



MANOYOGA SADHANA™ A.N.B.P

(Application of Nature's Basic Power™)



Designed by

**Shanthiyuga Founder Somanatha Maharshi
through His power of penance**

**Free Introductory Session
Conducted on every Sunday 5.30 P.M at
Sri Somanatha Kshetram, Vanasthalipuram, Hyderabad.**

Application of Nature's Basic Power, Manoyoga Sadhana originated by Somanatha Maharshi in His continuous research through penance is validated scientifically by modern methods. It is devoid of superstitions and bestows excellent results in a very short duration.

Human mind is the home of grief and joy. Through this technique (APNB) practitioners are able to gain control over the mind and hence, attain health and peace. This technique is quite easy to practice.

Manoyoga Benefits

- In the research conducted by SSK in collaboration with NIMS for a year on heart patients and diabetes patients, good results are obtained among the patients suffering from heart pain, fatigue, BP and diabetes. There is a significant increase in mental strength that can help cope up with stress.
- A similar study was carried out on students at A.P.R.J.C - Simhachalam by training them in Manoyoga. Top range results (99.5%) were obtained by students in 10th standard Examination of 2001, which have been proven scientifically. In addition, students have attained improvement in their intellect, concentration and are able to overcome fear and anxiety about examinations. Thus they were able to achieve good marks in their exams.

In our project of novel guidance that blesses them with healthy and intellectual children, pregnant women (who have completed two and half months of pregnancy) can form into a group and obtain our training.

Results of 10th Class exams of A.P.R.S.Simhachalam (1998-2001)

Year	Exam Attended	Passed	%	First Class	%	Second Class	Third Class
1998-99	188	170	90	122	71.8	36	12
99-2000	111	102	92	75	73.5	21	06
AFTER MANOYOGA SADHANA							
2000-01	182	181	99.5	165	91.2	15	01

Results are in accordance with the effort and devotion of those who follow it. Divine secrets that can help the devotees to achieve their wishes will be imparted. This technique will help in spiritual progress.

In the introductory sessions, information about the activities conducted at the divine Somanatha Kshetram will be provided.

Free consultation with a reputed Homeophysician and donation of medicines will follow the introductory session.

PEACE FOR YOUTH™

Reach the Goal of Real Education

Yuvatarame kaadu idi Navataramu

For details

**Sri Somanatha Kshetram
Sri Somanatha International Central Trust**

Sagar Road, Vanasthalipuram, Hyderabad - 500070, A.P., INDIA.

Ph: +91-40-24243809, 24242815, Fax: +91-40-24242814

email: srism.11@gmail.com, srism@srism.org,

Website: www.srisomanatha.org(or)www.srism.org