



SPIRITUALITY HEALTH INNER VALUES ACADEMY

(Realize Your Self for Health and Happiness)

Health Promotion by removing Health Inequalities

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Registered Public Charitable Trust.

HEALTH PROMOTION SERVICES

1. PsychoAnalysis – Counselling
(For Stress, Health, Relationship, Financial issues)
2. Delta Healing – Hypnotherapy
(Age regression, PLR, Emotional Healing, Dealing with Traumas, Fear, phobia, Anxiety)
3. Yoga, Relaxation and Meditation
4. Non-invasive Alternative Healings for physical and mind related disorders using ancient and modern Alternative Therapies and Techniques

Note: Minimum 7 to 21days sessions are mandatory to get the positive results.



Individual Sessions



Emotional Healing session is to make the person relax, recollect and re-experience emotional incidence of what happened in the past – consciously, to enhance well being of body and mind. Many recollect the incidences of past life, present life and even future and others do not recollect anything if there are no emotional blockages.

Who could enroll for individual sessions: people who have physical and mental Non-clinical illness, who are mentally depressed, who have violent dreams, unusual experience of having visions, who have fear and phobia, mentally disturbed or confused.

What to expect: It is said all diseases are cause of thoughts-emotions that are stored in sub conscious. By releasing the stored up emotions, mind and body gets the healing in the long run.

What is the Patient/Client expected to do? He/she has to be willing to undergo emotional healing



“Spirituality, Health and Inner Values Academy”

Healing Process

1. Consultancy (Free), with Unique ID.....**Individual Session.**
2. Analysis of Mind
(To identify stress factors, Thought Patterns, Food patterns, Daily life style – Psychological, Biological, Social, Spiritual).....**Individual Session.**
3. Explanation about the function of mind and its influences over body.
.....**Individual or Group Session.**
4. Identifying the Cause and discussing about different medical modalities, assertiveness skills to suggest further healing sessions.**Individual Session.**
5. Relaxation by various techniques like Visualization, Breathing Exercises, Body awareness, Yoga, brain synchronizing delta wave music.....**Individual or Group Session.**
6. Delta Healing
(Age regression, PLR, Emotional Healing, Dealing with Traumas, Fear, phobia, Anxiety)**Individual Session.**
7. Deeper Relaxation with alert mind, Energy Relaxation (being in solitude free from all thoughts of the world, with vegetarian food without onion and garlic)**Individual or Group Session.**
8. Identifying the self talk, repeating thoughts, disturbing thoughts and apply full stop by various techniques.**Individual Session.**



9. Development of Concentration, Awareness from limited to unlimited by means of self awareness practice – with various techniques like Visualization, Breathing Exercises, Body awareness, Yoga, brain synchronizing delta music, with 3d image concentration**Individual or Group Session.**

10. Practicing detachment of body and mind with alertness and awareness.....**Individual or Group Session.**

11. Developing to attach with mind and detach with mind whenever required and whatever duration it may be, to experience stage of detached observer.

12. Experience of Inner Calmness, Lightness and Bliss.

13. Practice of detached observer stage regularly along with the experience of calmness, lightness and bliss**Individual or Group Session.**

14. Regular feedback.



Courses – Trainings and Workshops

Sl.No	Name of the Courses	Duration in Hrs
1	Education for School Children	6 - 12hrs +
2	PsychoAnalysis - Counselling	6
3	Delta Healing - Hypnotherapy	6
4	Yoga /Meditation	6
5	Astral Travel	6
6	Internship: Train the Trainer	18
7	Alternative Therapies and Healing modalities	6 - 12 hrs
8	Master Trainer	



1. EDUCATION FOR SCHOOL CHILDREN



Mission: To provide students with a balanced education of the Psychological (feelings, will, and intellect), Biological (body), Social and Moral values in preparation to lead a life of self awareness for healthy and happy life.

Course Duration:

Short Term Courses: 6 hours, 12 hours

Long Term Courses: Weekly one to five hours throughout the year

CURRICULUM OF THE SCHOOL FOR TRAINING BALANCED SOULS

1. Physical

- A. Methods of energizing the mind and body.
- B. Scientific relaxation of body parts experiencing deep physical rest.
- C. Regular habits of eating and sleeping.
- D. Value of sitting erect and thus keeping the cerebro-spinal axis, diaphragm and lungs in proper position and action.
- E. Moderation in actions, games like in some sport, such as swimming, tennis, baseball, etc.
- F. Cleanliness—daily bath for keeping the body pores open.

2. Psychological



- A. Art of building bridges over the river of difficulties between failure and success.
- B. Psycho-physical methods of keeping the sense employees of sight, hearing, taste, touch and smell, well-trained, regulated, reliable, busy and free from rebellion, governing them with ease and obtaining their willing cooperation.
- C. Art of keeping the mental life free from the bacteria of fear, despondency, melancholia, greed, lack of initiative, anger, worry, idleness and boredom.
- D. Art of injecting the tonic of cheerfulness into the body.
- E. Knowledge of the superiority of the mind over the body, obtained through practical experience.
- F. Developing will power for carrying out plans made by noble ideas, and for resisting the lure of temptations.
- G. Art of training the will so that it makes it its own business to be better without the necessity of being goaded by commands.
- H. Understanding of the fundamental importance of the will throughout life.
- I. Art of concentration (positive and negative). Art of training the sub-conscious mind and of learning during sleep.
- J. Art of keeping the mind strong and immune from diseases.

3. Social skills

- A. Art of regulating self-ambition so it does not conflict with the interests and requirements of society.
- B. Art of converting the greed to possess into the desire to share.
- C. Methods of fostering social service. Art of inventive ability to serve mankind and lighten labor or improve on existing conditions.
- D. Art of working to better laws through right education and intelligent understanding and cooperation.
- E. Art of graciousness, noble bearing, and genuine interest in the problems of others.



F. Art of cooperation, and knowledge of the absolute interdependence of man's destiny and universal laws of being.

G. Value of self-sacrifice and good will for all.

H. Law of individual life as related to social life.

I. National and international interest and patriotism.

4. Applied Self Awareness

A. Law of sincerity in thought, word and deed.

B. Art of seeking personal happiness through the happiness of others.

C. Relation of man to God.

D. Art of converting self-ambition into ambition for all.

E. Art of experiencing unlimited consciousness / awareness.

F. Law of protecting the wealth of inward peace from the robbers of worry, unfavorable circumstance, disease, etc.

G. Art of being supremely happy always and of making others so.

H. Freedom from all habits, and performance of right actions through discrimination and free-will.

After a thorough training, the students will undergo ceaseless examination throughout life, and the various diplomas won will be health, fame, efficiency, wealth and happiness.



2. Psycho Analysis and Delta Healing (Hypnotherapy) Training

Course Duration: 12hours

Video link: https://www.youtube.com/watch?v=_j6a1Y5wl2Q

Level 1 (6 hours): Psycho Analysis (PA): About mind and its functions to do Counselling



Hour 1: Hypnosis , Hypnotherapy, mind and its functions

Hour 2: Pre-Induction : Cognitive Session

Hour 3:Practice of cognitive session

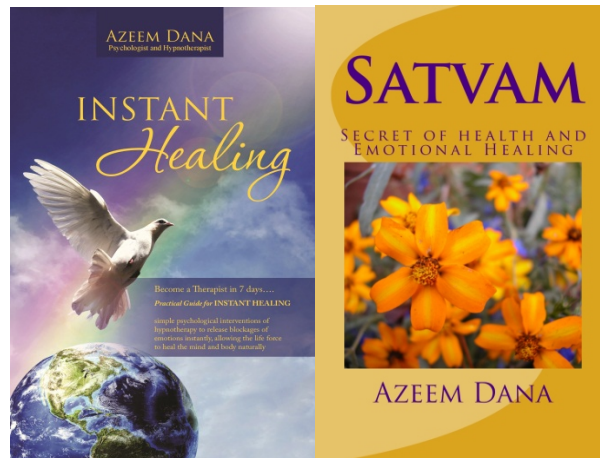
Hour 4: Induction – Overcoming the resistance of conscious mind and progressive relaxation

Hour 5: Practice and Mind Scan

Hour 6: Healing Process



Level 2 (6 hours): Delta Healing (DH): About healing the emotions



Hour 1: Types of emotions

Hour 2: Dealing with emotional blockages

Hour 3: Healing without Mind Scan

Hour 4: Practice of healing emotions

Hour 5: Practice of healing emotions

Hour 6: Self Analysing Techniques

Application:

Although Emotional Healing enhances the healing process of all types of physical and mental diseases, the main diseases that can have major effect by Emotional healing are overcoming fear – phobias, Abuse, Nightmares, Obsession, Past life emotions, Performance anxiety, Physical abuse, Positive suggestion framing, Public speaking, Depression, Relationships, Examination anxiety, Sadness, Self improvement, Sports performance, Inferiority, Study habits, Trauma and Worry.

When the emotions are understood and healed, it helps the symptoms caused by any type of diseases including cancer disappear in course of time, when it is used along with the regular medications.



University Courses

PsychoAnalysis – Counselling & Hypnotherapy – Delta Healing Courses are conducted for individuals (one to one), in groups and through Universities: **Tamil Nadu Physical Education and Sports University** - Chennai-TamilNadu, **Annamalai University** - Chidambaram-TamilNadu, **Rangsit University** - Thailand and **Yoga Samskrutham University** -Florida.





3. Yoga Asanas

Duration: six hours

OBJECTIVES:

- By Yoga, a person feels comfortable and sufficiently knowledgeable to practice yoga, in a positive non-harmful manner, which imbibes ancient knowledge of India.
- Through this program development is achieved (Physical, mental, social and spiritual awareness).
- Awareness of yoga, spiritual and traditional values are created among the public by the students
- The course is a nice combination of theory and practice which create good understanding of yoga from physical, mental, social and spiritual prospective.

Yoga for rehabilitation

- This course has attracted graduates, post graduates and professionals from the different fields. These graduates use this course to remain balance in all situations.
- An hour YOGA per day and keep ailments away' is the new slogan for all who wanted to be healthy and successful in their work place. They become role model to others of how to live a life in the right way on the right path

COURSE REQUIREMENTS

- **Medical (fitness) Certificate is a must**



YOGA SYLLABUS

Theory 1: Introduction to Yoga and its Streams

Yoga Practice 2:

Kriyā, Āsana, Prāṇāyāma, Dhyāna – Practice & Presentation

THEORY PORTION

T 1: INTRODUCTION TO YOGA AND ITS STREAMS

- a) Concept and definitions of Yoga
- b) Basis of Yoga – Happiness Analysis
- c) Streams of Yoga
 - i. Jñāna Yoga
 - ii. Bhakti Yoga
 - iii. Karma Yoga
 - iv. Rāja Yoga
- d) Unity in Diversity
- e) Haṭha Yoga - Kriyās, Bandhās and Mudrās
- f) Self-Management of Excessive Tension
- g) Health, Disease and its Management

P 2: Breathing, Prāṇāyāma, Dhyāna (Meditation)

Prāṇāyāma/ Regulation of Breathe	Initial Startup	Bhastrikā (Bellows breath) / Kaphālabhāti (Purifying/Cleansing Breath)
	Vibhāgiya Prāṇāyāma (Sectional Regulation of Breathe)	Abdominal, Thoracic, Clavicular & Full Yogic Breathing
	Cooling Prāṇāyāma	Śītalī Sītkāri Sadanta
	Types of Prāṇāyāma	Nāḍīśuddhi (Balancing), Laya / Bhrāmarī (Bee Breath), Ujjāyī, Nādānusandhāna (A, U, M Chanting & Silence)
	Kumbhaka (Breath Cessation) Mudrās (Gestures) & Bandhās (Locks)	Antaḥ, Bahiḥ, Kevala, Sahaja. Nāsika, Cin, Cinmaya, Ādi, Brahma. Mūla, Uḍḍiyāna, Jalandhara.
Dhyāna/ Meditation	Prāṇavopāsanam	Om Meditation
	Āvartana-dhyānam	Cyclic Meditation
	Svādhyāya / Ātmāvalokana	Self-Study / Contemplations



PRACTICAL PORTION

KRIYĀ, ĀSANA, PRĀNĀYĀMA, DHYĀNA – PRACTICE & PRESENTATION

Kriyā/ Cleansing Techniques	Kaphālabhāti		Purifying/Cleansing Breath
	Trāṭaka		Eye Exercises, Gazing, Focusing & Defocusing
	Neti (Jala&Sūtra)		Nasal Passage Cleansing
	Dhauti (Vamana)		Gastro-Esophageal Track Cleansing
	Basti (Laghuśnkaprakṣāḷana)		Gastro-Intestinal Track Cleansing
Āsana/ Physical Posture	Preparatory Practices	Breathing Exercises	<ul style="list-style-type: none"> ➤ Standing: Hands In & Out, Hands Stretch, Ankle Stretch. ➤ Sitting: Tiger, Dog, Rabbit breathing ➤ Prone: Bhujāṅgāsana&Śalabhāsana breathing, Nāvāsana Breathing ➤ Supine: Straight Leg raising (single & both), Setubandhāsana, Naukāsana Breathing
		Loosening Exercises	<ul style="list-style-type: none"> ➤ Standing: Jogging (Spot, forward, backward, sideward), Mukhadhauti (single blast breath), Bending (front & back, sideways), Twisting, Situps (Full & Sideways), Half-squats. ➤ Sitting: Bhūnāmanāsana, Cakki-cālana, Butterfly(Half & Full), Paścimottāna-Halāsana Flow. ➤ Prone: Caduraṅga-Bhujaṅga-Parvatāsana Flow, Dharurāsana Swing (Rock & Roll). ➤ Supine: Pavanamukthāsana Kriyā, Cycling.
		Initial Startup	Sūryanamaskāra / Sun Salutation <ul style="list-style-type: none"> ➤ 12 Counts Sūryanamaskāra ➤ 10 Counts Sūryanamaskāra
		Standing	Tāḍāsana, Ardhaḥaṭīcakraśana, Ardhaḥakraśana, Pādahastāsana, Trikooṅāsana, Parivṛttrikooṅāsana, Pārśvakoṅāsana, Vṛkṣāsana, Vīrabhadraśana
		Sitting	Daṇḍāsana, Sukhāsana, Siddhāsana, Padmāsana, Yogamudrā, Śaśāṅkāsana, Vajrāsana, Suptavajrāsana, Vīrāsana, Supta-Vīrāsana, Paścimottānāsana, Uṣṭrāsana, Vakrāsana, Ardhamatsyendraśana, Haṁsāsana, Mayūrāsana.
		Prone	Makarāsana, Bhujāṅgāsana, Śalabhāsana, Dhanurāsana.
		Supine	Śavāsana, Sarvāṅgāsana, Matsyāsana, Halāsana, Viparītakarīṇī, Cakraśana.
		Inverted / Topsy-Turvy	Ardhaśīrṣāsana, Śīrṣāsana.



Reasons to join YOGA

1. To learn yoga postures
2. To understand how yoga heals diseases
3. To practice yoga Asanas and Pranayama
4. To counsel or suggest yoga postures to the patients in the hospital
5. To learn about the Ancient practice of yoga
6. To know to control prana by yoga
7. To suggest yoga techniques to the old aged patients
8. To understand how Yoga can keep the body fit
9. To understand how it can do reverse aging
10. To know how it can prevent diseases in young and old
11. To know how the spiritual pranic energy can be balanced by various postures
12. To maintain balance in body, mind and spirit
13. To remain healthy, happy and peaceful.
14. To keep the body active



4. Astral Travel

Course Duration: Six Hours

Video link: https://www.youtube.com/watch?v=dZ_tJM0oK5k



Astral Travel Therapy is one of the **highly effective therapies in India** which involves a process of training one's soul to leave the physical body for an OBE (Out of body experience) with awareness.

Process of Astral Therapy is a natural phenomenon that occurs during our sleep. On a usual basis whatever we dream is mostly not recalled by our mind. The process of **Astral Travel** is used to become aware of the astral body and astral dimensions we travel during our sleep and it can be controlled at will.

Proof for **Astral Traveling** is based on two situations like witnessing the future event during the sleep. Another situation includes meeting the living and non-living known or unknown persons during our sleep.

Benefits of Astral Travel Therapy are as follows:

- Exploring Astral realms.
- Experience of flying where sky is the limit and physical matter can no longer bind us or stop us. We can travel through wall or solid easily.



- Understanding about thought power and manifesting by intention. In astral world whatever we intend instantaneously manifests.
- Losing the fear of death as we understand that our existence continues even after death - Accelerating our spiritual enfoldment.
- Learning to relax deeply.

Contents of the course **Astral Travel**

- Theory of **Astral Travel**
- Obstacles in **Astral Travel**
- Practical guidelines for **Astral Travel**
- Activation of energy chakras
- Energy bouncing techniques in the process of **Astral Travel**
- Entering into deep trance
- Lucid dreaming
- Guided meditation for **Astral Travel**
- Using affirmations for **Astral Travel**

For more details please contact:

