



## Bhakti Ayurveda Sat Chitta Ananda Dhyana

### Art of Meditation on one's own Beeja Mantra – one's own tone

*"Those who eat too much or eat too little, who sleep too much or sleep too little, will not succeed in meditation. But those who are temperate in eating and sleeping, work and recreation, will come to the end of sorrow through meditation."*

*"Whose heart is filled with satisfaction by wisdom and realisation, and is changeless, whose senses are conquered, and to whom a lump of earth, stone, and gold are the same: that You/ Yogi is called steadfast."*

*~ Shrimad Bhagvad Gita*



**In** just 3 days you could learn a whole new set of simple-to-master tools or least you shall move few steps forward in your spiritual growth and intuitive feelings and enjoying the very purpose of life being in terrific spirits at all times and in all given circumstances.

These sessions could change the trajectory and the quality of your life for good and at the same time by conducting rituals yourself with Acharya you sense the presence of God in the midst of the space around you.

And you could use those tools to live the following years of your life differently –following your greatest passions, and live from a place of pure joy through practice of **'Transcendental Blissful State Meditation'** and you sense the presence of God in the midst of your company all the times to come?

**Naveen Kumar Gupta**, bestowed with spiritual Ayurveda Master title as **'Acharya Shri 108'** conducts **'Bhakti Ayurveda Sat Chitta Ananda Dhyana'** also called as **'Transcendental Blissful State Meditation'** sessions on 3 consecutive days in the letter and spirit of a Bhakti Ayurveda dictum, which says, "Perfect health is a blissful true self state of indwelling soul of a person leading to Health, Happiness and Harmony for Body, Mind and free Spirit".

The Art of **'Transcendental Blissful State Meditation'** is not the thought that comes into your mind when you meditate; it is the very act of meditating on yours' own **'Beeja Mantra'** which eliminate all thoughts leading to perfect focus. It would involve nothing more than complete awareness of the mind.

Literally, the word **Mantra** means 'revealed sound' and **Beeja** means 'Seed'. Ones' own **Beeja Mantra** is one's own seed from which one comes into existence or one is born in this transmigrated world, a circuit of living where one repeats previous states of lives, from one body to another, a worldly life of constant change.



**'Beeja Mantra'** leads to **'Moksha'** or also called as **'Nirvana'**, ultimate release or liberation from the cycle of aimless wandering cycle of birth and death. **'Beeja Mantra'** is the vibration, which represents the 'call of the soul' as it belongs to your soul.

The Art of '**Transcendental Blissful State Meditation**' on '**Beeja Mantra**' is NOT about focusing or concentrating on something. Meditating on it allowing the mind and your innermost thoughts to relax and be empty as the flute of **Lord Krishna**, which gives THE MESSAGE to be empty, and hollow as the Lord's flute and allow the divine music of health, happiness and harmony flow in this empty and hollow space in us to be ONE with DIVINE.

In this state you ask to your true self, what are my innermost thoughts?

The Supreme Consciousness, the supreme Godhead **Lord Krishna** replies, "O my dearest being; you are in ME as I am in YOU. MY vibrations are call of YOUR soul – your '**Beeja Mantra**'. Here I am for you. Now I transmit it to Master of your soul, your Acharya and your Acharya is also in Me and now I become your Acharya through your spiritual Master - your Acharya".

### **Practical details of Sessions**

- ✚ The sessions are just One-to-One personal sessions.
- ✚ In these three sessions for all rituals, puja, mantra-s, and the information shared by you in confidence shall be respected at all times. And at the same time the experience you have and received in these sessions are for your own personal spiritual growth so keep your Mantra-s and the rituals of passage always with you and your aura ALONE.
- ✚ The three consecutive days and take around 2 hours each day at an agreed blissful timing for rituals.
- ✚ All Sanskrit terms in Mantra-s and this information document will be duly explained, at ease by Acharya and for your convenience you can use voice recorder.





**1st day** – With Acharya you will get to know and be aware of **your own 'Beeja Mantra'** then all you need is to practice meditation on it 20 minutes 2 times a day.

Chant your own tone – yours' own Beeja Mantra to bring success and to illuminate Your Life and be in a Transcendental Blissful State!

The 'Monosyllabic chant of Seed' or 'Beeja Mantra' creates a rhythmic and rainbow effect of an aura around you and also solves myriad problems in your life, if you can concentrate, have faith upon yours' own **'Beeja Mantra'** and consider and adapt to it to be part of your life.

**This session concludes with an Ayurvedic ritual belonging to your your Body Mind biotype – in Ayurveda we call it as your 'Shaarira Prakriti' as per dominance of three bio-energy principles called as Dosha viz. Vata, Pitta and Kapha and 'Manasa Prakriti' as per dominance of Guna viz. Sattva, Rajas and Tamas.**



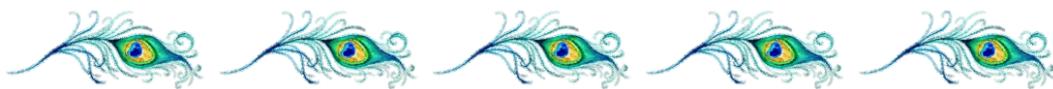


**3rd day** - With Acharya you shall follow and participate in an Ayurvedic ritual '**Pitra tarpan**' – for your loved ones' departed souls – your ancestors. Offerings to God, Sages, Ancestors' Soul by human beings brings satisfaction and gratification in them through '**Pitra tarpan**'.

We use spiritual articles and some herbs collected and arranged by Acharya. These herbs will represent your benefic planet and Vikriti (disbalances, if any) and your Prakriti - biotype.



**This session concludes with serving Prashada, a dessert to the Lord Krishna, and after serving the Lord you relish this Prashada with Acharya.**



If interested and if you receive call from universal spirit and from the core of your heart then take your time and fill the form below and please send the following information required for these sessions and wait for Acharya's suggestions of dates. Acharya conceptualises the notion in the heart and solemn determination to plant beneficial spiritual effects on a person to get an optimal effect they should be done during an auspicious time and it begins with a sankalapa where one identifies their location in time and space from the beginning of universal creation viz.

Date of Birth: \_\_\_\_\_

Time of Birth: \_\_\_\_\_

Place of Birth: \_\_\_\_\_

Mother's Name: \_\_\_\_\_

Father's Name: \_\_\_\_\_

Number of real brothers and sisters: \_\_\_\_\_

Your sequence number in the family: \_\_\_\_\_  
(For example you are the first or middle or last child etc.)

Acharya assures privacy and confidentiality if you would like to send your thoughts, emotions and remarks or specific information you would like to share (send only when you feel to share):

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**Suggested contribution for all spiritual items and arrangements for these ritual**

Standard charges for adults:

Euro 1,008.-

Reduced rate for low-income person  
(please feel free to discuss) Euro 800.-

Charges for students: Euro 600.-

An extra session for couples (after individual three days sessions for each partner) for 2 hours Euro 300.-

**Additional remarks on suggested donations:**

O divine being be blessed as 10% of your contribution goes to children who are deprived of basic amenities and basic education living in deprived villages in India. Acharya serves them with his own and yours' contribution and by devoting 10% of his professional time working with Ayurveda clients and students spent here in this part of world by being with these children, playing with them and educating them as far as possible.

When you wish to become part and parcel of this ongoing being, healing, playing and educating project please feel free to discuss it one to one with Acharya without any obligations.

*Na tvaham kameye rajayam, Na swargam na punarbhavam!  
Kamaye dukhtaptanaam, Praninaam arti nashnam!!*

I don't desire lordship over others, nor do I aspire for heavenly pleasures, nor do I pray to be released from the bondage of birth and death, my only ambition is to become an instrument of relieving the sufferings of those who are groaning under the scourge of one or the other disease.

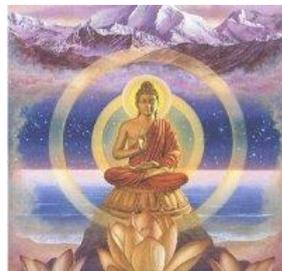
**This is the motive by which, Ayurveda Acharya-s are perpetually guided.**

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*(That Supreme being is the absolute truth)*

**Naveen Kumar Gupta**

'Acharya Shri 108'- 'Ayurveda Acharya'- 'Jyotisha Vachasapati'- 'Vaidya Raja'-  
'Marma Vaidya'- 'Nadi Vaidya'- 'Siddha Vaidya'- 'Piyush Pani'



**Bhakti Ayurveda**

Eyndovensteenweg 44; 2960 Brecht, Belgium

GSM: (+44) 73 77 33 66 50

Web: [www.bhakti-ayurveda.com](http://www.bhakti-ayurveda.com)

Mailto: [ayurveda108@gmail.com](mailto:ayurveda108@gmail.com)