



the bhakta school of transformation

DEVOTED TO LASTING INNER PEACE

THE BHAKTA SCHOOL OF TRANSFORMATION, INC.
Non-profit 501 (C)(3) Charitable Organization
Formed in the Commonwealth of Pennsylvania

Who We Are

The Bhakta School of Transformation, Inc. is a 501 (c)(3) public charity, based in Erie, PA, that has been offering programs that integrate well-being in four, vital areas:

- The Physical Body
- The Emotions
- Your Mental state
- Spiritual Power

These four represent our Total Well-Being curriculum that has been offered since 2007. Our programs take place in Erie, PA, Pittsburgh, PA and the greater Youngstown, Ohio area. We are an all-volunteer organization. This curriculum is offered as a humanitarian outreach that supports our vision for serving the needs of the Erie county community and beyond. We offer a variety of events and courses. Our success is based on our commitment to transform lives by raising the individual and collective awareness and holistic experience of people of all cultures and races. We are organized exclusively for charitable purposes to cultivate whole life transformation through our Total Well-Being Curriculum, in order to uplift humanity by improving the quality of one's daily life.

We are an all-volunteer organization.

Statistics Prove Effectiveness of Bhakta School Approach

In blind surveys and case studies conducted over the last 3.5 years in Northwest PA, our program offering has been proved to deliver results beyond the expectations of our students. Our *Total Well-Being Events* combine the power of Kirtan with our proprietary *Witness Consciousness Centering* methods for making the restless mind quiet in under 3 minutes!

Vital Statistics

For every *Total Well-Being Event*, when surveyed at the end of the event, participants are asked, "Do you feel more calm and at peace, with a quieter mind now, as compared to when you first came in the door?" 100% of those surveyed answered YES.

For these same events, in blind surveys, 2 out of every 3 people report that:

- While being led in the Witness Consciousness Centering methods, they experienced a profound sense of Peace and a silent mind in under 3 minutes.
- As a result of their attendance at these events, they experience that they are more confident that they can access the inner strength necessary to take on life's challenges.
- Their sense of content and happiness increased in the 90-minutes that they attended the event.
- They experienced a state that they recognized to be beyond the mind, the senses and the emotions.
- The Kirtan opened their hearts and freed them from contracting emotions and restless thoughts.



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LIVE YOUR BEST LIFE NOW!

Mission Statement and Purpose

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Our Target Audience

Total Well-Being programs are led by trained, certified program leaders, teachers and local health and healing practitioners. Program leaders are staff teachers who dedicate themselves to invoking tangible transformation in themselves and others. Our program leaders are full-time volunteers who undergo intensive training over a period of years, in order to preserve the authenticity of our offering.

These events are attended by people of all ages, from all walks of life.

Reported Benefits of Our Total Well-Being Curriculum

- Peace of Mind and Fearlessness.
- Happiness.
- The inner strength necessary to take on life's challenges.
- Relief from chronic illnesses.
- Relief from symptoms of Trauma and PTSD.
- Reduced stress.
- Sharper mental capacity and clearer decision-making.
- A Map for healthy living and well-being.
- Life-changing skills.
- Steps to transforming your thinking and behavior to live your best life now.
- Practical wisdom and experience for taking on life's challenges.



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Live Your Best Life Now!

Programs for Organizations and Institutions serving youth, seniors and veterans are offered in the following ways:

We are seeking to collaborate with organizations in the region that serve the youth population, seniors and veterans. Programs for Organizations and Institutions serving youth, seniors and veterans are offered in the following ways:

1. Introduction To Total Well-Being! – A 1-hour introduction to the methods and benefits provided in our Total Well-Being curriculum. In the four areas of

- The Physical Body
- The Emotions
- Your Mental state
- Spiritual Power

2. Any of our programs offered to the public can also be tailored to your organization's environment for clients and staff. These occur through a tailored series of programs of 4-8 hours in length, offered at your location.

These programs are offered by proposal, after meetings with your staff for us to understand your needs. These programs can be tailored to the following environments:

- Organizations serving Seniors
- Organizations serving Children and Youth under the age of 18
- Disadvantaged youth
- Veterans
- Mental Health Clients
- Hospice Care
- Cancer patients
- PTSD patients
- Other trauma and abuse patients

SEE THE WEB LINKS ON THE NEXT PAGE FOR MORE INFORMATION AT OUR WEB SITE.

Learn More About Our Offering For Organizations That Serve Youth, Seniors and Veterans
<https://bhaktaschool.org/for-organizations-institutions/for-youth-seniors-and-veterans/>

More About Us
<https://bhaktaschool.org/about-us/board-of-directors-staff/>