



# OM Healing

**What is OM Healing?** Sound healing is one of the most powerful and simplest methods of healing. OM Healing is the original sound healing technique used by the ancient Rishis and has been brought back from the Himalayas into the world by Sri Swami Vishwananda and Mahavatar Babaji. It brings Healing to oneself, others and nature.

## What are the Benefits of OM Healing?

- Healing occurs at different levels – physically, mentally, emotionally and spiritually
- It transforms our negativity into positivity
- It leads to inner peace, happiness and Divine unconditional love
- It enhances other spiritual practices such as meditation

**Why is OM Healing so Powerful?** Sound and vibration are the essence of creation. OM is the primordial sound that created and pervades the whole universe. OM is the highest vibration that can be used to heal the body. Most people have powerful experiences during OM Healing.

**How OM Healing Works** By chanting the sound of OM within a specific circle of people, healing processes are amplified through aligning the different vibrations in our body. This vibration is beneficial for the participants and also other people, places and our environment. Bottles of water brought into the OM Healing circle are transformed with the same energy and can be taken away as Healing Water. There are over 1,000 OM Healing circles around the world today.

**Cities of Light** is an initiative to bring OM Healing to every major city in the world. We want to have a positive impact on our world and allow millions of lives to shine with light, health, love and positivity. Please enquire how you can learn to lead an OM Healing circle yourself. OM Healing is part of the yoga system Atma Kriya Yoga.

**OM Healing is given for free.**

<b>DATES:</b>	<b>TUESDAY, 22ND MARCH, 2016 TUESDAY, 19TH APRIL, 2016</b>
<b>VENUE:</b>	<b>SHREE SANATAN SEVA SAMAJ, HINDU MANDIR/CENTRE HEREFORD ROAD, LUTON, LU4 0PS</b>
<b>TIME:</b>	<b>7.30 P.M. TO 9.00 P.M. (ARRIVE BY 7.15 P.M.)</b>
<b>WHAT TO BRING:</b>	<b>A bottle of water</b>
<b>CONTACT:</b>	<b>Pravinbhai Shah/Pravinbhai Mistry – (01582) 663414</b>

**HEALING YOURSELF, HUMANITY and MOTHER EARTH**

