



24
minute
meditation
through
Shri Hanuman Chalisa
workshop



Pandit Vijayshankar Mehta
Life Management Guru



Why This Course?

In the modern era, there are a lot of people who are restless/anxious, even devotees. It is really painful to see Hanuman devotees in trouble. Shri Hanuman Chalisa is a mantra and Hanuman Ji is the deity, who symbolizes delight and happiness. If you want to conquer your mind then you need to practice the art of meditation wholeheartedly. How to attain Peace? Success without Peace is incomplete. In order to attain peace, life management Guru Pt. Mehta has come up with 24 minutes meditation with the Hanuman Chalisa course.

Shantam- World's first meditation through Hanuman Chalisa Dhyan Kendra

The entire course would be of 1-2 days, and for this, work on the Hanumat Dham- Dhyan Kendra has already begun on the banks of the Kshipra river. This would be the world's first Meditation through Hanuman Chalisa Dhyan Kendra. Devotees from all over the world can register and get utmost benefit from this course.

Why should you attend this workshop?

To attain peace in

- Professional Life
- Social Life
- Family Life
- Personal Life

Benefits

1. Professional Life- Hard work without being tired
2. Social Life- Become more committed
3. Family Life- Increase Mutual Understanding between Husband & Wife, Parents & Children.
4. Personal Life- Lead to Happiness



The Course At A Glance

1st Stage:

6 minutes: How to sleep

2nd Stage:

6 minutes: How to get up

3rd Stage:

6 minutes: Afternoon recitation, Chakra, mental recitation

4th Stage:

6 minutes: 4 stage meditation process in the evening



How to Eat:

- Should not speak while eating
- Take each bite as a mantra
- Without making noise



How to Drink:

- Sit and drink
- Combine it with breath
- Spread the feeling into each pore



How to Listen:

- Bring it inside
- Stop speaking
- Utter a word



How to Speak:

- Speak from the navel
- From the throat
- From the tongue

Various Activities, Recitations and Chakras Determine Our Energy Levels.

The Energy Levels in Our Body Change 4 Times:

Positive:



Morning: 100%



Afternoon: 50%



Evening: 0%



Night
Fall in negativity

Negative:



Morning: 0%



Afternoon: 50%



Evening: 100%



Night
Rise in positivity

About Pandit Vijayshankar Mehta



- Pt. Vijayshankar Mehta is known for his new approach and eloquent style of lecturing on the subjects based on religion and spirituality in India and abroad.
- After devoting 20 years to theatre and journalism, he has been presenting lectures on spiritual subjects continuously for 13 years.
- Delivering discourses on Shrimad Bhagawad, Shri Ramkatha, Shri Shiva Purana, Shri Hanumat Charit, Shrimad Devi Bhagawad and Agrasen Maharaj he has connected the lessons in these sacred texts to the various issues of life with a new insight, both in India and abroad.
- He has delivered more than 4000 discourses on 78 subjects since 2004, both in India and abroad (America, Africa, Europe and Pakistan).
- He has written 41 books related to Life Management.
- Meditation through Hanuman Chalisa course has reached people worldwide. In Ujjain Simhasth (kumbh)-2016 a 'Hanumat Dham' camp was established and millions of people benefitted from this course and experienced peace within themselves.
- Continuous invitations are pouring in, especially from the youth, requesting him to speak on the thought - 'Mera Prabandhak Mein'.
- He started his professional journey as a banker, followed by journalism, before moving on to becoming a Life Management guru.
- He is widely read for his column 'Jeene Ki Rah' published in the Dainik Bhaskar, a popular Hindi newspaper of India. In Divya Bhaskar- Gujarati and Divya Marathi, it is published as 'Jeevan Path' and 'Jeevan Marg' respectively.
- Every year. millions of people from all over the world take initiative in meditating through Hanuman Chalisa which is organized in India in seven different cities-
Chattisgarh- Raipur, Madhya Pradesh- Indore, Rajasthan- Jaipur, Chhattisgarh- Bhalai, Jharkhand - Ranchi, West Bengal- Kolkata and Rajasthan- Shriganganagar.
- He speaks on 'Life Management' on 94.3 My FM Radio from 6 to 7 every morning.
- He has set five objectives for the Life Management Group which is reaching out to people of every age group-
 1. To project Shri Hanuman Chalisa as a Mantra.
 2. To bring forth Shri Hanumanji as a role model for youth.
 3. To bring Shri Hanumanji into the lives of women so that their confidence level can be heightened.
 4. To remove hypocrisy from the ritualistic ways of worship.
 5. Save the Family' Movement.

As Pt. Vijayshanker Mehta says, "be successful, but be happy and at peace with yourself... One suggestion, one request... keep smiling....."



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