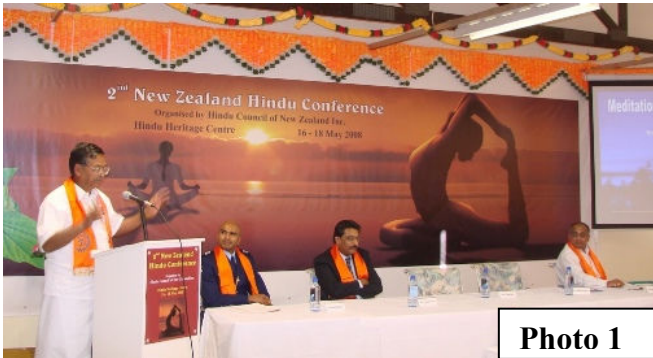


MEDITATION AND COSMIC ENERGY HEALING

Workshop and demonstration

by G.N. Mahalingam, India.



Recently, the Hindu Council of New Zealand Inc organized a community health conference with the theme “Sustaining New Zealand Communities through health benefits of Yoga, Meditation and Ayurveda. The conference was held in Auckland, and it was inaugurated by the Maori King Tuheitia. Many experts had come from overseas and from New Zealand to participate and present papers.

Mr G.N. Mahalingam, an expert in Meditation and Cosmic Energy Healing, made a presentation on Meditation and Stress Management (Photo 1). During his presentation, he explained how meditation can manage stress in our normal life. He mentioned how people can tap cosmic energy and use it for their wellbeing. He also presented some simple techniques to tap cosmic energy during a workshop on Cosmic Energy Healing (Photo 2).

When the energy is balanced in our system, or in other words, when the energy flows smoothly through our body we are in good health. For some reasons, when there is a “block” in our energy paths, it results in pain, e.g. migraine, back ache, etc. When there is energy depletion or congestion in our body, it results in illness.

In ancient India, people used some simple techniques to clear ‘blocked’ energy paths and thus curing simple to complex illnesses. With time, this knowledge was lost to general public. However, the sages and saints in remote places of India (especially in the Himalayas) managed to preserve this knowledge. Mr Mahalingam has associated with a number of such sages and saints, and has learned some techniques that he wants to share with the general public and spread this knowledge to those who are interested.

Mr Mahalingam has treated simple to complex illnesses through cosmic energy healing. This includes migraine, hypertension, stress, emotional problems, sinus, back pain and body aches, tonsils, blockages in arteries.

Meditation and healing techniques are taught to anyone who is interested. **All are welcome.**



Mr Mahalingam will be in New Zealand till end of July 2008, and currently stays in Rotorua. For further information and to learn these simple techniques from Mr Mahalingam, please call

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