



Welcoming... **Sri Nithyananda Swamigal** *to San Francisco*

@ Newark Holiday Inn Express

5977 Mowry Ave, Newark, CA 94560 | (510) 795-7995

AUGUST 30th 2004
8pm-10pm
Welcome Darshan

AUGUST 31st 2004
8am-10pm
Shakti Spurana Program
(The Flowering of Energy)

A one-day program designed by the Master, giving us an insight into these 3 Energy Bodies: The Physical Body, The Subtle Body and The Causal Body. The focus of the program is the emotions that block the energy flow in these bodies along with meditation techniques to cleanse them. The totality of the human is a sum of a physical body and a deeper series of bodies. This is what differentiates us from rocks, and in some sense animals.

For more information:

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www.swamisworld.com

www.dhyanaapeetam.org

Swamiji's mission...

is two-fold: to heal the sick, and guide seekers to experience Ananda or Bliss through meditation. People irrespective of caste, creed or religion, flock to him for good health and spiritual uplift. Swamiji's Divine healing touch has given relief to thousands of people suffering from various types of illnesses - physical and psychological. His method of healing - Ananda Healing consists of harnessing the Divine Energy and channeling it into the body of the diseased person. He not only heals people, but also initiates those who desire to become healers.

Why Meditate?

The basis of all religions lies in tuning Man to Existence through the 5 elements. The thirst to get in tune with the source of the all-pervading Energy has given rise to many religions. Idols are made up of clay (Earth). Idol worship is trying to realize the Cosmic Energy through the Earth element. Idol worship is the first plane of tuning. Bathing in holy rivers is trying to realize the Energy through the water element; 80% of our body constitutes water. Performing Yagnya or Homa (rituals with fire) is trying to realize this Energy through the Fire element. The fire outside represents the fire inside us. Chanting or repeating mantras is trying to connect to this Energy through the Air element and finally Meditation or Dhyana is trying to connect to this Energy through the Ether element. Ether is the subtlest form of Energy. Man should attempt to graduate from Idol worship to Meditation.

