



## Blissful Life through Meditation & Spiritual Science

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All physical afflictions are because of mental worries  
All mental worries are because of intellectual immaturity  
Intellectual immaturity is because of lack of spiritual energy.

We are all Energy, Consciousness and Wisdom embodied in this three dimensional physical plane. Realizing ones' own personal energy, wisdom and expanding consciousness is Bliss!

Dr. Wayne Dyer says' There is no way to happiness, Happiness is the way!'  
Realizing that the person searching for happiness and bliss is the true source of it.

Seth says 'Back to simplicity is Bliss!'

Meditation is the natural way to become simple and wholesome.

Moving away from our true nature i.e, SELF is the cause of all miseries, physical illhealth, mental turmoil, disharmonious relationships, failure at work place, social & financial breakdown.

Mental health ... is the basis of ... Physical health!

Spiritual intellect ... is the basis of ... mental health!

Spiritual health ... is another name of spiritual intellect!

A sound physical body depends primarily upon the existence of a sound mind. A sound mind means being happy, always.

Both in victory and in defeat.

Both in success and in failure.

Both in youth and old age.



Understanding that we are fundamental consciousness operating through this physical body utilizing mind and emotions as wonderful tools... then we understand we possess a spiritual intellect.

### **Only Meditation**

Spiritual intellect is created only in Intensive Meditation.

Gautama Budha devised a technique called Ana-Pana-Sati. 'Ana-Pana-Sati' Meditation is simple observation of once own breath. It is a Body-Energy-Amplification-Technique increases ones own spiritual energy and spiritual intellect.

Observing normal, natural breath. in a comfortable posture with closed eyes, clasped fingers and crossed legs without chanting any mantra or visualization of any idol is Ana-Pana-Sati meditation.

Meditation converts our potential third eye into kinetic which results in VIPASSANA- the grandest way of seeing.

Staying with the cosmic self brings the abundant cosmic energy into our physical system, and all the flows in the physical system get washed.. All the negative blocks in the mind get totally cleared. Finally all the diseases are completely healed.

Any time and any place is ok for meditation. Meditation done in nature, in group and under pyramids will have marvellous effect.

Meditation done regularly not less than for 45 minutes will help the person to stay with cosmic self.

### **Spiritual Science:**

Staying in Bliss i.e, cosmic self is meditation.

Science which deals with Bliss is Spiritual Science.

Understanding that we create our own reality... As you so, So you reap! Judge ye not! flowing with the nature, the point of power lies in the present moment... is Bliss.

Bliss lies in simple living and scientific thinking.

Understanding that we are not human beings proposed to have spiritual experiences but we are spiritual beings came into this beautiful Earth to have human experiences is Bliss.

### **Mind rules over Matter!**

"Every disease without single exception is psychosomatic- Linda Goodman"

"The mind rules over the matter totally and completely."

"The mental attitudes of the suffering patterns have to be reformed."

"The roots have to be totally changed. Unless a new personality emerges the old problems will never vanish."



### **Holistic Physicians :**

Understanding the root cause (purpose) of disease and clearing emotional and energy blocks and curing the disease from the body and bringing the TOTAL HEALTH is the concept of holistic physicians.

Through Breath work, Past Life Regression Therapy (PLRT) and Intensive Meditation we guide the patient to release the blocked emotions, negative thoughts patterns which results in the flow of life force energy to the diseased parts and thereby healing occurs.

Unless we feel we can't deal/ heal!  
To relieve you have to re-live!

During PLRT... reliving, re experiencing the significant unlearned events/lessons in early childhood, either in mothers' womb, during birthing or in past lives will helps us to correct our attitude, and balance our emotions, energies in this present moment to lead Blissful life.

We treated many diseases resistant to conventional therapies like allopathy, homeopathy, ayurveda etc. Chronic pains, migraine, asthma, cardiac, neuro, musculoskeletal problems and fears unnecessary and phobias are better dealt with holistic therapies.

Imparting spiritual health, which is the basis of physical health is the motto of our organization i.e, Pyramid Institute of Meditation and Health Sciences (PIMHS).

Spiritual health is the root !  
Physical health is the fruit !!

Let's all the holistic physicians come under one umbrella by the year 2012 to impart Blissful life i.e, physical, mental, intellectual, social, financial and spiritual well being.

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