



## **SAL INSTITUTE OF DIPLOMA STUDIES (SIDS)**

### **ENERGY HEALING-SEMINAR REPORT**

#### **SEMINAR SCHEDULE:**

<b>Date</b>	4 <sup>th</sup> February,2020 (Tuesday)
<b>Time</b>	1:30 pm-3:00 p.m.
<b>Location</b>	Seminar Hall , SAL Institute of Diploma Studies, Ahmedabad
<b>Total Participants</b>	31
<b>Seminar Title</b>	Energy Healing
<b>Presenters</b>	Yoga PranaVidya, Gujarat

**“Peace comes from within. Do not seek it without.”**

*– Buddha*

#### **What is Meditation?**

- Meditation is an elementary idea of clearing your brainpower, forgetting about regular anxieties and focusing on mental relaxation. Rushing into a reflective situation includes attainments to become a passive viewer of one’s thoughts.
- **Should students learn to meditate? Yes, yes, and yes! Definitely yes.**  
With regular practice (at least once or twice a day), students will see improvements ranging from health and well-being to academic performance.

**“Meditation is the discovery that the point of life is always arrived at in the immediate moment.”**

**– Alan Watts**

**Here are some reasons to back up this enthusiasm, based on recent research:**

1. Rise in IQ levels
2. Academic stress goes down
3. Improved academic achievement
4. Better focus
5. Brain integrity & efficiency
6. Reduction in depression and anxiety
7. Better behavior
8. Lower risk of cardiovascular diseases
9. Happier, more confident students

**“Meditate, Visualize and Create your own reality and the universe will simply reflect back to you.”**

*– Amit Ray*

### **What is Energy Healing?**

Energy Healing is a dominant entrance to wellness that can remodel any life. Behind the scenes of our elegant world, a huge network of energy fuels and connects everyone and everything. By attaining the knowledge and joining this energy as medicine, we can energetically conduct our lives in better and better directions, healing what about encouraging our vast exclusive potential for fitness and happiness.

On 4<sup>th</sup> February, 2020, members of **Yoga Prana Vidya, Gujarat** held a seminar on Energy Healing. This was to identify what techniques worked best, share experiences. The presenters had taken the session with high level of dedication. They have also explained remedies for personal health problems to the participants with lot of patience. They had also taught some warm up exercises.

One area which was common to many is the emotional health has on our well-being, with trauma or stress taking an enormous toll on our bodies and mental health. Many healers became interested in doing work in this area after having experienced energy healing first. In fact, Yoga is a great remedy to remove tensions which definitely affects health because one has to fulfill a demanding career, has to play multi roles with skills. Meditation can help by emotional strength so one can easily manage all pressures and can give best intellectual abilities.

**Meditation is important for students due to following reasons:**

- Clear thinking and increased happiness quotient.
- Improved confidence and good self esteem.
- Better memory and concentration.
- Improved immune and defense system.
- Better interpersonal skills and relationships.

- Greater efficiency and harmony in work place.
- Improvement in financial condition and overall abundance.
- Balancing Material and Spiritual growth.
- Helps one lead a meaningful and purpose oriented life.







