BCRHC: Healing Program Outline

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Shared with Dr. Saraah Chimthanawala

Bhaktamar

Bhaktamar Self-Healing

Experiential Truth

Concept of Experiential Truth
Deep Reach Self-Healing
Deep Release Self-Healing
Living with Self-Concept
Living with Harmony and Flow
Leveraging Mental Capabilities

Wellness Lifestyle

Pran Kriyas
Sukshma Kriyas
Nutrition
Health Management
Integration with nature

✓ Understanding Bhaktamar

- The genesis of Bhaktamar
- The 48 shlokas and their meaning
- Pronunciation of the shlokas
- Specific shlokas for treatment of cancer
- Process of chanting the shlokas
- Process of meditating on the shlokas
- Pre-requisites of the process
- Nuances of how frequencies work on cellular and DNA levels to heal disorders

✓ Results with Bhaktamar

- Findings from research on treating cancer with Bhaktamar

✓ Daily Practice (Thrice / Day)

- Chanting the shlokas
- Meditating on the shlokas

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✓ Experiential Truth

- Creation of experiential truth
- Intellectualisation vs. experiential truth
- Role of experiential truth in making you who you are
- Being comfortable with your experiential truth
- Working with your current levels of experiential truth to discover deeper levels of your experiential truth
- Working with your experiential truth for self-healing and personal breakthroughs

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✓ Concept of Deep Reach Self-Healing

- Understanding the arrangement of your sub-conscious and unconscious mind
- Inter-play of your sub-conscious and unconscious mind with reality to create your experiences, emotions and body
- Identifying issues which have troubled you emotionally
- Building blocks of self-healing for anything
- Nuances of accessing the deeper reaches of the subconscious and unconscious mind

✓ Guided Deep Reach Self-Healing Meditation (Daily Practice)

- Prepare for the meditation
- Access the subconscious and unconscious mind
- Collaborate with the sub-conscious and unconscious mind to establish a deeper awareness of the root cause of the issue
- Release the root cause of the issue
- Extinguish all traces of the issue

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✓ Concept of Deep Release Self-Healing

- Creation of limiting / negative belief systems and negativity
- Practical Impact of negativity in shaping your experience of life
- Identifying the critical negative imprints which shape your design
- Nuances of working with the Deep Release Self-Healing

✓ Guided Deep Release Self-Healing Meditation (Thrice / Day)

- Prepare for the meditation
- Release negativity about yourself
- Release negativity about others

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✓ Clarify your Self-Concept

- Role of Self-Concept in everything you do and experience
- The elements of Self-Concept
- Bringing clarity to yourself on your purpose and meaning
- Define your purpose meaningfully to make it realizable
- Living with this awareness as an anchor in your journey of life

✓ Understanding the mind

- Understand the nature of the mind
- Creation of perceptions and its role in shaping your experience
- Identify your personal values and belief systems
- Awareness about self-sabotaging and enabling belief systems
- Strengthen enabling belief systems

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✓ Live with the principles of harmony

- Understand the principles of harmony
- Working of each principle in shaping your being
- Integrate the principles of harmony in your life

✓ Move from Chaos to Control

- Paradigm of control in your life
- Process of exercise a higher degree of control over your life
- Expand your thinking to do the difficult and the unthinkable

✓ Living with Flow

- Understand the concept of Flow
- Establishing balance with the subtle energies of your being
- Learn how to live with Flow

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✓ Stay Motivated

- Mind's natural response to growth
- Create harmony between ambition and contentment
- Insights to overcome uncertainty and self-doubt
- Forms of self-motivation and what works best
- Fundamentals and practice of self-motivation

✓ Rejuvenate Willpower

- Importance of willpower
- Reasons for the fading of willpower
- Insights and methods to rejuvenate willpower
- Take better decisions
- Remain committed to your purpose under difficult circumstances

✓ Resolve Anxiety

- Functioning of the brain in the creation of anxiety
- Causes of anxiety
- Physical effects of anxiety
- Process to resolve any type of anxiety

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✓ Relevant Focus

- Focus vs. Relevant Focus
- Critical awareness of goals vs. systems for success
- Meaning and practice of selective and relevant focus
- Process to bridge focus and action
- Insights and methods to improve concentration
- Effectiveness of single-tasking vs. multi-tasking
- Choose between living an urgent life vs. an important life
- Reasons for procrastination
- Insights and techniques to stop procrastination

✓ Creativity

- Myths of innovation and creativity
- Nature of the creative mind
- Discipline and practice of tapping into the creative mind
- Insights to deal with criticism and fear of failure
- Leverage failure to contribute to future success
- Work with constraints to fuel creativity and innovation

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- ✓ Pran Kriyas
  - Exercises of the breath (Details available)
- ✓ Sukshma Kriyas
  - Moderate exercises of the body (Details available)
- ✓ Nutrition
  - Research based nutritional food and supplements to support the body in its self-healing effort (Research material available)
- ✓ Health Management
  - Increased awareness of the body and how to help it function to it's optimum levels for self-healing and health (Outline available)
- ✓ Integration with nature
  - Manage schedule to maximise activities and discussions within the lap of lush nature (integrated in the design of the program)