

NISHANE SCHOOL OF SPIRITUAL SCIENCES

NS³



GLIMPSES

(A Unit of Guru Brahmashram, Rishikesh)



Nishane School of Spiritual Sciences

(A Unit of Guru Brahmashram, Rishikesh)

H.O - # 8/26, I main, III stage, Binny Layout

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Glimpses

Meditations

Counseling

Therapies

Seminars

Workshops

Nature Camps

Satsang

Residential Courses

Spiritual Vacation

Social Service Activities

Why NS3

School - one stop to learn anything & everything about life

Spiritual - one stop to understand spirituality in materialism

Science - one stop to explore the science behind spirituality

Nishane school of spiritual sciences is a unit of Guru Brahmashram (Rishikesh) which was established in 2006 with a main objective of spreading awareness about meditation among individuals.

The need for meditation as a tool was indispensable for individuals who were suffering from psychological disturbances like schizophrenia, depression, stress, inferiority complex, fear, negativity, loss of memory & concentration, lack of self confidence & suicidal instincts.

The organization is carrying out many works like conducting regular classes & workshops, related to meditations so as to help the needy. The majority of individuals who participated in the regular classes & workshops found positive results in a short span of time. The techniques & therapies have made a deep impact on their life, which in turn has transformed the total perception of life.

The individuals who have transformed themselves are joining hands to spread the same happiness, joy & knowledge what they have attained from meditation, to all of them who are in need of it.

The organization also helps the individuals who have treaded the path of realization & are working seriously towards understanding the mysteries surrounding life by conducting regular seminars, debates & intensive courses related to meditation.

The organization also works towards the upliftment of the society by regularly conducting personality development courses & workshops in orphanages, schools & colleges. The organization is affiliated with many NGOs who are into old age homes, rehabilitation centres, schools & colleges, orphanages & other social welfare activities.

The 1000 member strong team are supporting the organization in every possible way to help the needy.

The Organization is associated with Shambhavi School of Dance to conduct Workshops, Residential courses and Therapies. The ambience comprises of sophisticated Auditorium, Dormitories, Duplex rooms, Flora and Fauna specially suited for a long Spiritual retreat.

Meditation

Meditation- The art of Living & Loving

*Meditation is an art of being aware of our own immaturities.....
So as to become matured.*

*Meditation is an art of being aware of our own ignorance's.....
So as to become intelligent.*

*Meditation is an art of being aware of our own weaknesses.....
So as to become strong.*

*Meditation is an art of being aware of our own unconsciousness.....
So as to become conscious.*

*Meditation is an art of being aware of our own hatred.....
So as to become love*

*Meditation is an art of being aware of our own unawareness.....
So as to become aware.*

*Meditation is an art of being aware of our own sickness.....
So as to become healthy.*

*Meditation is an art of being aware of our own bondage.....
So as to become free.*

*Meditation is an art of being aware of our own dependence.....
So as to become independent.*

*Meditation is an art of being aware of our own unhappiness.....
So as to become happy.*

*Meditation is an art of being aware of our own perversions.....
So as to bring out our expressions.*

Activities in Guru Brahmashram, Rishikesh.

Regular Meditation classes – Daily

Workshops – 1 day workshop

- Catharsis
- Active Meditations
- Basics of Meditation

3 days workshop

- Catharsis
- Active Meditations
- Basics of Meditation

ASURYAA Technique (1 & 2 Level)

Devised by Nscube

- 3 Powerful meditation techniques
- Vipaasana
- Nirvana
- Third Eye Centering

Reiki – 1 & 2 level

Therapies – Psycho Therapy

- Hypno Therapy
- Reiki Therapy
- Sujok
- Aroma Therapy
- Dance Therapy
- Past Life Therapy
- Hydro Therapy

One Month Residential Meditation Course

- Basics of Meditation
- Light Meditation
- Kriya Yoga
- Transcendental Meditation
- Vipaasana
- Nirvana
- Kundalini Awakening through Shakti path
- Third Eye Awakening

Chakra Balancing
Aham Brahmasmi
Yoga Nidra
Stop Techniques
Spiritual body energizing
Astral Travel
Satsang – Debate & Discussions
Bhajans
Meditations
Celebration
Nature Camps

Activities in Nishane School of Spiritual Sciences, Bangalore.

Regular Meditation classes – Daily

Workshops – 1/2 day workshop

Catharsis
Basics of Meditation
3 simple meditation techniques.
ASURYAA Technique (1 & 2 Level)
1 days workshop
Catharsis
Active Meditations
Basics of Meditation
3 simple meditation techniques

Reiki – 1 & 2 level (3 months & 6 months course)

Therapies – Psycho Therapy

Hypno Therapy
Reiki Therapy
Sujok
Aroma Therapy
Dance Therapy
Past Life Therapy
Hydro Therapy

Three Month Energy based Meditation Course

Basics of Meditation
Light Meditation
Kriya Yoga
Transcendental Meditation
Vipaasana
Nirvana
Kundalini Awakening through Shakti path
Third Eye Awakening
Chakra Balancing
Aham Brahmasmi
Yoga Nidra
Stop Techniques
Spiritual body energizing
Astral Travel

Satsang – Debate & Discussions

Bhajans
Meditations
Celebration

Activities in Nishane School of Spiritual Sciences (Ashram)

10 day Residential Vipaasana Meditation Course
Musical Ecstasy(Music Workshop)
Dervish Dancing
3 Day Spiritual Retreat
Discourses
Satsang,Seva,Sadhana

Spiritual Vacation in Rishikesh

Nature Camps

Seminars & Spiritual meets

10 days Vipassana Residential Course.

Social Service Activities

OBJECTIVES of our ORGANIZATION

- Meditation
- Children Welfare
- Women's Welfare
- Men's Welfare
- Welfare of the society
- Awareness
- Recreation

Child Welfare

- Scholarships
- Personality development
- Counseling
- Sports (inter school competitions),
- Debates
- Cultural Activities (Music, Art, Dance)

Women's Welfare

- Fight social injustice
- Health & Nutrition
- Counseling
- Protect rights of Women
- Self employment & socialization

Men's Welfare

- Social networking
- Grooming talent
- Counseling to overcome personal problems, stress & phobias.

Welfare of the society

- Providing financial support for education & health care in orphanages.
- Organizing blood & eye donating camps.
- Providing financial support.
- Education for the deprived.
- Old age homes.
- Self-employment.

NGOs Affiliated with our organization

Mukthigaagi Foundation

An Ngo working towards the upliftment of Women, Children & Society by supporting them in the form of scholarships, establishing micro industries, conducting awareness programmes & supporting the needy to fight social injustice.

AWARE- Association for Welfare, Awareness, Rehabilitation & Empowerment.

An Ngo working towards creating awareness among people about Health & hygiene, AIDS, Eye donation, Blood donation & Organ donation. It is also into charitable & rehabilitation activities.

Sai Old age home-

An Ngo working towards looking after the needs of senior citizens by providing food & accommodation along with medical assistance.

JOURNEY AHEAD

- To establish state of the art ashram in Bangalore.
- To reach the needy and work towards welfare of society in depth
- Establish schools, hospitals, orphanages, half way homes & old age homes to the needy

Centres in Bangalore

- 1) #34, 9th cross, Jayanagar 7th Block,
Bangalore-560 082
- 2) #49/5,3rd Main, Sreegandhada kaval,
Sunkadakatte,
Bangalore-560 091
- 3) #361/5, 6th Block, Dr Rajkumar Road,
Rajajinagar,
Bangalore-560 010.
- 4) #186, J C complex, Sirur park road,
Sheshadripuram,
Bangalore-560 020.
- 5) # 46/2, 2nd main, 4th cross,
Malleshwaram,
Bangalore-560 003.
- 6) # 66/3, Coles road,(near Pizza Hut)
Frazer Town,
Bangalore – 560 005.
- 7) # 83, Sait Palya,Hennur Main Road,

Lingarajapuram,
Bangalore – 560 084

Centres in Karnataka

- 1) # 93/4, K.R Puram, Sampige Road,
Hassan – 573201
- 2) # 1/33, Near St. Dominic's church,
Ashoknagar, Mangalore- 575006
- 3) # 458, near Ganesh temple,
B.H. Road, Tumkur- 572101
- 4) # 33, NH.17, Brahmavar,
Udupi – 576213
- 5) #89, Hootagalli,
BEML Road (off Hunsur Road)
Mysore- 571186
- 6) # 3/11, Vidyaranyapura Road,
Gangavathi, Raichur- 583227
- 7) # 463, NT Towers, Near RN & Co.
Shimoga- 577201.
- 8) # 4/42, Amar Towers,
New Trunk Road,
Bellary- 583104.
- 9) # 218, Ashoka Road/ P B Road,
Davanagere - 577002.

Centres in India

- 1) # 127, Satnam Towers,
D N Road, Mumbai-400101
- 2) # 86/9B, New # 30B, Vanagaram Rd,

Near Ambattur Industrail Estate,
Athipet, Chennai- 58.

3) # 43, Seema paradise, J K Molla Road,
Kolkata – 63

4) 77/6A, Margashira building,
Avinashi Road,
Coimbatore – 62.

5) M-6, Mezzanine Flr, Azadpur,
Delhi – 33.

Centres in World

1) # 21, Lexington Ct,
Holmdel, New Jersey- 07733

2) # 3/5, Nirim Street,
Tel aviv-67060
Israel.

3) # 191, Toorak Road,
South yaara, Melbourne,
Australia.

4) # 322, Seven Sisters Road,
London. U K

Quotes

Accept the FACT
or
The FACT will make you to Accept it.

Everyone has a point to prove
but
Forgets the very proof of every point.

Better check your BELIEF
before
BELIEF checks you out.

A moment of Truth Denies Death
&
The moment with Truth Defies Death.

RELIEVE yourself
so as to
RELIVE with yourself.

The GAME of AIM
is the very
AIM of the GAME.

An ILLUSION of being in LOVE
is nothing but
LOVE towards ILLUSION.

One for All & All for One.....

- **Meditations**
- **Therapies**
- **Workshops**
- **Satsang**
- **Spiritual Vacation**
- **Counselling**
- **Seminars**
- **Nature Camps**
- **Residential Courses**
- **Social Service Activities**



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