

# Hebron Health Club

To Those Wanting A Blissful Life:

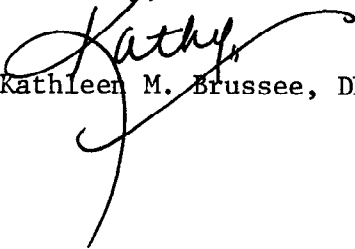
I attended two discourses with Sri Nithyananda Swamigal and I felt it touched my soul. I then attended a seminar with Anjula and Hari that concentrated on meditation and the chakras.

A short personal discourse about a woman involved with her community, three businesses and a family. She had worked twenty four --seven and had almost constant inner chattering. She felt as an A type personality, it was an advantage to have this energy and drive. In actuality when she completed the course and learned proper meditation and stress management she accomplishes more, and does not drain her mental, physical and spiritual being. With that child like person trapped in my body, keeping this energy flow in good condition life is far more fulfilling. Before this program I couldn't sit still. Now, I relish the quiet and all the individuals I tried to touch, just seem to find my space.

I sincerely feel the corporate world would welcome such a program, because the productivity of their employees would increase and their attitude would improve. Individuals with families would be able to direct their household with a clearer perception of life. Single people in the drive for success and perfect partners will truly perceive what it really is all about (This journey we are on). MIRACLES JUST SIMPLY HAPPEN and destiny frequently puts where we need to be.

I have been exposed to a variety of alternative treatment programs throughout the world and this fits into the realm of beneficial to all ages and is awesome. Take time to reach out and help yourself and your loved ones. It was very productive time.

Sincerely,



Kathleen M. Brussee, DN CA

