



Why Are You Not Truly Happy?

Even when life looks fine from outside... Why does the mind still feel restless, heavy or overactive?

You are not alone.

Most people today struggle with:



Constant
Overthinking



Stress &
Mental Fatigue



Can't Stay
Calm - Panic



Lack of Inner
Clarity

& constant feeling of "something is missing"

The problem is not your life.
The problem is an untrained mind.

Your mind has never been taught how to rest.



What Your Mind Actually Needs?

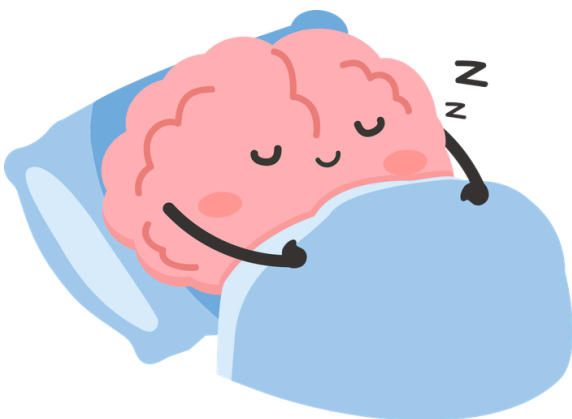


Not more
motivation



Not even more
information

It needs a method to slow
down, settle and recharge.



Just like the body needs sleep,
the mind needs deep rest.



5-Minute Daily Reset

Try this from tomorrow:

1. Sit comfortably with your back straight
2. Gently close your eyes
3. Observe your natural breath
4. Don't control thoughts – let them come and go
5. Simply sit for 5 minutes

Do this once or twice daily

**added a habit tracker on the
last page... But but but but but!**

CHECK THE NEXT PAGE

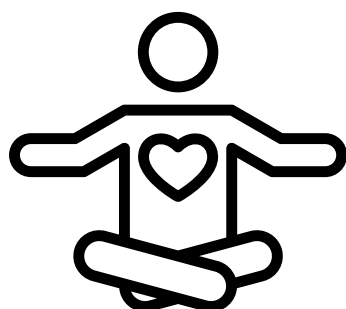


But Here's the Truth

Even after doing this... you may still not experience deep meditation, because...

- The mind needs a subtle technique
- Effort alone is not enough
- Guidance makes the difference

Join SAHAJ SAMADHI MEDITATION
Program of The Art of Living



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3-Day Sahaj Samadhi Meditation Program

A powerful, effortless mantra-based technique that helps you:

- Experience deep mental rest
- Reduce stress and overthinking
- Improve clarity and focus
- Build a consistent meditation habit
- Feel lighter, calmer and more centered

10 to 12 April

6:30 to 8:30 AM

7:00 to 9:00 PM

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Contact: 9421219919 (Prasad)

100-Day Meditation

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	42	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100