

Learn To Meditate



A lot of people believe in the medical properties of Yoga. But what they don't know is the divine effect of SIDDHA-YOGA and SPIRITUAL MEDITATION for bringing perfect health to all human beings irrespective of caste, colour, creed, nationality, language or religion. This message intends to bring this to the notice of thousands of those who are suffering due to ignorance and lack of information regarding Spiritual Science.

Complete cure from all incurable diseases like cancer, AIDS, hepatitis, asthma, arthritis etc., is possible and for that people need not to spend a single penny because cure is present within them. It is possible due to the divine and supramental force present within every

human being, (you may name it HOLY GHOST) that is unlimited source of immunity to all ailments troubling the humanity. This supra-mental force can be activated by awakening of 'Mother Power' **KUNDALINI**.

Our revered spiritual master has been blessed with the unique power of SHAKTIPAT by which the all powerful KUNDALINI gets awakened and induces Involuntary Yogic movements (external as well as internal) in the human body to cure all types of diseases.

This is known as **SIDDHA-YOGA** where involuntary yogic movements take place in the body and the human being has no control over them (He can't initiate or stop these movements as per his will). These movements take place in that particular organ only, which is not fully functional and thereby making it perfectly healthy and immune to all ailments in the future also.

The only requisite for this type of cure is regular spiritual meditation and silent repetition of the divine word “**Kling Krishna Kling** “ Or Just “**Om**”.

We never paid to receive this divine power, which is helping the humanity and so will not take money to distribute this power to the mankind.

Therefore, the complete cure is possible through **SIDDHA-YOGA** if the person suffering from diseases is seriously doing spiritual meditation. If one is serious then he can experience positive results within a week. There is no time limit for complete cure, it may take few minutes or may require few days of regular meditation depending upon the condition and willingness of the person.

Only thing is that you don't know how to communicate with the all powerful 'doctor' (supramental power) that is present within all the human beings. Thousands of people suffering with various incurable diseases all the mankind has equal right to know about and activate such

divine and supramental force which will remove all ailments, biological and psychological, troubling the humanity.

Divine Change!!

As you know, science also believes that in cure of many diseases, meditation is more effective than all other methods of treatment. But you may not know that Spiritual Meditation is most effective not only for common problems but for incurable diseases also. the mother power Kundalini gets awakened and the following changes take place in the human body:

- 1. Complete cure from all types of physical and mental diseases such as CANCER, AIDS, DIABETES, BLOOD PRESSURE, T.B., HEPATITIS-B, ASTHMA, ARTHRITIS, THYROID PROBLEMS, SLEEP DISORDERS, MENTAL TENSION, INSANITY etc.**
- 2. Freedom from all kinds of Addictions such as HEROIN, OPIUM, LIQUOR, HEMP, etc. within days without experiencing any bodily pain or withdrawal symptoms.**
- 3. Liberation from all Wordly Problems and solution of all types of problems related to daily life.**
- 4. Developing Insight and Intuition to find complete solutions to limitations of physical sciences.**
- 5. Practical Realization and Visualization of GOD (Supreme Spirit) during SPIRITUAL MEDITATION.**
- 6. Divine changes in human life due to repression of Tamsic (negative) tendencies and strengthening of Satvic (virtuous) tendencies by the SUPRAMENTAL FORCE.**
- 7. Practical Visualization of the instances of the indefinite present, past and future during spiritual**

meditation along with complete knowledge of Spiritual Science.

8. Attainment of MOKSHA (SALVATION) while enjoying house-hold family life.

It is a NEW BEGINNING - A SPIRITUAL REVOLUTION because it gives results within few minutes. Try it on **YOURSELF** to realize the **SUPREME TRUTH**. It is unique because you don't have to give away anything.

1. Sit in a comfortable position.

- **OR you can sit cross-legged on the floor**
- **lie down, sit on a chair / couch etc., to meditate.**
- **Then close your eyes and pray / say silently**

You can choose a time-limit according to your convenience, for eg. 5 / 10 /12 /... minutes.

Repeat silently (Chant) for 15 minutes the secret divine mantra – “Kling Krishan Kling ” Or "Om".



During meditation, you may experience certain automatic yogic postures or movement of your limbs. Swaying, nodding of head, rapid movement of head from left-to-right or vise versa, inflating or deflating of belly, clapping, grunting, moaning or laughing can happen in many cases. Do not panic or worry. These actions, happen involuntarily, are ordained by divine force, and they are needed for your

internal cleansing and readying you for further progress. You may also experience vibrations, see bright lights, colors or even have visions or revelations of the past and future events. These are indications that you are progressing well on the spiritual path.

However, if you do not experience any yogic postures or see visions, it does not mean that are not making progress. In all probability, the divine force awakened in you has perhaps decided that you don't need these experiences.

You will notice that your meditation will come to an end automatically exactly when you reach the time limit you had set mentally prior to starting meditation.

Anyone - of any religion, creed, color, country.

Anytime - morning, noon, evening, night.

Any duration - 5, 10, 12, 15, 30 min's. as much time as u like.

Anywhere - office, home, bus, train.

Anyplace - on chair, bed, floor, sofa.

Any position - cross-legged, lying down, sitting on chair.

Any age - child, young, middle-aged, old.

Any disease - physical, mental freedom any kind of addiction.

Any stress - related to family, business, work.