

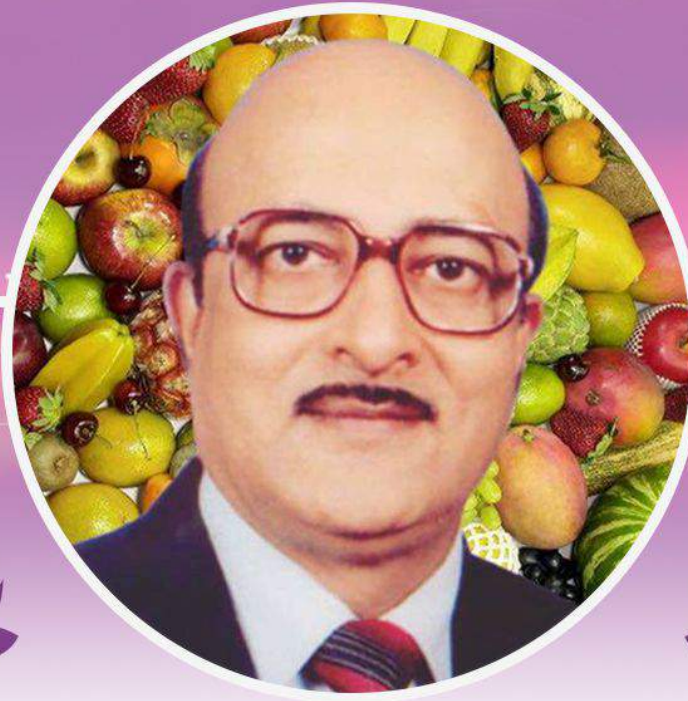


Bhawna Yog Testimonials



Book is a compilation of testimonials of doctors, senior government officials, working professionals and individuals who have benefitted either directly or witnessed benefits by regular practice of Bhawna Yog & its auto-suggestions across the globe.

Physical Health + Behavioural



“Bhawna Yog fosters self healing!”

Regular practice of Bhawna Yog is seen to bring significant improvements in diseases such as depression, anger issues, stress, cancer, heart blockages, acute knee pain etc.

Amongst cancer patients its seen to reduce reliance on pain killers. Daily practice of 30mins will lead you to experience immense positive energy (for balance of day) as well as enhance your inner will and self determination.

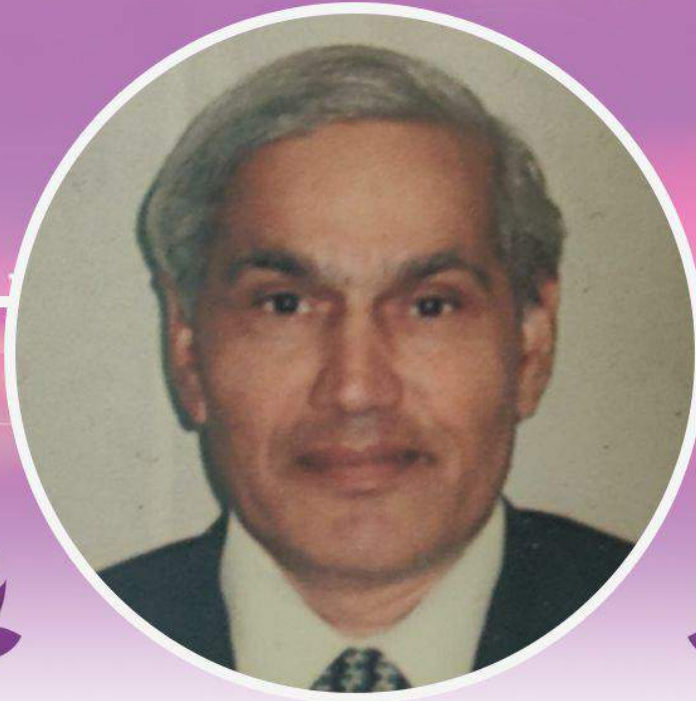


**Extracts from interview with
Dr KM Gangwal, Pune, Bharat**



(Senior Physician, MD (Gen Medicine) KEM Hospital Pune)

Physical Health + Behavioural



“Immune system diseases can be changed”

Bhavna yog is useful technique to prevent the diseases Parkinson's disease is degenerative disorder of brain, it is characterized by slowing down of body movements, stiffness of body and tremors. Bhavna yog if performed along with modification of lifestyle is useful for the patients. Lifestyle modification include regular exercises, plant based food, adequate sleep and avoiding mental and stress. Many immune system diseases can be changed by healthy lifestyle, and Bhavna yog



Dr D.C. Jain, Bharat



MBBS, DM, MD

Former Prof and head of Neurology Dept. VMMC & Safdarjung Hospital
Former Director, Institute of Human Behavior & Allied Sciences

Health + Behavioural



“Holistic Healthcare”

Holistic health care is important to move from illness to wellness . Absence of illness alone does not make person healthy . It is integrated focus with thrust on spiritual Health helping to lead fuller life. Bhavna Yog is the technique based upon ancient Jain scriptures plays pivotal role. The positive affirmations are crucial and this has been validated through scientific studies. Regular practice leads to better management of chronic diseases, cancer and lead to overall well being.

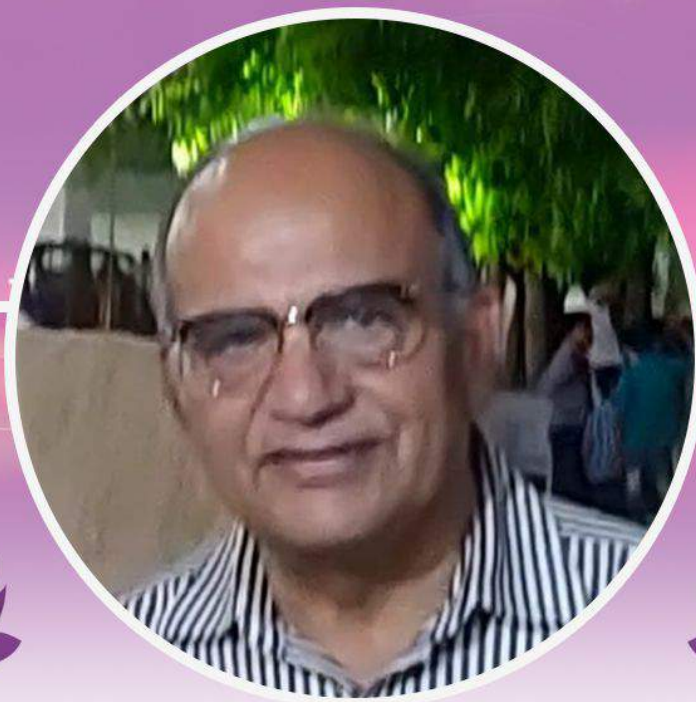


Sudarshan Jain, Bharat



Former Managing Director Abbott Healthcare Solutions
Health Care Evangelist

Health + Behavioural



“Handle adversity calmly”

As are our thoughts so are our deeds and personality. As we think so we act . If we have positive affirmations our actions and reactions are balanced and we are less stressful .We can handle any adversity calmly . Even if we become sick or under go any untoward situation we can overcome easily. Blood pressure ,Diabetes, Asthma, Chronic diseases etc. can be taken care of. Recommend Bhawna Yog to all.



Dr Sunil Jain, Bharat



MD Medicine, Chief Medical Officer Nuclear Power Corporation of India

Behavioural



“भावनाओं को प्रभावी ढंग से प्रबंधित करने एवं नियंत्रित करने में मदद करता है।”

आपका मन और शरीर गहराई से जुड़े हुए हैं। इसलिए भावनाओं का न केवल आपकी मानसिक स्थिति पर बल्कि आपके शारीरिक स्वास्थ्य पर भी भारी प्रभाव पड़ता है। यह समझना कि आपकी भावनाएं कितनी शक्तिशाली हैं, उन्हें प्रभावी ढंग से प्रबंधित करने में आपकी सहायता कर सकता है। भावना योग आपको फिर से जीवंत करने और आपकी चिंता और तनाव को कम करने में मदद करता है। यह आपको अपनी भावनाओं को नियंत्रित करने में मदद करता है।

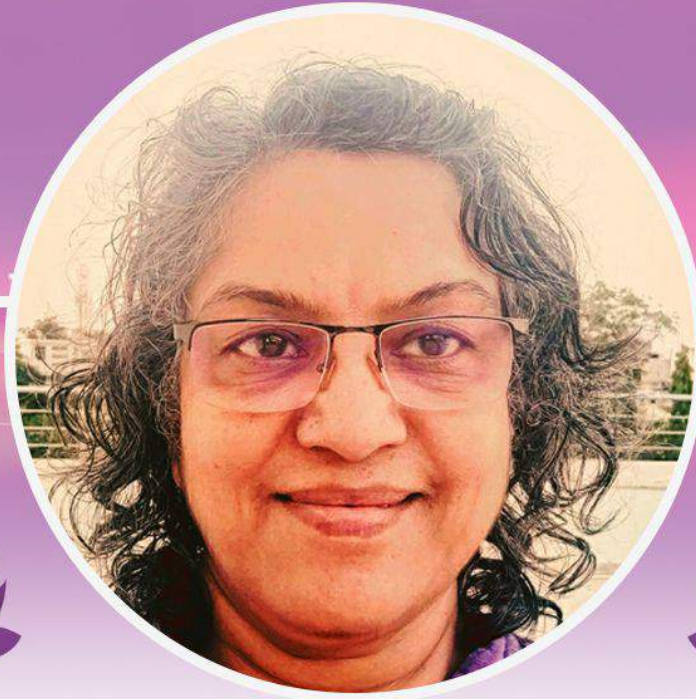


Dr. Madhur Jain, Gurugram, Bharat



MBBS, DNB Medicine, DNB Cardiology, MNAMS, FCCS.
26-45yrs

Health + Behavioural



“Purifies”

Jaisi bhavan vaisi sambhavana. When we pray we get inner strength. When we do pratikraman i.e. realising faults and asking for forgiveness cleanses our soul. We are purified. When we make resolutions we move on righteous path. Highly recommend Bhawna Yog to all.



Dr Rashmi Jain, Bharat



MS Gynaecology & Obstetrics,
Former Medical Superintendent Tarapur Atomic Power Station

Behavioural



“Lightens & Energizes”

Bhawna Yog is a technique based upon ancient Jain scriptures to make the body healthy, mind blissful and soul pure. Its foundation is etched from the ancient Sanskrit verse "यद् भाव्यते तद् भवति" which means whatever we think and feel in our subconscious mind eventually happens. In modern psychology "Law of Attraction" is also centred around this tenet. In Bhawna Yog positive affirmations and repeated recital results in auto-suggestion that trains our subconscious mind to manifest itself. The technique is very useful as it lightens and energized the mind, make the person think in a different way, broaden the outlook and make you appreciate the other's view on the subject. This technique helped the people of various strata of the society to overcome the stress & strain during the recent pandemic.



Rakesh Jain, Bharat

Deputy CAG, Government of India (Retired)

Behavioural



“Holistic Personality development”

We have carried out Experimental study on Bhavna Yog which showed considerable reduction in the levels of Stress, Anxiety and Depression when practised regularly. Bhavna

Yog helps to lead to self Introspection and thus in turn enable to minimise the negative forces within. It also helps to gain Self Control and Self determination. Bhavna Yog is the best remedy over mental, behavioural disorders and it's key to the Personality development



Dr. Arati V. Gore. Jalgaon, Bharat



Ex Chairman, Board of Studies & Academic Council Member,
N.M.University, Jalgaon.

Behavioural



“Psychological nourishment”

Bhawna yog is something extra ordinary for psychological nourishment me and my family are benefitted in multiple ways.



**Subhash Jain. Madhuban,
Bharat**



Gunayatan
(68 yrs)

Behavioural



“Optimistic”

Bhawna Yog has helped me in creating positivity in every situation in my life. I remain optimistic and able to manage all issues with peace and stability of my emotions.



Nitin Ajmera, NY, USA



CFO

Chair, Board of Parliament of World Religions
(45-60yrs)

Behavioural



“Improves quality of life”

Have been doing Bhawna Yog for last three years. It helps in correcting the way of life on daily basis. One starts everyday with a resolution not to repeat the mistakes like anger, egoism, greed etc. It made my life simple, disciplined and systematic. Highly recommend Bhawna Yog to everyone for improving quality of life and for good health.

Sunil Jain, Delhi, Bharat



Retired Additional Director General, Central Govt,
Govt of India
(61 yrs)



Physical Health + Behavioural



“Helped in painless normal delivery!”

Doctors had recommended for operation due to complications. However regular practice of 9-minutes Bhawna Yog daily for 9 months during pregnancy resulted in painless normal delivery.

Baby is also alert and sharp.

Anamika Jain, Jagdalpur, Bharat



Physical Health + Behavioural



“Helped conceive baby!”

I have been practicing Bhawna Yog daily from last 5 years. I feel positivity and peace in my life whole day. One big impact in my life I saw. We couldn't conceive baby and doctor suggested us for IUI (Intrauterine insemination). Because our reports were normal so we didn't want to go through that process. I started doing Bhawna yog daily and repeated one command "mai maa banne wali hu". After 40 days of this I was pregnant. So I got my good news and for all whoever suffering from this problem highly recommend it.



Supriya Jain, Indore, Bharat

Ex employee State Bank of India
(26-45 years)



Physical Health + Behavioural



“Recovered from cancer!”

Had been suffering from cancer for last 10 years. In past few years regular practice of Bhawna Yog along with writing Namokar Mantra helped recover fully from Cancer.



Bharat



Physical Health + Behavioral



“Recovered from blood cancer!”

Was detected with blood cancer in 2014. Has been practicing Bhawna Yog since last two years along with practice intermittent fasting. Per recent tests blood cancer has been fully recovered.



Nagpur, Bharat



Physical Health + Behavioural



“Each day blissful + Fatty liver cured”

Every day knowingly or unknowingly we gather stress in our lives. Doing bhavana yog truly releases us of that stress automatically. Thus it helps rejuvenate innate qualities of soul like love, care, share etc. and help subside anger, ego, deceit, greed, jealousy and other foul feelings. I am very grateful to have got the opportunity to do bhavana yog daily. It makes my day blissful. I had a fatty liver problem. By doing urja pravah regularly for 3-4 months it became normal. Whenever I experience any uncomfortable in any part of my body, I do urja pravah bhavana Yog and it cures. I have no words to show my gratitude in the feet of Maharaj shri, as this is a tremendously wonderful tool. I truly believe that war crisis, climate change, becoming vegetarian all is possible by doing bhavana yog daily if each and every human being in entire world practices it..



Shefali Ajmera NY, USA



(45-60 years)

Physical Health + Behavioral



“Helped alleviate pain from chemo during breast cancer!”

Regular practice of Bhawna Yog helped alleviate pain from chemotherapy/ radiation sessions which were part of Breast cancer treatment.

Pain which seemed uncontrollable was significantly reduced due to regular practice of Bhawna Yog 2-3 times a day along with Namokar mantra.



Nagpur, Bharat



Physical Health + Behavioural



“Improved eyesight!”

Three to four months of regular practice of Bhawna Yog helped stem diminishing eyesight and stabilized eye power. Today I experience positive power in my eyes, highly recommend to all.



Bharat



Physical Health + Behavioural



“Recovered from asthma!”

Had been suffering from asthma for a long time. With regular practice of Bhawna Yog and adopting a disciplined lifestyle have been able to minimize my reliance on medicines and inhaler and asthma has literally vanished. This apart Bhawna Yog has unleashed lot of positivity and self confidence within me.



Arti Jain, Delhi, Bharat



Physical Health + Behavioural



“ब्रेन डेथ घोषित होने पर भी स्वस्थ हुई महिला!”

ब्रेनहेमरेज होने पर डॉक्टर्स ने ब्रेन डेथ घोषित कर दिया था। डॉक्टर्स ने कहा कि अब यह कभी चल-फिर नहीं सकती। इन्होंने प्रतिदिन दो बार भावना योग किया और आज यह पैदल मंदिर जाती है। भावना योग करने से जो ऊर्जा इन्हें मिली है वह इनके चेहरे और बोलने की शैली से साफ-साफ दिख रही है।



Pusphpa Ji, Agra, Bharat

Physical Health + Behavioural



“Overcame severe depression!”

छह साल पुराना डिप्रेशन भावना योग करने से ठीक हो गया। ये 400mg की दवाई लेती थी, लेकिन भावना योग करने के कारण आज ये 50mg की दवाई लेती है। इन्हे पूरा विश्वास है कि इनकी बीमारी पूरी तरह ठीक हो जाएगी। इनका मानस और श्रद्धा भावना योग पर अडिग थी जिससे आज वह बिल्कुल स्वस्थ है।



Neha chanwre, Malkapur, Bharat



Physical Health + Behavioural



“10% बचने की उम्मीद में भी मिली सकुशल जिंदगी!”

श्रीमान कैलाश जी को brain से जुड़ी कुछ समस्या हुई जिसका उपाय ऑपरेशन ही था और ऐसा ऑपरेशन जिसमें बचने के केवल 10% chance थे। उन्होंने प्रतिदिन भावना योग किया और इतना आत्मविश्वास उनमें आया कि डॉक्टर से बोलते हैं कि मैं उन 10% में ही आऊंगा और आज वह हमारे सामने सकुशल है। उसके बाद उन्हें बायोप्सी रिपोर्ट में कैंसर भी detect हुआ पर फिर भी वह कैंसर से भी लड़कर आ गए। उनके डॉक्टर ने भी भावना योग का चमत्कार देखा और उन्हें रोज medical treatment के साथ भावना योग भी करवाने को प्रोत्साहित करते थे। आज उन्हें देखकर लगता नहीं है कि वह इतनी बड़ी बीमारी से लड़कर आए हैं।



Kailash Chand Ji Jain, Khandwa, Bharat

Behavioural



“Mental gym training ... fall in love with it”

I would say Bhawna Yog is multi-specialist doctor's treatment and acts as a multi-tonic. If we have any kind of problem or need, it is so dynamic that you can formulate commands accordingly. I started with Bhawna Yog to control my anger, which was like out of bounds sometimes. "Main Shaant hun", "Mujhe Shaant rehna hai" have transformed me like magic. Now I feel like I can thoughtfully control my anger and has helped boost my will power as well. "Soham" chanting by guruji takes the mind to another world, relaxes it, calms down and helps increase focus. I would recommend Bhawna Yog to everyone because it is not a Dharmic exercise but a mental gym training. You will just fall in love with it.

Achintya Jain. Singapore

Standard Chartered
(26-45 years)



Physical Health + Behavioural



"Knee Pain + स्पाँटेलाइटिस cured"

श्रीमती सविता जी, 15 वर्षों से घुटने,
स्पाँटेलाइटिस जैसी बीमारी से जुझ रही
उन्होंने भावना योग को अपनी नियमित
जीवनशैली बनाकर पाया नया जीवन।



Savita Jain, Bharat



Physical Health + Behavioural



“Leading better life at 80”

Riding on the path shown by
P.P Gurudev through Bhawna
Yog, i am leading a much
better life even at this age.



Kanahiyalal Sethi.
Aurangabad, Bihar, Bharat



(80 yrs)

Mental Health + Behavioural



“Free of depression + suicidal thoughts”

I have been practicing Bhawna yog since last 2.5 years. I was really depressed in life and having suicidal thoughts. And now I am living a healthy life with my family and my religious beliefs. I have found peace, happiness and lastly have learned to live with myself



Arti Jain Delhi, Bharat



(26-45 years)

Behavioural



“Helped regain confidence!”

Practiced 40-minute
Bhawna Yog 3 times a day,
gained confidence and
cracked IIT JAM with All
India Rank of 25.



Bharat



Physical Health + Behavioural



“Beneficial for vertigo”

I did Bhawna yog for three months for few of my health issues and it helped me in so many ways. It's very effective in keeping your physical and mental health good. My mother started doing it when she had vertigo. She got benefitted from it a lot. I would highly recommend it to everyone

Sarika. Tampa, Florida USA

(26-45 years)



Physical Health + Behavioural



“Reduced pain + Increased productivity & positivity!”

I have been practicing Bhawna Yog daily for last 3 years. It has led to increased productivity (even with Covid waves), more positivity, a better understanding of everyone's perspectives (much needed when we are interacting only virtually as offices adopt WFA) and a better mental awareness. I would strongly recommend this to esp. younger people as we adopt the new way of work for a healthy work-life integration. It also helped relieve back-ache due to Herpes.



Suhani Jain, Gurgaon, Bharat



Citibank
(26-45 years)

Physical Health + Behavioural



“Improved physical & mental health”

Bhawna I got to know that I am suffering from a disease in urinal system in Nov 2021. the sickness started affecting my thought process more than what it was affecting my body. I could not feel normal just because I was overthinking about it all the time. it affected my diet as well and I lost 4kg within 1.5 month without doing anything just because of stress. Then I started practicing Bhawna yog. it gave me hope of life and reduced fear of death. later I changed my doctor and he diagnosed the reason of disease nothing but the mental stress and he advised me to do meditation and relax the mind. Bhawna yog has helped me in not only improving my physical health but my mental health as well..



Arvind Jain, Jaipur, Bharat



Hero Motocorp
(26-45 years)

Physical Health + Behavioural



“Cured Tinnitus + Enhanced will power”

I have been doing Bhawna Yog for almost 3 years. There have been significant changes in my life. It has made my life more disciplined and organised. It help regained self confidence, enhanced will power, resulted in adoption of positive outlook to life and removed fear of unknown. Its also resulted in improved learning agility & better retention. Bhawna Yog helped relieve persistent lower back pain and overcome Tinnitus (continuous ringing in ear) which doctors mentioned stays for life. However with continued practice of Bhawna Yog this got improved within two months and am now off medicines. I highly recommend everyone to do Bhawna Yog with full faith ... it does bring about lasting positive impact physically, mentally and spiritually.

Rekha Jain, Gurgaon, Bharat

Doctrate, Ex professor Sydenham College of Commerce, Mumbai
(45-60 years)

Physical Health + Behavioural



“Treat insomnia”

I am practicing Bhawna yog for quite sometime after one of my relative recommended it to treat my insomnia. It has helped me to relax and unwind better which has in turn improved my sleep quality.



Niti Jain, Pune, Bharat

(26-45 years)

Behavioural



“Made me acceptable to unfavorable conditions”

I have been practicing Bhawna Yog for past four years and I can positively say that this meditative technique to align the mind, body and soul has helped me program my sub-conscious mind better to control my emotions, has made me more acceptable to unfavorable conditions and change around me. The Bhawna Yog commands ("सहजोहम" and "शांतोहम") has helped me have a more Optimistic point of view in life and be calm overall. The Bhawna yog command "शुद्धोहम" has helped me be unaffected from the insults and maintain my self respect. I have gained a more forgiving attitude towards life and people around me and I am always thankful and gratuitous for everyday in my life.

Bhawna Yog over the years has helped me more comfortable to live with myself, I the Soul.

Kirti-Mukesh Jain, Delhi, Bharat

(45-60 years)



Behavioural



“Improved concentration”

Bhawna Yog has helped me
improve my concentration.
I feel happy and joyful the
whole day.



Aagam Bajj, Singapore



Grade I student
(<10 years)

Behavioural



“मुश्किल वक़्त में भी समता ”

मैं पिछले 2 वर्ष 10 महिनो से नियमित भावना योग कर रही हू, मेरे अंदर बहुत ही सकारत्मक बदलाव आया है, मेरे मन में बहुत शान्ति आई है भावना योग करने के बाद से, मेरा मन नकारात्मक विचारों से बहुत दूर हो गया है अब चाह कर भी मन नकारात्मकता की तरफ नहीं जाता है, परिवार में सब के साथ रिश्ते बहुत अच्छे हो गये हैं, घर परिवार मे भी बहुत असर भावना योग का दिखता है , बड़े बच्चे सभी भावना योग करने लगे हैं ऐसा लगता है जैसे मानो पूरा जीवन ही बदल गया हो , मुश्किल से मुश्किल वक़्त में भी अपने आप ही समता आ जाती है, भावना योग करने से अं के विचार अचानक ही बदल जाते हैं और विचार बदलते ही सारी चीजें सकारत्मक दिखाई देने लगती हैं, धर्म की तरफ झुकाव बहुत बढ़ गया है मेरा , गुरुवर का बहुत बहुत आभार जो उन्होंने भावना योग जैसी कला हमें बतायी



Anu Jain. Bangalore

(38 yrs)



Behavioural



“Harnesses self confidence!”

भावना योग से इस नौवीं कक्षा के बालक ने अपने आत्मविश्वास को बढ़ाकर डर, क्रोध, नकारात्मकता सभी को अपने जीवन से निकाल दिया।



Priyansh Jain, Bharat

Behavioural



“Feel stronger & energized”

I have been practicing Bhawna yog from last few months. It has brought positivity and has helped in calming the chaos in my mind.. I feel stronger and energized after doing it. It has helped in reducing the anxiety. It has proved to be a boon for me.



Apoorva Bajj, Singapore



Ex Employee IBM
(26-45 years)

Behavioural



“Stay positive + Better sleep”

I am doing Bhavana Yog everyday for more then 3 yes. I feel so good. Help me to stay positive and help me for better sleep.

**Dharmishtha Shah.
NY USA**



(79 years)

Behavioral



“Helped bring peace!”

Amazing meditative yog
which has helped me for last
5 years to keep my anger and
arrogance at bay and bring
peace.



Shrish Jain, Pune, Bharat

Ex employee Intel
(26-45 years)



Behavioral



“Better control over emotions!”

I have been practicing Bhawna yog since last 2.5 years. I have improved my inner peace, better control over my thoughts and emotions and increased positively in life. I have also seen many people who are practicing Bhawna yog in our camps /shivirs have improved in anxiety, depression and lot of physical disease such as cancer body pain etc , will recommend all to practice it regularly



Rajesh Jain, Pune, Bharat

Gen Mgr -Endurance Technologies Ltd
(45-60 years)



Behavioral



“More focused”

I have become more
focused in studies
after doing bhawana
yog.



Vaanya Jain, Bharat

Physical Health + Behavioural



“Benefits transcend science!”

Have been practicing Bhawna Yog for last 3 years and have witnessed a lot of positive difference in terms of increase in positivity, productivity, acceptance of counter view points, forgiveness and letting go of hard feelings which eventually led to stronger relationships and reduced anxiety. Highly recommend it to all

This apart over last 6 months it miraculously helped decrease dry eyes and my eye power by 30% despite increased screen time.

Benefits from Bhawna Yog transcend beyond what can be explained by science.



Sukriti Jain, Gurgaon, Bharat



American Express
(26-45 years)

Behavioural



“Changed way of thinking”

Bhawna Yog.. As it's name itself tells everything "Jaise bhav honge waisa hi hoga".. when first time I have heard Bhawna Yog.. it gave me lot of positive energy. just by listening it. I felt very calm.. slowly slowly I have started to follow the commands of Bhawna Yog whenever I feel sad I start chanting I am happy I am happy. whenever I feel down in term of health.. I use the command - I am healthy I am healthy.. and so on.. These commands have changed the way of thinking and very satisfied, I have seen lot of positive changes and energy.. this is really amazing..



Ruchi Bajj. Singapore



Educational Professional , MCA
(26-45 years)

Behavioral



“Stress Free & Happy in every situation”

मैं पिछले ३ साल से भावना योग कर रही हूँ और जीवन में जो परिवर्तन देखने में आया वह अकल्पनीय हैं। मैं प्रोफेशन से engineer हूँ और एक जर्मनी बेस्ड कंपनी में प्रोजेक्ट मैनेजर की पोस्ट में काम कर रही हूँ यह काम वैसे बहुत स्ट्रेस वाला होता है पर भावना योग का ही प्रभाव है की मुझे पता ही नहीं चलता की कैसे काम होता है और स्ट्रेस क्या होती है मुझे नहीं पता जीवन में हर परिस्थिति में खुश रहना इसी का प्रभाव है



Anju Jain. Delhi, Bharat



SAP Labs
(26-45 yrs)

Behavioural



“Yeh jadoogar hai (Its magical)”

I performed Bhawna yog for 6 months , 3 years back. Now it is in my body and soul. I do it whenever I feel like. Subah subah karne se din achcha rahta hai aur dheere dheere quality of life theek hoti jaati hai. Ab main subah ke alawa bhi jab chaahun koi command apne aapko de leta hun aur parinaam turant mil jaata hai. Yeh jaadoogar hai.



Rajendra Jain, Bhopal, Bharat

(60-70 years)



Behavioural



“More Productive”

I used to get very distracted with unwanted thoughts. Now with Bhawna yoga for last few years, I have found my thoughts are more focused and I am more productive.



Anupama Jain, Pune, Bharat

Doctorate
(26-45 years)



Behavioural



“Helped focus!”

Bhavan yog is an amazing way to energize our soul and body. It helped me a lot to focus on the things I wanted. It's a must practice for everyone at the start of the day for an amazing day.



Jitendra Dalal, Mumbai, Bharat



WebMD
(45-60 years)

Behavioural



“Anger & arrogance at bottom!”

Bhawna Yog is a wonderful blessing for all. I feel very relaxed and calm. It keep my anger and arrogance at bottom.



Preeti Jain, Indore, Bharat

Professor (M.Tech. (IT))
(45-60 years)



Physical Health



“Control Hyperthyroidism”

**Bhawna yog did
amazing job in
controlling my
hyperthyroidism.**



Anki Jain, Bangalore, Bharat

Educational Professional
(26-45 years)



Behavioural



“Sorted”

**Makes my mind
controlled and
sorted.**



Gaurav Jain, Bangalore, Bharat



Larsen & Toubro
(26-45 years)

Behavioural



“Feel full of enthusiasm”

Bhawna Yoga helped me to see the world in a different way, a positivity came inside me. It helps me in encouraging always doing good to others, a feeling of benevolence come inside, my anger suddenly subsides. I feel full of enthusiasm whole day. It is an amazing experience for me.



**Shilpa Jain, Bundi,
Rajasthan, Bharat**



(26-45 years)

Behavioural



“Stress free”

Bhawana yog has helped me in controlling my anger, my negative thoughts. It has given me immense confidence and positive vibes. I get stress free when I do Bhawana yog in the morning and evening hours.

Palak Jain, Bhopal, Madhya Pradesh, Bharat

Ex employee Intel
(26-45 years)



Behavioural



“Control anxiety”

Bhawna Yog makes my thought process clear and calm. It helped me control my anxiety and annoyance for small things in life. Really indebted to Maharaj Shri to for giving us this tool.



Pratiksha Singhai, California. USA



Software Professional
(45-60 years)

Behavioural



“Changed the way I look at life”

Bhawna Yog has helped me a lot to stay calm, composed and at peace in adverse situations. It has helped me achieve positivity and changed the way I look at life



Nivruti Doshi, Mumbai, Bharat



Entrepreneur
(26-45 years)

Behavioural



“Relaxed & calm”

Bhawna Yog is a wonderful blessing for all. I feel very relaxed and calm. It keep my anger and arrogance at bottom.



Anuj Kumar Jain, Nashik, Bharat

(26-45 years)

Behavioural



“Makes vision more clear”

**Bhawna yog makes your
vision more clear about
goal. Increases more
peace in life.**

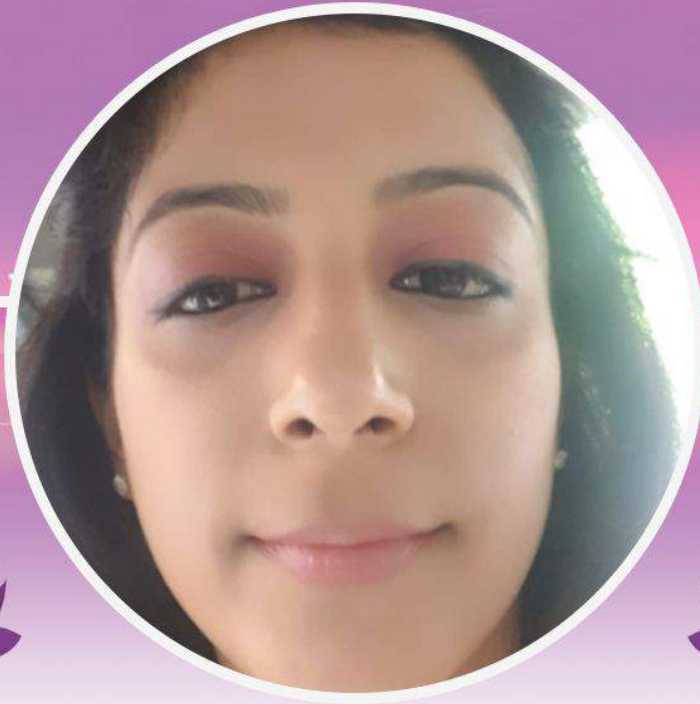


Shravan Jain, Ahemdabad, Bharat

(20-26 years)



Behavioural



“Free from worry

Bhawna Yog had simply connected my mind and my thoughts which had free me from worry — not from “getting rid” of the thoughts in some way but by identifying the thoughts which were bothering me and then focusing back on the present moment. I am much more calm now.



Diksha Jain, Durgapur, Bharat

Stock Research analyst
(26-45 years)



Behavioural



“Improved strength, balance & flexibility”

Bhawna Yoga improves strength, balance and flexibility. as a it professional it's very good and useful.



Neha Jain, USA



(26-45 years)

Behavioural



“Induces energy, positivity, peace & calm”

I practice Bhawna Yog Daily
and it actually induces
energy, positivity, peace and
calms one's mind.



Akanksha Jain, Ghaziabad, Bharat

(26-45 years)



Behavioural



“Superb mental tonic”

I am practicing Bhawna Yog from last few months, and it's just wonderful, I feel positive, energetic and productivity throughout day. It's just superb mental tonic, which makes our mind strong, balanced, contented and calm. I highly recommend it to all



Priyanka Metha, Pune, Bharat

(26-45 years)



Behavioural



“Helped me in managing my anger and bad thoughts”

Bhawana yog has greatly helped me in managing my anger and bad thoughts.

It has given me a lot of confidence and made me feel good. When I do

Bhawana yog in the morning and evening, I am stress-free.



Payal Jain. Delhi, Bharat

(40-50 Years)



Behavioural



“Forgiving”

I have become a regular practicer of Bhawan Yog and it has filled lot of positivity in me. I am doing Bhawna yoga with urja pravah since 3 years. I am entirely changed. Hv lot of confidence now. Now I have lot of patience, peace & positivity in every sphere of life. If someone says me wrong words I don't feel but forgive them. I recommend everyone to do this. I am grateful for Maharaj Shree. नमोस्तु गुरुदेव नमोस्तु नमोस्तु नमोस्तु Bhawna yog is something extra ordinary for psychological nourishment me and my family are benefitted in multiple ways



Poonam Jain. Madhuban, Bharat



Gunayatan
(45-60 yrs)

Behavioural



“Stay focused & positive”

Bhawna yog helps me in staying calm, focused and positive throughout the day.



Deepika Jain, Bangalore



Doctor
(26-45 years)

Behavioural



“Helps realize potential”

It's a fantastic yet simple technique to stay positive, unaffected by situations and people and Calm. It helps us to realise our potential while curbing our negative emotions.



Manoj Jain, Bangalore

Canara Bank
(26-45 years)



Behavioural



“Get good sleep”

I do it regularly, also my 10 yr old daughters do it before sleep, she gets good sleep. It help our family to feel happy during COVID time too. I suggest everyone in universe should do this once in day for whole universe peace.

(26-45 years)



Behavioural



“Helps in journey towards inner self”

Bhawana yog is a very scientific method of meditation and self affirmation. Many research's have proven that we become what we think. Our mind has unlimited powers and we can achieve literally anything with giving right commands to our mind and our subconscious. And thats what Bhawana yog is all about. it not only has tremendous mental and physical health benefits but it also helps us in our journey towards our inner self, our self exploration. I think it is the first step towards the Moksh Marg.

Rohini Mehta, USA

Software Professional, State Farm
(26-45 yrs)



Behavioural



“End day on satisfying note”

I have been doing 5-min Bhawna yog in the morning and before sleeping in the night. It helps me to have a positive attitude towards the new day and end the day on a satisfying note.

**Tanishq Singhai. Katni,
Bharat**

Pharmeasy
(20-26 yrs)





“नकारात्मक जो भावना योग से धीरे धीरे कम हुई है”

मैं सुबह ब्रह्म मुहूर्त में भावना योग कर रही हूं और पिछले 1 साल से मेरे अंदर बहुत ही ज्यादा चेंज हुआ है पहले मेरे अंदर बहुत ज्यादा नकारात्मक विटी थी जो भावना योग से धीरे धीरे कम हुई है।



Kumkum Jain, Delhi, Bharat



House Wife
(26-45 years)

Behavioural



“Makes my mind charged up.”

Bhawna yog certainly has positive benefits. It reduces my stress level, makes me feel more at peace with my running thoughts and makes my mind charged up.

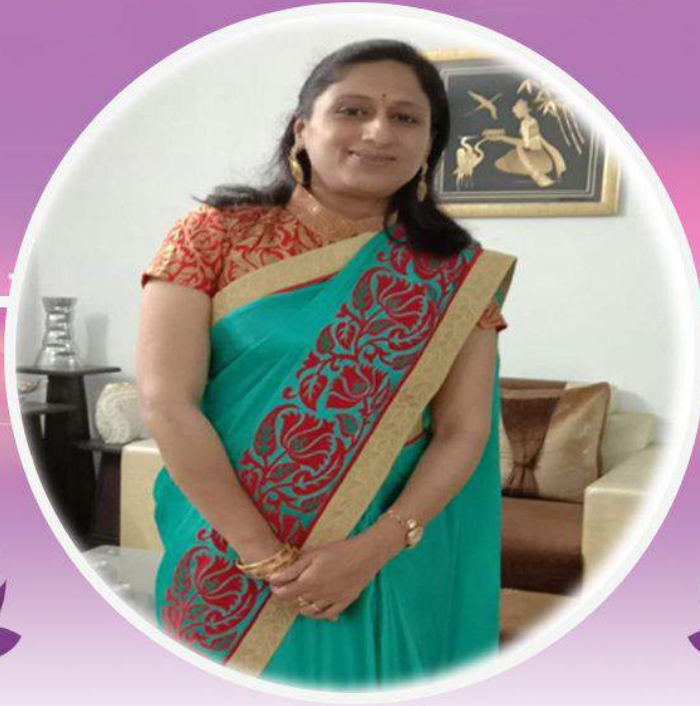


Mayank Jain, Palwal, Bharat

Irrigation department, Haryana
(26-45 years)



Behavioural



“वर्तमान में रहना सीख पाईं”

भावना योग करने से मैं वर्तमान में रहना सीख पाईं हूं, मेरे अंदर बहुत सकारात्मकता आई है और अपने आत्मा के स्वरूप को गुरुदेव की कृपा से पहचान पाईं हूं ।



Poonam Jain, Pune, Bharat



Housewife
(26-45 years)

Behavioural



“Vehicle for better life”

Gurudev has given the entire mankind a great gift which is becoming a vehicle for better Life. Tribar Namostu to him



**Rashmikant Jain. Ahemdabad,
Bharat**



(45-60 yrs)

Behavioural



“शांति का अनुभव होता है।”

भावना योग करने से मुझे शांति का अनुभव होता है। सकारात्मक ऊर्जा मिलती है। सारा दिन मैं खुश रहती हूँ। गुरुदेव का बहुत बहुत धन्यवाद आपने हमें भावना योग दिया



Veena Jain, Delhi, Bharat



(60-70 years)

Behavioural



“Life changing experience”

I have been doing Bhavana Yog for over a year now and can see immense change in my thought process. I feel energized for the whole day with serenity and calmness. I would encourage everyone to try it out. This is a life changing experience.



Anupama Jain, PA, USA

(60-70 years)



Behavioural



“Physically also feeling much better”

Since, I started practicing
Bhawna Yog, not only
mentally I have become
physically also feeling much
better.



Sunil Ajmera, Hazaribagh, Bharat



(60-70 years)

Behavioural



“मन प्रसन्न रहता है”

भावना योग से छोटी मोटी शारीरिक
व्याधियां अपने आप ही समाप्त हो जाती
हैं। सारा दिन अच्छा व्यतीत होता है।

मन प्रसन्न रहता है।



Chitra Jain, Delhi, Bharat

(70-80 years)



Behavioural



“Make decisions easily”

I have been practicing Bhawana Yog for 5 years. It's been a great experience as I can make decisions very easily, and I can concentrate much better now.

Bhawana Yog has helped me in getting better by overcoming stress. before practicing Bhawana Yog I had a migraine too which has been cured because of its high power healing saying. Soham is really helpful in knowing the real soul of oneself.



Anil Jain, Bhopal, Bharat



Vansh Motors
(60-70 years)

Behavioural



“Achieve satisfaction”

Every human being has different types of feelings and emotions such as happiness, sadness, fear, disgust etc.

Bhawna yog is a spiritual meditation technique and practising it helped me immensely in controlling and monitoring these feelings and emotions. Practising Bhawna yog daily is a life-transforming thing. It helped me achieve inner peace and satisfaction in life. So I recommend everyone to follow Bhawna yog daily.



Akshay Magdum, Kolhapur, Bharat

(26-45 years)



Behavioural



“ऊर्जा का अनुभव ”

मैं भावना योग कर रहा हूँ। ऐसा करते समय मुझे एक ऊर्जा का अनुभव हुआ जो मुझे दिन-प्रतिदिन जीवन में मदद करता है। मैं नौकरी में हूँ और जब कभी कोई दबाव होता है तो यह मेरी बहुत मदद करता है।



Mohit Jain. Delhi, Bharat

(42 yrs)



Behavioural



“Sleeps fast”

My 8 years old daughter doing Bhawna yog since last months. she really loved it and she said after doing Bhawna she felt sleep very fast and she feel so

+ve



Atika , NY, USA

Mental Health



“Courage to come to terms with new life”

I am somewhat new to this, but can say it for sure that it has given me courage to come to terms with my new life. My husband passed away from COVID

17 months ago. To this date I am unable to comprehend as to what happened. He went to the hospital and never came home. Bhawna Yog has taught me to keep my chin up and take baby steps and has shown me path to believe in Jain Dharma's Siddhant.



Alka Jain, Bharat

(60-70 years)



Behavioural



“Sleep peacefully”

I am doing Bhawna yog
for almost 2 years ! I feel
relaxed & happy sleep
peacefully & positive
vibes



Rekha Shah, Bharat

Behavioural



“Control anger”

**Bhawana yog has
helped me control my
anger and other
negative emotions.**



Dr Richa Jain, Bharat



Chegg India
(26-45 yrs)

Physical Health + Behavioural



“Forget pain”

I am Shimla Jain, my health condition was worst, Bhavana yog helped a lot.

I was very upset due to health condition, but I started Bhavana yog 2 years back and since that I feel so energetic that I forget my pain



Shimla Jain. Kota, Bharat



Housewife
(45-60 Years)

Behavioural



“Mind fresh everyday”

Bhawna yog is life changing event. create positivity in your life and make your mind fresh everyday if you will keep doing regularly.



S Shah, USA

(45-60 years)



Behavioural



“Inner peace”

**Bhawna yoga is
perfect life changing
for inner peace, mind
and positivity.**



J Shah, USA

(45-60 years)



Mental Health + Behavioural



“Control anger + negative emotions”

**Bhawana yog has helped
me control my anger
and other negative
emotions.**



Rajendra Jain, Bharat

(53 yrs)



Behavioural



“Helps rejuvenate + make me better”

I am pleased by the technique and it has helped me to rejuvenate and have more energy than before for any task i had to do in my daily life. The positive feedback to my soul has made me a better person with greater persona and i will recommend this to newer generation for quality lifestyle and for older for better health.



Ankit Jain, Delhi

(26-45yrs)



Behavioural



“Felt Good”

My 7 Years old son doing
Bhawna yog since 8
months and he felt so
good after doing the
Bhawna yog.



Amrit , NY, USA

Behavioural



“Rejuvenates mind body, wish started sooner”

I have been doing Bhavana yog since last 6 months. This is different from your regular yoga. It is rejuvenating for mind and body both. I wish I had started this sooner in my life.



Anonymous. USA



(45-60 years)

Behavioural



“Feels like mind, body & soul in unison”

I am doing Bhavana Yog everyday for more than a year. I combine it with my daily yoga asana. In 40 minutes , I get the best of part of the day.

After such long time, now each yoga asana speaks to the mantra from Maharajshri; also each sentence from Maharajshri is adjusted into the asana. I feel like mind, body & soul in unison after doing Bhavana Yog



Ashish Ajmera. NY USA



(45-60 years)

Behavioural



“Helps sleep”

I have been doing Bhawna Yog for the past few months only, but I can still see tremendous results. It helps me in being calm and relaxed. Whenever I am unable to sleep at night, I just speak few lines from Bhawna Yog and it helps me to sleep. It has so many great benefits, such as keeping positive attitude and energy towards myself and others.



Manu Jain, USA

(26-45 years)



Behavioural



“Stay calm + concentrate”

I wanted to stay calm and more energetic. I am able to focus on my study and games with Bhawna Yog



Aarav Jain, US



5th class
< 10 years

Behavioural



“Makes me positive”

It is definitely very
beneficial for me.
Makes me very
positive.



Madhu Gangwal, USA

(6-070 years)



Mental Health + Behavioural



“Control negative emotions”

I have been doing Bhawna Yog since last one year. I could control my negative thoughts after practicing Bhawna Yog.



Smita Jain. USA

(26-45 yrs)



Mental Health + Behavioural



“Reducing anxiety and in bringing positive vibes and inner peace.”

The simplest way to bring change in yourself is Bhawna Yog. It has helped me in reducing anxiety and in bringing positive vibes and inner peace.



Ankita Jain, USA

(26 years)



Behavioural



“Change life”

I have been doing bhawana yog for last 2 year . I feel very positive by doing this and negative emotions do not come in my mind and I feel excellent by this. And in dharimk progams i do work without any problems. Thanks bhawana yog for changing my life



Prakash Patni. Bharat

patrakar
(70 yrs)



Behavioural



“Experience happiness”

मैं भावना योग वाध्याय और चित्त की प्रसन्नता हेतू कर रहा हूँ और इसके सुखद परिणाम को स्पष्ट देख रहा हूँ। मैं इस भावना योग को करने की सलाह उन सबको देता हूँ जो जीवन में लाभ लेना चाहते हैं।



Kuldeep, USA

(68 yrs)



Physical Health + Behavioural



“Patience + Forgiveness”

I am doing Bhawna yoga with urja pravah since 3 years. I am entirely changed. Have a lot of confidence now. Now I have lot of patience, peace & positivity in every sphere of life. If someone says me wrong words I don't feel but forgive them. I recommend everyone to do this. I am grateful for Maharaj Shree.



Rukmani Jain. USA



(70+ yrs)

“More confidence”



“More confidence”

I am doing Bhawna Yog daily morning and night since last 2 years. It has helped me a lot. I can focus better, have more confidence, mental peace, gratitude for what I have, feel less stressed. It is really helping me in my life. Thank you Nitin Bhai and Shefaliben for introducing me to Pujya Gurudev Pramansagar Muni Maharaj. It feels natural to do the morning Bhawna Yog and the night Bhawna Yog daily.



Asmita Shah. Chicago, US



(60-70 yrs)

Behavioural



“Stay calm + concentrate”

Some time I feel really bad when I am not able to do any thing & my friends do not play with me. Bhawna Yog has helped to stay calm and to concentrate in my study.



Jiya Jain, US



5th class
< 10 years

Physical Health + Behavioural



“Was able to avoid bypass!”

Doctors had recommended for bypass surgery. Regular practice of Bhawna Yog for 45 days along with a few medicines helped recover from heart ailment. Bhawna Yog worked as a Sanjivani (life savior) for me.



**Late Shri Prakash Singhai Ji,
Pune, Chinchwad, Bharat**



Behavioural



“Best Yog for overall well being”

I believe Bhawna yog is the best yog for overall well being. It makes body fit, mind stable and soul powerful. I do Bhawna yog to energize myself with positive commands and for a healthy life with good relations, good health, productive at my work, development of self control, and to live a peaceful and happy life.



Saloni Jain. Delhi, Bharat



Project Associate at ICAI
(20-26 Years)

Behavioural



“चित्त में एकाग्रता का अनुभव होता है।”

नियमित भावना योग करने से मेरे चित्त में एकाग्रता का अनुभव होता है। शांति, सहजता और सकारात्मकता का अहसास होता है।



Mithlesh Jain, Delhi, Bharat



(60-70 years)

Behavioural



“Positive”

Every I am doing Bhawna yog from last 5 months and its really help me to be positive and giving me the power to control the emotions.



Monika, NY, USA

(26-45 years)



Behavioural



“ पूरे घर में पॉजीटिव एनर्जी आ गई है। ”

भावना योग करने से मुझे आत्म
संतुष्टि होती है। पूरे घर में
पॉजीटिव एनर्जी आ गई है।



Madhu Jain, Delhi, Bharat



(60-70 years)

Behavioural



“आत्म बल का अनुभव होता है”

भावना योग करने से मुझे
शारीरिक , मानसिक और
आत्म बल का अनुभव होता है ।



Saroj Jain, Delhi, Bharat



(70-80 years)

Behavioural



**“Enormous amount of benefits
and peace ”**

Following Bhavana Yog for past few months, even though it's intermittent, I see enormous amount of benefits and peace in my life. this is a awesome method.



Saurabh Doshi. Boston, US



(26-45 yrs)