



# the only one



BELIEVE YOU DESERVE IT AND THE UNIVERSE WILL SERVE IT.

[www.theonlyonecommune.com](http://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



CODE - MOOL

# MOOL

## meditation

WELCOME TO THE WORLD OF  
DHYAAN





# MOOL meditation

3 DAYS  
4 HR/DAY

MODULE 1

● RED

- purja tatva
- rakta dhyana
- hriddya dhyana
- svalvedna
- laropyu dhyana

₹ 5000/-





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.



CODE - MOOL RD



# rakta dhyān™

THE DIVINE ART OF CONTROLLING YOUR BLOOD FLOW





# rakta dhyaan™

FLOW OF URJA IS WHAT BRINGS CONSCIOUSNESS INTO EXISTENCE. IF THERE IS NO FLOW OF URJA/ENERGY IN A HUMAN BODY, THEN THAT BODY CAN SIMPLY BE PERCEIVED AS DEAD AND DECAYING ORGANIC MATTER. SO WHAT IS THE BASIS OF THIS FLOW OF ENERGY, THE ANSWER IS VERY SIMPLE, THE BLOOD FLOWING IN YOUR BODY, AND THIS FLOW OF BLOOD IS WHAT BRINGS HUMAN BODY TO LIFE.

FLOW OF BLOOD IS A PRECURSOR TO THE COMPLEX SYSTEM WHICH BRINGS CONSCIOUSNESS INTO EXISTENCE. AND IF THIS VITAL PRECURSOR GETS DISTURBED & INTERRUPTED, THEN DISEASES LIKE DIABETES, CANCER, HYPERTENSION, ALZHEIMER, DEMENTIA AND MANY OTHER AILMENTS AFFECTS YOUR BODY. ALL POSSIBLE AND EXISTING AILMENTS BY WHICH A HUMAN BODY CAN SUFFER THROUGHOUT ITS LIFETIME, CAN BE HEALED COMPLETELY BY PRACTISING THIS ONE MEDITATION: RAKTA DHYAAN.

IF SOMEHOW YOU CAN MAKE YOURSELF AWARE TOWARDS THE BLOOD CIRCULATING IN YOUR BODY, AND WITH TIME IF YOU ARE ABLE TO MASTER IT, YOU WILL BE ABLE TO REJUVENATE YOURSELF COMPLETELY AND CUT YOUR MEDICINAL DEPENDENCY TO ALMOST 0%.





# rakta dhyaan™

LET'S UNDERSTAND THIS BY TAKING AN EXAMPLE OF A RIVER : IF WATER IN A RIVER FLOWS CONTINUOUSLY WITHOUT ANY OBSTRUCTION , THEN THE RIVER STREAM STARTS TO PURIFY ITSELF, BECAUSE SELF PURIFICATION SYSTEM OF THE RIVER KICKS IN AUTOMATICALLY.

THIS IS WHAT EXACTLY HAPPENS WITH THE BLOOD FLOWING IN YOUR BODY. IF THE FLOW OF BLOOD IS PROPER, THE AUTO CLEANING SYSTEM OF THE BLOOD VESSELS INITIATES AUTOMATICALLY.

IN RAKTA DHYAAN, USING SPECIFIC TECHNIQUES OF MEDITATION, YOU WILL BE SENSITISED TOWARDS EVERY DROPLET OF BLOOD RUSHING INSIDE YOUR VEINS, WHICH WILL FURTHER ENHANCE YOUR INTENSITY OF MINDFULNESS.

IF PRACTISED REGULARLY, YOU YOURSELF WILL BE A WITNESS OF YOUR MIRACULOUS HEALING AND RECOVERY.

THIS MEDITATION WILL GIVE YOU AN EVERLASTING EXPERIENCE OF WELL-BEING & INNER PEACE WITH ALL YOUR ENERGY CHAKRAS PERFECTLY ALIGNED, OPENING DOORS FOR ESTABLISHING A CONNECTION WITH THE HIGHER CONSCIOUSNESS.





# 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.

















# prjā tatva

**-THE NEW AGE DIET**

FRUITS VEGETABLES SPROUTS LEAVES GRAINS NUTS

---

[www.theonlyonecommune.com](http://www.theonlyonecommune.com)





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.



# the only one

BELIEVE YOU DESERVE IT AND THE UNIVERSE WILL SERVE IT.



the only one



+91 7042034810

[theonlyonecommune@gmail.com](mailto:theonlyonecommune@gmail.com)

[www.theonlyonecommune.com](http://www.theonlyonecommune.com)