



SPIRITUAL LIFE SOCIETY[®]

(A Mission of Shri Ramchandra)



Anxiety, Fear

Under the present circumstances, Corona (COVID-19) has been terrorizing all sections of people and subjecting them to a lot of anxiety and mental stress. The reasons may be lack of immunity against diseases along with agony of social and economic insecurity, loss of self-confidence, lack of peace of mind, sleeplessness, depression and anxiety about future leading to even suicidal tendencies in this period of uncertainties.



Suicide attempt

With an explanation how the modern scientific knowledge is substantiating the "Indian Traditional Rajayoga system of Meditation" which has been gifted by our ancient sages, while driving away the current societal issues which are commanding the contemporary society through the path of Sahaja Marg, a Rajayoga system of Meditation, physical health and mental peace, economic sustainability, blissful life along with spiritual progress, improvement of moral and ethical values, the future of healthy India can be managed with your active cooperation. You are the main pillar of your family and the society around you. In this system, there are not many dos and don'ts. If you practice meditation in a proper manner, the power of meditation will bring in both internal and external reformation.



Mental stress

1. This programme is being organized for the benefit of common public.
2. There are no charges for this training.
3. You can practice the activity staying at your home.

For immediate Interaction in North Coastal Zone

Visakhapatnam (Town)

92901 28799

Vizianagaram Dist.

Visakhapatnam (Sub-Urban)

72079 66556

Srikakulam Dist.

The modern ways of living - worldly thinking - practices and dynamics of life - have initiated the artificial style of living. Under its influence, the human life is experiencing hopelessness, depression, lack of peace, lack of moral values, anxiety for even silly issues and agitation which are prompting to follow immoral paths to achieve temporary results by hook or crook ignoring the rightful path to achieve permanent results. This has resulted shifting of human life from a peaceful path to a sinful path. The various aspects of life such as family life, personal life, professional life etc., are dealt with individually but could not be handled in an integrated way. It is because of lack of absolute completeness. As man is showing his inclination towards all such things which are of his liking, other important aspects of life are losing importance and thereby somehow managing his survival and not able to lead a complete human life. You may mark the difference between survival and living.

Vices, desires (not necessities), greed (not ambition), attachment, emotional attitude, negative thoughts (bad and distracted thoughts), egoism, false prestige and jealousy, likes and dislikes, immoral behavior etc., are driving humans from a peaceful state to a cursed state.

Modern man of today is influenced by the society surrounding him and environment getting addicted to bad habits and reaching a degraded moral and cultural state. As a result, he is not able to perceive his own life as he does not have proper concentration and with an attachment to friends and well wishers without love and affection. All these are causing unrest and impatience and he is not able to maintain good relationship with his fellow beings. The outcome is that he is not able to get help from people around him and facing non-cooperation.

Under the influence of the above, man is subjected to mental aggression and agony and later Hyper tension (high blood pressure), diabetes, insomnia, emotional outburst, brain hemorrhage and cardiac arrest etc., - an unending list of diseases are being invited by him and he makes rounds of the doctors. He is consuming tablets like peanuts. Oh man! Understand the facts of life. You do not need medicines. You need mental peace. If you do not realize this, you will be in trouble in future. Perfect medicine for this condition is Sahaja Marg system of Rajayoga Meditation and associated cleaning methods. The method of Transmission (Pranahuti) of Pujya Gurudev is the invaluable gift through our organization to the humanity. Whole humanity has to be ever grateful to Pujya Babuji Maharaj. As per Babuji, one can attain Realization of the Brahman in this very life through the spiritual practices assisted by Transmission.

From the time immemorial, man desired to enjoy the peaceful state of a just born baby. Today's man is not much different from this and further he craves to have peace in his daily life instead of anxiety.

If you wish to have external peace, you need to have internal peace. Getting internal peace is not possible without having external peace. Therefore, you must resort to prayer and meditative practices to achieve peace. Then only it is possible. **- Gandhiji**

Training for youth
and Children



Personality development
Concentration, Path of success



Sahaja Marg Rajayoga
Meditation practice



H.O.: Visakhapatnam, A.P.

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