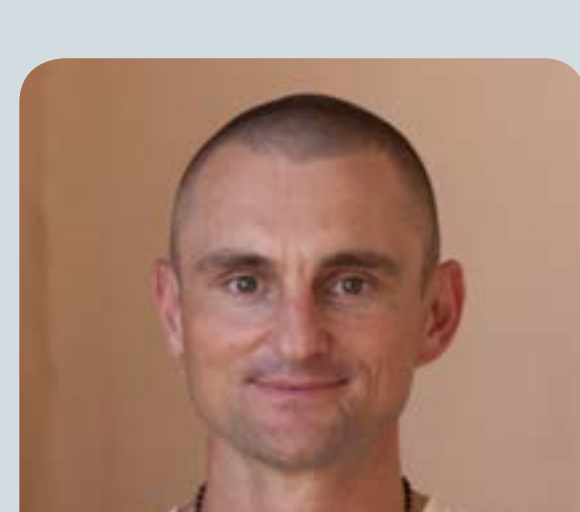
The Theory of Reincarnation

Nobody knows what happens after death. However, Vedanta philosophy presents a theory based on the principles that we observe functioning in daily life. The analysis & conjecture of this inscrutable mystery yields beneficial understanding for improving our daily lives.

TBC

Meditation: Clearing the Confusion

The word *meditation* has taken on a range of meanings. It is the final practice in the path of self-development, culminating in Self-realisation. However, when it is wrongly understood and poorly applied, meditation has the opposite effect to that intended.



Glen Callahan is co-founder of the non-profit [Vedanta Institute Los Angeles](#). He completed the three-year Diploma in Vedanta Philosophy course at the [Vedanta Academy](#) (India), and continued to study and practice there for a total of eight years.

He has teaching experience in the US, India, NZ, and Mauritius, conducting programs for the public, businesses, wellness spas, high-schools, and universities. He also [blogs](#) on Vedanta's theory and practical application.



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