In our level 1 class you learn how to go to the Alpha level. That is the base of our workshop. That is the essence of the concept of Alpha Mind Power. The process of reaching this level of brain wave frequency is made clear and easy and experienced in the class as well.

All the techniques that you learn work only at the Alpha level. Alpha is a state when the subconscious mind is open and we are in tune with the Universe. Visualising our goals at that level helps us to register them in our subconscious mind and also takes them to the Universe as a request to manifest them.

‘Everything is possible at Alpha’. What does this mean? When you visualise at Alpha you improve the energy of the goal. You improve the possibility of the goal manifestation. This is discussed in level 2. With belief and constant practice our Siddhas have manifested innumerable goals. In the process they also start enjoying the Alpha level by itself. And, THAT is the purpose!

In the higher levels an Alpha Siddha experiences even more powerful meditations and higher levels of consciousness where manifestation of goals becomes just a routine. When this is the experience of thousands of Alpha Siddhas, a few weeks back I was quite concerned to read an email from one Siddha.

She asked “Guruji, You told us everything is possible with Alpha. Can I visualise that I am passing MBA without doing B.Com.? Will it happen?” I could only feel compassion and concern for her as she had missed the essence of the class happen?” Was it innocence or arrogance?

Remember, when the mind is at the Alpha level, we can only feel more humble.

At Alpha, we request the Universe to work on our behalf to manifest our goals. We DO NOT challenge the Universe. The more you practice Alpha and see your goals manifesting you only feel more humble.

Remember, when the mind is at the Alpha level, we can manifest our goals. But, if the mind is only on goals, we cannot even reach Alpha. Our ancient Siddhas could manifest nothing only with their mind power. And how did they achieve this mind power? Only through meditation.

The base is the Alpha level. First master the technique of reaching this level with ease. In our system it is made easy with the audio track. Use it when you meditate and you will find it very easy to reach the Alpha state. Then visualise your goals. That is the smart way to achieve what you want.

Challenging the Universe does not take you anywhere. It only creates what I call Spiritual Ego. And, believe me, once this happens, spiritual growth stops. Practice Alpha meditation with sincerity and manifest all your goals. But, never let this go to your head. As I always insist, your growth should be both spiritual and materialistic. With Alpha Mind Power, this is achieved very easily.

Start enjoying the meditation. Connect with Guru, God and Siddhas sincerely. You will find more clarity about your goals.

Wishing you blissful meditations and wonderful manifestations,

Blessings,

Srimatha

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**Rishikesh Yatra With Guruji**

19.04.2017 to 01.05.2017

Program A (3days) : Vashista gufa, Haridwar & Ganga
Program A/B : Pooya/Aarthi
Program B (2days) : Babaji Cave
Program C (5days) : “Shantagni” – Reprogram your mind-Residential Retreat at Ashram

(10 days + 2 days travel + 1 day rest = Total 13 days)

You can attend all the programs or any combination.

**Eligibility**

For Program A & B : Level -1
For Program C : Level-3

For further enquiries please contact AMP office:

+919841272146

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**NEWSLETTER**

**From Guruji’s desk….**

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I am sure this letter finds you in good health and good cheer.

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Guruji at Navakshri Homam Pooja at AMP office,
Although I have attended all the classes of AMP, my practice was irregular. I could understand that something was not alright in my house as one by one we were falling sick. There were too many quarrels as well. I met Guruji in the monthly meeting and told my problem. Guruji asked me to remove the negative energies of the house using the lemon technique taught in Psychic Energy class. I had totally forgotten it. But now, after doing it for 5 days, I am seeing a tremendous change in my house. In fact, everyone is feeling that things are better now. Thanks Guruji! Thanks Alpha!

Deepa, Chennai.

A few months back I visited my native village. I was going there after about 5 years. Many people commented that I was looking very good and glowing. I met a very old siddhar in a temple there. He immediately asked me what meditation I was practising. I told him about Alpha. He again asked whether my kundalini was activated. When I answered yes, he was very happy. He said my energy level was very high. Our Siddha Kundalini class is so powerful that practising it really increases our energy level. Pranams Guruji!

Gangadeeswaran, Trichy.

A few days back I found that I was not able to meditate at all inspite of all my efforts. Then I remembered the mantra given by Guruji in Mantra Shakthi class to open the Sahasrara chakra and break any negativity that stops our meditation. I chanted it 108 times. It took me less than 2 minutes. Immediately after that I was in deep meditation. Now, I am able to meditate regularly. In these modern times we have the best Guru to give us easy solutions. Thanks Alpha!

Visweswaran, Coimbatore.
**Guruji’s TV programs are telecast in these channels. Don’t miss them!**

- **MAKKAL TV**
  - Saturdays, 9:00 AM

- **POTHIGAI TV**
  - Mondays, 1:30 PM

**Recordings of the programs can be viewed on our website www.alphamindpower.net**

**AMP is on Facebook & WhatsApp!** Connect with us to receive latest updates on upcoming events, useful articles, & share alpha experiences with fellow alpha siddhas. Not connected yet? Send us an whatsapp message on +917358595493 to get connected

**Face book link:** https://www.facebook.com/groups/alphamindpower/

**Upcoming classes’ schedule**

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| **Bangalore (English)** | Level – 2  
Level – 3  
Mantra Shakthi Level – 1 | 01/12/16  
02/12/16  
03/12/16  
04/12/16 | Thu  
Fri  
Sat  
Sun | 9am to 5pm  
9am to 5pm  
9am to 5pm  
9am to 5pm | Hotel Akshaya Aura, 6, Kalidasa Marg, Gandhi Nagar, Bangalore |
| **Goa (English)** | Level – 2  
Level – 3  
Srividya Level – 1 | 08/12/16  
09/12/16  
10/12/16  
11/12/16 | Thu  
Fri  
Sat  
Sun | 9am to 5pm  
9am to 5pm  
9am to 5pm  
9am to 5pm | Hotel Mandovi, D.B.Marg, Panaji, Goa |
| **Chennai (Tamil)** | Level – 2  
Level – 3  
Siddha Kundalini Psychic Energy Level – 1 | 14/12/16  
15/12/16  
16/12/16  
17/12/16  
18/12/16 | Wed  
Thu  
Fri  
Sat  
Sun | 9am to 5pm  
9am to 5pm  
9am to 5pm  
9am to 5pm  
9am to 5pm | Hotel Residency Towers, Pondy Bazaar Road, T.Nagar, Chennai |
| **Trichy (Tamil)** | Level – 2  
Level – 3  
Mantra Shakthi Level – 1 | 05/01/17  
06/01/17  
07/01/17  
08/01/17 | Thu  
Fri  
Sat  
Sun | 9am to 5pm  
9am to 5pm  
9am to 5pm  
9am to 5pm | Hotel Breeze Residency, Mcdonalds Road, Trichy |
| **Chennai (Tamil)** | Level – 2  
Level – 3  
Agnikundam Level – 1 | 19/01/17  
20/01/17  
21/01/17  
22/01/17 | Thu  
Fri  
Sat  
Sun | 9am to 5pm  
9am to 5pm  
9am to 5pm  
9am to 5pm | Hotel Residency Towers, Pondy Bazaar Road, T.Nagar, Chennai |
| **Coimbatore (Tamil)** | Level – 2  
Level – 3  
Mantra Shakthi Level – 1 | 26/01/17  
27/01/17  
28/01/17  
29/01/17 | Thu  
Fri  
Sat  
Sun | 9am to 5pm  
9am to 5pm  
9am to 5pm  
9am to 5pm | Hotel Grand Regent, 708, Avinashi Rd, Coimbatore |

**NOTE:** Please call & register with AMP office before attending any of the workshops

**Printed & Published for**

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