



Hearty Welcome to All



“ DHYANAMAHACHAKRAM – VIII .. DHYANA MAHOTSAVALU ”

18th To 31st DECEMBER 2017

Venue: “ **SRI SARASWATHI MAHA PRANGANAM, MAHESHWARA MAHA PYRAMID** ”
“ **Kailasapuri** ” .. Kadthal, Off Srisailam Highway, Kadthal Mandal, Rangareddy District, Telangana State

“ DHYANAMAHACHAKRAM – VIII ” – FEATURES

Every Day morning 5 AM to morning 8 AM - Flute Music Meditation

Every Day morning 8 AM to 9 AM Message

Every Day morning 10 AM to Night 9 PM - Spiritual Discourses and Cultural Programs

Pyramid Spiritual Societies Movement (PSSM), under the guidance of **Brahmarshi Patriji**, is spreading teaching of **Aanapanasati Meditation** free of cost ..

PSSM’s main mission is to create an intense awareness amongst all the people of the world about the primary role of “Spiritual Science” and “Vegetarianism”. It aims to provide physical, mental and intellectual health to the entire humanity irrespective of caste and creed for holistic living. Millions of people have already found peace, health and balance in their lives through the selfless efforts of PSSM.

Donations can be made by way of cheques or demand drafts drawn in favour of “ **THE PYRAMID SPIRITUAL TRUST (HYDERABAD)** ” & online transfers from any Bank to the following Bank accounts and send the details of remittances to the address given below.



“ Time is so precious .. practice Meditation ! ”

“ Money is so valuable .. donate liberally to spiritual causes ! ”

“ Maha Karuna Jagath ” .. “ Dhyana Jagath ” .. “ Shakahara Jagath ”

1. State Bank of India	A/c No. 32374520120	IFS Code : SBIN0014447
2. Andhra Bank	A/c No. 140311100001060	IFS Code : ANDB0001403
3. HDFC Bank	A/c No. 26047620000019	IFS Code : HDFC0002604

Pyramid Spiritual Societies Movement

The Pyramid Spiritual Trust (Hyderabad)

Maheshwara Maha Pyramid

“ Kailasapuri ”, Kadthal (Mandal), Srisailam Highway, Rangareddy District, Telangana . Pin : 509358

Cell No. 9666878888, 9948329445, 9849809836

donation@maheshwarapyramid.org , www.pssmovement.org, www.maheshwarapyramid.org



"VEGETARIANISM is absolutely essential for right spiritual life. In fact, spirituality and vegetarianism are synonymous. **EVERY BODY HAS TO BECOME A VEGETARIAN.** Quantum Energy Science is fast recognizing the ill-effects of ingesting animal food in to human systems. The cardinal principle of any religious movement is love. COMPASSION is nothing other than being kind to our co-animal-god-beings of the Earth Planet.

" Further, we can't afford to over eat. We should eat only according to our need ... not according to our greed. Only when we are hungry, we may eat. If we are not hungry, we should never even think of eating."
-Brahmarshi Patriji

“ ANĀPĀNASATI MEDITATION ”



The word .. “ **Anapanasati** ” .. in Pali language.. means to direct one's total attention and awareness only on one's normal, natural breathing process.

“**ana**” means “**in-breath**”
 “**apana**” means “**out-breath**”
 “**sati**” means “**be-one-with**”

In ‘ **Anapanasati** ’, attention of the mind should constantly be on the normal, natural BREATH. The task on hand is effortful, joyful oneness with the BREATH.

No ‘ **mantra** ’ is to be chanted .. no form of any ‘ deity ’ in the mind is to be entertained .. no hathayogic pranayama practices like ‘ **kumbhaka** ’ .. holding the breath .. should be attempted.

Any comfortable sitting posture can be adopted. The posture adopted should be as comfortable as possible. Hands should be clasped and all fingers should go into all fingers. Eyes should be closed. The crux of the matter is to resist, to the best of our abilities, the routine worldly wanderings of the mind. **All USELESS STRAY THOUGHTS SHOULD BE CUT RIGHT AWAY**, as and when they keep arising.

When we are with the BREATH-ENERGY, the MIND becomes rather empty. Then, there is a tremendous in-flow of cosmic energy into the physical body. Gradually, the hitherto dormant third-eye begins to become activated. And, by and by, cosmic consciousness gets to be experienced.

“**ANNADĀNAM**”

“Annadanam is a sacred service! Service to all beings is service to God !! ”

Under the guidance of “ **Brahmarshi Patriji** ”, the Trust is making elaborate arrangements to provide sacred food and other civic amenities for thousands.. of participants .. meditators, spiritual seekers .. free of charge for 14 days during this **Mega Spiritual Congregation**.

We request, humbly.. one and all.. to avail the divine opportunity by showering donations liberally for “ **Annadanam** ” and reap the benefits of this virtuous deed.



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The Pyramid Spiritual Trust (Hyderabad)