

Nurture Your MBBS

Today, we are living on the brink. Vast scientific and technological developments have made our day-to-day life hectic and stressful. We are looking for ‘quick-fixes’ to cope with stress and rejuvenate ourselves. These measures are either not long-lasting or at times they may be even harmful.

A holistic approach in engaging and treating the whole person at different levels - physical, mental emotional and spiritual, by going deep into the psyche could be the best alternative.

For this balanced and wholesome development, a holistic programme has been intended for nourishing the Mind, Body, Brain and Soul [MBBS].

For the **Mind**: The practice of Silentation at the weekly Spiritual Congregations, Distance Sitting and Power Sitting for Divine Energy Transmission; Mentality Development Training Programmes.

For the **Brain**: Spiritual discourses and discussions, special spiritual meetings.

For the **Body**: Yoga and Pranayama.

For the **Soul**: Translitting.

Other current activities in the social realm include organizing Blood Donation Camps, conducting Medical Camps and distribution of free medicine etc.

“Mentality Development means developing the mind to come up to the level of the spirit.” Satsri.

At N.C, mentality development involves a guided training of the mind to attain the six stages of Spirituality - Peace, Courage, Love, Truth, Wisdom and Righteousness. Special training sessions are held where the practitioners are enrolled into freely interacting with one another and sharing experiences all of which are aimed at enabling the practitioners to get rid of limiting perceptions and develop rational positive perceptions to lead a peaceful life with an abiding sense of joy and not just momentary happiness.
