





# “Healing Academy Week Andaluca” in Vera & Zurgena with Swami Sri Balendu ji

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*How to find us:*

-  [Chakra Dance Party \(Zurgena\)](#)
-  [Bamboo Yoga Center \(Vera\)](#)

## 1. General Information partly from newspaper articles

**The international Academy PLATON3000 is organizing a visit of his holiness Swami Sri Balendu ji in Southern Spain from:**

**10<sup>th</sup> July - 15<sup>th</sup> July 2007**

**At the largest German spiritual event some weeks ago - the Rainbow Spirit Festival - his visit and a speech on Sunday in a hall of the Congress Centre Baden-Baden was one of the highlights. At 14th July this speech – beside others - will also be held from Swami ji in the Bambus Health Centre in Vera.**

**from 10<sup>th</sup> - 13<sup>th</sup> July you have the possibility of appointments for private healing sessions in Zurgena/La Alfoquia**

a highlight of his visit here in Spain will be the

## “Chakra Dance Party”

**on Friday, 13th July** at the Exhibition Hall of the Manor House in Zurgena/La Alfoquia, where the ARTOL3000 Group and international Academy PLATON3000 is located.

**on Saturday, 14th July** Swami ji will speak at the Bambus Health Centre in Vera about his mission and

**on Sunday, 15th July** he will held a Chakra Workshop at the Bambus Health Centre in Vera.

In the lineage of saints and holy men of *Sri Dham Vrindavan*, the sacred abode of Lord Krishna, which is also one of India's most blissful and holiest cities, the name of *Swami Sri Balendu ji* needs no introduction. His Holiness is well known in the whole of India.

His grandfather was a widely known speaker, scholar, writer, musician and poet. He was invited several times by Mahatma Gandhi to give lectures. Goswami Sri Bindu ji Maharaj gave lectures where up to 2 million people attended. Therefore *Swami ji* was very much blessed to grow up in this atmosphere of deep spirituality.



His father recognized his son's deep spiritual abilities and became his Guru. At the tender age of 9 *Swami ji* was able to give spiritual lectures and followed in his family's traditions and the traditions of saints.

Several years ago Swami ji lived for 3 ½ years in a closed cave within his Ashram in India, where 30.000 people welcomed him at the end of this period.

Heinz Günther from ARTOL3000 Group – together with Frank H. Sauer founder and also a teacher and coach of the international Academy “PLATON3000”, explains:

“During 35 years of activities in European Business, combined since 18 years with my personal spiritual path, more and more I found my place and responsibility for the future as coach and business teacher. It is time to change the way of personal training and even more business training and consulting. Many started, also the Academy PLATON3000 is now following the path which is “linked to the past – opened to the future.”



We should not any longer ignore and strictly segregate our inner live and feelings from our external materialistic world if we want to increase lifequality in and around us for an example also for a more harmonic business life or later during a long positive and active retirement period.



This independently if in Northern Europe or for an increasing number of retiring people now in future here in Spain, where just laying in the sun or sitting in bars or restaurants, for sure sometimes is nice, but will this be enough to fulfill our real dream of a long lasting – why not increasing – lifequality, if there is a way?

Many is already written down in very old books, also interesting, especially in the last 10 years many bookwriters in the whole world personally practised and then actualise in new books the essence and experiences mostly in short form. But do we and will we take the time to look at it and also at the end is this alone really helping? Without additional experience of life, just reading it is difficult and often will not work, so another part – beside listening to life and reading books is an experienced coach or listening to teachers with personally past time experiences and long term or “life-long studies” and still kept or reawakend abilities on different sectors and levels, like Swami ji.”

“Under the umbrella” of the Academy “PLATON3000”, beside our own activities, we therefore organize in future coaching, teachings, workshops, seminars etc. from experienced business people, ex-directors, managers, bankers, bookwriters, artists, university teachers, people from TV and the expanding spiritual side of the movie-industry and - for sure very import and – also philosophers and interesting



wellknown spiritual teachers.

Therefore we are proud to welcome and organize here in this part of Andalucia a “Healing Academy Week” especially for and with Swami ji.

## 2.

### The Intention of this “Healing Academy Week” and visit from Swami ji

The intention of the visit from Swami ji is not only meeting people here, already practicing any spiritual path, it is also to inform and meet anybody interested in increasing lifequality and who wants to see what additional possibilities we still have. If we are open to listen and look inside of us - besides others - traditional Eastern philosophy and practisings can be very helpful. The message of Swami ji is independent from any religion.



We must not only visit universities, where for an example in Germany/Köln, Swami ji also is active, we have had and will have during our partly hard “personal life-university-experiences” many chances to discover useful information for our life, so in this week also here at the Costa de Almería. But did we always listen to our intuitions? Did we change after a lesson? Did we take time and look for other and additional possibilities? Therefore we invite together with Swami ji this week everybody, especially also people who have had never before contact to any spiritual or Indian tradition.



To act as a communication and contact platform between different teachers and cultures in several countries, beside others is the aim of PLATON3000. Therefore due to activities of managers from our various “3000 Group companies” in Europe, also more and more various wellknown spiritual movies in future will be shown in cinemas for an example as next soon the movie “The Prophecies of Celestine” after translation in German language.

People from PLATON3000 Academy inform on very different levels and about various traditions and act independently from any religions, so later everybody for himself can find out and test what worked, suits him best and brought positive results and is useful for his “life healing” to increase lifequality of himself and his environment, his private life, with friends, family or in business.

### 3.

#### Private Healing Sessions in Zurgena – La Alfoquia

Swami Balendu ji has been performing spiritual healing ever since he emerged from his three and a half-year penance in the cave. Swami ji carries out this healing and also performs Hatha Yoga and Kriya Yoga all over India as well as in Europe. He has brought spiritual peace to many souls, irrespective of colour, creed and spiritual beliefs.

The basic tenet behind *Spiritual Healing* is the concept of generating good energy in order to overcome all kind of negative energy. Negative energy creates various kinds of physical, mental and emotional problems for us. When there is an influence of negative energy, an imbalance is created and this leads to different kinds of problems.



With the blessings of his God and from the age-old power of ‘Mantras’, Swami ji receives good energy spiritually and transfers it through his touch. As soon as people get this good energy through Swami ji’s touch, the imbalance created by the negative energy is replaced by the flow of good energy.

However if there are any particular physical or mental problems it is possible for some people to book also private healing session during Swamis visit here in Andalucia.

The healing session takes approximately 20 – 30 minutes.

When our *chakras* are harmonized then our own healing agents become active again. The healing often speeds up and improves the extent of the recovery from an illness. However the spiritual healing can also complement conventional medicine.

So when *Swami ji* heals, he puts in good energy and helps to discard bad energy. There are many reasons for bad energy: it is partly created by our own pattern of thinking and living, which works against us. But which we often don't realize, as we internalize our own patterns too strongly. However we can also be effected by bad energies that are reflected in the society where we live.

For example when people face emotions like jealousy and hostility, a lack of love or because they are exposed to too much loud noise or other bad living conditions. There are various reasons for the existence of bad energy, which can be material, emotional, or they can be an outcome of our own ignorance or carelessness.

*Swami ji* performs what he calls a "Touch Therapy". His fingers move just lightly over the body and with the vibration in his fingers he transmits the healing energies into the body of the patient.



#### 4.

#### Preparation for Healing Session:

Please bring the following items with you for the healing session: a big towel to lie on during the healing session. A small token of appreciation for Sri Swami ji (This could be either some egg-less sweets, a flower, a fruit or the like).

This is a traditional gesture of gratitude and respect in India. You appreciate the spiritual and intellectual capacity of the healer with this gift.

There is no dress code. You are free to wear whatever clothes you feel comfortable in and which would allow you to lay in a relaxed manner on your stomach and your back. Please note that if you need healing on a specific part of your body (e.g.- leg, stomach, back etc.), you will be required to uncover that part in order for the touch healing to work most effectively by way of direct contact to the body.

Wearing make-up for the healing session should be avoided. Please avoid taking healing session on the first 3 days of menstrual period. Swami ji believes that by avoiding non-vegetarian food at least on the day of the session will help in bringing out the best results.

#### 5.

#### Invitation to your home or business for a blessing

Also Swami ji would like to let you know that he is extremely approachable and accessible if anybody would like to invite him to their home or business for a blessing. Maybe in your home you are experiencing an energy that is disturbing you in some way making you feel stressed, anxious or depressed, or at your work place an energy that is affecting your efficiency at work and making you feel unhappy.

Swami Ji's presence alone is healing. Swami Ji will diagnose the type of energy it is that you are experiencing, he will then use mantra therapy to remove all the negative energies in your home or business.

This will be an informal and relaxed visit. If you would like to invite Swami Ji for a healing, then please contact the organizer and Swami Ji would be very happy to oblige providing his schedule permits.

## 6.

## Chakra Workshop in Vera - a workshop that changes your energy positively -

The world of the chakras can be experienced and felt using all the senses. This was the underlying idea that gave rise to Swami ji in creating this extraordinary – experiential, sensual and tactile - workshop. In this workshop we will work with the 7 main energy centers of the human body, which are called chakras. Each of these energy centers is connected to each part of the body through energy channel (Nadis). Each Chakra has its own characteristics. Not only are they responsible for receiving and expressing energy but are also storage centers for our life experience and affect physically and mentally.

Swami ji will outline the characteristics and qualities of each Chakra and describe the physical, mental, emotional, sexual and spiritual problems that can arise if the energies of the chakras are unbalanced.



Leading a series of practical exercises Swami ji will guide us to get in touch with the energy of each chakra. Through specific chakra related postures (Yoga Asanas) we will experience how to activate the energy and will learn how to discover if there are any blockages.

Powerful breathing exercises (Pranayamas) will have a tremendous strengthening effect on the physical body. This will relieve stress, tension and depression. Relax the body and calm the busy mind and bring joy to soul. As a result of this, tensions will be released and peace as well as joy will be established.

To re-enforce this result, holy mantras that resonate in a specific way with the chakras will be used. A real experience of the vibration of the chakras will be the result. During meditation, focusing on colour, sound and chanting the workshop will give a wonderful overall experience that allows you to gain health and happiness.

Practicing regularly at home afterwards will help you to establish health on a solid basis and will help to increase your energy.

Apart from this Swami ji will also be demonstrating how to generate your own healing energies to bring your body back into harmony.

People of all ages will enjoy this vibrant celebration of the true love of life.

A chakra is a circle, a wheel or a ring. In Sanskrit it is a term that refers to a centre of subtle energy in the astral body of a human being. In our astral body there are many *Nadis* or astral nerves. They are like numerous channels. When many such channels or nerves come together they are called *chakras*. We can visualize them as a kind of a great big network, where many wires come together, which go in and out. The energy is collected in the specific centers. It has the ability to transform and also to spread itself all over the body.

Although the *chakras* are often related to certain parts of the physical body, (like in the area of the heart or the solar plexus etc.) they are not identical with those organs, as the *chakras* are not a part of the physical body, but belong to our astral body, which is an energetic form of the physical body.

Each chakra refers to a certain level of energy vibration and in the various *chakras* the physical and emotional aspects of a human being come together. The energy raises when it gets more subtle. There are seven main *chakras*. They are called: Muladhara,



**Swadhishtan, Manipoor, Anahat, Vishuddhi, Aagya and Sahastrsara.**

Each *chakra* is displayed in a specific colour and has a certain number of petals of a lotus. On each petal a letter of the Sanskrit alphabet is written. One of these letters represents the main sound of that *Chakra*. When yogis practice *Pranayamas* or breathing techniques, they try to raise the quality of the energy vibration in their *chakras*.



There is two way to balance chakras. First you can balance and harmonize your chakras in Chakra Healing sessions and second you can attend specific Chakra Workshop. .

There is a difference in healing sessions and workshops. While healing session people don't have to do any thing, they just lay down and receive energy from Swami ji, but in chakra workshops they learn how to increase energy levels in different chakras and heal themselves.

## 7.

### **“Chakra Dance Party” in the Hall of the Manor House in Zurgena/ La Alfoquia where the Academy PLATON3000 is located in Spain**

It will be a wonderful journey of self exploration through movement and sound where you will experience a fusion of ancient sacred sounds and modern dance beats.

Chakra dancing is about releasing the stresses of modern day living. Apart from the physical benefits gained by dancing vigorously for hours, chakra dancing is said to increase your awareness of the connection between mind, body and soul.

Guided by music, mantras and singing resonated to each of the seven chakras you will be taken on a dynamic dance journey through their own energy centres. As you dance to the frequency of each chakra different issues are experienced and energized.

There is no right way to chakra dance as everyone has their own rhythm and movement. By surrendering to the music and dancing from the inside out, we are able to free our natural energy flows and feel more fully alive. It is about using your own style of dancing to express the music and focus on the way each chakra makes you feel.

At the Rainbow Spirit Festival in Baden-Baden Heinz Günther from the Academy PLATON3000 first time personally could experience and feel the positive effects of such kind of music and dancing, bringing people in a hall more emotionally at first to themself and then – more opened - all together. Something which we in our Western world normally do not live in such open way, only when – and even this mostly not – we are alone.



An unusual party and way of dancing together with unusual positiv results and effects, may be for each one different, as different we human beings are. But at the end the

point is, this interesting way of “music – dance” combination of Swami ji creates an unusual feeling, an harmonic atmosphere. This Friday evening can show and reawaken for you how positive, helpful and important some kind of music for our life and healing still is.

Chakra dancing is a kind of vibration medicine.

Dance is fun! It is natural to us; we hear a beat and want to move. It makes us feel good, whole, expressive and connected. Dancing gives us a natural high, endorphins are released which act as a natural ecstasy. Ecstasy is an egoless state of no mind. It triggers a pleasure response which keeps us wanting more! The result is a natural high.

## 8.

**Yashendu Goswami the brother of Swami ji – also here at this week**

The brother of Swami ji, Yashendu Goswami will also be here in this week. He is a practicing teacher of Astrology and Ramayana, is the public manager of Shree Bindu Sewa Sansthan. He is also an experienced palmist and face reader. Being an astrologer he has expertise in determining the positive and negative planetary influences, which can affect your horoscope.



It is also possible to have personal appointments with him from 10<sup>th</sup> - 13<sup>th</sup> July.

## 9.

**The Complete Program**

**time - details – prices - contact - reservations etc.**

## “Healing Academy Week” in Andalucia with Swami ji: 10<sup>th</sup> – 15<sup>th</sup> July 2007

10<sup>th</sup> - 13<sup>th</sup> July appointments for private healing sessions  
in Zurgena/ La Alfoquia also hand reading etc.

(50,-€ - 100,-€ on free decssion starting from 50,-€ per session -  
1 session = 20-30min., Homevisits: 100,-€)

contact for appointments:

**[infos@art-of-living3000.com](mailto:infos@art-of-living3000.com) - or Fax: 950-44 95 67  
Tel: 950-63 43 20 – Mobile: 629-452 809**

**Friday, 13th July starting at 7 p.m.: “Chakra Dance Party” in Zurgena/ La Alfoquia**

**(30,-€ / 20,-€ students) more info about the Chakra Dance Party & directions how to find the location/ Manor House in Zurgena/La Alfoquia, please visit following page:**

**[www.lovecometotown.com](http://www.lovecometotown.com)**

**How to find us:  Zurgena**

**Saturday, 14th July - 4 p.m. – 8 p.m Speech: Swami ji at the Bambus Health Centre Vera**



entrance on free decision starting from 20,- € (it is for the activities of swami ji for his children fund in india – see also homepage etc. about this, or ask at Saturday for further details about his plans in India, Germany and Australia and also how to be involved to help an individual child per year.

**How to find us:**  **Zurgena**

**Sunday, 15th July - 4 p.m. – 8 p.m. Chakra Workshop at the Bambus Health Centre Vera (50,-€)**

***bookings & directions how to find locations  
and general enquiries for healing appointments:  
[infos@art-of-living3000.com](mailto:infos@art-of-living3000.com)***

**How to find us:**  **Bamboo Yoga Center (Vera)**

Because of limited space we ask you to book – preferably via e-mail – as soon as possible, that means - if there are more bookings in time, additionally we then can offer an alternative time to give a maximum of people the chance to meet and listen to Swami ji. All profit will go to the children fund of Swami ji in India.

**Homepage of Swami ji: [www.jaisiyaram.com](http://www.jaisiyaram.com)**

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