

REGENERATION

Three Simple Steps to a Life of Celebration

✦ **The Power Pause:** Have you watched a tiger targeting its prey? Slow walk, focused mind, and then a *pause*. It gathers all its power in that silent moment and then charges, it is the power of ten tigers in one.

Learn the techniques to enter the calm space of your Mind, collect yourself and then move forward toward your goal. Once you know this art of Meditation, you have already achieved. Pause is Power.

✦ **Quantum Breath:** Learn the simple art of breathing joy and success in life. Quantum breath is Power breath. Learn a few simple techniques to breathe with a difference and see the magic that happens to you. You will be the miracle maker. You will get that which you think will bring joy to you. You will breathe success!

✦ **Art of Positive Mind:** You are what you think. *Regeneration* works on the hand book of "Your Mind Your Best Friend" ~ which has 30 readings and practices to master the positive power that can first change you and then your world. The world longs for you to take the first step toward denying the negative and accepting the positive in life. Learn the art of changing the way you think and feel, and see the Miracle that is Life. This is complete interactive session of empowerment. Take a leap and join us in Regeneration! You are our hope today and tomorrow.



Regeneration at MIT Sloan School of Management, Boston

Feed back from participants World over:

"I invited Baba to speak to my students for I felt his authentic presence and his love." Dr. M.S.Thimappa, Vice Chancellor, Bangalore University

"Baba's 'Regeneration' is just amazing! No religious cloning to it" Kharshed Talati, Student Mass Communication, Mumbai.

"Baba's presentation of Regeneration has really brought a new ME in MYSELF. I loved the experience – it made me stress free." Natalia Anand, Student, National College, Mumbai.

"Instilled confidence in me that "YES I CAN". Subramanyam Pappu, IBM, India.

"It would help to stay out of places like these, do good my life and treat people, family, adults, and females at all times in my life." Teenage detainee, Juvenile Detention Home, Portland, OR.

"It was the first time when I found my Self, only me as an individual. I saw my eternal soul. I can control my anger now and become stress free." Anwasha Samaddar, Navy School, Portblair, Andaman

"I am thankful for encouraging to do things that I felt not possible. Best session I ever had." – Kaynat Qureshi, Class IX, Apeejay School, Kolkata

"Baba's teachings were very interesting and he kept us spell bound. Felt enlightened. Discovered peace within which would make us a better person." Apurva Chauhan, parent, Navy School, Andaman

International Educational Institutions benefited

USA

Notre Dame University, IN | George Tech, Atlanta | MIT, Boston | MIT Sloan Business School, Boston | Western Michigan University, MI | Juvenile Detention Home, Portland, OR | Mathematics Academy, Chicago, IL, USA

India

Bangalore University, Bangalore | Hyderabad (Central) University, Hyderabad | Bhoj Reddy Engineering College for Women, Hyd. | National College, Bandra, Mumbai | Indian Institute of Management, Bangalore

- ✦ Somaya Institute of Medical Sciences, Technology, Business Management.
- ✦ J.P. Institute of Social Sciences. Kolkata,
- ✦ ICFAI, Hyderabad.
- ✦ Delhi Public School, Ahmedabad
- ✦ Carmel School, Kolkata and Patna.
- ✦ St. Xavier's School, Patna
- ✦ Loreto House, Kolkata
- ✦ Apeejay School, Park street, Salt Lake, Kolkata

Stress Management Academy

24 Kali Temple Road, Kolkata 700 026

For more details on Regeneration Seminars and Workshops,
Contact: S. N. Chatterjee, Program Director, Kolkata: 09830897336
Other Centers: Hyderabad: 099595525552, Bangalore: 09886253741,
Mumbai: 09323656362, Ahmedabad: 09327049746

Email: inforegeneration@gmail.com

Unleashing the Positive Power

"Meditation regenerates the latent positive power of Mind Body and Spirit to realize innate abundance, harmony and peace in the Self within."

Shree Shree Shuddhaanandaa Brahmachari



President Dr. APJ Abdul Kalam receiving 'Your Mind Your Best Friend' from Shree Shuddhaanandaa


REGENERATION
Unleashing Positive Power

REGENERATION
YOUTH

YOUTH REGENERATION Program is designed to re-discover you.

- ✦ You want to excel in life, be an Achiever and expect others to look up to you as a leader with a difference. **YOU CAN**
- ✦ You are endowed with immense potential to grow taller than you are. Identify your strengths and cultivate them. **YOU CAN**
- ✦ You are born free and you are born to achieve freedom from all that limits you and your possibilities in life. **YOU CAN**
- ✦ Our Regeneration program will help clear the mist of doubts that may have been holding you back to give in your best and rein in your **YOU CAN** attitude. For we believe,
- ✦ " Each one of you is power pack of unbinding source of positive vibrations when unleashed will turn this beautiful planet a kingdom of Harmony, *Peace and Joyous Celebrations. And You CAN.*



REGENERATION Program is simple yet unique as it combines the essence of Scientific Research on Wellbeing in the West and the Timeless Wisdom of Masters of Eastern Traditions. It focuses on overcoming Stress, Dynamic Leadership and Holistic ever flowing Creativity based on Values.

Objectives of REGENERATION Program:

- ✦ Instill timeless values and allow it blossom in the hearts of youth spontaneously.
- ✦ Positive Leadership to make a difference
- ✦ Stress Management skills
- ✦ How to be AN ACHIEVER with a difference?

TIME: Duration specific to emerging needs.



About the Mentor: **Shree Shuddhaanandaa Brahmachari**

Shree Shuddhaanandaa, fondly called 'Baba', is the Founder of SM Academy and mentor of REGENERATION Program. He is also the Founder Chairman of Lokenath Divine Life Mission, globally popular for its pioneering Micro Credit program for



Women's empowerment in rural India. He is also Founder of Lokenath Divine Life Fellowship Inc, in California, USA.

At young age of 26 he gave up a promising academic career of a professor in commerce, and dedicated his life to alleviation of poverty and transforming lives through his experiential teachings of ancient wisdom blended with modern science.

He was the Key note Speaker at the Global Youth Conference held at the Capital Center, Washington, DC (1993), and was a special invitee to the United Nations World Millennium Summit of spiritual leaders in New York, (2000).

He has been conducting 'In-house workshops' and seminars on Corporate Leadership development and Stress Management, in India, USA, UK, Germany, and Romania, since 1990.

He is a mesmeric orator and his REGENERATION Program is very popular with Global Corporate Sector, Banking Institutions, Police Academies, Educational Institutions, Correction Houses and Armed Forces. He addressed the Parliament of World Religion in Chicago, (1993) and Barcelona (2004). Conference on Poverty Alleviation in Karicho, Kenya (2004)

He was honored with Honorary Citizenship of Naperville City (Chicago) in recognition of his positive contribution to the community.

He authored several inspirational books of which '**Your Mind Your Best Friend**' and '**Clutter free Home, Clutter free Mind**' are acclaimed all over the world as life transforming experience. Educationists, eminent celebrities, people of all walks of life, treasure them as handbook on Living in the Present and Miraculous Power of Positive Mind