

Annual Meeting on
**NATUROPATHIC PHYSICIANS &
ACUPUNCTURISTS**

July 24-26, 2017 Melbourne, Australia



Viviana Siddhi Vid

Mandala Transformation Foundation, USA

Personal transformations

The yogis say that we were not born merely to be subject of pain, suffering, disease, stress and death. Tension, negative emotions and depression can be overcome with advanced breathing exercises and purifying nadirs. The spiritual investigation of life's purposes requires keen intellect and strong will, products of a healthy body and mind. We are human beings that need to be nourished on all levels that we can efficiently cope with a daily life. The system of yoga involves proper exercise, breathing, relaxation, diet, positive thinking and meditation. The experience of transformation of human nature suggests balanced investment of time and will-power. Few activities keep a person motivated to persist in transforming himself. If we invest in our transformation, then we shall acquire lifelong inspiration to grow and become the masters of our destiny. The essential investments are: (1) Investment in the health of the body, (2) Investment in the health of the mind. Transformation of man, great emphasis is laid on the purity, health and control of mind, (3) Investment in spiritual health emphasis on spiritual growth in the process of transformation of man is a major part of man's heritage. Its importance for leadership effectiveness via meditation is bringing 100 benefits. With active meditation we can reach the state with pure messages and no illusions. Ancient people have known for centuries that water, earth, fire and air purifies our energy. Balanced diet is essential for a balanced body, mind and the spirit. A man who practices fasting at regular intervals rejuvenates the body and makes the mind concentrated. Balance-struggling is not the solution for any situation that is part of frustration. It's better to find a way for creativity that brings vitality with a little mentality and simplicity that opens the door for positivity and by meditation we can reach the state with pure messages and no illusions.

Biography

Viviana Siddhi Vid is the Founder of Little Prince, the first vegetarian kindergarten in Slovenia and authored several articles for spiritual magazines. She is also the Founder and Director of the NGO Mandala Transformation Foundation, public charity that aims to improve lives on a deeper level by transmission of sacred wisdom, performing artistry and other traditional cross-cultural exchanges.

info@mandalatransformation.org

Notes: