

■ International

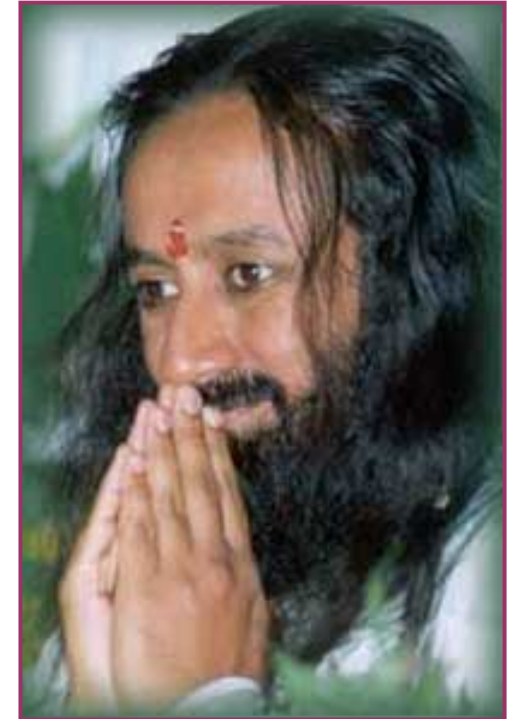
■ Non-profit

■ Educational

■ Humanitarian



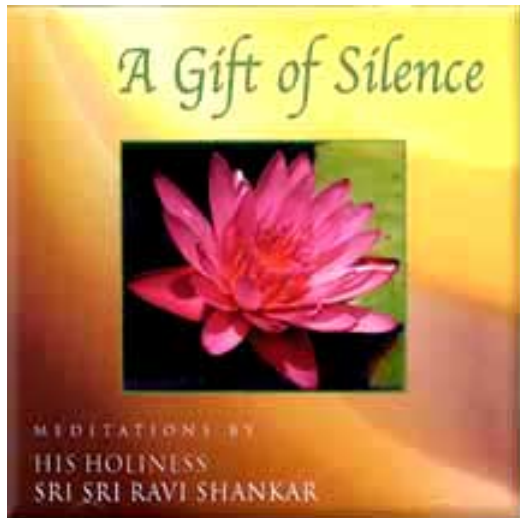
ART OF LIVING Foundation



www.artoflivingsfba.org



A GIFT OF SILENCE



CD

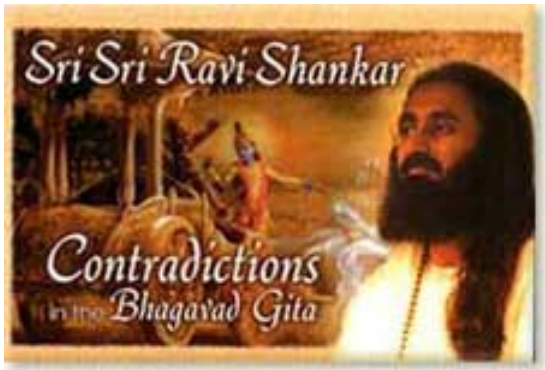
A Gift of Silence (CD)

This CD presents the opportunity to experience three wonderful meditations guided by His Holiness Sri Sri Ravi Shankar: Transforming Emotions (20 minutes); Contentment Meditation (24 minutes); and Space Meditation (27 minutes).



Contradictions in the Bhagvad Gita

AUDIO TAPE

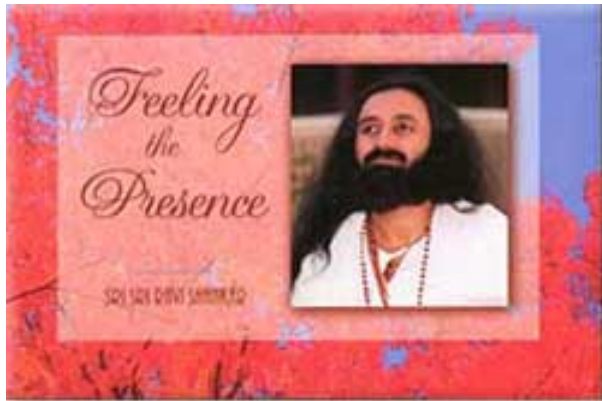


In the midst of war, Krishna tells Arjuna about meditation and love, using paradox and contradiction. Sri Sri also discusses how to deal with apathy and how to raise children to be gentle and sharing.



Feeling the Presence

AUDIO TAPE



Sri Sri explains why we cannot perceive God through the five senses and how we can directly experience the Divine. He discusses environmental issues and shows why bad feelings are the greatest pollutants of all.



Truth is Multidimensional

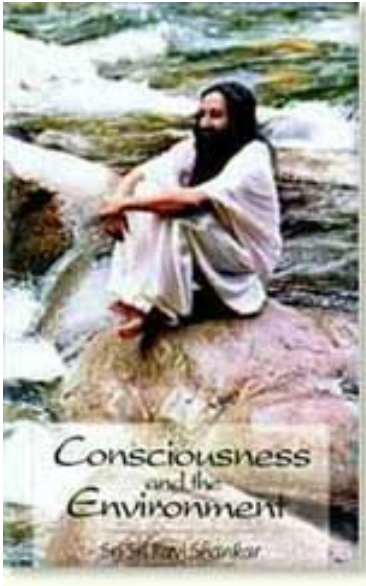


AUDIO TAPE

Sri Sri provides short, profound answers to all of the heartfelt questions asked. He discusses, among other things: the paradoxical nature of Truth, sex, the fear of death from AIDS, and energy in the chakras.



Consciousness and the Environment



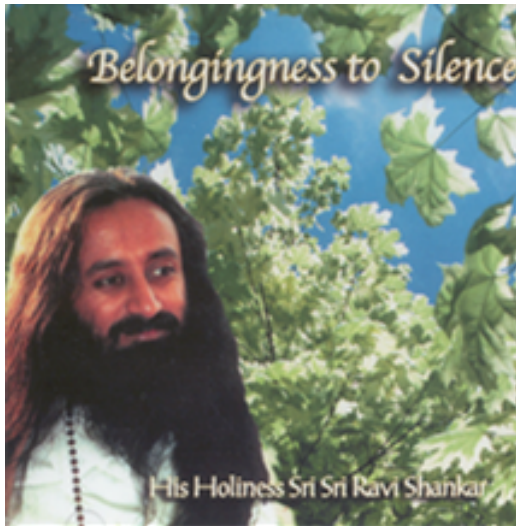
AUDIO TAPE

"When you consider something sacred, you will never pollute it." Sri Sri analyzes the problems of pollution in the world today and identifies the solution. The tape also contains a talk on the nature of fear.



Belongingness to Silence

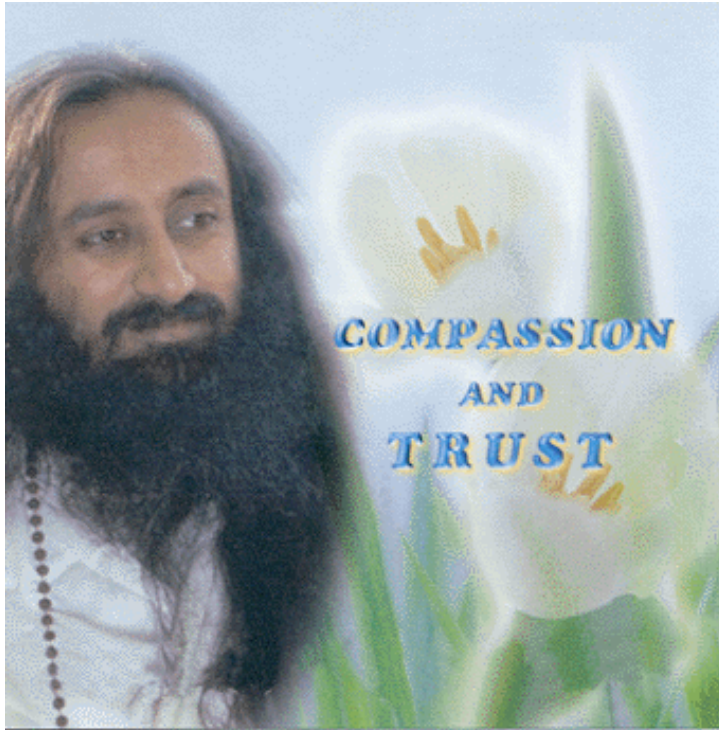
AUDIO TAPE



Silence is the mother of all creativity. Silence is the mother of invention. Silence is the basis for love... We need to create a sense of belongingness with silence or for silence.



Compassion & Trust

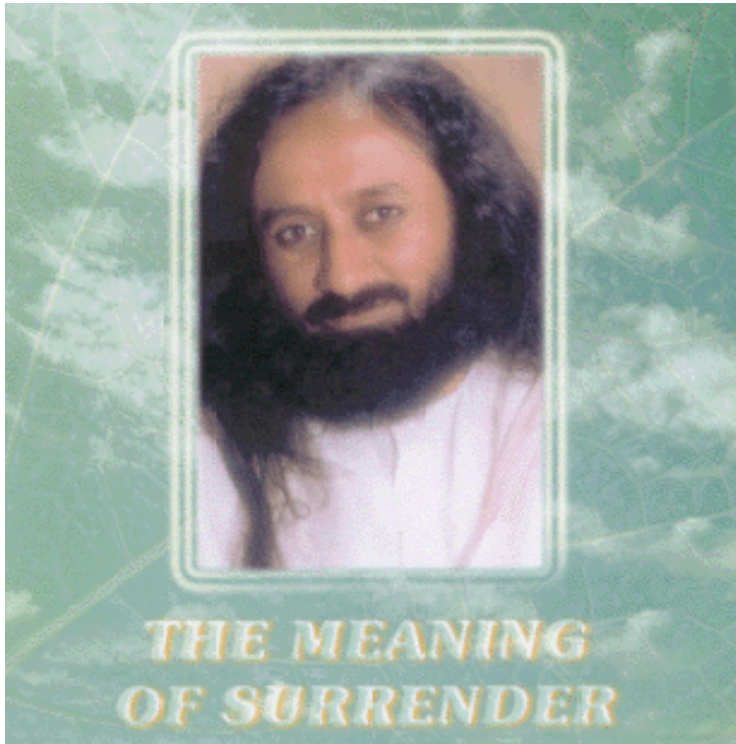


VCD

Compassion is better than forgiveness in dealing with the mistakes of others. We also learn how to have trust, unconditional love, abundance, and happiness. "You can live life with a smile from within."



The Meaning of Surrender



VCD

The Meaning of Surrender

Sri Sri discusses how to deal with the restlessness and pain that results from desire by surrendering all your positive and negative qualities to the Divine.



A Conversation with the Master

DVD



The spiritual path demands two things. First, authenticity. Whatever you are doing, are you authentic? The second thing it demands is intensity. How intense are you, in anything you are doing? If you are just lukewarm, there's no progress on the spiritual path.



Timeless Conversations



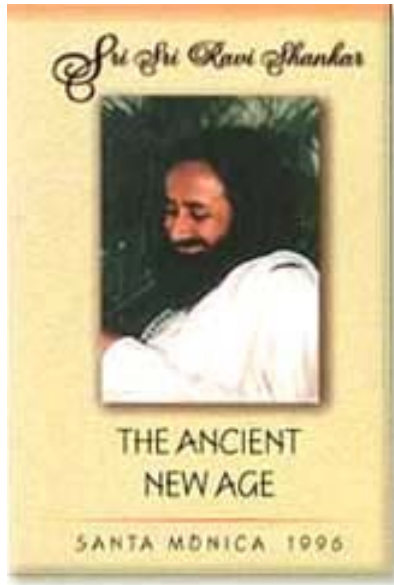
DVD

Can time freeze? Yes, it can. When the time freezes, the mind freezes. When the mind freezes, that silence is meditation



SANTA MONICA SERIES – THE ANCIENT NEW AGE

AUDIO TAPE



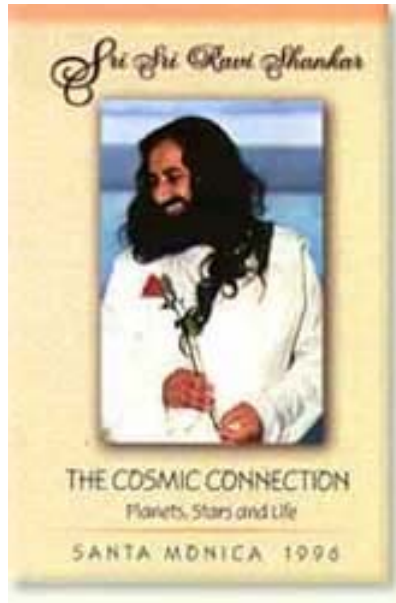
The Ancient New Age

Is the New Age really new?
Many of the ideas and concepts
we think of as unique today are
actually very ancient. Sri Sri
discusses what is old about the
new age!



SANTA MONICA SERIES – THE COSMIC CONNECTION

AUDIO TAPE



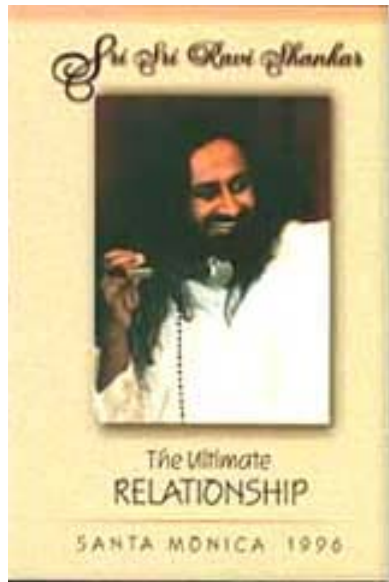
The Cosmic Connection

The ultimate truth is that the universe is one. But on a secondary level, there is the diversity of life in the world. Sri Sri talks about the connection and interaction of life in the cosmos and the extent to which everything is affected by everything else.



SANTA MONICA SERIES – THE ULTIMATE RELATIONSHIP

AUDIO TAPE



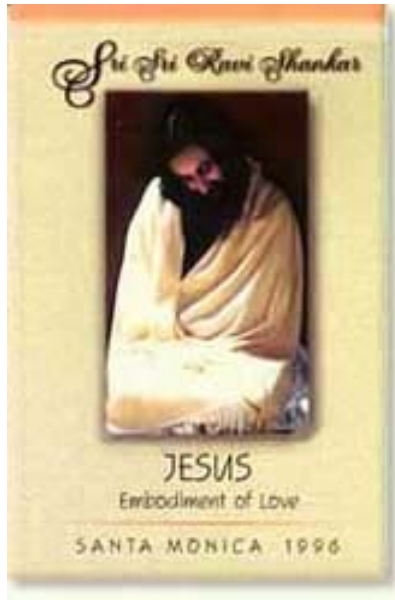
The Ultimate Relationship

What is the ultimate relationship? Is it really possible to love someone forever? As love moves from physical to emotional to spiritual, there is one thing to know that can save our love.



SANTA MONICA SERIES – JESUS, EMBODIMENT OF LOVE

AUDIO TAPE



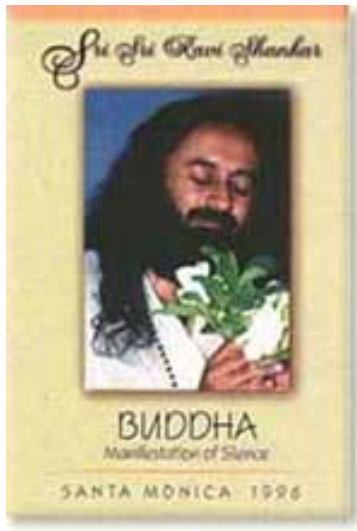
Jesus, Embodiment of Love

In Jesus, we find a complete expression of love. All the glimpses we have of Him in His life indicate the fullness, the supreme expression of the inexpressible.



SANTA MONICA SERIES – BUDDHA, MANIFESTATION OF SILENCE

AUDIO TAPE



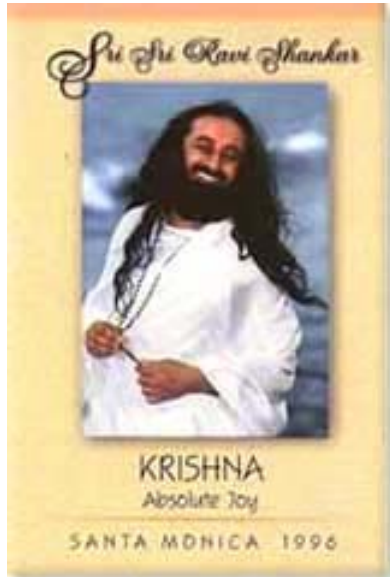
Buddha, Manifestation of Silence

When Buddha became enlightened, he kept silent. Words cannot capture existence, but silence can. In this talk, Sri Sri portrays Buddha as the manifestation of silence with stories from his life.



SANTA MONICA SERIES – KRISHNA, ABSOLUTE JOY

AUDIO TAPE

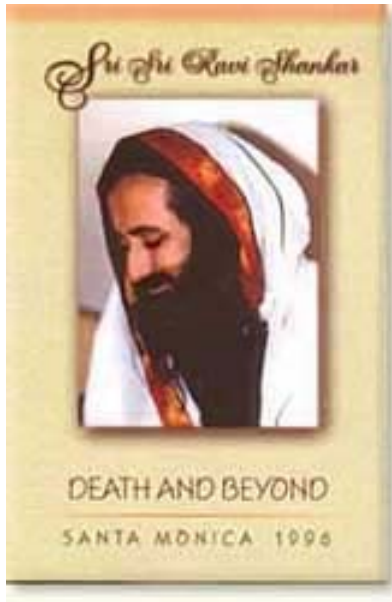


Krishna, Absolute Joy

"Love comes along with pain. Silence is a little serious. Joy is mischievous." Mischief is the outcome of joy and bliss, and Krishna is Absolute Joy and all mischief. Sri Sri talks of Krishna's life and the effects of his mischievous pranks.



SANTA MONICA SERIES – DEATH & BEYOND



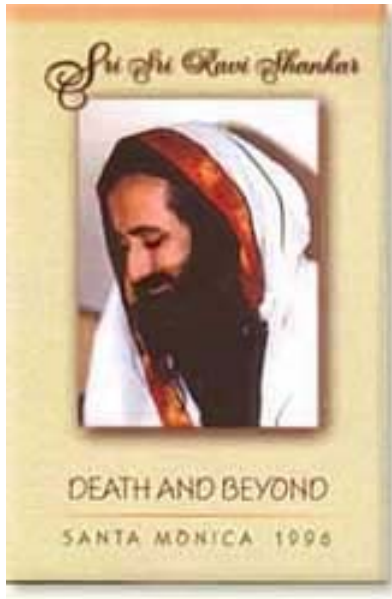
AUDIO TAPE

Death and Beyond

"It is the fear of death that dampens life: and fear because we do not know what it is." Sri Sri gives examples from our everyday life in the attempt to help us understand death.



SANTA MONICA SERIES – DEATH & BEYOND



AUDIO TAPE

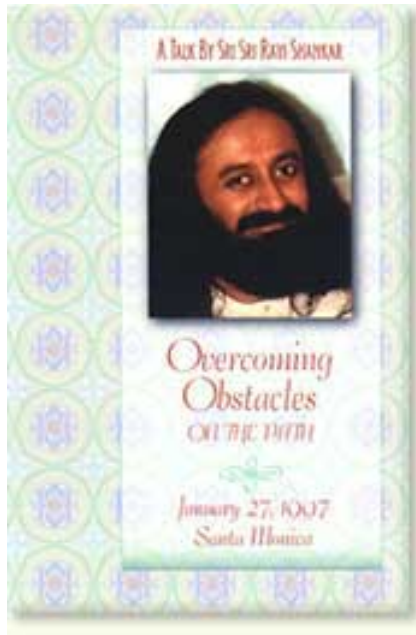
Death and Beyond

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SANTA MONICA SERIES – OVERCOMING OBSTACLES ON THE PATH

AUDIO TAPE



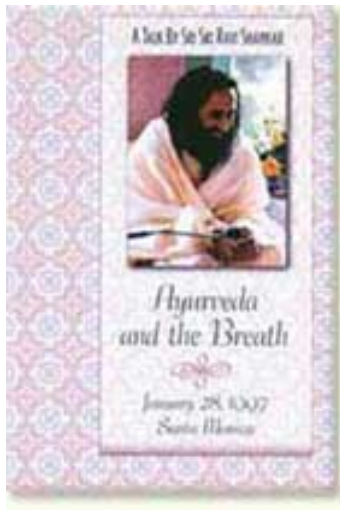
Overcoming Obstacles on the Path

Obstacles do come. You can face them with a smile or with a frown. Sri Sri speaks about going beyond potential obstacles, such as disease, oversleeping, laziness, and doubt.



SANTA MONICA SERIES – AYURVEDA AND THE BREATH

AUDIO TAPE



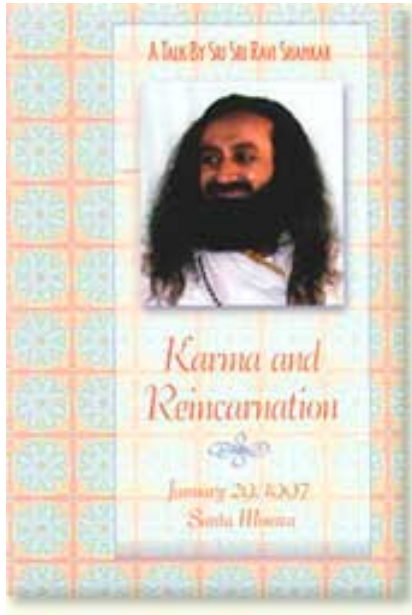
Ayurveda and the Breath

Our breath is our life, and Ayurveda is the knowledge of life. It attends holistically to bringing harmony and balance to body, mind, and spirit.



SANTA MONICA SERIES – KARMA & REINCARNATION

AUDIO TAPE



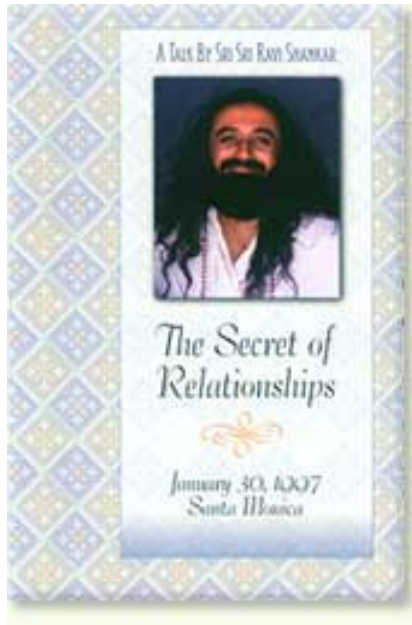
Karma and Reincarnation

Sri Sri describes the different kinds of action and how each affects us in this life and the next. He tells us how to gain freedom by going beyond the cycle of death and rebirth.



SANTA MONICA SERIES – THE SECRET OF RELATIONSHIPS

AUDIO TAPE



The Secret of Relationships

Sri Sri talks about the three levels of communication and the three things that are essential for relationships to be long-lasting.



The Yoga Sutras

10 AUDIO TAPES

The Yoga Sutras

Sri Sri translates and interprets the ancient Yoga Sutras of Maharishi Patanjali. The Yoga Sutras are considered the definitive text on the mechanics of the growth of consciousness. Sri Sri illumines the profound wisdom contained in Patanjali's concise Sanskrit passages and applies it to our everyday experience.

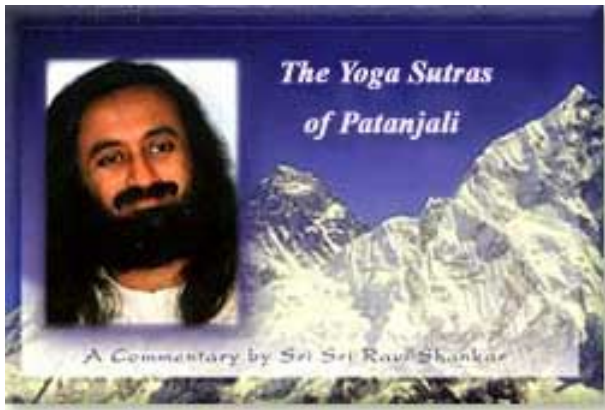




The Yoga Sutras – The Discipline of Yoga

AUDIO TAPE

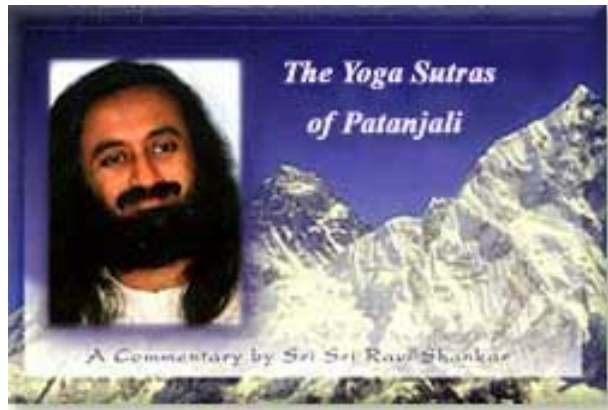
Sri Sri describes the self-imposed discipline that results in a permanent Self-awareness. We learn how each of the five kinds of mental activity can prevent us from having that state of joy at all times.





The Yoga Sutras – Honoring the Practice

AUDIO TAPE

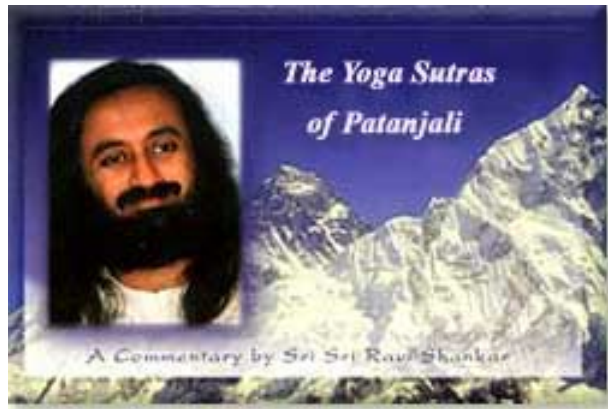


What is spiritual practice and how can we get the most benefit out of any technique? Sri Sri discusses what Patanjali calls vairagya, or dispassion, and shows how it is essential for spiritual progress.



The Yoga Sutras – Samadhi

AUDIO TAPE

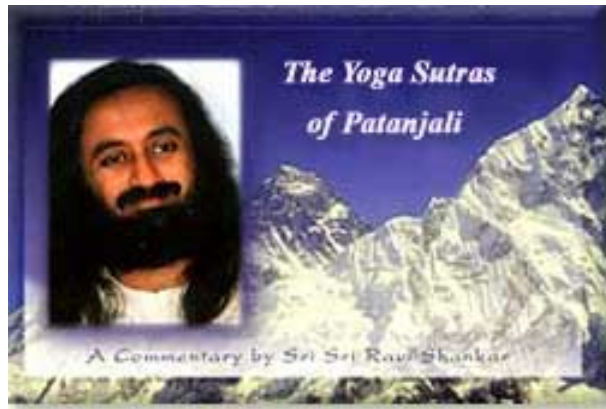


In response to a question, Sri Sri elaborates on the nature of true dispassion. He then defines the four types of samadhi, the state of supreme equanimity, and tells us how we can attain that state.



The Yoga Sutras – Who is God?

AUDIO TAPE

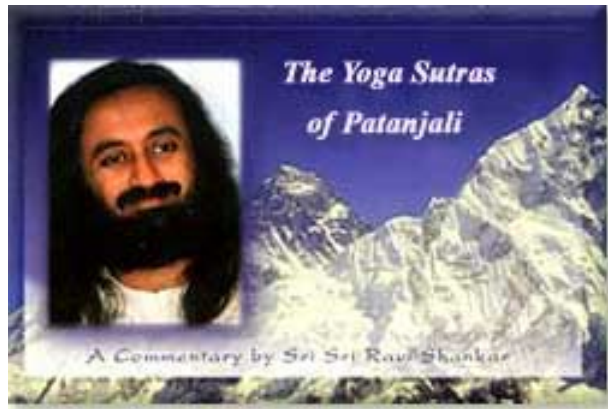


We say that we should surrender to God, but who is that? Sri Sri explains how Patanjali defines the concept of the Lord within us. He identifies five causes of misery and four types of karma. He also describes the nature of omniscience.



The Yoga Sutras – Overcoming Obstacles

AUDIO TAPE



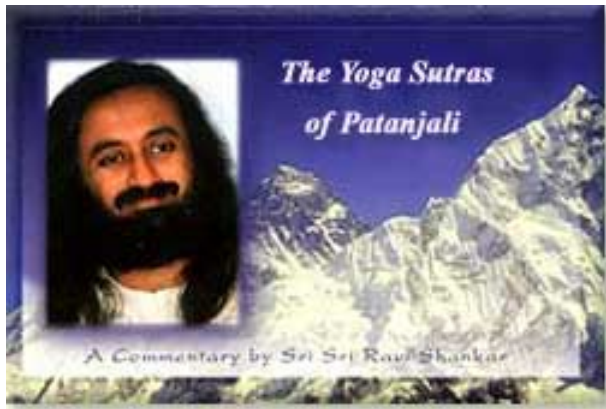
There are five types of misery that indicate our mind is disturbed and out of balance. We learn how to deal with different kinds of people and how to develop one-pointed happiness in ourselves.



The Yoga Sutras – Steadiness & Samadhi

AUDIO TAPE

There is a relationship between steadiness of the five senses and the various kinds of samadhi. Sri Sri lets out the secret of being eternally youthful and enthusiastic, and then finishes the talk by describing what is required to walk our own golden path.

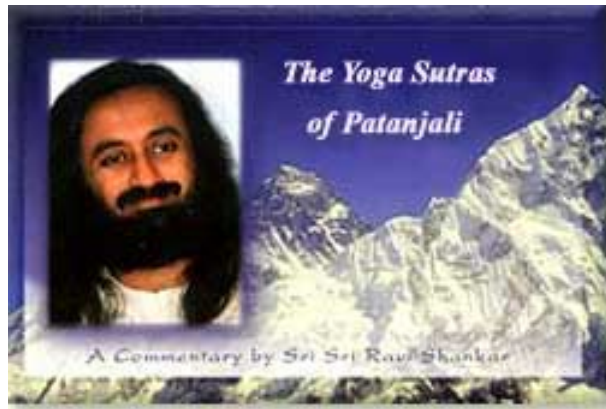




The Yoga Sutras – Kriya Yoga/3 Types of Tapas

AUDIO TAPE

The 3 things that constitute Kriya Yoga, the yoga of action: tapas, self-study, and devotion to God. There are also three types of tapas, or austerities, and five types of fire. Sri Sri shows how we can use these to purify and strengthen our bodies and minds.

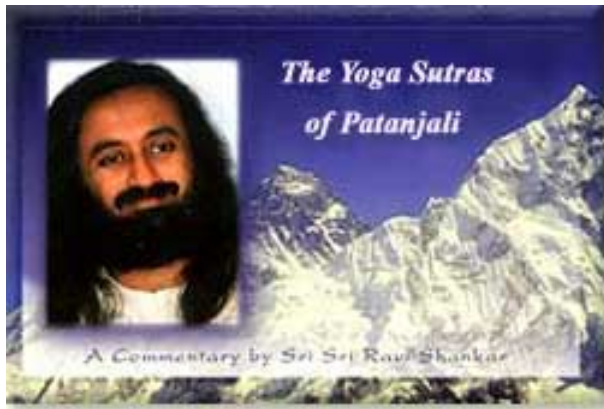




The Yoga Sutras – Kriya Yoga/3 Types of Tapas

AUDIO TAPE

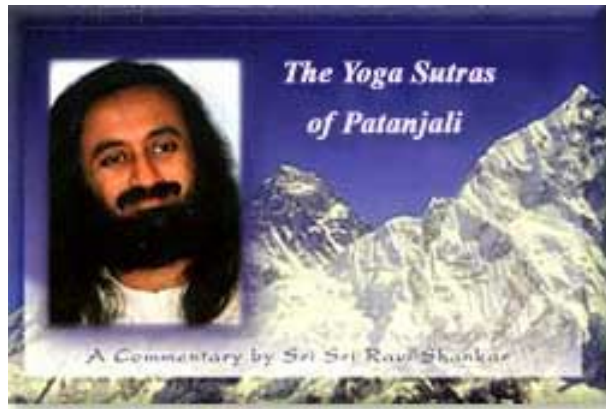
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The Yoga Sutras – Veils of Misery

AUDIO TAPE

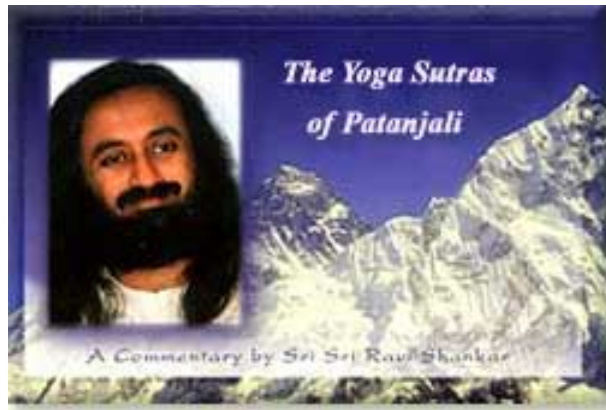


Ignorance results in misery. These sutras describe the four stages of misery and tell us how to make the veils of misery become transparent. We learn a technique to create ecstasy in our meditation.



The Yoga Sutras – Veils of Misery

AUDIO TAPE

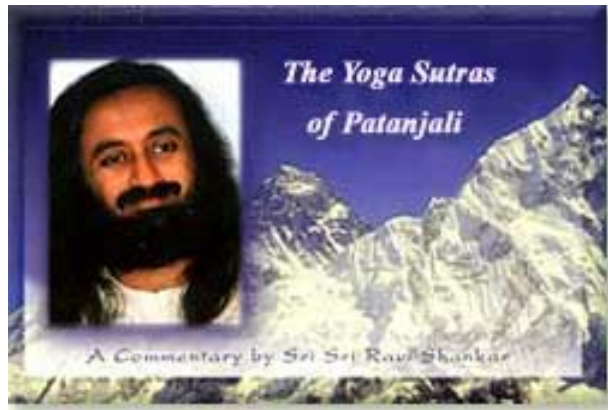


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The Yoga Sutras – Eliminating the Cause of Pain

AUDIO TAPE

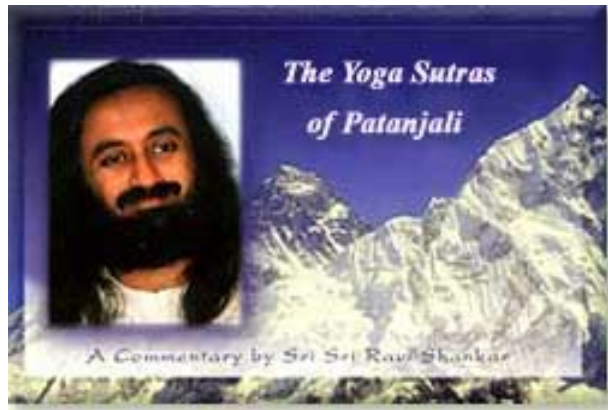


The world brings joy and misery. Here is the knowledge by which we can get out of the cycle of pleasure and pain and avoid future misery.



The Yoga Sutras – Eliminating the Cause of Pain

AUDIO TAPE



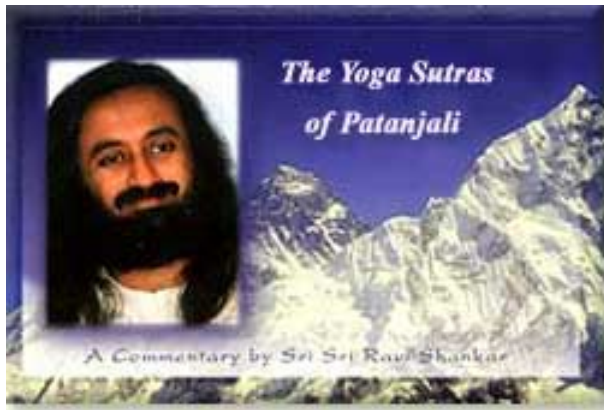
The world brings joy and misery. Here is the knowledge by which we can get out of the cycle of pleasure and pain and avoid future misery.



The Yoga Sutras – The 8 Limbs of Yoga

AUDIO TAPE

Sri Sri interprets some of Patanjali's most misunderstood sutras. He defines the true nature of yoga and identifies the fundamental principles of life. He tells us what is necessary in order to have all of our activities in the world meet with success.





Yogasara Upanishad



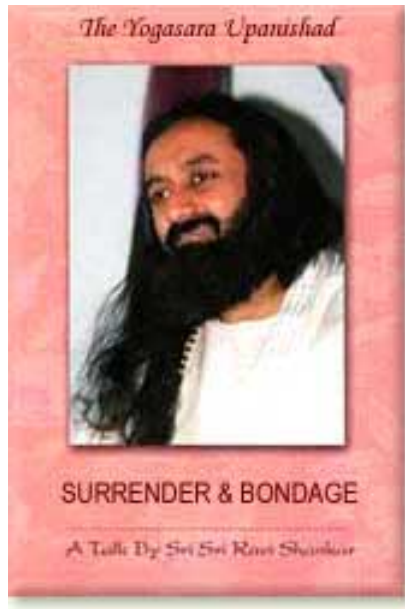
4 TAPES

Upanishad means “sitting close”. Sitting close to the Master destroys ignorance and allows us to come to the absolute truth. On these tapes, Sri Sri Ravi Shankar illuminates the Yogasara Upanishad, which reveals the essence of yoga.



Yogasara Upanishad – Surrender & Bondage

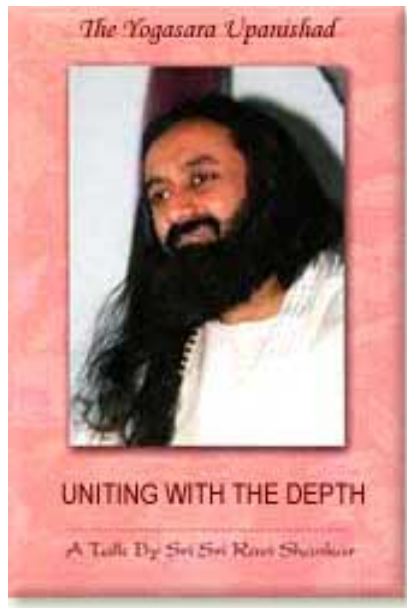
AUDIO TAPE



This Upanishad defines the nature of Yoga and describes how to attain it. Sri Sri discusses what it means to sit close to a Master and the purpose of a guru. He gives a wonderful talk on the relationship of freedom and surrender.



Yogasara Upanishad – Uniting With the Depth

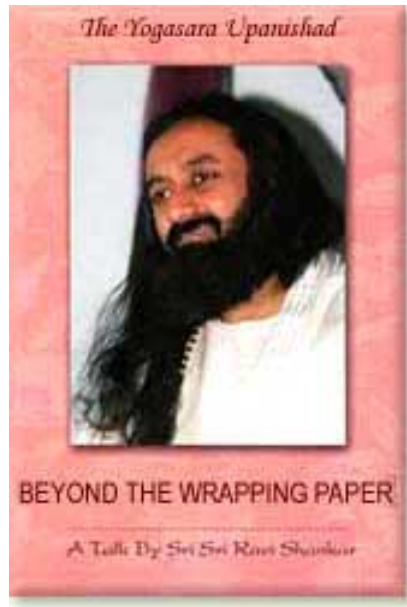


AUDIO TAPE

This talk details the four modes of consciousness: mind, intellect, memory, and ego. It contains the only sutra ever to describe the mechanics of how a thought arises in the mind. We learn how the mind experiences objects through the senses and how it is possible for the mind to counter the negative forces of nature.



Yogasara Upanishad – Beyond the Wrapping Paper

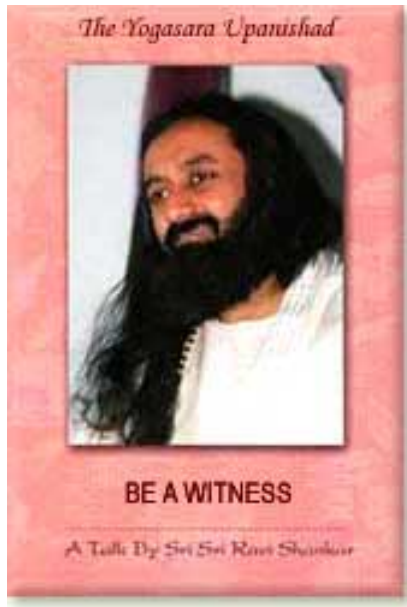


AUDIO TAPE

The world is just wrapping paper for the Gift inside. Sri Sri tells us how to experience continuous joy in life. These sutras identify the cause of all misery and provide a technique to bring us to the fountain of joy at the center of our existence.



Yogasara Upanishad – Be a Witness

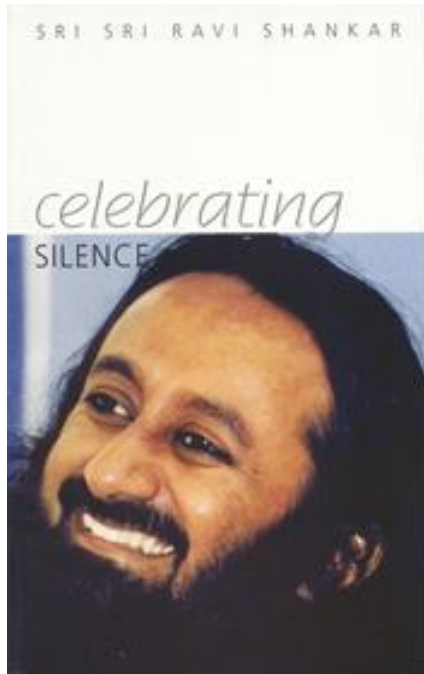


AUDIO TAPE

Sri Sri discusses the ways we can increase purity in our lives so samadhi will blossom, including the greatest form of tapas, or the technique to "cook" the impurities out of our system.



Celebrating Silence

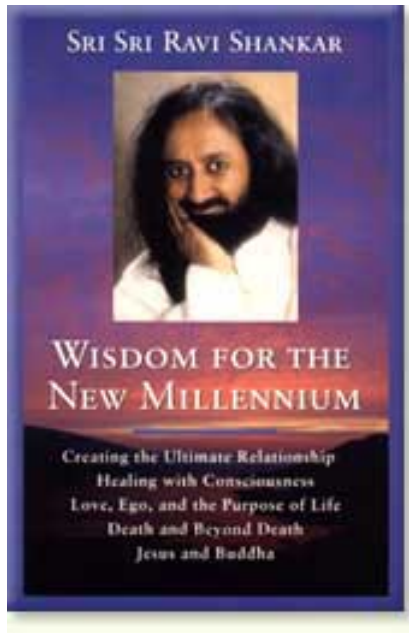


BOOK

Celebrating Silence is a collection of the weekly discourses (1995 to 2000) organized by theme rather than by chronological order. Sri Sri discusses topics ranging from doubt and fear to love and dispassion.



Wisdom for the New Millennium



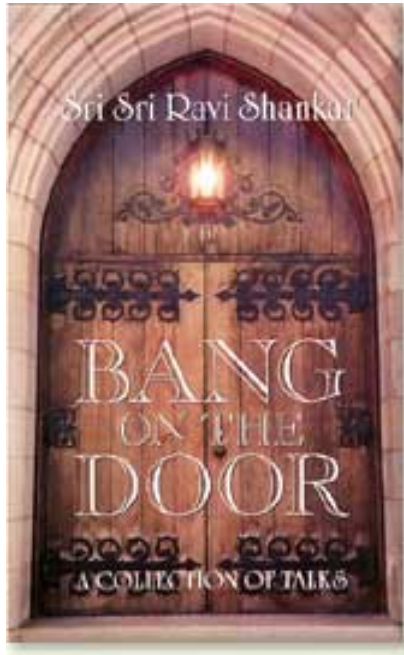
BOOK

This book is a compilation of talks by Sri Sri that gives practical knowledge on how to increase human values in children and society, defeat depression, anxiety, and negative emotions, develop harmonious relationships, and live a happier, richer, life.



Bang on the Door

BOOK

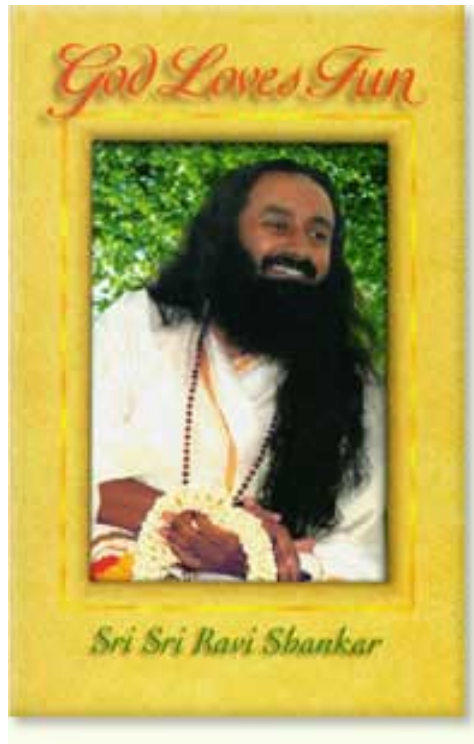


In this collection of talks we learn how to open the door to love and innocence in our lives. Sri Sri discusses a variety of wonderful topics, such as grace, true intimacy, and being connected to God. This book includes a beautiful poem written by Sri Sri entitled Don't Move An Inch.



God Loves Fun

BOOK

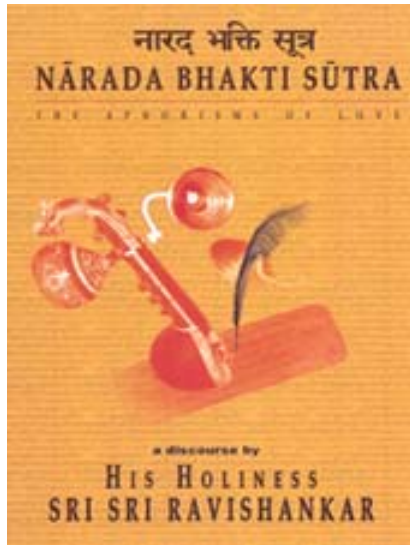


The rich content of this book features many profound talks in their entirety. Topics include: God Loves Fun, The Nature of God, True Intimacy, Four Approaches to Practical and Spiritual Life, Dealing with Feelings, Real Laughter, and Being a Fool. Savor the ideas that are most meaningful to you.



Narada Bhakti Sutra

BOOK



Supreme Divine Love, together with the steps leading to it, is called Bhakti. Sri Sri Ravi Shankar explores the development and ecstasy of Divine Love, while translating and explaining the original text of the Bhakti Sutras cognized by the great sage Narada. Inspiration and practical insights are presented to the seeker of truth.



An Intimate Note to the Sincere Seeker – Vol. 7

BOOK

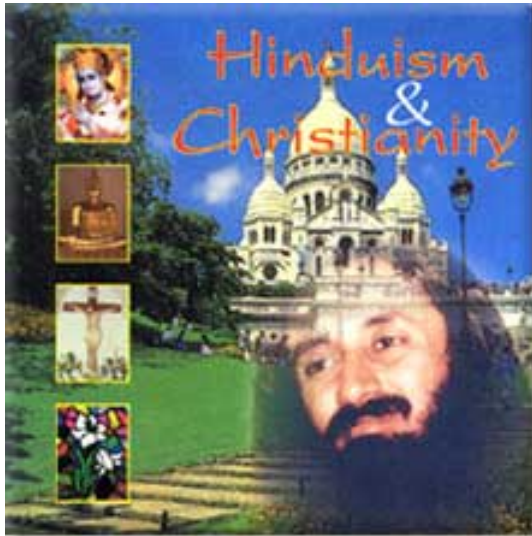


Every week, since 1995, a message of wisdom and knowledge has been sent to more than 300 Art of Living groups across six continents. These "Knowledge Sheets" as created by His Holiness Sri Sri Ravi Shankar, have been published as a series in the "Intimate Note to a Sincere Seeker". This volume is a glimpse into that timeless wisdom...



Hinduism & Christianity

BOOK

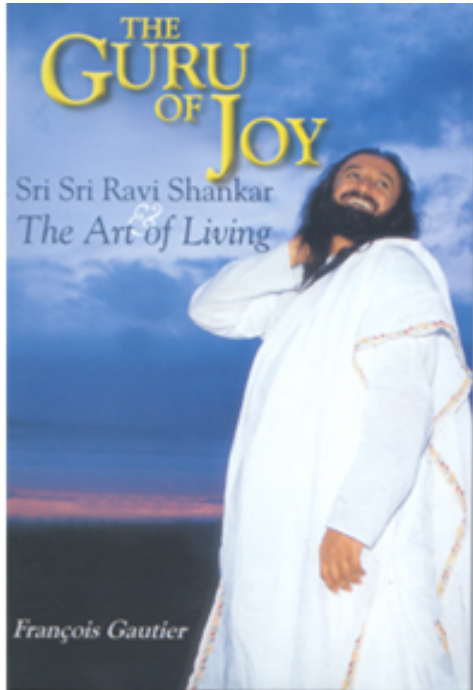


Sri Sri unfolds the amazing similarities between these two major religions. This book provides an unshakable basis for unity among the religions. Sri Sri explains that when you examine the basis of religions in the world, they all lead you to spiritual upliftment. They all teach 'oneness' where values are concerned.



The Guru of Joy

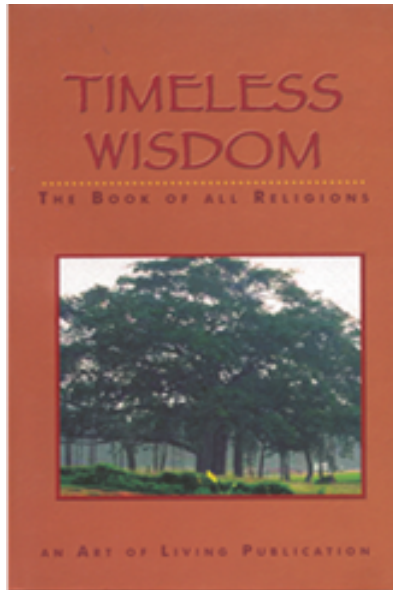
BOOK



Written by Francois Gautier, this biography of Sri Sri Ravi Shankar is an endearing look into the life and times of Sri Sri and the Art of Living Foundation.



Timeless Wisdom – The Book of All Religions



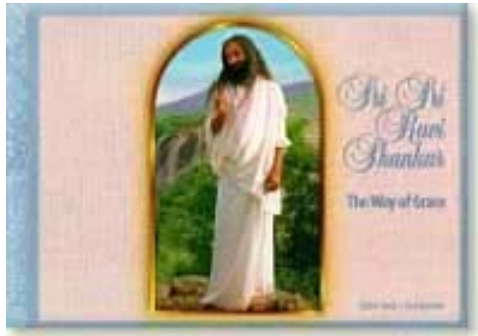
BOOK

The Book of All Religions contains excerpts from scriptures of major world religions.



The Way of Grace

BOOK

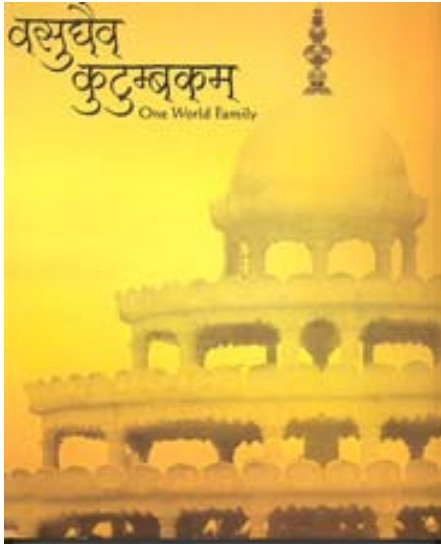


This book chronicles Sri Sri's life and the history of the Art of Living Foundation. It covers a wide variety of topics including meditation, breathing techniques, yoga, service, healing, and grace. It is an excellent introduction for anyone wanting to know about the techniques offered in the Art of Living Courses.



One World Family

BOOK

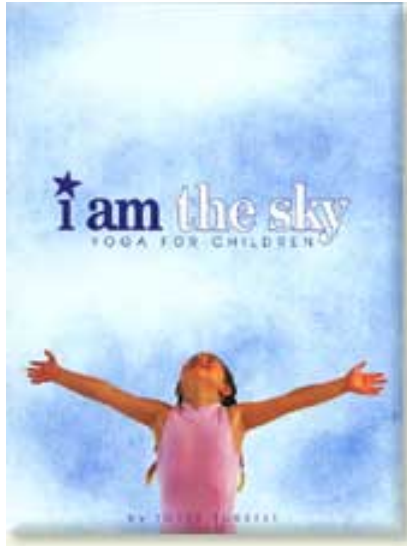


Outlined in this book is an of "Art of Living" and its various programs and projects with beautiful, inspirational 4-color photographs.



I am the Sky

BOOK



Yoga is a beautiful way to give your child greater strength, awareness of body and breath, quietness of mind and above all, joy! This book, with over 40 photographs of children clearly demonstrating each pose, along with the colorful, imaginative drawings, will inspire your child to join in.



TIME

BOOK



Exploring the various aspects of time through the ages.
"Time is the greatest mystery. In its lap exist all other mysteries."



One God, One Truth, One World

BOOK

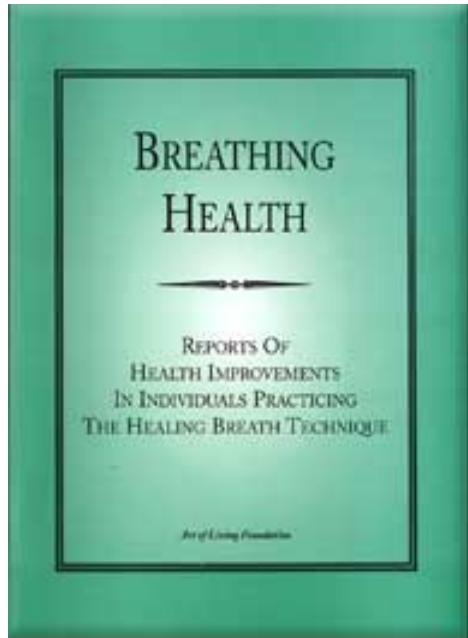


At the dawn of the new millennium, Sri Sri calls for a return to the timeless values common to all religious traditions as a means to resolving conflict in the world today. Sri Sri offers the eighteen laws of the spiritual path to guide individuals to embody the values of enthusiasm, joy, laughter, comfort and a sense of belonging.



Breathing Health

BOOK



This is a collection of personal testimonies, case histories, and scientific research on health improvements resulting from the practice of Sudarshan Kriya. The health benefits discussed range from psychological disorders to HIV infection.

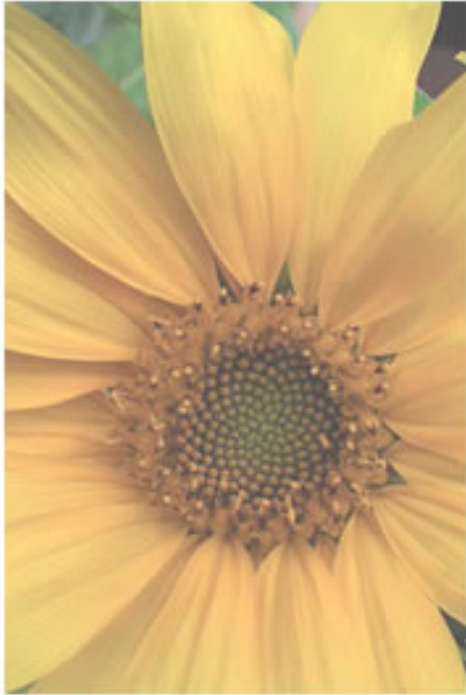


Science of the Breath

DVD



An introductory talk on the Art of Living Course, including scientific research, given by Dr. James Farrow. Approximate running time: 27 minutes.



**Art of Living
Foundation**

*"Dedicated to Making
Life a Celebration"*

Art of Living Foundation
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