



Akram Vignan ACADEMY

Online Study Procedure



Practical Tips

1. Start the Academy with **the intention to understand the science with clarity** and find the solutions for your spiritual progress and relative life. Ask Dadashri for the strength for it.
2. **Start the day with the Trimantra**, because this prayer is very effective in dissolving obstacles. You will find the text at the beginning of each book.
3. After you have opened the email of each module, use the offers by clicking on all the links. Watch the videos, listen to the audios, read the texts, be playful with the self-experiments. **Follow the plan we send you as PDF.**
4. Choose from the rich offer what you like and what is good for you. There are no expectations on our part what you should achieve. **You feel for yourself what you need** and also what you can and want to spend time on.
5. **Define a goal for yourself and keep your intention high** that you want to reach this goal. Ask Dadashri for energy and support at any time. Sounds simple, but is very helpful! This is a valuable tip.
6. We want to inspire you to the **Live Webinars and Satsangs**, because they are very efficient & supporting. Besides the answers from the Gnani, you will also have the opportunity to listen to the experienced Mahatmas, and get valuable tips.
7. We cannot say this often enough and repeat: "Akram Vignan is extraordinary. **This science is a path of understanding**, not of action. We learn to unlearn 'doing' again. It is a path of grace.
8. If you have questions, write them down so that you can get answers. **Ask Dadashri after the writing down for support to get the answers.** Sometimes this is done through videos, reading, website or you ask the questions in Satsang.
9. We have set up an additional **chat through the Messenger App 'Telegram'**. If you like, you can download the app and take the link from the email to sign up on the CHANNEL. This tool helps us to share valuable information quickly.
10. Trust that your soul and good karma have led you to this unique science. You have wandered around countless lives not knowing who YOU really are. **Now enjoy this HERE and NOW, without stress and impatience, enjoy the coming circumstances with joy.** We are humbly grateful to accompany you on this journey.