

Universal Knowledge®

MONTHLY ACTIVITIES REPORT

March-April 2026





Athma Namaste

Dear Universal Knowledge Family, it has been a true privilege to serve on the training team for this year's Blessings Day. Embracing new mantras, forgiveness, and breathing techniques has brought a profound, transformative new outlook to all of us.

Our daily morning practice has truly strengthened us from the inside out, and as always, the Blessings Day was an out-of-this-world experience; welcoming new members receiving blessings, downloads and witnessing their profound transformation was deeply moving.

Furthermore, our collective work in feeding the needy has been a blessing, strengthening our Positive Karma and providing a tremendous boost to our unconditional kitchen volunteers.

A heartfelt thank you to all donors, mentors, volunteers, and service providers for your unwavering, unconditional support over the years and during this special Blessings Day.

With Love and Blessings

Hlr. Shammy Shiri

Food on wall Mangalore



Food on wall Mangalore



Food on wall Mysore





Daily Agnihotra by participants



Blessing Day held at Mysore





Preparation for Blessing Day







Response from the participants for Morning practice

Trainer: Shammy Shiri (16th March to 21st March)

FEEDBACK by the fellow participants:

16/7 Raja R:

Thank you so much Akka for the experiential session. While you were giving the instructions, I was able to notice the changes happening in my body. It was a beautiful experience. Thanks again

Deepthi Venkamma:

Thank you so much Akka, for the beautiful morning session. Thank you for teaching the new breathing techniques. I felt beautiful energies during the session Akka. Athma Namaste

Guru B:

Athma Namaste Akka

Every day the sessions are truly wonderful and inspiring. Thank you so much, Akka and Master, for guiding us with such dedication and positivity. Grateful for this beautiful learning experience.

Sabitha Sreedhar:

Athma Namaste Shammy

Thank you for session filled with calmness, light and peaceful. Oh it was fabulous.

Santhoshi Bhandary:

Thank you Shammy, for your wonderful session and for guiding us to connect within ourselves. Truly grateful for the breathing experience. Also, for the new affirmation. Blessed to be a part of this journey. 🙏❤️

Deepthi Venkamma

Thank you so much, Akka, for the wonderful classes. All the breathing techniques were very relaxing and helped us understand ourselves in a different way. Your classes beautifully refreshed our mind, body, and soul. Athma Namaste. Thank you Akka

Raja R

Thank you so much Akka for the wonderful session and for teaching us new breathing techniques and a mantra. While boosting the heart chakra, I noticed that my back heart was getting heated which I had never observed before. Thank you for helping us realize this sensitivity. It was a beautiful experience

Sabitha Sreedhar

Athma Namaste Shammy. Thank you for all the learning we had today, truly wonderful to receive these wisdom and guidance. Truly grateful to the Divine for blessing us with a guru like you.

Devaraj K

Athma Namaste Akka

Thank you so much for this wonderful opportunity to build positive confidence within myself. My heart feels deeply calm and peaceful while practicing heart breathing. I can feel a beautiful flow of energy within and around me.

I am truly grateful for the teachings of love, forgiveness & compassion towards everyone, and for helping us stay connected to a pure and harmonious way of living

Many thanks for the beautiful guided meditations and the new techniques you have shared. We are truly blessed to have a great Guru Master & Akka as our guiding light 🙏

Lots of love and heartfelt gratitude ✨

Raja R:

Thank you so much Akka for the wonderful session again. The breathing was very nice and the new mantra was beautiful. I am able to understand the difference between confidence, over confidence and positive confidence. Thank you for sharing it with us. Athma Namaste

Harshitha M P

Thank you so much Shammy ma'am 😊 Day by day we r experiencing new things. 'm very grateful for u n ur teachings. Really blessed to attending these classes. Athma Namaste

Shashidhar Shetty:

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Sabitha Sreedhar

Athma Namaste Shammy

Heart felt gratitude for these divine session's ✨. Taking one to a level that's dreamlike, love the mantra. Earth is the heaven is such beautiful revelation.

Thanks a lot

Harsha Kotian

Athma Namaste Thank you..... Shammiakka..

Today it was amazing session where we were actually floating around in different world..

Thank you again 🙏

Thank you Rohan Master ji and the whole UKT humble family for their selfless service to humanity 🙏

Mythili Balaji

Athma Namaste ☐ Thank you for such a beautiful morning practice. It was truly soulful. Felt so light during and after the new breathing techniques today as if floating in the air. Throughout the class your voice was so captivating that it could create a soothing effect. Thank you ☐

Naveen Kumar N G

Athma Namaste ma'am and thank you in tons 😊, every day you are uplifting us towards that wonderful energy which is residing in abundance within us

Sabitha Sreedhar

Athma Namaste Shammy

Thank you for a beautiful, wonderful session.

To understand light and embrace ✨ it's important to understand the existence of darkness. Beautiful teaching.

Thank you for yet again a class filled with divine energy. We are truly blessed.

Santhoshi Bhandary

Thank you Shammy, for the intense and powerful session.

You helped us truly feel the energies, understand our inner darkness, and guided us towards forgiveness and letting it go with a beautiful and powerful Mantra. We deeply appreciate your effort in helping us to cleanse our soul.

Deep Reverence

Athma Namaste

Devaraja K:

Athma Namaste Akka,

Every day brings a unique & beautiful experience through your teachings. The breathing techniques are helping me connect more deeply within myself and are creating greater awareness both within and around me.

Many thanks for these wonderful and uplifting sessions Akka. They are truly transforming us in a positive way.

My deepest gratitude to Master, Akka, Trainers & Healers for your constant support, guidance, and powerful teachings.

With lots of love and gratitude ✨

[20/03, 7:49 am] Deepthi Venkamma: Thank you so much akka .

The new breathing techniques are helping me experience a deeper connection within. Your explanation was truly beautiful and brought great clarity. Thank you for the new mantra akka Athma Namaste

[20/03, 7:55 am] Raja Radhakrishna: Thank you so much Akka for another wonderful session. Every day brings a different experience. My body felt heavy after the breathing, boosting and reciting the mantra. Thank you very much for giving us the new mantra for darkness. These practices are very intense and are helping me remove my negativity and bring out a new version of myself. Thank you once again

[20/03, 7:57 am] Amrath Nayak H: Athma Namaste Shammy Akka

It was a great session today. Thank you for taking us through a different experience and helping me connect more deep in my divine journey 🙏🙏

[21/03, 6:51 am] Anil Ramanujam:

Today's session was truly blissful—the energy and vibes are absolutely brilliant. For me, the meditation was especially deep; it took me to another world—so peaceful and relaxing. All the routine practices, and especially the mantras and forgiveness practices have been so wonderful . Thank you so much, Ma'am.

Athma Namaste

[21/03, 6:51 am] Chithra: Thank you so much Akka for today's beautiful meditation. It was truly a wonderful and calming session. I felt very peaceful and relaxed. Grateful for your guidance



[20/03, 11:00 pm] Anil Ramanujam.: The whole day felt energetic madam.

Thank you for experiential practice.

[21/03, 6:53 am] shrikant siddapur ss: ಆತ್ಮಾ ನಮಸ್ತೆ

ಮಾಸ್ಟರ್ ಜಿ ಮತ್ತು ಮೇಡಂ

ಒಂದು ವಾರದಿಂದ ನಮಗೆ ಸುಂದರವಾದ ಎನರ್ಜಿ ಫುಲ್ ಆದಂತಹ ಸೂಕ್ಷ್ಮತೆಗಳನ್ನು ಅರಿಯುವಂತಹ ಕ್ಲಾಸನ್ನು ಹೇಳಿದ್ದೀರಿ, ಇವತ್ತಿನ ಕ್ಲಾಸು ತುಂಬಾ ತುಂಬಾ ಅದ್ಭುತವಾಗಿತ್ತು ನಮ್ಮ ಎನರ್ಜಿಗಳು ತುಂಬಾ ಫಾಸ್ಟ್ ಆಗಿ ಸಕ್ಯೂಲಶನ್ ಆಗುವುದನ್ನು ಅನುಭವಿಸಿದ್ದೇವೆ ಅದ್ಭುತವಾದಂತಹ Breathing exercise ಗಳನ್ನು ಹೇಳಿಕೊಟ್ಟಿದ್ದೀರಿ ಅವುಗಳಿಂದ ಎನರ್ಜಿಗಳನ್ನು

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[21/03, 6:53 am] Sapna naresh: Thank You so much Shammy Akka for the divine teachings and guidance. The energy felt was so beautiful and blissful thanking u so much for this uplifting experience. We all r truly blessed

[21/03, 6:55 am] Mythili Balaji: This whole week has been an experience that brought so much energy. I could observe myself swaying effortlessly yesterday in the 8 pattern and same today. Spells of chillness in the hands and occasional heat in the palms. The meditation was blissful. Total peace within and as if transported to the mountains. I feel a sense of calmness through the practices throughout the day. Thank you for taking us through the experience and we are blessed to be part of it. Athma Namaste ☐

[21/03, 6:57 am] Charan Amitha: Thank you Shammy for whole week of powerful and energetic session.

For the beautiful Breathing techniques where we could feel the different experience with our body parts and the different energies.

The awareness we are getting through the forgiveness today's forgiveness showed me where I stand... Thank you for this ☐

Different experience through meditation 🌟

Thank you so much ☐ ☐ ☐

[21/03, 6:58 am] Usha Radhakrishna: Athma Namaste akka

It was a beautiful experience akka, doing breathing surrounding with golden light is a blessed feeling. In the sound meditation I released all the negative emotions and coming down like a child with a pleasant and beautiful smile. Really a great feeling akka ❤️

Thank you for this great experience.

Countless Bowdown 🙏

[21/03, 7:02 am] Ananya Bhandary: Athma Namaste Shammy akka

Today's session was different experience it was so energetic and meditation was so peaceful and blissful

Feeling blessed to be the part of this beautiful journey

Always grateful to you thank you master and Shammy akka

[21/03, 7:02 am] Raja Radhakrishna: Thank you so much Akka for the excellent session. I felt very positive energy throughout my body during the session and even now I feel surrounded by that energy. The meditation was beyond words to explain. As you were giving the instructions, I felt like I was moving through snow covered mountains, being taken to different

destination. It was so beautiful to experience. I truly wished to remain in that state of mind for longer.

Thank you very much for giving us such beautiful experiences throughout the week. Really grateful to you Akka. Athma Namaste

[21/03, 7:06 am] Santhoshi Bhandary:

Athma Namaste Dear Shammy,

This entire week has been a truly blissful and transformative experience for me.

The new breathing techniques, the powerful mantras, and the practice of forgiveness have helped me look within, understand myself better, and become more aware of where I truly stand.

Each session felt like a gentle unfolding, bringing clarity, calmness, and a deeper connection with me.

And today's meditation was just beautiful—it perfectly summed up the whole week, leaving me feeling light, peaceful, centered, and deeply grateful.

Thank you for guiding us with so much care and presence. This week's journey has been truly special.

With gratitude and reverence to you 🙏❤️🌈

[21/03, 7:06 am] Devaraja K:

Athma Namaste Akka

Over the past week, each session has brought deep insights & beautiful learnings. The new breathing techniques & powerful mantras have been such a blessing, I'm experiencing them very deeply.

Every time I practice, I feel a stronger connection within myself. The sense of peace & the natural smile I see within me feels so blissful. truly a WOW experience. I am beginning to realize that real happiness genuinely comes from within.

Today's meditation was amazing. The vision of the mountain & the new universe felt so real and serene, I didn't feel like coming back from such a blissful place. Even while returning, I experienced a heavenly path with beautiful footsteps & a feeling of flying like a bird.

Lots of love and deepest gratitude to you Akka and to Master for this life-changing opportunity and for guiding us so beautifully on this journey 🙏😊🌈🌟

[21/03, 7:09 am] Mohini Shiri:

Thank you for the beautiful and awesome energetic session. Wonderful meditation filled with calmness and could feel blissfulness' could feel the mountains opening their eyes. Thanks for wonderful mantras, affirmations and breathing techniques which touched my life in various forms. Thank you for the wonderful and energetic sessions for the entire week.

[21/03, 7:17 am] Ashalatha Sanil:

I am 49 years old and with academically sound background, this week's sessions completely changed the perception of life by revealing new meanings for each actions of life, some words like in the new affirmation, positive confidence, peaceful sleep, i am negative, darkness in me, are so powerful and life changing experiences, the experience of forgiving emotional burden and the lived moments along with the light within me....worth lived, during meditation i could literally see a small light bright in the centre of chest and today it was that light conversing with another light on the sky while sitting on the stone, that light clearly saying I am with you ,the experience was so Devine to be in the warm arms of that bright light, thank you universe ,thank you Masterji, thank you Shammy master, thank you the divine power for choosing me worth this prosperity, countless bow downs for the guidance and unconditional love with blessings,....pray the dear God to keep us in this path under your guidance masters today i realised eternal joy also can bring unstoppable tears ever grateful

[21/03, 7:19 am] Prashanth Handral: Thank you Guruji and ma'am Thank u so much for wonderful experience

I feel in meditation at your sound energy

Both the palm and crown are connected from universe so wonderful experience

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[21/03, 7:21 am] Swarna Ashok:

Athma Namaste

Thank you for the beautiful meditation session

I had a wonderful meditation experience walking through a peaceful valley, surrounded by tall trees, with snow-covered mountains all around me was simply superb. The scenery was absolutely breath-taking.

As I walked further, I felt a sense of calm and happiness within me. Climbing up the mountain gave me a wonderful feeling, and a special seat for me was just wow. Sitting there, I experienced a cool, misty breeze that made the moment even more magical.

The sound meditation was soothing and deeply relaxing. I felt completely connected to nature. It is difficult to express this feeling in words—one must truly experience

It was difficult to come back and I wished to stay there for a few more minutes. Overall, it was a simply superb

I am happy to be one among thank Master n Shammy akka for everything

[21/03, 7:37 am] Deepthi Venkamma: Athma Namaste akka

Thank you so much for the wonderful class.

All the breathing techniques created different vibrations throughout my body, and I felt deeply connected all through the week akka.

The forgiveness practice brought a lot of relaxation in our body.

The meditation was truly beautiful akka.

Your guidance throughout the meditation you took us along with you akka so beautifully. The experience of seeing so many colors and images was amazing, and I came back with a clear mind, like a baby Akka.

This entire week of your classes has been a true blessing for all of us. Thank you so much Akka

[21/03, 7:41 am] Amrath Nayak H:

Athma Namaste Shammy Akka

This week has been truly wonderful and an enriching experience for me. I am deeply grateful for all the new learnings and mantra you have shared, also helping us understand and realize the importance of positivity, confidence and forgiveness

The new breathing techniques gave me a completely different and refreshing experience

Thank you so much Shammy Akka and Master for your constant guidance and blessings

[21/03, 7:50 am] Chethana R Havanur:

Athma Namaste Shammy Akka .For a week, you have given us a beautiful, energy full class that helps to understand subtleties. Today's class was very wonderful. I felt as if my body was being heavy. Also experienced that, I have been to the mountains. We are truly blessed akka.

Thank you so much for the divine teachings and guidance Masterji and Shammy Akka 🌟



[21/03, 8:01 am] Sabitha Sreedhar:

Athma Namaste, Shammy,

this past week was wonderful filled with divine teaching and guidance, old moulds loosening their hold, as I am gently shaped, refined, and brought closer to the person I am meant to be, and what you have given me in this feels rare, a gift I will hold with quiet reverence; somewhere along these days I have felt a subtle yet certain shift, for becoming a better version of me no longer feels distant but already unfolding through you, through the Master, and through all the beautiful souls who walk this path beside me, and in that knowing there is a gratitude too deep for words, as each time we speak the affirmation it feels less like repetition and more like remembrance, as though something within me is slowly aligning with what it has always known.

Today's class lingered with me, stirring a quiet understanding that to move towards mental and physical wholeness, to become worthy of being God's angel, is not a distant ideal but a path I must walk with sincerity .

Breathing practice this week was beyond just breath; it was meditation connecting with my inner self, something changed, as though beneath its rhythm there rests a deeper stillness waiting to be noticed.

Meditation has felt like returning not to somewhere new, but to somewhere known, a place that feels like home even if I cannot name it, only feel it; thank you, Shammy, for guiding me so gently towards myself.

[21/03, 8:02 am] Rajani Harish:

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ಒಂದು ವಾರದ ಕ್ಲಾಸ್ ತುಂಬಾ ಚೆನ್ನಾಗಿತ್ತು. ಆದರೆ ಇವತ್ತಿನ ಸೆಷನ್ ಅದ್ಭುತ ಅಮೋಘ

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ಎಲ್ಲವೂ ಅಪೂರ್ವ

Thank you

Love you

Honour you

Countless bow down

UKT family nanage ಸಿಕ್ಕಿದ್ದು ನನ್ನ ಸೌಭಾಗ್ಯ

ಮಾಸ್ಟರ್ All Healer's and all UKT family members

Athma Namaste and thank you

ಪದಗಳಲ್ಲಿ ವ್ಯತ್ಯಾಸ ಗಳಿದ್ದರೆ please forgive me

[21/03, 8:15 am] Harsha Kumar Kotian: Athma Namaste... In meditation time your voice commands and song was truly amazing and guided our soul..

May almighty God give you many more special powers and blessings...

Truly blessed this whole week

Thank you

[21/03, 8:50 am] Madhav Bhandary:

Athma Namaste..

Thank you Teacher for blissful energetic whole week sessions.

You were guiding us to experiences each Every moment of the session so that I experienced different sensation in my body like heat, cold and energy flowing as per your guidance without guidance I can't that much of energy experiences., never ever.

Thank you for the new powerful affirmations, breathing techniques and mantras, one after another were fantastic, because of your guidance I was able to experience the whole thing.

Today's meditation was wonderful, I was not ready to come back.

Thank you so much for sharing your knowledge and experiences. Thank you, thank you..

Thank you..

[21/03, 8:56 am] Deepa Sahadev:

Thank you Shammy madam for this week's session which was full of energy. With new breathing techniques, new affirmation is very powerful. When we recite each word we feel very nice and all new mantras of Confidence, peaceful sleep and remove darkness from within you. Today I could see the light within me. In the meditation I was moving to the Snow covered mountain and there was vibration during the sound meditation. Thank you

[21/03, 9:00 am] Shivabasana Gouda: All most all time whenever we were making breathing exercises and boosting they filled a lot of or endless energy to our body .thank you so much Masterji and Akka.

This week you brought up and bring to notice us. Heart chakra and crown chakra connection and heart with novel really amazing 😊

Special thanks to UKT given me a personal instructions about agriculture activities

[21/03, 10:50 am] Anil Ramanujam: More of control over my emotion....more of clarity in my routine activity...this is the bliss for me.

Thank you for the transformation brought by your powerful technique.

Countless regards madam.

[21/03, 11:00 am] K G Suresh Babu: Most beautiful and energetic enter week, more breathing techniques forgiveness for black energy, emotions, centring the chakras, every breathing exercises i finish the count without struggle, new Mantra and meditation, great, thank you so much Masterji and Shammy Teacher, countless Bowdown

[21/03, 5:09 pm] Harshitha M P:

Athma Namaste Shammy ma'am. First of all 'm so sorry ma'am. I didn't attend yesterday's and today's classes as I'm at my in-laws' place for the festival. There is no proper network connection. But from Monday to Thursday your classes were so beautiful. It brings a clear mind and mainly forgiveness brings a lot of relaxation and feeling stress free now. New breathing techniques are really making different vibrations. Throughout this week the classes have helped me to understand myself better. Thank you for your guidance, teachings and upbringing us to a good level really I am very grateful and blessed to be part of the UKT family. Love you, Love you, Love you ❤️ countless Bowdown, countless Bowdown, Countless Bowdown 🙏

Trainer: Master Rohan Shiri

March 22nd, 2026

[22/03, 7:01 am] Devaraja K: Athma Namaste Master 🙏

Many thanks for this beautiful and deep insight you shared about invocation, prayer, message center boosting & the roots of chakras. We feel truly blessed to receive your golden shower of blessings today 🙏

Every time we attend the session, we experience new feelings, more energy, and deeper awareness in our life. We feel very fortunate and truly blessed to be meeting the right Guru Regularly 🙏😊

Countless Bowdown, Master for giving us this wonderful opportunity and guiding us on this beautiful path. 🙏🙏

[22/03, 7:02 am] Appayya G Beedimath

Thanks Masterji for explaining about Chakras as well as areas of Chakras. The showers of blessings from my higher soul were a special experience and energized my full body. Thanks for your regular guidance and spiritual teachings which I am practicing in my day to day life. Athma Namaste.

[22/03, 7:04 am] Jagadish Shekhar Naik:

Thanks a lot Master for wonderful teachings. It was an amazing blissful experience in receiving shower of blessings.

Thanks a lot

Athma Namaste to All

[22/03, 7:05 am] Santhoshi Bhandary: Athma Namaste Master,

With a heart full of gratitude, I thank you for your constant guidance and the depth of wisdom you share with so much compassion. The stomach healing technique was a new learning for me.

The golden light shower was a deeply moving experience. I felt my entire body gently vibrating, with energy flowing so beautifully. It was truly an elevating and blissful feeling.

Thank you for holding such a sacred space for us to experience, heal, and grow. Feeling blessed to be on this journey under your guidance.

With deep gratitude.

[22/03, 7:05 am] Ashwini A Naik:

Thank you Masterji for the great energetic session and the great teachings which have given new insights and deeper meanings of every practice we do regularly. Thanks for the priceless blessings you showered on us. Truly grateful to you Masterji

[22/03, 7:07 am] Mohini Shiri: Thank you so much for the wonderful session and for the energetic Blessings. Felt beautiful vibrations.

[22/03, 7:08 am] Mythili Balaji:

Thank you Master. There is so much that I absorb in everyday practice. Today after repeating Mantra had another level effect with the pause on every word that has so much depth. I felt the message centre was bigger after the practice. Feel blessed with the shower of blessings. Felt the body light and energetic. Thank you ☐

[22/03, 7:08 am] Adivappa Patil:

Thank You Master for beautiful teachings as always. We can feel the difference in energy. Thank You Master

[22/03, 7:08 am] Swarna Ashok:

Athma Namaste Master

Thank you for the wonderful session

We all are truly blessed to be one among and special thanks for the sparkling golden shower of blessings

We are always grateful to you Master

Countless Bowdown

Countless Bowdown 🙏

Countless Bowdown

[22/03, 7:09 am] Amrath Nayak Hejamady: Athma Namaste Master

Thank you for today's wonderful guidance and teachings

It was truly a great experience

For the first time, I could clearly feel the heart chakra both before and after the boosting, it was a beautiful realization for me

I also experienced the energy flowing through my entire body during the golden shower blessings and I am having that powerful feeling now 🙏🙏

I am truly grateful for your blessings and elevating our energy

Thank you once again

[22/03, 7:11 am] K G Suresh Babu:

Thank you Masterji for today's energetic session, evocation affirmations are explained so differently and in depth emotional breathing and step up breathing give extra energy,

chakra activation of the body showering and feel calmness, especially in meditation feeling golden light filled whole body feels body becomes fully light thank you so Masterji for giving us divine blessings

[22/03, 7:19 am] Vijaykumar Hannikeri: Athma Namaste Guruji Today's class was truly wonderful. I got a lot of information and felt a strong flow of energy; I didn't even realize when the class time ended. It's my fortune to be a member of this journey under your guidance. Countless Bowdown, countless Bowdown countless Bowdown

[22/03, 7:19 am] Ganga Shekhar naik:

ಆತ್ಮ ನಮಸ್ತೆ ಮಾಸ್ತರಜಿ ಧೃಡಿಕರಣ ಅರ್ಥವನ್ನು ತಿಳಿಸಿಕೊಟ್ಟಿದರಾಗಿ ಹಾಗೂ ಚಕ್ರಗಳ ಮಾಹಿತಿಯನ್ನು ಹೇಳಿದಕ್ಕಾಗಿ ಹೃದಯ ಪೂರ್ವಕ ಧನ್ಯವಾದಗಳು

[22/03, 7:19 am] Vanishree Shetty:

Athma Namaste and thank you Masterji .Thank you for your wonderful teaching and shower of blessing. Today, I had an experience of receiving a wonderful energy. Thank you Masterji, thank you, thank you, thank you.Countless Bowdown, countless Bowdown, countless Bowdown

Athma Namaste and thank you Shammy Ma'am and all the healers' ♥️. And Athma Namaste to all the UKT family members ♥️.

[22/03, 7:20 am] Usha R Devaraj:

Athma Namaste Master

Thank you for the powerful teachings, guidance and blessing for helping us to uplift ourselves in this beautiful spiritual journey. It's a great experience 🙏

Truly blessed Countless Bowdown 🙏

[22/03, 7:22 am] Harsha Kumar Kotian:

Athma Namaste Master ji.....even though we learnt it before in previous classes at 16th batches ,while explained by you today it was like we are getting some new lessons and felt like new energies are entering into our body...and soul...

While getting blessings from MASTERji at the end I felt that energy...and was feeling like a storm was blowing to me and all the dust was cleared and I was feeling like it cleansed all my negative emotions.

Great experience.

Thank you.

Countless bow downs.

Really mean it as explained by MASTER ji today. countless bow down again and again.

May the holy hands of MASTER and Shammy akka always bless us all in this lifetime journey of spirituality...

Feeling blessed and blissful



[22/03, 7:23 am] Madhav Bhandary:

Athma Namaste Master,

Thank you for one more blissful informative session.

Thanks for the blessings, I felt golden lights showering on me from above the crown chakra.. It's amazing, I am truly blessed.. Thank you.

[22/03, 7:31 am] Balaji: Athma Namaste Masterji. Another spiritually enriching , blissful morning class. Understanding the meaning of what we practice every day is very important and the evocations' deep meaning explanations were enlightening. Thanks a lot

[22/03, 7:37 am] Deepthi Venkamma: Thank you so much Master for the beautiful teaching session and for sharing such meaningful wisdom. Your teachings gave us new understanding in every practice. Thank you for the shower of blessings. We are truly blessed.
Athma Namaste Master

[22/03, 7:38 am] Raja Radhakrishna: Thank you very much Master for the beautiful teachings and the clear explanation. How we unknowingly absorb negativity or hatred by consuming news and videos. I also realized how easily we become judgmental in different situations by taking sides whether it is for our nation or another.
Another important insight is understanding how children can be influenced by the negativity we unknowingly project onto them. These are truly great teachings and valuable learnings.
Thank you very much Master

[22/03, 7:58 am] Ananya Bhandary:

Thank you master for beautiful teachings and wonderful golden light blessings golden light shower healed all my body parts and energised beautifully thank you master for your valuable teachings

[22/03, 8:49 am] Anil Ramanujam

Athma Namaste Master

With deep gratitude, I offer my heartfelt thanks for today's session. Each time we sit in your presence, the understanding becomes clearer and the experience goes deeper within. Today's guidance helped me connect more consciously to the practices, and I could feel a subtle yet powerful shift in my inner state.

The energy experienced during the session was truly uplifting and calming at the same time. It felt like a gentle inner cleansing, bringing lightness, clarity, and a sense of quiet joy. The way you unfold even the smallest aspects of the practice makes a meaningful difference in how we experience it.

Thank you for your constant guidance, patience, and the sacred space you create for all of us to learn and evolve. Feeling truly blessed to be part of this journey under your guidance.

[22/03, 2:48 pm] Ashalatha Sanil: blessings moments were so magical, just could see stars in the day time... another happiest moment of life Masterji...no more words to express the happiness, countless bow downs

[22/03, 2:51 pm] Amitha H A:

Athma Namaste Master

Thank you. got to understand the influence of small things in our life which we would have neglected..

Thank you for the Shower of Blessings

[22/03, 7:42 pm] Rajani Harish:

Athma Namaste Masterji

ಇಂದಿನ cession ಅದ್ಭುತ.

ಕೆಲವು ಗೊಂದಲಗಳು ನಿವಾರಣೆ. ಕೆಲವೊಂದು ವಿಷಯಗಳು ಚೆನ್ನಾಗಿ ಮನದಟ್ಟಾಯಿತು

..shower golden light ಅದ್ಭುತ.

Thank you

Honour you

Countless bow down Masterji

[22/03, 9:09 pm] H Shashidar Shetty:

ಆತ್ಮನಮಸ್ತೆ ಮಾಸ್ತರ್



ಇಂದಿನ ತರಗತಿ ತುಂಬಾ ವಿಶೇಷವಾಗಿತ್ತು ಮತ್ತು ಹೊಸ ವಿಚಾರಗಳನ್ನು ತಿಳಿದುಕೊಳ್ಳಲು ಅವಕಾಶ ಆಯಿತು,

1) countless bow down ನಮಸ್ಕಾರ ಹೇಗೆ ಮಾಡಬೇಕು ಎಂದು ಇನ್ನು ದಿನ ನನಗೆ ತಿಳಿದಿರಲಿಲ್ಲ

ಇಂದು ಅದು ತಿಳಿಯಿತು,

2)Emotional breathing ಮಾಡುವ ನಾಲ್ಕು ಕಾರಣಗಳನ್ನು ಉದಾಹರಣೆಯೊಂದಿಗೆ ತಿಳಿಸಿದ್ದೀರಿ, ಅದರಿಂದ ಇನ್ನೂ ಅರ್ಥಗರ್ಭಿತವಾಗಿ Emotional breathing ಮಾಡಲು ಸಹಕಾರಿ ಆಯಿತು,

3) ದೇಹದಲ್ಲಿನ ಪ್ರಮುಖ ಚಕ್ರಗಳು 2way ರೀತಿಯಲ್ಲಿ ಕೆಲಸ ಮಾಡುವುದನ್ನು ಚೆನ್ನಾಗಿ ವಿವರಿಸಿದ್ದೀರಿ.

4) ಕೊನೆಯಲ್ಲಿ golden shower blessings ಅದ್ಭುತ ಆಗಿತ್ತು

ಧನ್ಯವಾದಗಳು ಮಾಸ್ತರ್

Trainer: Deepthi Venkamma
23rd March to 28th March

[23/03, 6:36 am] Appayya G Beedimath: Thanks madam for energetic session, I felt heat when boosting to my snow mountain area today. I was and my hands were very much shown big Aura after boosting of heart chakra.

Thanks madam.

Athma Namaste.

[23/03, 6:43 am] Amrath Nayak Hejamady:

Athma Namaste Deepthi Madam

Thank you for such a wonderful session

The boosting session was truly powerful, and I could feel a different experience

I am truly grateful for your guidance in helping us practice

Thank you

[23/03, 6:53 am] Devaraja K: Athma Namaste

Thank you Deepthi for this beautiful morning session 🙏 It helped me understand a very important truth, how delay can also create unnecessary situations. It was a wonderful learning for me today

Heartfelt thanks to Master, Akka, all Trainers & all Healers for your great guidance and unconditional service every day. Feeling grateful to be part of this journey 🙏

Thank you all

[23/03, 7:00 am] Mythili Balaji:

Thank you Deepthi for guiding through the beautiful and valuable class. Knew that speaking truth is important but never had focussed on delayed truth that can also impact our lives.

[23/03, 7:03 am] Santhoshi Bhandary:

Thank you, Deepthi, for the beautiful session. The insight you shared on the importance of delayed truth was truly powerful, it brought a deep realization and a new perspective.

Grateful for the learning and clarity it offered. Athma Namaste ❤️

[23/03, 7:22 am] Sabitha Sreedhar:

Athma Namaste Deepthi

Thank you for a beautiful session. Forgiveness Mantra was different and gave a realisation so much more to learn and such amazing thoughts to practice. Thank you for helping all of us with today's session.

[24/03, 6:34 am] Santhoshi Bhandary : Thank you Deepthi for the beautiful session and for guiding us through the practice.

The forgiveness practice on jealousy and to the true self was deeply meaningful. It was a wonderful learning experience and truly blissful.

Athma Namaste

[24/03, 6:48 am] Devaraja K: Athma Namaste

Thanks for this wonderful morning practice sessions Deepthi, thanks for helping different perspectives of jealousy and how it affects are.

Many thanks to Master, Akka, Trainers, Healers & All the UKT family members for your great unconditional services

[24/03, 8:55 am] Mythili Balaji:

Thank you Deepthi for making us understand the meaning of jealousy and taking through the forgiveness mantra. Every day there is a new learning practice.

[25/03, 6:34 am] Appayya Beedimath:

Thanks Venkamma madam for giving wonderful session that I felt my body mind are filled with peace.

Athma Namaste.

[25/03, 6:35 am] Ramakrishna Iyer: Thank you Deepthi Ma'am for the wonderful practice today. It was truly amazing. The peacefulness mantra, repeated five times, made me so sensitive to the inner peace growing within. It brought such a calm, soothing effect. Alongside that, the other practices—like emotional breathing and boosting—were equally powerful. Thank you so much for guiding us!

Athma Namaste

[25/03, 6:48 am] Santhoshi Bhandary: Thank you Deepthi for the wonderful session. Today's forgiveness practice for our blocked emotions was truly beautiful and powerful. Thank you for the teachings and guiding us so gracefully through this experience. ❤️

Athma Namaste ❤️

[25/03, 6:51 am] Devaraja K: Athma Namaste

Many thanks for this wonderful morning guidance practice session Deepthi. While doing the forgiveness practice, I felt very light & a deep calmness completely within myself 🙏🌟

Many thanks to Master, Akka, Trainers, Healers, and all UKT family members for your great guidance, support, and unconditional service. Feeling grateful to be part of this beautiful journey 🙏🌟

[25/03, 7:49 am] Amrath Nayak H: Athma Namaste Deepthi Madam

Thank you for the wonderful session today

The forgiveness part was really great and felt truly a different and meaningful experience

I am grateful for your guidance and the learning you shared today

Thank you

[25/03, 8:33 am] Indumathi: Deepti ma'am thank you very much for today's class.

Yesterday, an event happened which was troubling me a lot. Multiple thoughts, self-conversations were happening a lot. I could not forget it. Today's class, I feel it was exclusively for me. I wanted it badly. I recognised the emotions in me, started forgiving it. Still doing it. Shabby ma'am is healing and your class is really helping me. Thank you, Thank you, and Thank you

[26/03, 6:45 am] Amrath Nayak Hejamady: Athma Namaste Deepthi Madam

Today's forgiveness session was actually connected with the situations I am currently going through and it really helped me look at them now with a different perspective

I could feel the beautiful energy during the boosting which was a wonderful experience🙏🙏

It was a very nice session, thank you for your support and for leading us practice

Good day🙏

[26/03, 7:11 am] Santhoshi Bhandary: Thank you Deepthi for today's session and teachings on the forgiveness for our words and listening. It was the need of the day. Thank you for guiding us so beautifully. Athma Namaste ❤️🙏

[26/03, 7:53 am] Harshitha M P: Thank you so much Deepthi ma'am❤forgiveness for listening is much needed for me. Once again Thank you. Athma Namaste

[26/03, 9:07 am] Ashalatha Sanil: Athma Namaste Deepti madam, your interpretation of each practice was helping us clearly understand the meaning and purpose of these practices in our life, thank you

[27/03, 6:34 am] Usha Radhakrishna: Athma Namaste

Thank you for helping us to have a peaceful mind and energetic body ❤️

[27/03, 6:35 am] Ramakrishna Iyer: Athma Namaste

Thank you Deepthi Ma'am.

I am deeply grateful for your constant guidance and for today's beautiful session. It was truly a wonderful experience, and I feel blessed to be able to connect at a deeper spiritual level. The mantras, breathing practices, emotional release, forgiveness techniques, physical exercises, and all the energizing practices brought me a profound sense of calm and inner peace. Today, I feel extremely relaxed, centred, and blissful. Thank you for making this day so special and uplifting. Your guidance is truly inspiring and transformative.

[27/03, 6:39 am] Devaraja K: Athma Namaste

Thank you for the wonderful morning sessions. I am experiencing truly beautiful moments while doing every single practice and mantra. I am having many realizations and discovering myself more & these moments are creating more peace in my life every day.

Many thanks to Master, Akka, Healers, Trainers, and all the UKT family members for your great guidance and support. Love you all.

[27/03, 6:48 am] Amrath Nayak Hejamady: Athma Namaste Deepthi madam

Thank you, for the great session today
The forgiveness practice letting go of past, present, and future worries was the most powerful part, I feel much lighter after experiencing it

Thank you for your guidance and for leading us through the session
Good day 🍀

[27/03, 7:04 am] Santhoshi Bhandary: Athma Namaste Deepthi...thanks you for the practice session and helping us to become peaceful through forgiveness. Thank you for enabling us to let go of our past memories, future worries and helping us to lead a present life without stress and tension. Beautifully articulated.

Athma Namaste ❤️

[28/03, 6:35 am] Amita Charan: Thank you Deepthi for the wonderful sessions and for the forgiveness practice through which we got different insights.. ☐ ☐ ☐

[28/03, 6:37 am] Ramakrishna Iyer: Athma Namaste Deepti Ma'am


Thank you so much for the wonderful session today and for all the sessions throughout the week. It has been a truly enriching experience. Practicing early in the morning has brought me a deep sense of mental peace and relaxation, making each day feel calm, positive, and meaningful.

I am sincerely grateful for all the practices, guidance, and support provided over the week. My heartfelt thanks to Rohan Master, Shammy Ma'am, and all the UKT healers for helping me on this spiritual journey.


Thank you once again

[28/03, 6:37 am] Santhoshi Bhandary: Athma Namaste Deepthi,

Thank you for guiding us so beautifully throughout the week. Today's forgiveness practice helped me understand the difference between intuition and the mind's voice, and the mantra gave deeper clarity in receiving guidance. I am truly grateful for your classes, which help me understand myself better with each passing day.


Athma Namaste 

[28/03, 6:38 am] H Shashidar Shetty: ದೀಪ್ತೀ ☑

ಇಂದಿನ ತರಗತಿ ಬಹಳ ಚೆನ್ನಾಗಿ ಬಂತು, 

ಕ್ಷಮಾರ್ಪಣೆ ಮಂತ್ರದ ವಿವರಣೆ ವಿವರಣೆ ಶಮ್ಮಿ ಟೀಚರ್ ತರಗತಿಯಲ್ಲಿ ವಿವರಣೆ ನೀಡಿದ ರೀತಿಯಲ್ಲಿ ಹೃದಯದಿಂದ ಬಂತು



ಮತ್ತು ಕೊನೆಯಲ್ಲಿ ಸೋಲ್ ಗೈಡೆನ್ಸ್ ಮಂತ್ರ ಕೂಡ ಕ್ಷಮಾರ್ಪಣೆ ಮಂತ್ರಕ್ಕೆ ಬಹಳಷ್ಟು ಕನೆಕ್ಟ್ ಆಯಿತು 

ಈ ವಾರದ ತರಗತಿಯನ್ನು ಬಹಳ ಚೆನ್ನಾಗಿ ನಡೆಸಿ ಕೊಟ್ಟಿದ್ದೀರಿ

ನಿಮಗೆ ಧನ್ಯವಾದಗಳು



[28/03, 6:38 am] Madhav Bhandary:

Thank you Deepthi Akka for the wonderful sessions in the whole week, through the forgiveness practices which we got different insights about, which helps lots, once again thank you..

29th March

Trainer - Master Rohan Shiri

[29/03, 6:57 am] Usha Radhakrishna: Athma Namaste Master

Thank you Master for this beautiful insight guidance, teachings and also divine blessings.

Truly blessed 🙏

Countless Bowdown 🙏

[29/03, 6:58 am] APPAYYA G BEEDIMATH: Thanks Master ji for wonderful and inner growth session. In Last mantra of kindness and joyfulness I felt calm and vibration in crown Chakra.

Feeling very energetic.

Athma Namaste Master ji.

🙏🙏 ININ

[29/03, 6:59 am] Santhoshi: Athma Namaste Master,

Thank you for sharing the profound knowledge and teachings on Evocation, Affirmation, and on the Mantras. Your guidance has deepened our understanding.

We are truly grateful for your precious blessings, inspiring us to embrace kindness and experience joyfulness in our lives.

Feeling blessed and thankful for your constant guidance. 🙏❤️

Athma Namaste ❤️

[29/03, 7:01 am] Swati Y: Thank you Sir for helping us to understand deeply about Chakra and its importance, vastness about angels ,higher souls. thank you for guidance.... ,gratitude and countless bow downs sir.

[29/03, 7:02 am] Madhav Bhandary: Athma Namaste Master...

Thank you for a blessed morning beautiful highly informative wonderful session,, we are truly blessed.. Thank you for the blissful blessings..

[29/03, 7:03 am] Ramakrishna Iyer: Athma Namaste, Master.

Thank you for the wonderful session today. I am deeply grateful for all your guidance and blessings. Thanks for making everyone realize the importance of preserving these sacred teachings and not sharing them indiscriminately. I trust that if others are meant to receive them, it will unfold naturally at the right time through higher guidance.

I am sincerely thankful for every insight and direction you have given throughout the sessions. With gratitude and reverence, I bow down to you

[29/03, 7:04 am] Amitha H A: Athma Namaste Master
Thank you for the wonderful sessions and teachings.
Thank you for the blessings of kindness and joyfulness
Lot of Gratitude 🍷🍷

[29/03, 7:05 am] Mythili Balaji: Thank you Master for the in-depth explanation of chakra alignment. The positioning of the hand during invocation. Thank you for the blessings and guidance. Athma Namaste ☐

[29/03, 7:09 am] Devaraja K: Athma Namaste Master

Thank you so much for the great knowledge & guidance you are sharing. Through our regular practices we can truly feel the inner connection & transformation within ourselves. Every session brings new learnings and deeper insights, and our understanding is going deeper and deeper each time 🙏

Lots of love to you Master & Akka for this wonderful UKT family 🙏

We are truly blessed to be part of this journey

[29/03, 7:11 am] Ashwini Jagadish naik: Thank you Masterji for the great teachings and the beautiful blessings. Truly blessed to be part of these classes. So deep teachings and greatest blessings. Every time we listen gives insights and the experience will be different. Thanks a lot Masterji

[29/03, 9:22 am] Naveen Kumar: Dear sir, Thank you for your great teachings, i always feel it's a never ending process we learn so much every day, i always feel excited to sit in your classes. So thankful

[29/03, 9:58 am] Ashalatha Sanil: Countless bow downs Masterji for a divine transformation of Sunday into "IT IS A DAY For SELF GROWTH"

[29/03, 10:13 am] Harsha Kumar Kotian: Athma Namaste... Master ji....
Detailed information is always uplifting good Students...today's session was very informative and helpful in the way of divinity...
Thank you very much for this life time opportunity.. 🙏

Trainer: Shammy Shiri
30th March to 4th April

[30/03, 6:37 am] Ashwini Jagadish naik: Thank you akka for the beautiful session and the teachings on calmness was really beautiful

[30/03, 6:39 am] Ramakrishna Iyer: Athma Namaste Shammy Ma'am

Today's session was truly wonderful. The practice of forgiveness for inner calmness and the mantra for soul cleansing helped me experience a deep sense of peace and stillness.

Thank you, thank you, thank you for your guidance and teachings

[30/03, 6:40 am] Santhoshi Bhandary: Thank you, Shammy for the beautiful session. The connection you created during breathing was awesome, forgiveness practice on calmness, and the soul-cleansing mantra were truly divine. It was wonderful to connect within ourselves and deeply feel the experience. Grateful for it. 🙏❤️

Athma Namaste ❤️

[30/03, 6:41 am] H Shashidar Shetty: ಹಲವಾರು ಬಾರಿ ನಮ್ಮ ಅಂತರಾತ್ಮವು ನಮಗೆ ಮಾರ್ಗದರ್ಶನ ನೀಡುತ್ತಿದ್ದರೂ ಕೂಡ ನಾವು ಅದನ್ನು ಲೆಕ್ಕಿಸದೆ ನಮ್ಮ ಮನಸ್ಸಿಗೆ ತೋಚಿದ ಹಾಗೆ ಮಾಡಿ, ಆತ್ಮದ ಮಾರ್ಗದರ್ಶನವನ್ನು ನಿರ್ಲಕ್ಷಿಸುತ್ತೇವೆ. ಇದರಿಂದ ಆತ್ಮವೂ ಕೂಡ ನಮಗೆ ಮುಂದಿನ ದಿನಗಳಲ್ಲಿ ಮಾರ್ಗದರ್ಶನ ಕೊಡುವುದನ್ನು ನಿಲ್ಲಿಸಬಹುದು. ಜೀವನದಲ್ಲಿ ಬರುವ ಕಠಿಣ ಪರಿಸ್ಥಿತಿಯಿಂದ ಹೊರಬರಲು ನಮ್ಮನ್ನು ನಾವು ಶಾಂತತೆಯಿಂದ ಇಟ್ಟುಕೊಂಡು ನಮ್ಮೊಳಗಿನ ಆತ್ಮದ ಮಾರ್ಗದರ್ಶನವನ್ನು ಪಡೆದುಕೊಂಡು ಆ ಕಠಿಣ ಪರಿಸ್ಥಿತಿಯಿಂದ ಹೇಗೆ ಹೊರಬರಬಹುದು ಎಂದು ತಿಳಿಸಿಕೊಟ್ಟಿದ್ದೀರಿ, ಅಂತಹ ಅತ್ಯುತ್ತಮವಾದ ಆತ್ಮವನ್ನು ಉನ್ನತ ಸ್ಥಾನದಲ್ಲಿಟ್ಟು ಆ ಆತ್ಮದ ಮಾರ್ಗದರ್ಶನದಲ್ಲಿ ನಮ್ಮ ಆಧ್ಯಾತ್ಮಿಕ ಬದುಕಿಯನ್ನು ಉನ್ನತಕರಣಕ್ಕೆ ಕೊಂಡೊಯ್ಯಲು ಇಂದಿನ ತರಗತಿ ಬಹಳಷ್ಟು ಉಪಯುಕ್ತವಾಗಿದೆ



ಧನ್ಯವಾದಗಳು ಟೀಚರ್

[30/03, 6:42 am] shrikant siddapur ss: Athma Namaste master ji and Shammy madam
Madam today's session is super felt getting more and more energy, feeling calming with me
thank you madam

[30/03, 6:42 am] Devaraja K: Athma Namaste Akka

Thank you for this wonderful experience of calmness and peaceful guidance. My entire body and soul are feeling a deep calm within and around me. Every moment feels like a wow moment. Most of the time, I don't even feel my body, and I keep observing and discovering what I truly am. Lots of love and gratitude Akka

Many thanks to Master, Akka, Trainers, and Healers for your great support and for giving us these beautiful opportunities every day. 🙏

Love you all

[30/03, 6:45 am] Madhav Bhandary: Thank you so much for blissful and calmful session.. Thank you for guiding us to experiences the energy throughout the class, enjoyed. Thank you again.

[30/03, 6:46 am] Deepthi Venkamma: Thank you Shammy Akka, for the beautiful session. Your explanation truly connected to our hearts. The connection you created through breathing was wonderful. The forgiveness practice, the calmness, and the soul-cleansing mantra were a very beautiful experience. It was truly wonderful to connect within ourselves and deeply feel the experience. We are grateful for your teachings.

Athma Namaste, Thank you Akka ❤️❤️

[30/03, 6:52 am] Amrath Nayak H: Athma Namaste Shammy Akka

Thank you for such wonderful guidance and teachings.

The breathing, forgiveness leading to calmness was a truly great experience and it felt like exactly what I needed at this moment

I also had a nice feeling during the boosting today, it was very positive

Thank you so much for this guidance

[30/03, 8:04 am] Amitha H A: Thank you Shammy for the wonderful session today.. could feel the energy from the alignment of chakras. The Vibration felt beautiful.. while breathing practice could feel am surrounded with the magical energy around me ... beautiful one ❤️ as the session progressed could feel the brightness of the aura increase and teachings about calmness has bring in different insights and the importance of listening to our soul and identification of the same was great

Thank you lots of gratitude ❤️❤️❤️

[30/03, 8:22 am] Harsha Kumar Kotian: Athma Namaste.. Thank you Shammiakka.... Today while you are explaining I was feeling some energy radiating in my back bone....

After the session I did meditation....and it was a very good experience... Thank you Shammiakka for session where always energy levels are so high... countless bow downs 🙏

[31/03, 6:36 am] Rekha Raju: Thank you mam. It was a wonderful session. I had tears rolling but it was tears of joy.

[31/03, 6:37 am] Gayathri R N: Thank you madam today s session gave me a deeper connection with chakras, vibration experience d

[31/03, 6:37 am] Ramakrishna Iyer: Athma Namaste Shammy Ma'am,
Today's session was truly wonderful and blissful. The practices felt unique, especially the new breathing technique and the honesty mantra. I am sure these will help us elevate ourselves as we continue on this path.
Thank you for your valuable guidance.

[31/03, 6:38 am] Ashalatha Sanil: Athma Namaste and thank you Shammy master for lifetime learnings you guided, every moment of learning was very new and first-time experience

[31/03, 6:38 am] Madhav Bhandary: Athma Namaste..
Thank you Teacher for great teaching about Honesty, and wonderful mantra, enjoyed the whole the session and was feeling of energies. Thank you.. Thank you. ❤️❤️❤️.

[31/03, 6:39 am] Santhoshi: Athma Namaste Shammy,

Thank you for the beautiful and energizing session. The forgiveness practice was truly powerful, and the guided experience during the boosting was deeply powerful and superb. The new mantra on honesty was very insightful and meaningful and helped us to connect back to our forgiveness.

Feeling grateful for the guidance and positive energy 🙏❤️

[31/03, 6:40 am] Usha Radhakrishna: Athma Namaste akka
Thank you for the one more beautiful session. It's a different and beautiful experience while doing all 5 points boosting. Thank you for the wonderful new mantra ☺️

[31/03, 6:41 am] Mythili Balaji: Thank you for helping in building the energy every day with the breathing techniques and mantras to feel the vibrations. Athma Namaste ☐

[31/03, 6:42 am] Rishi Krishnamurthy: Athma Namaste Shammy ma'am
Thank you so much for amazing new teachings.
Feeling so energized and grateful for this positive energy and guidance.
Thank you for this powerful session Ma'am

[31/03, 6:43 am] Varalakshmi M: Athma Namaste Akka!
Thank you so much for the wonderful session of new breathing techniques and being the honest mantra This will help us to walk on the right path ☺️. Also the 5 points of boosting help us to be energetic 🙏 Thank you

[31/03, 6:46 am] Harsha Kumar Kotian:

Athma Namaste Shammy akka...

Yes while hearing you about an honest decisions... I was recalling all my decisions which were made in different situations. And believe me all those are always troubling me and today you taught all of us to move on leaving worries of all past decisions and concentrate on making honest decisions in present...

Thank you Shammiakka, Master ji for all Life Lessons...

Thank you UKT for this life time opportunity...

Athma Namaste all of you... 🌹

[31/03, 6:50 am] Devaraja K: Athma Namaste Akka

Wow, I am able to connect so beautifully within myself & can feel the energies flowing within and around me. Honesty is truth and truth is honesty, this itself is a great knowledge that helps us understand and not affect anyone negatively. Each energy center gives an extraordinary feeling filled with love, stillness, and calmness.

Thank you for this realization and for making our lives blissful Akka

Many thanks to Master, Akka, Trainers & healers for your great teachings, guidance, support & unconditional service

[31/03, 7:06 am] Deepthi Venkamma: Thank you so much for the teachings about our decisions, Akka. I got great clarity about how we make decisions. I also felt a different experience in the breathing and boosting sessions.

Thank you so much for the beautiful honesty mantra. Everything felt connected. I am truly grateful.

Thank you, Akka.

Athma Namaste

[31/03, 7:12 am] Ashalatha Sanil Venugopal: Athma Namaste

Today experienced BLISS

It's a beautiful experience...felt very light

Thank you

Countless bow down

[31/03, 7:23 am] Amrath Nayak H, Athma Namaste Shammy Akka

I am truly grateful for the opportunity to practice forgiveness for my past decisions, it was a deeply meaningful experience

The teachings on making honest decisions and the mantra to develop honesty were really helpful

Thank you for your continuous guidance and for sharing such valuable teachings

[01/04, 6:39 am] Mahantayya Hiremath: Athma Namaste to all

Thank you so much akka for guiding energetic breathing techniques and teaching new mantras. Countless bow down

[01/04, 6:39 am] H Shashidar Shetty: ಆತ್ಮ ನಮಸ್ತೆ ಟೀಚರ್



ಇಂದಿನ ಸುಂದರ ತರಗತಿಗಾಗಿ ಪ್ರಾಮಾಣಿಕತೆಯ ಹೊಸ ಮಂತ್ರವನ್ನು ನಮಗೆ ನೀಡಿದ್ದಕ್ಕಾಗಿ ನಿಮಗೆ ಧನ್ಯವಾದಗಳು 🙏

[01/04, 6:40 am] Ashalatha Sanil: Athma Namaste Shammy master not finding enough words to express gratitude for the happiness you bring in our lives the amount of joyfulness while experiencing the energy flow is so Devine , thank you thank you thank you honour you

[01/04, 6:41 am] Ramakrishna Iyer: Athma Namaste Ma'am Grateful for the blissful session—especially the breathing and faithfulness mantra. Thank you for your guidance. ✨

[01/04, 6:42 am] Amrath Nayak H: Athma Namaste Shammy Akka

The forgiveness practice towards being faithful and the mantra is truly a great feeling

Thank you for the valuable teachings and guidance

[01/04, 6:42 am] Usha Radhakrishna: Athma Namaste akka Thank you for the beautiful morning session akka. It was a Wonderful vibration in crown chakra while breathing. In each point boosting I can experience the beautiful energy expansion 🙏

[01/04, 6:42 am] Devaraja K: Athma Namaste Akka

Thank you for this wonderful connection within me and for the beautiful energies that are building every day. The boosting sessions are truly wow moments, and I can feel my energy increasing with a deep sense of calm.

I'm really sorry that I joined 1 minute late today 🙏

Many thanks to Master and Akka for these wonderful guided meditations. I'm truly grateful for all the guidance and positive energy

[01/04, 6:42 am] Ananya: Thank you Shammy akka for today's beautiful session while breathing and boosting I felt different experience feeling blessed

Thank you for your valuable teachings

[01/04, 6:44 am] Mohini Shiri: Thank you so much for the wonderful, energetic and vibrant session. As the chakras were aligning i could feel beautiful golden energy flowing through out connecting and vibrating. While boosting i felt i was spinning. Faithful mantra gave reflections of the forgiveness. Thank you so much

[01/04, 6:52 am] Madhav Bhandary: Athma Namaste..

Thank you for wonderful blissfully session.

Thank you for one more beautiful mantra, thank you for guiding us beautifully for experiences the real energy of the whole session.. Lots of thank you.. Countless bow downs.. ..

[01/04, 6:54 am] APPAYYA G BEEDIMATH: Thanks madam for giving wonderful session of spirituality and I felt so many golden rays are rotating at the time of boosting in large sizes. Thank you madam.



[01/04, 7:00 am] Santhoshi: Thank you, Shammy, for the beautiful guidance on chakra alignment. Today's session felt different and truly rejuvenating. The forgiveness practice on being faithful was deeply warm and intense. The 1-2-3-4 breathing technique was unique and took some time for me to connect with, but it was a meaningful experience. 🙏

Thank you for the blissful session and for helping us connect within and feel the energies in our body. ❤️🙏

Athma Namaste ❤️

[01/04, 7:07 am] Deepthi Venkamma: Thank you so much for the wonderful and energetic sessions Akka. I felt a beautiful golden energy flowing through my body. Thank you for teaching us about faithfulness and the Faithfulness mantra. It helped me understand forgiveness better. Thank you so much, akka, for explanation clearly in morning classes Akka

Athma Namaste Akka ❤️❤️

[01/04, 7:18 am] Mythili Balaji: Very blissful and light throughout the body. Thank you for giving me the opportunity to experience every aspect of life with deeper awareness. ☐

[02/04, 6:37 am] Parvathi Bhandary: Athma Namaste Shammy akka

Thank you so much for the High energy and wonderful session.

Thank you so much

[02/04, 6:38 am] Ashoka Thammayya: Thank you teacher for giving us one more teaching and getting into deep dive into the forgiveness of expectations and it's control how it's bringing peacefulness into our lives. Beautiful session 🌱

[02/04, 6:39 am] Santhoshi: Thank you, Shammy, for today's self-introspective class. The forgiveness practice on expectations was truly beautiful, I never realized this perspective before. It was an eye-opener for me.

Thank you for your constant guidance and support, not just today but every day. I am truly grateful. 🙏❤️😊❤️

Athma Namaste

[02/04, 6:39 am] Madhav Bhandary: Athma Namaste..

Thank you for wonderful blissfully session.

Thank you for today's forgiveness practices for expectation, it gave me lot of relaxation and peacefulness. Thank you for guiding us beautifully for experiences the real energy of the whole session.. Lots of thank you.. Countless bow downs.. ..

[02/04, 6:40 am] Usha Radhakrishna: Athma Namaste akka

Thank you for all the practices akka. Doing breathing by concentrating on Ajna chakra, I experienced heat and little push sensation in my Aajna chakra ☑️

[02/04, 6:40 am] Ramakrishna Iyer: Athma Namaste Ma'am

Today's session—with alternate breathing, forgiveness for expectations (a self-inflicted disease), and the peacefulness mantra—was a truly beautiful and calming experience. The mantra brought deep calmness and peace. Thank you for your guidance. ✨

[02/04, 6:41 am] Devaraja K: Athma Namaste Akka

What a blissful & deeply relaxing experience. The way I felt within myself is truly beyond words, it was a WOW moment Akka

I am understanding to realize how the “disease of expectations” affects our daily lives, and this awareness itself feels so liberating. Thank you for this wonderful guidance that is helping us move towards a more peaceful and prosperous life

My heartfelt gratitude to Master Akka, all the Trainers, and Healers for your constant support and selfless service 🙏

[02/04, 6:44 am] APPAYYA G BEEDIMATH: Thanks madam for a beautiful session, today I experienced more heat at the time of boosting my snow mountain area and also my body was moving front and back at the time of boosting my third eye.

Feeling full energy with peacefulness Mantra.

Athma Namaste madam.

[02/04, 6:45 am] Ashalatha Sanil: Athma Namaste Shammy master, the affirmation to begin our day with inviting our favourite God to reside in our soul..... Truly a blessed moment with a sense of responsibility to keep my soul clean and worth the place god resides kindly guide us in this path of purity, thank you thank you thank you, countless bow downs to all spiritual guides

[02/04, 6:47 am] Deepthi Venkamma: Thank you so much, akka, for your guidance Your instructions and explanation were very clear and deeply connected. The forgiveness for expectations has a very deep meaning. I felt calm after doing the mantra. Every day, we have a unique forgiveness experience and learn something different Akka. Thank you so much ❤️ Athma Namaste akka

[02/04, 6:47 am] Amrath Nayak: Athma Namaste Shammy Akka

Thank you for helping us realize the importance of forgiveness on expectations, It was truly a wonderful session

Thank you for your teachings, continuous guidance and support
Grateful to you

[02/04, 7:05 am] Mythili Balaji: Thank you ☐ Each day of the classes there is one deeper understanding. Today's class on expectations again was superb. The perspectives that you share are so meaningful and reflective. Thank you for widening our understandings of words that were so casual and now actually will help us shape ourselves better.

[02/04, 5:48 pm] Anil Ramanujam.: Thank you madam
Expectation ...forgiveness practice gives another opening of transformations
Gratitude for the insights madam

[03/04, 6:39 am] H Shashidar Shetty: ಇನ್ನೊಂದು ಹಂತಕ್ಕೆ ಇಂದಿನ ತರಗತಿ ನಮ್ಮನ್ನ ತೆಗೆದುಕೊಂಡು ಹೋಗಿದೆ. ಮೊದಲ ಬಾರಿ 1 ಬ್ರೀದೌಟ್ ಮಾಡಿ 13 ಬಾರಿ ಹೋಲ್ಡ್ ಮಾಡುವಾಗ ಸ್ವಲ್ಪ ಕಠಿಣ ಆಯಿತು. ಆದರೆ ಮತ್ತೆ ಎರಡು ಬಾರಿ ಸರಿಯಾಯ್ತು. ಬಿಲ್ಲಿಂಗ್ ಆದಮೇಲೆ ದೇಹದ ಒಳಗೆ ಮತ್ತು ಹೊರಗೂ ಪ್ರಕಾಶಮಾನವಾದ ಹಲವಾರು ಚಿಕ್ಕ ಚಿಕ್ಕ ಸೂರ್ಯ ಬೆಳಗಿದಂತೆ ಭಾಸವಾಯಿತು
ಧನ್ಯವಾದಗಳು ಟೀಚರ್

[03/04, 6:40 am] Ashwini Jagadish naik: Thank you for all the great energies and feeling of heaviness with lightness. Very different feeling of both together. Beautiful mantra and the great breathing technique. Wonderful. Thank you akka for all these experiences

[03/04, 6:40 am] Gireesh Mattikoppa: Athma Namaste madam

The new breathing technique you taught was truly amazing. It felt very calming and refreshing, and I could sense a positive flow of energy throughout the session. Thank you for guiding us so beautifully.

Thank you Madam

[03/04, 6:43 am] Ashoka Thammayya: Thank you teacher for the new ways of breathing techniques, it was tough when we go deeper particularly for holding 13 counts. Wonderful mantra to connect self. Thank you so much 🌱

[03/04, 6:44 am] Madhav Bhandary: Athma Namaste..

Thank you for wonderful blissfully session. Thank you for energetic new breathing techniques. Thank you for today's forgiveness practices for anxieties, it helps lot and will help future to my day to activities and it was need of the day, Thank you one more beautiful mantra, Thank you for guiding us beautifully for experiences the real energy of the whole session.. Lots of thank you.. Countless bow downs.. ..

[03/04, 6:44 am] Usha Radhakrishna: Athma Namaste akka

Thank you for the beautiful teachings, guidance, new breathing technique and new mantra. It's such a beautiful and pleasant feeling in heart chakra and I could feel a bright light surrounded with me. Thank you for this beautiful experience akka ❤️

[03/04, 6:45 am] Amitha H A: Thank you Shammy for the wonderful session

New breathing techniques and Mantra.

I feel very calm..

Breathing techniques was not easy to hold but it challenges our capacity and loving it

Thank you so much ❤️

[03/04, 6:46 am] Santhoshi: Athma Namaste Shammy,

Thank you for introducing us to the new breathing technique that helps in reducing anxiety.

As it was my first time practicing it, I understand that I will need consistent and regular practice to truly experience its benefits.

Thank you also for the wonderful mantra on self-love , truly the need of the time.

Grateful as always for your guidance and support. 🙏❤️

Athma Namaste ❤️

[03/04, 6:48 am] Mohini Shiri: Thank you for the wonderful energetic session. Breathing technique was so good that heart beat was pumping out smooth energy tremendously. New mantra brought about insights and learnings. Thanks for the guidance to be aware of the situations or causes of anxiety.

[03/04, 6:49 am] Bhagya Vishwanath: ಆತ್ಮ ನಮಸ್ತೆ ಇವತ್ತಿನ ತರಗತಿಯಲ್ಲಿ ಉಸಿರಾಟದ ಕ್ರಿಯೆ ತುಂಬಾ ಚೆನ್ನಾಗಿತ್ತು ಕಷ್ಟ ಎನಿಸಿದರು ಒಳ್ಳೆಯ ಫೀಲ್ ಆಯ್ತು ಹೊಸ ಮಂತ್ರ ಇನ್ನೂ ಚೆನ್ನಾಗಿತ್ತು ಅದು ಒಂದು ಹೊಸ ಅನುಭವವನ್ನೇ ನೀಡಿತು ಕ್ಲಾಸ್ ಮುಗಿದ ಮೇಲೆ ಅದೇ ಅನುಭವದಲ್ಲಿ ಇದ್ದೆವು ತುಂಬು ಹೃದಯದ ಧನ್ಯವಾದಗಳು ಶಮಿ ಮೇಡಂ

[03/04, 6:49 am] Devaraja K: Athma Namaste Akka

Thank you for the new breathing techniques. I am feeling heavy today with a deep connection. Your daily guidance on forgiveness is giving me many deep insights to come out of negative emotions and build a healthy and peaceful life.

Lots of love for this new mantra, "Embrace my self-love." When I repeat it, I feel so happy and can feel positive energy flowing within me.

Thank you Akka for these wonderful opportunities and your guidance through blissful meditation every day

[03/04, 6:52 am] Ananya Bhandary : Thank you so much Shammy akka today I felt beautiful energy within during the very beautiful breathing
Forgiveness for anxiety is very much needed for me
And the new mantra to embrace self-love is very beautiful and energetic
Thank you so much for all your great teachings

[03/04, 6:53 am] K G Suresh Babu: Athma Namaste Teacher, Today I felt very beautiful and energetic session in my life
Very good experience of breathing exercises i am unable to hold at end 13 count
Today boosting session is so wonderful my body fully vibrated even my voice and language so clear and commendable i never feel this experience, in Mantra time also body vibration and tear comes unknowingly, thank you so much for giving this wonderful techniques and experience Thank you
Thank you Masterji

[03/04, 6:53 am] Harsha Kumar Kotian: Wow. It's just a wow...amazing experience.....oh... Athma Namaste Shammiakka..... you just drove us all to the next level..... soul soothing voice commands and total control you just guided us what is really needed.... anxiety.....it's attached with so many things.... that's what we knew today and it will really help us to come out of it.. I come to know Breathing is the key for setting all our emotions there by reaching the total satisfaction....May be it's called as Tapasya..
Thank you Akka..

Even though I struggle the third count 11 to 13..after all the sets I feel the vibration on my forehead...

One old mistake while I was climbing one hill I hit a monkey to safeguard another pilgrim. I felt like I was guided to do forgiveness for that monkey. And take blessings..

It's amazing...

Thank you Shammiakka.. Thank you.. countless bow downs.....

Thank you Rohan Master ji for this life time opportunity.. Thank you whole UKT family for your selfless service to humanity.. Love you all... Gratitude and grateful to you all 🙏

[03/04, 6:55 am] Naveen Kumar N R IG 16: Thank you akka for teaching us a new breathing technique.

I felt very relaxed even though it is very difficult to hold our breath for a longer count.

[03/04, 6:55 am] Ramakrishna Iyer: Athma Namaste Ma'am

Thank you for such a wonderful, energetic, and blissful session. The new breathing technique for Emotional Anxiety brought instant calmness and relaxation. The practice of forgiveness for anxiety and the beautiful self-love mantra were truly special, deeply powerful and enriching. This entire combination created a smooth sense of calmness and inner peace—such a perfect and refreshing start to the morning.

Grateful for your guidance and teachings. Thank you

[03/04, 6:58 am] Varalakshmi M: Athma Namaste Shammy Akka!

Thank you for teaching new breathing techniques which was feeling different energy. Beautiful mantra for anxiety, it feels my aura filled with calm and pleasant. Also you taught us on self-love. GREAT. Thank you so much for your great guidance and teachings. We are truly blessed.

[03/04, 7:02 am] Deepthi Venkamma: Thank you so much, akka, for your morning practice sessions. We are very grateful to you. The new breathing techniques feel easy when we are connected with you. But when I try to do it alone, I am not able to complete the set. I noticed this difference.

After the breathing, I felt a bright sunlight glowing right in front of my eyes. It was a very beautiful experience. Thank you for the beautiful mantra. After chanting the mantra, I felt relaxed and confident.

Thank you so much, akka, for your teachings, new techniques, and the new mantra. Thank you so much, akka

Athma Namaste

[03/04, 7:03 am] Sabitha Sreedhar: Athma Namaste, Shammy,

I offer my gratitude to the Divine and to you for these wonderful treasures.

Breathing, for me, became a profound teaching. Although you mentioned that we could write things down, I found myself unable to do so for my own reasons. Yet, when the practice began, I followed the breath, attempting to focus on the count as well.

In the first round, I struggled to fully recall the pattern of counting. Then, during the second round, a quiet realisation arose within me as though something gently whispered, "Look, you can see the pattern, just as the pattern in the classes." It revealed itself in ascending order: 5–7, 8–10, 11–13.

A divine rhythm in numbers

While reciting the mantra, certain portions felt heavy, as though something within was being lifted, carried, even on an inward journey. It felt like roots yet to be searched, insights waiting to unfold.

I cannot thank you enough.

Thank you once again.

[03/04, 7:12 am] shrikant siddapur ss: Athma Namaste thank you master ji and Shammy madam for great practice regularly. i felt energy move Faster and Faster body swings and round and round clock wise and anti-clockwise. New breathing exercises gives new experience to aura shoes like golden light surroundings me. thank madam for teaching new mantra. thank you madam. countless Bowdown countless Bowdown

[03/04, 8:52 am] Yogish Bharathesh Das: Athma Namaste Master, Teacher, and All
I offer my heartfelt gratitude for this beautiful and transformative session. Your guidance through breathing practices is awakening a powerful flow of energy within me. I feel divine vibrations across my chakras, with warmth in the Crown and Ajna, and my heart filled with love, often bringing tears of deep inner awakening.
I am truly grateful to you and the Master for this divine experience. Please forgive my emotions they come from healing and growth. Your daily guidance is helping me find clarity and strength in my life. With deepest gratitude and reverence,
Thank you so much. ✨

[03/04, 8:56 am] Shivabasana Gouda UKT: Athma Namaste ,
Today's meeting is really amazing.
Breathing exercises and its techniques are so interesting experience breathing in and out really quiet and calmness in whole body but hold the breathing is very different and difficult especially 11,13.
During this period I am able to see the different colours i.e. maroon, red, blue, golden and dark also all these focus in head area below neck whole body becomes very much harder and

harder like a diamond and aura also expounded most of all muscles are very stronger and stronger.

I am truly grateful gratitude to you and Masterji and UKT family.

from

Shivabasanagouda patil Koppal

[03/04, 8:56 am] Ashalatha Sanil: Athma Namaste A person who had suffered for 2 long years of anxiety disorder would understand the worth of today's session.

Anxiety is such a painful state of emotion, where one is with zero confidence even to breathe....and the same person today completing such a high-end breathing with full faith on the spiritual guides and with complete positive confidence

Thank you Shammy master today I truly feel the richest on this earth, the joy i conquered during breathing exercises and forgiveness is priceless and the definition of anxiety was enlightenment, the fear towards anxiety is getting transformed into confidence.

[03/04, 9:33 am] Mythili Balaji: Thank you Shammy mam for the anxiety releasing breathing technique and the mantra which are profound. I felt a lot more relaxed, felt almost at ease in the body especially below the neck.

Thank you for your unconditional guidance.

[04/04, 6:43 am] Ashwini Jagadish naik: Thank you for all the guidance and beautiful classes for the whole week. Every day new teachings and beautiful energies have built with beautiful sessions. Thank you Akka for all the beautiful classes'

[04/04, 6:45 am] Swarna Ashok: Thank you Shammy akka for the beautiful session ..beautiful golden shower of blessings ..beautiful meditation

Thank you Master

Thank you Shammy akka

[04/04, 6:45 am] Meenakshi K: Athma Namaste

Madam Thank you so much today really we blessed by sound meditation

Very power full madam

[04/04, 6:45 am] Sangeetha Bhandage: Thank you Shammy madam ♥Athma Namaste madam today beautiful meditation beautiful energy ⚡⚡ thank you so much♥😊

[04/04, 6:45 am] Anusha t: Thank you Shammy akka for the beautiful sessions and today's sound meditation 😊

[04/04, 6:46 am] Mahantayya Hiremat: Athma Namaste to all

Thank you so much akka for entire week beautiful sessions and today's vibrant sound meditation and divine mantra blessings 🙏

Thanks a lot akka

[04/04, 6:47 am] Sapna Naresh: Thank you so much Shammy Akka for the beautiful session felt high vibrations ..deeply Grateful for this divine experience

[04/04, 6:47 am] Balaji: Athma Namaste mam. What a week of blissful session from you. Especially today's. Gratitude for such a wonderful forgiveness on connection and disconnection. Thank you for your blessings. A great week of spiritual enlightenment to remember.

[04/04, 6:47 am] Madhav Bhandary: Athma Namaste.. Thank you.. Thank you.. Thank you. No words to express to my gratitude, I am proud to my this journey, never ever got this experiences. Countless bow downs.. We are truly blessed.

[04/04, 6:47 am] Ramakrishna Iyer: Athma Namaste ma'am

Thank you for a beautiful and enriching week filled with meaningful practices. Today's session was truly wonderful—with the new breathing techniques, time mantra, and meditation bringing a deep sense of calm and clarity.

Grateful always

[04/04, 6:48 am] Gireesh Mattikoppa: Athma Namaste madam
The entire week was so energetic with your blissful teachings and guidance.
Thank you so much madam and Master

[04/04, 6:48 am] Swati Y: OH thank you sir and madam for filling us with excellent experience of the high energies and blessings.

I am filled with gratitude ,joy and bliss.
Countless bow downs to sir and madam.

[04/04, 6:49 am] Varalakshmi M: Athma Namaste Shammy Akka
Thank you for teaching us whole week with positive energies and good guidance. Thank you for beautiful sound meditation

[04/04, 6:49 am] Rishi Krishnamurthy: Athma Namaste Shammy Ma'am and Master
Thank you so much for beautiful ,powerful, energized classes for whole week .
Thank you Shammy Ma'am for today's blessing and for sound mantra .

Grateful and blessed always.

[04/04, 6:50 am] Mythili Balaji: Athma Namaste Shammy mam, the class was extremely blissful with the connections of the entire week. Knowing the true essence of time is a profound offering. Thank you Master and Shammy mam for the shower of blessings, the sound meditation where I was almost oblivious of any sensation.

We are really fortunate to be blessed with divine guidance , protection and unconditional support through you. I had tears in my eyes as we came to the end of this class. Thank you ☐

[04/04, 6:50 am] Sarva Mangala B K: Athma Namaste Shammy madam today session is wonderful beautiful golden shower of blessings beautiful meditation thank you very much madam Thank you thank you thank you

[04/04, 6:51 am] Mohini Shiri: Thank you so much for the beautiful and great teachings throughout this week. Each teachings was unique and interconnected highlighting its importance in this journey of life. Sound meditation was so vibrant and energetic. Thank you for the blessings.

[04/04, 6:52 am] Santhoshi: Wow Shammy

It was truly a blissful session. Thank you so much. We are indeed blessed to attend your class and receive such beautiful teachings and blessings.

This entire week felt like a magnetic journey of forgiveness, where each day's practice was deeply connected, gently intertwining and building up to complete today's powerful experience❤️.

Words are not enough to express what I experienced during today's forgiveness practice, it felt so personal, as if it was meant just for me and my life. Thank you for the profound teachings. Today, I feel reassured that I am walking on the right path in this beautiful journey.

With clarity and conviction, I now embrace the practice of responsible detachment wholeheartedly.

Deep reverence to you, today and always.

Athma Namaste to all

[04/04, 6:52 am] Nayazuddin Meer: @Shammy Rohan Shiri Thank you for hosting amazing program this week. Every time we have so much new to learn. Thanks for all the blessings and teachings.

[04/04, 6:57 am] Shridhar Bhandary: Athma Namaste Shammy. Madam. Your session including today's session since one week is really wonderful. Learning new things is give us extra happiness. We have learnt many great unknown subjects. Thank you Madam for your wonderful teachings. Today's session is something special. Without boosting your have

taught new areas of spiritual technics which is something special Thank you . Your class is something special always. Thanks again. Athma Namaste.

[04/04, 7:00 am] Usha Radhakrishna: Athma Namaste akka

Thank you so much akka ❤️ for blissful whole week with divine guidance and teachings.

Thank you for helping us to uplift ourselves in this beautiful spiritual path.

Truly blessed and very much grateful to you. Countless Bowdown

[04/04, 7:03 am] Deepa Sahadev: Thank you Shammy madam for guiding us this week. Forgiveness for faithfulness, expectations, anxiety and responsible detachment was useful. I came to know the difference between self-love and selfishness. Today's mantra was very good. We come to know the importance of time. Time is precious and the value of time. Time lost never comes back and for everything to happen right time should come. The meditation was superb. There was a vibration in my whole body and have no words to explain. In the beginning I was relaxed and was floating in between the clouds. At the end there was continuous showers of light falling on me. Thank you for this wonderful experience

[04/04, 7:05 am] Sahadev KV UKT: Athma Namaste madam. Thanks for taking us through different experiences throughout the week. Realising the beautiful journey of life

[04/04, 7:06 am] Pradeepa IG 16 cgk: Athma Namaste mam

Thank you so much

I'm really happy to hear that you enjoyed all the classes this week.

Thank you so much

I'm glad you found today's blessing and mantra meaningful. May it bring you peace, positivity, and strength

[04/04, 7:07 am] shrikant siddapur ss: Athma Namaste master ji and Shammy madam

Today's practical session was super happy, with breathing exercises I felt the brightness within me and it spread to my aura . forgiveness practice is super, mantra and meditation shower of blessing light gives super experience. countless Bowdown countless Bowdown master ji Shammy madam

[04/04, 7:11 am] Ashoka Thammayya: Thank you teacher, for the wonderful teaching throughout the week on different aspects of life which is connected to our daily life and how we need to understand and practice. Thank you for today's sound meditation and blessings all of us. Athma Namaste

[04/04, 7:11 am] Devaraja K: Athma Namaste Akka

We are truly blessed to have a wonderful sister like you. Your guidance is so beautiful, inspiring, and blissful. This whole week I could feel tremendous energy flowing within and around me. The breathing techniques created so much calmness and stillness within. The

guided meditations are very powerful, and the Golden Shower meditation felt like magical moments

The forgiveness insights gave very deep understanding, and today's guidance on Responsible Disconnection, sound meditation, and Golden Shower was truly blissful to receive from you, Akka. Lots of love and deep gratitude for all your guidance

Many thanks to Master and Akka for these great opportunities you are giving all of us. We are truly blessed to have such blessed Gurus in our lives

[04/04, 7:12 am] Deepthi Venkamma: Thank you so much for the whole week of practice sessions and wonderful teachings.

Thank you for today's teaching about attachment and detachment. It gave great clarity about detachment and how to handle our bonds and relationships.

The connection with forgiveness is very powerful. I learned a lot with deep meaning.

The sound mantra created full-body vibrations and gave me Goosebumps. It was a great feeling.

Thank you for your blessings. We are all grateful to you, Akka and Master.

Athma Namaste

[04/04, 7:19 am] Sabitha Sreedhar: Athma Namaste, Shammy,

Thank you once again for this week's session, for helping all of us correct our flows and smooth the rough edges, so that we may receive purity in the form of energy, people, and all beings.

Personally, it has been a humbling and blessed experience to be part of these profound divine teachings.

Today's mantra is so deep, with so many layers, yet it sounds like such a simple word. It is the most difficult to practise in its purest form — to carry out one's responsibilities with the utmost sincerity. My prayer is that the divine helps us practise this in our day-to-day lives.

The meditation was divine — that is all I can say. Truly blissful. ✨

Thank you Master for all ways being the guiding force.

Shimmy truly blessed to have you in my life. Love you a lot..

[04/04, 7:41 am] Naveen Kumar: Whole week of blissful journey,

Forgiveness practice the whole week gave me a true satisfaction to my heart all the mantras hold a true meaning.

I feel immensely blessed to have enrolled myself in this spiritual journey

Which gave me insights to our feelings, expressions, emotions, which we hold on to in everyday life?

How energy holds an important role, that energy which each and every cells of our body holds and how we can fill them with positive energy and truly is amazing.
Importance of that light which surrounds us, which keep our chakras aligned is truly a beautiful learning which i learnt all this week,
Thank you ma'am for this fantastic teachings i am truly blessed

[04/04, 7:45 am] Amrath Nayak H:

Athma Namaste Shammy Akka

Thank you

I truly feel that the entire week of teachings was meant for me and connected with my life as the teachings started from calmness to responsible detachment in the end

Today's forgiveness practice, the mantra and the final blessings with the golden shower were so energetic and it was blissful experience

I am always grateful to Rohan Master and to you for guiding us on this divine journey
Thank you for all the support, teachings, guidance and blessings on us

[04/04, 8:11 am] Amitha H A: Athma Namaste Master and Shammy

Thank you Shammy for all the wonderful energetic sessions which took us to a different level , still learning more about our life and ourselves through daily forgiveness practice

Thank you for the beautiful breathing practice which made us go beyond and understand our capacity and encourage us to do more.

We learnt about our Chakras and touch them and feel the energy

The new Affirmation gives more confidence and Happiness

Today the new Affirmation helped me a lot and The Responsible detachment gave me a different meaning.

I am being calmer now

The relaxation of our body before meditation made me feel more lighter and during sound meditation my upper body was rotating and I was in bliss the energy was wonderful.

Thank you for the golden showers Blessings and we could feel our Aura during sessions

Thank you thank you thank you

Lot of Gratitude to you and Master

[04/04, 8:13 am] Harsha Kumar Kotian: Athma Namaste Shammiakka.... Thank you...

I really don't know what was happening...I can't explain it..it went like a breeze passing out near me..what a pleasant and blessed week...

After sitting at 5.30 I never knew how time was passing.... Thank you Shammiakka once again.... before you said you said Bell sound may be heard.. actually I was hearing the same with your breath count...Quite a surprising one...

Thank you Master ji for this life time opportunity 🌹

[04/04, 9:02 am] Ashalatha Sanil: Athma Namaste Masterji and Shammy master

Please teach us any words which would express the height of gratitude, because thanks may not be enough

Thank you my dear right time for keeping me in the right path and guiding towards the right purpose. All i feel is this a new birth for me and you both are parents of this life.... looking forward to live this life nurtured under your spiritual guidance.

[04/04, 10:38 am] Parvathi Bhandary: Athma Namaste

Thank you Shammy akka for the wonderful one week spiritual journey and lots of teaching and guidance

Thank you master for your guidance and support . today's forgiveness mantra, Meditation and golden shower blessing. Thank you, thank you

Thank you so much those who are behind working on this morning session.

Thank you all and Athma Namaste

Countless bow down.

April 5th

Trainer - Master Rohan Shiri

[05/04, 7:01 am] Sabitha Sreedhar: Athma Namaste Master

Thank you for today's wonderful session and teachings. The power tears was something new.
Thanks a lot.

[05/04, 7:01 am] Santhoshi: Athma Namaste Master,

Thank you for today's session and your invaluable teachings.

We are truly blessed to receive your guidance.

With deep reverence and gratitude to you, today and always.

Athma Namaste to all

[05/04, 7:02 am] Ashwini Jagadish naik: Thank you Masterji for the great teachings. Truly blessed to listen to you. Highly energetic and priceless teachings. Thank you for all the energies built in these beautiful classes. Thanks a lot

[05/04, 7:02 am] Usha Radhakrishna: Athma Namaste Master

Thank you for the divine teachings and guidance

Thank you for helping us to understand the true meaning of all practices

Countless Bowdown Master

[05/04, 7:02 am] Mahantayya Hiremat: Athma Namaste to all

Thank you so much Master for the divine guidance and teachings, Countless bow down

[05/04, 7:03 am] K G Suresh Babu: Athma Namaste Masterji

Very energetic and useful new information and clarity

Thank you so much, countless Bowdown

[05/04, 7:03 am] Guru Hubli: Athma Namaste Masterji

Beautiful session today. The explanation about breathing, boosting energy, and the five elements — Fire, Earth, Water, Metal, and Wood — was very insightful and powerful.

Thank you so much, Masterji, for guiding us with such wonderful knowledge and positive energy.

Athma Namaste

[05/04, 7:04 am] Devaraja K: Athma Namaste Master

We always gain a new knowledge every guidance of your classes, especially how our body connected with the elements & energies flows.

Medium breathing connected today & slow breathing was almost, but couldn't completed properly master, slowness of breathing is amazing technique you teach to connect inner deep connections.

Many thanks for this beautiful guidance & blissful opportunity Master

[05/04, 7:04 am] Ashoka Thammayya: Athma Namaste, thank you Master for this wonderful teaching, each time when we listen to you we learn something new aspects of life . I could do the slow breathing but it was tough . Thank you

[05/04, 7:06 am] Deepthi Venkamma: Thank you so much Master for your Teachings and guidance. We all are truly blessed.

Athma Namaste

[05/04, 7:07 am] Mythili Balaji: Thank you Master for the profound teachings. I could do the medium breathing with ease. I could do slow breathing but with slight challenge in the first round which settled by 2nd and 3rd round.

Thank you once again, Athma Namaste

[05/04, 7:12 am] Bhagya Vishwanath: Athma Namaste today morning beautiful today class beautiful ನೀವು ತಿಳಿಸಿದ ಬ್ಯೂಟಿಫುಲ್ ಪಾಯಿಂಟ್ ವಿವರಣೆಯ ಬಗ್ಗೆ ಇನ್ನೂ ಸುಂದರವಾಗಿತ್ತು ಕುಂಡಲಿನಿ ಪಾಯಿಂಟ್ ಬಗ್ಗೆ ತುಂಬಾ ಚೆನ್ನಾಗಿ ವಿವರಣೆ ತಿಳಿಸಿದಿರಿ ಇವತ್ತಿನ ಕ್ಲಾಸ್ ತುಂಬಾ ವಿಶೇಷವಾಗಿತ್ತು ರೋಹನ್ ಸರ್ ಗೆ ತುಂಬು ಹೃದಯದ ಧನ್ಯವಾದಗಳು ಎಲ್ಲಾ UKT ಕುಟುಂಬಕ್ಕೂ ತುಂಬು ಹೃದಯದ ಧನ್ಯವಾದಗಳು.

[05/04, 7:13 am] Varalakshmi Namaste Master

We gained new knowledge and guidance, Thank you Also how our body connected with the elements & energies flows.

I could do the Medium breathing connected today.

Thanks a lot for giving this blissful opportunity Master

[05/04, 7:13 am] Raja Radhakrishna: Thank you very much, Master for the wonderful session and the new teachings. Each time, we learn something new. The power of tears was truly amazing, and I was not aware of it before. Also, understanding how promises made from the dark side can affect generation after generation is something new to learn. Thank you once again

[05/04, 7:14 am] Gayathri R N: Thank you master for today's class.
Teaching enhanced our learnings, every time we feel it's new. We are connecting more and more to the higher soul. Thank you master.

[05/04, 8:33 am] Madhav Bhandary: Thank you so much Master for today's informative session and guidance. I completed slow breathing. Thanks lot, We all are truly blessed.
Athma Namaste

[05/04, 9:00 am] APPAYYA G BEEDIMATH: Thanks Master ji for wonderful and experienced class about twin heart meditation, fire element especially wood element for liver and gallbladder, power of tears. Power of lower dantian and snow mountain before and after birth. I felt special energy throughout session.
Thanks Master ji and Athma Namaste.
Countless bow down

[05/04, 9:34 am] Amrath Nayak H: Athma Namaste Master

Every time we are learning something new with your guidance

Thank you for your teachings and blessings

[05/04, 7:16 pm] Ashalatha Sanil: Athma Namaste Masterji
This whole day went in reflecting on few truths of life which were known but probably unaccepted among most of ordinary humans, the way you make us to realise the foundations of life.... connection between kundalini and pre-birth , lower dantian and post birth life... negative emotions and its effects on body organs.....tears and lifetime sufferings when rethought yes how true regular spiritual practices and guidance are transforming the life and healing most of our sufferings which didn't had solutions otherwise.
Knowledge must be enabling a learner from darkness towards the light and countless bow downs Masterji for these learnings we are blessed everyday
Your guidance is helping us to respect ourselves and be responsible for any actions we take-up in our day to day life.
Thank you from the bottom of my heart and indeed it's working magically

April 6th-9th

Trainer - Ashoka Thammayya

[06/04, 6:37 am] Santhoshi: Thank you, Ashoka Sir, for today's class. The teachings on compassion were truly enlightening, and the emphasis on self-compassion was especially a new and meaningful learning for me. It gave me a fresh perspective on how important it is to be kind and gentle with ourselves which in turn can create compassion for others and the nature around us.

Athma Namaste,

[06/04, 6:41 am] Mythili Balaji: Thank you sir for the in-depth explanation on practicing compassion towards self and everything around us.

Athma Namaste

[06/04, 6:41 am] H Shashidar Shetty: ಅಶೋಕಣ್ಣ ಸೂಪರ್ ಕ್ಲಾಸ್ ಇವತ್ತಿಂದು 🙏

ಬಹಳ ಚೆಂದ ಆಯಿತು,

ಕನ್ನಡ ಮತ್ತು ಇಂಗ್ಲಿಷ್ ಎರಡೂ ಭಾಷೆಯಲ್ಲಿ ಬಹಳ ಸ್ಪಷ್ಟವಾಗಿ ಕರುಣೆಯ ಮಹತ್ವ ವಿವರಿಸಿ - ಕ್ಷಮಾಪನೆ ಮಾಡಿಸಿದ್ದೀರಿ

[06/04, 6:42 am] Devaraja K: Athma Namaste Ashok Sir

Thank you for leading us with such a beautiful morning session. I felt deeply connected with myself, filled with calm and compassion. The insights you shared about compassion towards ourselves and others is great

Many thanks to Master, Akka and all the Trainers and Healers for your wonderful guidance and unconditional service.

[06/04, 6:50 am] Amrath Nayak H: Athma Namaste Ashoka Sir

Thank you for the wonderful session, the explanation on compassion was truly meaningful

Self compassion is a new learning for me, and something I have to be conscious about

Thank you once again for guiding us

[06/04, 6:55 am] Varalakshmi Namaste Master and Ashok Sir

Thank you for teaching us about compassion and self-compassion.

We understood that when we start giving love, helping others, and showing kindness, we may also face blame and negative situations as a test.

Now I truly understand that during such times, we should be more compassionate and patient.

Your session helped us to understand the importance of self-compassion in a beautiful way.

Thank you so much

[06/04, 7:02 am] Raja Radhakrishna: Thank you Ashok Sir for the beautiful session. The teaching on Compassion was really meaningful and a new thing to learn

[06/04, 7:06 am] K G Suresh Babu: Athma Namaste Ashok sir, Athma Namaste to Masterji and Shammy Teacher,

Thank you for wonderful session, breathing exercises, forgiveness for compassion, Importance of compassion our self, After Boosting and Mantra for removing selfishness, enter body and mind feeling light

Thank you

[06/04, 7:09 am] Yogish Bharathesh Das: Athma Namaste Master,Teacher,Ashok Sir and all Thank you, Ashok Sir, for the beautiful and meaningful session on compassion. It helping us deeply understand the importance of self-compassion and staying patient and kind even during challenging time.

[06/04, 9:12 am] Ashalatha Sanil: Athma Namaste Ashok sir,

Sometimes I feel the daily teachings we receive from UKT are exclusively a guidance for me. When we have to perform multiple roles, yet times we may be confused to understand how to handle the situations well balanced.

Same situations i expected to encounter this week as I am scheduled with few crucial institutional level meetings wherein there could have been many chances of me reacting harsh or diplomatically and definitely either me or someone else would have faced the consequences.

Thank god today's teaching on compassion opened my eyes and i treat it as a soul guidance to listen to everyone patiently and be compassionate.

Thank you so much for the guidance.

[07/04, 6:40 am] Santhoshi: Dear Ashoka Sir,

Thank you so much for today's session. it was truly special for me. The way you explained forgiveness on Focus and guided us towards self-reflection really resonated with me.

The guidance on turning inward and cultivating inner concentration that will bring stability, clarity, and discipline to our spiritual journey, gently clearing the clutter of the mind and guiding us to prioritise what truly matters in life was so beautiful and powerful.

Thank you so much.

Athma Namaste,

[07/04, 6:40 am] Devaraja K: Athma Namaste Ashok Sir

Thanks for this wonderful morning session & beautiful guidance of Focus & Thought Process forgiveness mantra,

Many thanks to Master, Akka, Healers & Trainers for your great support & guidance

Thank you all

[07/04, 6:41 am] Usha Radhakrishna: Athma Namaste Ashok Sir

Thank you for the beautiful teachings of Focus. The explanation is truly informative and very much insightful.

[07/04, 6:47 am] Varalakshmi Namaste Ashok Sir!

Thank you for your session on focus and mind control. Teaching about letting go of the past and future, and focusing on the present through the forgiveness mantra, was great. Thank you

[07/04, 6:57 am] Raja Radhakrishna: Thank you very much Ashok Sir for the wonderful session. The teaching on Focus was insightful. There is a lot to learn and implement in our day-to-day lives to make them smoother

[07/04, 12:13 pm] Ashalatha Sanil: Athma Namaste each and every one,

Each single day of teaching and learnings here is making the living very simple. Stable and disciplined.

It makes to feel 'life is beautiful, just like a story which says "they lived happily thereafter....."

It's the same morning but very different...it's the same day but it's different... it's the same everything but very different....

Morning we wake up fresh and night we go to bed with no worries, even the same sleep is so different

the unconditional collective prayers and blessings for the illumination, abundance and prosperity is so powerful

Countless bow downs to all teachers in this journey ,

[08/04, 6:33 am] Ashwini Jagadish naik: Thank you Ashok sir for the beautiful teachings every day and helping us practice and build beautiful energies within us. Thank you

[08/04, 6:33 am] Mythili Balaji: Thank you Master , Shammy mam and Ashok sir for the wonderful teaching today for connection. Very blissful and calming experience.

[08/04, 6:34 am] Santhoshi: Thank you, Ashoka Sir, for today's beautiful practice session. The perspective you shared on connection with our inner self, the outer world, and Mother Nature— was truly reinforcing.

Understanding that living in harmony with all of these is the true path of our spiritual journey was a very meaningful guidance.

The forgiveness practice, especially on to our connection, our inner self and Mother Earth, felt deeply touching.

Athma Namaste

[08/04, 6:35 am] H Shashidar Shetty: ಆತ್ಮ ನಮಸ್ತೆ ಅಶೋಕಣ್ಣ

ಇವತ್ತಿನ ಕ್ಷಮಾರ್ಪಣೆಯ connection, inner self, and mother earth ಹಾಗೂ ಅದರ ಟೀಚಿಂಗ್ ಗಳು ಬಹಳ ಅದ್ಭುತವಾಗಿ ಬಂದಿದೆ, ಅರ್ಥಪೂರ್ಣವಾಗಿದೆ, ಮತ್ತು ಸರಳವಾಗಿದೆ, ಧನ್ಯವಾದಗಳು

[08/04, 6:35 am] Raja Radhakrishna: Thank you Ashok Sir for the wonderful session and a beautiful teachings. Thank you for helping us understand the importance of our connection with nature and how connecting with nature can make our lives more peaceful and meaningful. Athma Namaste

[08/04, 6:39 am] Usha Radhakrishna: Athma Namaste Ashok Sir, Thank you for the beautiful session and the explanation about inner self, humanity, mother Earth and outer world connection.

[08/04, 6:40 am] Varalakshmi Namaste Sir Thank you for the beautiful session on inner connection and forgiveness practice on mother earth. Thank you.

[08/04, 6:42 am] Devaraja K: Athma Namaste Ashok Sir

Every day a deep connection with my inner self. I feel truly happy and blissful while practicing the mantra. During the deeper connection with Mother Earth, I experienced an overwhelming wave of emotions, and tears flowed naturally, it was a deeply touching and meaningful moment for me.

Lots of love & heartfelt gratitude to Master, Akka, all the Trainers, Healers, and the entire UKT family

[08/04, 7:00 am] APPAYYA G BEEDIMATH: Thank you Ashok sir ji for practicing daily especially today felt my body was swinging forward and backward at the time of boosting snow mountain and was feels hot. Thanks for today Mantra. Athma Namaste.

[08/04, 12:48 pm] Amrath Nayak H: Athma Namaste Ashoka Sir

Today's teaching on connection with inner self, external world and connection with universe was very beautiful

Had a great experience during the boosting and forgiveness to mother earth

Thank you for your support sir

[09/04, 6:36 am] Santhoshi: Athma Namaste Ashoka Sir,

Thank you for today's practice session. The forgiveness practice towards our mindfulness, consciousness, and sensitivity was deeply touching.

Through this spiritual journey, I can genuinely feel that I have become calmer, more sensitive, more compassionate, and more mature within myself. This transformation feels very real to me and I can experience it happening from within.

Now, as I continue with the forgiveness practice, I feel so peaceful, calm, and happy.

Grateful and blessed to receive teachings every day that helps us in inner reflection. ❤️

Athma Namaste.

[09/04, 6:36 am] H Shashidar Shetty: ಆತ್ಮ ನಮಸ್ತೆ ಅಶೋಕಣ್ಣ

Mindfulness ಮಾನವನ ಚೇತನ ಬದುಕಿನ ಒಂದು ಸ್ಥಿತಿ,

ಜಾಗೃತಿಯ ಕರೆ, ಸೃಷ್ಟಿ ಮತ್ತು ಸಂಪೂರ್ಣ ಹಾಜರಾತಿಯೊಂದಿಗೆ ಬದುಕಲು ಕಲಿಸುವ, ಅಜಾಗೃತಿ ಇಂದ ಜಾಗೃತೆ ಎಡೆಗೆ ಕೊಂಡೊಯ್ಯುವ, ಆಲೋಚನೆಗಳಿಗೆ- ಶಾಂತತೆಯನ್ನು ,

ಭಾವನೆಗಳಿಗೆ- ಸಮತೋಲನವನ್ನು ನೀಡುತ್ತಾ, ಅರಿವನ್ನು ಆಳ ಗೊಳಿಸುವ ಸ್ಥಿತಿಯನ್ನು ತಿಳಿಸುವ ಇಂದಿನ ಪ್ರವಚನ ತುಂಬಾ ಶಕ್ತಿಯುತವಾಗಿತ್ತು.

[09/04, 6:36 am] Usha Radhakrishna: Athma Namaste Ashok Sir,,

Thank you for leading us the beautiful morning practice session

Thank you for the teachings about mindfulness, it helps us to be more sensitive in inner self and also outer world. Thank you once again

[09/04, 6:37 am] Devaraja K: Athma Namaste Ashok Sir

Thanks for leading us with wonderful classes, the way you take all of us with a peaceful & calm mind throughout the session, thanks for the beautiful forgiveness mantra for Mindfulness & Sensitiveness

Lots of love & Gratitude Master, Akka, Healers, Trainers & all UKT family members

[09/04, 7:14 am] Mythili Balaji: Thank you Ashok sir for explaining the deeper meaning of Mindfulness. Every day whatever you are explaining has a lot of value to apply in our daily life

with conscious efforts. The morning practices with each day's teachings is making me to be more observant of my thoughts and actions.

Thank you.

[09/04, 7:17 am] Raja Radhakrishna: Thank you Ashok Sir for the beautiful session again. The teachings on being mindful and experiencing life with depth and purpose were truly valuable. Learning to be mindful in our relationships and to bring calmness to our thoughts was meaningful. Thanks again

[09/04, 8:30 am] Amrath Nayak H: Athma Namaste Ashoka Sir,
Thank you for the wonder session, the way you explained the mindfulness was really helpful

Had a different experience during the breathing session and while doing forgiveness

Thank you for the teachings and support

[09/04, 8:45 am] Ashalatha Sanil: Athma Namaste Ashok sir thank you so much for most peaceful mindfulness narration and guiding our minds to be mindful through forgiveness, serenity you created during the session was a blessing bringing the wandering minds between past and future to a stable state was amazing experience

10th - 11th April

Trainer - Shammy Shiri

[10/04, 6:39 am] Sabitha Sreedhar: Athma Namaste Shammy

Thank you for an enlightened class, it was indeed truly happy and vibrant.

Breathing felt like energy that just lifts you from within and outside.

The teaching on positive breathing is like a key to healthy and happy living.

Thank you

[10/04, 6:40 am] Santhoshi: Thank you, Shammy, for today's session filled with positive breath, energy, and vibrations. I truly appreciate the beautiful teachings on Positive Conscious Breathing.

Understanding that even in a positive environment, our own negativity can attract negative energy was a new learning for me.

Thank you so much for this insight and guidance.

Athma Namaste

[10/04, 6:41 am] Ramakrishna Iyer: Athma Namaste ma'am

Thank you very much for the wonderful and uplifting session. The practices centred on breath, including the new breathing techniques, breathe awareness, forgiveness for breath, and the mantra for breath, brought a deep sense of positivity, calmness, and enhanced energy levels.

Thank you for your guidance and continued support. Grateful for such a beautiful session.

[10/04, 6:41 am]

Harsha Kumar Kotian: Athma Namaste Shammiakka.. Thank you.... just loved and blessed by your teachings about breath.....yes it's truly meaningful and a hidden treasure of a human's life....

Thank you for sharing the secret of breathing positively.... grateful to you and Rohan Master and whole UKT team for this life time opportunity....

Love you all from my bottom of heart... Grateful again and gratitude

Athma Namaste

[10/04, 6:43 am] Madhav Bhandary: Athma Namaste.. Thank you Teacher for the blissful session.. Because of your guidance I am able to experience the vibration and heat sensation in Route chakra and am able to concentrate and thank every breath... Newly learned breathe positive breathe in all moments..

We are truly blessed.. Thanks a lot..

[10/04, 6:43 am] Usha Radhakrishna: Athma Namaste akka

Thank you for the energetic morning session akka.

Thank you for the beautiful teachings.

You explained clearly where we should focus in life to stay healthy in body and mind.

It was really great information

[10/04, 6:44 am] Raja Radhakrishna: Thank you very much, Akka for the wonderful session. After chanting the affirmation, I felt a beautiful energy in the Muladhara chakra, and it turned into warmth. The Muladhara chakra began pulsing like a heartbeat. I noticed a significant difference while practicing the different breathing techniques. Another beautiful learning is that we may absorb negative energy even in a positive place if we have negative thoughts. Thank you very much for teaching us these techniques and for helping us become more sensitive to our own body

[10/04, 6:45 am] shrikant siddapur ss: ಆತ್ಮ ನಮಸ್ತೆ ಮಾಸ್ಟರ್ ಜಿ ಮತ್ತು ಶಮಿ ಮೇಡಂ

ಇವತ್ತಿನ ತರಗತಿ ತುಂಬಾ ತುಂಬಾ ಒಳ್ಳೆಯ ಎನರ್ಜಿಯಿಂದ ತುಂಬಿತ್ತು. ಬ್ರೀಟಿಂಗ್ ಅಭ್ಯಾಸವು ನನ್ನ ಕುಂಡಲಿಯನ್ನು ಆಕ್ಟಿವೇಟ್ ಮಾಡಿದಂತಹ ಅನುಭವವನ್ನು ಕೊಟ್ಟಿದೆ ಮತ್ತು ದೇಹದ ತುಂಬಾ ಆಕ್ಟಿವ್ ಹಾಗೂ ಎನರ್ಜಿಯನ್ನು ತುಂಬಿರುವಂತಹ ಅನುಭವವಾಯಿತು. ಕ್ಷಮಾಪಣೆ ಮಂತ್ರ ಹಾಗೂ ಬೂಸಿಂಗ್ ಮಾಡಿ ಇವತ್ತು ಹೊಸ ಅನುಭವವನ್ನು ಹೊಸ ಎನರ್ಜಿಯನ್ನು ದೇಹದ ತುಂಬೆಲ್ಲ ಅನುಭವಿಸಿ ಹಗುರತೆಯನ್ನು ಅನುಭವಿಸುತ್ತಿದ್ದೇನೆ ಹೊಸ ಅನುಭವ ನೀಡಿರುವಂತಹ ಮೇಡಂ ಗೆ ಮತ್ತು ಮಾರ್ಗದರ್ಶಕರಾದಮಾಸ್ಟರ್ ಜಿಗೆ ಅನಂತ ಅನಂತ ಕೋಟಿ ನಮಸ್ಕಾರಗಳು ಧನ್ಯವಾದಗಳು ಮೇಡಂ ಧನ್ಯವಾದಗಳು ಸರ್

[10/04, 6:46 am] Naveen Kumar: Athma Namaste ma'am, i always feel an extra dose of energy in your class, thank you for teaching us to breath positively, i felt very happy after knowing even breathing positively make lot of differences in our life and living.

[10/04, 6:47 am] Devaraja K: Athma Namaste Akka

Today's class was a superb & mind-blowing experience Akka. Every time you bring new guidance that helps we transform our lives into reality. The positive breathing and the depth of your insights are so beautiful. While chanting the mantra, I felt immense happiness within and around me. My body swayed gently as I experienced a deep connection with the energies, especially the Root Chakra. My deepest gratitude and lots of love to you Akka.

Many thanks to Master for these beautiful opportunities to create a blissful life for all of us. The way you show the true meaning and purpose of our lives is blissful. I feel immensely blessed to have such a wonderful Guru in you and Akka

Lots of love and heartfelt gratitude to all the UKT family members

[10/04, 6:50 am] H Shashidar Shetty: ನಮ್ಮ ಯುನಿವರ್ಸಲ್ ನಾಲೆಜ್ ಟ್ರಸ್ಟ್ ನ ಸೆಲ್ಫಿಲ್ಲಿಂಗ್ ಮತ್ತು ಇನ್ನರ್ ಗ್ರೋಥ್ ಕಾರ್ಯಕ್ರಮಗಳು ವರ್ಷದಿಂದ ವರ್ಷಕ್ಕೆ ಉನ್ನತಿ ಹೊಂದುತ್ತಿದೆ,

ಇಲ್ಲಿ ಪ್ರತಿದಿನ ಸಿಗುವ ಪ್ರವಚನಗಳು, ಅನುಭವಗಳು ವಿಶ್ವದ ಯಾವುದೇ ಶಬ್ದಕೋಶಗಳಲ್ಲಿ, ಅರ್ಥಕೋಶಗಳಲ್ಲಿ, ಪುಸ್ತಕಗಳಲ್ಲಿ ಎಲ್ಲಿಯೂ ಕೂಡ ದಾಖಲಾಗದ ವಿಷಯಗಳು.

ಅಂತಹ ಗೌಪ್ಯ ಪ್ರಮುಖ ವಿಚಾರಗಳನ್ನು ಪ್ರತಿನಿತ್ಯ ಮಾಸ್ಟರ್ಸ್, ಟೀಚರ್ಸ್ ಮತ್ತು ಹೀಲರ್ಗಳ ಮುಖಾಂತರ ನಮಗೆ ಭಗವಂತನು ಅನುಗ್ರಹಿಸುತ್ತಿದ್ದಾನೆ.

ಈ ವರ್ಷದ ತರಗತಿಗಳು ಕಳೆದ ವರ್ಷದ ತರಗತಿಗಿಂತಲೂ ಭಿನ್ನವಾಗಿದ್ದು ಕಳೆದ ವರ್ಷ ಕೇವಲ ಭಾನುವಾರದ ತರಗತಿಯಲ್ಲಿ ಮಾತ್ರ ಮಾಸ್ಟರ್ ಅವರಿಂದ ನಮಗೆ ಪ್ರವಚನಗಳು ಸಿಗುತ್ತಿತ್ತು. ಆದರೆ ಈ ವರ್ಷ ಪ್ರತಿನಿತ್ಯ ತರಗತಿಯಲ್ಲೂ ನಮಗೆ ಉನ್ನತ ಪ್ರವಚನ ಮತ್ತು ಮಾರ್ಗದರ್ಶನ ಸಿಗುತ್ತಿದೆ.

ಇವತ್ತಿನ ಪ್ರವಚನದ ಅನುಭವವು ಅತ್ಯದ್ಭುತವಾಗಿದ್ದು ಉಸಿರಾಟದ ಬಹಳ ಸೂಕ್ಷ್ಮ ಅನುಭವಗಳನ್ನು ನಮಗೆ ಈ ಚಿಕ್ಕ ಅವಧಿಯಲ್ಲಿ ಚೆನ್ನಾಗಿ ವಿವರಿಸುವುದರ ಜೊತೆಗೆ ಅನುಭವಿಸಲು ತಿಳಿಸಿಕೊಟ್ಟ ಟೀಚರ್ ಅವರಿಗೆ ನಾನು ಸಾಷ್ಟಾಂಗ ನಮಸ್ಕಾರಗಳನ್ನು ಮಾಡುತ್ತಿದ್ದೇನೆ.

ಉಸಿರಾಟ ಮಾಡುವಾಗ ಉತ್ತಮ ಆಲೋಚನೆಗಳನ್ನು ಇಟ್ಟುಕೊಂಡು ಉಸಿರಾಟ ಮಾಡುವಾಗ ಮತ್ತು ಕೆಟ್ಟ ಆಲೋಚನೆಗಳನ್ನು ಮಾಡುತ್ತಾ ಉಸಿರಾಟ ಮಾಡುವಾಗ ಆಗುವ ಎರಡು ಅನುಭವಗಳು ಬಹಳಷ್ಟು ವ್ಯತ್ಯಾಸಗಳನ್ನು ನಮ್ಮಲ್ಲಿ ಉತ್ಪತ್ತಿ ಮಾಡುತ್ತದೆ. ಮತ್ತು ನಮ್ಮೊಳಗೆ ಒಳ್ಳೆಯತನ ಬಿಟ್ಟುಕೊಂಡು ಕೆಟ್ಟ ಜಾಗದಲ್ಲಿ ಇದ್ದು ನಾವು ಉಸಿರಾಟ ಮಾಡಿದರೆ ನಮಗೆ ಒಳ್ಳೆಯ ಉಸಿರಾಟವನ್ನೇ ನಾವು ಮಾಡಬಹುದು. ಹಾಗೂ ನಮ್ಮಲ್ಲಿ ಕೆಟ್ಟತನವನ್ನು ಇಟ್ಟುಕೊಂಡು ಒಳ್ಳೆಯ ಜಾಗದಲ್ಲಿ ಉಸಿರಾಟ ಮಾಡಿದರೆ ನಾವು ಉಸಿರು ಕೂಡ ಕೆಟ್ಟ ಅನುಭವವನ್ನು ನಮಗೆ ಕೊಡುತ್ತದೆ ಎನ್ನುವಂಥದ್ದು ಬಹಳ ಸತ್ಯವಾದಂತೆ ಮಾತು.

ಪ್ರಾಯಶಃ ನಮ್ಮ ಟೀಚರ್ ಮತ್ತು ಮಾಸ್ಟರ್ ಅವರು ದಿನದಲ್ಲಿ ಬಹುತೇಕ ಸಮಯವನ್ನು ಇಂತಹ ಸೂಕ್ಷ್ಮ ವಿಚಾರಗಳ ಕುರಿತು ಅನ್ವೇಷಣೆ ಮಾಡುವ, ಅನುಭವ ಪಡೆಯುವ ಮತ್ತು ಪಡೆದ ಜ್ಞಾನವನ್ನು ನಮಗೆಲ್ಲರಿಗೂ ತಿಳಿಸುವ ಈ ಮಹತ್ ಕಾರ್ಯದಲ್ಲಿ ತೊಡಗಿರುತ್ತಾರೆ, ಇಂತಹ ಉನ್ನತ ಮಟ್ಟದ ನಾಲೆಜ್ ಗಳು ಬಹಳ ಉಚಿತವಾಗಿ ನಮಗೆ ಸರಳವಾಗಿ ಸಿಗುತ್ತಿರುವಂತದ್ದು ಪ್ರಾಯಶಃ ನಾವು ಹಲವಾರು ಜನ್ಮಗಳಿಂದ ಪಡೆದುಕೊಂಡು ಬಂದಂತೆ ಮಾಡಿದಂತೆ ಉತ್ತಮ ಕರ್ಮಗಳ ಫಲದಿಂದಾಗಿ ಎಂದು ನಾನು ಭಾವಿಸುತ್ತೇನೆ. ಯುನಿವರ್ಸಲ್ ನಾಲೆಜ್ ಟ್ರಸ್ಟ್ ಕೇವಲ ಮನುಷ್ಯ ಸಂಕಲ್ಪದಿಂದ ರಚಿತವಾದುದು ಅಲ್ಲ ಇದು ದೇವಸಂಕಲ್ಪದಿಂದ ರಚಿತವಾದಂತೆ ಒಂದು ಸಮೂಹ ಎಂದು ನಾನು ಭಾವಿಸುತ್ತೇನೆ ಉತ್ತಮ ಪ್ರವಚನಗಳನ್ನ ಅನುಭವಗಳನ್ನ ನಮಗೆ ನೀಡಿದ ಮಾಸ್ಟರ್ , ಟೀಚರ್ ಮತ್ತು ಹೀಲರ್ ರವರಿಗೆ ಧನ್ಯವಾದಗಳನ್ನು ಅರ್ಪಿಸುತ್ತೇನೆ.

[10/04, 6:54 am] K G Suresh Babu: Athma Namaste Teacher Thank you so much for teaching the new techniques of breathing , it's gave wonderful energy, after 3 sets of breathing exercises feeling very light, boosting also very energetic, Mantra for Positive breathing is great, it's slow down my breath and consciousness breathing, body is vibrating when energy moving from Muladhara chakra, Thank you so much for energetic session

[10/04, 7:08 am] Varalakshmi Namaste Shammy Akka

Thank you so much for your wonderful guidance and for positive energy you have shared with us. We are truly grateful to you.

Your teachings on positive conscious breathing and the breathing mantra have deeply inspired us and it brought sense of calm and clarity within.

We feel truly blessed to have your support and guidance in our journey with sincere gratitude.

[10/04, 7:23 am] Mohini Shiri: Thank you so much for this wonderful energy filled session. Breathing consciousness with positive thoughts increased the energy within and felt the energy merging with the body and soul . I felt bright light energy at the root chakra. Thanks to you and Rohan. Let this understanding and building up of sensitivity widen the path of this life 'journey to better myself. Thank you

[10/04, 8:48 am] Amitha H A: Thank Shammy for the wonderful session ☐

Beautiful learning and experience about the positive breathing and our own positive and negative energy impacting us.

Could feel energy and light in Muladhara Chakra

Thank you so much.

[10/04, 8:50 am] Amrath Nayak H: Athma Namaste Shammy Akka

The positive conscious breathing and the detailing of positive/negative places connected with our individual energy was truly amazing

Thank you for the energy that was created during the boosting session and thank for your guidance and blessings

[10/04, 8:55 am] Ashalatha Sanil: Athma Namaste dear Shammy master

Every bit of your sessions are like falling in love with own self again and again

It was a lifetime experience of feeling the presence during the breathing pause

The wind chime sensation brought soothing warmth through ears were blessed moments

Mantra and forgiveness for positive breath, never ever imagined a world so positively beautiful

May look selfish but just obsessed with these explorations and feel just to be in the same state throughout and not to come back. thank you thank you thank you

[10/04, 8:55 am] Mythili Balaji: Thank you Shammy mam for the wonderful session to know about the positive breathing and impact on the positive environment. Your guided session always brings a lot of calmness, get lost in another space. Day by day the count breathing is getting stabilized.

Athma Namaste.

[10/04, 10:22 am] Anil Ramanujam.: Athma Namaste madam and sir ...First time.... Experienced a divine bell ringing sound very clearly inside So rhythmic.... Amazing... So energetic..... So slow breathing...A divine descended during the session felt powerful energy in and around.....

My sashtanga pranams to you and sir madam. 🌸

[11/04, 6:47 am] Ramakrishna Iyer: Athma Namaste Ma'am. Thank you for such a meaningful session—it was rich with practical takeaways. The focus on conscious sleep, along with the forgiveness practice around it, really stayed with me. The meditation and the sleep mantra were especially calming and beautifully done. I truly appreciate your guidance. Thank you so much.

[11/04, 6:48 am] Madhav Bhandary: Athma Namaste.. Thank you Teacher for a great session. Thank you for torching's and guidance,
Thank you for breathing techniques,
Thank you for beautiful forgiveness and teachings, really great.
Thank you for wonderful guided meditation.
We are truly blessed..
Thanks lot..

[11/04, 6:51 am] Harsha Kumar Kotian: Athma Namaste Shammiakka.. today you taught us how important is good sleep with inner conscious..
Thank you...
Thank you Rohan Master and all the UKT family for this wonderful lifetime opportunity..
Day by day experiencing new things and techniques for blissful life... grateful and gratitude

[11/04, 6:51 am] Santhoshi: Thank you Shammy for the energy /vibration filled session today.

Thought provoking and self-reflecting teachings on conscious sleep. So enlightening to reflect on ourselves and to understand what we are and what's on our mind and consciousness even after being in this spiritual path.

Thank you for this eye opener. ❤️

Beautiful sound meditation to experience the journey of life, making me feel heavy yet refreshed

Athma Namaste,

[11/04, 6:51 am] Usha Radhakrishna: Athma Namaste Akka

Thank you so much akka for the lovely session. Keeping the hand on navel,, I could feel the blow of air. Sleeping by seeing the sky with Sound meditation I could see the layer by layer is

opening in the sky. Once you said to come back I came like a floating balloon. Very much relaxed and soothing akka.

Thank you for this beautiful experience

[11/04, 6:52 am] Bhagya Vishwanath: Athma Namaste wonderful section wonderful meditation today morning beautiful and fresh news thank you so much Shammy madam.

[11/04, 6:52 am] Sarva Mangala B K: Athma Namaste today is wonderful meditation and mantra thank you very much Shammy madam Thank you thank you thank you

[11/04, 6:54 am] Devaraja K: Athma Namaste Akka

Today's experience was truly wonderful. It felt so beautiful to see myself in my mother's womb bubbly, smiling, and filled with pure innocence. After birth, walking in harmony with nature felt like a blissful journey. Honestly I didn't feel like coming back.

Thank you for the profound insights on conscious sleep and how deeply it is connected to our life's journey. The entire session brought immense relaxation, calmness, and a peaceful, pleasant state of mind Akka

My heartfelt gratitude to Master & to you Akka for these wonderful guided meditations & for illuminating our life path towards higher and higher consciousness.

[11/04, 6:56 am] shrikant siddapur ss: Athma Namaste master ji and Shammy madam Today's breathing exercises are super felt energetic in the solar plexus. I followed the almost count. Forgiveness mantra is special. New mediation is ultimately super I lay down felt happiness, calmness ,my body stretching into a dark light again and again. Now i feel lighter. Thank you Shammy madam for wonderful session.

[11/04, 6:57 am] Arpita S N: Athma Namaste Madam

Thank you for today's session on conscious sleep. The different breathing techniques felt difficult to do, but I tried them and felt very light afterwards. The meditation made me feel deeply relaxed and calm.

Grateful for your guidance, Madam

[11/04, 7:07 am] Deepa Sahadev: Thank you Shammy madam for the beautiful session. Felt relaxed after the forgiveness for conscious sleep. Could feel the vibration in the navel area. The new affirmation really makes me proud of my journey. We are truly blessed. During the meditation i could feel the light moving and was able to see my different phases of life from childhood to adult. At last there was showers of light falling on me. Once again Thank you

[11/04, 7:10 am] Amrath Nayak h: Athma Namaste Shammy Akka

Thank you for all the new teachings

The positivity you bring during the sessions truly helps in uplifting our thoughts

The meditation was a very unique experience, I could sense different colors passing through with a bright light at the end, which felt very peaceful and relaxing

Thanks to you and Master for all your guidance and blessings in our divine intervention

[11/04, 7:17 am] H Shashidar Shetty: ಆತ್ಮನಮಸ್ತೆ ಟೀಚರ್

ಬಹುತೇಕ ಜನರು ನಕಾರಾತ್ಮಕ ಆಲೋಚನೆಗಳನ್ನು ಇಟ್ಟುಕೊಂಡೆ ನಿರ್ದಯನ್ನು ಮಾಡುತ್ತಾರೆ.

ಇಂದಿನ ಟೀಚಿಂಗ್ ಅಂತಹ ತಪ್ಪುಗಳನ್ನು ಸುಧಾರಿಸಿಕೊಳ್ಳಲು ಬಹುತೇಕ ಜನರಿಗೆ ಉಪಯೋಗ ಆಗುತ್ತದೆ

Thank you for beautiful teaching, and also thank you for sound meditation

[11/04, 7:23 am] Raja Radhakrishna: Thank you so much Akka for the beautiful session once again. After the breathing practice, when I focused on all the chakras, I could feel the energy flowing straight through my body from top to bottom. Today was a different experience.

Thank you very much for the wonderful teaching on conscious sleep—how going to sleep with a positive mind-set helps us reflect and refine ourselves. The sound meditation was superb. Thanks again

[11/04, 7:40 am] Sabitha Sreedhar: Athma Namaste Shammy

Thanking Divine and you for today's experience. It was truly a wonderful, wonderful class from breathing to meditation.

When we started breathing, concentrating on the naval, there was healing or corrections happen old ties, pain getting healed. Unsettled emotions and feelings getting settled.

Then the meditation was like a new birth. Today when going through meditation I felt, this birth didn't have any strings of your original birth, this felt happy and simple then we grow up through the same simplicity and purity.

Finally the person who you meet after meditation is you but with the purity of a new-born.

Truly blessed to be attending these classes. Thank you for showing the way.

[11/04, 8:08 am] Geetha Javali: Thank you madam for divine meditation breathing connecting to naval chakra.. forgiveness for conscious sleeping and the mantra, I experienced new birth... thank you

[11/04, 8:15 am] Amitha H A: Thank you Shammy for the sessions which we look forward to experience. Beautiful breathing practice which I feel I am performing better. So much learning about conscious sleep. Made me understand the corrections I need to make. After meditation I felt different colours around my Aura..

Thank you for the wonderful session.

[11/04, 8:28 am] Mythili Balaji: Thank you Master and Shammy mam. I can see certain changes within me in this 1 year since joining UKT. I am more introspective and becoming sensitive within and outside. Breath was taken for granted. Now , concentration on breathing has become a core focus.

As a child, I used to love drawing and painting, singing and dancing. Don't know why and when I stopped them.

In the last few months I have finished writing a book , every day after Agnihotra and meditation, I sit for freehand drawing and started penning poems. All these were somewhere buried deep within.

The practices are so profound that it is bringing out changes in many aspects throughout the day. Talented aspects that I had long left behind are now resurfacing.

This is the first time , there is so much time and awareness given to self. The calmness stays throughout the day. Slowing down consciously the hustle of life.

Thank you for the everyday guidance.

[11/04, 8:53 am] Nayazuddin Meer: @Shammy Rohan Shiri Grateful for these new learnings and blessings. Thanks for making our lives better and making us walk on right path.

[11/04, 9:04 am] Anil Ramanujam.: So much energetic , fresh, peace ,, deep within.. Thank you for the vibrating session . Gratitude and countless bow downs to madam and master.

[11/04, 9:15 am] Ashalatha Sanil: Athma Namaste Masterji and Shammy master and all dear spiritual guides and spiritual healer, it's been a year.... the journey is harder to express because it's not in words, it's in energies. Thank you all for the lifetime gifts

12th - April onwards

Trainer - Master Rohan Shiri

[12/04, 7:08 am] Nayazuddin Meer: Good morning today session was really amazing especially with the scanning something new to learn every time. Always great to be a part of your session.

[12/04, 7:10 am] Ashwini Jagadish naik: Thank you Masterji for the greatest teachings, great energies, blessed water and wonderful blessings. Truly blessed to be part of it. Energy of the water was so high and taste was great. Truly amazing. Thank you thank you thank you

[12/04, 7:11 am] Santhoshi: Athma Namaste Master,

Thank you for the wonderful teachings and practices. We are truly blessed.

The water changed its taste after your blessings. It tasted very sweet. Thank you. 🙏❤️

Athma Namaste ❤️

[12/04, 7:12 am] Devaraja K: Athma Namaste Master

Thank you Master for this wonderful and blissful guidance on our daily practices. The methods of scanning and energy checking are truly enlightening. We feel deeply grateful and truly blessed by your guidance and divine blessings.

Lots of love & deepest gratitude.

[12/04, 7:12 am] Madhav Bhandary: Athma Namaste, Thank you Master for the beautiful session, energised water was a lot of different in taste and energy at the end of session energies the whole body gave an energetic vibration crown to toes. Thanks a lot, we are truly blessed. Countless bow dawns.

[12/04, 7:12 am] Sabitha Sreedhar: Athma Namaste Master

Thank you for giving us a blissful Sunday. Teaching and session was wonderful. Like the Energised water I too feel sweet and good after the Session. Energy is beautiful.

Thank you Master and Shammy for all the effort you take to teach us and guide us in the path of spirituality.

[12/04, 7:12 am] Deepthi Venkamma: Thank you Master for this wonderful session with teachings, guidance and great energy.

Athma Namaste Master ,

[12/04, 7:12 am] Sangeetha pawar: Thank you master for your energy and blessings

The water taste is sweeter than before and feeling water is more volume

[12/04, 7:13 am] Usha Radhakrishna: Athma Namaste Master

Thank you master for the beautiful session. Every time it's new teachings and guidance. Energized water tasted sweet. Thank you for the divine blessings Master

[12/04, 7:13 am] Mythili Balaji: Thank you Master for the wonderful class, teaching us the scanning technique and the energized water. Feet were getting a pulling sensation towards the end of the class.

[12/04, 7:14 am] Harsha Kotian: Athma Namaste

Thank you MASTER ji....it was a very good informative session today..... totally filled with lots of energy

The main mistake I am personally doing was highlighted today. That was getting into discussion about war and politics...and always seeing information about political parties etc....Thank you for educating me... today I knew why my energies are getting low...

I will Stop this immediately from today.... Thank you Master ji for this...

Thank you whole UKT family for this life time opportunity..

Thank you Shammy akka...

[12/04, 7:18 am] Amitha H A: Athma Namaste Master

Thank you for the wonderful session your guidance and teachings

It's a new learning for me to know the energy while keeping our hands in the Namaste position in front of the heart before evocation .

Thank you for all the teachings.

[12/04, 9:05 am] Ashalatha Sanil: Athma Namaste my dear UKT family

I am going to share a true experience under the protection of all spiritual guides and the divine power, I belong to a family since birth that is very simple, loving caring and always helpful unconditionally. That family was shattered exactly 13 years ago wherein one of my younger sister left our home due to a misunderstanding and negative support from others, this incident became legal and public due to which i had witnessed my father not confident to have eye contact with anyone, later we experienced complete abandoned wherein she even denied to accept them as parents....in any common gatherings it was so painful state to see her behaviour. These living circumstances was poisoning all in the family, affected our extended families, the emotional turmoil has no words to express.

One god blessed day I happened to join self-healing class exactly last year same time and I was assured the forgiveness practice has the power of transforming and healing the broken relations

My two mother's(amma and atthe) were by best listeners for discussion about each day's spiritual practices, so started to tell them we all will begin the do forgiveness practice for each sufferings we have and let's believe that it will find answers for our bargaining in life.

Collectively we continued to do that and the healing started to take place

I even reached a state to convince my parents that whatever has happened with them which they didn't deserve will be resolved, people who destroyed them will come back asking for apologies and they must not breakdown at that moment, rather they should be ready to bless them wholeheartedly.

These few days I started to get an institution like my sister is coming back with her husband and asking my parents to forgive her for her mistakes.

Yesterday during Shammy masters class on travel from the mother's womb...i just felt a jerk and suddenly even her image flashed omens, evening I was so exactly expecting my parents to tell me about the same and the whole incident truly happened in their life, a moment of stillness, however they handled it soulfully, not emotionally charged... blessed her when she pleading to forgive her.

My parents are thankful to all the reasons me choosing to walk in the path of spirituality

My message to all of us is we are on the right path with the right teachers and at the right time.... being faithful is probably the only means to reach eternal bliss.

I thank each and every one for your love foreigners and compassion without which this life wouldn't have been possible

Countless bow downs to all love you and honour you all

Thank you so much for your time

May life give me such challenges to complete my purposes of life

[13/04, 6:55 am] Raja Radhakrishna: Thank you very much Master for the beautiful session and for guiding us with such profound teachings. Every time we listen to you, we learn something new. Thank you very much

[13/04, 7:29 am] Amrath Nayak H: Athma Namaste Master

The positive energy, calmness and confidence that I experienced were truly wonderful, I could deeply feel and sense them within.

Thank you so much Master for creating such a beautiful experience.

Grateful to you for your guidance and blessings

[13/04, 7:31 am] Santhoshi: Thank you, Master, for your beautiful teachings today. I experienced a deep sense of positive energy while practicing forgiveness for myself, something we often tend to ignore.

Thank you for guiding us so gently through this process. It truly felt meaningful. We are grateful and blessed to be part of this journey.

Athma Namaste.

[14/04, 6:35 am] Chithra: ಆತ್ಮ ನಮಸ್ತೆ ಮಾಸ್ಟರ್

ಇಂದು forgiveness ಮಾಡಿದ ನಂತರ ಮನಸ್ಸು ತುಂಬಾ ಹಗುರವಾಗಿ, ಶಾಂತಿಯಾಗಿ ಅನುಭವವಾಗುತ್ತಿದೆ. ನಿಮ್ಮ ಮಾರ್ಗದರ್ಶನಕ್ಕೆ ಧನ್ಯವಾದಗಳು.

[14/04, 6:36 am] Ashwini Jagadish naik: Thank you Masterji for the great teachings on birth and death. After class it felt like a transformer with great vibrations. Great to practice along with all. Grateful to you for all the time to listen to you Masterji

[14/04, 6:37 am] Parvathi Bhandary: Athma Namaste Master
Thank you so much for the wonderful session and forgiveness for parents. It's really connected. Thank you so much master for the wonderful journey of spirituality

[14/04, 6:37 am] Usha Radhakrishna: Athma Namaste Master
Thank you master for the insight divine teachings and guidance of birth and death. Thank you for the beautiful forgiveness practice of keeping hand on stomach, it helps us to connect easily.

[14/04, 6:38 am] Madhav Bhandary: Athma Namaste.. Thank you Master for the beautiful teaching about birth and death choices, clearly understand birth had our choice and death is not.

From evacuation to beautiful mantra for time, we connected with our favourite God and higher soul, this beautiful of our UKT session.

Thanks lot.. We are truly blessed.. Countless bow downs..

[14/04, 6:38 am] Ramakrishna Iyer: Athma Namaste Master

Thank you for such a meaningful and enriching session. The practices, guidance, and teachings you shared today truly resonated with me. The focus on forgiveness—especially towards our parents—along with the time mantra and the deeper insights, felt both powerful and timely.

I'm especially grateful for your profound teachings on life, death, and the choices we make, including the idea of choosing our parents. It brought a new level of understanding and made the forgiveness practice feel even more relevant and heartfelt.

Thank you for your guidance and teachings.

[14/04, 6:39 am] Adivappa Patil: Athma Namaste Master

Today's class is truly beautiful and insightful. It helped me understand that birth is our choice, but death is not our choice on this earth.

The mantra on time brings deep relaxation and a sense of calm within. I could really feel the difference while doing it.

Thank you, Master, for this wonderful Teaching .

[14/04, 6:40 am] Santhoshi: Thank you, Master, for the beautiful teachings on life and the practice of forgiveness towards our parents.

As I held the hands, I could deeply feel the vibrations at the navel chakra, it was indeed a different experience.

Thank you for guiding us to understand the true value of time and the importance of using it consciously and valuing it. This session has made us feel aware of our inner connections.

With Deep Reverence to you

Athma Namaste,

[14/04, 6:41 am] Sabitha Sreedhar: Thank you Master for your time and teachings. Forgiveness felt really nice keeping hands on stomach, the energy of Heat, warmth and coolness was wonderful. Thank you for showing the path of love and happiness.

[14/04, 6:42 am] Deepthi Venkamma: Thank you, Master, for your teachings about birth. Given me great clarity and deeper understanding about our existence.

The practice of forgiving our parents has brought a sense of peace and lightness within me. After forgiveness, I feel truly relaxed.

The mantra also carries such powerful energy it feels deeply intense. Thank you so Master. Athma Namaste

[14/04, 6:45 am] Devaraja K: Athma Namaste Master

Thank you, and love you, for these wonderful opportunities to understand our life at the right time on this Earth. Each session fills me with immense calmness, and the peace stays with me throughout the day, enriching every moment of my life.

Thanks for awakening message which only birth is our choice.

Forgiveness is truly a great pillar that guides us toward a better life. My deepest gratitude to you, Master, and Akka, for removing the roadblocks at the right time and helping us move forward with clarity and purpose.

With your divine guidance, I feel peaceful, happy, and calm, and I am now walking in the right direction in my life.

With heartfelt gratitude.

[14/04, 6:55 am] K G Suresh Babu: Athma Namaste Masterji, Thank you for the new teaching and truth', Birth is only our choice not parents, death is not our choice, don't beg in front of God or in the temple, ancient prayer of "Nirayasena Maranam" death without struggle and suffering, it's very peaceful, forgiveness for parents today's is so depth, after forgiveness feel so much weight reduced, Breathing and boosting Very energetic Mantra to utilise Time and value it, it is very meaningful and eye opening, Thank you so much Masterji for all teaching and blessings

[14/04, 6:56 am] Anil Ramanujam.: Athma Namaste sir. Today's teaching about choice of birth enlighten me

While doing forgiveness to parents given something different kind of experience
Thank you and gratitude sir

[14/04, 6:57 am] Raja Radhakrishna: Thank you very much Master for the beautiful teachings. Understanding that our birth is our choice, but death is not, is truly profound.

While practicing forgiveness with my hand on my navel, I felt a heaviness in that area—it was a beautiful experience. The forgiveness practice for my parents was very powerful.

Thank you very much Master

[14/04, 7:02 am] Geetha Javali: Thank you master for wonderful session.....for clearing that birth is our choice not the parents. Thank you for making us to be stable for the hardships....thank you for forgiveness and Mantra which made me feel peaceful and lightness ..please share the mantra to say when we visit temples...

[14/04, 7:02 am] Amitha H A: Athma Namaste Master
Thank you for the wonderful session Thank you for the forgiveness practice for our parents today .
Small question Master can we keep our hands on our navel when we do forgiveness for our children or when doing forgiveness for our siblings..
Thank you so much.

[14/04, 7:18 am] Amrath Nayak H: Athma Namaste Master

Thank you for the wonderful explanation on birth and death, it was deeply connecting
The forgiveness practice for parents felt especially meaningful today
The mantra on time was a great self-realisation
Thank you for your guidance and blessings

[14/04, 9:22 am] VIJAYAKUMAR P HANNIKERI: Athma Namaste Guruji
Guruji, our lives are being sanctified by your selfless service and guidance in this training. I truly believe that participating in this training is the result of our good deeds from past lives.

Our lifestyle is changing for the better under your guidance. Infinite thanks to you, Shammy ma'am, and all the masters who made this possible

[14/04, 4:06 pm] Rajani harish: ಆತ್ಮ ನಮಸ್ತೆ ಗುರುಗಳೇ

ಜನನ ನಮ್ಮ ಆಯ್ಕೆ. ಮರಣ ನಮ್ಮದಲ್ಲ

ಹೆತ್ತವರಿಗೆ ಕ್ಷಮಾಪಣೆ ಕೊಡುವುದು

ದೇವಸ್ಥಾನದಲ್ಲಿ ನಾವು ಏನು ಪ್ರಾರ್ಥನೆ ಮಾಡಬೇಕು

ಈ ಎಲ್ಲಾ ವಿಚಾರಗಳನ್ನು ಅತ್ಯಂತ ಸುಂದರವಾಗಿ ಚೆನ್ನಾಗಿ ತಿಳಿಸಿ ಕೊಟ್ಟಿದ್ದೀರಿ

UKT family ಗೆ join ಆದ ಬಳಿಕ ನನ್ನಲ್ಲಿ ಮತ್ತು ನನ್ನ ಜೀವನದಲ್ಲಿ ಮತ್ತು ನನ್ನ ಆರೋಗ್ಯದಲ್ಲಿ ಹೆಚ್ಚಿನ ಬದಲಾವಣೆಗಳಾಗಿವೆ. Masterji, Shammy Madam ನಿಮಗಿಬ್ಬರಿಗೂ

ಗೌರವ ಪೂರ್ವಕ ಹೃತ್ಪೂರ್ವಕ ದೀರ್ಘ ನಮಸ್ಕಾರಗಳು .

ನನ್ನ ಆರೋಗ್ಯದಲ್ಲಿ ಸುಧಾರಣೆಯಾಗಲು ನಿಸ್ವಾರ್ಥ ಸೇವೆ ಮಾಡಿದ ರಾಜ Sir , ಸುಹಾಸ್ Sir ,Sabina ಮೇಡಂ ಹಾಗೂ ಎಲ್ಲಾ Healer's mentors ಮತ್ತು UKT family ಗೆ

ನಾನು ಸದಾ ಚಿರ ಋಣಿ.

[15/04, 6:40 am] Ashoka Thammayya: Thank you Master for this beautiful morning session and the new teachings and helping us to practice forgiveness for all people who helped us during my birth.

[15/04, 6:42 am] Mahantayya Hiremat: Athma Namaste to all

Thank you so much for divine guidance and teachings and i experienced my mother pain while giving birth to me, I said thanks to all of them who all supported at the time my birth thank you so much again for giving this opportunity Master .

[15/04, 6:42 am]

Ramakrishna Iyer: Athma Namaste, Master

Thank you for such a meaningful session today. The teachings truly resonated with me, and the forgiveness practices—especially those related to birth, the moment of birth, and everyone involved in that journey—felt deeply powerful. The mantra was simple yet profoundly moving.

I'm grateful for your steady guidance and the clarity you bring through your teachings.

[15/04, 6:43 am] Usha Radhakrishna: Athma Namaste Master

Really a great session.

Doing Lower Dan Tian and snow Mountain boosting from the connection with our birth is a great feeling. It's a unexplainable experience Master

Thank you for helping us to uplift ourselves from our birth.

Thank you so much.

[15/04, 6:43 am] Madhav Bhandary: Athma Namaste, Thank you Master for this beautiful morning session and the new teachings and helping us to practice forgiveness for all people who helped us during my birth.

Thank you beautiful mantra love ourselves. Thanks for making us be with our favourite God in all the moments.

[15/04, 6:46 am] K G Suresh Babu: Thank you so much Masterji for the truthful Teaching of Birth, Thank you for the new Mantra for loving Myself, it's a great experience like taking a new birth again, countless Bowdown

[15/04, 6:47 am] Sapna Naresh: Gratitude, Master, for the soulful session, forgiveness for birth was heart touching. Thank you for recreating birth and experiencing the warmth lovely experience. Deeply grateful for the new Mantra to embrace Self-love beautiful connection within myself, truly blessed

[15/04, 6:47 am] Devaraja K: Athma Namaste Master

I am truly blessed for this divine rebirth today. It is a wonderful and joyous moment to reflect on my life and all the great souls who have supported and guided my journey 😊

Akka often brings new mantras that help us connect with our higher selves and elevate our spiritual growth. Through these sacred teachings, we continue to evolve and remain aligned with unconditional love and truth.

We are truly fortunate to have such great Gurus, You & Akka whose guidance illuminates our path and inspires us to live with awareness and compassion.

Many, many thanks, lots of love, and my deepest gratitude to Master and Akka

[15/04, 6:52 am] Yogish Bharathesh Das: Athma Namaste Master, Teacher, and All Thank you for the beautiful morning session. Your teachings touched my soul deeply. I am grateful for the guidance on forgiveness. The mantra of self-love awakened a new light within me. Thank you for helping us stay connected with our beloved God. I feel truly blessed.

[15/04, 6:55 am] Prashanth Handral: Thank you so much Master and Shammy mam so wonderful class. For no words to describe the moment so wonderful ✨😊 thank you thank you thank you.

[15/04, 6:58 am] Ashwini Jagadish naik: Oh my God! What a great day and the class to make us realise how beautiful life is. Truly grateful to you Masterji for the great realisation. Truly felt the rebirth which was so beautiful and filled with happiness all around. So many lives were happy with the birth. Forgiveness to birth and all those people who were there during birth was awesome. Gratitude was totally different to everything today and every moment of the class. All my questions dissolved in today's class. Thank you Masterji for the great and

amazing moments and experience. Truly grateful to you for this beautiful journey and thankful to each one in this batch who are joining in to give so much of love, forgiveness and compassion to each other to feel the great energies. Thank you

[15/04, 7:04 am] Jagadish Shekhar Naik: Athma Namaste Master

It was amazing 🥰 to go back 45 years @ birth place. Wonderful feeling of being with all those great souls, who helped me take birth on this earth 🌍 and time... thanks a ton Master for blissful experience... Though my Grand Mother & Father have physically departed this world, however, I was able see their happy faces and offer my gratitude of *Thank You*, which as humans we take it as granted....

Today's teaching helped me realise deeply, how My mother took utmost care in giving birth to me and raising me to what I am today... *THANK YOU AMMA & APPA*

DEAREST MASTER , WE CAN'T THANK YOU ENOUGH FOR ALL THAT YOU HAVE BEEN SHOWERING ON US

[15/04, 7:06 am] APPAYYA G BEEDIMATH: Thanks Master ji for today's morning spiritual session and experienced love myself Mantra very closely. Moreover forgiveness to those involved in my birth including my mother and father. A great, great imagination comes in front of my mind about my birth. I am very grateful to my mother and father.

Thanks master ji madam ji for giving these types of opportunities to experience daily.
Athma Namaste.

[15/04, 7:19 am] Ashalatha Sanil: Athma Namaste Masterji

The soul song otherwise also had been lullaby most of the days in life, but today it was at another level, the feeling of fulfilment experienced during forgiveness for the birth not to be described but to be experienced

Thank you for this divine journey helping a lot to unfold the hidden treasures

[15/04, 7:21 am] Naveen Kumar: Dear sir,

It was indeed an out of the world experience, tears were rolling down from my eyes, as i experienced my own birth, i am so grateful to my parents for everything they showered on me Even during the forgiveness, i could bring those moments of my birth ,it was unexplainable..

From the bottom of my heart i thank you.

It was awesome

[15/04, 7:27 am] Raja Radhakrishna: Athma Namaste, Master.

Thank you so much for helping us realize the importance of our birth. Practicing forgiveness for our birth was a truly profound experience. I found myself imagining my old home and the people who might have been there, sharing in their happiness. It was a wonderful experience

that cannot be fully expressed in words. Thank you very much for giving us such a beautiful experience.

Also, thank you Shammy Akka for the wonderful mantra. I could feel the energy in my body while chanting. It was incredibly powerful.

Thanks again

[15/04, 8:31 am] Amitha H A: Athma Namaste Master

Thank you for today's teachings and forgiveness practice. I had tears in my eyes.. Thank you for making us feel at the time of birth and the parents and people around..

Lot of Gratitude to you Master .

Thank you Shammy for the beautiful Mantra

[15/04, 9:57 am] Rajani harish: ಆತ್ಮ ನಮಸ್ತೆ Masterji

ನನ್ನ birth ಆದಾಗ ನನ್ನ ಅಮ್ಮ ಅನುಭವಿಸಿದ ಪ್ರಸವ ವೇದನೆ ಯನ್ನು ಎನಿಸಿ ಕಂಬನಿ ಹರೀತಿತ್ತು ಕಣ್ಣಲ್ಲಿ.

ಹೆರಿಗೆ ಮಾಡಿಸಿದ ಒಬ್ಬ ಅಜ್ಜಿ ನನ್ನ ಅಜ್ಜಿ ಕಾತರದಿಂದ ನನ್ನ ಬರುವಿಕೆಗೆ ಕೈತಿದ್ದ ನನ್ನ ಅಪ್ಪ ಮತ್ತು ಬಂಧು ಬಳಗ ಎಲ್ಲವೂ ಎಲ್ಲರೂ ಒಮ್ಮೆ ಕಣ್ಣಿಂದ ಬಂದಾಗ ತುಂಬಾ ಆಳು ಬಂತು. Soul song ಈ dina ಕೇಳುವಾಗ ಅದರ ಅನುಭವ .

ಬೇರೆಯಾಗಿತ್ತು.

Shammy Madam ಅವರ ಹೊಸ ಮಂತ್ರ ಅದ್ಭುತ.

67ವರ್ಷಗಳ ಬಳಿಕ ನನ್ನ ಹುಟ್ಟಿನ ನೆನಪು ಅಮೋಘ

Countless bow down Masterji and Shammy madam

[15/04, 10:12 am] Sabitha Sreedhar: Thank you, Master, for today's session. Going back to my birth made me realise that I need to practise forgiveness for my family doctor and the nurse who were there during the process of my birth.

From what I've been told, my birth wasn't easy for my mother or for the people who helped bring me into this world.

The beauty and blessing of today's journey was that I saw my mother happy, and everyone around her happy too. The most astonishing thing was that, as it's our festival today, my mother called to wish me and she sounded so joyful, very much like the happiness I experienced during the session.

Thank you, Master.

Thank you, Shammy, for today's mantra.

Master and Shammy, today's mantra reflects what happened when I joined the Universal Trust family. I've learned to love myself, without being selfish or self-centred. Thank you.

[16/04, 6:34 am] Ashoka Thammayya: Thank you Master for this wonderful session and helping me to completely forgive the incident of my childhood days. Thank you

[16/04, 6:36 am] Ramakrishna Iyer: Athma Namaste, Master.

Thank you for such a beautiful and meaningful session. The forgiveness practice—from birth through the early years, till 7 years —felt especially powerful. I did my best to recall what I could, and the experience was deeply moving.

I'm also grateful for the time mantra—it stayed with me even after the session.

Your guidance, teachings, and practices are quietly shaping me day by day, lifting me in ways I can truly feel. Thank you, Master, for sharing such profound wisdom with so much care.

[16/04, 6:37 am] Sarva Mangala B K: Athma Namaste Guruji wonderful session for childhood days I have feel that beautiful days super meditation and mantra thank you very much Guruji

[16/04, 6:39 am] Usha Radhakrishna: Athma Namaste Master

Thank you for the wonderful session Master

Thank you for helping us to go back to our first life span and doing forgiveness and correct the pattern which will help us to make a beautiful coming life patterns 🧡

We all are truly blessed

[16/04, 6:39 am] Mahantayya Hiremat: Athma Namaste to all

Thank you so much Master for the wonderful divine teachings and guidance 🙏. I went back to my life's upto 7 years of memories 🧡 whatever I remember, it was so nice and I forgave everyone who faced problems from me, my family members, relatives, neighbours and friends.

Thanks you Master

[16/04, 6:42 am] Madhav Bhandary: Athma Namaste...Thank you Master for a wonderful session, take us to our childhood, thanks a lot...countless bow dawns

[16/04, 6:43 am] Sapna Naresh: With deep gratitude, I thank you, Master for your divine teachings and guidance. Forgiveness for my childhood brought peace within.. Very much grateful

[16/04, 6:44 am] Devaraja K: Athma Namaste Master

Through our daily practice, I experience profound energies, calmness, peace, and the creation of deep insight and wisdom. Thanks for this beautiful understanding of the 0–7 years life cycle, guiding us toward forgiveness and inner transformation.

Time is the greatest truth, and realizing its value has been truly enlightening. The mantra feels divine, I am filled with happiness & a deep spiritual connection.

Many thanks Master for this wonderful opportunity and for creating such meaningful moments in all our lives.

[16/04, 6:49 am] Raja Radhakrishna: Thank you very much Master for another beautiful session. The forgiveness practice was very powerful. I was able to recall childhood memories and did the forgiveness deeply. During and after the forgiveness, my body felt heavy, and it was a blissful experience. Thank you again

[16/04, 6:49 am] Deepthi Venkamma: Athma Namaste, Master.

Thank you for such a beautiful and meaningful session Master . The forgiveness practice for from birth to 7 years helped me recall many memories from my early years. It is moving my memories in a very gentle and beautiful way.

I am also grateful for the time mantra. Your guidance, teachings, and practices are truly valuable.

Thank you, Master, for these great teachings and for giving us this wonderful opportunity to correct ourselves.

[16/04, 6:57 am] Deepa Sahadev: Thank you Master for the beautiful session. The forgiveness for 0-7years helped me recall all the good memories. Most of them very good only one bad incident I could recall. The time Mantra is very powerful. The time is very precious and we should always value and respect time. Thank you

[16/04, 7:08 am] Santhoshi: Athma Namaste Master,

Today's session helped me reconnect with the earliest phase of my life after birth. I became aware of certain death-related incidents, my father's ailment from that time, and I have begun offering forgiveness to all of them. I will continue this with greater depth and sincerity.

Thank you, Master, for guiding us to revisit this important phase and for helping we understand the need for forgiveness, so that such patterns do not recur, especially after the age of 49. This insight felt very relevant and meaningful to my life at this moment.

I am truly grateful for your teachings and guidance, and truly blessed.

Athma Namaste

[16/04, 7:17 am] Sabitha Sreedhar: Thank you, Master, once again for blessing us with another precious class.

Today felt like a gentle walk down memory lane. Faces and souls connected to my earliest years those from birth to seven quietly resurfaced, many of whom I hadn't thought of in so long. After the class, as I sat with forgiveness, a few people's name I couldn't recollect, those

names came back to me, and it felt deeply moving. Our paths may not have crossed again over the years, yet their presence lingers in some quiet corner within.

The place itself felt so pristine, so serene . I feel truly blessed to have been born there.

Words seem too small to hold the depth of my gratitude. Thank you, Master and Shammy, for the wisdom you gather through your journeys, for guiding us so gently, and for your constant blessings.

Wishing you a beautiful day.
Thank you.

[16/04, 8:01 am] Ashwini Jagadish naik: Thank you Masterji for the beautiful class and forgiveness gave lot of relief, slowly the memories faded away and gave lessons out of those situations. During soul song started seeing blooming flowers. Beautiful experience. Thank you Masterji and thanks a lot

[16/04, 8:04 am] Amrath Nayak H: Athma Namaste Master

Thank you for taking us back to our childhood and helping us recall both happy and unhappy memories, and guiding us to practice forgiveness for them

It was a truly meaningful experience

Thank you for your guidance and blessings

[16/04, 8:07 am] Varalakshmi Namaste Master

Thank you for the beautiful session. Forgiveness practice for up to 7 years of age helped me to recall my memories. It was wonderful.

I am grateful to you for the time mantra. Your guidance are truly valuable.

Thank you Master for giving us this wonderful opportunity to correct ourselves.

[16/04, 8:09 am] Rekha Raju: Thank you Rohan sir. I had a wonderful childhood and by remembering those days I felt immense joy. Thank you for reminding me of my wonderful days growing up with my grandparents, parents and my Auntie not to forget.

[16/04, 8:19 am] Jagadish Shekhar Naik: Dear Master

Thanks for a wonderful teachings.

Went back in time & space of my childhood.

Remembered beautiful moments from Ambala, Haryana @ Army Township. It was a blissful experience. Thanks a lot Master

[16/04, 8:34 am] Amitha H A: Athma Namaste Master

Thank you for your teachings and guidance..

My childhood memories resurfaced and I could recollect the time spent at home school days ..now when I observe in my life major physical hurt happened during that duration...and at home there were my cousins I could do forgiveness for them

Thank you so much ❤️

[16/04, 1:24 pm] Gayathri R N: Thank you master

Your Guidance make us to review our life spent doing forgiveness gives a very light feeling and rejoice the mind and more happiness. Can't explain in words. Thank you master.

[16/04, 9:25 pm] Ashalatha Sanil: Athma Namaste today's teaching on time period between birth and 7 years, during the session i could not recall many incidents so randomly said 0-7 for forgiveness. Later whole day whenever time permitted i tried capturing few memories and I did forgiveness for those events. I remember Masterji saying stages of life in each 49years and same things would repeat again, coincidentally I am exactly 49 now and since I have decided to live a happy and healthy life I must owe this new phase of life for the new teaching i receive every day.

Few days ago I was reflecting on learnings of our daily morning teachings i mentioned to myself that we would have grown into something if we had get these learnings during our childhood, and that wish is getting fulfilled now ❤️

I thought of asking my parents more about my young age and want to do forgiveness for all possible things so that the life ahead is meaningful.

One more coincident, this evening when I called my mother she automatically started to discuss about my olden days in my granny's place, this added strength to my today's experience .

Very hopeful that a very beautiful, Happy, healthy and blissful life awaited and this will help in loving self and all around us

Thank you Masterji for everything I am blessed in this path countless bow downs

[17/04, 6:36 am] Ashwini Jagadish naik: Thank you Masterji for the beautiful session. You are taking us back in our life learn all those unlearnt lessons and bring all those transformations which are required to be felt. Truly blessed to attend your sessions Masterji. Thank you thanks a lot for the beautiful blessings

[17/04, 6:36 am] H Shashidar Shetty: ಆತ್ಮನಮಸ್ತೆ ಮಾಸ್ಟರ್



0-14 ವಯಸ್ಸಿನಲ್ಲಿ ನನ್ನಿಂದ ಆದ, ನನಗೆ ನೆನಪಿರುವ 3 ತಪ್ಪುಗಳಿಗೆ, ಮತ್ತು ಆ ಮೂರು ತಪ್ಪುಗಳಿಂದ ಮೂರು ಜನರಿಗೆ ಆದ ನೋವಿನ ಕುರಿತು ಕ್ಷಮಾರ್ಪಣೆಯನ್ನು ಮಾಡಲು ಇಂದಿನ ತರಗತಿ ಸಹಾಯವಾಯಿತು,

ಹಾಗೂ ಈ 0-14 ರ ಅವಧಿಯಲ್ಲಿ ನನಗೆ ಬಹಳಷ್ಟು ನೋವನ್ನು ನೀಡಿದ ಓರ್ವ ವ್ಯಕ್ತಿಗೆ ಕೂಡ ಕ್ಷಮಾರ್ಪಣೆಯನ್ನು ನೀಡಲು ಈ ತರಗತಿ ಸಹಾಯವಾಯಿತು.

[17/04, 6:38 am] Devaraja K: Athma Namaste Master

Thank you for guiding us through this 0–14 years of life journey with such a deep connection to forgiveness. It truly feels wonderful, after practicing forgiveness, I feel so much lighter within myself.

My heartfelt gratitude for the divine “golden shower” blessings. I feel truly blessed to receive your grace.

Lots of love and deep gratitude always

[17/04, 6:39 am] Madhav Bhandary: Athma Namaste. Thank you Master for the beautiful session.

Thanks for making me recollect beautiful memories, it's really amazing, thank you so much..

Today's breathing exercises gave us wonderful experiences simply superb.

Thanks lot.

We are truly blessed. Countless bow dawn.

[17/04, 6:39 am] Usha Radhakrishna: Athma Namaste Master

Thank you for helping us to understand our 2nd life span. Doing forgiveness for this life span is a mixed emotions, it's both negative and positive, many people and incidents came as a picture. After forgiveness it's a happy and relax feeling Master

Thank you for this beautiful session

[17/04, 6:40 am] shrikant siddapur ss: ಆತ್ಮ ನಮಸ್ತೆ ಮಾಸ್ಟರ್ ಜಿ ಇವತ್ತಿನ ತರಗತಿಯ ತುಂಬಾ ಚೆನ್ನಾಗಿತ್ತು ಕ್ಷಮಾಪಣೆ ಮಂತ್ರ 7ವರ್ಷದಿಂದ 14 ವರ್ಷದ ಜೀವನಕ್ಕೆ ನಮ್ಮನ್ನು ಕರೆದುಕೊಂಡು ಹೋಗಿ ಅಲ್ಲಿಗೆ ಕೆಲವು ಘಟನೆಗಳು ನೆನಪಿಸುವಂತೆ ಮಾಡಿತು ಕ್ಷಮಾಪಣೆಯ ನಂತರ ಅವೆಲ್ಲವೂ ಹಗುರವಾಗಿರುವ ಅನುಭವವಾಯಿತು. ಉಸಿರಾಟ ಪ್ರಕ್ರಿಯೆ ಏಳು ಒಂದು ಏಳು ಒಂದು ತುಂಬಾ ಅದ್ಭುತವಾಗಿತ್ತು. Divine light ಮಂತ್ರ ಮಾಡಿದ ನಂತರ ನನಗೆ ಬಂಗಾರದ ಬೆಳಕು ಆಶೀರ್ವಾದದ ಅನುಭವವಾಯಿತು ದೇಹ ಹಿಂದೆ ಎನರ್ಜಿ ಬಂದಂತೆ ಅನುಭವವಾಯಿತು ಅದ್ಭುತವಾದ ತರಗತಿಯನ್ನು ಕೊಟ್ಟಂತೆ ಮಾಸ್ಟರ್ ಜಿ ಗೆ ಅನಂತ ಅನಂತ ಅನಂತ ಧನ್ಯವಾದಗಳು ಧನ್ಯವಾದಗಳು

[17/04, 6:41 am] Ramakrishna Iyer: Athma Namaste Master . Thank you so much for the wonderful session today. The forgiveness practice, especially reflecting on my life from below 14 years, was powerful. Though it felt daunting, I gave my best, and your guidance was a blessing. The mantra for divine light and all the teachings were truly special. Thank you, thank you. Each day is becoming more unique with these practices, and I trust that life will unfold beautifully for each and every one of the UKT members.

[17/04, 6:41 am] Mohini Shiri: Thank you for guiding to reflect on our childhood days and the essence of doing forgiveness for that period of time.

[17/04, 6:41 am] Ashoka Thammayya: Thank you Master for taking us once again back to the beginning of my life. Thanks for this wonderful session and meditation. Thank you

[17/04, 6:41 am] Mahantayya: Athma Namaste to all

Thank you so much Master for the divine teachings and guidance, I am able to recollect my 7 to 14 years period primary school memories it was so wonderful and done forgiveness for wrong incidents.

Thank you Master

[17/04, 6:41 am] Harshitha M P: Thank you so much master for today's session. So beautiful and blessed to be part of this journey. Athma Namaste

[17/04, 6:41 am] Santhoshi: Thank you Master for the wonderful class that took us back to our childhood days. That phase truly feels like the most beautiful time of my life whether at school or at home, filled with so much fun, purity, laughter, and pure happiness.

I have done forgiveness for all the people and incidents I could remember, and I will continue to do so deeply. Thank you for gently guiding us into those memories, making me nostalgic, and even reconnecting me with those simple yet heart-warming good memories.

Grateful for this experience... it felt like reliving a part of life with a new sense of awareness and happiness.

Athma Namaste

[17/04, 6:43 am] Amitha H A: Athma Namaste Master

Thank you for the wonderful session

Today's breathing practice was very beautiful I could feel the slow breathing bring in different energies and experience.

I could see so many memories which I had forgotten.

Thank you Master

[17/04, 6:44 am] Harsha Kumar Kotian: Athma Namaste....

Thank you MASTER ji..

I have made to sit in the time machine today and travelled back to school days. And childhood day's...

Met all those loving teachers who always wished me good...that's why maybe I am here with this beautiful family..

I saw my friends and remembered sweet fights and love with them..

Grateful to you MASTER ji.. gratitude..

Felt like more time to spend there in that time machine..

Found One more trick to feel happiness which is hidden within us.... needed only guidance to feel and embrace it... really wow moments..

Yes 5.30 to 6.30 is very small time. But you manage it to teach the same to all of us. Love you Sir.... countless bow downs...

[17/04, 6:49 am] Swarna Ashok: Athma Namaste

Thank you Master, for the wonderful session. It was just WOW wonderful journey back to school days really a special moment it wastime travel was just superb

I was so happy reliving school memories—friends, moments, everything flashing by like glimpses. Some were happy, some a little emotional, but all were special.

Thank you for helping us recreate those beautiful memories.”

[17/04, 6:49 am] Adivappa Patil: Thank You Master for beautiful session. It was amazing experience to recall our memories from 7 to 14 years. And doing forgiveness for some of the people who helped us in that time and space. Thank You Master

[17/04, 7 am] Jagadish Shekhar Naik: Thanks a lot Master for the wonderful teachings.

It was a beautiful experience to go back to childhood. Nostalgic to see self between 7-14 Yrs. of age and remember incidents. Thanks taking us back in time.

We can't thank you enough

Thanks for the Devine light experience.

After 3rd time performing mantra, I opened my eyes and was able to see the Devine light 🙏

[17/04, 7:07 am] Pradeepa IG 16 cgk: Athma Namaste master

The breathing process (7-1-7-1) was truly amazing.

Greetings to the soul, Master. Today's class was very wonderful. The forgiveness mantra took us back to the ages of 7 to 14 and made us recall certain incidents from that time. After the forgiveness process, I felt all of them become lighter.

Thank you so much master

[17/04, 7:21 am] Deepa Sahadev: Thank you Master for the beautiful session. Forgiveness Mantra took us back to the age from 7-14 years. I could recall my school days. How I used go to school by bus or walk. In rainy season we were almost wet and want an holiday. I remembered my 7th and 8th class teachers who stayed close to my house. I recalled my summer vacation where I spent time with my cousins. I felt the divine light falling on me and the blessing. Thank you

[17/04, 7:28 am] Varalakshmi Namaste Master

Thank you for teaching us new things every day and helping us to understand our positive and negative karma in this lifetime. Through your guidance, I was able to remember many incidents from my childhood.

I did forgiveness for those who helped me and also for those whom I may have hurt up to the age of 14. Thank you for guiding me to recall and release these memories with forgiveness Master

Also, thank you for teaching the mantra on Embrace Divine Light. When I chanted it three times, I truly felt a divine light filling my whole body and surrounding me

Grateful for your constant guidance Master Thank you

[17/04, 7:33 am] K G Suresh Babu: Thank you so much Masterji for the energetic session, breathing exercises 7-1,7-1, complete without any difficulty, Thank you for taking my childhood, I have seen a mix of happy and unhappy situations, after forgiveness of those my heart is as light as a feather, Thank you so much Masterji and Shammy Teacher for all your love and blessings

[17/04, 7:39 am] Raja Radhakrishna: Thank you very much Master for helping us clear the long-pending forgiveness we have carried for many years. The practice is truly powerful, and I feel very relaxed after doing it. We have been carrying this emotional baggage for so long and now we have the opportunity to release it one by one.

Thank you once again

[17/04, 7:40 am] Geetha Javali: Thank you Masterji for wonderful session taking us to childhood of 7-14 I have seen some mixed incidents after forgiveness I felt relaxed and thank you for embrace divine light mantra ...

[17/04, 7:47 am] Sabitha Sreedhar: Thank you, Master, for today's session.

A great many things took place between the ages of seven and fourteen—perhaps the most challenging period of my life. It was during those years that I began to understand how life can hold both light and shadow, and those experiences have shaped my character.

Even in the more difficult times, the Divine was kind enough to send a few truly wonderful souls who helped guide me, allowing me to grow into who I am rather than become bitter.

There remains much to forgive, even when reflecting on good people and positive moments.

I feel these insights may not have come to me without your guidance, Master, and Shammy.

Thank you.

[17/04, 8:11 am] Sapna Naresh: Deep Gratitude, Master for today's beautiful session that reconnected me with my childhood journey with both positive and negative experience, felt deeply strong connections. I could relive my childhood as an athlete once again... The fresh air, the energy, the cheers, the spirit of winning and the pride of captainship. Reliving my childhood days like a beautiful short film. Grateful for forgiveness mantra and Mantra to embrace divine light.

Thank you Master and Shammy Akka

[17/04, 8:49 am] Amrath Nayak H: Athma Namaste Master

Thank you for giving us such a wonderful experience of revisiting our childhood
It was a very satisfying feeling to practice forgiveness for both the good and difficult memories
from that time

The mantra at the end was so energetic that I couldn't open my eyes for some time

Thank you for your guidance and blessings

[17/04, 9:27 am] Ashalatha Sanil: Athma Namaste

My good God

Till date all those childhood memories which I had cherished as happy moments ,
adventurous....and fun-filled, today it is a terrific realisation of the other side of it. Small little
funns we used to have was at the cost of some other tiny lives like butterflies, ants, mangoes
of others gardens, fishes in pond...it goes on...few lies told to save us from beatings and
scolding's, tit for tat when close friends were hurt by other school gangs. Then felt it was right
but today it was painful to remember.

Beautiful moments were helping others because we had an assignment on that as moral class,
bhajans we sang, donated all my petty collections during a flood, helping young ones to reach
school safely, caring for siblings, sharing small little eatables, helping friends to copy in the
exam.....all together every single action needed forgiveness.

During the mantra it was a guiding lamp showing the way to clear burdens which were
committed unknowingly but need a healing countless bow downs Masterji

[17/04, 10:55 pm] Manjayya Shetty: ಆತ್ಮ ನಮಸ್ತೆ ಗುರುಗಳೇ, ನನಗೆ ನನ್ನ ಬಾಲ್ಯದ ಹುಟ್ಟಿನಿಂದ 14 ವರ್ಷದ

ಅವಧಿಯಲ್ಲಿ ನನ್ನಿಂದ ಇತರರಿಗೆ ಹಾಗೂ ಇತರರಿಂದ ನನಗಾದ ತೊಂದರೆ ಇವುಗಳನ್ನು ನೆನಪಿಸಿಕೊಳ್ಳುವ ಮತ್ತು ಅವುಗಳಿಗೆ
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ಹೆಸರಿಸಿದ ಎಲ್ಲ ವಿಷಯಕ್ಕೂ ಕ್ಷಮಾಪಣೆ ಮಾಡಿದ್ದೇನೆ ಒಂದು1 ನನ್ನ ಅಜ್ಜಿ ಅಂತಮ.2 ಸಂಜು ಚಿಕ್ಕಮ್ಮನ ಮಗ 3 ಹಕ್ಕಿಗಳು 4
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ಅಳಿಲು ಮೊಲ ಇತ್ಯಾದಿ ಈ ಎಲ್ಲ ವಿಷಯಗಳಿಗೆ ಕ್ಷಮಾಪಣೆ ಮಾಡಿ ನನ್ನ ಕರ್ಮದ ಪ್ರಮಾಣವನ್ನು ಕಡಿಮೆ ಮಾಡಿಕೊಳ್ಳಲು
ಸಹಾಯವಾಯಿತು .ಇದರ ಜೊತೆಗೆ ದಿವೈನ್ ಲೈಟ್ ಈ ಒಂದು ಮಂತ್ರವನ್ನು ಮೂರು ಸಾರಿ ಮಾಡಿ ಅದರ ಅನುಭವವನ್ನು
ಪಡೆದಿದ್ದೇನೆ ಧನ್ಯವಾದಗಳು 🙏🌱

18th April
Trainer Shammy Shiri

[18/04, 6:59 am] Adivappa Patil: Athma Namaste Madam,
Thank you for the wonderful class and taking us back to our age of 14 to 18 and above. It was a nice experience to see all the situations and memories we had. Thank you for beautiful Mantra and sound meditation

[18/04, 7:00 am] Mahantayya Hiremat: Athma Namaste to all

Thank you so much Akka for the divine teachings, I recollected a lot of memories between 14 to 28 age, many major incidents, bad situations passed in my mind and done forgiveness. Thanks a ton for the beautiful new mantra.

Thank you akka 🙏

[18/04, 7:02 am] Mohini Shiri: Thank you for the wonderful session. Thanks for the reflections of oneself and guidance on forgiveness. Thanks for the mantras, sound meditation and Blessing. Thanking the divine power in this journey. Thank you and Rohan for all the guidance.

[18/04, 7:03 am] Santhoshi: Thank you Shammy for guiding us today through forgiveness for the phase of life from 14 to 28+ years. It was a deeply moving experience. This phase of life had many ups and downs, and I felt a sense of release as I revisited those moments.

I was especially surprised to remember one person whom I had never done forgiveness until now. Thank you for bringing that memory to light and gently guiding me through the process of forgiveness.

The Mantra was like beautifully summarizing all the sessions—of forgiveness, gratitude, promises, and cleansing of the soul, mind, and body. The sound meditation helped me connect with the purity within and experience a sense of inner peace. Gratitude to You and Master for guiding us and helping us uplift ourselves. Deep Reverence 🙏❤️

Athma Namaste

[18/04, 7:06 am] Swarna Ashok: Athma Namaste Shammy akka

Thank you solo much for this beautiful session

Took me back recollected relived all the beautiful memories of school , college and married life in one go

Few happy n sad as it's a part and parcel of life gave forgiveness to Myself n others as well

Thank you for the sound meditation and blessing

Special Thanks to Master n Shammy akka for taking us back n forth and experiencing the moments we had gone through and cherishing them as well.

[18/04, 7:09 am] Usha Radhakrishna: Athma Namaste akka

Thank you for the beautiful session as always 🙏

Thank you for helping us to know for which and all we need to do forgiveness in our day to day life. It will help us to clear our path.

Thank you for the beautiful mantra and sound meditation. It's a great feeling of relaxation

[18/04, 7:13 am] Devaraja K: Athma Namaste Akka

The class was truly wonderful & blissful akka. I could deeply feel how most of our energy fluctuations happen during the age of 14–28, & it was amazing to reconnect with those moments through forgiveness. It was a beautiful experience.

The life consciousness mantra gave a very deep meaning to my inner energies & I feel more connected within myself. We are truly blessed to receive these divine blessings. The sound meditation was especially powerful, I could actually sense a light flashing within me.

Thank you so much for giving us this great opportunity to understand ourselves and move towards higher awareness each day with Your & Master's guidance 🙏

Lots of love and countless pranams

[18/04, 7:13 am] Ashoka Thammayya: Thank you Teacher for this wonderful teaching session, with taking me to my memories from 14 years to 28 years. Forgiveness, Great Mantra and superb sound meditation. Thank you 🌱

[18/04, 7:16 am] Deepthi Venkamma: Thank you, Shammy Akka for guiding us through forgiveness for the ages 14 to 28+ years. It is a beautiful experience and a lot of memories to recall. Grateful for your Teachings.

The new mantra and sound meditation is very powerful helped me feel calm and peaceful within me.

Gratitude for your guidance.

Athma Namaste Akka ❤️❤️

[18/04, 7:18 am] Ramakrishna Iyer: Athma Namaste, Ma'am .

I just wanted to share how special today's session was. It was really long, but in the best way—we moved through so many different practices. The forgiveness mantra, especially for the years between 14 and 28, really stirred up some old memories. I know it'll take time, but I can already feel a bit of that forgiveness settling in. And that life-soul-mind-body mantra—it's just so powerful. Honestly, all of these mantras feel like they're lifting us into a whole new space. And that sound meditation at the end gave me this beautiful, calm, almost blissful feeling. I'm really grateful for all your guidance and teachings.

[18/04, 7:19 am] Raja Radhakrishna: Thank you so much Akka for the wonderful session as always. The teaching on life consciousness was truly insightful, embracing the truth of our

existence and surroundings, and learning to stop the cycle of blame and first forgiving ourselves, and then others. It was deeply meaningful.

Thank you as well for the beautiful mantra. The sound meditation was very powerful, and I could feel a beautiful energy flowing throughout my body.

Thanks again

[18/04, 7:19 am] Sarva Mangala B K: Athma Namaste Shammy madam it's beautiful session and meditation thank s for helping and guiding us to all those situations and do forgiveness thank s for beautiful mantra to. Cleanse our soul mind body thank you very much madam

[18/04, 7:24 am] Mythili Balaji: Thank Shammy mam for the guidance for 14-28 years. So many experiences that had long been forgotten or never recognized as harmony done to myself and doing forgiveness gave a sense of relief. Sound meditation was awesome and took me in a state of complete peace. ☐

[18/04, 7:46 am] Varalakshmi Namaste Shammy Akka

Thank you for the wonderful session today. Your guidance on life consciousness brought deep peace within me .

My memories of my life journey from the age of 14 to 28+ helped me realize the moments of happiness, worries, and mistakes. Through this, practicing the Forgiving Myself mantra made me feel lighter.

Thank you so much

[18/04, 7:56 am] Amitha H A: Athma Namaste Master and Shammy

Thank you Shammy for the wonderful and beautiful session and teachings..

I felt very light after the forgiveness practice.

Mantra was connected to our self was beautiful...felt I am going on cleansing my soul body and mind..

In sound meditation I felt surrounded by the light

Thank you so much

[18/04, 8:40 am] Deepa Sahadev: Thank you Shammy madam for the wonderful session. Your explanation of Life consciousness made us understand its meaning. Forgiveness for myself made me feel light and relaxed. Forgiveness for people we have hurt also came in front of me in the age of 14-28. It was a golden period which recalled my college life, friends and family. The new mantra for Life soul , mind and body is good.

During the sound meditation there was vibration in the heart and was floating in the air. At last I could feel light coming from the top and covering me. Thank you for this experience

[18/04, 8:57 am] Sabitha Sreedhar: Thank you, Shammy, for today's session.

I feel I still have quite a way to go on this journey even to begin to grasp the tip of the iceberg. I'm starting to see forgiveness in a completely different light now; it feels as though it doesn't really end, which is quite a powerful realisation.

What stayed with me most is how real self-forgiveness feels. It makes so much sense now, and I can see how naturally it deepens self-love. The mantra itself feels far more meaningful because of that.

As I keep practising, I'm noticing how forgiveness quietly brings out the blessings in life. Even the more difficult aspects seem to soften and gently reflect something more positive in people, situations, and my surroundings.

When you spoke about *Life Consciousness*, I knew to understand it one has to read it Many times and i found myself going back to it a few times just to let it sink in. Thank you for sharing it — it feels deeply meaningful.

After the class, I sat for a while and found myself offering forgiveness to people and situations I might otherwise have missed. The meditation itself felt like forgiveness ,like ying and Yung just a gentle sense of balance and ease settling in.

Thank you, Shammy and Master, for such a thoughtful and reflective week.

[18/04, 9:01 am] Ashalatha Sanil: Athma Namaste

Today's forgiveness enabled me to recollect every names of people who were in my life during the phase between 14-28. Thank you so much for the gentle reminder because few of them i had just forgotten who had made differences in my life, today I was blessed with an opportunity to even thank them

Today's boosting gave me a blissful experience that I could literally see my body organs smiling and dancing with happiness, and since then I am unable to stop my smile ❤️

And the mantra and sound meditation....a gentle unseen hand is still caressing my back so affectionately ☺️

Thank you for all these priceless feelings

[18/04, 12:42 pm] Amrath Nayak H: Athma Namaste Shammy Akka

What a truly divine and blessed session,

Your guidance helped to sustain a pure and positive energy throughout the session

The breathing techniques and the forgiveness towards our own life felt like a deeper cleansing and healing

The new mantra was a profoundly soulful experience

With heartfelt gratitude, I bow to your guidance and blessings

19th April onwards
Trainer - Master Rohan Shiri.

[19/04, 7:14 am] Ashwini Jagadish naik: Thank you Masterji for the great session and the connections. Truly blessed to learn everything which is priceless and not available in any place which is exclusively for the people who are there in class. Truly blessed to be part of a great team. Thank you and thanks a lot Masterji

[19/04, 7:14 am] Ashoka Thammayya: Thank you Master for your wonderful teaching and helping us to understand the fire element and its benefits. Making us know the soul connections . 🌱

[19/04, 7:16 am] Malini b: Athma Namaste
Deep gratitude to you, Master, for guiding us in understanding the language of the soul. I feel truly blessed to experience this beautiful connection within.

[19/04, 7:21 am] Gireesh Mattikoppa: Athma Namaste Master,
Thank you for today's wonderful teaching on the fire element. The session was truly energizing and insightful. Each time, we learn something new about the soul language, and it continues to deepen our inner connection and awareness.
Your way of explaining is so clear and powerful, it stays with us even after the session and inspires us to practice more sincerely.
Today's learning really brought a new perspective.
Grateful for your constant guidance and the positive energy you share with us.
Thank you

[19/04, 7:22 am] Devaraja K: Athma Namaste Master

Deepest gratitude for your profound knowledge sharing, which has helped us understand ourselves at a deeper level. The insight into how we wear masks in the name of being "good," maintaining relationships, and holding positions is truly eye-opening. Learning to recognize these masks and gently remove them is a powerful and transformative experience.

The understanding of the fire element, its connection to the heart and small intestine, along with how the heart reflects truth while the mind can sometimes manipulate our thinking, has given us meaningful clarity to explore ourselves more deeply.

Thank you for guiding us toward a new path, connecting with our higher soul and the divine through soul language, communication & soul song.

Lots of love and deepest gratitude for your invaluable teachings 🙏

[19/04, 7:24 am] Guru Hubli: Athma Namaste Masterji

It was a truly wonderful and enlightening session on the Fire element and soul language. The way you explained everything was inspiring and deeply meaningful.

Heartfelt thanks to you, Masterji, and to Akka for guiding us with such wisdom and clarity.

Grateful always

[19/04, 7:27 am] Rekha Raju: Athma Namaste sir. I immediately got connected to the sole song and Ah was the song that I recited. I felt immensely happy and felt connected to my higher soul. The class was very nice, sir. Thank you for this wonderful experience.

[19/04, 7:32 am] Mahantayya Hiremat: Athma Namaste to all

Thank you so much Master for the divine guidance, fire elements teachings was so beautiful

Thank you Master

[19/04, 7:40 am] Poornima Mattikoppa: Athma Namaste Master

Thank you for today's very beautiful session. After emotional breathing I felt very happy and relaxed

every day we learning new things. Thank you for helping us to understand the fire element and deeply about soul language.

Thank you

[19/04, 7:41 am] Geetha Javali: Athma Namaste sir

the class was wonderful and i immediately connected to my higher soul and thank you for guiding to find soul language...thank you for teaching about fire element

[19/04, 7:45 am] Kasturi Shedbal: Athma Namaste

Thank you so much for the beautiful session

Thank you Masterji 🌸🌸

[19/04, 7:46 am] Amitha H A: Athma Namaste Master

Thank you for the wonderful session and teachings

The removal of the mask is something beneficial to identify the masks we are wearing and learning to remove it helps a lot.

Thank you for the Fire element teachings and new insights



[19/04, 8:01 am] VIJAYAKUMAR P HANNIKERI: Athma Namaste Guruji

Today's session was truly wonderful. Every day we are learning something new under your guidance, and positive changes are happening in our daily lives. Infinite thanks to you for this. Infinite thanks to Shammy ma'am and all the Masters as well

[19/04, 9:38 am] shrikant siddapur ss: ಅತ್ಮ ನಮಸ್ತೇ ಮಾಸ್ಟರ್ ಜಿ ಪ್ರತಿದಿನ ಹೊಸ ತರಗತಿ ಹೊಸ ಅಭ್ಯಾಸ ಹೊಸದು ನಮ್ಮ ಜೀವನದ ಹೊಸತನಕ್ಕೆ ದಾರಿದೀಪದಂತಾಗಿದೆ. soul language ಮತ್ತು soul song ಅನುಭವ ಮತ್ತು ವ್ಯತ್ಯಾಸದ ಅನುಭವವಾಯಿತು ಕನೆಕ್ಷನ್ ತುಂಬಾ ಆಳವಾಗಿ ಕನೆಕ್ಟ್ ಆಗುವುದರ ಅನುಭವ ವಾಯಿತು. ತುಂಬಾ ತುಂಬಾ ಧನ್ಯವಾದಗಳು ಗುರುಗಳೇ, ಮಾಸ್ಟರ್ ಜಿ

[19/04, 11:08 am] Ashalatha Sanil: Athma Namaste Masterji

Soul song was the first experience and it was just hearing like the humming's we heard in ballad which we used to hear in the radio or paddy fields

After the class went and stood in front of the mirror and saw a mask of responsibilities, just threw it out of the window and felt so light and fell asleep without my knowledge unaware of the surrounding great relief and after that till now I could experience difference in my talking or communication with anyone i conversed so far, more calm, more respectful

This is even helping to control anger or Sunday shouting 😊 so well connected with fire element .

Completed all weekend household chores without any grumbling and could complete it earlier than previous days and with special enthusiasm

Thank you for a blessed day

[20/04, 6:40 am] Ashwini Jagadish naik: Thank you Masterji for the greatest session. Beautiful energies all around and within. Beautiful lessons with all great gurus and teachers and mentors. Truly blessed to have all of them in life who were part of this transformation. Thank you to each one of them. Thank you Masterji thanks a lot

[20/04, 6:42 am] Mahantayya Hiremat: Athma Namaste to all

Thank you so much Master for divine teachings 🙏 and guidance, done forgiveness for Teachers, Guru's and professional life mentors. Thanks for giving this opportunity.

[20/04, 6:42 am] Sabitha Sreedhar: Thank you for today's teachings and forgiveness for gurus, yes many have helped in shaping what we are today. It was wonderful to know messenger and mentors can cross path with you to teach you and refine can be from any walks of life.

Thank you Master

[20/04, 6:44 am]

Ramakrishna Iyer: Athma Namaste, Master.

Thank you for today's session—it was deeply blissful and, as always, truly enriching. The focus on offering forgiveness to our gurus, mentors, guides, and teachers resonated with me in a

very personal way. Your emphasis on the role of true guidance in one's life, along with the reminder to stay cautious of false gurus, felt both timely and grounding.

The negativity removal mantra also stood out—it feels powerful and effective, especially when practiced along with the other regular techniques.

Grateful for your continued guidance and teachings.

[20/04, 6:45 am] Santhoshi: Thank you, Master, for today's session and for guiding us through forgiveness towards our gurus, teachers, and mentors.

The teachings on positive and negative sources of energy and gurus, along with the guidance given to us and its effects, were truly a new learning for me. It was especially insightful to understand that both sides can have either a positive or negative impact on us, and that we need to remain aware, careful, and sensitive. 🌈

Feel deeply grateful and blessed to be under your divine guidance. 🙏❤️

Athma Namaste ❤️

[20/04, 6:46 am] Harsha Kumar Kotian: Athma Namaste....

Yes MASTER ji.....in the young age, childhood we have made several mistakes with respect to our teachers unknowingly....all those are dancing before me while you are explaining about it....you have magic in words....and I am grateful to you for showing my mistakes and guiding me ,clearing the obstacles in the path of spirituality and divinity...

May be unknowingly mistakes were made but I am relaxed after doing the forgiveness...main powerhouse and simple technique..

Thank you sir

Grateful to you.

Countless bow downs.

Gratitude..

Thank you Shammiakka and whole UKT family..

It was beautiful journey of love with you all...and I am blessed by the Universe for it..

Thank you for this life time opportunity

[20/04, 6:54 am] Amitha H A: Athma Namaste Master

Thank you for the teachings and guidance.. today I could do forgiveness for the mentors teachers and gurus and my parents who have been giving guidance and learning

Thank you Master and Shammy for your guidance, teachings and being our Guru



[20/04, 6:57 am] Devaraja K: Athma Namaste Master

Thank you for another beautiful & enlightening morning session. It truly feels that our life's journey is guided by the wisdom and blessings we receive from our past and present Gurus. We are deeply grateful for all the teachers, mentors, and guides who lead us toward a higher level of awareness and connection.

The insights on forgiveness were especially touching, and the mantra to release negativity felt truly powerful & transformative.

Many thanks Master for these wonderful opportunities & for continuously guiding us toward a more blissful & conscious life 🙏

[20/04, 7:25 am] Raja Radhakrishna: Thank you very much Master for the beautiful session and guiding us in practicing forgiveness for both our good and bad actions. Learning to forgive the positive aspects within ourselves is a powerful lesson. When we do the Forgiveness for our positivity, it multiplies is something truly meaningful and transformative.
Thank you again Master

[20/04, 8:28 am] Amrath Nayak H: Athma Namaste Master

I am feeling truly wonderful today and could experience a divine energy flowing through from head to toe

It was a beautiful session and I was able to connect many thoughts and realizations within my mind, the forgiveness to positivity which helps to multiple was a new learning

The forgiveness practice towards Guru, mentors, and teachers was very meaningful🙏🙏

Thank you for your constant guidance and blessings upon us
Feeling truly blessed to be on this divine journey 🙏

[21/04, 6:39 am] Usha Radhakrishna: Thank you so much Master
Thank you Master for the beautiful teachings and guidance. Thank you for the great mantra. It's very much relaxed and happy feeling 🙏

[21/04, 6:42 am] Mahantayya Hiremat: Athma Namaste to all

Thank you so much Master for the divine guidance and teachings on life partner and I did deep forgiveness and after doing soul cleansing mantra feeling light.

Thank you Master 🙏

[21/04, 6:44 am] Ramakrishna Iyer: Athma Namaste, Master.

Thank you for such a beautiful session today. The familiar practices, the powerful soul-cleansing mantra, and your guidance all came together so meaningfully. I am deeply grateful to you.—thank you, sincerely.

[21/04, 6:45 am] K G Suresh Babu: Athma Namaste Masterji, Thank for giving energetic session, Great teaching we never get else where

7-1, 7-1, Breathing gave to energy, forgiveness of partner gives better relationships, Mantra for cleansing sole is too good and meaningful like direct communication with soul Thank you so much for all your blessings and mercy

[21/04, 6:55 am] Devaraja K: Athma Namaste Master

I feel truly blessed to receive each day with new learnings through this journey, I am gradually releasing negative aspects and experiencing deep soul cleansing. A lot of inner forgiveness is unfolding within me & I am beginning to understand the true purpose of my birth.

With your guidance, I am able to see life in a much more beautiful and meaningful way. Countless pranams, Master

Lots of love and deep gratitude to all the UKT family members for your great unconditional services

[21/04, 7:03 am] Santhoshi: Thank you for the soul cleansing and enriching session through the Mantra and Forgiveness.

I am grateful for the teachings on soul mates and relationships, which have shown us a deeper direction in life and inspired many of us to introspect. Thank you for your guidance today and always for your teachings, your direction, and for bringing all of us onto the right path. 🙏❤️

Athma Namaste ❤️

[21/04, 7:04 am] Ashwini Jagadish naik: Thank you Masterji for the wonderful class. 1 hour flies just like 1 minute while listening to you and practicing along with all. Such a beautiful divine feeling for the whole day after the class. Blessed ones are all together to build beautiful energies in the session. Thanks for this time that we all spend together in these divine moments. Thank you Masterji thanks a lot. Truly grateful to you Masterji

[21/04, 7:06 am] Sabitha Sreedhar: Thank you, Master, for today's session and your insightful teachings. You explored a wide range of dimensions surrounding connection with one's partner, including the subtle dos and don'ts that are essential to understand within a relationship. Your reflections on the depth of partnership, and the grace and beauty of forgiveness within it, were particularly moving.

The realisation that even one's infatuations hold a deeper connection came as a breath of fresh air. Contemplating these nuances was both engaging and enlightening.
Thank you once again for such a thought-provoking session.

[21/04, 7:38 am] Amitha H A: Thank you Master for the great teachings, guidance and forgiveness practice.. the deeper forgiveness to be done not only for parents even to the life partners and children is a learning
Thank you once again ☐ ☐

[21/04, 7:40 am] Mythili Balaji: Thank you Master for 7-1 ,7-1 breathing and the forgiveness for the spouse or any past relationships. Truly blessed to have these teachings.
Through these practices we are getting opportunities to seek forgiveness.
Thank you ☐

[21/04, 8:41 am] Raja Radhakrishna: Thank you very much Master for the beautiful teachings on relationships. Ups and downs are a natural part of life and staying happy and joyful is truly important. Learning to untie the knots in relationships is key, as we come into this world alone and leave it alone. What we do in this time and space is what truly matters, and that is my key takeaway from today's teaching. Thank you once again Master

[21/04, 3:29 pm] Amrath Nayak H: Athma Namaste Master

Thank you for the wonderful session today

The chakra alignment and breathing practices brought a great sense of balance and peace

The forgiveness practice towards partner and children was something special as it was something I never focused on before

Thank you for your guidance and blessings upon us

[22/04, 6:50 am] Mahantayya Hiremat: Athma Namaste to all

Thank you so much Master for the divine teachings and guidance and positive confidence mantra definitely helps me to grow positively and uplift myself. Thanks a lot for the beautiful Mantra Master 🙏

[22/04, 6:54 am] Ashoka Thammayya: Thank you Master for the wonderful session and again taking back to the memory lines of friends and forgiveness for friendship. Great mantra of confidence. 🌱

[22/04, 6:54 am] Ramakrishna Iyer: Athma Namaste, Master

Thank you for such a wonderful session. The practices you shared were truly valuable, and the positive confidence mantra stood out for me. I appreciate the way you guide and build

confidence so naturally—it really makes a difference. The mantra, in particular, feels powerful and uplifting.

[22/04, 6:55 am] Sabitha Sreedhar: Thank you, Master, for today's session it was most enriching. The mantra felt profoundly deep and rather powerful, resonating in a way that lingered well beyond the moment.

The reflection on forgiveness within friendship was especially moving. When I thought of my friends, I found myself smiling one of those genuine, heart-warming smiles that arrive unannounced and stay a while. I feel truly fortunate, indeed rather blessed, to have such remarkable people in my life.

It is quite true, isn't it? As the years go by, one does make acquaintances aplenty, yet only a rare few ever become the sort of friends who feel like proper companions those easy, unguarded "buddies," if you will.

Many thanks once again.

[22/04, 7:04 am] Devaraja K: Athma Namaste Master

Thank you for your profound teachings. I am experiencing beautiful moments of forgiveness, especially towards friends who come to mind. The sense of positive confidence arising within me is an amazing realization.

While reciting the mantra, I felt as if it became a protective shield around me. I could sense a tremendous flow of energy within myself.

We are truly honoured to receive your guidance, which is helping us build a healthy and strong life. Deep gratitude to you Master

With love to all

[22/04, 7:04 am] Amitha H A: Athma Namaste Master

Thank you for today's teachings

The forgiveness practice today was beautiful and blessed to have good friends.

After recitation of Mantra of Positive confidence I feel more positive

Thank you so much ☐❤

[22/04, 7:07 am] Deepthi Venkamma: Thank you so much, Master, for your guidance and daily practice. We are grateful for your teachings.

The forgiveness practice for friends was very meaningful. I was able to recall some friends. Thank you for the powerful Mantra

[22/04, 7:10 am] Santhoshi: Thank you Master for today's guidance, direction, and beautiful teachings on friendships.

I feel truly fortunate to have such good and genuine friends in every phase of my life, many of whom I am still in touch with today. They have given me countless memories filled with smiles, laughter, and warmth.

Today's forgiveness practice made it even more special and meaningful. I felt deeply overwhelmed with gratitude and thanked the Divine for blessing me with such wonderful people in my life.

Thank you, Master, for helping us recognize, cherish, and cleanse these beautiful bonds. 🙏❤️

Athma Namaste ❤️

[22/04, 7:10 am] Ashwini Jagadish naik: Thank you Masterji for the beautiful class and you are taking us back to all those part of our life every day wherein new insights from those incidents are coming. I am able to see everyone who passed my way in life as teachers to teach something which is unknown to me about my own self. Beautiful journey to walk it again by going back to those moments and live them in a very different way. Thank you for all your great teachings which are translating it into beautiful experiences of life which is not enjoyed in the past moments are being joyfully accepted in the present moment. Truly blessed to attend your classes and learn from you Masterji. Thanks a lot Masterji. Thank you also seems less to what you are giving. Greatest Gratitude to you Masterji

[22/04, 7:24 am] Pradeepa IG 16 cgk: Athma Namaste to all
My heartfelt gratitude to you, Master, for your divine teachings, guidance, and uplifting wisdom. The positive confidence mantra has truly helped me grow and transform in a meaningful way. Thank you so much for this beautiful mantra and your continued support

[22/04, 8:41 am] Amrath Nayak H: Athma Namaste Master

Thank you for the beautiful session today

The forgiveness practice towards friends was a truly wonderful experience, It is a coincidence that my two best friends had their birthdays yesterday and on Monday and today I am doing forgiveness for them...these connections making my experience more meaningful 🙏🙏

I felt that my hands became heavy with a different kind of energy after the forgiveness

Thank you so much for guiding us through these profound experiences, I feel truly blessed to be part of this divine journey

[22/04, 8:50 am] Raja Radhakrishna: Thank you very much Master for another wonderful session. The forgiveness practice took me back to many old memories and I was able to recall a lot of things. It brought up mixed emotions, but I felt relaxed afterward. The mantra on confidence was also very powerful. Thanks again

[23/04, 6:38 am] Usha Radhakrishna: Athma Namaste Master
Thank you Master for the great session and helping us to understand the true meaning of abundance and prosperity.☺
Truly blessed

[23/04, 6:39 am] Ashwini Jagadish naik: Thank you Masterji for the great session and beautiful teachings to realise what we have in our life. Life on this earth itself is prosperity and getting every day itself is prosperity. The only thing is that we need to enjoy what is there in life. Beautiful experiences are enriching life with abundance. Thank you for everything Masterji

[23/04, 6:39 am] Adiveppa Patil: Athma Namaste Master.
Thank you for beautiful teaching and guidance Master

[23/04, 6:39 am] K G Suresh Babu: Athma Namaste Masterji, Thank so much for great teaching and blessings, every day we learning the life through your guidance,🙏🙏🙏

[23/04, 6:47 am]

Ramakrishna Iyer: Athma Namaste Master
Thank you for such a beautiful and meaningful session. The focus on prosperity, along with the mantra and the insights you shared, made the entire session feel clear, grounded, and deeply inspiring.
Grateful for the guidance. Thank you

[23/04, 6:58 am] Ashoka Thammayya: Thank you Master for this wonderful teachings and forgiveness practice. Really I went back to the beginning days of my career and how I have overcome it. 🌱

[23/04, 7:00 am] Devaraja K: Athma Namaste Master

What a beautiful and blessed day it has been. We are truly grateful to receive your guidance and the divine blessings today. The insights on how we are using our time, space, and energy in our work have given us a deeper understanding of life.

The learning on directing our life towards prosperity, abundance, and financial clarity in the right way was truly powerful. I can feel that heartfelt forgiveness is working deeply within me, bringing a sense of peace and transformation.

Understanding what we receive from the universe and how we return it in the right way is such a profound lesson for life.

Thank you so much Master for this wonderful opportunity and your constant guidance 🙏

Love you, Honour you, countless bow down and deep gratitude to you master ✨ 🙏

[23/04, 7:45 am] Sabitha Sreedhar: Thank you, Master, for today's class. The understanding that prosperity and abundance extend far beyond mere wealth or money and that financial gain is only one aspect was truly insightful.

The practice of offering forgiveness to those who have been unable to fulfil their financial commitments towards us was particularly meaningful. It was also deeply enriching to experience abundance and prosperity in their fullest and most holistic sense.

Thank you once again, Master.

[23/04, 7:47 am] Santhoshi: Athma Namaste Master,

Thank you for today's teachings, guidance, and the forgiveness practice. The forgiveness towards abundance and prosperity, opportunities gained and lost, and the related incidents were truly profound and meaningful. It helped me reconnect with many memories associated with it and reflect deeply.

Thank you for guiding us on this path and making us more aware and sensitive towards life's situations.

Deep reverence to you, today and always. 🙏❤️

Athma Namaste ❤️

[23/04, 8:45 am] Raja Radhakrishna: Thank you so much Master for another beautiful session. Loving our body is important, as it comes with a lifetime warranty. Giving 20 percent of whatever we have with our heart and mind is truly meaningful. Also, giving with love and heart is real prosperity. Thank you very much for the new teachings every day

[23/04, 8:48 am] Deepa Sahadev: Thank you Master for the beautiful session. For today's teaching and explanation on receiving and giving. All that we receive is not meant for us. 20% should be given. Forgiveness for Abundance and Prosperity for me was in the right time and space.

The mantra for Abundance and Prosperity was not only related to money but everything around us. Let Prosperity Contentment and Abundance surround all around us today and always. Let the guiding light create Abundance and Prosperity to all humans who are in touch with us

Thank you

[23/04, 3:55 pm] Amrath Nayak H: Athma Namaste Master

Thank you for the wonderful session

The insights on prosperity and abundance were truly meaningful and much needed in today's lifestyle

The mantra at the end was an amazing and powerful experience

Thank you for your continuous guidance and blessings

24th- 25th April

Trainer Shammy Shiri

[24/04, 6:40 am] Usha Radhakrishna: Athma Namaste akka

Thank you for the soothing and energetic session akka ❤️

Thank you for the beautiful divine new mantra of goodness

Countless Bowdown

[24/04, 6:42 am] Mahantayya Hiremat: Athma Namaste to all

Thanks a lot akka for the divine guidance and teachings on goodness, Forgiveness and beautiful new Mantra

Thank you so much akka 🙏

[24/04, 6:45 am] K G Suresh Babu: Thank you so Much Teacher for Energetic session, Breathing experience is too Good, Forgiveness for Goodness is very Truth, when we are good everything is Good, New Mantra See Goodness within you and other is very Good and Meaningful

Thank you once again, Athma Namaste

[24/04, 6:48 am] Santhoshi: Thank you, Shammy, for today's session. And for helping us understand the goodness within ourselves and others.

The teachings on goodness were truly powerful, it made me realize that what we see in others is a reflection of what exists within us. During the forgiveness practice, so many people and incidents came to mind, and I feel that the list is still unfolding, giving me more opportunities to heal. The mantra on goodness was beautiful and deeply meaningful. It left me with a sense of positivity and self-awareness. Truly grateful for the guidance. 🙏❤️

Athma Namaste ❤️

[24/04, 6:56 am] Ashoka Thammayya: Thank you Teacher for the beautiful session today, great learning of new aspects of life , goodness, seeing goodness , spreading goodness and receiving goodness when required. Thanks for taking us touching all the souls who have given us goodness when I am a child. Thanks for the goodness Mantra. Let me spread this to others too. Thank you 🌱

[24/04, 6:59 am] Deepthi Venkamma: Athma Namaste Akka
One more beautiful morning practice sessions Akka. The forgiveness teaching for goodness was very meaningful. You shared many deep insights with us. Thank you for the powerful mantra. We are truly grateful to you, Akka, for these beautiful teachings and mantras. ❤️❤️❤️

[24/04, 7:01 am] Ramakrishna Iyer: Athma Namaste Ma'am

Thank you for such a beautiful and enriching session, Madam.

Today's practices felt deeply meaningful. The goodness mantra, in particular, stayed with me. There was a quiet strength in it, something that naturally brings a sense of positivity and reassurance.

These are not just ideas—they feel practical, doable, and genuinely capable of bringing goodness into one's life when followed sincerely.

Grateful for the experience. Thank you once again.

[24/04, 7:04 am] H Shashidar Shetty: ಆತ್ಮನಮಸ್ತೆ ಟೀಚರ್



ಒಳ್ಳೆಯ ತನ ಕಲಿಸಿದವರು, ಕೊಟ್ಟವರು, ಪ್ರಕೃತಿ ಇವರೆಲ್ಲರೂ

ಕ್ಷಮಾಪಣೆ ಮಾಡಲು ಕಲಿಸಿದ್ದಕ್ಕೆ ಧನ್ಯವಾದಗಳು



[24/04, 7:13 am] Devaraja K: Athma Namaste Akka

Every time you share these powerful mantras with us, it brings so many deep learnings. We always come out of the session feeling filled with blissful energy, calmness & happiness.

I could truly sense the energy within my body, flowing through my aura. This time, the breathing practice felt very clear & I was able to complete all 3 sets with ease.

You helped us understand beautifully that goodness is always within us, what we seek outside is just a reflection of what is already inside.

Lots of love and deepest gratitude to you Akka & to Master for guiding our life journey in such a beautiful & meaningful way. We are truly blessed. ✨

[24/04, 7:18 am] Amitha H A: Thank you Shammy for this wonderful session filled with goodness

Today's words of wisdom quotes by Master and your teachings today are connected.

The affirmation today with learning of mind and soul connection felt very much connected.

What you are is what you see in others is so true..

Thank you for the forgiveness practice and Mantra for goodness... while reciting the Mantra I could feel I am covered with the Halo of light around me

Thank you and Master for all the goodness you have given us and being the role model for goodness ☐ ☐❤❤

[24/04, 7:36 am] Amrath Nayak H: Athma Namaste Shammy Akka

Thank you for the energetic and uplifting session

The forgiveness practice towards goodness was a beautiful experience, and many people came to my mind during this process

The breathing practice felt a little challenging for me today, I will continue to practice and improve

During the mantra practice i felt that, I was deeply getting connected with the moment 😊

Thank you for your guidance and blessings in this divine journey

[24/04, 7:44 am] Sabitha Sreedhar: Thank you for today's session, Shammy.

Goodness is what we so often seek in this world, and today you offered it to us so generously, almost as though it were laid before us on a platter inviting each of us to embrace it and understand its true depth.

All too often, one forgets to acknowledge the quiet goodness of nature and the environment that surrounds us. Growing up, I was truly blessed by the Divine with beautiful natural settings whether at boarding school or on the farm. Playing amidst the wilderness, and always feeling a sense of protection from nature, became a profound realisation for me today.

The Forgiveness Mantra was especially meaningful. It gently illuminated the blessings of the present moment, reminding us that goodness unfolds not only for ourselves, but for all those around us. Sitting here in Mumbai, the experience felt even more poignant.

Thank you once again.

[24/04, 8:18 am] Raja Radhakrishna: Thank you so much Akka for the wonderful session. Enhancing our aura through breathing and visualizing it being covered with beautiful light was a truly unique experience.

The insight about how we sometimes get stuck in certain situations and unknowingly stop doing good is something we should all be more conscious of. It reminded me of the importance of staying aware and intentional in our actions.

We also learned that by creating goodness around us, everything begins to feel and appear better. Thank you very much for the beautiful teachings and for helping us with a new mantra on goodness

[25/04, 6:43 am] Chithra: ಆತ್ಮನಮಸ್ತೆ ಅಕ್ಕಾ. ಇಂದಿನ ಅದ್ಭುತ ಸೆಷನ್‌ಗಾಗಿ ಹೃತ್ಪೂರ್ವಕ ಧನ್ಯವಾದಗಳು. ಸುಂದರ ಮಂತ್ರ ಹಾಗೂ ಮನಸಿಗೆ ಶಾಂತಿ ನೀಡಿದ ಸೌಂಡ್ ಮೆಡಿಟೇಶನ್‌ಗಾಗಿ ಅನಂತ ಕೃತಜ್ಞತೆಗಳು. ನಿಮ್ಮ ಮಾರ್ಗದರ್ಶನದಿಂದ ತುಂಬಾ ಸಂತೋಷ ಮತ್ತು ಶಾಂತಿ ಅನುಭವಿಸಿದೆ. ಹೃತ್ಪೂರ್ವಕ ಧನ್ಯವಾದಗಳು.

[25/04, 6:46 am] Sapna Naresh: Thank you Shammy Akka for today's beautiful mantra to remain purely impartial and loving. 😊 thank you for beautiful sound meditation., and thank you for beautiful Golden Sparkling Light Blessing we all are truly Blessed

[25/04, 6:46 am] Mahantayya Hiremat: Athma Namaste to all

Thanks a lot akka for the divine guidance and teachings on new breathing technique and Thanks for the forgiveness mantra on partiality, The sound meditation gave me a full body vibrations 🙏

[25/04, 6:49 am] Ananya Bhandary: Thank you so much Shammy akka for today's wonderful teachings beautiful explanation about partiality and very beautiful mantra

Thank you for beautiful sound meditation and golden light blessings
I am truly blessed
Thank you master and Shammy akka for everything

[25/04, 6:50 am] Mohini Shiri: Thank you for the energetic and vibrant session. Thanks for the teachings on partiality and for the golden showers Blessings and the sound meditation was superb and a great vibrant movement.

[25/04, 6:50 am]

Ramakrishna Iyer: Athma Namaste Madam .

Thank you for such a meaningful and enriching session. The practices you guided us through felt both calming and insightful. Thank you for the new breathing technique, forgiveness to partiality, the new mantra to become impartial and sound meditation.

[25/04, 6:55 am] K G Suresh Babu: Thank you Shammy Teacher and Master for beautiful session, New technique of breathing exercises, partiality to impartial is very good, it's eye opening, how i am partial towards my children friends, places, things, House, caste, country etc

Thanks for forgiving all the partiality, in sound Meditation my entire body vibrating, golden light showering

Fantastic experience

Thanks for All, Athma Namaste

[25/04, 6:57 am] Madhav Bhandary: Athma Namaste..

Thank you Teacher for an energetic blissful session..

Thank you for teachings and guidance about partiality, forgiveness regards partiality was blessed.

Thank you for one more beautiful mantra, Thanks a lot for sound meditation.. Not willing to come back simply superb.. So grateful to you...

Thank you Master..

[25/04, 7:06 am] Devaraja K: Athma Namaste Akka

What a beautiful experience it has been. I can truly feel the powerful energies flowing within & around me, bringing so much happiness and peace into my life. This mantra is incredibly powerful, when I am practicing my body, mind & soul settle into a deep state of stillness & oneness.

We are truly blessed to receive these golden, sparkling blessings, Akka 🙏

Lots of love & heartfelt gratitude to you, master & everyone ✨

[25/04, 7:07 am] Yogish Bharathesh Das: Athma Namaste ☐

With deep gratitude, I thank you, Teacher, for the blissful and powerful session—your guidance on partiality, forgiveness, the sacred mantra, and sound meditation uplifted me to a state of pure peace and higher awareness. Thank you, Master, for your divine guidance.

[25/04, 7:08 am] Ashoka Thammayya: Thank you Teacher for the wonderful teaching on partiality and beautiful breathing techniques. New mantra and golden sparkling blessings was amazing. Sound meditation took me to different places. Thank you so much for this special practices session. 🌱

[25/04, 7:13 am] Amrath Nayak H: Athma Namaste Shammy Akka

It was a beautiful session today

The teachings on partiality were truly insightful and its connected with our day to day life

The forgiveness mantra was very powerful and I could feel a different energy in my body during the practice

Thank you for the golden shower blessings 🙏

Thanks to you and Master for your constant guidance and support

[25/04, 7:19 am] Raja Radhakrishna: Thank you very much Akka for the beautiful session once again. The teachings on partiality were truly insightful how even the smallest things, like using the same plates, spoons, chairs, or distinctions based on caste and religion, subtly reinforce partiality in our minds. It made me realize that unlearning this conditioning will take time and awareness.

The mantra on being impartial felt very powerful and vibrant. During the sound meditation, I experienced a beautiful energy in my heart chakra. I also noticed my hand becoming heavy while receiving the golden shower blessing.

Thank you for guiding us through such a unique and meaningful experience

[25/04, 7:36 am] Sarva Mangala B K: Athma Namaste Shammy madam today session for forgiveness all the partiality, in sound meditation my entire body vibration, golden light showering wonderful experience thank you very much madam

[25/04, 7:39 am] Santhoshi: Thank you, Shammy, for the wonderful session today.

I never imagined doing forgiveness for something as subtle as partiality, even in minute details like chairs, plates, and spoons. As I reflect deeper, I realize there are so many situations and habits in our behavior towards people that can be termed as partiality.

Thank you for these beautiful teachings and guidance. The experience was very intense, and I felt a deep sense of calmness after doing forgiveness for everyone I could remember so far. I will continue doing so.

Gratitude for the beautiful mantra, meditation, and blessings you have given us. We are truly blessed. 🙏❤️

Athma Namaste ❤️

[25/04, 8:30 am] Amitha H A: Shammy. Thank you for the wonderful session which you every time give a life time experience

The attachments creating partiality are new learning... and had not been seen in this angle.. A few years back I was having my own plate, glass. And many things... maybe cultivated during boarding and hostel days which I could recollect now...if we go deeper there's a lot of forgiveness to do. Once I used to think oh I don't get anyone's image now so forgiveness completed 😊

No ... there's so much to learn and do forgiveness for..
Thank you and Master for helping us understand and the guidance and teachings
I travelled during sound meditation to many places
Mantra was an extension to your teachings THANK YOU for sharing what you are receiving
with us All ☐
Golden showers was something like I was under golden rain ...
Thank you thank you thank you
Countless bow down, countless bow down, countless bow down 🍷🍷

[25/04, 9:38 am] APPAYYA G BEEDIMATH: Thanks madam ji for today's blissful session.
Partiality and impartiality Mantra, universal Devine light and power was very great experience.
Today I felt special energy in sound meditation madam.
Thanks madam for changing our lives towards peace and calm.
Athma Namaste.



[25/04, 9:51 am] Ashalatha Sanil: Athma Namaste
List of forgiveness is kept on adding day by day, probably one life is not sufficient
Knowledge level is opening up with clarity and purpose because the teachings in UKT are on
how and why,.... which was not imparted in the past by any guides.

A great moral in today's teaching was when I myself had done so much of partiality to me..
what is that I was judging when it was done by others on me.

Thank you Shammy master for an eye open, not only your teachings.....there are lots of things
to learn from the life you living too heartfelt thanks for that too

[25/04, 10:30 am] Deepthi Venkamma: Athma Namaste Akka
Thank you for today's beautiful session. The teaching on partiality was very meaningful and
connected deeply with our daily life.
The breathing techniques, forgiveness mantra, and golden shower blessings were very
powerful. I could feel a different energy during the practice.
The sound meditation was also a wonderful experience. Thank you to you for your guidance,
and meaning full session.

[25/04, 12:44 pm] Yashajnani Mahadevamma : Athma Namaste mam, today's session is Lot
off Energetic, new breathing techniques cleanse my all chakras, I forgive all my partiality, and
also forgive all those people who showed partiality to me, today's mantra is wonderful ma'am,
No can be words says today's sound Meditation , we are truly true blessed mam, sound
meditation is superb mam and sparkle golden light Showering on me mam ji, all my inner
body parts boosting very much mam, thanks allot mam, countless bow down mam ji
🌸

26th April onwards
Trainer Master Rohan Shiri

[26/04, 7:18 am] Jagadish Shekhar Naik: Thanks a lot Master for wonderful teachings. Always admire your gracious Love to all
Thanks for helping us perform soul language for downloads. Truly blessed

[26/04, 7:20 am] Gireesh Mattikoppa: Athma Namaste Master
Thank you for the wonderful teaching on earth and metal elements.
And soul language for checking the downloads.
Thank you

[26/04, 7:22 am] Ashwini Jagadish Naik: Thank you Masterji for the powerful session which built great knowledge to experience life in a beautiful ways. Truly felt a beautiful connection with earth while listening to you about the elements. Thank you for all your guidance and blessings Masterji

[26/04, 7:22 am] Santhoshi: Athma Namaste Master,

Thank you for the informative session today and for guiding us in soul language and communication.

Blessed to be a part of this group, where every session brings deeper awareness, clarity, and connection within.

Grateful for your constant support, direction, and for helping us grow on this path. 🙏❤️

Deep reverence and gratitude always. ❤️

[26/04, 7:24 am] Devaraja K: Athma Namaste Master

Thank you for the wonderful knowledge shared about the elements. The way you explained how each element is connected to our body parts, especially the Earth and Metal elements and their relationship with our main organs, emotions, and energies, is truly enlightening.

Understanding that everything in our life is deeply connected through these energies is such a powerful realization. More importantly, as you always guide us, true transformation comes through action and consistent practice.

We feel truly blessed to receive this wisdom and your guidance, Master 🙏

[26/04, 7:30 am] Mahantayya Hiremath: Athma Namaste to all

Thank you so much Master for the divine teachings and guidance on Earth and Metal elements. Got so much information on earth and metal important

Thanks a lot Master 🙏

[26/04, 7:32 am] Amitha H A: Thank you Master for the Beautiful session... Thank you for simple way of explaining sympathy and compassion and other teachings ☐ ☐

[26/04, 7:35 am] Sapna Naresh: Thank you Master for the divine guidance on Earth and Metal elements, reminding us that what we give to earth returns to us, showing how all life and our bodies are deeply interconnected.

[26/04, 7:47 am] Mythili Balaji: Thank you Master and Shammy mam ☐
So much to learn every day. We are truly blessed to be getting universal knowledge. The silence for some time before breathing was extremely powerful and calming and breathing then was more connected. Thank you ☐

[26/04, 7:48 am] K G Suresh Babu: Thank you so much Masterji for Wonderful session, Meditation on forehead for proper decision is Very effective, Teaching on element Earth and Metal is so wonderful learnt so many new things, thanks to realise so many mistakes I did in past, Tears come out, doing forgiveness for all that, countless Bowdown 🙏🙏🙏

[26/04, 9:16 am] Amrath Nayak H: Athma Namaste Master
Thank you for helping us through the beautiful soul language and connecting with soul voice
We are deeply grateful for your guidance and blessings

[27/04, 6:46 am] Usha Radhakrishna: Athma Namaste Master

Thank you for the beautiful session and knowledge about our old school patterns.

[27/04, 6:50 am] Ashwini Jagadish naik: Thank you Masterji for the beautiful lesson of following the pattern which needs lot of efforts to change can be changed with forgiveness to it easily. Such great transformations can be brought with simple practices is something which only UKT can give and you can give. Thank you for all the simple yet powerful techniques and practices and knowledge Masterji. Truly blessed to be part of it. Thank you

[27/04, 6:53 am] Mahantayya Hiremat: Athma Namaste to all

Thank you so much Master for the beautiful teachings on old patterns and hobbies which we carried and following from longer time.

Thanks a lot Master 🙏

[27/04, 6:57 am] H Shashidar Shetty: ಆತ್ಮನಮಸ್ತೆ ಮಾಸ್ತರ್



ಈ ಭೂಮಿಯಲ್ಲಿರುವ ಪ್ರತಿಯೊಂದು ಜೀವಿಗಳು soul guidance ಪಡೆದುಕೊಳ್ಳುತ್ತದೆ ಎಂಬುದನ್ನು ಇವತ್ತಿನ ತರಗತಿಯಲ್ಲಿ ಉದಾಹರಣೆ ಸಮೇತ ತಿಳಿಸಿಕೊಟ್ಟಿದ್ದೀರಿ ಧನ್ಯವಾದಗಳು



[27/04, 7:06 am] Ramakrishna Iyer: Athma Namaste, Master.

Thank you for such a meaningful session. The forgiveness practice you shared really stayed with me. It made me reflect on how deeply our old habits and thought patterns are rooted. We often overlook them without even realizing it, and your guidance helped bring that into clear focus. Some habits I can recognize now, while others still seem hidden—but even that awareness feels like a good beginning.

I also found the soul guidance mantra very touching. The idea of turning inward and trusting the soul for direction, instead of constantly relying on external advice, feels both calming and empowering.

Grateful for the clarity and depth you brought into the session.

[27/04, 7:30 am] Devaraja K: Athma Namaste Master

The knowledge you shared about our patterns was truly profound. Understanding how deeply our mind-sets are shaped and recognizing that even the smallest patterns need to be transformed for real growth is a powerful realization.

The guidance through the mantra and soul practices is truly blissful, and I feel it is something we must sincerely follow in our daily lives.

Thank you Master for this wonderful opportunity & for guiding us towards higher levels of awareness 🙏

[27/04, 7:31 am] Santhoshi: Athma Namaste Master,

Thank you for today's beautiful teachings on patterns and old habits. The forgiveness practice was truly thought provoking, helping me realize how many of our habits become deeply ingrained in our lives and behavior, often without our awareness.

I felt that the most important learning today was the need to first identify these patterns within ourselves. Only through awareness can we begin to transform.

Deep heartfelt gratitude for guiding us to recognize and break these patterns, so that we may grow and uplift ourselves spiritually. 🙏❤️

Athma Namaste ❤️


[27/04, 7:48 am] Raja Radhakrishna: Thank you very much Master for helping us understand how we can break the patterns of life and recognize how deeply we have become entangled in them. We should not limit ourselves to any one temple, mosque, or church. Also, we need to break patterns in our eating habits, drinking habits, and even in the words we use.

There are many aspects of our lives that have become conditioned patterns over the years, and we must learn to transform them through deep forgiveness and consistent practice.

Thank you once again for these beautiful teachings.

[27/04, 7:53 am] Sapna Naresh: Grateful, Master for the beautiful teachings on old school habits i.e. no change in pattern, where we stuck using same pattern and thank you for guiding us to release the old pattern. Thanks for the soul guidance Mantra. Very much Grateful

[27/04, 8:09 am] Amitha H A: Thank you Master for this beautiful teachings about breaking the daily pattern and to make a way to learn new things..

Thank you so much 

[27/04, 8:12 am] Deepthi Venkamma: Athma Namaste Master


Thank you for today's beautiful teachings on patterns and old habits. We understood how deeply these patterns affect our life and how important it is to change them.

The forgiveness practice and mantra were very powerful. It helped us become more aware of ourselves and our habits.

Thank you Master for guiding us towards growth and transformation. Heartfelt gratitude for your teachings and blessings

[28/04, 6:45 am] Guru Hubli: Athma Namaste Masterji

Beautiful sessions on Light Mantra and Meditation. Truly, truly blessed to be part of it.

Thank you so much for your divine guidance and positive energy. Gratitude always. 

[28/04, 6:45 am] Mythili Balaji: Athma Namaste Master. The twin heart meditation was very blissful and felt extremely light in my body. Earlier I would struggle to do the alternate breathing but from the last few days, all breathing techniques are becoming easier especially the alternative breathing. Thank you for giving me this opportunity to be connected with mother earth.

[28/04, 6:46 am] Harsha Kumar Kotian: Athma Namaste... beautiful Teachings and blessings we all got today as always... special day for all of us by meditation with blessings and lots of energy flows...

Thank you MASTER ji and Shammiakka..

Love you all

[28/04, 6:46 am] Mahantayya Hiremat: Athma Namaste to all

Thank you so much Master for the beautiful teachings and i am blessed to part of today's meditation and blessing energy to the whole earth gave special satisfaction and feeling so

much happy after sending energies. We are so grateful to you Master for making us spiritual powerful in very positive way. Countless bow down to you Master 🙏

Thanks a lot Master

[28/04, 6:50 am] APPAYYA G BEEDIMATH: Thanks Master ji for today's beautiful and heart touching blessings. Today I know there were twin hearts, beautiful light Mantra is very effective on me and also I sent energy to the mother earth instead of receiving. Om Mantra was very powerful and fully surrounded OHM NAAD and enjoyed as well energised. Thanks Master ji Madam ji for giving these types of opportunities in my life.

🙏🙏 ININ

[28/04, 6:50 am] Usha Radhakrishna: Athma Namaste Master

Thank you for the wonderful session Master

Really a great feeling of happiness. A beautiful divine energy feeling within and around me. Thanks for the great opportunity to bless the mother Earth, for a few seconds I could see the mother Earth like a golden ball. Between the gap in om chanting an unexplainable peacefulness I could feel. In the end I experienced shining and bright white small flowers showering on me. Thank you master for helping us to uplift ourselves in such a beautiful way 🙏

We are truly blessed 🙏

[28/04, 6:51 am] Ashwini Jagadish naik: Thank you Masterji for the great and powerful moments to experience the life with high energies. Thank you for all your priceless blessings you shower on us to make life beautiful Masterji. Great spinning energies were there. Truly blessed to be part of all these great moments which doesn't have words to express it. Thank you for all the cherish able moments that you are giving in all these sessions for the whole life Masterji. Truly grateful to God that he has blessed us with Great Master. Thank you thank you thank you

[28/04, 6:52 am] K G Suresh Babu: Athma Namaste Masterji, Thank you so much for beautiful energetic session

Thanks for set right the sleeping problems, Twin Heart meditation is too good, and I filled lot of energy and silence Great experience, Thank a lot

[28/04, 6:52 am] Sabitha Sreedhar: Thank you, Master, for such a soothing and truly wonderful session. The energies felt beautifully balanced; it was akin to that quiet, reassuring sensation one experiences when nearing a long-awaited destination.

The meditation, and the experience of becoming a medium through which light and energy could flow, felt nothing short of a pure blessing.

My sincere thanks once again.

[28/04, 6:52 am] Swarna Ashok: Thank you master for this wonderful session blessing to the small earth 🌍 which was in front of us gave special relaxation and smile on our face. Thank you for such a precious blessings n session

[28/04, 6:53 am] Gayathri R N: Thank you so much master Today's meditation and blessings expelled the divine light from the deep heart I dwell in light, and energised. Thank you master, deep hearted gratitude.

[28/04, 6:53 am] Ramakrishna Iyer: Athma Namaste Master Thank you for such a meaningful and uplifting session. The practices you shared felt both gentle and powerful, especially the forgiveness practice for restful sleep bringing a sense of calm and ease that stayed with me. The Light Mantra and the experience of connecting with that light were truly beautiful. And the Twin Heart Meditation was something special—it quietly lifted the mind and opened the heart. Blessing the Mother Earth during the meditation felt deeply moving and elevating with the vibration of OM all around . Grateful for your guidance and for these profound practices. They bring a sense of peace that words can hardly capture.

[28/04, 6:59 am] Mohini Shiri: Thank you so much for today's great session. I am grateful for the meditation and the Blessings. I felt vibrations as I was blessing Mother Earth. I felt I was in the midst of celestial stars. Thank you

[28/04, 7:04 am] Deepa Sahadev: Thank you Master for the beautiful session.. Forgiveness for sleep I felt peace within me. During the Mantra for the light could feel the light with in me. The meditation there was a different experience where i felt both light and heaviness in the back of my shoulder and vibration in my hands. I could feel a lot of energy and showers of light. Thank you for the blessings

[28/04, 7:05 am] Devaraja K: Athma Namaste Master

Each day brings different energies & we can feel the shift in our thoughts and inner states. Every moment is a beautiful experience within, filled with deep learning & awareness. Thank you so much for guiding us to understand the importance of sleep and to practice deep forgiveness in all our connections.

The experience during Twin Hearts Meditation was truly divine. I could feel Mother Earth smiling & the energy vibrations flowing throughout my entire body, it was a blissful & uplifting experience.

With deep gratitude & countless pranams for all the blessings you have showered upon us Master.

[28/04, 7:05 am] Madhav Bhandary: Athma Namaste.. Thank you Master for the wonderful blessed session, we are truly blessed.

The whole thing gave me peacefulness.. Mantra and meditation are simply superb... Not able to come back when you told me to come back.. I was there in another world..

Receiving and sharing blessings is an entirely different feeling. No words to express.. Thank you so much..

Thank you Teacher for making me experience the experiences.

Thanks lot.

[28/04, 7:09 am] Ashoka Thammayya: Thank you Master for this wonderful morning session with forgiveness practice for Sleep and mantra to me see the light within me. Twin heart Meditation felt differently, felt real lightness within me . Thank you so much. 🌱

[28/04, 7:25 am] Amitha H A: Athma Namaste Master

Thank you for this beautiful session ..

Thank you for the forgiveness practice for sleep

And the light Mantra. While doing Omkara the silence in between was bringing a lot of energy which I felt was covering me

Thank you for the meditation

Truly Blessed

Gratitude.

[28/04, 7:46 am] Jagadish Shekhar Naik: Athma Namaste Master

Thanks for a wonderful experience of Divine Light within Me.

Stillness was a bliss

Experiencing energy was truly mesmerising.

Chanting ॐ (ॐ) was at another level of blissfulness.

Overall it was a supremely amazing experience.

We can't THANK YOU ENOUGH for all that you are bestowing on all of us

We are truly blessed Master

[28/04, 7:47 am] Shirin Gudad: Today's meditation was very energetic. It was a great experience. Thanks for the memorable experience. Athma Namaste

[28/04, 7:47 am] Santhoshi: Athma Namaste Master,

Thank you for today's deeply intense session.

Forgiveness to sleep was beautiful.

The twin heart meditation was blissful, and the connection from the crown chakra to my higher soul felt incredibly powerful, as though I was in an entirely different realm. The energy experienced during the connection between mother Earth and self was truly profound, I could feel strong vibrations throughout my hands and heart during the process.

The silence between the OM chants brought a deep sense of peace and serenity.

Each variation helped me understand and experience different dimensions of energy. Thank you for this varied experience.

Grateful to You and Shabby for making us understand the spiritual journey.
Athma Namaste

[28/04, 8:02 am] Sapna Naresh: Grateful, Master for today's beautiful session..
Thank you for the Mantra to see light within me, beautiful experience..
Grateful for Twin Heart meditation, I was able to feel the energies deeply..
Deeply Grateful for the guidance and Blessing, truly blessed

[28/04, 8:25 am] Amrath Nayak H: Athma Namaste Master
Thank you for the wonderful session today
The boosting, forgiveness to sleep, light mantra and meditation each of the practice created a deep connection in me today

The meditation was truly an amazing experience and I could strongly feel different energy in my hands

I express my heartfelt gratitude for your constant guidance support and blessings in this divine journey. I am truly grateful to you

[28/04, 8:40 am] Raja Radhakrishna: Thank you very much Master for another wonderful session. The forgiveness for sleep was comforting, and the twin heart meditation was very powerful. I felt the energy throughout my body and wanted to remain in that state of mind for longer. It was a beautiful experience

[28/04, 9:30 am] Rekha Raju: Athma Namaste sir.,
Thank you for the wonderful meditation. I could feel the energy coming from my heart and covering the entire earth. The forgiveness mantra for sleep was very powerful too.

[28/04, 10:05 am] Ashalatha Sanil: Athma Namaste Masterji
Today's level of energy and it's experience during mantra and meditation was very unusual, though blissful.....the heaviness in the head, shivering legs, and tingling hands, i thought I am not able to handle it for longer time,
Praying God to bless us to be true, faithful to the light within us was the bestest prayer i have ever prayed in whole life.
I sit down with folded legs for morning sessions and today by the end of evocation when I realised my forehead was almost touching the floor but I am not able to remember when and how it happened
I am feeling a sense of complete surrender and it's been almost 3hours, but my feet are bit above the ground even now.
Thank you for the very special showers of blessings, countless bow downs Masterji

[29/04, 6:43 am] Devaraja K: Athma Namaste Master

I am feeling truly happy, blissful & light. My heartfelt thanks for your profound guidance and the wisdom you continue to share. We are truly blessed to have such a great Guru in our lives.

During the “Om Mani Padme Om” meditation, I felt as though I was traveling through the universe, such a beautiful and divine experience. Thank you also for bringing clarity to our understanding of food and how it shapes our body and energy.

Lots of love and deep gratitude Master

[29/04, 6:43 am] Mythili Balaji: Thank you Master for the beautiful teaching. Every day we get to see a new perspective to what we have been doing but hardly pay attention or the effect of that action.

Om Mani Padme Hum meditation was a beautiful experience. Thank you.

[29/04, 6:44 am] Santhoshi: Thank you, Master, for today’s class on forgiveness towards our food. It was truly a huge realization for me, as it made me reflect deeply on how many times, I have wasted food, whether by not cooking at the right time or by letting it go to waste. Thank you for helping me become aware of this aspect. I will consciously practice forgiveness and be more mindful going forward.

The mantra and meditation were beautiful, and the experience of feeling connected to my higher soul and the heavens was truly blissful.

I always feel a deep sense of peace and joy while listening to this song, it resonates within me.

Athma Namaste

[29/04, 6:47 am] Jagadish Shekhar Naik: Thanks a lot Master for another blissful experience. I was able to feel subtle involuntary movement of my body. Fabulous energy flow.

Thank You Master

Athma Namaste to All

[29/04, 6:50 am] Usha Radhakrishna: Athma Namaste Master

Thank you master for the beautiful session and meditation. It's a great divine experience. In meditation there was a tinkling sensation and beautiful energy rotation feeling on my crown chakra and had wonderful soul journey

Thank you master

[29/04, 6:56 am] Anil Ramanujam. Thank you sir for highlight about food forgiveness.

Felt the increased light around during meditation.
Gratitude sir.

[29/04, 6:59 am] Sabitha Sreedhar: Thank you, Master, for the session. The meditation was truly wonderful. Chanting *Om Mani Padme Hum* felt so gentle and soothing; listening to it evokes a sense of purity, much like the lotus.

I am deeply grateful for the mantra and all the teachings you have shared. I very much look forward to coming to Mysore and feel truly excited about it.

Thank you once again.

[29/04, 6:59 am] Swarna Ashok: Thank you so much master for this special n beautiful session .. Meditation was just simply superb had great experience thank you once again

[29/04, 7:14 am] Amitha H A: Athma Namaste Master
Thank you for the beautiful breathing practice, forgiveness for food and meditation
During meditation I felt a kind of silence around me
Thank you

[29/04, 7:16 am] Chandan Srinivas: Athma Namaste

Thank you master and akka for such a wonderful and enlightening sessions every day n today which were beautiful inside out, could see the we were before n now, feeling better in person through health, body n soul, am really blessed being part of UKT.

Thankful n grateful for this energy.

The concept of forgiveness has a different dimension here though it is a simple word it has a great impact to act n received while heartedly right from birth, life style to divine.

Invisible Soul here is the main bridge between divine n body, well understood how to manage it, take care of it n use it.

Am not good at words in texting so am putting all my experience today.

It was spiritually magical to me, learning n want to learn more to attain calmness n spiritually more connection.

[29/04, 7:47 am] Ashwini Jagadish naik: Thank you Masterji for all the beautiful teachings and the experiences that you have given. How our body parts get pain because of the karmas they do was beautiful to learn. Your personal experience of seeing that Scorpio incident gave lot of insights on how Karma works and the lessons behind each hurt. Deeper insights. Thank you

Meditation was superbly amazing experience. Every time I meditate on this have some new experiences only. Beautiful. Thank you for giving this meditation music Masterji. Truly blessed.
Thank you

[29/04, 8:20 am] Varalakshmi M: Athma Namaste Master

Thank you for the beautiful session and for guiding us on Blessing Day and the 7:1 breathing exercise.

The forgiveness for food and the mantra brought sense of peace and helped me to connect with my higher soul. Meditation gave me great energy.

I am grateful for your guidance Master

[29/04, 9:36 am] Amrath Nayak H: Athma Namaste Master

Today was truly an amazing experience for me; I was able to completely follow your guidance during the breathing practice without any disturbance

The lesson on forgiveness to food was very meaningful and a great learning for all of us

When you spoke about pouring water on a scorpion, it reminded me of my own past actions of pouring water on ants in the bathroom and now I understand why I may have faced certain difficulties in the past.

The meditation was a deeply connecting and powerful experience

My heartfelt gratitude to you and Shammy Akka for all your guidance and blessings in this divine intervention

[30/04, 6:40 am] Devaraja K: Athma Namaste Master

Thank you for this wonderful & beautiful morning session. We are truly blessed to receive your great guidance and the blissful knowledge of spirituality.

Many thanks for this beautiful teaching on forgiveness of life, death and our past, present, and future parents. It brings a deep sense of peace, and I feel happy in every moment.

Lots of love and deep gratitude

[30/04, 6:41 am] Santhoshi: Athma Namaste Master,

As we come to the last class of the 17th batch, I express my heartfelt gratitude to Master, Shammy, and all the healers who have guided and supported me in practicing regularly and sharing their valuable teachings.

Thank you, Master, for today's beautiful session. The forgiveness practice for present life, parents, and birth, as well as for future life, parents, and birth, was deeply meaningful and had mixed emotions.

Grateful for the mantra to live faithfully. Deep Reverence to You and Shammy today and Always.

Athma Namaste

[30/04, 6:43 am] Ashoka Thammayya: Thank you Master & Teacher for all your guidance and all the wonderful teachings, New Mantra during this journey of 17th batch self-healing, and inner growth, thanks to all the UKT members. Each time we learn new things and new guidance for our life, which is possible only with the support of Master, thank you so much Master & Teacher .

[30/04, 6:45 am] Ashwini Jagadish naik: Wow! What a beautiful session and great teachings. Truly blessed to listen to your every word you spoke today. Great inspiration Masterji. I just don't have words to express. Thank you also seems very less the kind of guidance and energies you give. Today's forgiveness is such a priceless gift to our entire life which is beyond anybody's imagination and reach. Thank you Masterji and countless bow downs to you Masterji

[30/04, 6:45 am] K G Suresh Babu: Thank you So much Masterji, i will Bowdown to your and Shammy Teacher 's unconditional service and love,
Thanks for all your blessings and showing how to live, i faithful to myself and my gurus, not able to give my gratitude in words
Thank you.. Thank you... Thank you..

[30/04, 6:50 am] Usha Radhakrishna: Athma Namaste Master,
Thank you, Master and Shammy Akka, for the beautiful, energetic, and insightful divine teachings and guidance throughout the 17th batch sessions. Your unconditional service to humanity has helped us uplift ourselves in this life and in all lives to come. I have been part of UKT since the 12th batch, and with each batch, I continue to learn something new. Thank you for this life time opportunity to be a part of this beautiful UKT family ☺
Truly blessed

Thank you all the healers for your teachings and guidance in the morning practice session.

[30/04, 6:50 am] Ramakrishna Iyer: Athma Namaste Master
Thank you for such a heartfelt session, especially on this final day before the Blessing Day. Being part of this batch and experiencing each practice has truly been a beautiful journey. Every session carried its own depth and power, and I feel grateful to have received your guidance throughout.

Today's focus on forgiveness touched something very deep within me. Reflecting on my parents, the memories connected to them, and the cycle of birth and life felt both intense and meaningful. It made me realise how layered these memories are. Forgiveness, in this space,

doesn't feel like a one-time act—it feels like a gentle, ongoing process. There is so much to revisit, to understand, and to release with patience.

The mantra to stay faithful—to one's soul, to one's life—and to let go of negativity felt very powerful.

Thank you once again for your constant support, your teachings, and the care with which you guide us. Deep gratitude for everything, Master

[30/04, 6:58 am] Adivappa Patil: Thank you, Master and Madam, for all your guidance, wonderful teachings, new mantras, and for this beautiful journey through the 17th Batch of Self-Healing and Inner Growth.

Each time, we learn something new and receive fresh guidance for our life. This transformation and understanding are possible only because of the blessings, wisdom, and support of Master.

Thank you so much, Master and Shammy Madam.

[30/04, 7:08 am] Subhagya DS IG 16: Thanks to all the teachers, direct and indirect people who (from UKT) helped us in providing wonderful sessions from January till date. Truly blessed and thankful...

[30/04, 7:31 am] Amrath Nayak H: Athma Namaste Master
Thank you for the wonderful session today

The forgiveness practices for our birth, parents, present life, future life and its connections was truly a peaceful feeling for me

The faithfulness mantra was a beautiful experience

My heartfelt gratitude to you and Shammy Akka for your continuous guidance, blessings and for always showing us the right direction on this divine journey

[30/04, 7:36 am] Deepthi Venkamma: Athma Namaste
Heartfelt gratitude to Master and Shammy Akka for your guidance and profound teachings throughout all the sessions. Every daily class has given us priceless knowledge, deeper understanding, and spiritual clarity that are truly transforming our lives.

Thank you to all the healers who took up the classes and shared your Teachings with us.

Through your teachings, we are gaining greater clarity about life, our thoughts, emotions, and spiritual path.

These sessions are helping us lead our lives more beautifully, consciously, and with inner clarity. We are deeply grateful for all the blessings, guidance, and support received throughout this journey.

Thank you so much, Master, Shammy Akka, and all the healers. We are blessed ✨

[30/04, 8:31 am] Amitha H A: Athma Namaste Master and Shammy

Thank you both for the wonderful sessions, teachings and guidance.. every time we are learning something new. Experiences something beyond what we could imagine.

I thank Devine for giving you as our Guru ☐

Today's forgiveness made me emotional and understands so much our parents have done for us ❤️

Thank you Master

Thank you all the trainers for your valuable teachings

Grateful to be part of UKT family

[30/04, 9:40 am] Harsha Kumar: Athma Namaste.... Thank you Rohan Master ji... Shammiakka....for beautiful Teachings and knowledge...Thank you one and all, whole UKT family for wonderful spiritual journey of life.....

I am proud and grateful to Universe that I am also a member of this lovely humble and blessed family...

Meditation... Tapasya and is directly related to breathing..... unless we win the art of breathing it's impossible to reach the goal....it was beautifully explained through experiment involving us directly. One could understand that day to day breathing was different. One day hardest breathing was simply done and another day simplest form of breathing was tough to perform depending on other mood and action.

Power of forgiveness makes everything right...Thank you Masterji for your love towards humanity...Countless bow downs Love you all

[30/04, 11:54 am] Raja Radhakrishna: Thank you very much Master and Shammy Akka for giving me the wonderful opportunity to serve as a trainer for the Self-Healing and Inner Growth session. It was a unique and enriching experience—learning through higher levels, guided by Master, Shammy Akka and fellow healers.

These teachings are truly helping to reshape our lives for the better. I am deeply grateful for this opportunity. Thank you once again from the bottom of my heart

[30/04, 12:30 pm] Vinodha: Athma Namaste

17th batch, I express my heartfelt gratitude to Master, Shammy madam and all the trainers and healers.

Your guidance for the pending healing worked like magic master.

Thank you master for today's beautiful session.

Blessings Day Feedback

[02/05, 8:52 pm] Jagadish Shekhar Naik: Dear Master,
Thanks a lot for wonderful blessings days.
We had an excellent time.
Truly blessed.

Sincere thanks to everyone, who relentlessly made this experience a beautiful one 😊.
*WE CAN'T THANK YOU ENOUGH MASTER FOR YOUR UNCONDITIONAL LOVE
TOWARDS ALL*
Thank You

[02/05, 9:17 pm] Mythili Balaji: Thank you Master and Shammy mam for the 2 days life changing experience. Truly blessed to be part of the UKT family.

[02/05, 9:25 pm] shrikant siddapur ss: *Athma Namaste and countless thanks from the bottom of my heart to Master ji, Shammy Madam, all healers, and the organizers of Blessing Day.*
Your wonderful arrangements, blessings, and downpour of grace made me feel like I was in heaven. I received so much energy.
Universal Knowledge is truly vast, and though it is huge to fully understand, I feel blessed to grasp even a little of the depth of UKT.
Countless bow downs, countless bow downs to Master ji and Shammy Madam
May the blessings continue to guide you ✨

[02/05, 10:53 pm] Ashwini Jagadish naik: Thank you Masterji for the great days and beautiful moments of both the heavens temples. The journey of the 17th batch has given immense blessings. Being in heaven's temple itself is Great blessing, what you made all of us to sit there. Every moment spent with all heavenly souls is priceless gift for whole Life. Thank you is a very small word to express our gratitude to what you have showered on us. Your great powers are blessings to all of us. Having great master is also blessing. Truly grateful to God for showering so many blessings to all of us in many forms. We can't count the blessings of God like this. Thank you for making our life beautiful with all the great moments with all the great souls Masterji

[02/05, 11:42 pm] Ramakrishna Iyer: Thank you, Master and Madam, for the opportunity to participate in Blessing Day on May 1 and 2 in Mysore. It was truly a beautiful experience—something that's hard to put into words. I feel deep, heartfelt gratitude to Master, Shammy Ma'am, my mentor Jagdish Naik, and all the healers and participants who made these two days so meaningful and memorable.

The idea of interacting with at least ten people during the tea break today sounded a bit challenging at first, but also exciting. I gathered some courage, started conversations, and before I knew it, those interactions became one of the most enriching parts of the experience. It felt like stepping out of our comfort zones and genuinely connecting with each other.

I had been thinking about attending a Blessing Day wherever in Karnataka, even if it meant traveling from Mysore where I was staying to attend a function—and it felt wonderful that this time it was announced to be held in Mysore itself. In many ways, it felt like a blessing in disguise. The entire experience was calm, uplifting, and deeply fulfilling.

Thank you as well for the blessings and the downloads. And congratulations to everyone who received their blessings—it was truly special to witness.

The event was thoughtfully and beautifully organized. My sincere appreciation to all the volunteers, members, and healers whose efforts made everything run so smoothly.

As we move forward and wait for the next Blessing Day, I'm sure these memories will stay with us for a long time. Grateful once again to each and every one of you.

[02/05, 11:58 pm] Prashanth Handral: Thanks lots master and mam for your teaching

For your Guidance

For your love

For Mentoring

For support

For divine help

For help

For blessings

For more.....

No words for two days

Energy. Knowledge..... We enjoyed and enjoying thank you thank you thank you❤️❤️❤️

Countless Bow down countless bow down

Countless bow down

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[03/05, 6:12 am] Laitha Vittal Kammar: Athma Namaste to all Shammy akka n master and all healers, all who has helped two days blessing days programme successful thank you all. We learnt so many experiences, messages and new things met all participants thank

[03/05, 7:06 am] Harsha Kumar: Athma Namaste... Good morning

Just reached back home with lots of energy and blessings..... With lots of love and compassion.....

Feeling like just being born again with a blessed life and fortune..... Thank you Shammiakka..... for your whole heartedly immense Love to all of us without any partiality...we are all done with some big good karma in past life which was made all of us made fortunate to meet you and MASTER ji...

I am truly blessed..

Countless bow downs to one and all for your beautiful love and blessings towards me...

New beginning May almighty God.. MASTER ji and Shammiakka bless my way with lots of love, forgiveness, compassion and great work towards humanity..

Grateful to you all.... Gratitude.

[03/05, 8:00 am] Gireesh Mattikoppa: Athma Namaste Master ji, Shammy Madam, all the mentors, healers and trainers
Thank you for the blessings and teachings, guidance in this entire 17th batch journey.

Thank you all

[03/05, 8:23 am] Guru Hubli: Dear Master, Akka

Thanks a lot for these wonderful and blessed days. We had an excellent time filled with joy, peace, and unforgettable memories. Every moment spent in your divine presence was truly precious, and we feel deeply blessed.

Sincere thanks to everyone who tirelessly and lovingly made this experience such a beautiful one. Your care, efforts, and kindness touched our hearts deeply.

Words are not enough to express our gratitude for the love, blessings, and warmth we received. These moments will remain in our hearts forever as cherished memories.

With folded hands and heartfelt emotions, we thank you from the bottom of our hearts. Forever grateful and truly blessed.

Thank You

[03/05, 8:45 am] Mythili Balaji: Athma Namaste ☐ waking up today morning is with a feeling of a new birth having blessed with GHH. I am still in a state of trance and reflecting on the 2 days experience which is beyond words. Was telling my husband that in stories we have read about ardent devotees getting vardaan *Ask whatever you wish and the devotee gets the wishes as desired "**

until now read in mythological stories but for all of us as blessed souls it was a real experience. We experienced the same in heaven's temple with the opportunity of receiving blessings that each one of us were eligible for.

The food, water and climate mantra has given a profound teaching

Thank you Master and Shammy mam

Thank you all healers and mentors

Thank you all volunteers

Spacious and energetic hall, bale yele oota with so many delicacies, every little detailing that was so thoughtfully taken care of. To the extent even kids who accompanied the parents were so thoughtfully engaged with the city tour.

Every moment was a blissful experience

[03/05, 10:21 am] Geetha Javali: Athma Namaste master ji and madam thank you for your priceless blessing and unconditional love and service... thank you for uplifting us ...showing the path which is filled with confidence. Happiness to give unconditional love..

Thank you for making our lives with positive energy...we are truly blessed

[03/05, 11:37 am] Rajani harish: Athma Namaste Masterji and Shammy Madam
Thank you for your priceless blessings and unconditional love and service. thank you for uplifting us showing the path which is filled with confidence happiness to give unconditional love.
Thank you for making our lives with positive energy.... We are truly blessed

[03/05, 12:45 pm] Rishi Krishnamurthy: Athma Namaste Master and Shammy Ma'am,
Thank you so much for Two days wonderful, beautiful, amazing and memorable blessing day. And thank you for such a delicious and authentic food of both the days.
I had an excellent time and experience.
Both the days were so energetic and unforgettable days.
I am Truly blessed to have such a powerful blessing and blessed to be part of UKT.

I Thank all of the healers who were taking class and thought new things every day. And Thank you all for all the amazing guidance .
Grateful meeting all new members of UKT.

A special thanks and deep heartfelt gratitude to ROHAN MASTER , SHAMMY MA'AM, RAJA ANNA , DEEPTHI ATTIGE , ASHWINI MA'AM , JAGDISH SIR , SABITHA MA'AM , SANTOSHI MA'AM , AMITHA MA'AM AND ASHOK SIR.

Truly blessed
Thank you all

[03/05, 2:19 pm] Vanishree U.Shetty: Athma Namaste and I would like to express my heartfelt gratitude to Masterji and Shammy Ma'am and all the healers. Athma Namaste to the entire UKT family member's. I sincerely thank Masterji and Shammy Ma'am for organizing the wonderful two-day Blessings Day program. I am deeply grateful for the Blessing and downloads received during the program.
Thank you for your unconditional service, dedicated teaching, valuable guidance and boundless love. We are truly, truly blessed. With deepest respect and countless bow downs
My sincere thanks to all the healers and volunteers for their selfless and unconditional service.
Thank you, thank you, and thank you.

[03/05, 10:00 pm] Shankar Hiremath GVS: Dear Master
The entire spiritual journey of 17th batch was so beautiful.
Thank you is a very small word to express our gratitude to you Master
Countless now down

[03/05, 10:25 pm] Deepthi Venkamma: Athma Namaste Master and Shammy Akka
Thank you so much for the wonderful and memorable Blessings Day. These two days were truly beautiful, energetic, and beyond words. We feel deeply blessed to receive such powerful

blessings and divine guidance. Thank you for all the blessings and the immense love we received.

The entire 17th Blessing Day journey, starting from Self-Healing and Inner Growth classes, was filled with so many new learnings and deeper realizations. It has truly been a beautiful and unique journey.

I would also like to express heartfelt gratitude to all the healers, volunteers, and mentors for their unconditional support, guidance, and care. Walking together on this spiritual path itself is a great blessing.

Once again, thank you Master and Shammy Akka for your unconditional love towards all of us. We are truly blessed and grateful for everything. ❤️

[03/05, 10:31 pm] Sangeetha pawar: Thank you master and Shammy akka for wonderful 2 days of blessings

It was a different experience for me this time thank you so much



[03/05, 10:31 pm] Devaraja K: Athma Namaste Master & Akka

My heartfelt gratitude & countless pranams for your incredible teachings, guidance, support, corrections & blessings. Truly we are blessed to have such great Gurus in our lives.

After joining the UKT family my life journey has taken a meaningful turn, it feels like the true beginning of real living. So many positive changes have unfolded, especially through the constant support & guidance from all the healers, mentors, and volunteers. It has been truly inspiring.

Thank you for showing us the path to truth & helping us realize our life purpose. I am deeply grateful for the mentorship opportunities, this has opened up an entirely new dimension of understanding life.

The Blessing Day, especially, is an awesome and divine experience, like being in a heavenly temple. Each time it feels like a beautiful opportunity to receive blessings, grow, and connect at higher levels. Every Blessing Day is truly a blissful experience.

Lots of love and deep gratitude to all the participants

Thank you

Love you

Honour you

Countless pranams 🙏

[03/05, 10:51 pm] Raja Radhakrishna: Athma Namaste everyone,

The past two days have been a sacred blessing. The energy within the Heaven's Temple felt very high, pure, and powerful, that it touched my heart deeply. I feel truly honoured and grateful to have been part of such a beautiful and blissful experience.

Behind this divine gathering lie immense effort, love, and dedication. I offer my heartfelt gratitude to each and every one of you for your selfless and unconditional service.

My deepest thanks to Master and Shammy Akka for your constant presence, guidance, and unwavering support. I also extend my gratitude to all the healers and higher-level members whose contributions made this experience so special.

I am profoundly grateful to Master for the blessings and divine downloads, and to Shammy Akka for being a guiding in helping I receive the blessings.

With deep reverence, I also thank the entire UKT family for your unconditional service.

Thank you all from the depths of my heart. Infinite gratitude

[03/05, 10:56 pm] Usha Radhakrishna: Athma Namaste Master and Shammy Akka. Thank you for your immense love and divine blessings towards all of us. It has been a truly wonderful experience from the self-healing sessions to the blessing days. Each time has brought a deeper and more intense understanding of us in every way.

Thank you, Shammy Akka, for helping us experience the presence of the heavens temple with the clue, The guidance you gave truly helped me feel that divinity ☺

Thank you, Master, for all the blessings you have showered upon us to lead a healthy, prosperous, and happy life 🍀

Being part of the UKT family is a lifetime blessing.

Thank you to all the trainers for your wonderful teachings, guidance, and the morning practice sessions

Thank you one and all and I am eagerly waiting for further guidance from the Master
Countless Bowdown Master and Shammy akka

[03/05, 11:02 pm] Varalakshmi M: Athma Namaste Master and Shammy Akka!

Thank you for the opportunity to participate in the Blessing Day on May 1 and 2 in Mysore. It was a truly beautiful and meaningful experience—something beyond words.

I feel deep gratitude to Master, Shammy Akka, my mentor Santhoshi madam, Sahadev sir, Raja sir and all the healers, volunteers, and participants who made these two days so special and memorable.

The idea of interacting with at least ten people during the tea break initially felt challenging, but it turned out to be one of the most enriching parts of the experience. Stepping out of my comfort zone and connecting with others was truly fulfilling.

The entire experience was calm, uplifting, and deeply fulfilling.

Thank you for the blessings and the downloads, and congratulations to everyone who received them—it was wonderful to witness.

The event was beautifully organized, and I sincerely appreciate the efforts of all the volunteers and healers. The leaf food was also delicious and added to the overall experience for two days.

I am truly blessed to be part of UKT family and grateful for all the guidance and learnings shared.

Grateful once again to each and every one of you.

[03/05, 11:13 pm] Mahantayya Hiremat: Athma Namaste Master and Shammy Akka,

The 17th Batch both blessing days very special in my life, got special opportunities and learnings, i am truly blessed.

The 2 days divine teachings and guidance deeply enriching and uplifting experience. The received blessings inspired a positive outlook towards life.

Thank you all the Trainers, Healers, Mentors, Volunteers and Participants.

Thank you so much Master and Shammy akka for guiding many families for their upliftment. Countless bow down to both of you for the unconditional services to the world,.

[04/05, 12:27 am] Mohini Shiri: Athma Namaste

I am grateful to the wonderful opportunity to be at the Blessing Day. Thanks for all the blessings i received. Thanks to the Almighty for being part of my journey with Rohan and Shammy who have always been my saviour and mentor. Truly blessed in life with their spiritual guidance, teachings and to understand the essence of life in depth and always supportive to be positive and do unconditional services with. Thanks to Rohan and Shammy for the guidance and teachings and the opportunity to be with the team of Wonderful souls. My heartfelt thanks to all the healers and trainers- Raja, Deepthi, Santhoshi, Amitha, Ashoka Sir, Madhava Bhandary, Ashwini and Shashidhar for their teachings and practice session's .thank you to this wonderful journey of life.

[04/05, 4:18 am] Gayathri R N: Athma Namaste.

Thank you dear Shammy madam, Rohan master, for the opportunity to giving me to be a part of blessing day, thanks for the blessings I received, the time we spent in heavens temple was blessed time, the experience we spent in heaven s temple unexplainable, thank you for showing the happiness in unconditional service, unconditional love, gratitude, thank you for all the teachings I received, thanks for all the UKT members. Thank you, thank you, thank you, and

[04/05, 9:40 am] Parvathi Bhandary: Athma Namaste

Thank you, Master and Shammy Akka, for this wonderful spiritual journey 🌟🌟 .These two days of blessings were an unforgettable experience and will always remain special memories in our lives .

The way you cared for all of us made us feel like one family. Words are not enough to express our gratitude. Thank you for all the blessings and the downloads we received. A heartfelt thank you to Master and Shammy Akka for guiding and supporting us in this beautiful spiritual journey .
Thank you thank you thank you.
Countless bow down
Athma Namaste

[04/05, 9:55 am] Swarna Ashok: Athma Namaste

Thank you so much to our Master and Shammy akka for the wonderful opportunities given to us to be a part of the Blessing Days.

I am deeply grateful for all the blessings I have received.
Thank you for blessing all the tiny tots with special talent blessings. They are truly blessed.
Kids

We all feel immensely blessed and happy to be one among this divine experience.

This beautiful journey to Mysore and back was filled with precious memories that will be cherished forever.

Countless bow downs countless bow downs
Countless bow downs

[04/05, 10:37 am] Yogish Bharathesh Das: **Athma Namaste*

*With a heart overflowing in divine gratitude, I humbly bow at your sacred feet, my beloved Master and Teacher (Ammma) During those blessed two days, even a simple moment like when we were waiting for lunch and you lovingly called us“ *Bale Unas Manple* ” felt like a divine call from Sakshath ✨ *Annapoorneshwari Devi* herself. That moment touched my soul deeply, and I remain eternally grateful. These two sacred days have been nothing less than a heavenly experience moments that will forever shine as divine light within my soul. ✨ Your unconditional love and care embraced me like a mother’s gentle warmth, 🌺 healing and transforming me in ways words can never fully express. Every blessing, every sacred download, feels like a powerful divine awakening within me. Being part of this sacred journey, especially joined 15th Batch to 17th Blessing Day, I feel truly chosen and deeply blessed to walk under your divine guidance. Your gracious presence during my birthday celebration has become an eternal and unforgettable memory your divine energy and grace are the most precious gifts of my life.

With utmost humility, surrender, and devotion, I offer countless pranams at your lotus feet. Thank you... thank you... thank you from the deepest core of my soul. With infinite love, surrender, and gratitude love you, love you, love you... I also extend my heartfelt gratitude to all the divine souls and healers who guided me, corrected me with compassion, and supported me with unconditional love throughout this sacred journey. Your kindness, patience,

and care have deeply touched my soul. With folded hands and a heart full of devotion, I offer my countless bow downs to each one of you. Athma Namaste

[04/05, 10:44 am] Sapna Naresh: Athma Namaste

DEEPLY GRATEFUL to our MASTER and to our SHAMMY AKKA for this divine beautiful journey. Each n every moment felt like a shower of blessings WOW. Deeply grateful for the grace and blessings received.

Heartfelt thanks for the HEAVENS TEMPLE. 🏠. The love n care showered upon us by our Master n Shammy Akka will forever be TREASURED in our hearts

[04/05, 10:46 am] Balaji: Athma Namaste Rohan Master and Shammy Ma'am. The two days of blessings have been nothing short of a transformative spiritual journey for me.

The depth of knowledge, the profound sense of bliss, and the divine blessings I experienced are truly beyond words. The energy generated during those sessions is something I find difficult to fully express—it has touched me at every level.

I feel immense gratitude to Rohan Sir and Shammy Ma'am for guiding us through such a powerful and uplifting experience. Even after traveling over 750 kilometers from Mysore to Hyderabad yesterday, I woke up today feeling incredibly energized, as if I had not exerted myself at all. This renewed energy is something I had never experienced before.

Every cell in my body feels recharged and alive with the blessings received during those two days. This journey has already begun to positively influence me, both personally and professionally, and I look forward to continuing on this spiritual path.

Thank you once again, Masterji and Shammy Ma'am, for this blissful and life-enriching experience.

Athma Namaste.

[04/05, 11:13 am] Mythili Balaji: Athma Namaste Master and Shammy mam

Started our morning routine in Hyderabad but with a changed state. Going to follow a schedule to complete reciting all the mantras as suggested in the book and with utmost devotion completing every week on week.

I just now completed reciting the Mantra to see Goodness within you and around you and the mantra to remove all the blocks from all my Guru's, teachers, Guide's and Higher soul.

We are truly blessed to receive such powerful mantras that shake us from within.

Thank you so much for giving me the opportunity to be part of this spiritual journey. ☐

[04/05, 11:21 am] Shammy Rohan Shiri: Athma Namaste

Thank you everyone for making these past two days a truly blessed, cherished, and energetic experience. I count it as a life blessing to be surrounded by such beautiful souls who have

shown me such deep, divine respect. I am profoundly grateful, and I accept the great responsibility that comes with this love. My deepest gratitude to Master Rohan for all the blessings and guidance on how to utilize them with utmost care. Please continue to keep your mind, body, and soul in their purest form, focused on unconditional service and respect.

[04/05, 11:25 am] Ashalatha Sanil: Athma Namaste to all super souls of UKT family

I deeply apologies for being late in serving my gratitude

It took so long for me to settle with Goosebumps and get grounded back to usual life after two days of blessings, 🙏 wish i had the longer privilege to be in the same state of those two divine days , wish many more happy returns ❤️

Before i forget i would like to thank each and every single strength stood by my side for me being able to witness the journey of the day, and celebrating my celebration along with me, that could be in the form of supreme god, helping angels, beings of life, spiritual guides, trainers, healers, family, friends, food, water, transport, team members, mentors, and list continues, i am sorry if forgot to mention anyone

Experience of the whole journey and the destiny can't be explained in words and shouldn't be I suppose, because there is no perfect description of the heaven 🌈 There were great, greater, greatest learning for those who were conscious and sensitive along with the energies being created, i could literally feel the darkness being surrendering to the goodness ✨

Two super powered god sent angels were unconditionally showering blessings.

Oh my God my hands are still shivering, slight tremors in the legs while recalling those magical moments 🌈 truly blessed We in normal life call our favourite God so easily for the help but I realised if god really appears in front of us are we prepared to handle ourselves??!! Are we prepared to ask the exact blessings that will support us to fulfil our life's purposes???! Hope many of us might had witnessed the god's wish for us being manifested during blessings

Learning what I had was "you just do your part, rest will follow you provided what part are you playing... 😊'

Up gradations in comprehending and perceiving the daily spiritual practices... could be evocation, affirmation, breathing exercises, forgiveness and other mantra, and thankfulness has taken place and the effectiveness is different now.

I had the privilege for two blessings and downloads this time which are for my personal motto, but coincidentally I have been permitted by Shammy master to serve as a trainer in self-healing and inner growth sessions, she blessed me and said she will train me for the same (with her signature style of big smile and sparkling eyes ,hands on her heart, god bless you words blessings hands on my head)with the words of "there are many in need of your service and may you

be blessed with full strength to give the best of you" .This exactly happened near the stage but I don't remember when and how I reached back to my seat, and for few minutes I was not

able to handle myself (so I said when god really give us what we best deserved to be we may find it difficult to handle ourselves)

I apologise if it sounds wrong, but I am unable to hide my emotions and i feel they are right.....I will make my conscious spiritual efforts to meet my helping holy Angels one time in this life and ask for THREE special blessings

1. Please bless Masterji and Shammy master with immortal and eternal life
2. The breaths which are taught to hold for few counts are building my long life and please make those breaths worth enough to serve for the purpose of eternal life of Masterji and Shammy master
3. Give me all testing's, challenges and opportunities to sculpt myself to have a privilege to travel to the heaven with Shammy master once in this life time before I exit

Countless bow downs my dear God please be with me in my promises

[04/05, 11:36 am] Santhoshi: Athma Namaste to all ❤️,

The past two days of blessings have been truly divine, so serene, deeply uplifting, and spiritually enriching.

The intensity of the Heaven's Temple, blessings and the profound experience of receiving downloads touched the very core of our being, leaving us feeling immensely blessed and connected. The experience is so beautiful able to see it and feel it 🙏

Heartfelt gratitude to Mahantayya Sir and all the Mysore volunteers for their unconditional service and dedication. ❤️

A special thanks to the Doddaballapur volunteers for the beautiful flower decorations that elevated the entire space with such grace and vibrancy. Deep appreciation to every volunteer who worked tirelessly behind the scenes arranging chairs, managing covers, organizing seating, and ensuring everything flowed so smoothly and effortlessly. ❤️

Sincere thanks to the food committee for their wonderful support. The care, planning, and love with which everything was prepared and served made the entire experience comfortable and seamless for everyone present. ❤️

Gratitude to all the mentors for guiding their mentees with such patience and commitment, helping open their spiritual channels and enabling them to receive the blessings and downloads more deeply. ❤️

Thank you to all the healers for your constant presence, protection, and silent strength that held the space so beautifully throughout. ❤️

A special note of gratitude to Raja Sir, Deepthi, Yogesh, and Mahesh for their tireless efforts over the past two months meticulously managing attendance, coordinating lists, allocating seats, and providing continuous technical support. Your dedication and precision played a crucial role in making the entire event so well-organized and seamless. ❤️

Words truly fall short in expressing my heartfelt gratitude to Master Rohan and Shammy. Your unwavering support, unconditional love, and compassionate guidance continue to light our spiritual path. The blessings you bestow, the care you extend, and the strength you instil in us is beyond measure. You are a constant source of inspiration and grace in our spiritual journey.

With deepest gratitude and reverence....Athma Namaste ❤️

[02/05, 7:35 am] Dr Balaji MS: Asthma Namaste

Yesterday the whole day was superb. Thank you for your priceless blessings and opening my spiritual Channel.

Thank you for giving a path ahead to SCO. I am committed to the further journey and your guidance for business development blessings.

Thank you, Thank you, and Thank you !!

In Gratitude !!

Dr. Balaji

[02/05, 8:38 pm] Harini Shetty: Thank you very much Master for the unexplainable feelings by your great Blessings n Beloved Shammy Siri ma'am for your heart touching welcome. All the full day arrangements including food, pleasant services by all the dedicated mentors, seating arrangements number wise without confusion etc.

SCO opening experience was awesome. Thank you very much for all of you from the bottom of my heart.

Love you, Honour you n Countless bow downs to both of you Master n Ma'am.

[02/05, 9:54 pm] Vithal Salagere: Dear Master Ji and Shammy Madam,

I feel deeply grateful and blessed to have attended the self-healing session at Koppal. The experience has truly been life-changing.

Over the past two months, I have seen a remarkable transformation within myself. My stress levels have reduced, my approach towards life has become more positive and I now handle work pressures with greater ease and confidence. My self-belief has grown and I am able to face situations and people with clarity and courage.

Not only professionally, but even in my personal life, I feel a sense of happiness, peace and positivity. My relationships have improved and I have developed a genuine inclination to help others.

The Blessings Day was an unforgettable and elevating experience. The arrangements and hospitality were exceptional and the divine blessings we received will remain with me for forever.

With your guidance and blessings, I wish to continue this journey with UKT and lead my life on the right path.

Thank you sincerely for your teachings, time and unconditional blessings.

We are truly blessed to have you as our Gurus.

Regards,

Vithal Salagare

[03/05, 9:48 am] Uma Salimath : We are truly blessed and lucky to have such a great guru, guide without any back expectations.

Thank you, thank you, thank you.... Honour you, countless Bowdown.... And I wondered how Shammy mam removed one by one all the metals present on the dais. It increased me more belief and surrender to you... Thank you again

[03/05, 9:35 pm] Manjunath Devadhar: ATMA NAMASTE ,

THANK YOU VERY MUCH MASTERS AND TEAM
HOSPITALITY WAS VERY WODERFULL .
AND ENERGY TOOO
THANK YOU ,THANK YOU ,THANK YOU
BOW DOWN

[04/05, 6:53 am] Sanjay: Athma Namaste Masterji and Shammy Mam for blessing all of us and giving downloads, thank you for your humble dedication for humanity, for guiding us in right path, all the event went very smoothly and successful, we are truly blessed, countless bow downs countless bow downs countless bow downs, thanks you for all the healers, mentors, volunteers and all those who helped on blessing day to run successfully.



[04/05, 12:05 pm] Bhagya Vishwanath: Athma Namaste Shammy madam and Rohan sir and UKT family to All super souls 🍷 two days blessings and guidance to All super and beautiful energy this wonderful spiritual journey and Raja sir All headers All mentors and UKT family members thank you thank you thank so much Athma Namaste 🍷🍷

[04/05, 1:03 pm] Amitha H A: Athma Namaste Master, Shammy and to all the UKT family ☐

During these 3 months session every day was a new learning day and corrections and uplifting Thank you Master, Shammy and all the trainers for wonderful teachings and guidance which made us looking forward to the next teachings

The blessings day was special due to various reasons. The heavenly feeling of the heavens temple and energy felt was tremendous.

Thank you for all the blessings, downloads and mantras we received

Learnings were lots through teachings and through our attitude..

With Divine blessings

Got the opportunity to pay my gratitude with words to our beloved Respected Master and Shammy. For every support, teachings, guidance, correction when we make mistakes, giving their time, blessings, and for everything they have given us 🍷🍷

Gratitude

Thank you Mysore team for organising such wonderful 2 days program

Thank you all the mentors, Volunteers, trainers , healers , all the beautiful souls who were part of this blessings day .

[04/05, 1:50 pm] Sabitha Sreedhar: Athma Namaste, dear UKT family,

What a rather splendid two-day celebration it turned out to be—beginning on Thursday evening and unfolding with all the charm of a well-orchestrated festival. One could hardly ask for more.

My heartfelt gratitude to the heavens and the Divine Spirit for showering us with such generous and powerful blessings truly, they were in no mood for restraint.

And what does one say of Shammy and Master? Words feel somewhat inadequate, but gratitude and respectful salutations must suffice. Their presence in our lives is both a gift and a gentle nudge towards becoming better versions of ourselves always uplifting, encouraging, and guiding us with remarkable grace.

The venue itself had quite the celebratory air, and the evening preparations felt less like an event and more like an intimate family gathering. The lovingly served homemade snacks (which, I must confess, disappeared rather efficiently) and the cheerful volunteering created an atmosphere brimming with warmth, laughter, and camaraderie.

When Blessing Day arrived, Master and Shammy guided each attendee with such care and attentiveness as though no one could possibly be overlooked. There was a beautiful sense of harmony, with positivity reigning supreme and not a hint of chaos daring to intrude.

Of course, such seamless execution does not happen by chance. It was made possible by the selfless efforts of wonderful souls Raja Sir, Mahantayya, Deepti Madam, and the entire organising committee of the Mysore UKT family. One can only applaud their dedication .

A sincere thank you as well for the delightful Ilai Oota and the snacks over the two days—nourishment for both body and spirit, quite literally.

Above all, thank you for the blessings received, the guidance shared, and the mantras bestowed by Shammy and Master. These are treasures we carry forward with deep appreciation.

With gratitude and warm regards.

[04/05, 2:18 pm] Guru Hubli: Athma Namaste Masterji and Shammy Akka

Today, I took a beautiful step forward — I started learning and driving the car with confidence on the roads. This is not just a skill, but a blessing-filled experience that I truly feel from within.

With your divine guidance and blessings, fear is slowly turning into courage, and every small step feels like a big achievement. I humbly request everyone who has received these blessings to take action, move forward, and work towards success with faith and dedication.

Masterji and Akka, words feel so small to express my gratitude. Your presence in my life is like a constant light, guiding me towards growth and positivity. I feel deeply blessed and truly happy to be a part of the UKT family.

With a heart full of gratitude and joy...

Thank you so much
Athma Namaste

[04/05, 5:48 pm] Manjayya Shetty: ರೋಹನ್ ಗುರುಗಳು, ಶಮ್ಮಿ ಮೇಡಂ ಹಾಗೂ ಯು ಕೆ ಟಿ ತಂಡದ ಎಲ್ಲಾ ಸದಸ್ಯರಿಗೂ ನನ್ನ ಪ್ರೀತಿಯ ವಂದನೆಗಳು.

ಆಶೀರ್ವಾದದ ಆ ಎರಡು ದಿನಗಳು ನೀವೆಲ್ಲ ತೋರಿದ ಪ್ರೀತಿ ನನ್ನ ಹಾಗೂ ಗೌರವಕ್ಕೆ ನಾನು ಚಿರಋಣಿ.ಗುರುಗಳು ನೀಡಿದ ಆಶೀರ್ವಾದಕ್ಕೆ ಅನಂತ ಅನಂತ ಪ್ರಣಾಮಗಳು 🙏,ಪೆಂಡ್ಯುಲಮ್ ರಿಸೆಟ್,, ಇದನ್ನು ಜೋಪಾನವಾಗಿ ಧಕ್ಕೆ ಬರದಂತೆ ಉಪಯೋಗಿಸುತ್ತೇನೆ ,ನೋಡಿಕೊಳ್ಳುತ್ತೇನೆ.ಇಂಗ್ಲೀಷ್ ಭಾಷೆಯಲ್ಲಿ ಮಾತು,ಬರಹ ಓದು, ಚಿತ್ರಕಲೆ ಇವುಗಳನ್ನು ಆಕ್ಸಿವೇಟರ್ ಮಾಡಿ ಅಭ್ಯಾಸ ಮಾಡುತ್ತೇನೆ.ಮತ್ತೊಮ್ಮೆ ಜನರ ಸೇವೆ ಮಾಡುವ ಅವಕಾಶ ಕಲ್ಪಿಸಿದ್ದಕ್ಕಾಗಿ ಗುರುಗಳಿಗೆ, ಶಮ್ಮಿ ಮೇಡಂ ರವರಿಗೆ ಅನಂತ ವಂದನೆಗಳು.

[04/05, 12:52 pm] Bhagya T O: Atma Namaste Masterji 🙏🙏 and Shammy madam 🙏🙏 for blessing and giving downloads. and we are blessed.The blessing day was so beautiful and good thank you for your guidance and support to move in right path in our life. Thank you all the mentors, healers, and volenteers and who helped on that day. Thank you once again. Countless bowdown Countless bowdown 🙏🙏

[04/05, 7:49 pm] Anitha : Athma namaste 🙏
Master and shammy madam for blessings and giving downloads, thank you for all the mentors, healers and volenters.....
Once again
"Thank you for making me who i am"..

[04/05, 7:56 pm]: Roopashri Athma Namaste master Rohan and Shammy madam.

It was a great day as we received the most precious gift of our life on this earth that is spiritual channel being opened.

Countless gratitude and bowdowns for this unconditional blessings. Thank you for the entire team 🙏🙏🙏

[04/05, 9:53 pm] Gururaj P: ನಮ್ಮನ್ನು ಆತ್ಮೀಯತೆಯಿಂದ ಸನ್ಮಾರ್ಗದಲ್ಲಿ ಮುನ್ನಡೆಸುತ್ತಿರುವ ರೋಹನ್ ಮಾಸ್ಟರ್, ಶಮ್ಮಿ ಮೇಡಂ ಹಾಗೂ ಎಲ್ಲಾ ಹಿಲರ್ಸ್‌ಗಳಿಗೂ ಆತ್ಮಪೂರ್ವಕ ಧನ್ಯವಾದಗಳು 🙏🙏

[05/05, 11:02 am] Sandhya Kokare: Atma Namaste Masterji 🙏🙏

Atma Namaste shammy Madam 🙏🙏

This blessings Day was wonderful...

When I attended 16th batch the first time it was all new from me... I learnt many things in 16th batch...

Next I attended the 17th batch... When I attended the 17 batch I understood and I learnt many things.... Most importantly I learnt how to be peaceful in my life ,learnt to be calm and started thinking positive ... Every class I learnt something new.. and gained so much knowledge..

UKT changed my life... And I learnt about four pillars in my life... And what is important is that the four pillar taught me UKT..

And most importantly I learnt English a little bit...

But all of this happened because all UKT members worked hard....

So I heartily Thanks to Masterji And Shammy Madam

Thank you Masterji

Thank you shammy Madam

Next I want to Thank Ashwini Madam for always supporting and guiding me.. Thank you Ashwini Madam

Thanks to My mentor Deepti madam for always guiding me the right way...

Thank you Deepti Madam

Thank you all UKT members

Thank you one and all 🙏🙏

[05/05, 11:42 am] Savitha Naik: ಅತ್ಮ ನಮಸ್ತೆ ಅಕ್ಕ ಮತ್ತು ಮಾಸ್ಟರ್ ಜಿ

ನನಗೆ ಆಧ್ಯಾತ್ಮಿಕ ಜೀವನಕ್ಕೆ ದಾರಿತೋರಿಸಿದ್ದಕ್ಕೆ

ನಾನು ukt ಸೇರಿದ ಮೇಲೆ ನಾನು ಬಹಳ ಬದಲಾವಣೆಗಳನ್ನು ಕಂಡಿದ್ದೇನೆ

ನನ್ನ ಮೊದಲ blessing Day ಬಹಳ ಒಳ್ಳೆಯ ಅನುಭವ ಕೊಟ್ಟಿತ್ತು .

ನನ್ನನು ukt ಗೆ ಪರಿಚಯಿಸಿದ ನಮ್ಮ ಅಶ್ವಿನಿ ಅಕ್ಕಾ

ಮಮತಾ ಅಕ್ಕಾ

ಜಗದೀಶ್ ಅಣ್ಣಾ

ನಮ್ಮ Husband ಇವರಿಗೆ ತುಂಬ ತುಂಬ ಧನ್ಯವಾದಗಳು. 🙏🙏

[04/05, 11:11 pm] Laitha Tq shammy akka and masterji for your unconditional service and fully dedicated life leading for all the human beings and non-human beings of lives and helping to creating unity and harmony, need for all living and lives.thank you for helping us in having an healthy relationship with all lives and guiding us everyday in the right direction. You are our guiding light on our journey of inner growth and building our good karma in our life.thank you for all your blessings.thank you thank you thank you , countless bowdown countless bowdowns countless bowdowns.

[04/05, 11:27 pm] Sarva Mangala: Athma namaste Shammy madam and Rohan sir and all UKT family. The two days blessings and guidance to all was superb and energetic, this is a wonderful spiritual journey. and Full Moon meditation was amazing, thank you very much Guruji 🙏🙏🙏🙏

[04/05,] Chandana Hallikere Srinivas:

😊 Thank u master and shammi akka for all the love, care and teachings you bestow on us to drive us in a beautiful, meaningful right path for the humans to take, through spirituality for wellness of planet and its beings. I am making myself through this path little by little and live a meaningful life before I exit from this earth. I would like to be a good example for my kids as well, how to lead a gift of life from God through guidance of angels, positivity, empathy and selflessness.

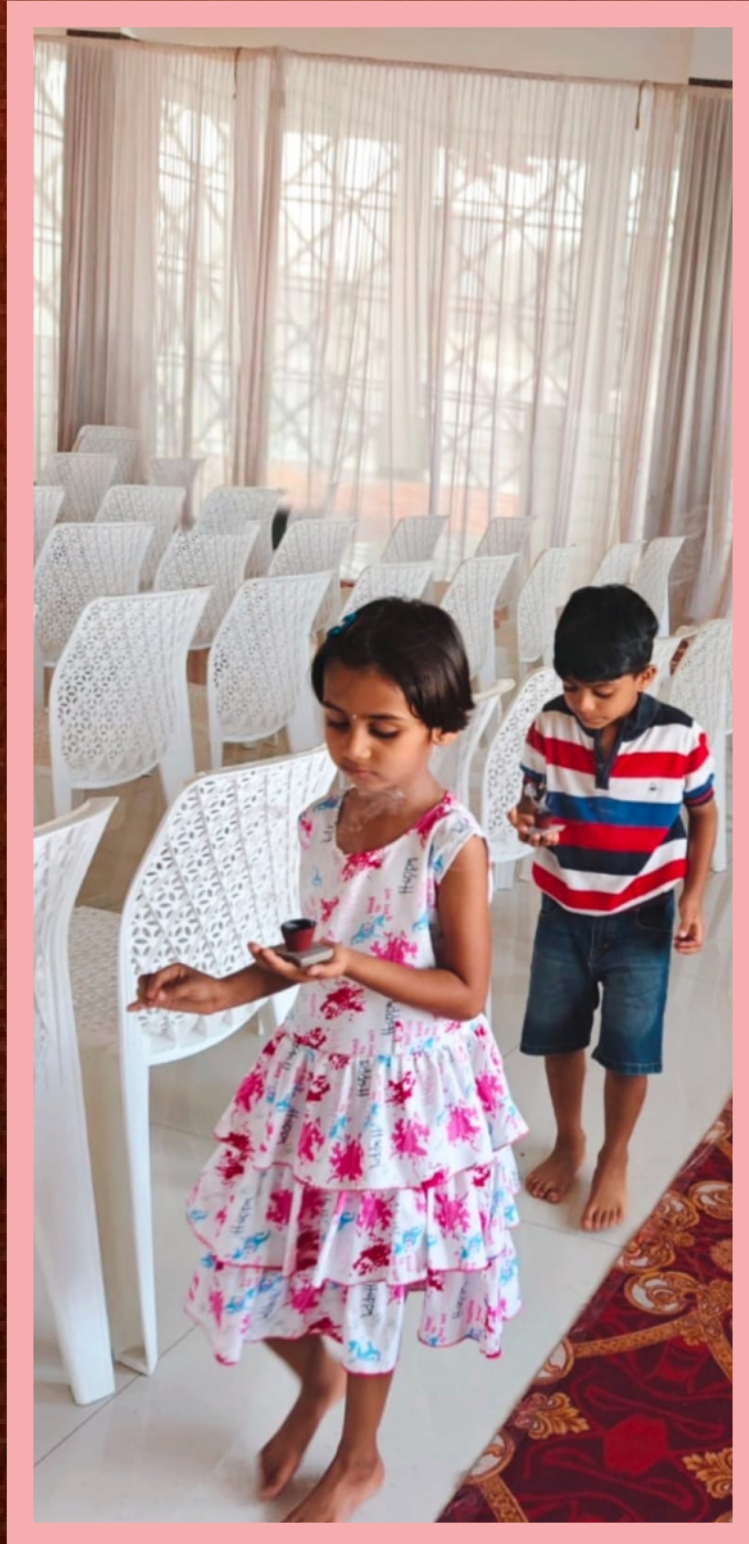
Thank u both from the core of my feelings and opinion towards UKT.

Blessings day was amazing and with lots of gratitude I thank you both for granting me two wishes and make useful of them to the fullest.

I got to know how much depth UKT is holding through mentors and the levels of crossing to attain the highest levels to spirituality and heaven's. Unbelievably overwhelmed for two days by knowing and seeing your expertises.

Thank u both, I bow down to your knowledge and selflessness service. It's been 3 days of blessings day, still am in the thoughts what am I, how to improve living, what is my strength, can I achieve or not, but I wil try step by step slowly if not start again n again without giving up to lead a wonderful life on the base of UKT teachings. 🌸🌸🌸

Thank you.



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