

Centre for Natural Healing and Meditation

Stall Manager
Training pack





Agenda





Agenda

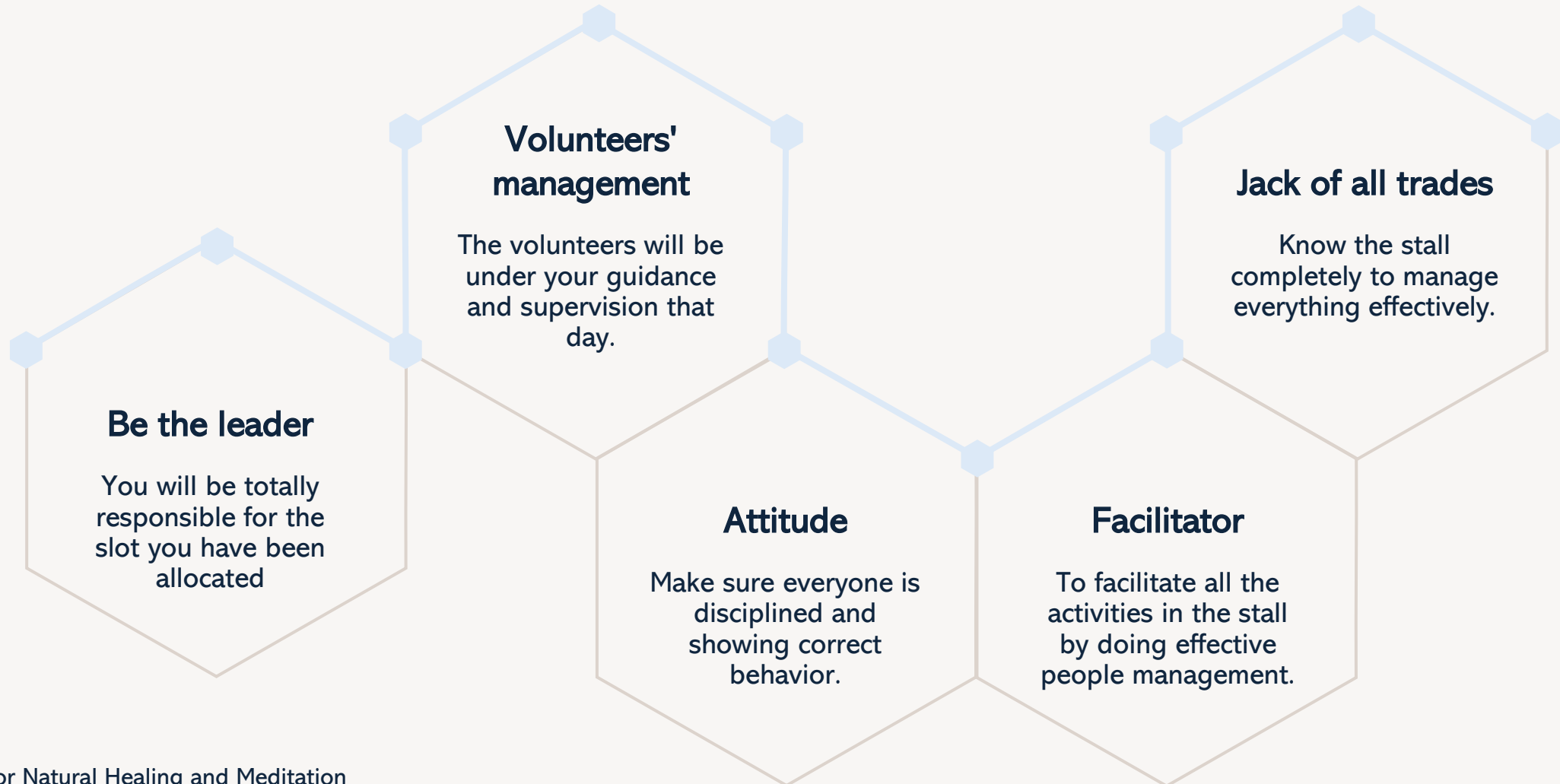


Introduction

- Introduce yourself.
- Reason of our today's meeting.
- The why on selecting you.
- Quick debrief on the MSR project.



Role of a stall manager



Attitude of the stall manager

Punctuality	Leadership	Commitment	Communication	Decisiveness
<p>Be on time during the slot you will be serving. This is very important as you will be responsible for the volunteers that day.</p>	<p>Be the leader that day. Guide the volunteers on what they need to do and supervise them effectively.</p> <p>Lead with empathy.</p>	<p>Avoid last minute cancellation as this will disrupt a slot completely.</p>	<p>Communicate effectively to your volunteers or audience.</p> <p>Inspire confidence, drive motivation and energize your volunteers.</p>	<p>In case things are not going as planned, do not hesitate to improvise or to seek help if the need is felt.</p>

Volunteers' management

- To call all the volunteers in your slot beforehand and make sure they are attending.
- Make sure the volunteers in your slot have received all the training required on all the areas.
- Ensure they have watched any online materials if no physical training.
- Allocation of volunteers to the different areas in the stall on day of service.
- To do a rotation of tasks between volunteers every 2hrs to keep everyone engaged.
- Keep the volunteers disciplined and well organized as they are representing CNHM.
- Provide refreshment to volunteers in case there is a need.
- Motivate them if they are feeling down or tired.
- Take good care of them.



Team Leaders



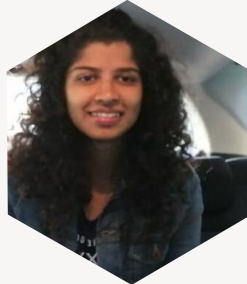
Rooma Caulee

Marketing
52552418



Gavishtee Kebla

Marketing
59648715



Keshavi Vythelingum

Setup and Pack up
59212316



Nishmi Teckah

Recruitment
59259797



Neelam Ramdin

Training
57773928



Prema Goorye Koobah

Energy work
57931243



Nalinee Raghunath

Fund raising
57135949



Yogesh Ahku

Exhibition & Design /
Technology
59421225



Veelesh Beegun

Exhibition & Design /
Technology
59319838

Different scenarios

- If there are a huge number of people, break the people into groups and assign several volunteers for explanation.
- In case of new group of people and volunteers are already busy explaining the banners, redirect them to other activities in the stall like GI, short meditation or photobooth.
- In case there are a shortage of volunteers, participate yourself in the different activities to give them a helping hand.
- Any other scenarios you would wish to cover?



Risk Management

- Do not panic if things do not go as planned.
- Improvised base on your knowledge and leadership skills to make everything goes well for all parties involved.
- Act proactively.
- Know at all time that you are representing CNHM.
- Be responsible and take appropriate decisions.
- Always be the last person to take any decision. Check and evaluate other people's perspective well.
- Last resort, call any of the team leaders base on their respective area of expertise for assistance

Slot delegation

- Before leaving your slot, make sure that at least the stall manager for the next slot has arrived.
- In case there has been a lateness from the other stall manager, be prepared to stay there until another stall manager replaces you.
- Do inform the recruitment leader incase there has been any lateness from volunteers or stall manager.
- Be respectful and be prepared to do the extra mile. That's what is expected from a leader.

Conclusion

- With great power comes great responsibility.
- Thank you for taking on this challenge and to be a Leader.



Thank you





Event
Mahashivratri
2023

Volunteers
Training Pack

Welcome

- About
Centre for
natural
healing and
meditation



Centre for Natural Healing and Meditation (CNHM) is a spiritual organisation registered as a NGO and a Non-Profit Charitable Institution founded in the year 2000.



The centre is a volunteer based organisation and is committed to helping and guiding people to improve the quality of their life, through Energy Healing, Meditation, and community service through awareness programs and different activities organised.



Activities in the Stall

When a person comes to our stall, introduce yourself: “Welcome to the stall of Centre for Natural Healing and Meditation, an NGO situated at Bonne Terre, Vacoas. My name is... allow me to guide you through the different activities happening in the stall.

The activities are:

1. Karma Exposition
2. Forgiveness session, followed by the Great Invocation
3. Photo booth
4. Sales counter where additional information are available about the Centre as well as the sale of the books Secrets of Karma in English, Hindi and Telegu version.
5. Testimonial gathering for people who wish to share their experiences

Note: In case of any people taking pictures for the banners, gently refrain them from doing so because of copyright.



Role of Volunteers

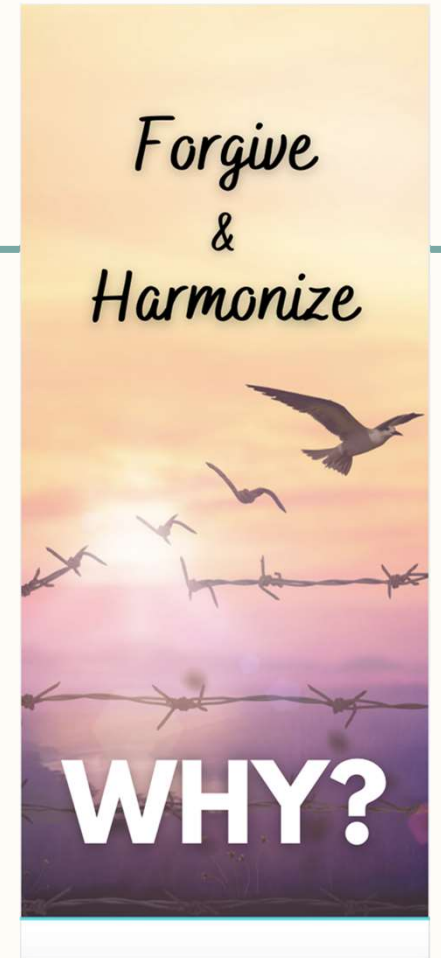
Number of Volunteers per Slot: Minimum 4

Role distribution is as follows:

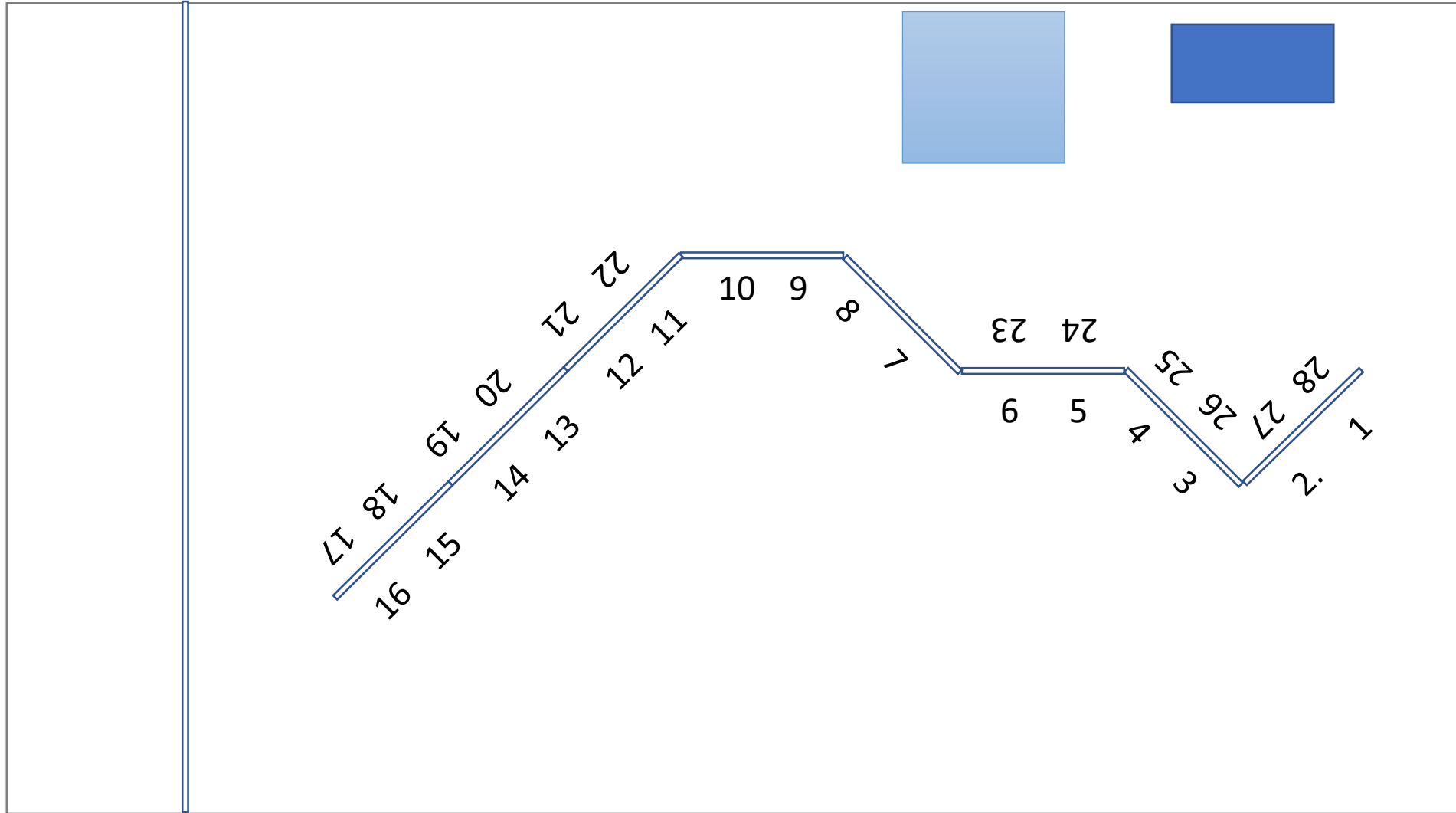
- 1 – 2 Volunteers: To welcome the public and explain the banners
- 1 Volunteer: To guide the public for the Forgiveness session, followed by one set of Great Invocation (recording will be available)
- 1 Volunteer: To be at the sales counter and to provide further information on Centre's activities, manage sales of books and handle cash
- 1 Volunteer: To take testimonials for people (a script will be provided)

Note: For testimonial, kindly ask the person permission first if he/she is ok if we can share the testimonial on social media to promote our stall. If yes, then we can proceed to take the testimonial.

Our Theme



Stall design



GUIDELINES FOR VOLUNTEERS

Daily Salt Water
Bath

Daily Invocation for
Divine Blessings
and Protection

Daily Soul
Affirmation

Daily GI & Billion
Minutes of Eco
Mind (06.50am or
08.20pm on Zoom)

Regular Twin Heart
Meditation

Regular Energy
healing

Do a short
Invocation before
doing service &
when finished

Start practicing
Karma teachings in
your daily life

KARMA EXHIBITION

When an audience comes for the Exhibition, make an introduction.

Welcome to the Karma Exhibition of Centre for Natural Healing and Meditation, an NGO situated at Bonne Terre, Vacoas.

My name is ...

Am here to share the little that I know about Karma. Please allow me to guide you through the banners and if you have any question, please ask at end of the explanation.

At all times keep a smile, speak politely and softly to the public.

KARMA EXHIBITION



Once explanation of the banners is completed, please ask the audience if there is any questions.



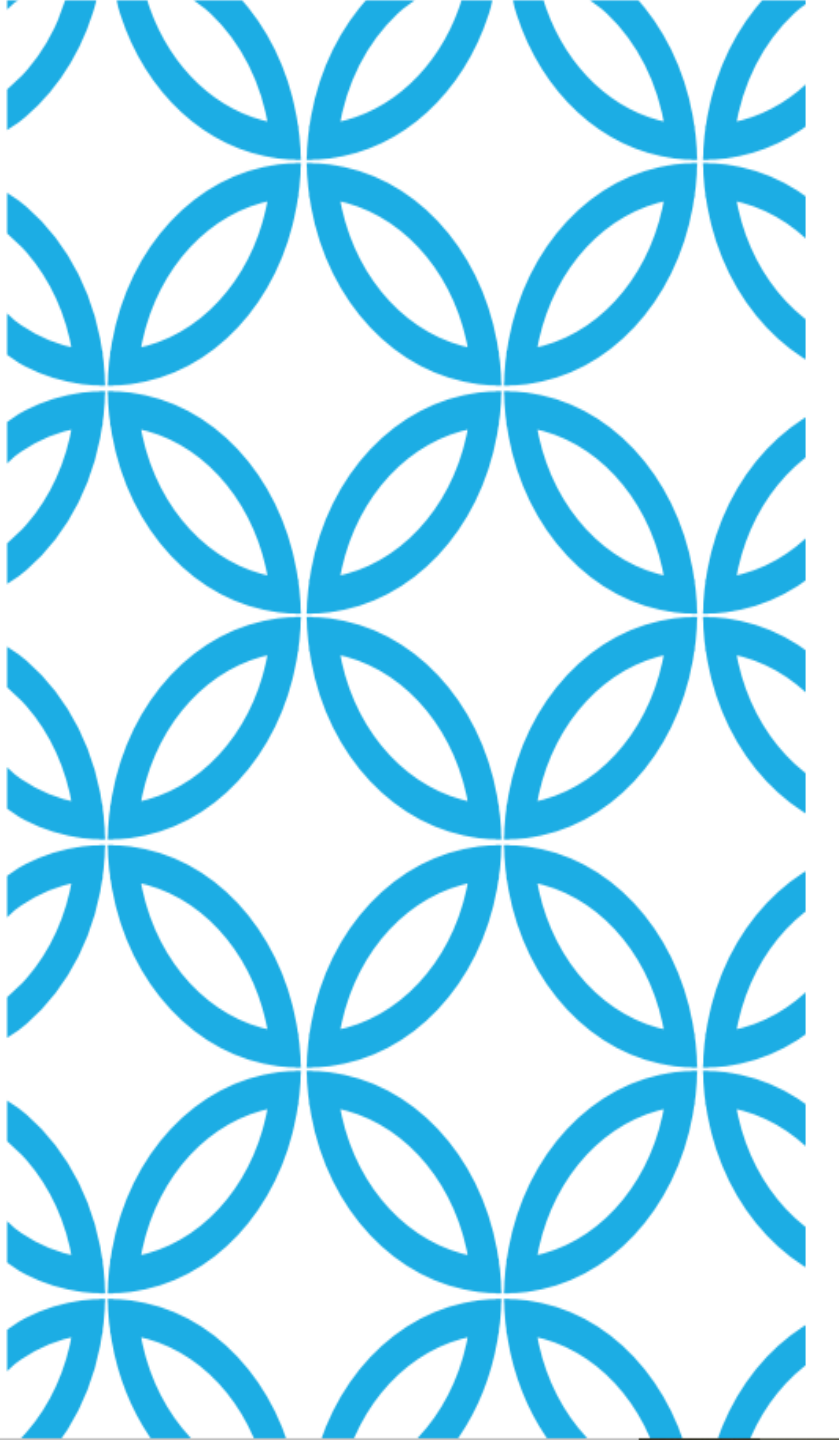
Do not enter into an argument with the audience in case they are challenging us or is not of same opinion of what was shared to them. Peacefully respect their point of view.



Do not counsel any audience. If they are sharing their personal issue with you, please guide them to take an appointment with the Centre for more details and support.

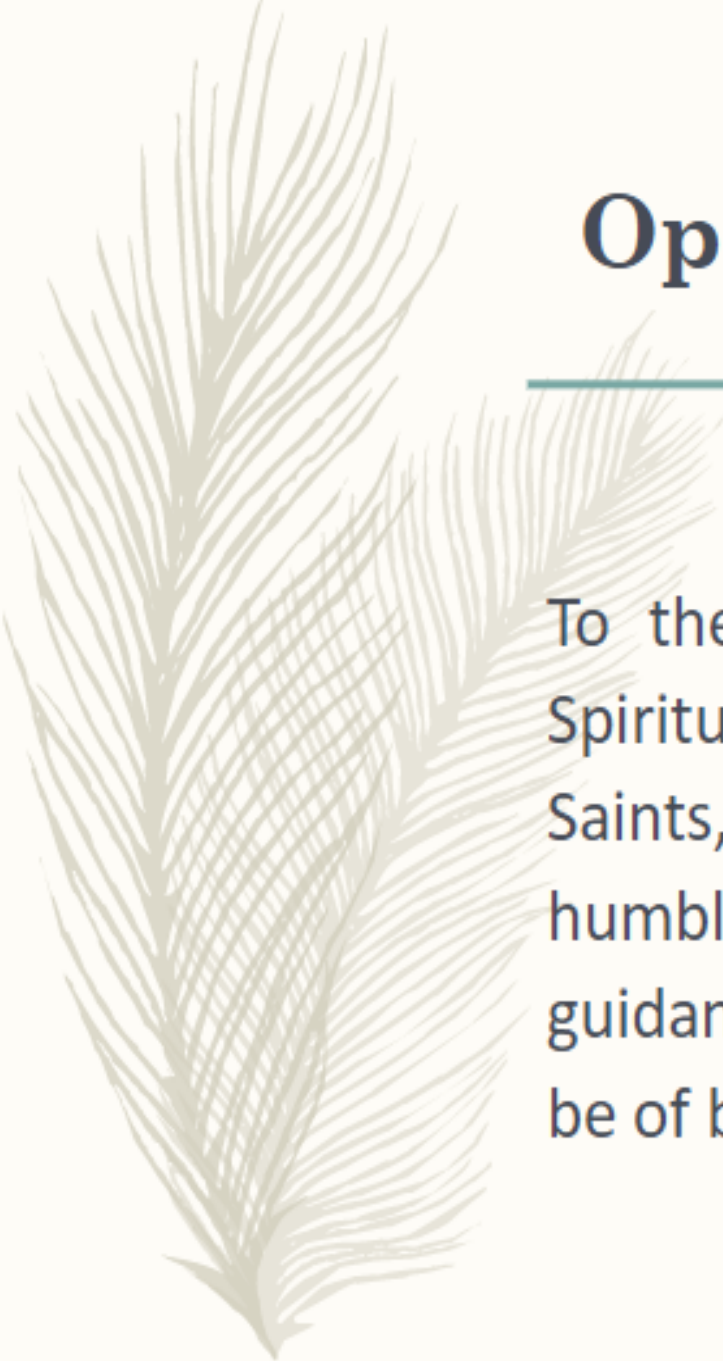


Thanks the audience for their visit.



LET US OFFER
OURSELVES AS HUMBLE
INSTRUMENT TO SPREAD
THE TEACHINGS OF
KARMA.

May the good karma comes back to everyone many many times 🌸



Opening Invocation for Volunteers

To the Supreme God, Divine Father, Divine Mother, To my Spiritual Teachers, To all the Spiritual Teachers, Holy Masters, Saints, Arch Angels, Holy Angels and Spiritual Helpers, we humbly invoke for your divine healing, divine help, divine guidance and divine protection. Please assist me so that I can be of better service to others. We thank you in full faith.



The Great Invocation

- Great Invocation is a universal prayer where we bless all the people of our country with Light, Love and Power
 - Light is the intelligent aspect of man
 - Love is the divine love
 - Power is related to the will aspect (Good will and the will to do good)
- Guide the people to put their hands in a blessing position at the heart level, armpit gently open
- Imagine Mauritius in front of them being filled with brilliant golden light
- Play the guided recording for the Great Invocation and the forgiveness prayer
- You may also do some additional blessings after the session

The Great Invocation Prayer



LUMIÈRE MAURICE THE GREAT INVOCATION

From the point of Light within the Mind of God,
Let Light stream forth into the minds of every person, every being.
Let Light descend on every person, every being
connected to me, my family and on Mauritius.

From the point of Love within the Heart of God,
Let Love stream forth into the hearts of every person, every being.
Let Love descend on every person, every being
connected to me, my family and on Mauritius.

From the centre where the Will of God is known,
Let purpose guide the will of every person, every being.
The purpose which the Holy Masters know and serve.
Let goodwill and the will to do good descend on every person, every being
connected to me, my family and on Mauritius.

From the centre which we call the Human Race,
Let the Plan of Love and Light work out.
And may it seal the door where evil dwells.

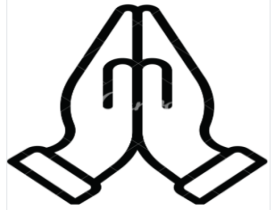
Let Light, Love and Power manifest the Divine Plan
for my family and for Mauritius.

So be it, so be it, so be it.

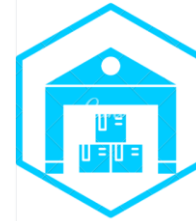
*By Holy Master D.K.
Through Alice Bailey*

*Modified by Grandmaster Chou Kik Sui
Adapted by Lumière Maurice*

Sales Counter



Invoke Blessings before starting



For inventory purposes
Count Items available



Update Inventory sheet and
hand over to stall managers



Provide Receipt for every
single sale

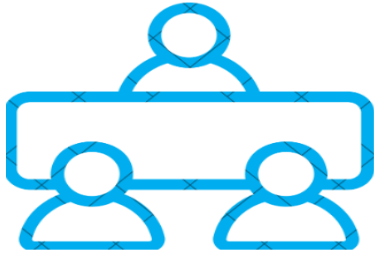


Send Blessings for all volunteers , stall and
sales items

Guided Meditation



Warm Welcome Participants



Brief participants on Centre and on Twin Hearts Meditation



Inform and assist of guided meditation followed by Great Invocation

Post Meditation allow them to sit few mins and share few lines on spirituality

Photobooth



Guide Participants to photobooth

Be involved and share happiness

Guide to Sales counter

Script and Testimonial

- **Questions for Testimonials**

- **Global Experience of the stall**

- Is it the first time you are coming to stall of Centre for Natural Healing and Meditation?

- **If Yes**

How was your global experience about the stall?

What did you appreciate the most in the stall? (Activities include Karma Exposition and how it affects our relationship, Forgiveness session and Photo Booth).

- **If No**

How does the stall differ this year compared to the preceding years?

- **2. Karma Exhibition**

- Did you know about karma before entering our stall?

- **If No**

Was it helpful to learn about the laws of karma?

- Describe something you learned today that you didn't know before?
- Have you been able to come to terms that whatever happens in your life or will happen, is a result of the choices you made?

- **If Yes**

Did you learn something new from the karma exhibition?

- Have you been able to understand how karma affects your relationship? (optional if already answered in bullet one of Karma Exhibition)
- Which banner attracted your attention mostly to better understand karma?

- **3. The Great Invocation and Forgiveness Prayer**

- How do you feel after the forgiveness session?
- Knowing it can be difficult, have you been able to forgive at least one person?
- Would you recommend your close ones to practice forgiveness whenever they are having a difficult time with someone?
- With regards to the forgiveness session, what is your personal mantra for this year?



Closing Invocation for Volunteers

Lord God, Thank you for making me a humble instrument to better serve others and to share the valuable teachings of Karma to people in need of these knowledge. As I am blessed, may every person, every being be blessed. Thank you for blessing me with divine light, divine love and divine power. We Thank you in full faith.



Thank You!



I Am Better®

Every day in every way,
I am getting better & better

- *Émile Coué*

FREE Course

on

Core Personality Development

UNDERSTAND the root cause of
challenges. **FIND** lasting solutions.

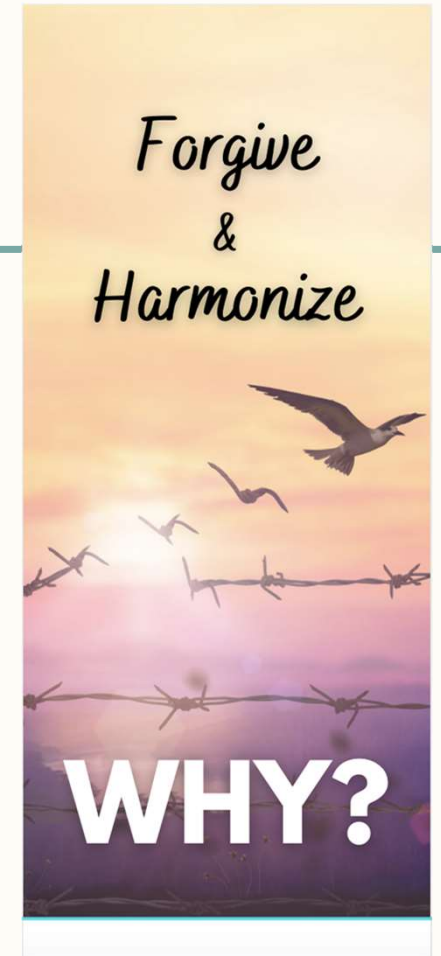
LEAD a fuller, richer life



Karma Exhibition

1.

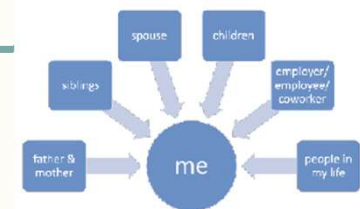
- Welcome to our exhibition stall.
- My name is, and I am a volunteer at Centre for Natural Healing & Meditation
- The theme for our exhibition is Forgive & Harmonize
- With the help of our banners, we are here to share
 1. the little we have learnt about Karma
 2. and to use this powerful law to bring greater harmony in our present relationships
- Since the subject is vast as an ocean, we cannot talk everything about Karma here. If you have any questions, kindly ask at the end.



2. Why do we have these individuals close to us in our life?

- Why?
 - Why do we have these individuals in our life as our parents?
 - Why this father? Why this mother?
 - Why these individuals are my siblings?
 - Why this person is my spouse or child or employer or employees in my life.
 - Why i am having so much of relationship issues with them?
- The reason is that there is
 1. A universal Law of Cause & Effect, Karma that governs everything that we experience in our life.
 2. we have chosen the people in our life based on our past actions, and the lessons we need to learn in this present lifetime

Why do we have these individuals close to us in our life?



- Why this father? Why this mother?
- Why these individuals are my siblings?
- Why this person is my spouse or child or employer or employees in my life.
- Why I am having so much of relationship issues with them?

The reason is that there is

A universal Law of Cause & Effect, Karma that governs everything that we experience in our life.

we have chosen the people in our life based on our past actions, and the lessons we need to learn in this present lifetime



3

- Karma is Action; and the effect of the action. It is the Universal Law of Cause and Effect that states: ‘No effect is possible without a cause!’ So, all that you experience in your life is the result of causes that have been set by your own actions.
- No matter what you do, all your actions are governed by:
 - The law of Harvest
 - The law of Lag time
 - The law of Multiplier effect

Karma, the universal law of cause & effect



Translated from Sanskrit, karma is action; and the consequence of action. It is the force of nature that balances a cause with a corresponding effect.

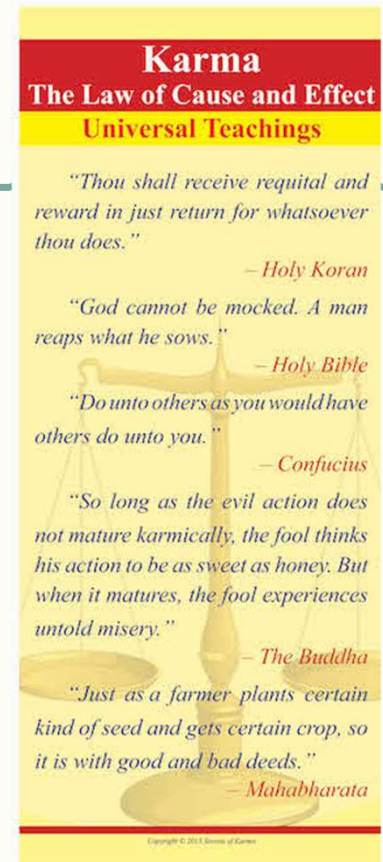
No matter what you do, all your actions are governed by

- The law of Harvest
- The law of Lag time
- The law of Multiplier effect



4

- Karma is a Universal Teachings.
- It is not associated to any religion or sect in particular.
- It has been mentioned in different religions and their holy books.



Karma
The Law of Cause and Effect
Universal Teachings

"Thou shall receive requital and reward in just return for whatsoever thou does."
– Holy Koran

"God cannot be mocked. A man reaps what he sows."
– Holy Bible

"Do unto others as you would have others do unto you."
– Confucius

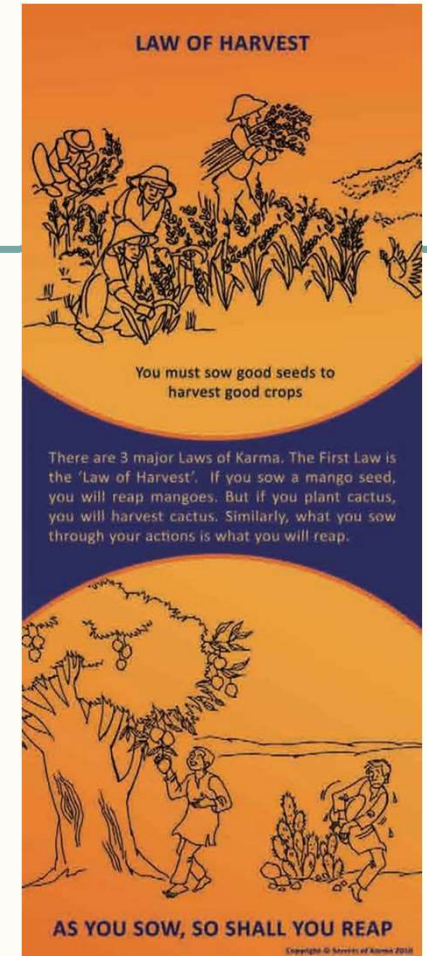
"So long as the evil action does not mature karmically, the fool thinks his action to be as sweet as honey. But when it matures, the fool experiences untold misery."
– The Buddha

"Just as a farmer plants certain kind of seed and gets certain crop, so it is with good and bad deeds."
– Mahabharata

Copyright © 2013, Devotee of Karma

5

- There are essentially 3 ‘Laws of Karma’.
- The First Law is the ‘Law of Harvest’ which is well expressed through the proverb: “As you sow, so you reap.”
- If you sow a seed of mango, you can reap mangoes, but if you sow cactus, you can only harvest cactus. Similarly, whatever you sow through your actions is what you can expect to reap.
- If you have planted cactus, prayers cannot help you to harvest mangoes out of it!




6


- The Golden Rule is: **“Do unto others what you would want others do unto you.”** If you want others to be kind to you, you must be kind to others, not only with your actions, but through your thoughts and speech.
- The Golden Rule also states: **“Do not do unto others what you would not want others to do unto you.”** Do not steal the credit that belongs to others. Do not covet the spouse of others. Any harm that you cause to others will eventually come back to you, though you may not face it immediately.

Golden Rule

“Do unto others as you would have others do unto you.”



“Do not do unto others what you would not want others do unto you.”

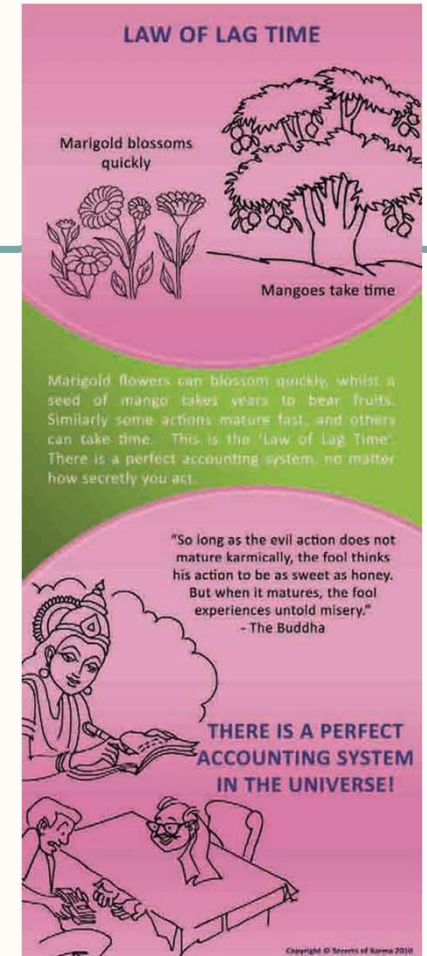


Do not covet other's spouse!

Copyright © 2011 Secrets of Kamasutra

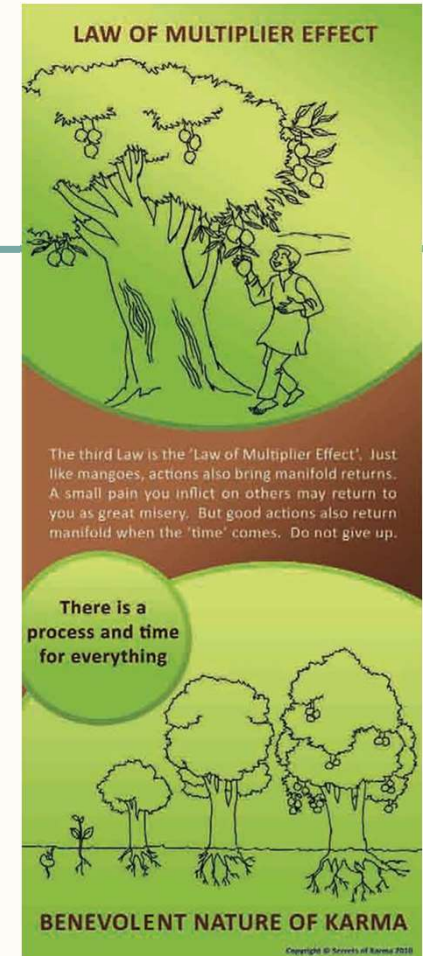
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- The Second Law is called the ‘Law of Lag Time’. Just as marigold can blossom quickly, but a seed of mango will take years to give fruits, some actions can mature fast, while some other actions can take time to mature. However, every action will definitely have a reaction; it is just a matter of time.
- There is a perfect accounting system that records all that you do, no matter how secretly you act. That is why the Buddha said: “So long as the evil action does not mature karmically, the fool thinks his action to be as sweet as honey. But when it matures, the fool experiences untold misery.”



8

- The Third Law of Karma is the ‘Law of Multiplier Effect’. It takes time for a mango seed to mature, but when it bears fruits, it does not give just one, but many. Similarly, every action brings manifold returns. A small pain you inflict on others may return to you as misery and misfortune.
- However, the Laws of Karma are applicable to positive actions as well. So, if you do good to others and do not get good things in return, remember the ‘Law of Lag Time’... Just as the seed has to go through a process before it bears fruits, there is a ‘time’ for everything to happen. It is said that, “In God’s Home, there can be delay, but never darkness.”



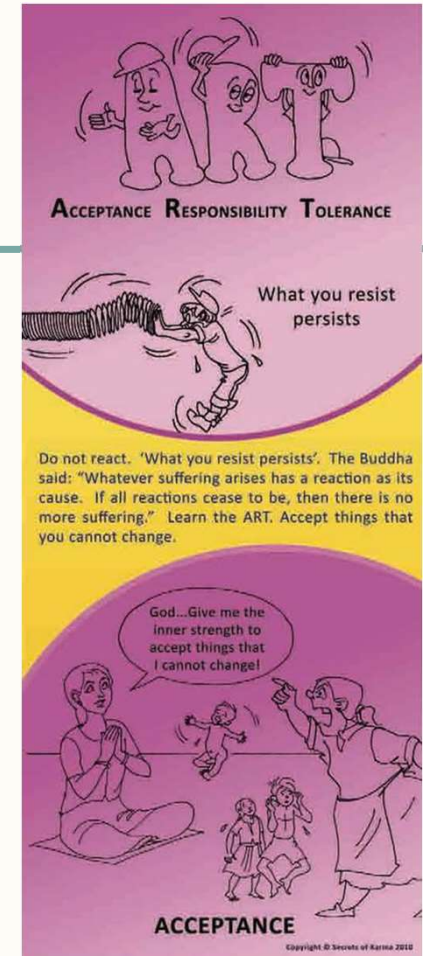
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- These three laws of karma influence all that you attract – people, events, health, wealth and happiness.
- The moment you set an action, the laws are put in force, and you realize the effects of your action as and when the conditions are conducive for it to mature.
- The situations and the people in your life is the result of your past actions
- Those situations and people bring us:
 1. the lessons we need to learn and
 2. fruits (good & not so pleasant) that we are entitled to
- We will discuss in the following banners some of the ways we can handle them peacefully



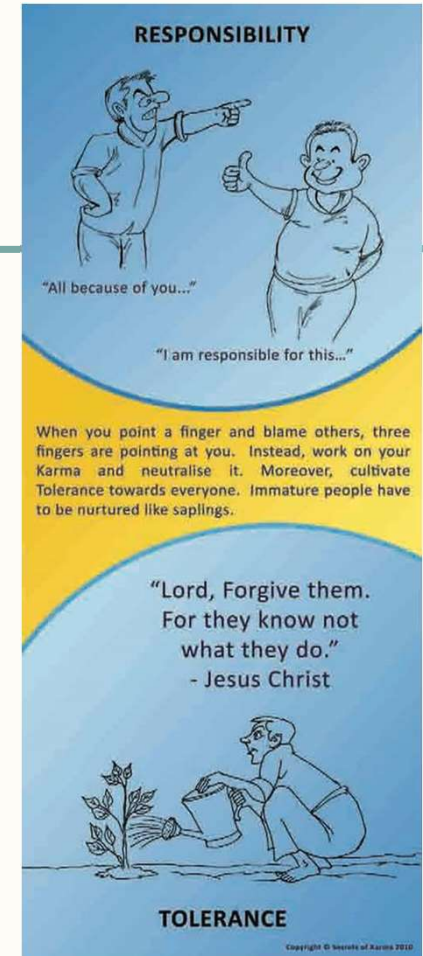
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- So, when there is a crisis, do not sit and worry. Invoke the blessings of God and Spiritual Masters.
- The first step is, to stop reactions. “What you resist persists.” The Buddha said: “Whatever suffering arises, has a reaction as its cause. If all reactions cease to be, then there is no more suffering.” If you want to end your sufferings, you have to stop reacting. You have to learn and master the ART - Acceptance, Responsibility and Tolerance.
- ACCEPT things that you cannot change. There is always a greater purpose to all that happens to us, though we may realise it much later. Moreover, you cannot reap something that you did not sow. All the miseries that you experience now, are the results of the pain you had inflicted on others in the past.



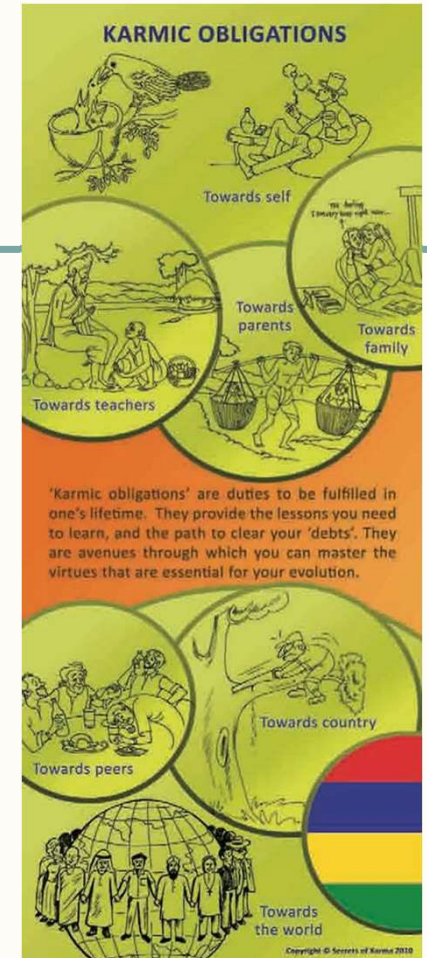
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- When you point a finger and blame others, three fingers point at you. You are responsible for all that you experience now. Work on your Karma with others. When you heal the past, the present will improve by itself.
- Cultivate Tolerance towards people who are not as matured as you are. When infants do something wrong, you do not punish them, but teach them gently. Similarly, some people are ‘spiritual infants’. They cannot behave like a grown-up adult. That is why Jesus Christ said, “Lord, Forgive them. For they know not what they do.”
- Immature people have to be nurtured like saplings. As you help them to evolve, you will also progress. This is the essence of life.
- Remember the ART... Acceptance, Responsibility and Tolerance. This is the first step to balance your past negative actions.



12

- The second step is to fulfil your Karmic obligations. •Your first obligation is towards yourself. Never abuse any of the resources given to you, including your body. For 'you will lose what you abuse'. Moreover, even if you find your life miserable and meaningless, you can still use all that you have for the benefit of others and balance your Karma. Suicide never releases you from your Karmic Debts... it only makes it more severe. There is no 'Easy Escape'.
- •You have a Karmic Obligation towards your spiritual teachers. We call them Gurus – the ones who dispel darkness and bring light. •You have a Karmic obligation towards your parents. You can never have lasting peace and progress in life when you ignore your responsibilities towards them.
- •You choose a family based on your Karmic connections with them. You have a deep Karmic obligation towards all the members of your family. Also, never have extra-marital affair. This breach of trust will eventually bring great misery and misfortune.
- •No one ever comes in your life by coincidence. You have a Karmic obligation towards your friends and all those who come in contact with you. Help them to become spiritually strong and lead a purposeful life.
- •We have a Karmic Obligation towards our Mother Land. First of all, never talk ill of our country. It is like the one who is cutting the branch on which he is sitting! Our collective good thoughts and good feelings towards our Mother Land will make Her strong and prosperous. Support our country in every way. Help spiritual institutions and humanitarian organisations. Support voluntary groups and be a part of community service. The 'good Karma' will return to you manifold, through success in your life and career.
- •Lastly, you also have a Karmic Obligation towards the entire World. The World is One Family. We are connected with everyone and whatever that happens to others in any part of the world will subtly affect us as well. It is impossible to be truly at peace when the rest of the world is in pain. You have to make the world a better place to live through any means possible.



- You do not have to pay all your debts through sufferings only. You can generate “Good Karma” to partially neutralise your negative Karma through Service & Sharing. You need to devote time for community service and to serve people in need. Help orphanages, elderly homes, and spiritual institutions. You can also do service by blessing or sending prayers to people in difficulty. Bless the world, your country, your work place and people in your life. Bless your teachers as well.
- Together with service, sharing your earnings with the people in need is also very important. As per the law of Multiplier effect, whatever you give will return to you manifold. Moreover, if you are having too many obstacles and problems in your life, often it is due to lack of balance in your ‘Bank of Karma’.
- Sharing needs to be done secretly. If you do charity for publicity, then the good Karma that you generate will be used up in earning ‘name and fame’. That is why Jesus Christ said: “Let the left hand not know what the right hand gives.”



14

- A deep feeling of gratitude for all that life has offered, itself is good karma, and brings more joy and success
- Ingratitude is a severe ‘Negative Karma’, attract misery and scarcity that can prevent you from attracting good things in life.
- Sometimes, people even talk ill of the person who had supported them in difficult times.
- Remember, “You lose what you abuse”

Attitude of Gratitude!

“If you see what is there, it is heaven. If you see what is not there, it is hell.”
– Swami Sahajananda



A deep feeling of gratitude for all that life has offered in itself is positive karma and brings more joy and abundance to life, while ingratitude is bad karma that attracts misery and scarcity.

Never abuse any resources including time, money and good people in your life, so that you would not be deprived of them in future.

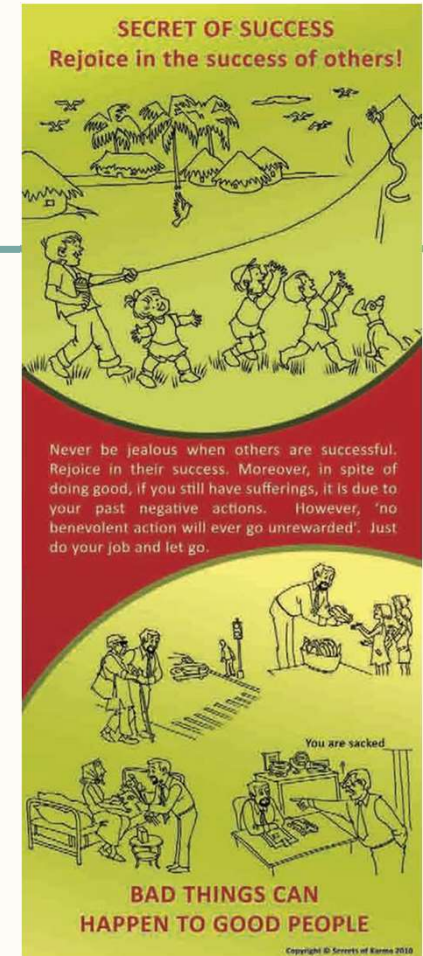
You lose what you abuse!



“A man who misses his opportunity, and the monkey who misses his branch, cannot be saved.”
– Indian proverb

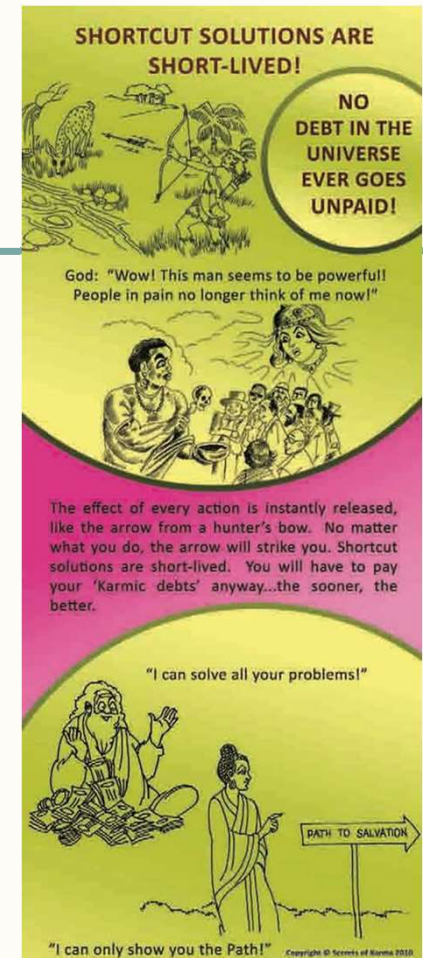
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- Do not be unhappy when you do not get what you wanted. And never be jealous of someone's success. This will block your own success. No one ever receives something that does not belong to him. Rejoice in the success of others. Bless and help people to become successful. When you support others, you will be supported. This is the law.
- However, in spite of being kind, generous and compassionate, if you still have pain and sufferings, it is due to your negative actions of the past. But your present good actions will also return to you manifold when the 'time' comes. 'No benevolent action will ever go unrewarded'. So, your job is to 'do the best, and leave the rest'.



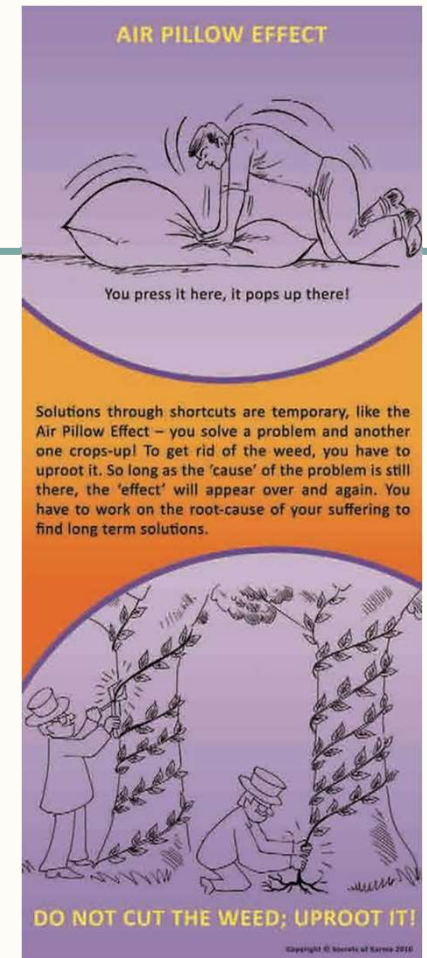
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- You will have to face the consequences of your past negative actions. The effect of every action is instantly released, like the arrow from a hunter's bow. No matter what you do, the arrow will strike you.
- So, do not waste your time, energy and money in finding solutions through shortcuts. 'No debt in the Universe ever goes unpaid'. You will have to pay your 'Karmic Debts' anyway... The sooner, the better.
- Great Masters have never said that they can solve your problems. Even the Buddha said: "I can only show you the Path to salvation. You have to walk on the path yourself."



17

- Even if you find solutions through shortcuts, it will be temporary. It is like the Air Pillow – you press it on one side, it pops up on the other side... You solve a problem and another crops-up!
- You can never get rid of the weed by simply cutting it; you have to uproot it. So long as the 'cause' of the problem is there, the 'effect' will appear over and again. You have to work diligently with your past Karma and neutralise its effects to find long term solutions.



- You can avoid incurring severe ‘Karmic debts’ by paying attention to simple things.
- There are several ‘Petty Actions’ of Karma and the first among them is ‘thoughts’.
- Talking ill of others attracts “ill effects”. It is like throwing stones at the bee-hive. The Buddha said: “It is little harm if one loses money in gambling with dice, even losing everything, including oneself; but if one talks ill of others, it is of greater harm. Insulting people of real worth, bearing ill-will in thought and speech, lead to eons upon eons of misery.”
- Neither Gossip nor encourage others to Gossip, for both are ‘Negative Karma’ and will attract intense misery and pain when this Karma matures
- Anger attracts misery and bad luck. Anger also binds you with people and events and compels you to attract similar people and problems over and again.
- Also, never have hatred towards anyone. Due to the “Karma of Attraction”, whatever you hate in others will become yours sooner or later. If you hate a particular race, community or religion, you will be forced to attract that environment.

Petty Actions, Mighty Reactions.



1. Gossip and Slander

"It is little harm if one loses money in gambling with dice, even losing everything, including oneself. But if one talks ill of others, it is of greater harm. Insulting people of real worth and bearing ill-will in thought and speech lead to eons upon eons of misery and pain." —The Buddha

The bad karma of gossip and slander attracts untold pain and sufferings. Avoid needless trouble with worthless talks.



You know... she had an affair with boss...

God bless you!

2. Immorality

No matter how secretly you have extra-marital affair, this breach of trust will come back to you as intense pain. Do not bargain tons of problem for a handful of pleasure.



Yes, darling wife, I am very busy right now...

3. Lies

Lies beget bad karma. While the effects of malicious lies and gossip are grave, even simple lies become an obstacle in your spiritual development.



"I took a sick leave today!"

4. Anger

Anger causes much harm not only to you, but to others as well, and hence a bad karma. Frequent anger attracts bad luck and negative events.

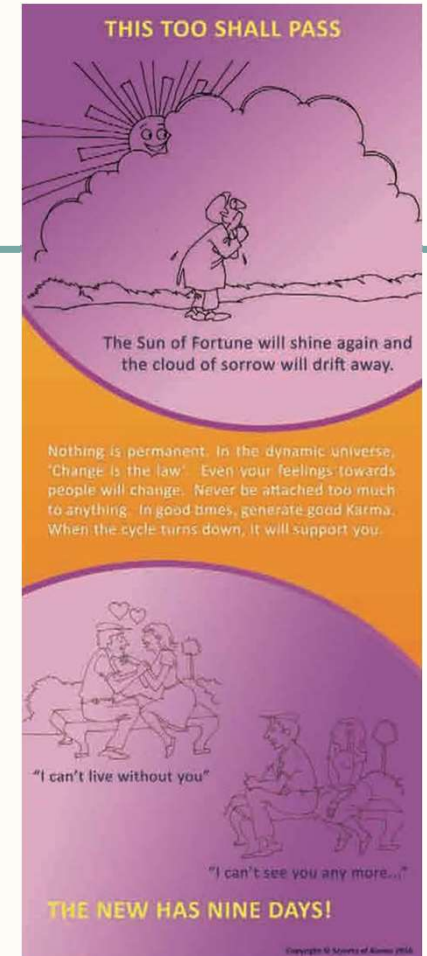


Anger burns and binds.

Copyright © 2013 Bureau of Karma

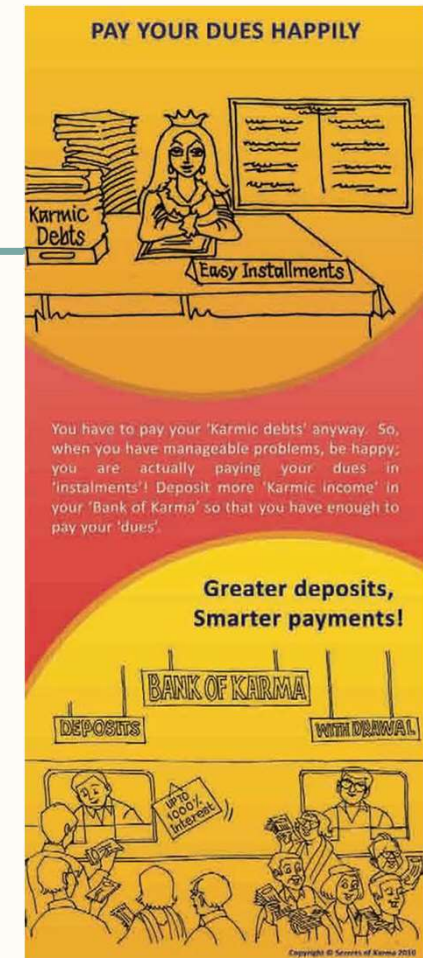
19

- So, when misfortune strikes, do not be sad. Remember: when the cycle comes down, it will definitely go up. Never give up! Just keep on doing your best, and wait for the divine time. You will make it.
- Also, remember that nothing is permanent. Even your feelings towards people will change. The ancient proverb says: “The new has Nine Days!” Therefore, never be attached too much to anything in life. Take advantage of good times and keep generating ‘good Karma’ so that when the Cycle turns down, it can support you.



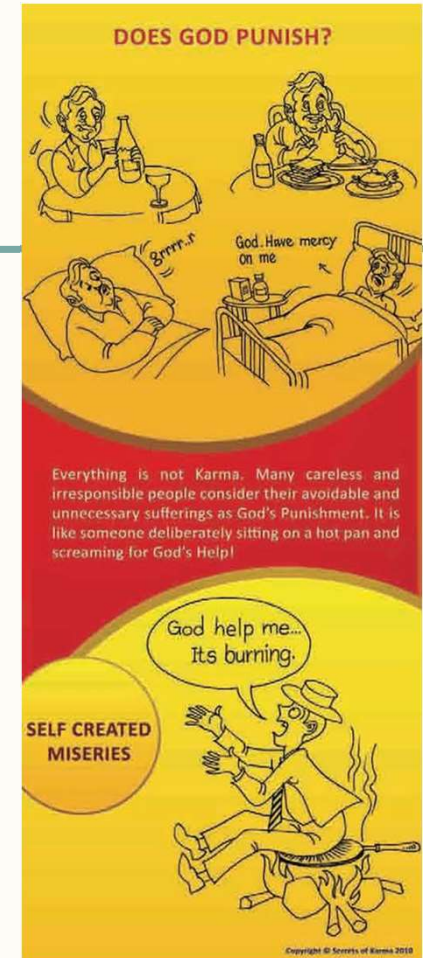
20

- You have to pay your 'Karmic debts' anyway. So, when you have manageable problems, be happy; you are actually paying your dues in 'instalments'!
- Keep generating good Karma through 'Service and Sharing' and deposit more 'Karmic income' in your 'Bank of Karma'. You will then have enough to pay your 'dues' comfortably, without the need to endure much pain and sufferings.

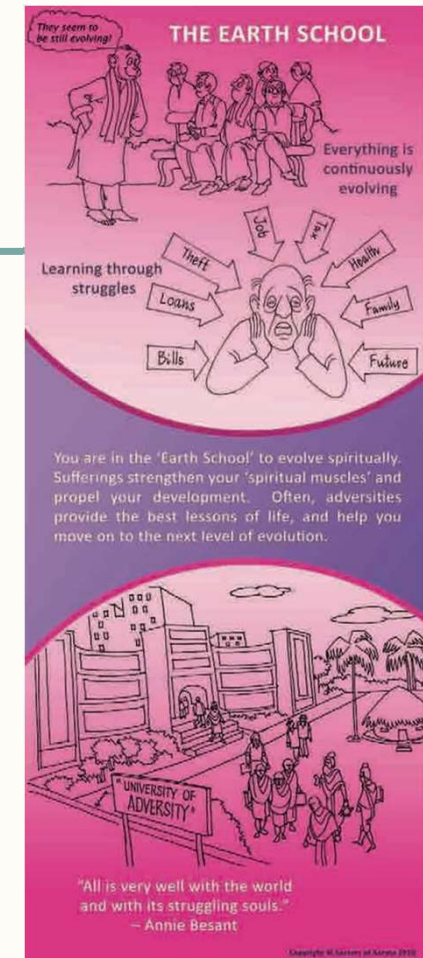


21

- God neither punishes nor rewards anyone. He simply bestows wisdom to do right actions.
- We choose our actions but blame God for the consequences of our choices!
- Let's work on the cause of the suffering to heal the effect.



- Everything in the Universe is constantly evolving . The essence of the Creation is evolution. You are in the ‘Earth School’ to learn and to evolve spiritually. Good or bad, situations & conditions of life provide experiences and lessons that are essential for your spiritual growth.
- Pain and sufferings by themselves are not bad. In fact, they strengthen your ‘spiritual muscles’ and propel your spiritual development. So, rather than looking for solutions for every problem of life, focus on the lessons they provide. Work diligently with your Karma, respecting the ‘Laws of Nature’.
- Refrain from unwholesome actions and activities and keep generating good Karma through kind and compassionate actions. Your life will definitely get better.





23 Banner about the books + Praise about the books

- Secrets of Karma – 60 Keys that unlock a fuller richer life for you
- Secrets of Karma – Teen Edition (English)
- Secrets of Karma – Teen Edition (Hindi)
- Secrets of Karma – 60 Keys that unlock a fuller richer life for you (Telugu)

24 - Informative banner



**Centre For Natural
Healing And Meditation**

**A Non-Profit Charitable
Institution and NGO**

**Energy Healing,
Meditation, Courses,
Community Service**



HOLISTIC
REIKI

PH PRANIC
HEALING
Arhatia Yoga

Secrets
of KARMA



I Am Better

Waters Management
Eco Mind

LUMIERE MALRICE
MISSION 2024

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www.centrefornaturalhealing.org

25 - Informative banner



靈氣 HOLISTIC REIKI

Physical health
Relationships
Prosperity
Spirituality

Reiki, a divine energy with innate wisdom

- A deceptively powerful 'hands-on' or "hands-off" energy healing technique
- Safe, simple to learn, easy to practice
- Learn how to scan, heal and energise oneself and others
- A divine energy with innate wisdom
- 100+ years of Reiki with over 4 millions Reiki practitioners worldwide


HOLISTIC REIKI

"Reiki will spread all over the world, healing the people & the Earth as a whole."

DR MIKAO USUI, FOUNDER OF USUI REIKI RYUHO

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26 - Informative banner

A vertical banner graphic for the 'I Am Better' course. The background is white with a subtle sunburst pattern of light grey rays. At the top, there is a stylized logo of a person in a dynamic, jumping pose, colored in orange, red, and blue. Three blue stars of increasing size are positioned above the person's head. Below the logo, the text 'I Am Better' is written in a blue, sans-serif font, with a registered trademark symbol. Underneath, a quote in black text reads: 'Every day in every way, I am getting better & better - Émile Coué'. Further down, the text 'FREE Course on Core Personality Development' is displayed, with 'FREE Course' in red and 'on Core Personality Development' in blue. At the bottom, three lines of text are listed: 'UNDERSTAND the root cause of challenges.', 'FIND lasting solutions.', and 'LEAD a fuller, richer life', all in blue.

I Am Better®

Every day in every way,
I am getting better & better
- Émile Coué

FREE Course
on
Core Personality Development
UNDERSTAND the root cause of
challenges. **FIND** lasting solutions.
LEAD a fuller, richer life

27 - Informative banner



KARMA PARK.

Situated in a beautiful and serene sanctuary at centre of Mauritius, the Karma Park demystifies the universal law of cause & effect, Karma.

AWARENESS HEALS!

In a very simple and practical manner, it helps to understand all that is happening in our life and provides access to deep spiritual tools to lead a stress-free and purpose driven life.

We invite you, your family and loved ones to a unique life transforming experience. Register now for guided visit. Free & open to all.

Centre for Natural Healing & Meditation

 [@ https://www.cnhm.mu](https://www.cnhm.mu) ☎ 5 704 3073 | 426 0586
262, Sookdeo Isaur Lane, Bonne Terre, 73304, Vacoas-Phoenix, Mauritius.

28 - Informative banner



**Billion Minutes Of
Eco Mind**

**Better thoughts,
Better world**

1. Everyday at 8.30 PM JUST FOR A MINUTE
2. Maintain a positive state of mind and emotion.
3. Consciously share and radiate this energy to the world.

The synergy effect will

1. gradually disintegrate negativity and create a positive atmosphere
2. progressively heal the minds of people
3. bringing greater peace, clarity and the will to do good.

***True Eco-Friendliness begins with
a positive state of mind.***

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CENTER FOR NATURAL HEALING AND MEDITATION

Activities

ABOUT US

C N H M

2

The Centre for Natural Healing and Meditation (CNHM) is a spiritual organization registered as a NGO and a Non-Profit Charitable Institution founded by Master Sangeeta and Master Vijay Raghavan in the year 2000. The centre is a volunteer based organisation and is committed to helping and guiding people towards a fuller, richer life, through Energy Healing, Spiritual development and meditation, and community service through awareness programs on spirituality and right livelihood.





WHAT WE DO

C N H M

1 ENERGY HEALING:

Energy Healing techniques are very useful in improving the conditions of the Aura, the Chakras, the energy channels and the affected parts of the body. The energy Healing techniques are systematic to clear out diseased energies and energy blocks from the energy body and the affected body parts and to increase the flow of life energy in the human system, thereby accelerating the healing process to restore back a better physical, emotional and mental well-being.

2 MEDITATIONS

Meditation helps to achieve calmness, stillness, to have a healthier body, purer mind, to attract positive things or people and to increase your good luck. With the regular practice of meditation, the person feels happier, becomes more intelligent, develops intuition or achieve illumination.

3 REIKI COURSES

Reiki is a gentle, nonintrusive energy healing technique that is safe for babies, children and adults of all ages. It forms part of energy medicine within the scope of complementary and alternative medicine (CAM) therapies

OUR SERVICES

C N H M



Yoga Classes

Join our weekly yoga classes and practice to connect the mind, spirit and body through the process of meditation and controlled breathing for a happier and healthier life..



Children Holiday Program

Special program for children between 7-12 years. During this 3 day course, children get to learn about the different values and virtues, the benefits of right thoughts, words, and actions. Follow a healthy lifestyle by learning simple physical and breathing exercises.



I am Better

IAB is a free course designed to help people bring more awareness in their lives to become a better version of themselves. They are taught about two important concepts, the world of energy and secondly the immutable laws of nature. The aim is to make the world a better place to live by starting with one person. Every time you change one person's world, a butterfly effect is started which in turn can help change the society, our country and the world at large.



Lumiere Maurice Project – The Great Invocation

It is a project to make our country a spiritual paradise by the year 2024. The aim is to transform the lives of individuals by bringing awareness making our country an exemplar to the world. The Great Invocation for Mauritius is a prayer practiced daily by many, intending to bless and transform our country and its people with Light, Love and Power.

BILLION MINUTES OF ECO MIND

C N H M

5



This project has been designed to raise awareness on the impact of our thoughts on the world. Thoughts are energy and thoughts carry power. The negative thought generated on a daily basis by the collectives accumulate in the inner world resulting calamities, war, accidents and chaos.

Everyday if one billion people just for one minute generate only positive thoughts, the cumulative effect will progressively disintegrate the negativity and bringing greater positivity.

If you wish to be part of these two projects kindly join us daily at 6:50 am and 8.20 pm to be part of this global movement.



Technology

Centre for Natural Healing and
Meditation



Agenda

Facebook Live

Photobooth / Testimonial

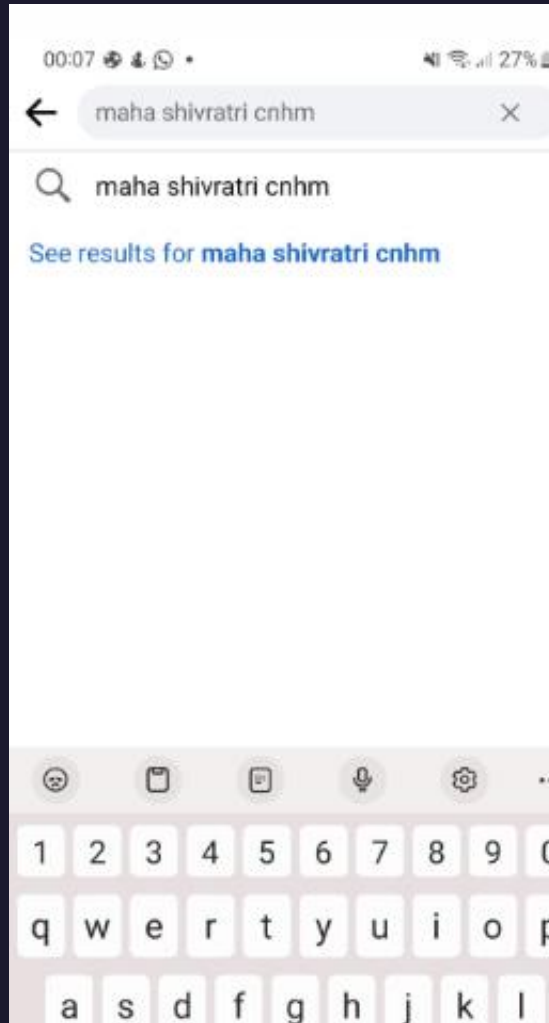
Speaker



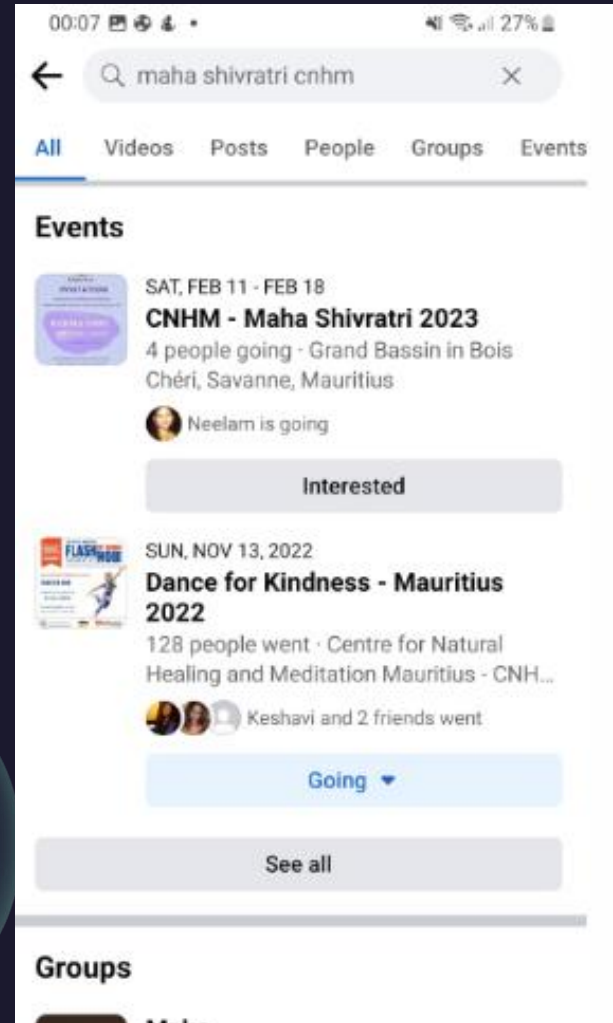
FACEBOOK LIVE



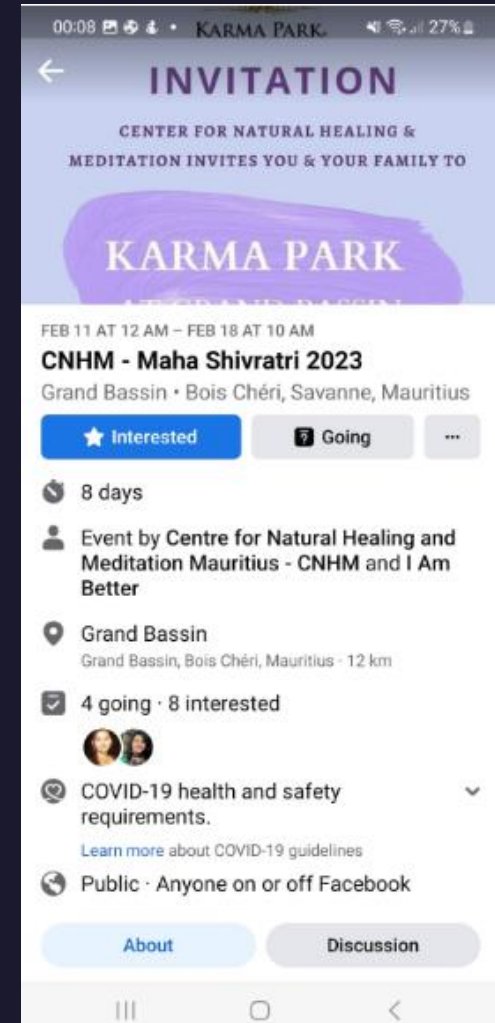
Facebook Live



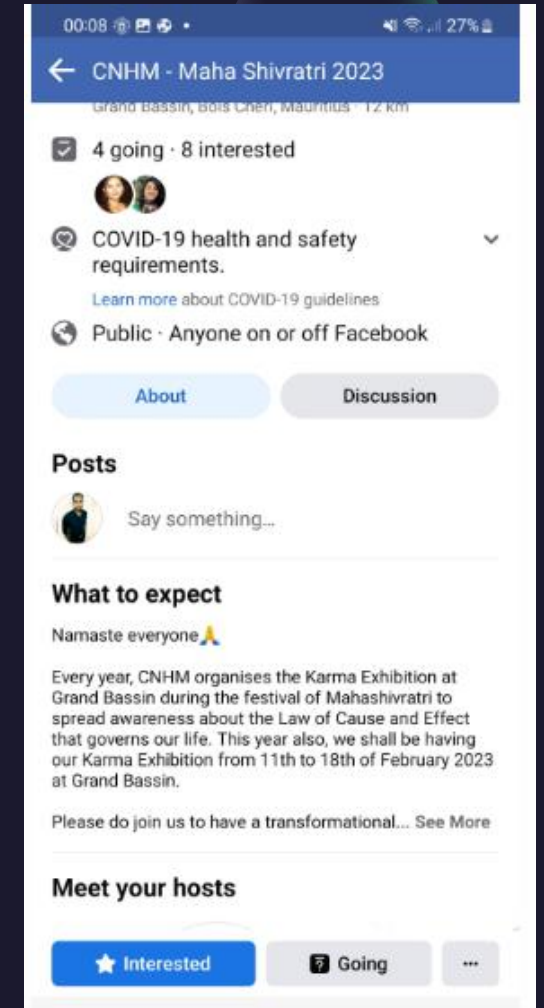
Search: Maha shivratri cnhm



Click on the first event

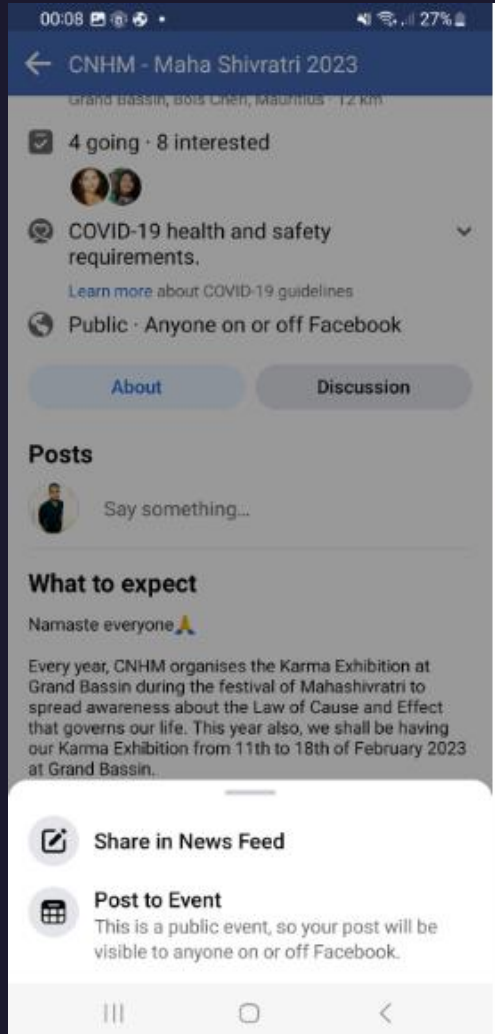


You will be presented with this page

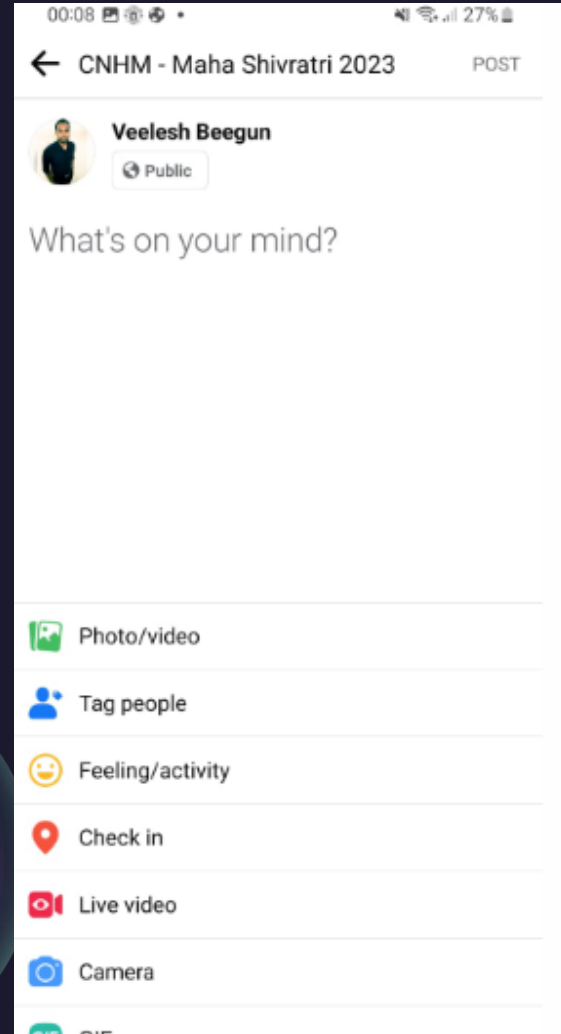


Locate "Say something"

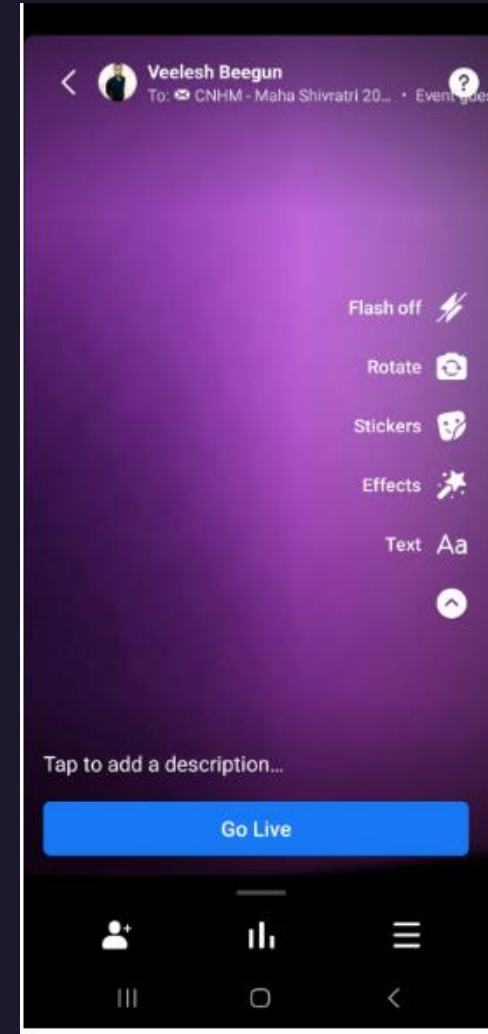
Facebook Live



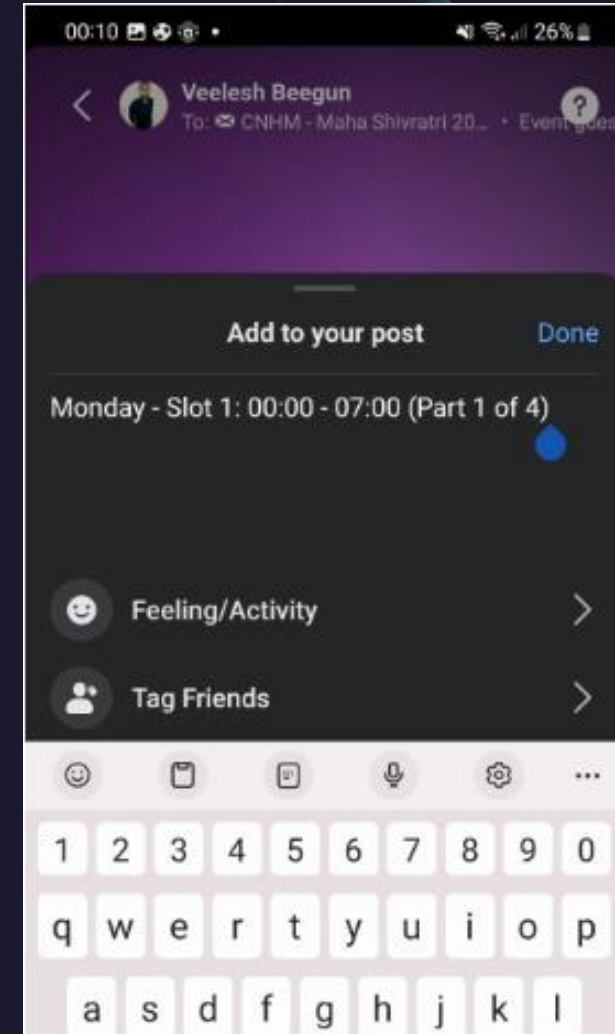
Click on “Post to Event”



Then click on “Live video”

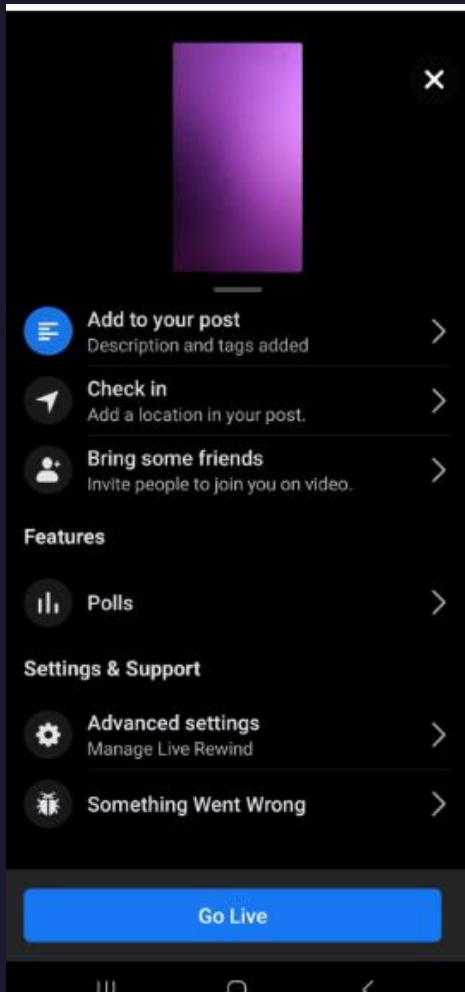


You will then receive a page like above

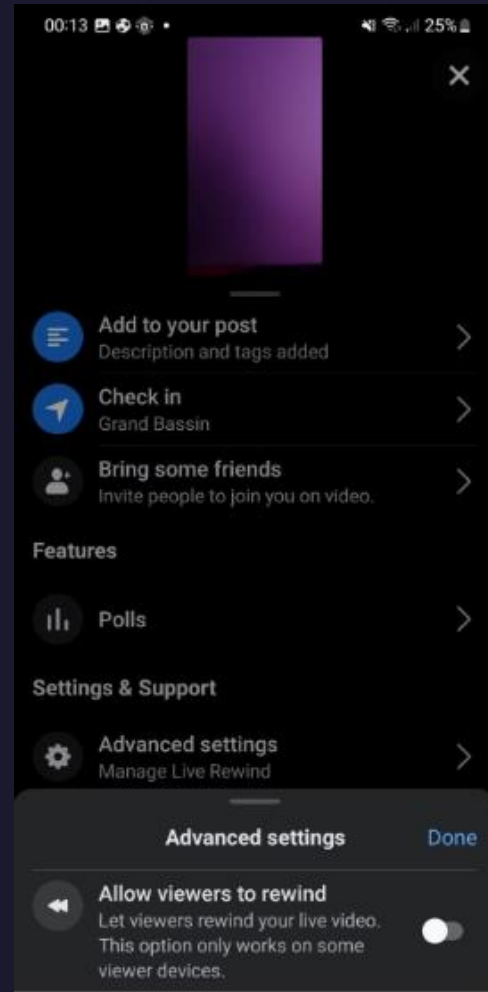


Add a description:
[Day] – [Slot num]: [Time]
[Part num]

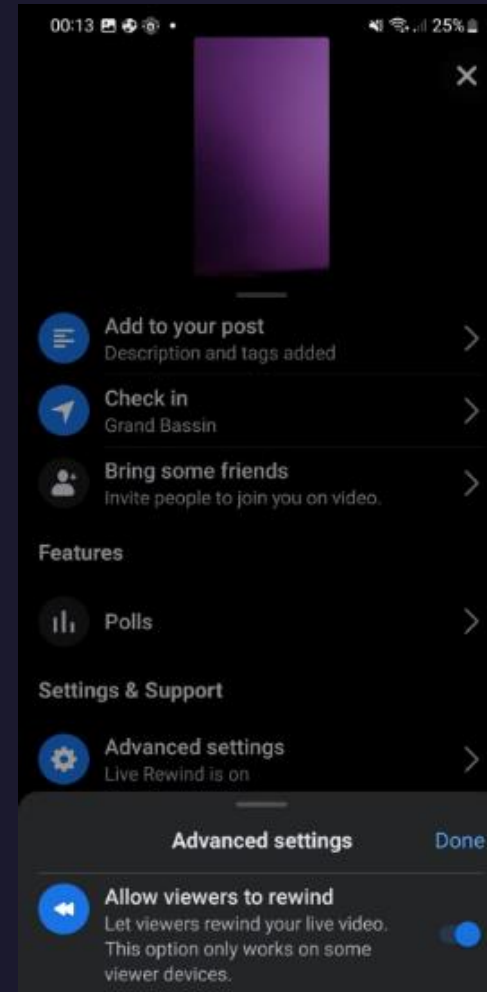
Facebook Live



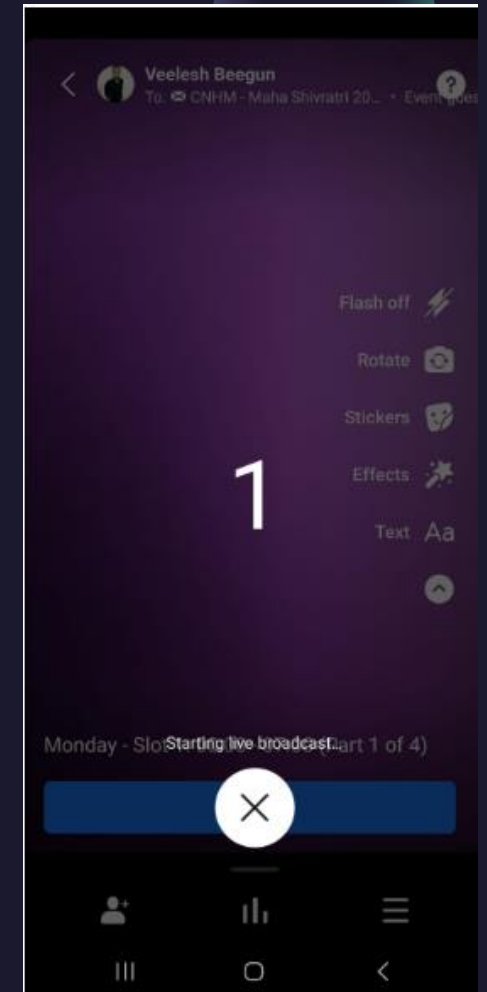
Click on “Advanced setting”



You will be presented with the above setting.

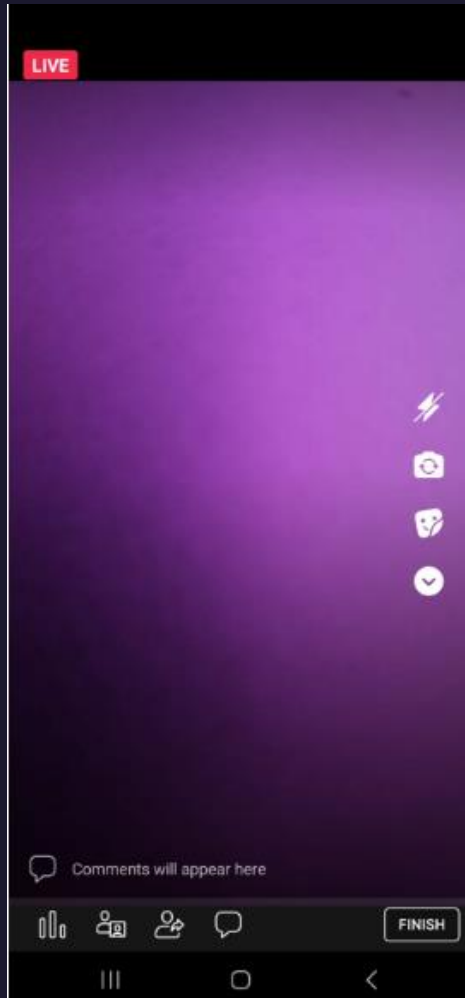


Turn this option “On” and then click “Done”

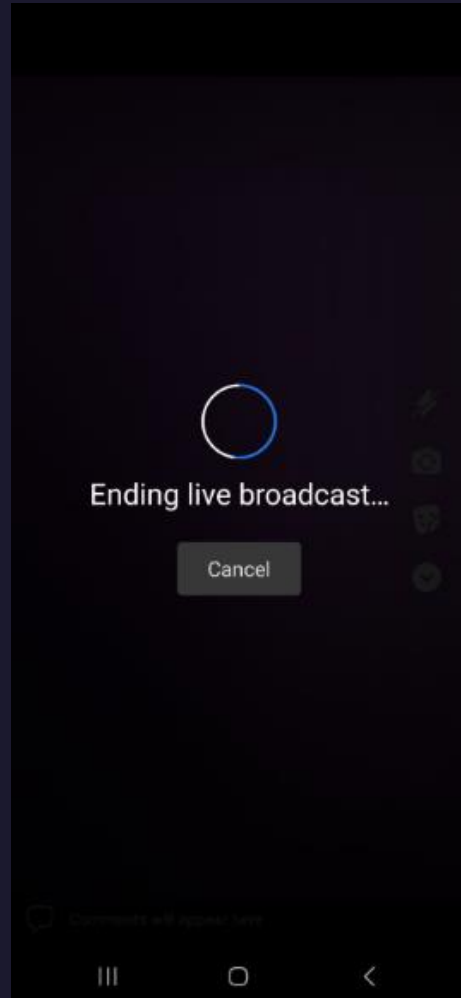


Click on “Go Live”. A countdown will appear

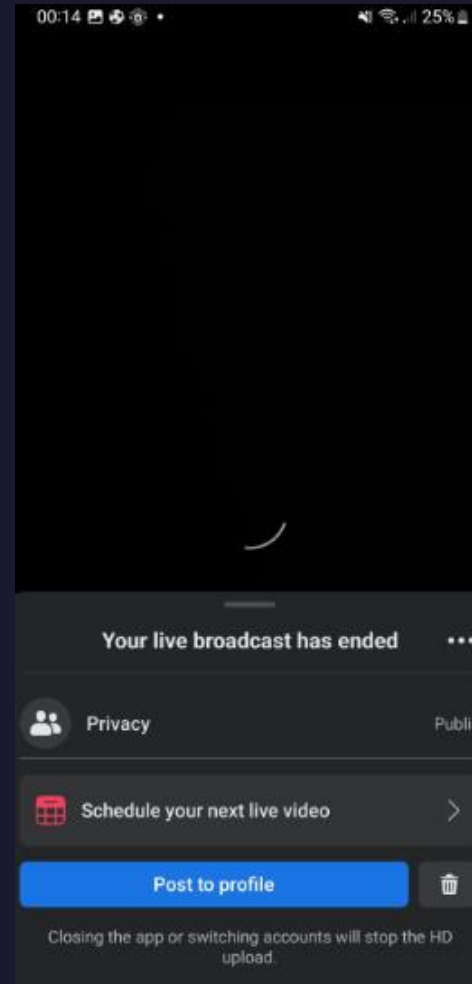
Facebook Live



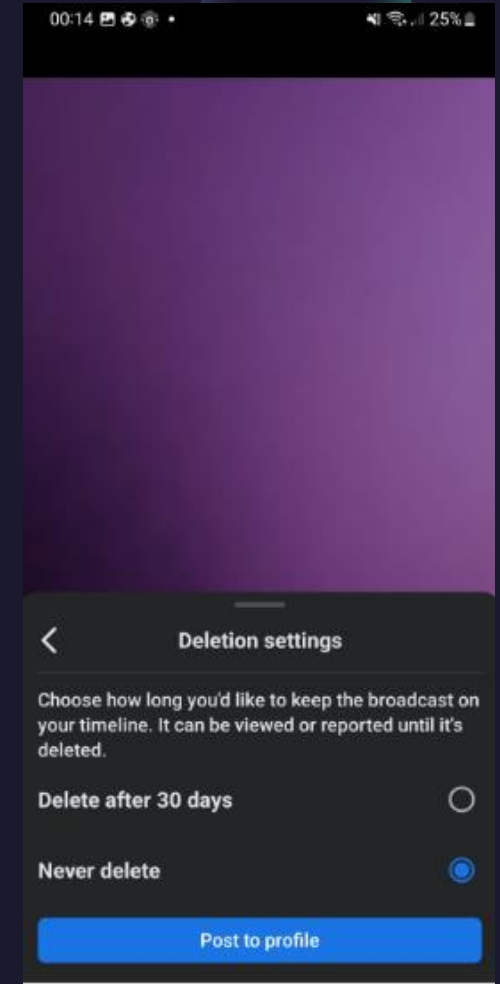
You live session will be like the one above.



To end the live click on "Finish"



Click on "Post to profile"



Select "Never delete" then click "Post to profile"

Testimonial / Photoshoot

Testimonial / Photoshoot

- The light section should be facing the audience.
- Use the light only if required.
- Place the phone in the holder in portrait mode.
- Main camera of the phone should be facing the audience.
- Record
- Upload in link below if Testimonial:
<https://drive.google.com/drive/folders/1fCgC9TczFAa-EEU6g8TuRleVODvdTsqd?usp=sharing>
- Upload in link below for Photos:
<https://drive.google.com/drive/folders/1DigdzPILLhDS98erXiAHMoy8oBUn-fuZ?usp=sharing>
- In both link above, choose the appropriate folder and upload your content.



Speaker



Power on the device using the button above.



Power up the device using the cable. Note: do not overcharge the device.



Hold on to the button in the above picture and connect your phone to the speaker using bluetooth.

Thank You

