



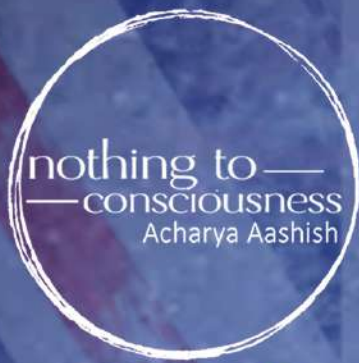
# online Meditation

Creating Divorce Free

United Kingdom By  
Meditation **Strong**

Families **make**  
**Strong** United Kingdom



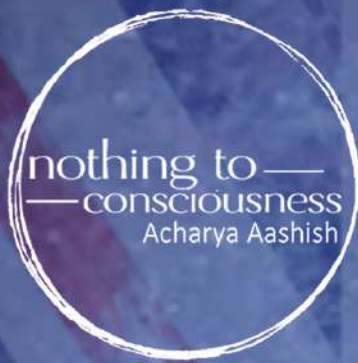


Acharya Aashish Ways®  
Meditation-Truth

## Meditation Online United Kingdom

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For 1 day	Pound 8
For 2 days	Pound 13
For 3 days	Pound 17
For 5 days	Pound 26
For 7 days	Pound 33
For 1 month	Pound 104
For Weekend	Pound 15
For Morning Schedule	Pound 4
For Afternoon Schedule	Pound 5
For One Session	Pound 2

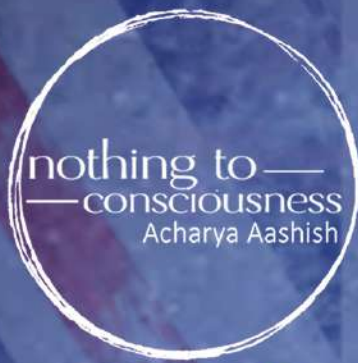


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# Meditation Online United Kingdom

Meditation Programs - Schedule - Mon Tue Wed Fri

How to Meditate	7.00 am to 7.30 am
Morning Meditation	7.30 am to 8.30 am
Break for Breakfast & Tea	8.30 am to 9.15 am
Vipasna Meditation	9.15 am to 10.00 am
Break for 20 minutes	
Yoga & Free Hand Fitness	10.20 am to 11.00 am
Break for 15 minutes	
Kundalini Meditation	11.15 pm to 12.00 pm
Lunch Time	12.00 pm to 1.00 pm
How to Meditate	1.00 pm to 1.20 pm
Zen Meditation	1.20 pm to 2.00 pm
Break for 15 minutes	
Vilopa Meditation	2.15 pm to 3.00 pm
Break for Tea Coffee Snacks	3.00 pm to 3.45 pm
Samadhi Meditation	3.45 pm to 4.45 pm
Break for 15 minutes	
Kamasutra Meditation	5.00 pm to 5.45 pm
Break for 30 minutes	
Live Discourse	6.15 pm to 7.00 pm
by Acharya Aashish	

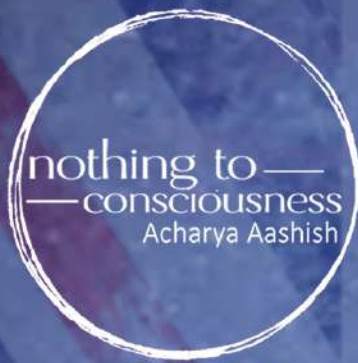


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# Meditation Online United Kingdom

## Meditation Programs - Schedule - Thursday

How to Meditate	7.00 am to 7.30 am
Morning Meditation	7.30 am to 8.30 am
Break for Breakfast & Tea	8.30 am to 9.15 am
Vilopa Meditation	9.15 am to 10.00 am
Break for 20 minutes	
Yoga & Free Hand Fitness	10.20 am to 11.00 am
Break for 15 minutes	
Kamasutra Meditation	11.15 pm to 12.00 pm
Lunch Time	12.00 pm to 1.00 pm
How to Meditate	1.00 pm to 1.20 pm
Zen Meditation	1.20 pm to 2.00 pm
Break for 15 minutes	
Chakra Meditation	2.15 pm to 3.00 pm
Break for Tea Coffee Snacks	3.00 pm to 3.45 pm
Samadhi Meditation	3.45 pm to 4.45 pm
Break for 15 minutes	
Kundalini Meditation	5.00 pm to 5.45 pm
Break for 15 minutes	
Maha Kali Chanting Meditation	6.00 pm to 6.30 pm
Transcendental Meditation	6.30 pm to 7.00 pm
Dhol Manjira	

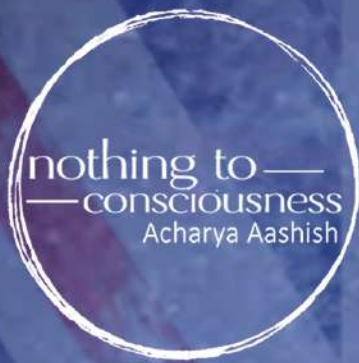


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# Meditation Online United Kingdom

## Meditation Programs - Schedule - Weekend

How to Meditate	7.00 am to 7.30 am
Morning Meditation	7.30 am to 8.30 am
Break for Breakfast & Tea	8.30 am to 9.15 am
Vilopa Meditation	9.15 am to 10.00 am
Break for 20 minutes	
Yoga & Free Hand Fitness	10.20 am to 11.00 am
Break for 15 minutes	
Kamasutra Meditation	11.15 pm to 12.00 pm
Lunch Time	12.00 pm to 1.00 pm
How to Meditate	1.00 pm to 1.20 pm
Zen Meditation	1.20 pm to 2.00 pm
Break for 15 minutes	
Chakra Meditation	2.15 pm to 3.00 pm
Break for 15 minutes	
Vipasana Meditation	3.15 pm to 4.00 pm
Break for Tea Coffee Snacks	4.00 pm to 4.30 pm
Maha kali Chanting Meditation	4.30 pm to 5.00 pm
Break for 15 minutes	
Live Discourse by Acharya Aashish	5.15 pm to 6.00 pm
Break 30 minutes	
Transcendental Meditation	6.30 pm to 7.00 pm
Dhol Manjira	



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# Meditation Online United Kingdom

Meditation Programs – The morning Schedule is till lunch time

Meditation Programs – The afternoon Schedule is post-lunch

One Meditation session means any-one meditation technique



## Experience Meditation- Nothing Like Meditation MEDITATION TECHNIQUES

### Morning Meditation

Morning meditation is devised to bring you to live in your today. It breaks your unconsciousness and brings you into consciousness. It pushes you right into life. In this entire meditation you have to remain a witness as you have to watch yourself, your actions and thoughts. The entire purpose is designed to make you remain in your total consciousness, so that you are reminded right from morning, the very start of your day, that you have to remain in consciousness. This meditation lasts for only 60 minutes and has four stages

### Kamasutra Meditation

Kama Sutra meditation has been devised to bring you into complete awareness, in your meditateness, so that you are able to understand and flow with the power of sexual energy. It is simply designed to tap the very sexual energy which is inbuilt within you. It is a meditation technique to bring you into ultimate consciousness using your sexual energy. When your sexual energy is watched, you come into a tremendous consciousness. Kamasutra meditation lasts for just 45 minutes and has three stages.

### Chakra Meditation

All the chakras contribute to a human's well-being. Some of our chakras are usually either not open and nearly closed, or are overactive. If the chakras are not balanced, peace with the self cannot be achieved each chakra center signifies and relates to a different area of your lives. In Chakra meditation, we open The Sahasrara or the Crown Chakra, which is the 7th Chakra. This is the most 'spiritual chakra' as it encircles a being's wisdom and unites one with the universe. When this chakra is open, prejudices disappear, and you seem to become more aware of the world and its connection to your 'self'. The Chakra Meditation lasts for 45 minutes and has three stages.



## Vipasana Meditation

Vipasana Meditation is the most important of all the meditations. Vipasana simply means to witness or to watch. Vipasana also means meditateness. Gautam Buddha practiced and recommended this meditation 2500 years back. He became Gautam-The Buddha, the enlightened one, because of Vipasana meditation. While meditation is the most simplest thing to do, it cannot get simpler than Vipasana. The meditation lasts 40 minutes and has three stages.

## Kundalini Meditation

Kundalini meditation is the most famous and one of the most effective ancient meditation techniques. It is all about tapping your energy and rushing it to the crown chakra or the 'Sahasrara' which is the 7th Chakra, at the very top of the head. It is linked to your conscious alignment with Pure Awareness. This powerful meditation lasts 35 minutes and has two stages.

## Samadhi Meditation

Meditation is expressed by two words- 'Dhyana' and 'Samadhi'. Dhyana means temporary meditation- witnessing. Real meditation happens by coming into continuous consciousness, or Samadhi. This is the highest state where you live and enjoy meditation. When all actions are done in consciousness, and when such a continuous state of meditation is reached, then, you become awakened - a Buddha. Samadhi Meditation is the highly advanced meditation technique to bring you into continuous meditation. Samadhi meditation lasts 55 minutes and has three stages.





## Zen Meditation

Zen meditation is said to be developed by Master Dogen Zenji, a Japanese Buddhist priest and philosopher, nearly a millennium ago, in the year 1240. This meditation is also called Zazen, which means "nothing but precisely sitting." This is also known as a kind of sitting meditation in which the meditator sits in a state of brightly alert attention that is free of thoughts, directed to no object, and attached to no particular content. As Dogen said, there is no gap between practice and enlightenment or Zazen and daily life. Zen meditation lasts 40 minutes and has three stages.

## Travelling Meditation

In this day and age, the common excuse given for not practicing meditation is that there is not enough time. This meditation is developed for those who are always on the go. This effective meditation can be practiced while travelling, be it in a car, a bus, a train or while on a flight. It is the most simplified method of coming into meditation. It has no specific sitting position. You just have to be completely relaxed. Forget if your back is upright or not. Forget about the hands position. Just relax and be as comfortable as you can be. Travelling meditation lasts 25 minutes and has two stages.

## Vilopa Meditation

Vilopa in Sanskrit means disturbance. This meditation is all about being in meditateness while being disturbed and while being in disturbance. If you are able to meditate in a disturbance then, meditation is for you. This meditation is created for those who have a wavering mind and who are constantly bombarded with thoughts which disturb them. These thoughts could be of the past memories or some recent trouble. Such thoughts come as a surprise, with a jerk and in suddenness. The entire idea of this meditation technique is to disturb you and prepare you to build your consciousness- to guide you to flow in the suddenness.

## Mahakali Meditation

Maha Kali Meditation is not just a simple meditation. It is perhaps the most advanced, effective and instant meditation ever devised. Infact, it is a total spiritual path for the real seekers of the truth. Maha Kali Meditation has the immense potential to connect you with Goddess Maha kali. Once you practice Maha Kali meditation, you will realize the Super Power of Maha Kali. You will realize and experience that Goddess Maha kali is the true Goddess of Time, Creation, Destruction and Power, and that she represents all the three divine trinity. Brahma, Vishnu, Mahesh together. There is no higher power than Maha Kali. Maha Kali meditation lasts 45 minutes and has two stages. Before you sit to practice this Meditation, do not consume any non vegetarian food or alcohol.

## Night Meditation

This night meditation is designed to be done before you dose off to sleep. It is simple but very effective because you are naturally relaxed before you lie on bed to sleep. This relaxes the mind because the mind is already overused in the day and is already 'dead.' This meditation can instantly take you into a trance. This meditation technique is best for those you get disturbed or inadequate sleep. Since its timing is just before you go off to sleep, it brings you into instant consciousness and, obviously, sound sleep.





# BHAGWAN

## NITYANAND MOVEMENT FOUNDATION

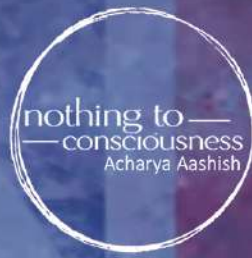
Bhagwan Nityanand Movement is a revolution, an epicenter committed to spread the fragrance of Meditation, Peace & Silence Committed to teach Meditation and spreading Bliss and Joy by evolving people through Dynamic Meditation and through Transcendental Meditation, by Kirtan by Satsang and by bonding people together through Seva of Bhagwan Nityanand and by spreading the joy of Bal Bhojan of Feeding the Poor Children, Bhagwan Nityanand Movement Foundation is working towards bringing in peace and bliss.

Bhagwan Nityanand Movement is an inward spiritual journey by which you can enter the inner deep realm of silence, peace and acceptance. It is an ultimate and complete phenomenon for the seekers of truth where you realize your own self with the blessings and Shakti Path of Bhagwan Nityanand.

Bhagwan Nityanand is the Supreme God the perfect Incarnation of Lord Vishnu, Acharya Aashish says “Bhagwan Nityanand is the creator of all creators, the Lord of the Lords, He is Anantkoti Brahamand Nayak meaning the creator all that is there, the creator of all the Galaxy’s, the Multiverse, of all the existence”.

Bhagwan Nityanand Bhagwan Nityanand visited this planet in 1897 and left his body in 1961. The Samadhi and Adobe of Bhagwan Nityanand is located in Ganeshpuri about 56 km from Mumbai Maharashtra, close to Virar, Ganeshpuri has famous Natural Hot Water Springs and centuries old Shiva temple known as Bhimeshwar Mahadev Mandir, Ganeshpuri also has Bhadrakali Temple, Krishna Temple and Gaondevi temple which has divine presence of Durga Mata, Ganeshpuri is located 3 km from famous Mata Vajreshwari temple.

Bhagwan Nityanand Movement Foundation is a nonprofit registered inspired Trust and a Charitable Organization committed to serving people through Meditation, Prayer Healing and Wellness.



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## NOTHING TO CONSCIOUSNESS

'Nothing to Consciousness' has two meanings. Firstly, it means that you are doing nothing about meditation. All are at 'sleep' and no one is in awareness. This 'Nothing' needs to be changed. Here, we bring you from nothing to consciousness by teaching you meditation. With meditation, your life takes a great leap. There will be a dynamic change as you will go from 'nothingness' to 'consciousness,' the ultimate trance of life.

Secondly, meditation gives you a glimpse of 'nothingness,' the zero-ness. With constant meditation, we will give you the experience of this 'Nothing' as we take you from this nothingness to Super Consciousness.

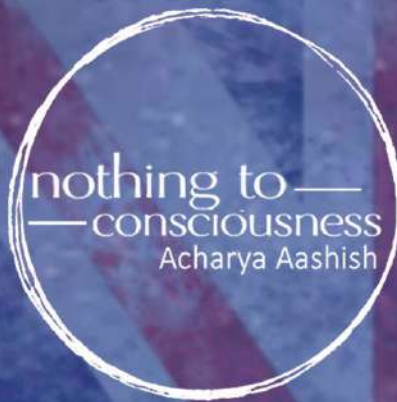
Take this leap, add meditation to your life and see how things turn around for you.

Meditation- the only way for Spiritual and Materialistic growth.

## BENEFITS OF MEDITATION

- It is not a magic but, definitely magical
- Brings acceptance in life
- Brings calmness
- Removes enmity
- Removes anger
- Brings stability
- Brings contentment
- Attracts wealth
- Removes stress
- Adds happiness to life
- Brings enlightenment with regular meditation
- Experience Meditation- Nothing Like Meditation





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## Meditation Center at Goa

Harmal,  
Madhlawada, Arambol,  
Goa 400 104.

## Meditation Center at Mumbai

A 1-7 Indrayudh Society,  
Near Rosary Church,  
M G Road, Goregaon West,  
Mumbai 400 104.

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[www.consciousness.org.in](http://www.consciousness.org.in)