

Six Session Introductory Course on Krishna Consciousness

Newcomers coming to the temple or coming in contact with other programs of the temple have several unanswered questions in mind before they can fully and wholeheartedly embrace the process of Krsna consciousness. This course was started by the ISKCON Chowpatty to address this need & to lay basic foundation in philosophy and understanding of Krsna consciousness.

Overview of Journey Of Self Discovery Course ISKCON Chowpatty

The course covers the fundamental aspects of Bhagavad Gita in a very simple and systematic way presented in 6 sessions. Now a days people don't have time to read Gita and even if they read it's difficult to understand. This course summarizes the basics of the Gita and anyone who goes through will be able to better appreciate and understand Gita. Devotees have found that this is the best medium to introduce their family members and friends. ISKCON Chowpatty also have a website where people can register and pay online. Also they have a book – Journey of self discover for the benefit of the masses who can't find time to come and go through the six sessions. They are also ambitious to do this course online and reach out to many more people.

Contents of JOSD

The Glimpse of Six Days Seminar on ' The Journey of Self Discovery '

- DAY 1: HAPPINESS, ON \$ALE? We begin the course by understanding the basic similarities and differences between humans and animals. This analysis helps us realize the special prerogative of human life; the ability to reason and offer permanent solutions to the problems of life.
- DAY 2: THE GOD MYSTERY? For millennia saints and holy men of all religious and spiritual traditions pursued an inner calling of God as a solution for seeking permanent happiness. Is this a utopian idea or for real? Can we logically and scientifically prove the existence of God?
- DAY 3: WHO IS ME? A car cannot move on its own; a driver maneuvers it. Similarly the body functions due to the presence of a driver, the soul. The soul pervades the body with consciousness and adds the element of life to the body. What or who is the soul?
- DAY 4: RELIGION ON TRIAL? If God does exist, is He one or many? How do we explain the existence of so many religions and so many gods? What about the plethora of images and forms in Hinduism? Does God have a form or is He an impersonal light that pervades the whole existence?
- DAY 5: IS WORLD AN UNFAIR PLACE? The most popular of the six sessions, this session examines thoroughly the law of action and reaction, also known as the law of karma. The session facilitates the participants to relate to the sufferings of the world more soberly by examining the nature and the purpose of this world.
- DAY 6: LIFE APPS The lessons and experiences of the first five sessions create a need for practical life management programme. The concluding session offers a healthy package and schedule centred on prayer and meditation. This session address the acutely felt need of balancing our material and spiritual roles.

Achievements and Testimony of JOSD Course

Since the beginning of this course in the 1990's and till now over 10,000 people have taken advantage of this course. Over 5000 have become serious practitioners of the Krishna Consciousness. Now this course is being conducted at various places across Mumbai and Pune and other satellite centres connected to ISKCON Chowpatty. Testimonials: The JOSD is a wonderful course that provides any spiritual seekers with answers to life's very basic question in a simple & practical manner. After experimenting with various different spiritual practices over the last 10 years, I attended the JOSD and that helped me complete the jigsaw puzzle of life . It gave me utmost clarity about the purpose of my life and also provided a roadmap to reach the goal/final destination. And the roadmap is very simple to follow , doesn't need any qualification. Anyone can do it. I am really grateful to have come across such a wonderful process that brought about transformation in my life. I have experienced fulfillment that goes beyond happiness , that can only be experienced and not express. Ms. Unnati Parekh Head, Currency Derivatives, Kanji Forex

Get more details about the course through this website: <http://jsd.co.in/>

JOSD program promises to be a life-changing, inspiring and empowering experience. Our teachings allow people of all faiths and traditions to benefit based on