



Healing Book

BANYAN

A wordless healing book for all ages

BEST PRACTICE FOR HEALING WITH THIS BOOK

- This is a wordless healing book
- Breathe in deeply
- Close your eyes
- Continue with deep breathing
- Open when your eyes where you have no more images burning your eyes
- Flip through the pages
- Focus on the healing light
- Repeat as many times as you want
- Cosmos loves you as you are!



इवाकन कां लवबे

Awaken Conscious Wellbeing



इतिवृत्त लक्ष्मी

Arundhati / Kanchana / Wellbeing



hatha yoga method

Awaken Conscious Wellbeing



आनाका लडोवेबिंग
Anaka Conscious Wellbeing





इवांगल लोकोर

Awaken Conscious Wellbeing

*Experience one minute of
intense healing
again....
&
again*

*Stay
joyful*

<https://thesattvicmethodcompany.com/>