

“The Oneness State is to be comfortable with the flow of life.

When you become fully present with each emotion, each experience, you find that any emotion, no matter what it is, becomes blissful.”

Sri Bhagavan

What’s the next step

We warmly invite you to come and experience Oneness Deeksha for your self at The Consulting Rooms, 34 West George Street, Glasgow on the 3rd floor. On the first Tuesday of the month 7pm till 9pm

Also in Lanark, Aberdeen, and Edinburgh
01417719685/ 07719933605 or see the

for more details phone Ann at
web site.

Are longer courses available?

The Oneness Centre at Penninham House, Newton Stewart, Scotland, offers a programme of residential courses for those who wish to deepen their experience.

Training courses to become an Oneness Blessing giver are held at the Oneness University in Italy

**To move humanity from
Separation to Oneness**

For further information about Deeksha or to find out about Deeksha evenings please contact

Ann, Bob or Ross at WWW.Onenessglasgow.co.uk

The Oneness Temple India

Deeksha

Oneness Blessing.

Oneness Deeksha or Oneness Blessing is a global phenomenon, a transfer of energy (from Divine existence). It is available to everyone regardless of background and culture and is fully compatible with any faith, spiritual practice or lifestyle. There is no philosophy or belief system attached the only requirement is an open willingness to allow the energy to work with you.,

What is Deeksha ?

There may have been times in your life when the continuous chatter of the mind is momentarily quietened or stopped altogether, the usual worries, pressures and boredom of daily life have fallen away to be replaced by an inner-calmness, vibrant joy in the heart and a sense of connection or oneness to everything.

These so called peak experiences happen to most people at some time and can vary in intensity from a quiet, gentle stillness to the profoundly mystical. Peak experiences can occur at any time but, frequently are triggered by events such as the birth of your child, a sunset, or perhaps just listening to music. You may have experienced such quiet knowing during meditation or prayer.

During these brief moments we see things as they really are, without judgement or compromise, and often in silence. From this silence arises a deep peace and joy we may never forget; somehow we reach a part of ourselves that exists beyond the mind, a place that recognises and

expresses the beauty and simplicity of life. These experiences can be so profound that we never forget them.

Oneness Deeksha is the process by which we are re-connected with that quite intelligent centre of ourselves.

Oneeness Blessing is given by people who have been trained at the Oneness University in India or Italy. Bhagavan and Amma, the founders of the Oneness University, designed this technique to enhance the functioning of the human brain and to improve creativity and intelligence.

When you receive Oneness Blessing (Deeksha). A neurobiological process takes place. Preliminary research suggests that those parts of the brain which keep the mind busy, full of thoughts and anxieties, settle down. At the same time, other parts of the brain, particularly the frontal lobes, wake up. This may explain why those who have received Deeksha often remark that their senses become clearer and they experience feelings of joy, inner peace and oneness intelligence

.What does Deeksha entail ?

. You usually receive Deeksha/Oneness Blessing in a group. Soothing music is played and you are invited to sit and relax for a few minutes. The giver goes around the group laying their hands on each persons heads for a minute or two. This process is usually repeated three times. While receiving Deeksha there is nothing you have to do except sit and enjoy the effects. Oneness Blessing does not conflict with any religious belief and is practised by those of all religions and of none.

How often should I receive Deeksha?

You can receive Deeksha Oneness Blessing as few or as many times as you like. The benefits are cumulative, they increase as you keep receiving the energy regularly.

Many people like to come every one or two weeks to receive Oneness Blessing

What are the effects of Deeksha?

The benefits of Oneness Blessing (Deeksha) are unique to each individual. The process releases an intelligent energy that works to enhance your life in the way that best suits you. Some people report experiences of blissfulness and expansion, others of calmness and silence, and others of awakening and a sense of oneness with life.

Some people don't have any particular experiences at the time but find that their everyday lives improve. They feel clearer, calmer and more able to cope.