

30th World

PSYCHIATRISTS AND PSYCHOLOGISTS MEET

October 01-02, 2018 Osaka, Japan

The Monu-Mental Health Code: Vedic wisdom for millennium next

Mickey Mehta

Global Leading Holistic Health Guru, India

For time immemorial we have been blessed with long lifespans owing to our Vedic inspired lifestyle habits. But over the last few hundred years we humans have deteriorated ourselves into paranoid humanoids and have wreaked absolute havoc on our physical and mental health and wellness in our relentless pursuit of all things money and success. But with the growing awareness and re-discoveries of the treasures of ancient knowledge and wisdom, today's leading scientists are once again accepting that our ancestors were truly enlightened beings when it came to holistic health and life sciences. The 'Monu-Mental Health Code' is created over three and a half decades of research and study of diverse ancient civilizations and cultural legacies from Vedas to Zen, from Greek to Oriental and from Tao to Tantra. There have been some beautiful common threads of holistic healthcare across these civilizations that span geographies and timelines. This code consists of ten monu-mental health commandments that will enrich and empower you to lead your life with this ancient wellness wisdom for the next millennium to come! It will delve deep into these commandments and teach you how you can imbibe and practice these life-transforming habits to experience perfect health. The Ten Commandments are: 1. Starting your day with breath for breakfast 2. Adopting cosmic nutrition to experience the real food for gods 3. Crafting wonder workouts for the body, mind and soul 4. Learning zen rituals to hone mental faculties and unleashing your mind-power 5. Using neurobics to perform par excellence 6. Growing out of paranoid humanoid syndrome 7. Mastering the art of response over reactions 8. Transforming from dis-ease to ease naturally 9. Experiencing super-to sound sleep 10. Comatose to Repose-Moving beyond mindfulness to mindlessness in shoonyam meditations. These Ten Commandments form the code of living a truly monumental life throbbing with physical and mental dexterity for the futuristic humans of this millennium next- who evolve beyond smart efficient machines to invincible wise beings once again.

mickeymagicmiracle@gmail.com