

Meditation Classes



The Meditation on Twin Hearts is a method used for gaining deep relaxation, eliminating stress, promoting health, increasing creativity and intelligence. It is practiced by millions of people worldwide and is a simple, natural, effortless technique. Blessing the earth with loving-kindness, peace and goodwill following the Meditation on Twin Hearts can be done by a group as a form of world service. The effectiveness of the blessings is magnified many times more when done as a group rather than as an individual.

When a person practices Meditation on Twin Hearts, divine energy flows down to the practitioner; filling him with Divine Light, Love and Power. The practitioner becomes a channel of this Divine energy. Spiritual aspirants who have practiced this meditation for quite sometime may experience being enveloped by dazzling, sometimes blinding light along with a profound expansion of consciousness. In addition, practitioners may experience divine ecstasy and bliss, and a feeling of oneness with all creation. As a result of practicing MTH, one becomes more intelligent and develops increased intuitive abilities.

Today, Meditation on Twin Hearts is used as a meditation tool for stress relief in Stress Management Programs. There is a noticeable relaxation of the body, calming of the emotions and stillness of the mind. Regular practice of Meditation on Twin Hearts results in increasing contentment, happiness, inner peace, joy, and fulfillment in life. MTH was developed by Founder of Modern Pranic Healing GrandMaster Choa Kok Sui. Meditation classes taught by Michael Astorga.

**Every Tuesday at 7pm
Starting October 23rd**



The Pilates Wellness Center

561-204-5393

www.pilateswellness.com

Dr. Habanova is a Chiropractic Physician and a Certified Pilates Rehabilitation Practitioner

Michael Astorga



Meditation Instructor

Michael remembers always having an "expanded" awareness; He grew up able to feel the subtle energies in his surrounding environment and in others. Mike began experimenting with various forms of meditation and visualization techniques at a very young age. Michael would speak to anyone who would listen; spending countless hours conducting "energetic experiments" with close family members and friends.

He studied Reiki, a Japanese form of hands on energy healing using universal life force energy, in 2003 at the Northshore Hypnosis Center on Long Island, NY. After hundreds of practice hours and facilitating numerous healings, he became a Reiki Master so that he may teach others this healing modality. Mike complimented his practice with the use of crystals and gems to expand his healing work, able to tune into the energetic properties of these natural tools to accelerate the healing process. Despite the many, many healings and experiences of expanded states of consciousness being reported by his clients, Mike knew there was something missing from his work; he just did not know what that "something" was.

In October of 2003 he studied Basic Pranic Healing (founded by GrandMaster Choa Kok Sui) in New York City and his life/work was changed forever! It all made sense, healing made sense, energy made sense, advanced protocols simplified into an understandable and approachable modality; years of study fell into place, what a priceless gift. Within the next couple of months he studied Advanced Pranic Healing, where he learned quicker advanced healing techniques to address more complicated life issues; as well as other higher course facilitated by the founder of Modern Pranic Healing Grand-Master Choa Kok Sui himself, including: Kriyashakti the Art of Manifestation, Pranic Feng Shui, Arhatic Yoga and Higher Clairvoyance, learning meditations and advanced techniques to generate greater healing energy and accelerate spiritual development. Michael is eternally grateful to his Sat Guruji GMCKS for the priceless blessings and teachings that have literally saved his life.

This past year, Mike has furthered his training in the areas of Pranic Psychotherapy, Psychic Self-Defense and Pranic Crystal Healing. Thus, expanding the services he can offer his family, friends, and clients, past, present and future. By seeing Pranic Healing and the teachings of GMCKS work in his daily life; being given the miraculous gift of healing for his family and himself on all levels, he cannot help but want to share his marvelous experiences with everyone he meets.

Atma Namaste