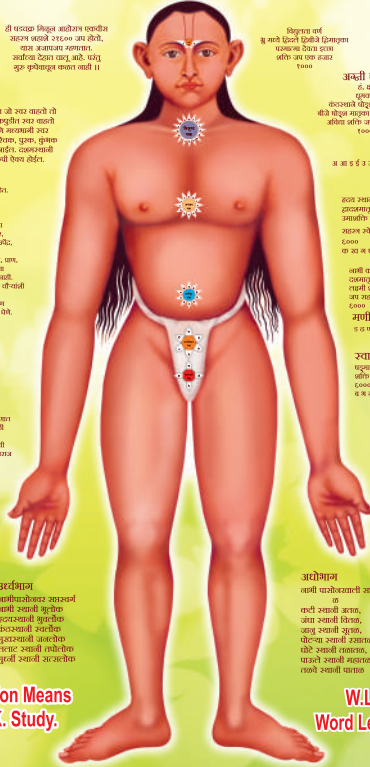


II SABKA MALIK ATMA II
GOD OF THE ALL GODS IS SOUL. SOUL RESIDES IN EVERY HEART.

ATMA SOUL



दी धरतः प्रकृतः सर्वेषां स्वामी
 सदा सर्वदा सर्वेषां
 स्वामी भवतु सर्वेषां
 सुख-प्रदो भवतु सर्वेषां ॥

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Meditation Means
W.L.K. Study.

W.L.K. Means
Word Less Knowledge

ATMA (SOUL)

Meditation Means Art of Loving Soul.

II ATMA MALIK II



AATMA MALIK
DHYAN YOG MISSION
AATMA MALIK DHYANPEETH
 (Atma Malik Meditation University)





Ashram Establishment Vision

The very perception of the omnipresent Shri Gurudev represents Atma or the Self. Atma or the Self has no physical, attributes and no form of any kind. Atma itself is Paramatma or the Supreme Self. Atma resides in our hearts only, nowhere else. In order to understand and experience Atma, we need to meditate. Meditation means, we must love our own Self dwelling in our hearts. In order to show love and devotion to the heart-based formless Atma, there has to be an entity with visual attributes and a form. We may choose any form as suits our faith e.g. Om or the Dot (Bindu), Light etc. The procedure stipulated by Sadguru Omnipresent Shri Gurudev prescribes specific forms of Atma for all of us to meditate. The Hindu culture talks of 330 million forms of God. All these Gods and Deities are the visual form of Atma or the Self. All of them adopted the human form when it was required and left the human body at the appropriate juncture. However, the image of Atma prescribed by Shri Gurudev does not show any visual human form. It never took a birth nor did it die. This image is nothing but the eternal Fundamental Self. The essence in this image does not represent any symbols or divine forms pertaining to any specific caste, religion or creed. It is really the ceaseless energy, the Atma, born much before the infinite Cosmos; it is the Atma present in every small particle of the Universe. The life force in our very existence is due only to the Atma. Thus, the essence of our life is nothing but Atma.

His Holiness Shri Gurudev (Baba) has bestowed upon us the secret knowledge of Atma. Sadguru Jangali Maharaj used to reside in Pune. He, too, did not allow anyone to take his photos like Gurudev (Baba) did and never allowed his disciples to carry his photos.

In 1890, when His Holiness Shri Jangalee Maharaj decided to go into his final Samadhi, all disciples in the vicinity requested his permission to take some photographs so that they could meditate later with the photos by their side. However, Sadguru Shri Jangalee Maharaj denied any such permission.

Instead, he gave his disciples this perception of the Atma which describes the six wheels of life. He said " My body is perishable but, this body is not Me, Myself. The Atma resides in this body and this is the image of my Self. If you want to know me and even yourselves, you must meditate on this Self. In fact, this is the real spirit in all of us. Our bodily skeleton is made up of six wheels too, just like this perceived image. This is the most minute bodily form of all of us. The external body is just a shield. The energy which resides in our internal minute body is Atma or the Self. This is our real nature or essence. Therefore, in the first stage, devotees should try to seek this image in their own hearts, should love the image and follow the path of Self-Reflection with incessant meditation and practice.

We should try to perceive in our entire body, the same extensive form of Atma which we love in our hearts. We should contemplate on just one thought: We are not just our external body, but the Atma is our all-compassing omnipresent existence.

We should go into deep meditation and ceaselessly try to concentrate on the Self. Such contemplation alone will bestow upon you sustainable and eternal happiness, peace and bliss; and we too will be able to reach the Divine destination. All our Gods and Deities right from Brahma, Vishnu and Mahesh to Sai Baba meditated on this very Atma and therefore, they reached the Godly status.

The Self-Realisation achieved by all these deities is the most supreme and of the highest order. That is why all the knowledgeable people in the world including Doctors, Lawyers, Engineers and Judges finally surrender to divine powers. Just as a student after getting admission to the Medical Course works hard for a few years and becomes a Doctor and understands the intricacies of the medical profession, we too, can after studying meditation for a few years will begin to understand that we are not just human bodies but we are the Self or Atma.

The medical student after some rigorous study comes to know that he has become a Doctor. Similarly, after studying meditation we come to know that we are Atma or the Self, not just human bodies."

In order to grasp this knowledge, we need to meditate. Therefore, Baba has advised us "Do constant meditation, become Yogis and try to understand yourselves." Of course, this corresponds to the experience of Saint Tukaram Maharaj who said, "I went there to have a Darshan and a look at the God, but, I returned as God myself."

"Do try to seek such Self-Realisation in your life." Achieving Self-realisation is the true purpose of our life. It was this philosophy that His Holiness Shri Gurudev wanted to propagate in the entire human race and therefore, he founded the Meditation Academy called Vishvatmak Jangali Maharaj Ashram about 60 years ago. Even today, the whole world is made aware of the real essence of Atma through the medium of meditation by this holy Academy.

This Meditation Academy has been carrying on the mission of showing how to gain Supreme Knowledge of the Self which, in fact is the source of all knowledge in the world. In order to ensure that future young generations imbibe the knowledge of the Self and to ensure that Self Inspired Peace is brought to the world, Shri Gurudev founded a number of schools and colleges under the auspices of Vishvatmak Jangali Maharaj Ashram. Shri Gurudev Mauli (Baba) established all the schools, colleges and temples of meditation with the sole purpose of ensuring that Knowledge of the Self or Atma which is the basic foundation of all knowledge is imparted regularly to all school and college students while securing knowledge of different subjects on an international level. In order that young generations of tomorrow become Self-Realized with sincere meditation and studies and in order that Peace and Self-Devotion prevails in the whole world, His Holiness Shri Gurudev Mauli has laid the foundation of all these schools, colleges and Temples of Meditation.

Supreme Experience --- Self Experience

Supreme Love ----- Self Love

Supreme Happiness ----- Self Happiness

Supreme Peace ----- Self Peace

Supreme Bliss ----- Self Bliss

Supreme Power ----- Self Power

Supreme Meditation ----- Self Meditation

Supreme Knowledge ----- Self Knowledge

Supreme Darshan ----- Self Darshan (Self Vision)

in order to achieve the objective of Self Darshan through Self Meditation and Self Knowledge through Self Darshan, Vishvatmak Meditation Academy has kept its doors open to all of you at all times.



MEDITATION

Meditation means the study of loving Atma.

After taking endless births we receive this most valuable human birth. It is not only to achieve lineage, wealth and prestige but it is to recognize our own true self, i.e. Atma. Lineage, wealth, prestige may give us happiness but it is momentary. On the contrary, all these things only give misery and worries to human beings. But for achieving bliss & permanent, infinite pleasure - meditation has to be done. The pleasure received from meditation is everlasting.

Today our life has become unpredictable because of our outward journey. If we divert this journey towards our inner conscience through meditation, we shall also swim in the ocean of serenity like saints.

Our true form is not the external physique but the Atma residing in it. Atma is the ruler of this human form and therefore it can perform all the actions. Atma is the fountain of liveliness. If Atma leaves the body then body is lifeless. Therefore it is necessary to recognize Atma through meditation.

“The realization of Atma residing within us through meditation is called deliverance.”

The formless Atma, who has embodied in the form of many Gods and Goddesses, is the ultimate Lord. Idols of God & Goddesses are adorned in the temples. But the ultimate God i.e. Atma resides in the temple of our body.

In order to get acquainted with this Atma it is necessary to meditate daily. Go to any temple, mosque, gurudwara, church, synagogue. But after going there close your eyes and see the Atma in your self.

The creator of this universe, all the countries in this world, all the beings taking birth in different religions, castes, sects, is not different but one and that is the 'Atma'. Therefore the highly reverend 'Om Gurudev Mauli' has given the message of 'Sabka Malik Atma'. But to experience this, attain knowledge with selfless devotion. We should surrender to the Sadguru.

Transform this life in human form to a celestial form through consecration from the divine, spiritual preceptor, the Sadguru.

The Importance of Meditation

Meditation is the art of loving Atma. Atma means the Self, Soul, Supreme Energy, Universal Consciousness or God. Atma is formless, and is behind every form. It can be helpful to visualize Atma in some form. This form may be of any God or Sadguru. A Sadguru is a Master who always resides in his Self and is in continuous meditation.

Atma is everywhere present and resides in our heart. Our body is a very important temple. If we meditate on Atma in our heart, we will realize more and more that Atma is universal.

*Meditation is the easiest way to come near Atma and to experience it. By this experience we get eternal happiness, called Sat-Chit-Ananda (truth-consciousness-bliss).

*The internal energy in ur body is immense, of very great value and can be experienced by means of meditation.

- * We can concentrate on anything only because of meditation.
- * Meditation means intense concentration on one object.
- * Many Scientists discover and invent because of meditation.
- * Spiritual knowledge is the highest knowledge and it is only achieved through meditation.
- * With the help of meditation we can make clear decisions.
- * Through meditation we can become One with Atma.

The Importance of Guru Mantra or Initiation

The powerful words chanted by a living master (Sadguru) are called **Guru Mantra**. Guru Mantras are the most energetic words uttered by a Sadguru.

Those words are spiritual seeds sown in our body. When these seeds are nurtured by chanting and meditation then we receive the "good crop" of experiencing Atma. Therefore, being initiated by a Sadguru is important and with meditation leads to a happy and purposeful life and in the end to Self Realization.

- * Guru Mantra is the inner call for Atma.
- * With regular recitation of the Guru Mantra, meditation becomes easier.
- * By chanting the Guru-Mantra, we can control our inner enemies like: anger, jealousy, hatred, desire, the ego, selfishness and attractions.
- * By chanting the Guru Mantra our inner cleaning process is enhanced.
- * With the Guru Mantra, addicts can become free of their addictions. By practicing the Guru Mantra and meditation, we become silent, thoughtless, peaceful, independent and happy in daily life.
- * The Guru Mantra makes a continuous connection from us to Atma.

To get the best effect from the Guru Mantra, we must chant it every day, anywhere and at any time. It can be done while bathing, eating, walking, travelling, driving etc. Chanting has to be done in the heart and in the mind, i.e. without moving the lips. With a continuous chanting practice, the Guru Mantra becomes one with the breathing process and later on, it continues by itself.

The Importance of Full Moon

Celebrations on the night before full moon day are very powerful. In India this is the most spiritual time of the month, known as Chaudas.

During this particular night, the distance between the Earth and the Moon is very less.

Because of this the moon rays has a great positive effect on the human body. This night is celebrated with spiritual sermons (satsang), devotional songs, holy dances and meditation sessions.





||ATMA MALIK||

“Universal Mission of Meditation”

Life of everybody is so hectic and under stress. Meditation is the concrete way to get rid of these difficulties. To make this contemplation more effective Sadguru Atma Malik Mauli and Atma Malik Dhyani, Kokamthan has planned to organize 'Meditation Camps' from Jan 2017. It will be ceaseless/non-stop. Obviously, this would be a revolutionary mission for the entire universe.

Sant Parmanand Maharaj

God is formless and without any physical properties. He has incarnated many a times to set disturbed life of universe. Presently, to restructure, to set this universe God has re-incarnated in the form of Sadguru Atma Malik Mauli, who has given message of meditation through his rigorous penance.

The real reason of today's disruption is the oblivion of Soul (Atma) who is the creator of this universe. Many human beings are trying to get self-realization by their own ways but they are unable to reach to the soul. Many incarnations (who were in the form of God) have concentrated the people on the realization of Soul (Atma) but common man is unable to experience to formless God.

Instead of reaching/experiencing the formless God (Divine Soul) the man has made those saints as God who told them about Atma. Very few saints have realized the divine soul. These Fortunate saints have made their life an ideal and venerable.

No other place on this universe is as unique as kokamthan, which gives rights way for the self-realization of Atma. Undoubtly, Atma Malik Dhyapeeth, Kokamthan is the unique station which carries every passenger to his right destination.

Meditation is the original way of life. It is a life style which makes every man into a real human being. It didn't make any differentiations about caste, creed, gender or religion etc. A complete satisfaction/ happiness are impossible without the inculcation of good thoughts, good behavior, morals self-realization etc.

Meditation is the only way which helps to inculcate all these virtues in us. It is not just a way but it is a super express highway, which helps to carry us towards the right destination (i.e. self-realization of Soul)

Meditation is the panacea to eradicate corruption, anarchy or discrimination. For the exact set-up of universe along with discipline there is an immediate need of meditation. This will be a super highway which brings real equality, peace & freedom.

To overcome all the difficulties, to set up peace and prosperity Sadguru Atma Malik Mauli has brought many changes in the life of man. To make his meditation more effective, 'Camps of Meditation' are organized from Jan 2017. These camps will be ceasing obviously, this would be a revolution mission for the realization of Soul. (Atma)

Terrorism, war, enmity, corruption etc. are the uncivilized way to live. The main aim of Sadguru is to create 'Atma-lover' Society by eradicating above evils. This aim will be a mile stone of tomorrow's tranquil and meditative universe. This mission is already in progress from 06 decades. Inauguration of meditation camps of Jan 2017 will elevate this mission to its peak. Kokamthan is a spiritual place, situated on the river bank of Godavari. When millions of devotees will come together at this place for unique purpose of meditation it will bring revolution in the life

of these devotees, because they are going to experience the spiritual energy which is hidden in them. It is not a co-incident but it's a greatest opportunity.

The only truth in this universe is Atma. Everything is perishable but Atma (Universal energy.....soul) is always constant. Therefore, soul has an eternal relation with us. Soul (Atma) is present in all of us. The easiest way to attain Atma is to meditate in the self. Worshipping Atma (Soul) is worshipping all Gods.

To bring eternal changes in one's life do participate in meditation camps. Millions of devotees from all over the world are going to attend it. As per the planning of SANTPEETH, each SATSANG MANDAL (GROUP) has given planning of 03 days.

Besides it, those devotees who want to participate in these camps are welcome by Atma Malik Dhyana Peeth. 28 camps organized from Jan. to Dec. 2017. Each camp will be of three days. The minute details are given in the magazine of this month.

Man has done rigorous efforts/research to bring comfort in his outer life. He got success into some extent. But why do we face difficulties in outer life? Why did comfort fail to give satisfaction?

What happens to inner-satisfaction?

This will attain only through self-realization. I.e. worshipping Atma. The role of Sadguru is important for this self-realization. Without his blessings, self-realization is impossible.

Body is a temple; it is one of the means to attain God. 'SABKA MALIK ATMA'. Is a doctrine of universal peace? This will be realized by common man by attending the meditation camps.

Besides the praise and criticism I would like to say that Sadguru Atma Malik Mauli is the 'Purist and Greatest Soul'. His every work in everything is contemplation. Do take maximum advantage in the presence of him. He has done rigorous penance for the sake of entire universe. The only aim behind this penance is the constant meditation which leads to self-realization. All the devotees are invited to attend the camps.

Do attend these camps whole-heartedly, realized one's soul and get blessed from Sadguru. One, who seeks Him in heart, therefore attains him through the means of meditation.

**'Meditate and a experience a unusual
world of ecstasy**

International meditation camps

For seeking inner peace through meditation many devotees from different foreign countries visit Kokamthan daily. The work which initiated from Kokamthan in Maharashtra has now spread not only all over India but also in Malaysia, Singapore, Srilanka, Thailand, Indonesia, Poland, Switzerland, England, Turkey, France, Australia, Canada, Columbia and U.S.A.

Photographs taken during meditation camps organized in the foreign tours, for spreading the message of Universal Peace are posted here.



EDUCATIONAL VISION

In today's scientific age, the new generation is becoming uncultured and addictive. Today's society is drifting away from the tradition, culture and going on the path of decline. It is impossible to imbibe new moral cultural values and transform an adult human being.

Keeping this in view, in order to inculcate the good moral values in children, the highly reverend Sadguru Atma Malik has established the Atma Malik Educational Complex. Moralistic values are inculcated in about 13,500 students residing in the Atma Malik Educational Complex through meditation, Veda recitation and the discourse of pious saints, i.e. Satsang.

Children along with scholastic education are also taught to attain self-realization through meditation.

The new generation thus groomed will become well-cultured, wise and dutiful. The new generation of India thus nurtured, very soon will establish peace and harmony in the whole Universe.

The Atma Malik Educational Complex is established and working towards the accomplishment of this great vision.



All Schools & Ashrams of ATMA MALIK DHYAN PEETH

Somgiri Math,
A/P: Yeola, Dist: Nashik



Vishwatmak Om Gurudev Engineering College
Aghai-Mohili, Tal- Shahapur, Dist- Thane



Om Gurudev Dedi College &
Om Gurudev High. Sec. Gurukul
Kokamthan, Tal: Kopergaon

Vishwatmak
Jangli Maharaj Ashram
Ankal, Yeola



ATMA MALIK INTERNATIONAL SCHOOL (CBSE)
Aghai-Mohili, Tal - Shahapur, Dist - Thane



A/P: Ambhai, Tal: Wada, Dist: Thane



Om Gurudev English Medium Gurukul
Kokamthan, Tal: Kopergaon, Dist: Ahmednagar



A/P: Nerla, Walva, Dist: Sangli



Vishwatmak Dhyan Peeth
Aghai-Mohili, Tal- Shahapur, Dist- Thane



Gurudev Chaitanya Swaroop Gurukul
Nerla, Dist: Sangli



Om Gurudev Secondary Gurukul
Kokamthan, Tal: Kopergaon, Dist: Ahmednagar



ATMA MALIK HOSPITAL

Medical Facility

For the treatment of poor, helpless, shelterless devotees, the Ashram Trust has established the Atma Malik Hospital. All types of medical facilities are provided here at nominal charges.



PRASADALAYA

Annadaan

Each and every devotee coming in Atma Malik Dhyalpith is 'Atmaroop', i.e. God. Keeping this in mind, with the holy blessings of Sadguru Atam Malik, the service of providing free food to the devotees is carried on continuously. The devotees visiting the ashram, the Gurukul students and the pilgrims, approximately 15,000 daily avail this facility.



Ashram's Festivals

GURUPAURNIMA



Gurupaurnima is the biggest festival of Ashram, which is celebrated each year on July full moon day

CHAUDAS (monthly full moon)



Chaudas is celebrated on every 1st day before full moon. The programs conducted are such as satsang, pravachan & kirtan

Daily Schedule

6 to 7 am	- Meditation
7.30 to 8 am	- Bhajans / Arti (Temple)
8 to 8:30 am	- Breakfast
8:30 to 9:30 am	- Meditation
10 to 11 am	- Meditation
11:45 to 12:00 Noon	- Arti
12:30 to 1:30 pm	- Meditation
1:30 to 2:30 pm	- Lunch
5 to 6 pm	- Meditation
6:45 to 7:00	- Arti Temple
7:30 to 8:30pm	- Meditation in Kutir
8:30 to 9:00 pm	- Dinner
9 to 9:15 pm	- Shejarati (Temple)

Note -

- Meditation taking place at Kutir.
- All Bhajans/Arti taking place at **ATMA MALIK** temple.



॥ Dhyan Karo ॥

॥ SABKA MALIK ATMA ॥

॥ Dhyani Bano ॥



SANT. SHREE PARMANANDJI MAHARAJ

President

AATMA MALIK DHYAN YOG MISSION

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