Although since long ago it was written in the books that human being have been practicing meditation in many different ways and through it have been reaching enlightenment and purification, it is very rare that we actually implemented meditation in the real life. But, it is wonderful that people have started talking and practicing meditation nowadays.

For me, “Skills for better life” is the ability to be healthy and I think we can gain this ability through meditation.

Once I was lucky to have a great opportunity to take the meditation course “Shri shri knowledge to live”.

The fundamental course of “Shri shri knowledge to live” lasts for 6 days. The 6 day course was so fruitful like it was a course taught for 60 days. After the course was done, I continued doing my practice at home for 60 days. I used to spend only 30 minutes a day to practice. I was loosing my weight and I was feeling healthier. I took the course again and repeated several times. I felt I was gaining more knowledge from every lesson and every lesson was changing me and I was feeling healthier more and more. It can be said that I haven’t visited any hospital or seen a doctor for last 10 years. I’ve got much understanding from here and found out that a person’s health and happiness depends only on himself.

I lived without real understanding why people come to this world even though I have attended much schooling and read many books. From this course, I have understood the wonders of life, especially, the wonder of “I” very well. I strictly understood that a person can get sick, but, it is caused by the inner soul of me.

Next, I took the advanced course of meditation. There were many of us. I found out more and more about myself form the meditation. I felt the real tranquility and happiness. I felt like I was born again. Everyone around me smiled and was happy. No one would badmouth about anyone or cause any problems there. It was very interesting and pleasant. Even though every one goes to many schools during their life time, they did not go to a wonderful school like this. It made me think that, maybe, the divine is like this.

My teacher is a nice woman. She has a nice name like the earth. She is a real teacher. She is the one can love and work for people. I wish every teacher in the school was like her. Then, we all would be able to find and gain much value and time. I deeply wish from my heart that all teachers acquire this knowledge and wisdom.

The moment when I found out with my body and mind that being in tranquility and health is the wonderful thing of human life was when I attended the advanced course of meditation of “knowledge to live”.

People do not and/or do not try to understand themselves. But, we have spent so much time studying different sciences.

The fact that my teachers organized the advanced meditation helped us to understand more pleasant things. The days of retreat of meditation started. We were supposed not to talk to anybody but yourself. I like to sit alone by a small stream. At that time, the eyes of my inner soul were opened and I saw how rich and magnificent was the world. All of those such as the sound of flow of the stream, sound of leaves waving in the wind, the joyful singing of birds brought me to the world of tranquility and gave me the chance to talk to myself and reconsider myself. I was very happy. I talked to myself three full days. I reconsidered myself more carefully and I loved
myself more. I felt like I had never loved myself this much. When I talk about it, it is hard to understand for the people, who haven’t done meditation.

I really opened my eyes and opened my ears and started to see the world differently. These days were the most memorable and unforgettable days in my life.

When I practice meditation and feel myself, my soul becomes empty, but, I travel the world which is borderless and with freedom. It is difficult to express it in words how much happiness we have when we are free in the borderless space.

A person who has practiced meditation is really changed and becomes someone who is happy. They differ from other people with this quality. If I use an assimilation, someone who has reached the top of a mountain can see further whereas someone who is only in the middle part of the mountain sees only his surrounding.

Someone who practiced meditation becomes a great one. With this meaning, he can live while enjoying his own tranquility, happiness and healthiness in the real life. I was in a real hurry wishing to tell other people and have them feel all of these wonderful feelings. First, they did not really understand what I had talked to them. I kept on talking to them. Then I managed to have my daughter, husband, friends and my colleagues attend this course.

Yes, people. Please attend the course of “Shri shri knowledge to live” and learn the knowledge to be healthy and happy. This is not some kind of religion. This is a simple way to help you to be always young, healthy and happy.

Anyone from any country in the world can practice the exercise for body and mind which is called as meditation. If everyone in the world did practice meditation, how much healthy and pleasant would be the blue world where we live in!. That is why I think it will suit to the changes of the world.

Because I, my family, and my friends felt with our bodies the wonderful result of meditation, I bravely can talk about it to people. This is a great investment without spending time, money and strength. This is a school that teaches you the knowledge of how to make yourself healthy and happy.

The uniqueness of the meditation practice is that you participate by only listening and doing exercises without having to have to write. Every learner just listens. But, they have to learn to do the exercises. By attending this course, I am a lucky person who has learnt the skills to be healthy and happy without emotional stress.

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