

Post-pandemic, Meditation Sessions start in Manali with HH Sudhanshu Ji Maharaj

Brahmkavachh Meditation helps one purify and strengthen the aura. A strengthened aura works like an impermeable Divine shield to protect you from all sorrow, all fear, and all types of adversities (Dukh).



New Delhi, Delhi Mar 14, 2022 (Issuewire.com) - Post-pandemic restrictions, Meditation Sessions start in Manali with HH Sudhanshu Ji Maharaj

After the challenging phase of COVID-19 restrictions, Meditation sessions by <https://www.vishwajagritimission.org/contact-us/> (VJM) are going to start again.

From May 19 to June 14, 2022, Manali, the mesmerizing Himalayan resort town in India's Himachal Pradesh state, will host HH Sudhanshu Ji Maharaj and [Dr. Archika Didi](#), who will conduct intensive meditation sessions for seekers.

Two 5-day [Dhyan Sadhna Shivirs](#) will be organized from 19-29 May 2022 and Ardha Chandrayan Tap Sadhna will be organized from 31st May to 14th June 2022.

Participants will also take part in Yajna, Q&A session, **Purnima Darshan of Param Puja Maharajshri**, Panchakarma, Mangal Yatra, and various Yogic Kriyas.

Different locations in Manali are getting prepared to welcome Maharajshri and Dr. Archika Didi.

A few beautiful resorts are going to be transformed into silent meditation retreats for those who want to learn various techniques of meditation.

For now, only 800 participants are allowed to join the meditation sessions due to limited time and slots.

In this event, people will learn various meditation techniques & Kriyas including **Mindfulness Meditation, Chakra Meditation, Kundalini Meditation, Healing Meditation, Mantra Meditation, Gayatri Meditation, and Brahmashakti Dhyan**, to name a few.

Know that practicing meditation is important because the human body is not made to face suffering and pain.

Uninvited emotions and stressful situations work like toxins causing a disturbance in the body's natural rhythm.

People keep their bodies in a balanced state through meditation and also try to attain mental wellness by removing unnecessary thoughts and worries.

Intensive meditation techniques & Kriyas act like cleansing agents, giving the body & mind its natural health & well-being.

Additionally, at the [Manali silent retreat](#), seekers would also learn how to quiet the mind, befriend themselves, create a protective shield around them, and use it all for Self- transformation.

In the post-pandemic period, Sapt Chakra Sadhna, Brahmakavach Meditation as well as Laghu Chandrayan Tap Meditation under the guidance of HH Sudhanshu Ji Maharaj and will be the main attraction of this year's Manali meditation retreat.

Seekers eagerly wait for the Manali retreat by Maharajshri for realizing the various benefits of meditation.

Benefits of meditation

- Boosts inner strength and the ability to connect to the internal energy
- Reduces anxiety & stress, thereby helping one stay focused
- Instills Positivity and Removes negative emotions
- Restores the internal balance of the Mind, Body, and Soul
- Improves the quality of sleep
- Reduces fatigue
- Activates one's creativity and inner exploration
- Improves biorhythm
- Enhances Self-Confidence and Public relations skills

- Mindfulness
- If you want to register for the Meditation mail now. info@vishwajagritimission.org / info@sudhanshujimaharaj.net
- You can call to our registered number **Phone:** +91 9582954200, 9312272625, 9312284390
Toll-Free: 1800 11 8188
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