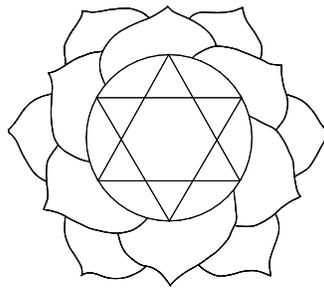


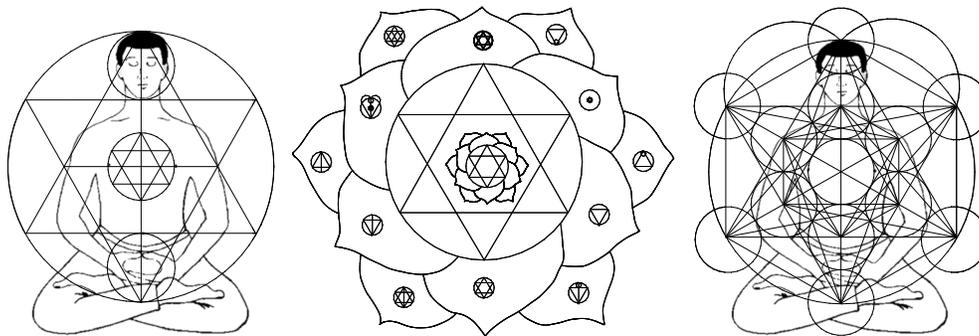
Subject Line: Free Online Meditation Certification Course – Learn the Anahat Meditation System



Dear Friends,

This is a rare chance to be a part of something very special. Aside from the Hypnotherapy School and our Association, a huge part of my life's work has been something called *The Anahat Meditation System*. This is introduced in the School's Transpersonal Training and it is found in my books *The Sacred Geometry of Meditation* and *The Anahat Meditation System*. It is a life-changing comprehensive study and practice of extremely powerful meditations that bring about self-realization, personal wholeness and deep insight into the nature of who we truly are and what our purpose is on the planet. You may have noticed these sacred geometrical images in the School's and Association's logos and now it is time to truly share what all of this means.

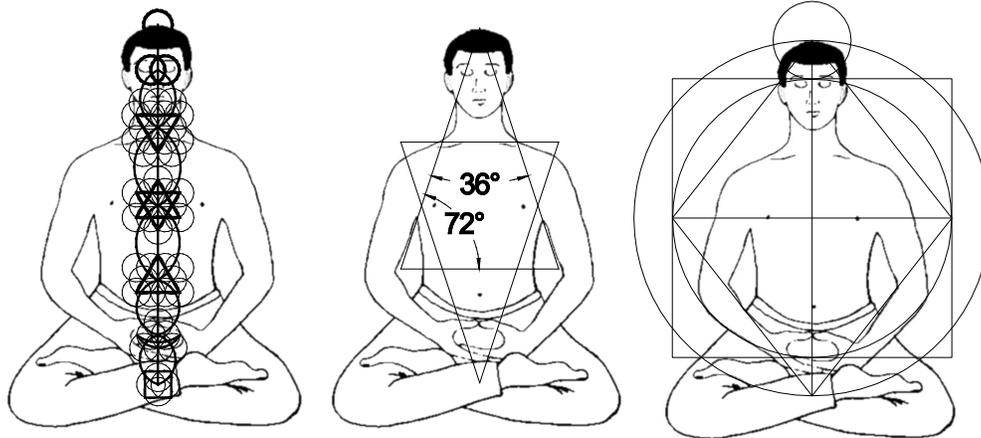
Please read on to learn about when these classes begin for free online



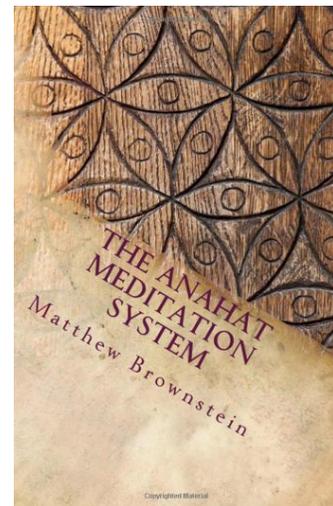
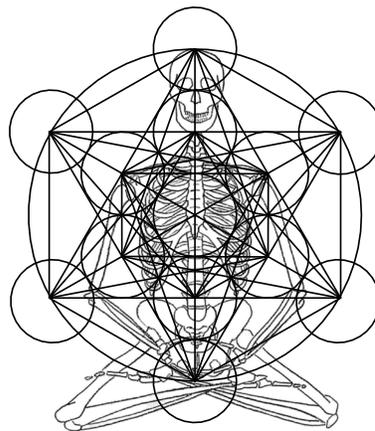
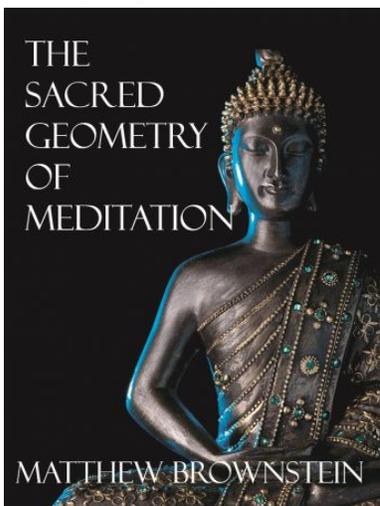
These teachings are a combination of my degrees in Philosophy and Religion and my time living in monasteries, ashrams and spiritual communities, and my training in Traditional Chinese Medicine, yet even more than that they are a set of revelations which occurred to me in 1996 while engaging intense meditation while living in the woods outside of an ashram. The teachings came to me as a sort of initiation into a meditation system unlike anything that I had ever experienced before. Energy moved through my body in sacred geometrical patterns and an inner wisdom taught me what the patterns meant and how to teach this as a system to others. The revelations came to be known as *The Anahat Teachings*, and this style of meditation came to be known as *The Anahat Meditation System*. The system works in harmony with any religion or spiritual path. It can stand alone as a spiritual path and yet from my experience it truly complements any or all paths that you may be walking. It is universal

and not dogmatic, yet the depth of teachings and guidance are profound enough to make this its own unique system just like Yoga, Tai Chi, or Chi Kung.

The system honors the idea of the importance of a meditation teacher, a solid set of teachings, and a community of practitioners. Those who make it through the entire training become Certified Anahat Meditation Teachers – all at no charge.

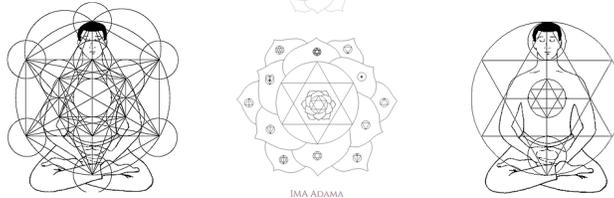


Not long after these revelations occurred, I opened Anahat Meditation Center and began teaching others how to meditate this way. The feedback and the results proved that this was very powerful and very useful, yet beyond that these teachings have stayed with me for over 20 years and I still practice them every single day.



COVID-19, while devastating on so many levels, has caused so many of us to stay-at-home and to dive deep into that which is truly valuable. My spirituality has always been most valuable to me and that always involves my being of service to others. I therefore invested in the domain name www.OnlineMonastery.com and have begun a new way of disseminating The Anahat Teachings yet again. I am excited to be sharing something very special with you here using technology that did not exist back in 1996 when these revelations began.

WELCOME TO THE ANAHAT TEACHINGS



Welcome to OnlineMonastery.com and the home of The Anahat Teachings, as found in the books by Matthew J. Brownstein entitled *The Sacred Geometry of Meditation* and *The Anahat Meditation System*. This site is devoted to serious spiritual seekers who may feel a strong calling towards a true path of enlightenment and yet who cannot live in a monastic setting. Anyone can benefit from these teachings from beginners, to lay practitioners, and to true monastics regardless of where they live.

The Anahat Meditation System consists of twelve core meditations and four levels of practice. Anyone can begin and can start to receive benefits right away, yet those who are serious about learning the system and who wish to get the most benefit out of it will take a minimum of four months to study and practice, yet two years is recommended to fully experience all that this can do for you.

As an Online Monastery we are here to support any sincere spiritual seeker on his or her path. We invite you to explore this website for many invaluable resources for those who are truly serious about self-realization regardless of the path that they walk.

Please explore the [About Page](#) to learn more about Matthew J. Brownstein and the origins and journey of The Anahat Meditation System and Anahat Meditation Center.

Starting on **Sunday, May 17th, 2020 at 7:00pm EST** we will begin weekly classes on the system itself. The first class will be an introduction to the teachings and those who are interested will be invited back the following week to begin formal training in the process. Classes should go for about four months on Sundays at 7:00pm EST, with weekly meetings of about two hours each. Upon completion of the training we will issue a Certification of Completion and for those who wish to continue we will offer a Certified Anahat Meditation Teacher certification as well. There is no charge for these courses or certifications at this time.

Everyone is welcome to join us on **Sunday, May 17th at 7:00pm EST** in this Zoom meeting room: <https://zoom.us/j/892177484>. For more information and to learn a lot more about the system, please check out my new project at www.OnlineMonastery.com. These classes are open to the public, so feel free to invite your friends and to share this information with anyone who might be interested.

Here are some of the benefits of Anahat Meditation:

- feel grounded and solid in your body
- open your heart and clear out old emotional blocks
- attain a seat of Higher Consciousness—also known as Witness Consciousness
- tap into the power of the sexual energy and transform it into higher spiritual energies
- clear out and balance the chakra system
- clear out and balance the meridian systems
- integrate your spirituality into your daily life
- establish a clear connection to Source/God
- purify the system in preparation for Kundalini Awakening
- realign the sacred geometrical grids that underlie the human form
- acquaint you with the wisdom contained within these grids
- develop a clear, precise and focused mind
- align the energy system to open to profound mystical experiences including out-of-body experiences

- fully integrate the physical, etheric, astral, mental and causal bodies with Spirit
- move through the stages of Samadhi into Absolute Oneness with Source.

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<https://zoom.us/j/892177484>.

Very Kindly,

Matthew J. Brownstein, CHt

CEO – Anahat Education Group, Inc.

President – International Association of Interpersonal Hypnotherapists

Executive Director – Institute of Interpersonal Hypnotherapy

Department of Education – Commission for Independent Education – License #3448

Department of Vocational Rehabilitation – License #VF202535784001

www.InstituteofHypnotherapy.com

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