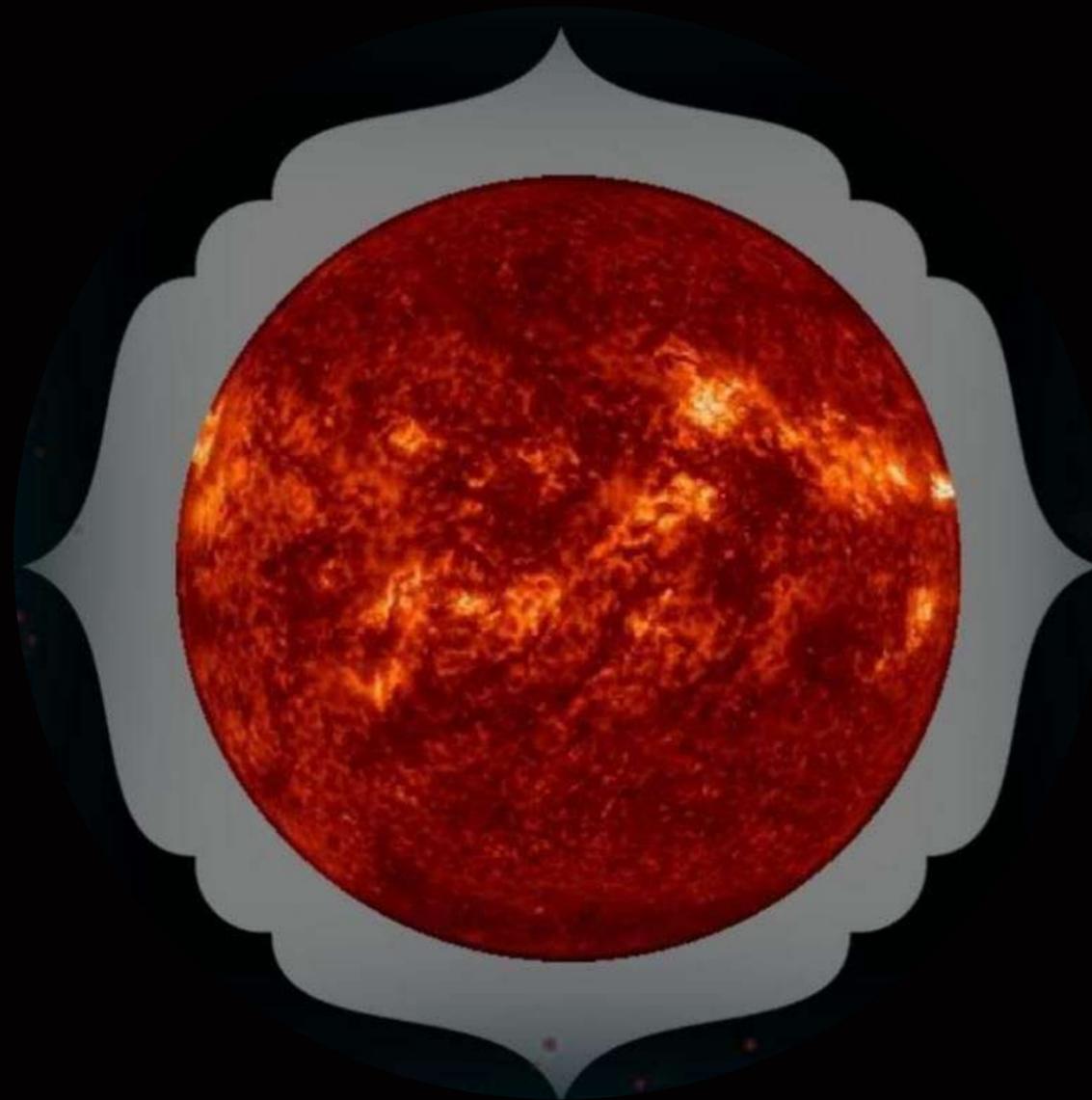


MEDITATION KIT CUM CALENDAR 2023



HIMALAYAN MEDITATION

WHAT IS MEDITATION

Meditation is nothingness, that's it. A state of being beyond the mind is Meditation. On the other hand a constant connection of yourself with the Supreme Divine is Meditation. Sounds heavy? But we will make it light for you. Let me make it simple. The way awake, sleep and dream are 3 totally different states, the same way Meditation is the 4th one.

Reality is that most of the meditators never experience this state due to many reasons. Meditation is something which can't be done just like sleep. Can you sleep immediately? No. Because you can't. You can only create favorable conditions for sleeping. Like lying down on a bed, lights off. Then slowly sleep pulls you. But you don't know how. During my childhood I tried to find out the exact moment when I get sleep. I never got sleep those days, But when I tried nothing I got immediate sleep. However now it's possible with some yogic techniques. Many people in the world today have sleeping disorders because they try to sleep. Exactly the same way Meditation comes automatically using certain prescribed processes.

True meditations give large benefits which are much more than stress management, anger management, sleep disorder etc. The less you seek from it the more it gives. That's the beauty of Meditation. We the sages call it Dhyana in the Vedic world. Sages from the Himalayas teach you the most powerful processes to take you to the mysterious world of Meditation.

Now with Us You can, now with Us You will.



January 2023



SUN MEDITATION

The 'Sun Meditation' is very simple, yet very soothing, energises the whole body and calms the mind. By meditating on the Sun one develops courage, fears go away, attention span and conscious levels increase.

TURN BACK SIDE TO MEDITATE ON SUN

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--- Ekadashi

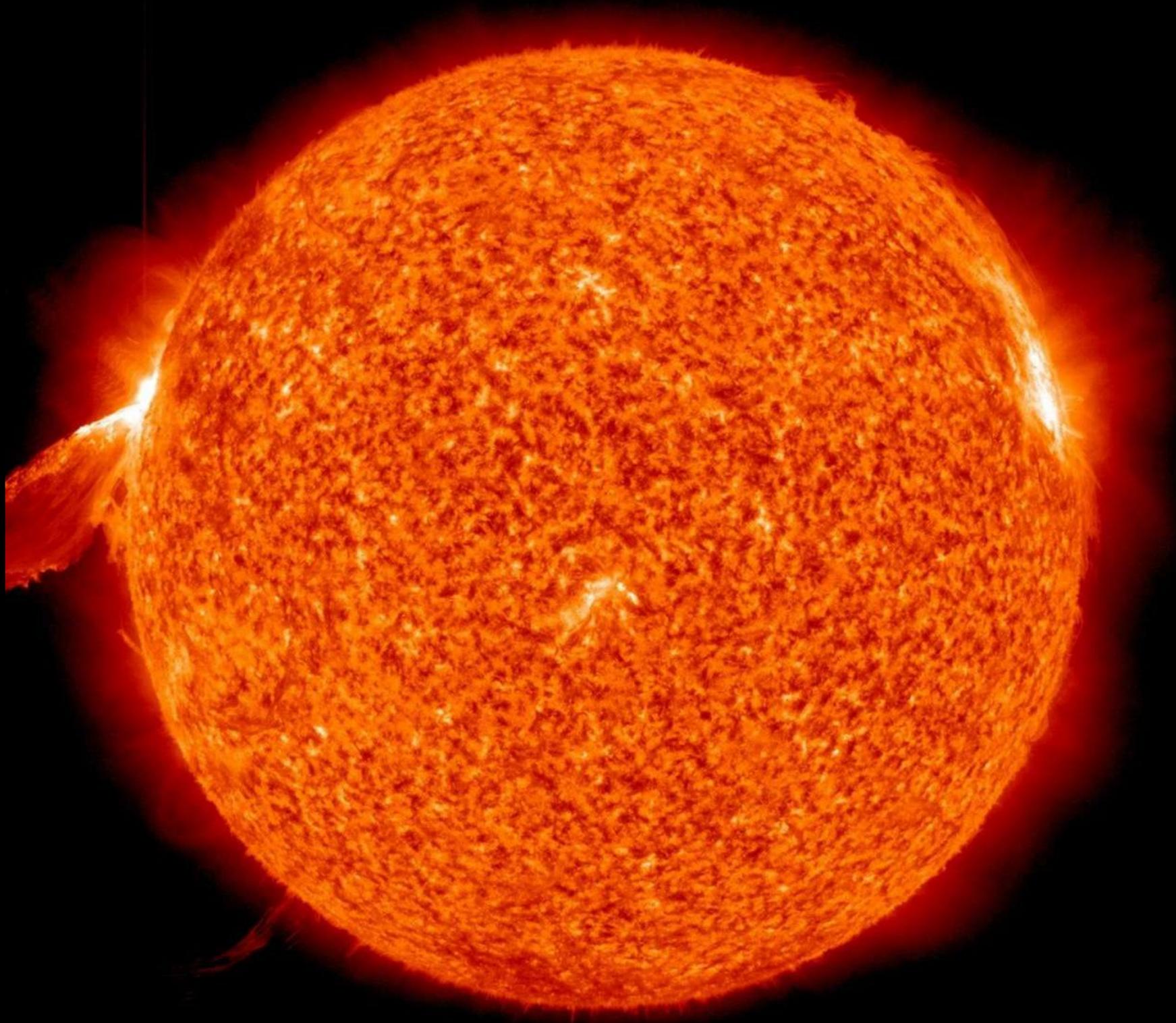


--- Purnima



--- Amavasya







February 2023

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OM MEDITATION

Regular chanting and listening to OM mantra cleanses one's deep rooted sanskaras, brings peace and tranquility in the mind , harmony in the body and mind which regularize hormones, makes one happy and free from all worries, reveals the cosmic being who is hidden inside the cosmic sound OM.

TURN BACK SIDE TO MEDITATE ON OM

--- Ekadashi --- Purnima --- Amavasya





March 2023



MOON MEDITATION

As per ancient Vedic Science, the moon controls the mind. Concentrating on the moon removes negativities of the mind and purifies us. Meditating on the moon, strengthen one's mind enhances emotional level, and brings miracles on physical, mental and spiritual levels.

TURN BACK SIDE TO MEDITATE ON MOON

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--- Ekadashi --- Purnima --- Amavasya



April 2023

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 --- Ekadashi
  --- Purnima
  --- Amavasya



BREATH MEDITATION

Breath is the physical representation of the life force that directly connects all beings with the Supreme Divine. Breath is the essence of life. Balanced, rhythmic breathing brings peace and tranquility to the mind and a peaceful mind is a doorway to the Cosmic Consciousness or Self Realization or Moksha.

WHAT IS BREATH MEDITATION

There was a time when the secondary creator Brahma created the cosmos, the planetary systems, the living species, rivers, the sea and everything else. In the end he observed nothing was moving. He intensely prayed to the Supreme Lord, and Supreme Lord Himself entered inside every creature including every atom and molecule.

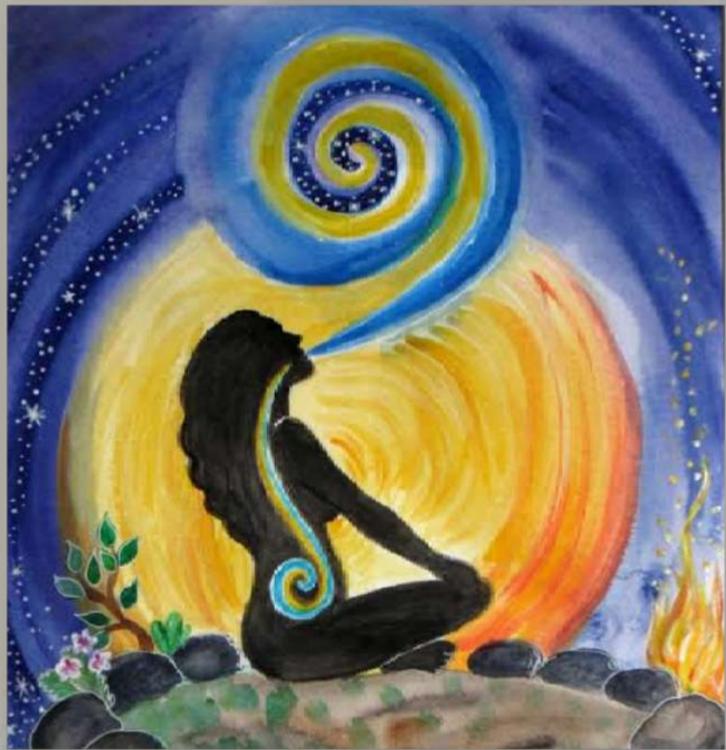
Life started, rivers started flowing, planets moved and creatures started breathing as a symbol of life force.

Breath is the physical representation of life force that directly connects all beings with the Supreme. Breath meditations start with simple breathing exercises and move on to very advanced techniques.

Breath is the essence of life, balanced rhythmic breathing brings peace and tranquility to the mind and peaceful mind is a doorway to the Cosmic Consciousness or Self Realization or Moksha.



May 2023



PRANAKRIYA MEDITATION

Pranakriya is an ancient yogic technique which expands one's prana to elevate and finally merges with its moola force. In between, it raises one's consciousness level, controls emotional self, heal many kinds of chronic diseases, boosts memory, intelligence and much more.

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🌸 --- Ekadashi 🌍 --- Purnima 🌑 --- Amavasya

WHAT IS PRANAKRIYA

In this vast Universe everything is in various kinds of motion. The primitive underlying force behind all the motion is the Cosmic Force Moola Shakti. When the same cosmic force flows within the Jeeva or a conscious being Yogis call it Prana Shakti or Life Force. The source of Prana Shakti is the pure Divine Atman.

When the prana is there you are alive, you speak, you eat, you sleep etc. When it leaves you, you are dead. Prana kriya is an ancient yogic technique which will expand your Prana to elevate and finally merge with its Moola Force. In between it will raise your consciousness level, control your emotional self, heal many kinds of chronic diseases, boost your memory and intelligence and much more.

With Himalayan Meditation it's possible that you can also do it and you will do it. You reached here this only proves that you have crossed many stages of life. Don't look back.

Go ahead with Himalayan Meditation.



June 2023

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--- Ekadashi --- Purnima --- Amavasya



YANTRA MEDITATION

Yantra meditation is highly powerful meditation to reach a state of higher consciousness. This meditation at the same time decreases stress level, helps to maintain a sleep awake balance, increases one's critical thinking and imagination power.

TURN BACK SIDE TO MEDITATE ON YANTRA







July 2023



MANTRA MEDITATION

Mantra meditation is something that cleanses the mind, when the Lord's name is uttered with other universal sacred sounds arranged in a particular order it is called mantra. Focusing on the mantra, while chanting or listening helps to achieve the goal. Mantra chanting heals one's mind, body and soul.

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--- Ekadashi



--- Purnima



--- Amavasya



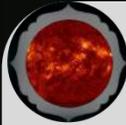
**Hare Krishna Hare Krishna
Krishna Krishna Hare Hare
Hare Rama Hare Rama
Rama Rama Hare Hare**

**हरे कृष्ण हरे कृष्ण
कृष्ण कृष्ण हरे हरे
हरे राम हरे राम
राम राम हरे हरे**



**Scan this to listen to Hare Krishna Maha
Mantra 108 times in the voice of a Rishi**

Meditate on more than 23 Divine Mantra from Himalayan Meditation App



August 2023

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--- Ekadashi



--- Purnima



--- Amavasya



BAHIRJYOTI MEDITATION

“Bahir” means outside and “Jyoti” means light. The endless infinite universe is understood only by meditating on the inner effulgence. When one merges inner self with the effulgence and with mindfulness, one experiences the calmness, the steadiness and uniqueness of the light. It burns out negativity and clears all doubt of duality, is a stress buster, induces calmness and sleep.

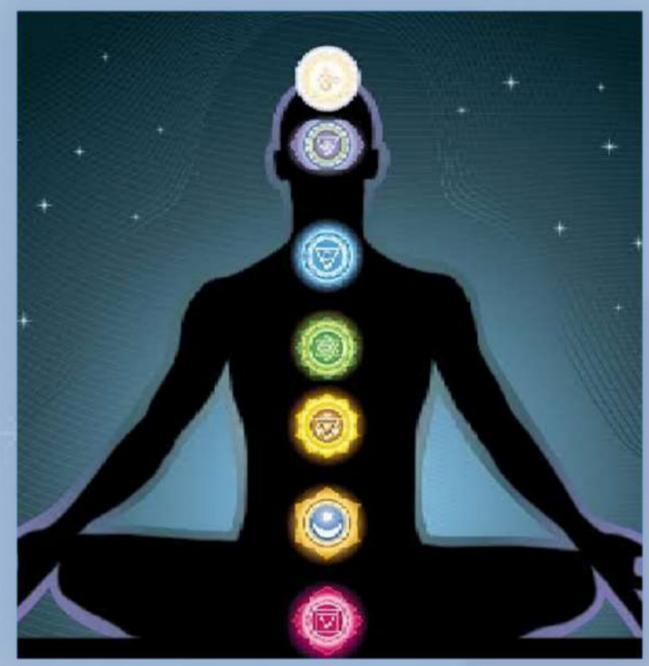
TURN BACK SIDE TO MEDITATE ON JYOTI OR FLAME







September 2023



KUNDALINI MEDITATION

Kundalini Yoga has its own place and is regarded as the fastest path for Self Realization. The human spine is the antenna which connects with the Universal energy centers. In yogic science, the spine can be used in two ways, first one is to receive cosmic energy from outside and the next one is to activate inner dormant abundant energy and to join it with the Primordial Universal Being or The Purusha.

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--- Ekadashi
 --- Purnima
 --- Amavasya



WHAT IS KUNDALINI

In tantric scriptures Kundalini yoga has its own place and is regarded as the fastest path for self realization. It claims to give many supernatural powers. However, incorrect understanding of things can lead towards disasters which happens most of the time today. Starting from higher cosmic beings to all creatures, everybody and everything which is able to communicate with the cosmic forces has an axis. To name a few, the earth, the sun, the moon and even the universe has an axis to make it communicate with other cosmic forces. The human body which is a model of the universe has an axis as well. Yogis call it Merudanda or the Spine. The spine is the antenna which can connect with the universal energy centers. In yogic science, spine can be used in 2 ways, first one is to receive the cosmic energy from outside and the next one is to activate inner dormant abundant energy and join these with the Primary Universal Being or the Purusha. Yogis call this inner dormant energy as Kundalini. When the divine union of the Supreme Feminine force Prakriti and the Supreme Masculine force Purusha takes place tantra says it is Kundalini Yoga, the Supreme Union. Himalayan Meditation is especially designed at various levels to kick start the Kundalini Yoga sadhana in depth. Even though the final union is possible only with the direct contact of a Master.



October 2023

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--- Ekadashi --- Purnima --- Amavasya



BRAHMARUPA MEDITATION

Brahmarupa meditation burns one's Karma and takes one towards His real abode. This strengthens the brain muscles which makes one able to see a higher dimension of life. When that happens the real problem of birth and death cycle fades away along with other temporary problems like mental disturbances, stress, financial crisis etc as one is meditating on the root cause of all causes.

TURN BACK SIDE TO MEDITATE ON BRAHMARUPA







November 2023



LEELA MEDITATION

Meditating on the transcendental pastimes of the Supreme Creator, Sri Hari or Leela Dhyana is considered as one of the best meditations among all. It gives health, wealth, courage, name, fame and what not, but it will also makes one recognize that these are temporary and you are much more valuable than all these.

TURN BACK SIDE TO MEDITATE ON VISHWARUPA

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🌸 --- Ekadashi 🌍 --- Purnima 🌑 --- Amavasya





December 2023

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--- Ekadashi --- Purnima --- Amavasya



COSMOS MEDITATION

Cosmos Meditation starts with the Cosmos and enters into the world of self enquiry. This meditation makes one fearless, truthful, honest and disciplined. This makes one understand the value of life, own self and the people around us. This brings harmony between divine souls and imparts one pointed-leadership skills into one so that a person can be a true leader.

WHAT IS COSMOS MEDITATION

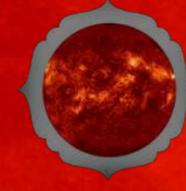
The cosmos is the most interesting, mysterious and a joyful thing to explore from ages.

People from many traditions wanted to dig into the cosmos and tried to solve the mysteries of life and death. What happens after death? Do we go to some other planets in the cosmos and live there? Do we become stars? What is there beyond and beyond in the sky? Where is the end? If there is an end to the sky then what's on the other side of the end?

Ancient Yogis in India understood this truth in its entirety and say the cosmos is the manifestation of the most Divine Supreme Being and our body is its prototype model. That's the reason simply by looking at the cosmos again and again raises the question , who am I? Who am I? That's where the natural phenomenon of self enquiry starts. Everything which has a beginning has an end. The end will be a revelation of your true identity, your true image beyond life, beyond death, beyond disease and old age. Meditations on cosmos starts with the cosmos and enters into the world of self enquiry. This meditation makes one fearless, truthful, honest and disciplined. This makes you understand the value of life. This makes you understand the value of your own self. The value of people around you. Brings harmony between you and everything around you, be it living or nonliving. Most importantly this imparts one pointed leadership skills into you so that you can truly lead.



Go Beyond All Your Limitations



Get Rid Of All Your Problems With Advanced Ancient Techniques From Himalayan Sages Directly



DO YOU GET ANGRY OFTEN?



Anger Management

Leave it to Live Well !

ADDICTED TO ALCOHOL ?



No More Alcohol, Tobacco & Drugs

It's absolutely possible !

ADDICTED TO WATCHING PORN?



Pornography Can Make You Hollow

Stop Now !

DO YOU FEEL ANXIETY, PANIC ATTACKS ,DEPRESSED?



We Are Always With You

Powerful Himalayan Methods !

HAVE RELATIONSHIP ISSUES, GOING THROUGH BREAKUP ?



Handle Loneliness & Relationships

Experience Inner Beauty !

FACING FINANCIAL DIFFULTIES?



Get Rid Of Financial Issues , Negative Patterns

By clearing you past Karmas !

FINDING DIFFICULTY TO SLEEP?



Overcome Insomnia , Sleep Disorders & Bad Dreams

Sleep like never before !

NOT ENOUGH TIME ?



Time Management In Yogic Way

Increase Productivity !

UNLOCK INFINITE MEMORY & INTELLECT ?



Brahmacharya & Past Life Regression

Just in 41 days !

Immunity Booster & Self Healing



Build Strong Immunity !

"Sages Are Back Again For Us"

"Sages Are Back Again For Us"

FINDING IT DIFFICULT TO CONCEIVE A BABY?



Invite Divine Soul To Womb using Yogic Techniques (210 days)

KUNDALINI AWAKENING



Raise Your Inner Dormant Power & Counciousness

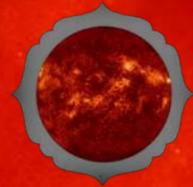
PREGNANCY - ENGINEER YOUR BABY



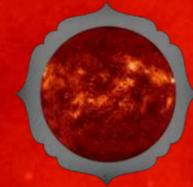
10 Months Magical Journey

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Go Beyond All Your Limitations



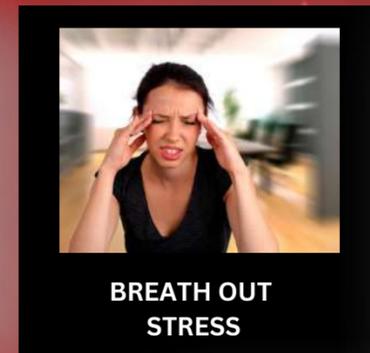
Get Rid Of All Your Problems With Advanced Ancient Techniques From Himalayan Sages Directly



MORNING
ENERGIZATION



QUICK BODY MIND
CONNECTION CHECK



BREATH OUT
STRESS



JUST BEFORE SLEEP



WHO AM I ?



CAPACITY AND CAPABILITY
BUILDING



MY DESIRES



JUDGEMENTAL NATURE A
MAJOR OBSTACLE



LONELINESS TO
FULFILLMENT



HEARTFUL EATING



HEARTFUL WALKING AND
NOT SEEING



KYS - CHECKPOINTS FOR
INNER GROWTH



SELFLESSNESS - SECRET
TO MANIFEST YOUR
GOALS



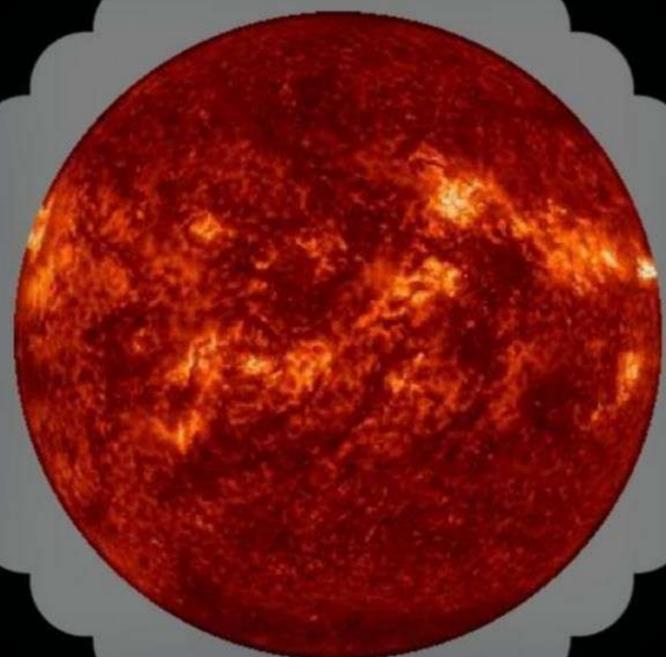
"Sages Are Back
Again For Us"



"Sages Are Back
Again For Us"

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Views from meditators across the world



Sowjanya Reddy

S Sowjanya Reddy 2 Aug to me

I tried the meditation after 5 months of the practise from feb to june, i am happy to say that now iam pregnant and my third month is going on... I did meditate two times a day and tried to conceive from fourth month. I came to know that iam pregnant in the sixth month i.e., june 26 th..

E Elizabeth Smith

★★★★★ 6/9/20

I've only experienced The 8min morning's mediation. It seem to stir something in this aging body! Thanks for all little peace!!!

Oleg Puzyreff

★★★★★ 5/16/20

Great Meditation which saves life of the Meditator! The only Meditation App you may need for everything, it even talks about porno, anger, alcohol and drugs - that provides the most understandable and elegant way to get rid of all bad habits. Ubelievable.....

Kunal Kashyap

★★★★★ 8/27/21

It's day 1. The app is mystic, powerful and capable of transforming our lives. Everything is unlocked. I can imagine that it was made with a goal to transform lives selflessly unlike many other apps. I will use it till I leave this world. For now, I will express my joy and fulfillment with 5 star rating. Please keep working on this app. I urge everybody to support such selfless projects by sharing and supporting the developers. Take care! 😊

Sandeep Pise

★★★★★ 5/20/20

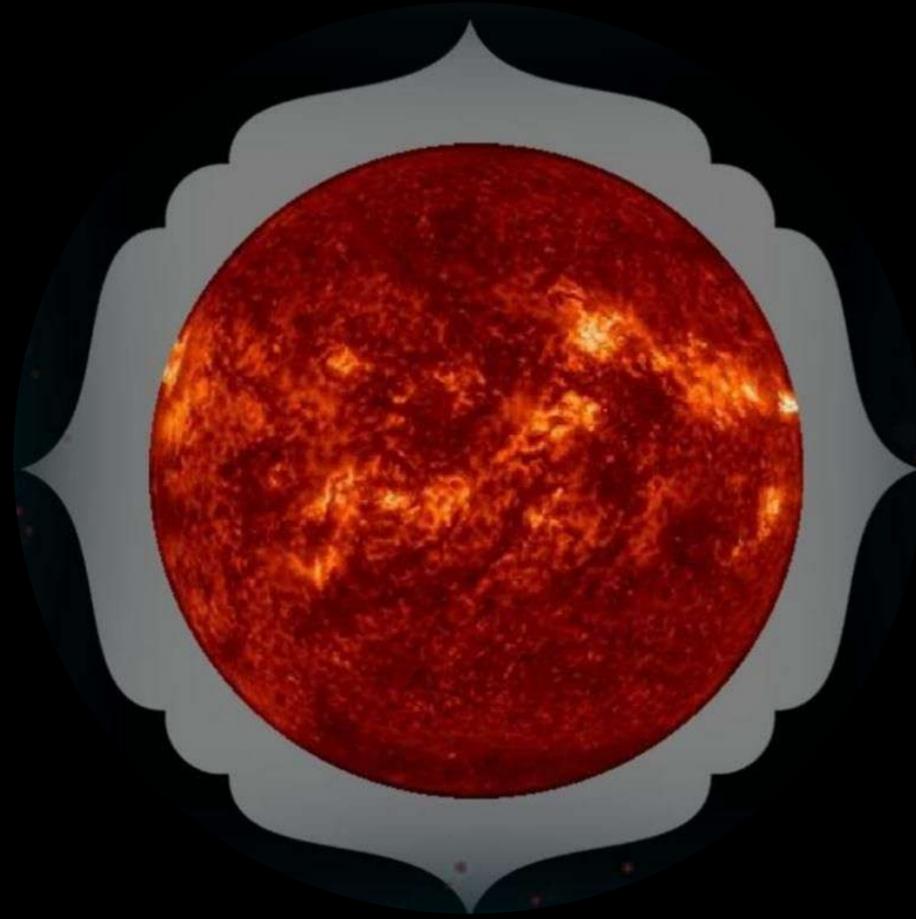
This very good app... I have downloaded many apps but uninstal it few days but this is one connect with me .. others are to busy and commercial.. ...I will give 100000 like for this

Manisha Sharma

★★★★★ 10/20/21

Download this app right away, what are you thinking... Life changing decision of downloading this App and emailing the team to be part of Volunteer team. I had wrong definition of happiness and success before downloading this app and when you realise the truth, everything changes around you... A must to download!! Don't think even once...

HIMALAYAN MEDITATION



GO BEYOND ALL LIMITATIONS