

# **ATMA MEDITATION: BEYOND KUNDALINI**

**We are not human beings having a spiritual experience. We are spiritual beings having a human experience.**



**Most advance comprehensive evaluation of meditation systems. Analysis through ancient scriptures, historical testimony and scientific research. Practical analysis of several meditation methods, and a potent meditation based on Buddha's 49 days meditation under the Bodhi tree and Jesus' 40 days Temptation in the wilderness.**

**Course Teacher: the Hanlin Strategist**

**Dr ONG HEAN TATT Ph.D**

---



Unique most advance comprehensive meditation  
**ATMA MEDITATION BEYOND KUNDALINI**

Potent meditation based on **Buddha's 49 Days Meditation under the Bodhi Tree & Jesus' 40 days in the Wilderness!**

Author shares over 40 years successful experience in two meditation types

Highly scientific, very comprehensive analytical review of meditation.  
Religion based, examination of ancient sacred scriptures, historical testimony.  
Scientific statistical analysis, medical findings of brain & hormones changes.  
Lower meditation involves auto-hypnosis and autosuggestion

**Unique Secrets:** Correct chanting of Power Hymns to pass through "Veil".  
Creation of "Power Energy Ball". Milky Way as physical flow channel of  
Purusha-God's energies. Statistical proof that Gayatri mantra, Heart Sutra and  
Psalm 146 are the same power hymn! Hidden "OM" Secret. Etc.

Over 500 pages A4 information rich reference manual.  
In-depth, equivalent to university degree course



**Benefits:** Peace of Mind, Physical Health, Mental Performance, Career and Business Success, Psychic Powers, Healing, Communion with God

**How to Do Applications of Meditation:**  
Lower Prana, Higher Prana, Kundalini, Chakra, Mandala, Mantra, Singing Bowl, Supernatural Powers, Shaman Ayahuasca Dream Meditation, Gayatri Mantra, Vipassana, Atma Meditation, etc.

**Date:** 7 days, August 19-25 2018  
**Venue:** "Ming Tang" area in Genting Highland foothills, Pahang Malaysia  
**Fees:** US\$3000, including meals and accommodation  
**Contact:** [quiunicorn@gmail.com](mailto:quiunicorn@gmail.com)

Each day 8 am to 5 pm with evening sessions, with many power exercises  
Delicious non-vegetarian meals  
No nonsense rules like "Wake up at 4-5 am", "Cannot talk to each other".

**Table**      **Time Schedule for Ultimate Atma Meditation Program (provisional)**  
**Development of Ultimate Atma Meditation through sequential progressive steps of**  
**Lower Prana, Higher Prana and Atma Meditation**  
**Course demonstrates Universalism in Great Religions of Vedas, Sutras & Holy Bible**

	<b>Exercises</b>	<b>Lectures</b>
<b>Day1</b> Morning Early Morning Later  Afternoon Early Afternoon Later Night	Arrival at Venue Daily Starting Exercises Group Meditation  Lower Prana : "Empty Mind" Lower Prana : "Empty Mind": use object	Purposes of Meditation   The Photon Matrix Immortal Soul in You Differences between Prana and Atma
<b>Day2</b> Morning Early  Morning Later  Afternoon Early Afternoon Later Night	Daily Starting Exercises Lower Prana : "Kung-An Mantra" Lower Prana : "Kung-An Mantra"  Lower Prana : "Affirmation" Higher Prana: Shiva Yoga Meditation  Chakra Exercises	The Chakra System, with Chakra Tests
<b>Day3</b> Morning Early  Morning Later  Afternoon Early Afternoon Later Night	Daily Starting Exercises Lower Prana : "Walking Meditation" Lower Prana : "Walking Meditation"  Higher Prana : Chakra Meditation" Higher Prana : Chakra Meditation"	Scientific Research: Hormones in Meditation Where, When and Duration of Meditation
<b>Day4</b> Morning Early  Morning Later  Afternoon Early Afternoon Later Night	Daily Starting Exercises Group Meditation - Interview Higher Prana: "Power Mantra Meditation"  Higher Prana: "Power Mantra Meditation" Higher Prana: "Power Mantra Meditation"  Exercises: Transmission of Energy	Gayatri Mantra, Heart Sutra, Psalm 146   "Veil" and Milky Way Secrets
<b>Day5</b> Morning Early  Morning Later  Afternoon Early Afternoon Later Night	Daily Starting Exercises <b>Higher Prana : "Healing Secrets of Ages"</b> <b>Higher Prana : "Healing Secrets of Ages"</b>  Atma Medtation: Vipassana Atma Medtation: Mandala (Tushita)	<b>"Armour of God" Pranic and Atma Shield</b>   Buddha's 49 Days Meditation at Bodhi Tree Jesus's 40 Days Temptation in Wilderness
<b>Day6</b> Morning Early  Morning Later  Afternoon Early Afternoon Later Night	Daily Starting Exercises Atma Medtation: Diamond Sutra 1 Atma Medtation: Diamond Sutra 1  Atma Medtation: Diamond Sutra 2 Atma Medtation: Diamond Sutra 2	Rigveda 10.90, Lotus Sutra 25, Ezekiel 1
<b>Day7</b> Morning Early  Morning Later  Afternoon Early	Daily Starting Exercises Atma Medtation: Diamond Sutra 3 Atma Medtation: Diamond Sutra 3  Life Planner spreadsheet	

Singing bowl and meditation music to be played at certain occasions