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BELIEVE YOU DESERVE IT AND THE UNIVERSE WILL SERVE IT.

www.theonlyonecommune.com



Diabetes Free Life

Code- DFL



Depression & Stress Management

Code- DSM



Pranic Healing

Code- PH



Meditation-TheOnlyOneLifestyle

Code- MOOL™



Life Counselling

Code- LC



Relationship Counselling

Code- RC



Teenage Wonder U19

Code- TW



Bold & Beautiful

Code- BB

DEPRESSION & STRESS MANAGEMENT

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3 DAYS
4 HR/DAY

DEPRESSION & STRESS
MANAGEMENT

BELIEVE YOU DESERVE IT & THE UNIVERSE WILL SERVE IT

MODULE 1

● RED

- open-up
- urja tatva
- agni rahasya
- hridyaya dhyana
- shalvedna
- nidra dhyana

₹ 5000/-



LET'S OPEN-UP AND DISCUSS EVERY THOUGHT AND EMOTION
CIRCULATING INSIDE OUR BRAIN.

OPEN-UP

A NEW POSITIVE YOU





praja tatva

-THE NEW AGE DIET

FRUITS VEGETABLES SPROUTS LEAVES GRAINS NUTS

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urja tatva

urja tatva

Flow of conscious energy is what constitutes life. The food we eat fulfills this need of energy and is undoubtedly one of the most important factor designing your conscious energy & life pattern.

In URJA TATVA, you will learn the minute details regarding different food items and their respective effect on humans i.e, on thoughts, emotions and energy levels which in turn shapes your present & future.

After attending this session, you will be able to design a customised diet in accordance with your goals in life which will act as a catalyst in your journey of heightened awareness.

Be your own dietician, be your own master.



CODE - AR

agni rahasya

DIVINE SECRETS OF DIGESTIVE POWER





agni rahasya

DIVINE SECRETS OF DIGESTIVE POWER

THE FOOD WE EAT IS INACTIVE/LIFELESS UNTIL IT MEETS THE DIGESTIVE FIRE BURNING INSIDE EVERY CONSCIOUS BEING, WHICH LENDS IT A PART OF ITS CONSCIOUS ENERGY, CONVERTING THE FOOD INTO USEFUL FORM.

IN AGNI RAHASYA, YOU WILL LEARN SOME PROVEN TECHNIQUES OF ENHANCING YOUR DIGESTION WITH THE HELP OF DYNAMIC MEDITATIONS, WHICH WILL SPARK YOUR DIGESTIVE AGNI AND WILL BOOST YOUR METABOLISM.

USING THESE TECHNIQUES, YOU WILL BE ABLE TO ENHANCE YOUR BODY'S ABILITY TO GENERATE SURPLUS ENERGY FROM THE FOOD YOU EAT. THIS SURPLUS ENERGY WILL PLAY THE ROLE OF A CATALYST IN YOUR PATH TOWARDS THE STATE OF COMPLETE MINDFULNESS.



CODE - MOOL HD

hrīdyā dhyan™



THE SUBTLE ART OF BRINGING YOUR HEART, MIND AND SOUL IN
CONSONANCE





hridaya dhyana™

HUMAN BODY FLOURISHES WITH LOVE, KINDNESS, COMPASSION AND GRATITUDE. HRIDYA OR HEART IS THAT HOLY PLACE AND THAT HEAVENLY WAY WHICH IS CAPABLE OF CONNECTING YOU WITH THE SUPERCONSCIOUS BEING. BUT HUMANS ARE OFTEN STUCK IN THE HARDSHIPS OF LIFE DUE TO WHICH ONE INTENTIONALLY BRINGS DOWN THE ROLE OF HRIDYA IN HIS DAY TO DAY DECISION MAKING. WHENEVER FACED BY THE DICHOTOMY OF HEART AND MIND, WE ARE CONDITIONED BY THE SOCIETY TO LET OUR MIND OVERTAKE OUR HEART, BECAUSE THERE IS A FEAR THAT IF OUR HEART DOMINATES OUR LIFE, WE MAY END UP HURTING OURSELVES AND AS A RESULT HRIDYA LOOSES ITS TENDERNESS AND INNOCENCE. THIS LEAVES THE PERSON WITH A FEELING OF ALIENATION & PURPOSELESSNESS.

THIS HAPPENS BEACUSE WE HAVE NEVER BEEN TAUGHT THE SECRETS OF LIVING A HEART-FULL LIFE, NOR HAVE WE EVER PRACTISED IT.

AS HUMANS GROW OLDER, THIS HUMAN TEMPLE, I.E. HRIDYA GETS PLAGUED BY EMOTIONS OF GREED, REGRET, ANGER AND ENVY. THESE NEGATIVE EMOTIONS SLOWS DOWN THE METABOLISM WHICH FURTHER VITIATES THE DIGESTIVE AGNI, ACTING AS A GATEWAY TO DISEASES. HENCE LIFESTYLE DISEASES ARE JUST A MANIFESTATION OF EMOTIONAL STRESS.

IN HRIDYA DHYAN, YOU WILL LEARN HOW TO GIVE UP THESE NEGATIVE EMOTIONS AND LIVE LIFE JUST LIKE A CHILD DOES. IF PRACTISED REGULARLY 90% OF THESE LIFESTYLE DISEASES WOULD BE CURED COMPLETELY. THIS HAPPENS BECAUSE OF THE INFLUX OF POSITIVE EMOTIONS, REPLACING THE NEGATIVE ONES, WHICH IN TURN STIMULATES THE BRAIN TO RELEASE HORMONES LIKE OXYTOCIN AND DOPAMINE, LEAVING HUMANS REJUVENATED WITH A HEART AS INNOCENT AS A BABY AND AS SOFT AS A FLOWER.



इवल एदनेव

COMPASSION, LOVE, EMPATHY





इसलर एदना

COMPASSION, LOVE, EMPATHY

ONE OF THE MOST IMPORTANT ASPECT OF HUMAN EXISTENCE IS EMOTION. BEFORE ANY AILMENT ATTACKS YOUR PHYSICAL BODY, IT IS THE EMOTIONAL BODY THAT UNDERGOES STRESS.

IN SAMVEDNA, YOU WILL EXPERIENCE THE SANCTITY OF EMOTIONS LIKE COMPASSION, EMPATHY, IN A WHOLE DIFFERENT WAY, IN ITS ENTIRETY, JUST LIKE A YOGI DOES, BY PRACTICING CERTAIN DIVINE TECHNIQUES OF EMOTIONAL MINDFULNESS.

THESE TECHNIQUES WILL INCREASE YOUR EMOTIONAL AWARENESSES AND STABILITY, WHICH IN TURN WILL BOOST YOUR IMMUNITY AGAINST NEGATIVE ENERGIES, THE FOREMOST CAUSE OF ANY ILLNESS.



CODE - MOOL ND

nidra dhyān

DIVE INTO DEPTHS OF SLEEP AND RELAXTION





CODE - MOOL ND

nidra dhyān

DIVE INTO DEPTHS OF SLEEP AND RELAXTION

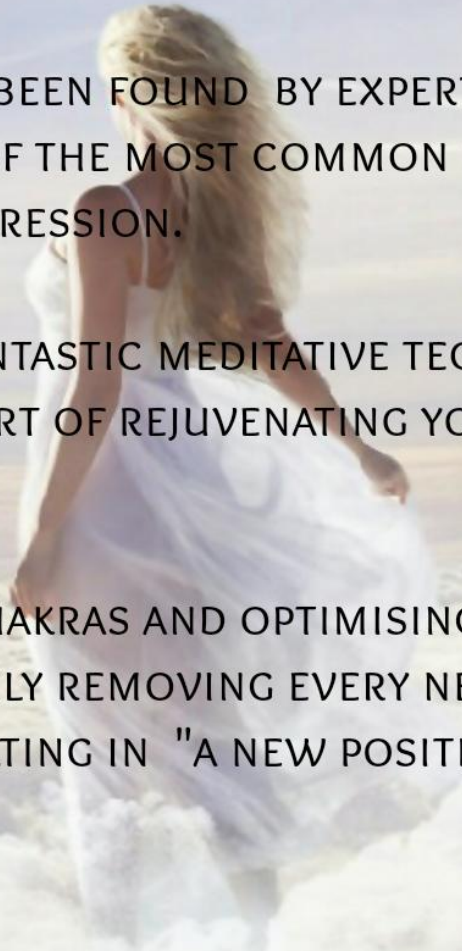
SLEEP IS THE MOST IMPORTANT ASPECT OF RECOVERY FROM STRESS FOR HUMANS, BE IT PHYSICAL, MENTAL OR EMOTIONAL.

DEPTH OF SLEEP CONTRIBUTES A LOT TO THE ENERGY LEVELS A HUMAN POSSESSES AND IF THE SLEEP CLYCLE GETS DISTRUBED IT LEADS TO POOR RECOVERY OF OUR ENERGIES, RESULTING IN A TIRING AND STRESSFUL LIFE.

THIS LACK-OF-SLEEP INDUCED STRESS HAS BEEN FOUND BY EXPERTS TO BE THE MAIN CONTRIBUTING FACTOR TO ONE OF THE MOST COMMON LIFESTYLE DISEASE CALLED DEPRESSION.

IN NIDRA DHYAN, YOU WILL LEARN SOME FANTASTIC MEDITATIVE TECHNIQUES WHICH WILL MAKE YOU UNDERSTAND THE ART OF REJUVENATING YOUR SLEEP QUALITY.

THIS IS DONE BY RE-ENERGISING YOUR CHAKRAS AND OPTIMISING YOUR MIND-BODY-SOUL BALANCE AND ULTIMATELY REMOVING EVERY NEGATIVE THOUGHT OCCURING IN YOUR BRAIN RESULTING IN "A NEW POSITIVE YOU".



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+91 7042034810

theonlyonecommune@gmail.com

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