



JEEVANANDHASRAMAM

Kodungallur, Thrissur, Kerala



amrutha sanjeevani®

TFL

**KUNDALINI
SAKTHI**
Rahasyam

The Secret of Kundalini Energy

JEEVANANDA ASRAMAM

GARDEN COMPLEX (KVS BUILDING)

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📱 [maharshijeevananda](https://www.facebook.com/maharshijeevananda)



Soonya

State Co-Ordinator and Master Trainer



Shri Jeevanandha Maharshi

Jeevanandha Maharshi was born in 1955 at the valley of Ponmudi Hills at Nedumangad (Near Thiruvananthapuram, Kerala, South India) as the fifth child of Nataraja Pillai and Ammukutty Amma.

Blessed with an intellectual mind, from his childhood days he could not accept anything without his own experience or logic. This attitude of his labeled him the status of an 'atheist'. The thirst to know more about human nature drew his closer to learn and research more on 'history and psychology' of human nature. He travelled extensively the length and breadth of India to unveil the truth behind 'God Men' and so called 'Incarnations' of God.

The turning point in his life happened on the 21st of March 1994 at Pepara in the valley of Panayaponmudi. His life transformed.

With the grace of great souls, he found access to a vast reservoir of energy that every individual can benefit from through various meditation technique he is drawing more and more people become aware of the 'truth'.

He has disciples in India and broad, and is formulating practical methods of meditation for an individual to experience contentment and Self-realization. With his more presence he has transformed many lives.

Undoubtedly he is a path towards the 'Maha Mouna' (Great Silence).



Question 1

**What is Amrutha-Sanjeevani TFL
or Kundalini Sakthi Yoga?**

Answer

**Kundalini Sakthi Yoga or Amrutha-Sanjeevani TFL
is the mysterious power that works through seven
energy centres that exist in five bodies.**

**When the Kundalini power awakens and ascends
through the power centres, miraculous transformations
occur in physical, mental, emotional and spiritual planes.**



Question 2

What are the changes taking place on awakening the Kundalini Power?

Answer

When Kundalini power is awakened, one experience relief from 25 life style ailments

Sugar	Blood Pressure	Cholesterol
Migraine	Paunch	Obesity
Joint Pain	Back pain	Allergy
Tension	Lack of Confidence	Fear
Inferiority Complex	Sleep deficiency	Excessive Anger
Laziness	Tiredness	Snoring
Will power	Control of Emotions	Courage
Marital Problem	Vigour	Negativity
Extra Energy	Lack of Creativity	Peace of Mind

Experienced people testify that positive results are obtained from the 3rd day onwards in respect of the above ailments after Kundalini power is awakened.



Question 3

**Are there any religious rituals involved in this?
For instance, Pooja, prayers, chants and others?**

Answer

**Kundalini is a Mysterious and astonishing
energy/power of cosmos.**

This cosmic power is present in every living creatures.

Religious rituals comes only after that.

**Anyone can activate the Kundalini energy
dormant in them and bring on amazing
benefits in material life.**



Question 4

What sort of changes and benefits do Kundalini Sakthi Yoga impart in material life?

Answer

It illuminates the realization that the mind is the root cause for earning and maintaining wealth, as well as remaining calm and creative always. It alleviates the negative effects which work subtly in our life to impede progress. Marital life becomes blessed and blissful. Furthermore, those who have experienced testify that awakening of Kundalini energy bring relief to 25 life style ailments from 3rd day itself.



Question 5

**How long has the Amrutha Sanjeevani TFL
or Kundalini Sakthi Yoga been active?**

Answer

**Amrutha Sanjeevani has completed 24 years since inception.
It began as the divine revelations experienced by
Sri. Jeevananda Maharshi on 1994 March 21st.
It has completed 24 years on 2018 March 21st.
This interface with you takes place in its 25th year.**



Question 6

What all recognitions Amrutha Sanjeevani TFL enjoys now?

Answer

Amrutha Sanjeevani TFL or The Kundalini Sakthi Yoga is an extraordinarily powerful programme that has earned 5 recognitions so far.

1. From the Kerala Police for imparting training for the year 2008-2011 to the Kerala Police, Thrissur.



CERTIFICATE



OFFICE OF THE INSPECTOR GENERAL
OF POLICE (TRAINING) & DIRECTOR
KERALA POLICE ACADEMY,
RAMAVARMAPURAM,
THIRUVANANTHAPURAM

Phone : Office : 9447-232300
Res. : 9447-232401
Mob. : 9447990082

Date: 13-12-2011

To Whom So Ever It May Concern

I personally appreciate the effort of Sri.Prabodhi for his contribution in imparting training as TFL (Tension Free Life) Course for the Officers, Trainees and Family members of Kerala Police Academy, Thrissur. We thank him for his hard work and dedication.



Jose George IPS
Inspector General of Police (Trg) & Director
Kerala Police Academy, Thrissur



DISTRICT POLICE CHIEF
THRISSUR CITY

Phone : Office : 0487-2323011
Res. : 0487-2325280
Mobile : 9497994909

E-mail ID : cptrcity@keralapolice.gov.in

Date: 27.06.2012

To whom so ever it may concern

I personally value the effort made by Guru Athma Prabhodhi in imparting training as (Tension Free Life) to the Police personnel of Thrissur City. The training was very much effective and motivating and I extent my best wishes for all his future endeavors.



Yours sincerely


P. V. Jayan IPS

2.

From the Indian government in the form of



Copy Right Protection

**Copy Right Protection. As per this,
Only Sri. Jeevandanda Maharshi
has the permission and recognition for
forming Amrutha Sanjeevani TFL Centers.
Anyone can impart this training programme in India
with the permission from Sri. Jeevananda Maharshi.**

3

Trade Mark Registration



Amrutha Sanjeevani TFL

Amrutha Sanjeevani TFL is a registered trade mark with the Indian government.

Any use of the trade mark Amrutha Sanjeevani TFL without the explicit consent of

Sri. Jeevananda Maharshi is a punishable offence.

4



TFL Foundation is a charitable trust registered in India to promote Amrutha Sanjeevani TFL or The Kundalini Sakthi Yoga.

5

The recognitions endowed by the public for the classes conducted by TFL Foundation in order to promoting Amrutha Sanjeevani TFL or The Kundalini Sakthi Yoga.





Question 7

**Who are the beneficiaries of
Amrutha Sanjeevani TFL or The Kundalini Sakthi Yoga?**

Answer

**Any one past 35 years requires Kundalini Energy
as testified by many who have got relief
from 25 life style ailments from 3rd day onwards.**

Kundalini instils new power.

**New vigour. It helps all regardless of
gender to face every issue in life with
composure and courage.**

**It will be evident within two days to
anyone who is initiated into this programme.**



Question 8

**Why does everyone love Amrutha Sanjeevani TFL
or The Kundalini Sakthi Yoga?**

Answer

**Because of following 14 reasons
everyone like Amrutha Sanjeevani TFL.**

1 Anyone can try
awakening of Kundalini
energy for two days
free of cost.

2 It takes just 50 minutes
to activate the Kundalini.

3 Enjoy our 2
days free
training

4 No need to
change diet

5 DVDs and Magazines
in which people testify
about the effectiveness
of Kundalini Sakthi Yoga
within 3 days of practice.

6 Practical approach
enjoyable to all.



7

**Suitable for all,
caste, creed or
age no bar.**

8

**Flexible time
schedule to choose.**

9

**Fresh vigour for
any activity.**

10

**Training that is lauded
by the Kerala Police
Thrissur range.**

11

**Secrets of attaining
wealth.**

12

**Reveals life's success
formula.
Enlivens marital life.**

13

**Alleviates hurdles
and negativity.**

14

**Solution to about
25 life style ailments.**

Golden Moments of Sri Jeevananda Maharshi's Life
2005 - 2018



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