



SUBTLE PRESENCE m e d i t a t i o n

NEUTRAL INTUITIVE APPLIED M I N D

with Sadhana Singh

**The psyche communicates in silence.
It is the language of the forever**

**2 COURSES
PER YEAR**

IN SUBTLE PRESENCE
(wherever you are)

*2 online meetings
6 thoughtless
meditation
sessions
weekly at 6:00 pm*

Neutral intuitive applied mind

It is the sacred space within the human where the infinite can be experienced and the soul can come through and penetrate any possible odd in life.

It is where it is possible to sense the reality of our self and our environment and act coherently. It happens through a Thoughtless Meditation that rises the frequency of the neutral mind to work with the universal mind that will induce anything surrounding you to comply to your intention. It is the most noble way to clear the path of life by doing less and be more and is the “conditio sine qua non” to flow in the consciousness of the teachings.

Methodology

In subtle presence via electromagnetic field we facilitate the capacity of transcendence of the meditation, sharing a stable space of neutral intuitive applied mind by keeping the flow of consciousness of the teaching open for the network of participants. The interaction of the different meditators increases the intensity of the experience of Shunia, thoughtless by the simple intention to relate to that specific space and frequency, as we do when in the middle of sounds we want to hear a specific one or, when we want to be affected by the rays of the sun instead of being in the shadow.



The process practically

Opening

An introductory meeting online where the specific angle of the course and the process is explained, contextualized and motivated. In this session we will practice together a meditation that is suggested as a support for the following 40 days of the course. It is suggested to practice this meditation daily in the morning before breakfast or weekly shortly before our weekly sessions.

Training

After the opening meeting, once a week for 6 weeks there will be a thoughtless meditation session of 31 minutes starting at 6pm, where each participant from their geographical position links in subtlety via electromagnetic field with neutral meditative space of the leading teacher. It is suggested to keep a diary to note the experience right after each meditative session.

Closing

A closing meeting online, post experience to receive and give feedback in order to consolidate the progress in thoughtless meditation and apply the neutral intuitive mind in life. Time to address the orientation, clarify the process, crystallize the state of consciousness.

For more info write to: antervidya@gmail.com

