

DOCTOR'S PAGE: LIVER KILLER: A SILENT KILLER, HEPATITIS IS AN INFECTIOUS DISEASE THAT AFFECTS MANY PEOPLE ... PAGE 13

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MARCHING AHEAD

ARTICLE - I
A PAINFUL
STRESS: BAD AND
NON PERFORMING
ASSETS... PAGE 6

ARTICLE - II:
BUDGET 2017 – HITS
OR MISSES PAGE 9

NSE ACADEMY:
A SOVEREIGN BONDING:
AN INNOVATIVE WAY OF
INVESTING IS THROUGH
SOVEREIGN GOLD
BONDS PAGE 11

DOCTOR'S PAGE - II:
NAADA BRAHMA AND
CHAKRA MEDITATION: WE
THINK OF MEDITATION
AS AN EXERCISE WHERE
WE SIT WITH OUR EYES
CLOSED... PAGE 16



Naada Brahma and Chakra meditation



**By Sherina
Tanwani**

In association with
Prisim - The Healing
Institute

We think of meditation as an exercise where we sit with our eyes closed and concentrate, sometimes on our breath, sometimes on a mantra, sometimes on the knowledge of spiritual books, and sometimes, on nothingness.

The object of meditation is said to be reaching a state of thoughtlessness, or becoming one with the Universe.

A devotee once asked his Guru “How long should one meditate every day?”

The Guru smiled and replied “Only 24 hours.” The devotee was very confused until his Guru explained that every action that we do in every moment of the day can be considered a meditation if we give our complete attention to it. We spend our time worrying about the actions that we did or did not do in the past, and stressing about every situation that we will face, and every action that we will be called upon to do in the future. Thus, we disregard the present, together with all the blessings and opportunities it brings. If we can control our thoughts and focus

on what we are doing at the moment, it can be considered a perennial meditation.

However, most of us find it very difficult to control our thoughts. Our monkey-mind runs away from us and brings 50 - 60 different thoughts to our attention all at once. The only way to bring our thoughts into



our control is with practice, with a concentrated effort, a conscious move on our part. System Brahma Satya believes that a regular healing meditation like Naadabrahma can help us to do this effortlessly.

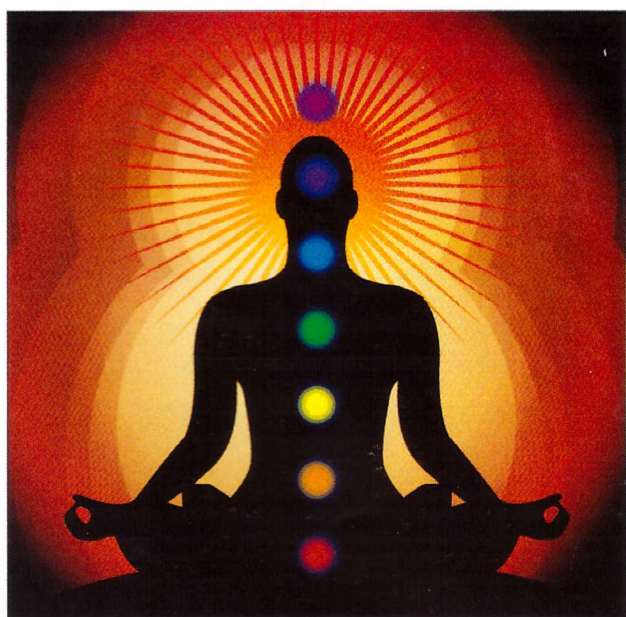
Naadabrahma Meditation is a 3-step

mantra meditation which takes about 45 minutes. During this meditation, we invoke the Naada, the sound of the Universe within an individual. This simple yet effective technique brings about a harmony between the body and the mind, helping them to work together not just during the meditation, but even after its completion.

Regular practice of this helps us to become more open, in tune with the Universe, and brings about a balance between thought, speech and action.

Naadabrahma Meditation is also good for those having problems connected with the respiratory system.


Another meditation which can bring awareness and peace into our life is the Chakra Meditation. Chakras are invisible energy centres within our body that are responsible to take in the energy from around us and use it to keep us healthy in every manner possible - physically, mentally, emotionally, materially and spiritually. Blocks within the chakras bring obstacles, delays and problems that lead to stress, and health issues which can be either temporary or chronic illnesses.



Chakra Meditation is a one hour colour and sound meditation which infuses the right colours from the Universe directly into our chakras. It removes energy blocks and takes us through a journey of knowledge, helping us to understand how each chakra works to make us a complete and healthy individual. Chanting the Beej

mantras and powerful affirmations allows the chakras to undergo a deep healing that empowers us to reach our potential and manifest our goals in every field of life.

System Brahma Satya strives to provide simple solutions and bring healing energy into every individual's life. Healing meditations like Naadabrahma and Chakra Meditation are simple, easy to practice healing techniques which benefit not only the individual who actually does the meditation but also the whole home. Both these meditations, when practiced in a group, are seen to become more powerful, joining the energy of all who participate and magnifying the effects. These healing meditations are effective in spreading positivity, and bringing in the sound and the colours of the Universe into the home and into every individual who resides in it, connecting family members with love and happiness.



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