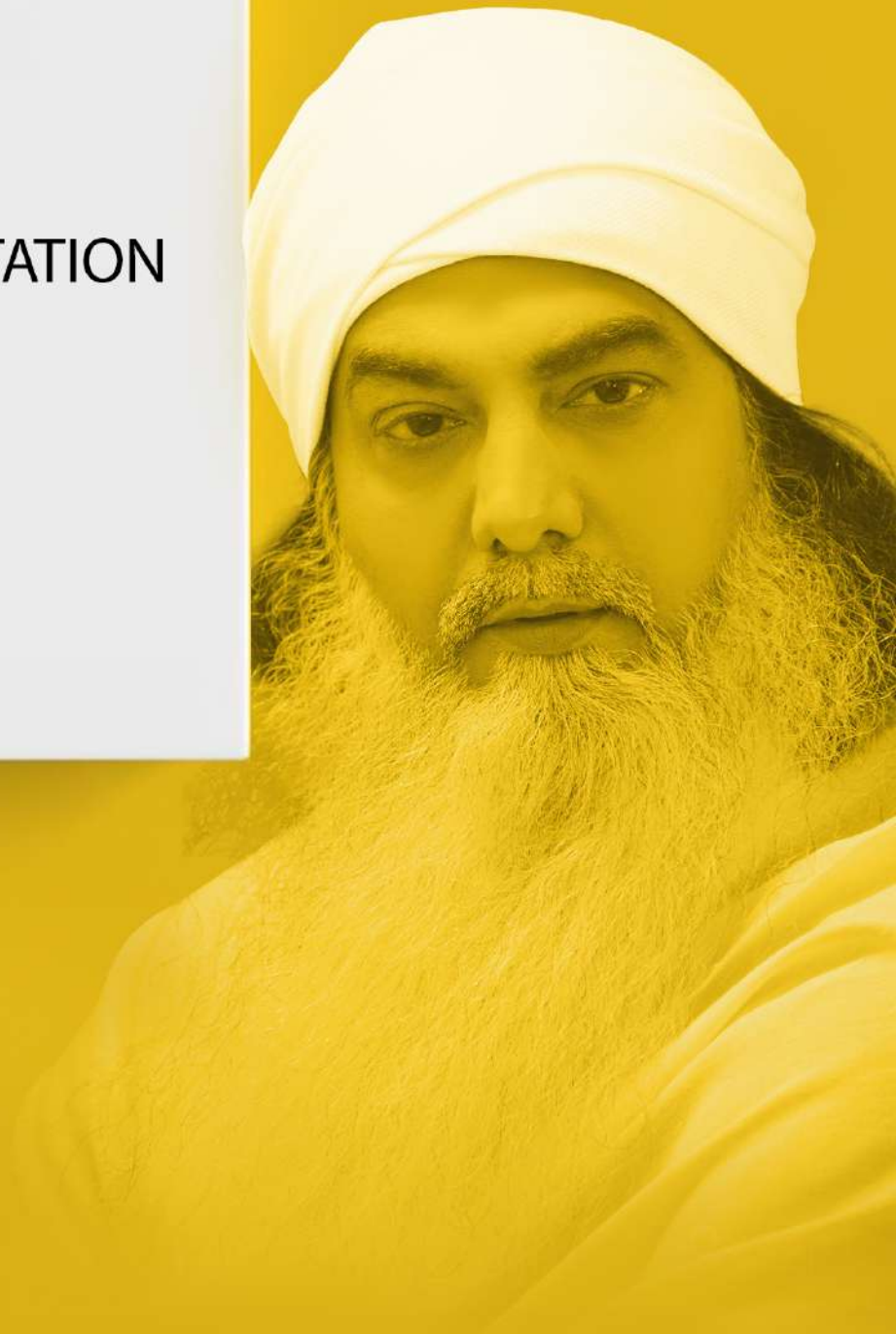
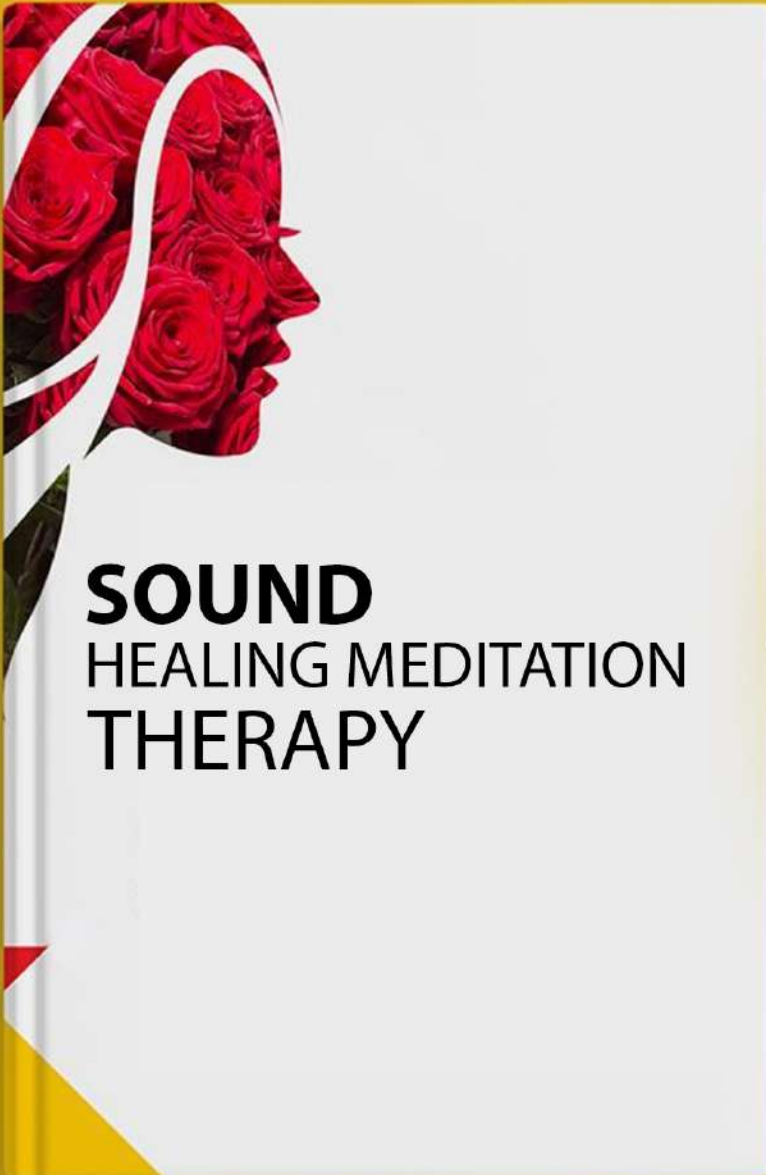




Acharya Aashish Ways[®]
Meditation-Truth



Sound Healing Meditation Therapy

Sound Healing Therapy has been used since ancient times to downtone the ripples of mind, to ease out anxiety of the body, and to bring in peace and instant calmness

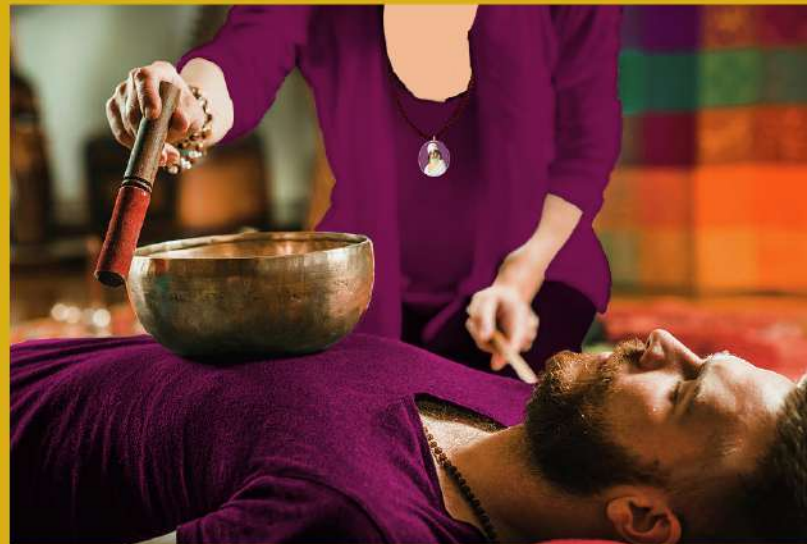
Across all cultures of Greece, Rome, Egypt, China, Tibet and Ancient India effectively used sound to create a calming thought pattern, relaxation, and a sense of happiness among the listeners

Different sounds bring in about an instant change in the mindset, the Violin which has a high note energizes the human mind and makes it peaceful, the sound of a Guitar brings in a sense of youth, dance and singing, the sound of the marching Army Band boosts the morale and uplifts the spirit of the soldiers, the Mother's lullaby soothes the child and makes them sleep and relax, our ancestors used sounds to alert coming of enemies, they used sounds during war to signal the next line of attack, the primitive man used sounds to collectively hunt – Since stone age, man has been using sound to live, survive and excel much before language and words were invented

Sounds create a sense of well-being, calmness, and deep relaxation

The vibrations created by a soothing sound instantly helps the mind to relax, to refrain from too much thinking, it helps to reduce stress, it induces a sudden calmness across your mind and body

All our communication is understandable because of the sound it produces, every word spoken produces a sound, that sound is associated with meaning this is the reason even the deaf communicate with a sound



Sound Healing Meditation Therapy

Animals, birds, and fishes also produce sounds to communicate

Ancient Tibetan Sound Therapy has given a new dimension to healing and wellbeing

Sound therapy Helps, in simple words, it brings calmness, comfort, and relaxation

Acharya Aashish has devised this Sound Healing Meditation Therapy by bringing in techniques of Sounds and Meditation together, with the use of the Tibetan Gongs, Chinese Singing Bowls, and Ancient Vedic Musical Instruments, the meditator comes into continuous watching his thoughts with much ease and comfort



Our Sound Therapy takes you into a deep relaxed zone where watching your thoughts, remaining in continuous meditation become easy

Sound Therapy adds to the process of meditation, it helps you come into calmness and peace

When the mind is relaxed what else is needed ?

Duration of Sound Healing Meditation Therapy is 15 minutes



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.

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





Acharya Aashish Ways®
Meditation-Truth

Meditation Center at Goa
Harmal,
Madhlawada, Arambol,
Goa 400 104.

Meditation Center at Goregoan West

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

+91 9819812127 / 9819811193
join@consciousness.org.in
www.consciousness.org.in