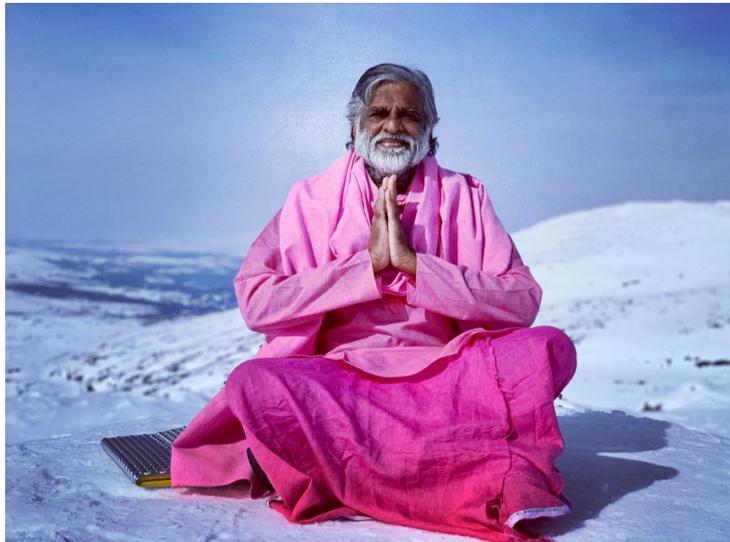


On-line German Events & Semi-Silence Retreat in May

ATMA NAMBI **Master of Self-Knowing**



LIFE EMPOWERMENT **Self-Healing in the Silence of Awareness** **May 9th - 10th 2020**

Atma Nambi was self-realized 26 years ago in his native country Tamil Nadu, India. He guides and inspires individuals, leaders, organizations and companies around the world in that which he lives, full awareness 24 hours a day, in a relaxed, easily accessible and down to earth manner with a lot of humor.

You are welcome to deeply empowering yourself in some days of wellbeing through unique guidance in tranquility and presence. The activities are suitable for everyone. You're welcome to experience LIFE EMPOWERMENT and introduction to ATMA HEALING and DASANGA DHYANA YOGA workshops, the LIVE LIFE Satsang, Personal Session with Counseling, Healing and Atma Darshan and chakra activations with deepening. The techniques can be used individually as well as professionally. Some of the effects are profound rest and relaxation, self-healing and increased power, energy and immune power. A deeper peace and clarity of vision increases the potential in all areas of life. The longer you stay in the presence, this state of mind and its beneficial effects are maintained.

Atma Nambi is conducting the on-line events in a way, so that the exposure to the screen will be minimized to shorter periods at a time. You will be guided very clearly so that you will be able to go deep in to your practice with profound experiences. German translation will be offered if needed. We have simple online meeting solutions and guide you in using it. All you need is Wi-Fi, computer, iPad or phone.

[YouTube introducing Atma Nambi and the experience of Atma's presence.](https://www.youtube.com/watch?v=0kNw2CU9WEo)
[www.youtube.com/watch?v=0kNw2CU9WEo, www.youtube.com/watch?v=p5lpL3DOIYU&t=2s](https://www.youtube.com/watch?v=p5lpL3DOIYU&t=2s)

ABOUT ATMA NAMBI

Atma Nambi is the founder of Upanisha Ananda Mandir, an international non-profit organization for well-being and health, located in Tamil Nadu, India. He inspires in approaches and modern techniques that lead to a conscious lifestyle in line with each individual's potential as well as the vision of companies and organizations. This leads to, amongst others, deep relaxation, self-healing and satisfaction regardless of external conditions, good health and relationships as well as excellence in all areas of life. This leads to material abundance both privately, in companies and schools etc.

To live this Atma Nambi guides in readily available, practical and powerful techniques and applications in everyday life for professional use, for people of all ages and layers of society.

[Viktor on Lyckopodden interviews Atma Nambi:](https://www.youtube.com/watch?v=2ECnIJZ39M)
<https://www.youtube.com/watch?v=2ECnIJZ39M>

LIFE EMPOWERMENT

Self-Healing in the Silence of Awareness

Time: May 9th - 10th

Personal Session with Counseling, Healing and Atma Darshan are offered May 9th - 10th and throughout the year per appointment.

Venue: On-line at zoom.us or zoom app. You will receive more information when booking.

Translation: The events are conducted in English. Inform when booking if you are in need of translation and what language.

BOOKING:

- **Hendrik Althaus, daamodar@gmx.de, Telefon: +49171833488**
- **Anna Medvedeva, info@alterpath.com, Telefon: +491782973984**
- **Homepage: Atma-Nambi-Events.eu**

PAYMENT:

Either as a bank transfer (you'll receive details after you have registered)

or

through PayPal. Send the payment to [paypal.me/TheLIVELIFE](https://www.paypal.me/TheLIVELIFE)

NB! Please specify the Event you would like to participate in, your name and the email address at which you can be reached.

SATURDAY - May 9th

- **the LIVE LIFE SATSANG – A Morning Of Wellbeing**, 10.00 – 12.00

Experience the Truth. Discuss life related situations and being in inner silence. This is an instant experience of wellbeing and peace, which increases health and the immune power. Send your questions before the satsang in English to Hendrik or Anna. Include your name and date of event. €20

- **ANAHATHA HEART CHAKRA INITIATION Online**, 12.00 – 13.00

Activation and deepening of the Heart – the 4th chakra. The activation of the heart energy center enables better relationship, abundance and inner peace. It empowers the immune system and gives healing to heart related issues. **Bring a candle to hold.** €50

- **LIFE EMPOWERMENT Workshop**

14.30 – 17.30, €60

SUNDAY - May 10th

- **ATMA HEALING & DASANGA DHYANA YOGA - Introduction Workshop**

10.00 – 13.00, €60

- **VISHUDDHI THROAT CHAKRA INITIATION Online**, 13.00 – 14.00

Activation and deepening of the Throat – the 5th chakra. This activation and deepening of the chakra help to live a life of better communication and fearlessness. Gives healing to gland related issues. €50

ON-LINE PERSONAL SESSIONS AND PRIVATE ATMA DARSHAN

- **PERSONAL SESSION; Counseling and Healing**

Personal guidance, Spiritual Healing, Personal Techniques & Mantras to solve issues from the root and expand the potential within. €50

- **ATMA DARSHAN - Being in Light**

Personal session of Atma Darshan.

HE (Atma Nambi) is beyond words; HE bestows his grace in abundance, HIS presence in Love works for salvation. HE opens up the door of the mind and enabling the purity in one Self. HIS nearness opens up eight spiritual powers that one carries within. €50

DESCRIPTION OF ATMA SEMI-SILENCE RETREAT, LIFE EMPOWERMENT, DASANGA DHYANA YOGA & ATMA HEALING Introduction, PERSONAL SESSION, ATMA DARDSHAN

All courses and initiations can be repeated for deepening

LIFE EMPOWERMENT

Life Empowerment is addressing how to create an atmosphere of ever rising awareness, energy and creativity. The course is addressing the atmosphere within one Self, which in turn creates the external one in relations of the family, friends and co-workers, as well as the atmosphere in the place for example home, school or at work.

When there is an energy coordination brought in to the spot we are in **flow**. This is a state of consciousness that takes away the blocks from different parts of the body and brings creativity and the ability to perceive the situation as it is. Flow makes every action joyous and healthy for one self and others. An atmosphere of flow increases the amount and the quality of the work done over a period of time.

Atma Nambi will give techniques for raising the internal and external awareness and atmosphere. There will be moment-to-moment techniques easy to implement in everyday life as well as powerful techniques for clearance of negativities (karma) and inner transformation.

ATMA HEALING

ATMA HEALING enables to learn easy practices to discover our own Healing Power within.

There are many kinds of diseases and more than forty types of (medical) treatment methods exist in the world. These healing methods are working on different levels of the body. **Atma Healing** is a unique and powerful way of healing, because the approach is aimed at the **soul level or light body** (the deepest level), which there by affects all other more superficial levels of the body. **Atma Healing** solves the illness at the root level and thereby also heals all the other layers including the mental and physical.

Before we get disease in our physical body, hidden symptoms occur in the light body six months earlier without our knowledge. Most of the physical ailments are due to the problems of the mind, like worries, anguish, depression, guilt, fear, inferiority and superiority complexes, confusion, frustration, hatred, stress and anxiety. The inability to do your daily works is because of the great amount of unnecessary thoughts diverting your focus and draining your energy.

Atma Healing is addressing these issues. **Atma Healing** is a simple way of understanding the body mechanism in for example the physical-, mental-, astral- and emotional levels.

DASANGA DHYANA YOGA – The 96 Vital Energies of the Human

Dasanga Dhyana Yoga is describing the essential 96 energies that a human consists of. These energies are great treasures and gifts. It's our responsibility to learn how to handle these energies. The energies either need to be kept submissive, enhanced or ought to be balanced perfectly. This synchronicity of the energies will change the lifestyle automatically and pave way for a new peaceful and blissful life. When handling the energies correctly it's easier to live in the state of meditation in every moment. This program includes powerful techniques to use in everyday life, which can heal and transform a person tremendously, even within an hour. Let's experiment and experience these energies. Some benefits of Dasanga Dhyana Yoga are better health, high forms of sleep with deep rest, more easily stay in one's own center of consciousness making the spiritual journey easier with self-healing and sharpening of senses as some of the results.

PERSONAL SESSION

Guidance, Healing, Personal Techniques & Mantras

An enlightened being sees You and suggests techniques to solve the issue at the root.

He gives you individual guidance with the tools you need to move forward in life, to heal and to open up to the potential in all areas of life that exists within you. He guides both in the spiritual and material aspects of life. Master Atma Nambi provides personalized guidance, healing and individual mantra that removes blockages and opens up for your inner qualities and powers. He also guides couples and families, in how to live a content and joyous family life with children in their uniqueness and full potential. Atma Nambi also gives guidance to those who wish to or is running centers for the wellbeing of humanity, as well as for those who loves to do service for the humanity and nature.

ATMA DARSHAN

Being in Light

Atma Darshan is given in a personal session.

HE (Atma Nambi) is beyond words; HE bestows his grace in abundance, HIS presence in Love works for salvation. HE opens up the door of the mind and enabling the purity in one Self. HIS nearness opens up eight spiritual powers that one carries within.

INITIATIONS – CHAKRA ACTIVATIONS

The initiations can be repeated for deepening. There are several energy centers (chakras) embedded in the human system. Seven of these powerhouses are very vital. The initiations are individual, but it is done in-group. The whole group is enhancing the energy in the initiated with mantra. This is a beautiful process where we receive practical tips on how to keep the chakras activated and maintained as well as keeping the physical health in good condition.

ANAHATHA INITIATION

Activation and deepening of the heart chakra

Bring a candle to hold in your hand. Universal love is to always be compassionate to all. Abundance of love enables a peaceful and blissful life. This in turn makes you attractive, which will create more abundance in all areas of your life. The Anahatha initiation is a way to open up the heart and deepen its potential and to heal heart related issues.

VISHUDDHI INITIATION

Activation and deepening of the throat chakra

This initiation is of great help to activate the throat chakra and open up the tortoise channel. It heals thyroid and throat related issues. Opening the throat chakra is transcending duality and the doorway to live in bliss and peace without reason. Healing of this chakra establishes individuality and self-confidence, at the same time as it eliminates negative energies of comparison and jealousy. It takes off the hesitation and fears to give way for enhanced communication and new creations for building up your future. This initiation deepens your journey into your Self.

ATMA SEMI-SILENCE - ONLINE
International Retreat - Finding One's Own True Nature
May 22nd – 24th

Registration and Information: LIVELIFE.Atma@gmail.com
FACEBOOK EVENT <https://www.facebook.com/events/317893459103863/>

ATMA NAMBI will share more detailed approaches to healthy living for individuals and the society in the near future at FREE LIVE online, deepening workshops and personal sessions!

Stay tuned! Subscribe, Like & Share ATMA NAMBI newsletter at LIVELIFE.Atma@gmail.com and ATMA NAMBI social media (see below).

ATMA SEMI-SILENCE RETREAT

'Atma Semi-Silence' is being held annually in Åre Sweden, but this year online, as a deepening program for international audience. It's performed in silence. The focus is on quieting the thought flow for deep rest and relaxation, self-healing and increased power, energy and immune power. When the unnecessary thoughts have stopped, the experience of higher state of consciousness (Samadhi) can occur and glimpses of the Self, your true nature, appear. A deeper peace and clarity of vision increases the potential in all areas of life.

Atma Nambi will use a new approach to take us into greater stillness, through guiding, quiet techniques and slow movements. The longer you stay in the presence of silence, this state and its beneficial effects are stabilized and maintained. The activities are suitable for everyone and you can participate in the entire retreat as well as in individual activities.

LIVELIFE.Atma@gmail.com, <https://www.facebook.com/events/317893459103863/>

ATMA NAMBI & the LIVE LIFE

Upanisha.org
LIVELIFE.Atma@gmail.com

FACEBOOK & YOUTUBE CHANNELS
ATMA NAMBI, the LIVE LIFE, Upanisha Ananda Mandir

Introduction Movies:

www.youtube.com/watch?v=Z5E8jMvQv1o
www.youtube.com/watch?v=0kNw2CU9WEo
www.youtube.com/watch?v=p5IpL3DOIYU&t=2s

YouTube Channels

- ATMA NAMBI: [youtube.com/c/ATMANAMBI](https://www.youtube.com/c/ATMANAMBI)
- the LIVE LIFE: www.youtube.com/channel/UCsJh4VThvHlvQOCuvcoi3yQ
- Upanisha Ananda Mandir: www.youtube.com/channel/UCDmfs_a300dFYkRUJx7Pwyg

Facebook:

- ATMA NAMBI: [facebook.com/atma.nambi.96](https://www.facebook.com/atma.nambi.96)
- the LIVE LIFE: (@AtmaNambi.LiveLife): [facebook.com/AtmaNambi.LiveLife](https://www.facebook.com/AtmaNambi.LiveLife)
- Upanisha Ananda Mandir: [facebook.com/upanishaanandamandir](https://www.facebook.com/upanishaanandamandir)

Instagram

@ATMA_NAMBI_, @theLIVELIFE_org

Twitter

@ATMANAMBI, @theLIVELIFE_org

INTERVIEWS WITH ATMA NAMBI:

Stockholm Sweden 2016, by Fredrik Ankarsköld: Atma Nambi – Spiritual Enlightenment, Business and Living a great life. <https://www.youtube.com/watch?v=pi4091vFfa8>

Stockholm Sweden 2016: Viktor meets Enlightened Master, Lyckopodden.
<https://www.youtube.com/watch?v=2ECnILJZ39M>

ATMA NAMBI'S PRESENCE & TECHNIQUES - EXPERIENCES & TESTIMONIALS

Susan – Oklahoma City USA: <https://youtu.be/6Tc0ABfiq2c>

William Benneth – Chicago USA: <https://youtu.be/L1Ml7WwZhnc>

Julia TenEyck – Washington D.C. USA: <https://youtu.be/MpgXOGudxL8>

David – Kansas City USA: <https://youtu.be/Kd1tpcTaTeU>

Pamela Skarda – Kansas City USA: https://youtu.be/T256f4oFp_U

Laura Gordon – Tulsa USA: <https://youtu.be/Y3BM4IuBOc4>

Steven Hall – Tulsa USA: <https://youtu.be/6RFOUcfNH1o>

Ben Ihloff – Tulsa USA: <https://youtu.be/KcA7u2g39d8>

Sharla Ember – Tulsa USA: <https://youtu.be/SaGfmLZTeic>

Wendy Allen – Springfield IL USA: <https://youtu.be/UI9mbue8S0s>

Emily - Spain & Brazil: <https://youtu.be/z0NHfBcmW2g>

SATSANGS WITH ATMA NAMBI

ATMA NAMBI on How do I get rid of the fears and phobias?

<https://www.youtube.com/watch?v=AuCSs7e9yyI>

MOVE STILL JOURNEY INDIA 2017 - Satsang on the riverbed of Ganges in Rishikesh.

<https://www.youtube.com/watch?v=-trp9ljoY5A&t=3343s>

MOVE STILL JOURNEY INDIA 2017 - Satsang in Casi Varanasi.

<https://www.youtube.com/watch?v=GJw3DzYbgsU>

WORLD PARLIAMENT ON SPIRITUALITY in Hyderabad India 2013

<http://m.youtube.com/watch?feature=youtu.be&v=Fqwlq3K0Tqo>