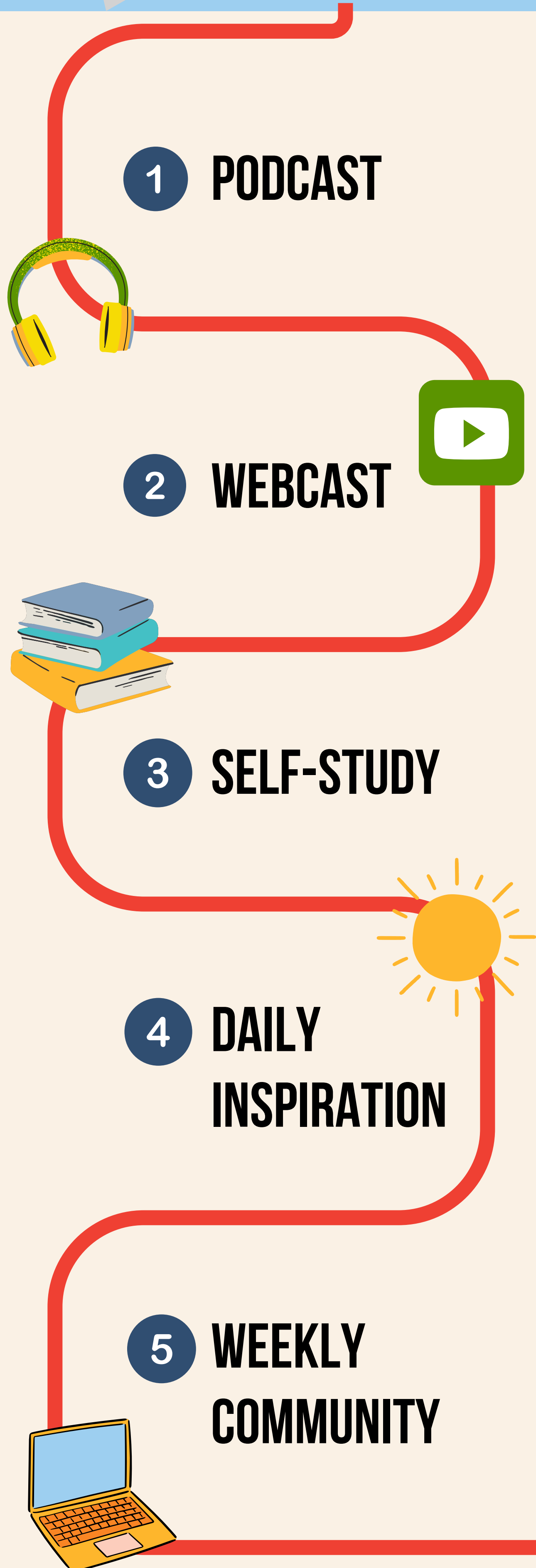


New Seeker Journey

A GUIDE TO GETTING STARTED WITH CHINMAYA MISSION CLEVELAND-NIAGARA



1 PODCAST

HINDUISM 101

Curious about Hinduism but don't know where to begin? This season is designed to help all seekers understand Hinduism in a clear and applicable way.

STAIRWAY TO SERENITY

Words matter. This season explores 100 words at the heart of self-development. The more we understand these words, the more we can live by them.

2 WEBCAST

SEEKING JOY

Embark on a transformative journey towards lasting happiness, brimming with insightful content and practical wisdom, guiding you on the path to joy in every aspect of life.

SEEKING WELLNESS

Discover the link between holistic health and Hindu wisdom, exploring physical, emotional, and mental well-being through timeless practices for a balanced life.

3 SELF-STUDY

UPADESHA SARA

This freely available self-study resource to nurture introspection includes comprehensive course notes and a 10-week self-study plan that accompany Vivekji's video discourses.

THE SEEKER'S WORDBOOK

This book features crisp definitions and memorable visual icons for 100 words at the heart of Vedanta, including space on every page to augment the text with your notes and reflections.

4 DAILY INSPIRATION

MEANINGFUL MORNINGS LIVE

The best way to experience this 15-minute dose of inspiration with the whole Community on ZOOM at 7:45am ET!

MEANINGFUL MORNINGS REPLAY

Miss the live session? You can catch the recording on Facebook for 24 hours.

5 WEEKLY COMMUNITY

LIFESTYLE TRAINING

This live course will explore tools and strategies inspired by James Clear's Atomic Habits, offering you actionable insights to transform your routines and achieve lasting success.

SELF-DEVELOPMENT ESSENTIALS

This interactive course is designed to cover the basics of Sanatana Dharma through the use of frameworks that have been distilled from scriptural texts.