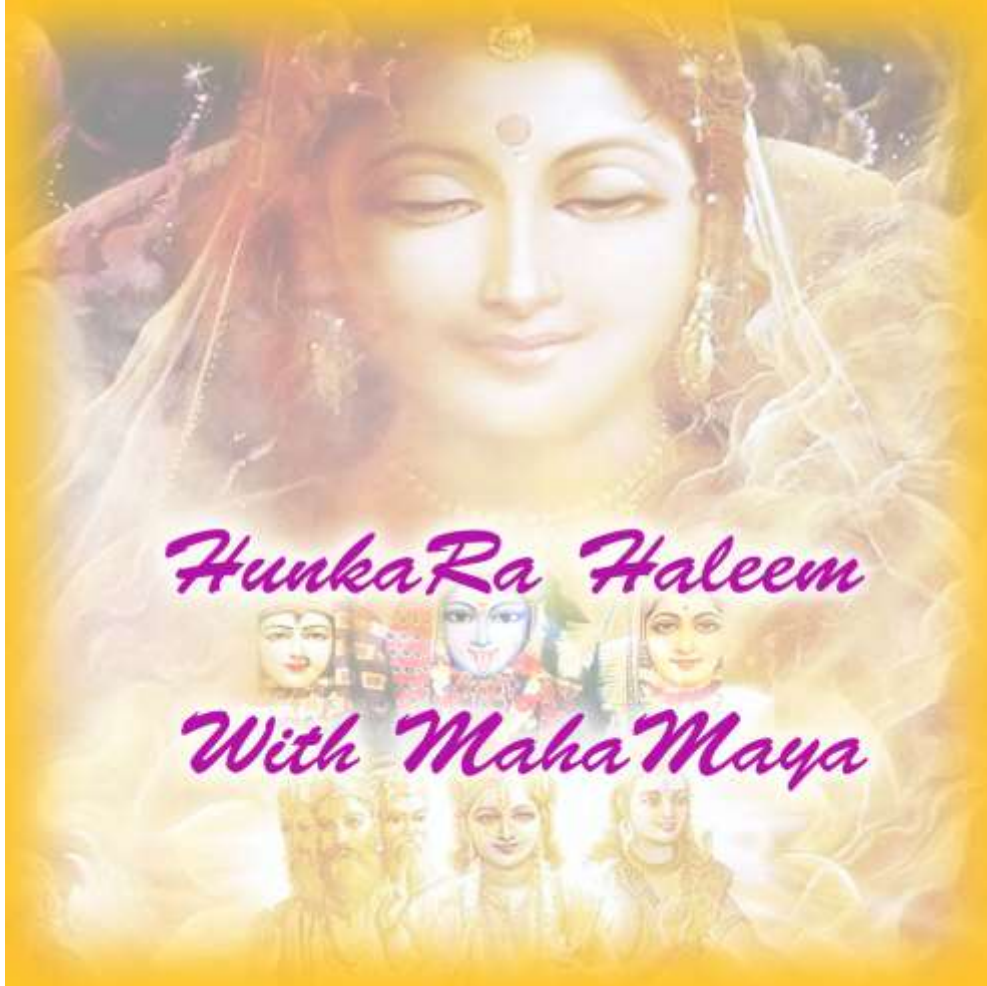


# HunkaRa Haleem With MahaMaya

INTRODUCTION



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# INTRDUCTION

## HunkaRa Haleem with MahaMaya

Humkara with Haleem is a unique & powerful Healing Modality, which is mainly based on two Goddess Energies of Das Mahavidyas: Goddess Kali and Goddess Baglamukhi. This healing modality was developed by Shri S.K.Sainiji, the famous researcher in spiritual healings and enlightenment techniques, who by his constant hard work and efforts, has made a great contribution in reviving ancient healing techniques, which had almost disappeared.

HUMKARA WITH HALEEM is a very effective, simple and quick healing technique that enables to rejuvenate human brain cells, memory power and creates energies to accomplish most difficult tasks. It also de-clutters all negative energies, releases all unwanted cords and attachments, activates Brahma Naadi, works on panchkoshas (5 sheaths), and helps in raising the prana energy, helps in manifesting goals.

Dr. Swami Anant Nirakar, the First disciple of Dr. S.K.Saini developed the advance level which is called as HunkaRa Haleem with MahaMaya.

Having a stress-free life means that you choose not to do things that make you stressed and instead choose to do things that make you happy. To be less stressed, you need to let stress into your life and plan how to deal with it when things happen that are not in the same way as what you can do.

**Mental** health is a state of **mental** well-being that enables people to cope with stress. The need for action on **mental** health is indisputable and urgent.

Emotional healing is the process of acknowledging, allowing, accepting, integrating, and processing painful life experiences and strong emotions. It may involve empathy, self-regulation, self-compassion, self-acceptance, mindfulness, and integration.

Mind is your mirror for seeing the world. The vast material world around you is reflected in your mirror. The mind also has other doors: the eye is the door of the mind through which shape, form and colours enter; the ear is another door, through which sound and words enter; hands and the nose are doors. The five senses are five doors; the mind is their sustenance. They are extensions of the mind: through them the mind looks into and knows about the world.

The mind is very useful, very necessary – but eyes can see only outside, not within; ears can hear only outside sounds but not inside ones; hands can touch only external objects, but none within. The senses can make only external things their objects. Deeper than the mind is consciousness. Consciousness is behind the mind, deeper than the mind. The mind has no means of knowing and understanding this consciousness. This has been your greatest problem: because you are able to know everything in the outside world through the mind, everything about the world, and as it is all learned through the mind, the illusion forms that even the soul can be known through the mind: “When the mind is capable of so much, it should also be possible for it to know the soul, godliness.” But because the mind cannot know the things lying behind it, it declares that whatever it cannot know does not exist.

Stress, anxiety, and depression are psychological responses individuals experience as a result of their coping strategies.



**Stress** is a psychological response to aversive stimuli that occur in the academic setting that affects individuals internally and externally.

**Anxiety** is also a psychological response to aversive situations. Anxiety is a mood characterized by apprehension and somatic symptoms of tension in which an individual anticipates impending danger, catastrophe, or misfortune.

**Depression** is not only a psychological response to aversive situations but is also a psychological disorder characterized by a dysphonic mood.

The root problem of all problems is mind itself. The first thing to be understood is what this mind is, of what stuff it is made; whether it is an entity or just a process; whether it is substantial or just dreamlike. And unless you know the nature of the mind, you will not be able to solve any problems of your life.

I am the cause of my problems, this will help you to get out of all the problems.

Understanding that we are responsible for our actions is the first step. Next, we need wisdom because wisdom gives us the power to make wise choices that actually lead to happiness.

When we believe that our happiness or sorrow depends on others, we are unable to reach its original source. Since we can't really control what others do, say, and think.

The end result of putting our happiness in the hands of others is that we will probably never be truly happy, and instead of Ecstasy, we lead a life of sadness and suffering.

Even our external situation will change if we take responsibility for our lives. External reality is, ultimately, a result of our previous actions. Those actions result from our desires. Those desires result from our state of mind. We are not very aware of this causal chain. So we focus only on the external situation as the source of our trouble—like a mother blaming her baby for labor pains, forgetting that it was her own desire and actions that started the whole thing.

When you are tormented by external negative events happening in your life, those events have an impact on your mental space because you allow them to enter into your mind. You are porous to those external events. The root cause of this suffering you experience is because you identify yourself to your body, and when that image is attacked by people or events, you protest and react to protect your image.

HunkaRa Haleem with MahaMaya technique is the solution for these problems.

## **Benefits of using HumKara Haleem with MahaMaya:**

This modality is very beneficial-

- To achieve targets
- Increase focus and concentration
- Creates peace and harmony in relationships
- Protection against all the diseases caused due to mental stress
- Clearing auras
- Clarity in thoughts
- Enhances brain capacity
- Cutting intensive cords
- Releasing addictions

