

# NATURAL HEALTH & HEALING

YOGA, MEDITATION, NATURE CURE,  
ACUPRESSURE & HOMEOPATHY



KAMAL K ANAND







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ॐ, MAY ALL BE HAPPY, MAY ALL BE HEALTHY, FREE  
FROM ILLNESS AND DISABILITIES; MAY ALL BE  
PEACEFUL; MAY ALL SEE GOOD IN EVERYTHING  
AND EVERYONE, MAY ALL WISH FOR THE GOOD OF  
EVERYONE, MAY NOBODY COME TO GRIEF & MAY NO  
ONE SUFFERS IN ANY WAY !

ॐ SHAANTHI, SHAANTHI, SHAANTHI !





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This book NATURAL HEALTH AND HEALING is dedicated to those selfless people who contributed towards making this book. This book will have a strong influence on your thinking, make the deepest impression on you, and perhaps be responsible to changing your attitude towards life and lifestyle.

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Hari Aum





## Public Health In The 21<sup>st</sup> Century

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Your body is a gift from God to live in this world, ideally for a hundred years or even longer. A pure body and good health are the stepping stones to an ideal life. Today, in this modern age, despite so much knowledge on Health in various media, i.e., Internet, TV, Books and Magazines, we have observed that people are neither physically healthy nor mentally and emotionally healthy because we are only talking about and discussing the problems rather than concentrating on solutions. Hospitals are increasing in numbers every day. We in India, the land of Kundalini Yoga, Naturopathy and Acupressure which have been in our lifestyle from ancient times, have something practical to share with the world for a good and healthy life. A Natural Vedic way of Living, Yoga and Spirituality has attracted many people towards India throughout the world since ancient times. Vedic Rishis, Yogic Gurus and Saints of India have given their stunning contribution to mankind.

People throughout the world are dying due to various diseases at a very early age. Even CEOs of large corporations are stressed and depressed and are committing suicide. We find people are helpless at the hands of Disease, Stress and Death. We feel that much of the suffering is unnecessary, much of which is inflicted by ourselves as we do not practice self control. This book is an effort to share my knowledge based on years of personal research, discussions with various experts and Pure Souls with their experiences and my 18 years experience in Yoga, Meditation, Ayurveda, Nature Cure, Homeopathy, Acupressure, and Faith alongside Modern Sciences of Allopathy. Study and the experiences has made me now aware



of most of the mistakes I have made in my life thus far, and it is my wish that others, specially the Children and Youths may learn from my mistakes (which have proven to be a blessing for me and will be useful to others as it will be less painful for others) to live a pain free life. When you learn from the mistakes of others, it is less painful as you are neither physically or emotionally involved. This book has reference to several literatures ranging from ancient Hindu Literature to Modern Science. To keep the body in good health and the mind calm and peaceful is our prime duty...otherwise we won't be able to keep our mind strong for clear vision.

Nowadays, People are more concerned with the breed of the dog they have or the quality of their mobile phones. People want best cars and want good roads, better drainage system, and best houses and are desirous of accumulating wealth, which they must have but who will look after your health. Your health is the most important and it is imperative that you take care of your health and happiness first. Look after yourself, physically, mentally, emotionally and spiritually. That should be your prime importance.

MONEY IS LOST – NOTHING IS LOST, HEALTH IS LOST – SOMETHING IS LOST, CHARACTER IS LOST – EVERYTHING IS LOST.

Allopathic medicine treats the disease, i.e. Physicians treat the body – Psychiatrists treat the mind to some extent but not the cause - while Yoga, Ayurveda, Acupressure and Homeopathy medicine treats the whole person, i.e. Body, Mind and Soul. These therapies are based on five element theories of Air, Water, Fire, Earth, and Ether. Whenever a person manifests pain, we use Yoga, Acupressure and other remedies to block the source of pain by revitalizing the internal strength of the body. Yoga and Acupressure not only releases physical pain but also touch the emotional and Spiritual aspects.

This book on '*NATURAL HEALTH & HEALING*' will be extremely useful for those fortunate people who have been blessed by God, Parents and

Elders and have accumulated Good Karmic Rewards in this life and in more than one previous incarnation by serving people without any ulterior motive and living life full of honesty and purity, having an attitude of gratitude towards God, Parents, Gurus, Saints, People with wisdom and others. One may acquire this book but only the extremely fortunate will read it thoroughly and benefit from it by practicing daily for a Healthier and more Peaceful Life. Time is flying never to return, so start today. Few may however will not believe but criticize the book. It is possible that they are under some kind of curse or have some karmic balancing that needs to be done. Neutral Persons will be at a great advantage.

First thing to know is how to take care of yourself, heal yourself and take your health into your own hands without medication and its side effects. Human beings must learn to heal themselves and then Heal Others. If you can heal yourself, you can heal others. This book covers three important aspects: HEALTH PROTECTION; DISEASE PREVENTION AND HEALTH PROMOTION. Not only do we have to make the present environment healthy but we will have to also do it for future generations.

This book is about Natural Laws. Entire Nature works entirely in accordance with certain Natural laws and principles. Humans and Nature are interrelated. Humans, as part of Nature, rely on Nature which supplies essential conditions such as Sunshine, Air & Water for survival. Changes in Nature, such as, the weather during the four seasons, day and night, location, environment & so on exert a direct or indirect influence on humans. We must therefore have the ability to adapt to these changes using our internal strength gained by practicing Yoga, Meditation, and using Herbs, Homeopathy & Acupressure. Initially, you may feel uncomfortable with the Yogic Exercises and painful Acupressure Therapy, but your learning will be an experience and will become easy once it becomes part of your daily routine and will activate self- healing powers in your body. You will be rewarded with a face brimming with the vigor of youth and a healthy body. So start learning what causes wellness. Living naturally will

give you a good quality of life, a longer life and a pain free life. When you look deep into Nature, you will understand everything better. Looking inwards gives innovation and inspiration.

Nature cares nothing about our logic, it has its own. People must be the master and should have the power to build their own destiny. It is your state of mind which can help you create physical resistance to illness. Nature's laws are formidable, unforgiving, ruthless, just, and impartial. Doctors and scientists find cures of one disease and Nature gives another one which is more dreadful.

When you're trying to help others, your own body resistance grows stronger. This is why although Doctors are constantly exposed to germs of highly contagious diseases, they don't catch the disease or fall ill. Your health, happiness and peace are a direct result of your thoughts and actions according to the choices you have made in your life. The good you have thought of others, what good you have done for others or have acted in the welfare of others without any ulterior motive. What you sow, you will reap. To feel good or to be healthy, happy and peaceful, you must behave in a good manner and by making others healthy, happy and peaceful and act for the welfare of many. It will come back to you manifold but your focus should not be on the returns. A negative mind materializes germs, causing them to manifest. A positive mind causes germs in the body to be virulent or impotent and harmless. If you want to remain healthy, happy and peaceful and find this book useful, give a copy of this book to others and pray that they practice according to what is written in this book.

The best support you can give to anyone you love is your wellness. When you are healthy, joyful, fun, and happy, you are the greatest gift to everyone around you. That's when you inspire wellness, joy, and fun within them. When you take care of yourself, you are in a much better position to take care of others. Your tiredness, sickness, and inability to look after yourself does not support or help anyone. Your loved ones don't want to be the cause

of your unhappiness or exhaustion. They want to be the cause of your joy and wellness. Support others by thriving. Lift others by lifting yourself.

Illness and accident can happen anytime. Accidents and diseases require you to know your body and about life. Traumatic experiences change your entire perception regarding life. Many patients think that their disease is chronic so can't be cured. But the fact is expert healers who have mastered the art of healing and curing can cure any disease through reviving Pran or Qi or the Life Force.

Today, people become hypnotised being around sickness so much, they subconsciously begin to think of disease as normal and expected. Every physical illness, without a single exception, is the result of certain mental and emotional attitudes. There's a connection between health and expressing feelings. Emotional seeding that causes Arthritis is resentment, it can be resentment towards someone else's success, bitterness and frustration held inside, controlled – and not allowed to express it outwardly. Resentment is a burden. Give up your bad mental habits that you carry around with you for others if you wish to remain healthy and happy. When you talk ill of others and keep criticising others, the negative side of polarity increases making you vulnerable to diseases of the heart, cancer and accidents. Be honest & spend time on Meditation and Yoga, Listen to Satsang/Discourses of Brahmajnani saints or like in western countries – Go to counsellors or psychologists or get a punch bag or listen to inspiring talks, Take up a sport or a hobby.

Science has given us Power and Knowledge. But we see in the world that besides power and knowledge, it has created more vacuum internally. Our senses are teased by the allures of the materialistic world causing suffering and sorrow. People are competing with each other for ego and not for survival. People in each and every country is competing for their own benefits and culture and forgetting that this whole world is nothing but a global village where we have to exist together. People are working beyond the limits of normal strength resulting in crisis within. The stress of daily



life has become a standard disease of the world and we are suffering from psychic disorders. The main reasons are: (i) Physical Stress, (ii) Emotional Stress and (iii) Mental Stress. These are the prime reasons for depression, anxiety and suicide.

Observe yourself, practice awareness in order to gain understanding of yourself. Wrong actions, conduct, jealousy, hatred, criticising others for no reason or spreading unbelievable rumours without proof must be discarded. When you see and forgive your own failings, you must be ready to forgive the failings of others and have more understanding for everyone around you. Don't sit on the chair of the judge or have perception based on what you think.

We know that life is very dynamic and doesn't conform to rigidity or to the desire for remaining static, as humans wish it to be, especially when it is progressing. In this progressive and dynamic world we don't claim to remove all suffering or cure everyone, as there are certain Karmic influences, due to which a person has to go through several sufferings to balance his Karma. But let us assure you that the ancient system of self-preventive treatment through your spirit of Sewa(service) and science of Yoga, Meditation, Ayurveda, Homeopathy and Acupressure will continue to contribute greatly to the overall health and well being of humans now and in the future and even break the cycle of your Karmic influences. The other main Natural Treatments are Pranayam (Air), Morning Sun Rays, Aromatherapy, Magnetic Therapy, Ayurvedic Massage Therapy, Pachkarma, Music Therapy (many people are discovering the benefits of music therapy and that's the reason, people in India are very healthy due to Bhakti Sangeet and traditional music) Reiki, Chanting of Mantras and Celibacy. This will help you have balanced Qi, Praan Shakti, Life Force, Jeevani Shakti, Mantra Shakti and Godly Powers. Our book will help you to strengthen yourself so that you live a healthier and stronger life by increasing your Life Force.

We have seen lots of patients give up hope and try many different therapies before finally going to Yoga, Meditation, Ayurveda, Panchkarma, Acupressure etc as the last resort. Several people have benefitted even though they adopt it as a last resort. How much better would it be if they had started at the initial stages and when they were healthy enough to build immunity? A good healer, the most skilled, most venerable, and most respected physician is one who can keep his patients so healthy that they never manifest any form of sickness in the first place. Doctors and Patients should take equal responsibility for good health.

There are those who are good healing doctors or few people who may not be doctors but with their Healing Hands, strong healing magnetism and unique charisma, make the patient feel that whatever might be the problem, it isn't all that serious, and even if it is, it is most certainly curable and reversible. Faith is the most powerful medicine. When the mind and body believe that the treatment is good for them, there is a placebo effect. Dr. Herbert Benson says that placebo effect works in more than 70% cases. So it is the human mind and life force present in the body that actually cures the disease, neither high tech medicine nor herb. Placebo is not psychological it is also biological. Placebo effect and faith are extraordinarily powerful.

There are several therapies which are not scientifically proven but they work partly due to the placebo effect or faith or it is based on theory of Life Force. Many of the scientifically proven therapies fail due to nocebo effect and also when the root cause is beyond their aetiology.

Some children and youths have the habit of continuously arguing with their parents, teachers and those with wisdom thereby earn bad karmic rewards for themselves. It is suggested they must not argue as those older people with wisdom have more experience than you on these matters and they are your true well-wishers, instead of internet, google, facebook, Youtube, twitter etc where most of information (right or wrong) is available free. The brains of the children may not be fully developed to process

information or take the benefit of the right information. Google, facebook, twitter, youtube has become Guru's in today's world. Results are visible everywhere in the world and people have started talking about controls on the internet. Children or anyone who obeys parents, teachers, well-wishers and Gurus get their blessings so they will be protected by God's law. In India so many take the blessing of their parents, elders, Teachers, Mentors, Gurus in the morning either immediately after rising or whilst going to their places of work. These blessings protect you. If you feed the cow or just massage the back of the cow with affection, this itself can cure so many diseases (specially prevent you from Heart Attacks, but those who eat beef (Cows meat) will earn so many negative karmic afflictions causing diseases and accidents which may not be curable in this life and next births too.)

Fact regarding mental and emotional problems can be a warning of physical ailments. Whenever a person is acting in a disturbed manner, it doesn't necessarily mean that he is depressed or having mental or psychiatric problems – the person could be suffering from one or more of a vast array of physical ailments. Yoga, Meditation and Acupressure will play a greater role in developing your immunity to fight these diseases.

Current Psychological science deals with only watching the behaviours of people who are depressed. They watch the mental process and constitution of brain waves and the workings of the mind. While Vedic (Indian) Psychological science deals with effects of food on body and the mind, control of sense organs, position of Kundalini and converting sexual energy into strength by which the person having gained strength will then lead positive life and can face anything (adverse circumstances). Due to lack of Kundalini Awakening people do bad things as they are not in higher planes of consciousness. Kundalini Awakening by Shaktipaat by Sadguru is not possible without practice of Brahmacharya (Celibacy).

Due to lack of knowledge and practice of Kundalini Yoga, the glandular activity of most humans is defective due to the wrong diet, alcohol, narcotic drugs and few medicines; these are few of the main reasons why people are

losing their moral character. Proper functioning of the Glands is very important. We need to control the over activity or under activity. If the glands of our body are impaired or defective – people behave in a beastly and animal way. If the liver of the body is not functioning properly then a person becomes depressed, ill-natured, badly behaved and peevish. If the sex gland is over active or under active, man becomes passionate and selfish. If the thymus gland is abnormal, a person will have a tendency to become a thief, a dacoit or even a murderer. If the pituitary gland is not active or not functioning properly, man becomes mischievous, petty minded a black marketer and habitual bribe taker. So if you wish to become the master of your mind then you must make sure that you and your children must learn Kundalini Yoga, Meditation, Pranayam and Acupressure to correct glandular functioning. With the help of Kundalini Yoga/Hatha Yoga anyone can be reformed or change the negative character or refine the human nature. A brute can also be transformed. History is full of people who have been transformed. These people have been responsible for positive changes in the world and make this planet a better place to live.

This book aims to be very useful, comprehensive and practical for those fortunate people for their general health and cure by integration of different therapies. Combining an orderly, regulated way of life will help you to become stronger, pleasant and useful to yourself, your family, your nearest and dearest and for the whole of society and the entire world as a whole. Our idea is to give you strength so that you can shape your destiny according to your wish. Practicing this book will give you enough knowledge to make you joyful and powerful, which will help you to help others and make this world a better place to live. If you like the book, then practice it yourself to heal yourself and then share it with others or give as a gift to your near and dear ones so that they can also remove diseases from their life naturally and live a Healthy, Joyful and Peaceful life. Giving this book as a gift will earn you good karmic rewards resulting in happiness in your life. This book will be useful for all age groups. We are sure this book



will be a great boon to humanity and in Nation Building. This book will help you understand and uphold the values of Indian Culture as India is the most blessed society in the world.

### **“TREATING BABIES”:**

Every one finds it difficult to administer medicine to a new born baby or ask him to do Yoga until the age of three or more years. So the traditional Massage with oil, Ayurvedic Massage, Acupressure Massage Therapy and Sunbathing has remarkable advantages and cure several diseases affecting babies. Pediatric Acupressure Therapy, Traditional Massage and Traditional Panchkarma therapy with its long history plays a unique role in Home remedies and to make babies to have a good physique, have a good health and gain height naturally.”

Yogic Exercise, Ayurveda and Acupressure are the best Natural Cure for Humanity. The practice of simple Yogic Exercises, together with a balanced diet, Celibacy (Brahmacharya) and self curative benefits of Acupressure will ensure good health and give the practitioner youthful energy throughout his entire life of 100 years and more. Don't miss the opportunity given to you by God for a Healthy and Godly Life.

Let, today be the hallmark of your new life & the changing point. As soon as you finish this book, we request that you practice and experience yourself & uphold the values of Indian Culture which you have learnt from this book. This book is God's divine song for the benefit of Humanity and for the Good health of everyone on this planet.



## Causes Of Several Diseases

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- 1. External Reasons**
- 2. Excess Heat**
- 3. Excess cold**
- 4. Excess Humidity**
- 5. Excess Dryness**
- 6. Oppressive heat of summer**
- 7. Inner Reasons**
- 8. Joy**
- 9. Anger**
- 10. Sadness**
- 11. Fear**
- 12. Fright**
- 13. Grief**
- 14. Neutral Reasons**
- 15. Wrong Diet**
- 16. Stress, Physical, Mental and Emotional**
- 17. Excess Sexual Activity**

Although we endeavour to do everything necessary to heal ourselves and others who are sick or injured, we cannot forget certain laws of Karma. It is possible that due to some karmic destiny, it needs to be either balanced by suffering or some lessons need to be learnt so that you can heal others. Healing is not a hit and miss affair, even though to human perception it may seem so.

Most healers will find that not everyone benefits, even from the best doctors for unknown reasons. A person may not believe in Yoga, Meditation, Ayurveda, Acupressure or Homeopathy Medicine but it is also possible that he could be healed faster than a person who does believe in these therapies. It is important for the patient to have trust in Doctor or Healer. The receptivity of the person to be healed is equally important.



## Principles For Good Health

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### **GOOD SLEEP :**

Early to bed, early to rise make a person Healthy, Wealthy and Wise. But the pressure of modern living makes it difficult to follow the sound advice of Gurus, Vedic Rishis & Scholars (men of wisdom). It is always good to get up early in the morning and enjoy Clean Air and Sun Rays for Natural Vitamin D.

Sufficient sleep is essential to recovery from fatigue and stress. When people are awake more and do not sleep as per the Organ Clock theory, their organs continue to function, and the muscles preserve a state of tension.

In Yogic, Hindu Vedic way of Life, it is said that best time to sleep is around 9.00 p.m. because one must be in deep sleep by 11.00 p.m. as new healthy cells are created between 11.00 p.m. to 1.00 a.m. according to the Natural Organ Clock theory. A person who sleeps for 4 hours is a Yogi, Who practices Yoga & Meditation; people who work hard, do laborious work or have stressful work during the day and who do office work should sleep for six hours for a healthy life. People who sleep for 8 hours will lack immunity. (Only the sick and the elderly and children can sleep for more than 8 hours)

If one sleeps between 9.00 pm to 3.00 a.m., one gets the benefit of two hours for one hour. Sleeping between 3.00 a.m. to 6.00 a.m. gives the benefit of one hour for an hour. If one gets lazy and sleeps after sunrise then one gets even more lazier by the same number of many hours. Sleeping



during the day will make the person unhealthy and always have feeling of depression, except for children, old and sick people.

You should sleep on the left side. Your head should either be towards the east or south and should never be towards the west or north.

People with the habit of drinking or overindulgence in alcohol result in a sleeping state that is only half sleep and half intoxication. This causes a hangover in the morning. Do not consume Alcohol or Narcotic Drugs. They delay reaction time, impair judgment and reduce co-ordination. Both are responsible for Brain Haemorrhage, Heart Attacks, Cancer in the Eyes not only in your life but the life of your children up to seventh generation. If you are addicted to alcohol, smoking or narcotic drugs, you are wasting your time which could be used for more interesting things in Life.

Never sleep with the thought that you are tired or that something will make you look older, you will dream. Why worry about things which are not in your control. Dreams don't allow you to go into a deep sleep state which is a less desirable stage. Sometimes if you wake up at night and unable to sleep, start Meditation, this will give you rest and you will not feel tired throughout the day. Keep your conscience clear.

A person who has sound sleep is blessed as the organs and cerebral nerves rest. In deep sleep muscles are relaxed which enables the body to remain healthy and happy. For a very energetic and dynamic life, one needs fresh air and sun rays in the morning, a balanced diet, deep sleep, Yoga, Meditation and some Acupressure Massage.

### **PROPER ELIMINATION:**

The germs of disease accumulate in unclean bowels whose functions are irregular. Proper elimination of bowels is very important before treating patients with Ayurveda & Acupressure. Unclean bowels (Constipation) are the breeding ground of all diseases. Normally one must have a bowel movement immediately the person wakes up in morning or within 5-10

minutes of waking up. This means that the person is eating a balanced diet as per natural organ clock and is healthy.

If this is not so then it means the person has indigestion or there is some problem in the stomach due to consumption of difficult to digest foods or not eating as per the natural organ clock. This can cause indigestion or diarrhoea. Yogic Bastikriya, Vajra-aasan, kapaalbhaati and 5 gms of triphala every day in the morning will eliminate the bowels harmlessly, perfectly and easily.

### **SUNBATHING:**

Vitamin D deficiency can be one of the most dangerous silent epidemics of our time and could be a silent killer. In India sunbathing everyday was and is still practiced. It is said that Rome did not have doctors for almost 12 years, only Sun therapy. Sun therapy is practiced throughout globe. You can see on seashores, beaches and rivers, people enjoying and taking the benefit of sunbath. In India, even the clothes worn were conducive to get the benefits of Sun. Sunlight is extremely vital for good health, growth and maintenance of teeth, growth of hair on head, improving efficiency of Kidneys.

Vitamin D is essential during pregnancy as it supports healthy pregnancy as adequate blood levels of Vitamin D have been linked to lower premature labor and overall complication risk and deficiency of required vitamins. Chronic Low level of Vitamin D during pregnancy can lead to increased risk of cesarean, preeclampsia, gestational diabetes and vaginal infection in the mother and higher risk of autism, mental disorders, infection, jaundice, low weight of baby and problems related to heart, lungs or brain and slow growth of teeth and bones. Pregnant women must Sunbathe for at least one hour everyday so that the mother and the child are both properly nourished. Women who are much more exposed to sunrays live longer and have less chances of breast cancer.

There are studies that has proved that low Vitamin D levels is linked to several diseases like Rickets, Diseases of bones, blood clots, heart disease, high blood pressure, Parkinson's disease, Tuberculosis. Lack of Healing Power in wounds is due to lack of Sunlight and use of Air conditioners. The Sun is a natural pain reliever. Infrared rays from Sun are good for providing heat to the body so that disease of cold dampness can be avoided. Ultraviolet rays are good for synthesis of vitamin D in body which helps in forming and maintaining of bones in the body.

The head should be covered and precautions should be taken to avoid looking directly into the Sun during Sunbath. Sunbathing for 30 minutes to an hour every day is good enough. However Sunbathing can be done any time, best time is between 5.00 a.m. and 8.00 a.m. during summers and 6.00 and 10.00 a.m during winters. Excessive Sunrays are not recommended. Moderate sunbathing is safe and necessary.

### **BALANCED REGULATED DIET/FOOD:**

One must always strive to have regulated, balanced, hygienic and nutritious food. Amazingly people often consider themselves to be in good health despite the fact that they may exhibit symptoms of bad health. What we eat and what we think is what we are. Food intake is also a breakdown of colour vibrations. Food taken into the body is what gradually but surely forms thought patterns. These thoughts, both conscious and subconscious, are in absolute control of your body's health or lack of it. Eating anything too hot or too cold (Refrigerated foods, Ice creams, cold drinks) is one of the major cause for Thyroid problems. Eating refrigerated food kept overnight or for several hours is the reason for ulcers in stomach.

Modern allopathic doctors and to certain extent homeopathy doctors are ignorant of the balanced diet principle. Natural food is suitable for everyone, especially for children. Due to ignorance regarding Natural food, children these days are not healthy and many children wear spectacles and have diminished height and diminished hair on their head. One must have

balanced food containing proteins, fats and carbohydrates to be healthy and lead an active life. The body requires the necessary minerals, water and vitamins to break down these foods and convert them into energy. Seasonal food and fruits are best and beneficial for the body. The body given by God is in perfect rhythm and flow of life, needs a balance of intake, assimilation and elimination.

A Regulated Diet plays a very important role in building resistance to illness. We weaken our immune system and our resistance by eating junk food because processed and refrigerated foods have been stripped of necessary nutrients and fiber. The food sometimes we eat is not balanced, not eaten at the right time and not being chewed properly. Due to this people have constipation and become sick with different diseases including cancer. Constipated people are stingy and do not trust that there will be enough. Concentrated processed foodstuffs, preserved or devitalized foods (junk food), butter, sugar, cakes, sweets made from Khoya, colors or preservatives, bread, chowmein, pizza, cheese, chocolate, toffees, aerated drinks, energy tonics (added in milk) and processed fruit juice, cannot be digested in the normal way. They require extra secretions and weaken the immune system and our resistance because they have been stripped of necessary nutrients and fiber. They are unable to stimulate the colon and do not activate intestinal peristalsis. The underdeveloped liver and glands of children have to work hard to produce extra internal secretions.

A balanced vegetarian diet will result in very good health and better mental equipoise. Fresh Seasonal Fruits, suitable amounts of Vegetables, Cows Milk, Lentils, Few Dry fruits, Sesame(Til) Oil and lightly toasted sesame seeds can strengthen the immune system, reinforce the body's ability to protect itself and nourishes us completely – body, mind and Soul. All must learn the Vedic Hindu principles of a satvik diet which are highly scientific. Milk, Amla and Chyavanprash should be part of daily life for good health. Ashwagandha is an excellent way to gain extra energy in the body.

Due to bad eating habits of women, even the breast milk of pregnant women is drying up. Newborn babies have to depend on powdered milk. This milk is definitely harming children and is damaging their physical and mental health. Instead of powdered milk, the best alternative is Indian Cow's Milk, Coconut Milk and Grape Juice.

We should eat as per the Natural Organic Clock and when Life Force is in the stomach and spleen, this is when digestion and assimilation of nutrients is at its best.

**Best Time to eat:** 7.00 a.m. to 11.00 a.m. in the morning and 4 p.m. to 7.00 p.m. in the evening.

**Best Time for Milk:** 2.5 hours after food, between 11.00 a.m. to 4.00 p.m. or 8.00 pm to 10.00 p.m. (at least 30 minutes before sleep.

**Best Time to eat Fruit:** 11.00 a.m. to 4.00 p.m. and evening.

Eat slowly and chew properly in a pleasant and calm atmosphere. Take at least 25 minutes to finish your meal. Emotional stress can cause upset in the alimentary system; worry, anger and irritation disrupt the function of other internal organs. Eating Holistic food will improve the functioning of the stomach and intestines, thus stimulating the digestion and absorption of nutrients.

We are being taught that our body must have protein (Eggs, Mutton, and Cheese etc) to be healthy. We are being taught a myth and to a certain extent a lie. Even eating of cheese is linked to diseases of heart.

Eggs are a major source of E-Coli and Salmonella infection. Eggs are also responsible for Heart Attacks and diseases related to intestines. Non-Veg foods like mutton, fish and eggs are not balanced, but vegetables and fruits are balanced and much more beneficial. Non-Vegetarian food creates excessive bacterial infection in the body and is cause of several incurable diseases, infections, like Worms, Typhoid, Mad Cow Disease and Cancer. Nowhere does decency require that people should eat meat which creates bad destinies. How can we kill our fellow creatures for the satisfaction of

our bodily desires or taste? Chopping off the heads of chicken, goat, fish, Cow or any animal will bring suffering and pain. To balance the Karmic Afflictions due to eating Non-Veg foods, your child may indulge in Drugs or you will have to spend so much money on treatment causing trauma and it may cause accidents and it may cause untimely death in a family. Those who abuse or kill the smaller and more helpless animals have heavy-heavy Karma ahead, and they richly deserve it and have to pay for it. People who eat meat or the races who eat non-veg food have always been warlike and aggressive, while people who eat Vegetarian food and Practice Yoga and Meditation have been passive and peaceful.

People who chew tobacco may develop mouth cancer. They will develop ulcers in their food pipe, where an operation is not possible. Children born from parents who chew tobacco (paan masalas) lack immunity and suffer from one or the other disease throughout their lives.

Adopt self control – a willingness to give up your cravings. Drop your struggle with cravings, make peace with them. Give up salt, fried things, sweets that you love for at least one month. This will give you stronger bones and will help you gain control over anger and give you stronger will power. Fasting once or twice a month during Ekadashi will improve health as all toxic elements are removed from the body which helps you reach a higher level of consciousness.

Vegetarian food is good for our Health Body, Mind, Soul and Planet. Many animals are Vegetarians and very strong, have immense stamina and live longer, i.e. Elephants, Rabbits, Horses, Cow are all vegetarians and useful. Horse never sits around in his life, you always find him standing. Power of an Engine in vehicles is calculated in Horse Power. So many aasans are learnt from Horse and named after them, i.e Ahwodhari Mudra. Also, a powerful medicine in Ayurveda is named after horse, Ashwagandha, which increases stamina in humans and removes weakness in body. Ashwagandha can be very useful for sporty people. Fruit is also beneficial to the body's well being. It's good to be vegetarian but the ultimate goal in old



age should be to be a fruitarian and a part time breatharian by practicing Deep Breathing, Pranayam, gaining oxygen in the Lungs and everything the body needs from the air we breathe, deeply to the Navel Region, Manipur Kendra.

*Humans who are moderate and regulated in the following:  
Eating food; Recreation; Balanced in Work; Discharge their Duties  
with Honesty and Perfection; Regulated in Sleep; Awareness of  
God, can reduce the severity of all Sorrows and Pains by  
practicing Yoga.*

### **WATER THERAPY :**

According to Ayurveda Water is the best medicine for many diseases like Headache, constipation, cough, Acidity, Pimples, Urine infection, Joint pain, Anaemia, Obesity, Hypertension etc. It also helps in curing some serious health hazards like Blood pressure, Bronchitis, Paralysis, Tuberculosis, Diabetes; Liver & Kidney related problems and heart disease along with many more serious problems.

So the first thing one should do after waking up before Sunrise in the morning, is to Drink around 1.25 lt. of water stored overnight at normal temperature. Water (not fresh water) should be kept in a container overnight and you must drink without even rinsing the mouth. Make it a habit. It can help cure:

*Diabetes in 1 Month, Hypertension in 1 Month,  
Gastritis in 10 Days, Constipation in 10 Days,  
Tuberculosis in 3 Months, Paralysis in 3 Months,  
Cancer in 6 Months*

Water Therapy, Fruits and Acupressure can wash out all accumulated toxic elements from the stomach. If our internal system is free from toxins or

poisonous elements, no disease can attack our body. Toxins are the food for germs which causes several diseases.

*IMPORTANT: THIS THERAPY IS DONE FOR A MAXIMUM OF THREE MONTHS ONLY. IF CONTINUED FOR MORE THAN THREE MONTHS THEN IT CAN CAUSE DISEASE OF THE HEART AND BONES, SLIPPED DISC OR SCIATICA. YOU MAY HAVE DEFICIENCY OF MINERALS IN YOUR BODY.*

### **PROPER WAY OF DRINKING MILK:**

Drink milk in the afternoon between 11.00 a.m and 4.00 p.m. and at night about 2 hours after meals and 30 minutes before sleep. Never take hot milk, only warm milk. One must take milk every day, if taking once then especially at night. Do not add energy tonics in milk.

Avoid adding sugar. Avoid eating/drinking for 2.5 hrs after having milk. The best Milk is from Cows of Indian Breed. Second best is buffalo. If anyone injects the animal with hormones for extra milk, it will make it poisonous so should not be consumed.

### **SUGGESTIONS FOR MORNING WALKS:**

Take breath only through nose while walking, jogging and playing sports. Don't talk while walking, IT DRAINS YOUR ENERGY, whilst jogging, try to put down your toes first and then heels. Avoid Brisk Walking after Sunset. A one hour walk in the morning along with jogging for 5–10 minutes greatly enhances the Body and Mental Strength. An evening walk for one hour will be additional advantage for those having sitting jobs.

### **TEA, COFFEE AND CHOCOLATES:**

If a person drinks coffee or tea, cola or indulge in the occasional piece of chocolate, then it is considered the same as having a narcotic drug. Caffeine has the same pharmacological effects on the body as many of the substances we associate with doing harm. Tea, Coffee, Cola and Chocolates are so well

integrated in to our culinary culture or lifestyle these days that we barely give its health effects a second thought. These three are highly addictive and may cause unpleasant withdrawal systems if you stop drinking suddenly. Every cola beverages contain significant levels of caffeine. Low concentrations of caffeine may produce small decreases in heart rate, where as higher concentrations may make the heart beat abnormally fast. It constricts the cerebral blood vessels in the brain. If you drink about several cups of coffee or tea a day and then you quit, these blood vessels will dilate, may be enough to give you a powerful headache. Caffeine is a strong diuretic – it makes you urinate more than usual. Apparently this is due to increasing the blood flow through the kidneys. It can produce insomnia – delaying the onset of sleep and reducing the total sleeping time. Some people experience tremors after drinking coffee and tea. That's thought to be due to over-reaction of the central nervous system. Tea, Coffee, Tobacco, Cigarettes, Snuffs and betel leaves are prohibited for Asthma Patients.

One recent report from the US revealed that women who drink in excess of one cup of tea or coffee every day, specially the empty stomach, are only half as likely to conceive as those who drink less than a cup a day. The odds are considerably worse if women drink more than two and a half cups a day. Then they are nearly five times less likely to conceive as women who drink no coffee or tea at all. Further research shows that even a little bit may reduce fertility in males by damaging sperm. It's bad news if you are pregnant. It seems to affect the amount of time the baby spends resting, which could lead to abnormal behavior later on. Quite number of studies has shown that as little as little as 2–3 cups of strong tea, or tea without milk or brewed coffee everyday during pregnancy can result in lowered infant birth weight. Other studies have claimed consumption during pregnancy is associated with prematurity, poor reflexes and neuromuscular development. It appears that heavy consumption can affect a newborn baby. Today we have coffee or tea shops at every corner, even in villages, and has been widely used. Many people drink large quantities and don't realize that

they have taken something potentially harmful to the baby. Caffeine gets into the placenta very easily and if the mother continues to ingest tea or caffeine containing beverages, the foetus will end up having as much as the mother. If the mother stops drinking within 24 hours the foetus may experience withdrawal symptoms. The same thing may happen immediately after birth when the baby is suddenly cut off from the maternal supply of caffeine, although it is pointed that this isn't common. These babies will cry, they don't sleep, they are agitated and restless, they wriggle and damage the skin scratching on their hands and knees and they sweat. Withdrawal "dysfunction" may be a contributing factor in infant disorders like neonatal apnoea (where the baby "forgets" to breathe properly) and sudden infant death syndrome. (Ref: Dr. Irina Pollard).

Recent research in Melbourne suggests that consumption of tea and coffee may be tied in personality differences including mood, or whether a person is a night owl or a lark (early morning person). "Night Owls" or extreme evening people had much higher levels of caffeine usage than "larks" or extreme morning people. The evening people also scored higher on both the extroversion scale and the impulsivity, risk taking scale. They typically find it difficult to get up in the morning and give themselves two or three cups of tea or coffee to wake themselves up.

Drinking tea and coffee seems to disrupt the body organ clock rhythms of extreme morning people. By contrast the rhythms of the evening types are disturbed by the absence of caffeine. One of the strongest finding was that if morning people had tea or coffee after about 11.00 a.m., their mood went down quite dramatically. Tea and Coffee are poison. DO NOT DRINK tea, coffee or colas (especially on an empty stomach) as these are the cause of infections to the Liver, Kidney, and Intestines. Excessive boiling of tea/coffee produces TANIN ACID, which causes liver problems and damages the digestive system. People who drink tea, coffee often (especially in the morning) will have Constipation, Hair Loss, and Loss of semen, disease of Leukeria in women, weaker bones, Piles, Acidity, Slipped

disc, Sciatica, Arthritis and other ailments. It is best not to take tea, coffee or cola drinks.



## Yogic Exercises

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### **PROPER YOGIC ASANA S & GENERAL EXERCISES,**

#### **PRANAYAMA AND MEDITATION:**

Many people throughout the World know the importance of Yoga and Meditation for good health, personal and spiritual growth. Yoga has many benefits - physiological, mental and spiritual. Yogic Asanas are a great physical fitness programme to build strength, involving stretching, strengthening, and elongating the spine for proper alignment of the vertebrae and keeping it straight and flexible, lowering blood pressure, increasing cardio-vascular health, increasing lung capacity by breathing techniques and relaxation, releasing tension and stress, and learning to relax and enjoy life, Meditation - to calm the mind, bring emotional balance, brings mental clarity and equipoise, focus and concentration, transforming the life and Spiritual fulfillment and connect with your Soul. It develops your Charisma. CHARISMA MATTERS! CHARISMA IS SYMBOLIC INFLUENCE ROOTED IN VALUES AND EMOTIONS.

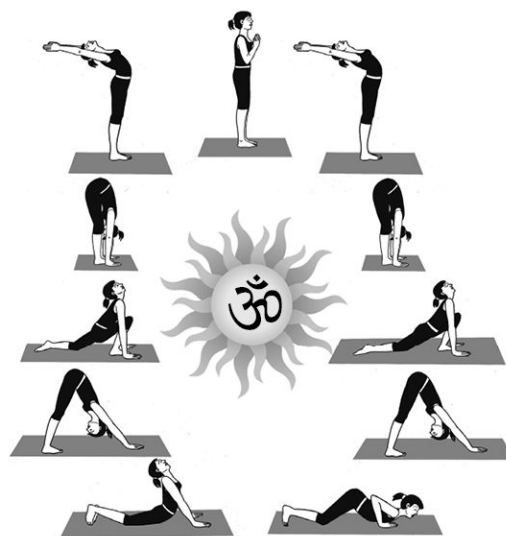
Charisma and Personal magnetism is developed through Yoga, Meditation, Service, Satsang (inspiring talks), achieving higher Degree of concentrations, Sincerity and Self Control. If you pay proper attention to the laws and methods, each one of you can grow and strengthen your personality. There are laws which are behind the physical laws.

Yoga is not only for people living a reclusive life but for everyone, regardless of age or religion.

Some of the several benefits of YOGA: Builds Strength, makes the nerves and muscles stronger, Creates Stamina, Gains Balance and Agility, Improves Flexibility, Improves Health, Prevents Osteoporosis, Parkinson's, Heart Attacks, Asthma, Balances the Endocrine system, helps with symptoms of Menopause, PMS, Thyroid, Nocturnal Emissions.

Asanas are extremely essential for good health. Yoga helps you realise that you are more than this body and mind. It is up to you how you incorporate this into your lifestyle. There is nothing better you can do to yourself than make a commitment for practicing Yoga, Meditation and regulated breathing. Complete YOGA is Asanas, Pranayama, Exercises, Postures and Breathing. Yoga, which rids one of woe, is accomplished only by him who regulates his diet and performs good actions for the welfare of all and who is regulated in sleep and wakefulness and looks upon the joys and sorrows equally – such a Yogi is deemed to be the highest ideal. Yoga will lead to concentration of mind, perfection, self-realization and eternal bliss. There are approximately 570 exercises in Yoga but if you can do and master the ones we are explaining below, any other Yoga Exercise or Pose will be easy for you. These are essential and good enough for a healthy life and do not take much time so should be practiced daily.

### **SURYA NAMASKAR (Surya Salutation) :**



Surya Namaskar is a Yoga based exercise which is complete and unique in every sense. Surya (Sun) is the source of light, heat and knowledge. You get the benefit of Yogic Exercise and Pranayam for getting Strength, Courage and Dynamism. Surya Namaskar with exercise and mantras will enable you to achieve Good Health, a High Level of Concentration, Balanced Mind, Develop Strength, Emotional Control and it has several other benefits. It can actually tone up everything. With each exercise there is a Mantra. Every Mantra has its own subtle benefit as it generates minute vibrations to give you connection with your soul and spiritual uplift. Surya Namaskar consists of 12 steps, with twelve mantras. The Chanting of Mantras with Omkar, Bija and names and inhaling and exhaling (pranayam) is essential to giving complete benefit to the practitioner of Surya Namaskar.

## **ASANAS:**

### *i) SHASHAANK AASANA:*



Ideal for every child. It helps curb aggression and channel their Energies and Forces to Developing Wisdom. This Asana helps develop the Pineal Gland and suppress the Adrenal Gland, resulting in controlling anger and relief from Sciatica Pain. This is very good for people who are suffering from depression and have suicidal tendencies. One must practice this asana, every two hourly at the time of stress, depression and suicidal tendencies, contracting the anus. This will also help women to recover faster after giving birth.

### *ii) BHUJANG-AASAN :*





This helps to make the entire body strong, curing asthma, intestinal problems, improving the power of lungs; helps remove the stiffness in spine and muscles of the back and neck. In this asana, focus should be at the place of third eye. This is very helpful for women suffering from problems related to menstrual cycle.

iii) *CHAKRASANA*:



It reduces Body fat and increases height of children. It makes whole body flexible and helps you gain power in the back bones and muscles. It is also very good for stomach problems. This is very useful if you wish to remove excess fat from your body. Focus on Navel (Manipur Chakra).  
BREATHING: Normal and Deep.

iv) *VAJRASANA*:



The Asana of Strength. It strengthens the digestive and Nervous System and cures almost all stomach disorders. Concentration at the anus (Mooladhara Chakra). Deep inhalation-exhalation. It strengthens back, feet, knees and prevents night fall. This is very useful for women too. This reduces stress and negativity. This is very good for increasing concentration and happiness.

v) *TAARAASAN*:



*Taaraasan*

*Taaraasan* reduces intra-abdominal Pressure. It activates your pineal gland, strengthens the shoulders and legs. It is very good especially for students as

it prevents night fall and improves concentration and balance. Must be practiced for two to three minutes, three times a day.

*vi) SARVAANG-AASAN :*

This aasan is extremely beneficial for students suffering from memory loss due to loss of seminal energy due to night fall. This will help relieve headache, constipation, stops graying of hair and nocturnal emissions. It improves functioning of vital organs, glands, nerves and meridians. This aasan is extremely beneficial for the thyroid. This aasan should be done with focusing on glottis region. Breathing should be long while inhaling & exhaling without any force. Persons with extremely weak heart and hyper thyroid should start taking this after advice from Yoga Guru.

*vii) KATIPINDMARDAN-AASAN :*

This particular aasan is very useful for improving power of muscles of back, it makes the back very flexible, it strengthens kidney. Concentration on Swadishthaan Chakra. This aasan cures negativity, diabetes, gastric problems and prevents kidney stones also. This must be avoided during menstrual cycle and during pregnancy.

*viii) PAADPASHIMOTAN-AASAN:*



This is the ultimate aasan. If one masters this aasan, you will never have problems of bones like sciatica, slip discs, constipation, premature graying of hair, appendix, prevents growth of bone below ankle making it difficult to walk and makes you have excellent memory as this vitalizes brain,. This should be avoided if a person is already suffering from Sciatica or Slip Disc. After doing Paadpashmotaan-aasan, one must eat one raw lady finger.

### *ix) SHAV-AASAN:*

One must do this after finishing Yogic exercises. It relaxes the nerves, muscles and brain as you stop thinking. You gain energy after shav-aasan as it removes fatigue and revitalized the entire body. It makes you stress free.



### **PRANAYAM & BREATHING:**

Everything in this world is made of Prana or the vital force or Life force or Qi. Prana is the creator, conductor and preserver of our body. The process, by which vitality of Prana/Qi is enhanced, is called Pranayam. Regular Breathing puts the body into a Harmonious Condition. Pranayam will give you Good Health, ensure Vitality, and maintain Physical Equilibrium and generally improve your condition. We continuously gain energy through breathing. Regular Systematic Regular Deep Breathing helps bring your Mind under your control. Deep Breathing exercises are perfectly safe and give good health. They regulate the mind. In training the mind, the first step is breathing exercises. Pranayam and Deep Regulated Breathing increases your Concentration level. Tribandh during Pranayam is very important: (i) Mool Bandh (Contracting the Anus); (ii) Udiyaan Bandh (Fly up Lock); (iii) Jalandhar Bandh (Glottis Lock)

*i) BRAAHMARI PRANAYAM:* It helps increase Memory power and concentration. While sitting, close your eyes and put both index fingers into both ears (not pressing too hard) Take a deep breath and chant Mmmmmmm..... minimum 10 times for best results. One can do it for 15–30 minutes. Tap the tummy while exhaling it hitting at the base of the lungs in the rib cage.

*ii) ANULOMA-VILOMA (ALTERNATE NOSTRIL) PRANAYAM:* This is the simplest and best Pranayam. A tremendous gain on the health front and with regular practice over a period of time it improves eyesight and relieves

mental tension. Pessimism is replaced by optimism. This will cure Ashtma completely in 3–6 months, will never have headache. This is very important for improving eyesight.

Sit on a non-conductive Cloth or blanket or Yoga Mat in Sukhaasan, Siddhaasan or Padmaasan and *sit upright, your hips and head in straight line*. Relax your body with deep inhalations and exhalations through the nose.



Exhale completely through both nostrils. With your fingers, close the right nostril and slowly take a deep breath in through the left nostril. Hold the breath as long as possible. Then close the left nostril and exhale slowly through the right nostril and hold the breath out for as long as possible. Now inhale through the right nostril, hold it for some time and then exhale slowly through the left nostril. After completely exhaling, hold your breath out for some time. This entire process is one Pranayam.

The ratio of the duration of Inhalation: holding the breathe inside: exhaling: keeping the breathe outside should be 1:4:2:2 respectively e.g. ideally 5:20:10:10 seconds. Take breathe in 5 seconds, hold inside for 20

seconds, exhale in 10 seconds and keep the breathe outside (empty the stomach of breathe) for 10 seconds is ONE PRANAYAM. 5–10 Pranayams are good enough for excellent results.

iii) *KAPAALBHAATI PRANAYAM*: Kapaalbhaati is a powerful pranayaam for most stomach disorders and for vital force and transference of all energy towards the brain for very sharp brain. Inhale deeply and then exhale with fast 60 strokes feeling the sensations till the navel region. After 60 strokes, Hold the breath out for about 30 seconds to one minute and then inhale once again and repeat the process three to five times. Practitioner of pranayam, especially Kapaalbhaati must drink milk, never walk bare foot. If you feel hyperacidity, then it should be avoided. It should be immediately discontinued as few women may face disturbances during menstrual cycle.

### **IMPORTANT INSTRUCTIONS:**

Pranayam, Asanas and Meditation are beneficial in the morning after having bath and on an empty stomach, sitting either in Siddhasana or Sukhasana, facing east or north on a non-conductive Surface all the time. A Yoga Mat or a Blanket is useful for Yoga. Practitioner of Yoga and Meditation should avoid sitting on any surface without a non-conductive cloth to protect your internal energy getting it earthed. They should be practiced in a clean and airy room or early morning facing rising sun to get maximum benefits.

Asanas should be performed half an hour before meals or 2.5 hrs after meals. One must sit erect with head, trunk and hips in a straight line. The Spine should be free and the weight of the body should be supported by the ribs. There should be no jerks during the process.

Women should avoid doing Yoga and chanting of Mantras during 5 days menstrual periods.

Chanting “ॐ” repeatedly 10 times helps in Meditation.

Observing Silence and Keeping Calm and Quiet for a day improves meditation. YOGA means a discipline of the Mind and The Body for

preparing it for Self Realisation.

## ***YOGA -THE UNION; IT IS THE UNION OF ALL EXISTENCE.***

### **CONCENTRATION:**

We have seen that Children and Youths have a low concentration span these days. Like all muscles in the body, the brain must function at its optimum. Eating a healthy diet and doing plenty of exercise may keep you physically fit but your mind can still be disturbed. You must keep your mind under control so that it gives high level of performance. If you wish to enhance your performance, then you will have to enhance your power of concentration. Excellent achievements in Life are due to extremely high level of concentration. Good Concentration will get you Perfect Control of your senses and is the key to happiness. It has been discovered medically that the pineal gland in children under the age of twelve, is soft and malleable, like clay. In humans, over the age 12, the pineal gland is as hard as a rock. The pineal gland is the seat of Spiritual Wisdom. We have to have focus to go beyond confusion and rise to a decisive level. We should be working towards Inner Happiness, Joy and Peace. If you wish to achieve a high level of concentration then you must practice Brahmacharya/ Celibacy.

*To Increase Concentration:* Sit on a comfortable Asana, Sukhaasan, Siddhaasan or Padmaasan and sit upright, your hips and head in straight line. Relax your body with deep inhalations and exhalations through the nose.

Focusing of vision at one point without blinking helps in increasing Concentration. Paste a white paper on Card Board of 1' X 1 '. Draw a Black colour circle of about 1 cm at the centre of the board. Now at the centre of Black circle, have a yellow spot/dot of 1 mm. Focusing at the yellow spot for about 5–30 minutes every day helps achieve great levels of concentration.

On full moon day, poornima, or every day, focus on the moon for about 30 minutes without blinking eyes while sitting on a chair or on the floor

cross legged with a mat below. This will improve your eyesight, increase concentration and will give you control over your body and emotions.

Sit cross-legged with folded hands (namaskar position). Keep looking at the tip, counting the breath at least 108 times without interruption. If interrupted, start again from 0.








### **MEDITATION & MANTRAS:**

Many people know the importance of Meditation for personal and spiritual growth. Successful Meditation calms the mind, makes the mind quieter and helps you gain absolute concentration. It gives you Happiness, and Freedom. Successful Meditation three times a day increases your power of concentration; boosts your memory power, refreshes your brain to focus on the work at hand and help strengthen your problem-solving capabilities to face life's challenges in today's cut throat competition. Meditation helps you to stay calm, focused and balanced for greater effectiveness, regardless of external events and circumstances. It is our fervent desire that readers make it part of their Daily Routine, to counter-balance our intensely active lives. You can choose Meditation and Mantras to help you with anything, to gain Health, High Levels of Concentration, Success, Happiness, Power of Gratitude, Love for others, Peace, Bliss, Healing others, Dynamic Personality, to change your life for the better and for enlightenment, Spiritual Development and Self-Realisation.



According to Vedic Rishis, Mantras are most important for Meditation and Spirituality and they can heal too. Saints having power to ‘Shaktipaat’ for initiation to his disciple is a “Sadguru”. ‘Shaktipaat’ awakens the ‘Kundalini Powers’ in the disciple. Healing with mantras happens naturally within the person performing, and also the listener. Meditation with Mantras on Tulsi Beads, Rudraksha Beads or other Beads will awaken the Kundalini, attract spiritual powers and will bring a state of calmness, intuition, relaxation from physical, mental and emotional stress, good health and a happy life. All hidden conflicts vanish and negativity is removed.

Keep in Mind that you will not achieve success in Meditation nor will you get the desired results from Mantras if you are not practicing the laws of Brahmacharya.

HARI  OR HARI  is the healing mantra. The symbol AUM visually consists of three curves, one semicircle, and a dot. The large bottom curve symbolizes the waking state: A; The middle curve signifies the dreaming state: U. The upper curve denotes the state of deep sleep or dreamless state: M. The dot signifies the fourth state of consciousness, Turiya. ‘’ is an ancient “SANSKRIT” word that was first felt by vedic rishis while they entered in to deep Meditative State- “SAMAADHI”. HARI  means creation, preservation and destruction. Whenever we chant ‘HARI ’ mantra 10 times with deep breath, inhalations and exhalation, this provides us with strength, health, positivity, compassion, vairagya. It also makes us able to face and tackle difficulties with courage. Hari, the God takes away our impurities, negativities, errors, fear, anger that may bring about sorrow and disease.

Every religion has its own Mantra; you can observe Christians and especially Muslims using beads to chant their own Mantras. Even in movies you may have seen Priests chanting Mantras to help people suffering from attacks by Ghosts or demons by performing rituals. This practice is ancient and is part of the belief system of many cultures and religions. This is

practiced when some dangerous changes in the behavior and physical make up is noticed.

The best time to experience the power of Mantras is 2 hours before sunrise. At this time worldly vibrations and that of negative people are less. At this time charged ions are in plenty and ozone level is high. Even the mind is too calm to think of anything else. Doing Meditation with Mantra Chanting can also be done between 11.45 a.m to 12.15 Noon, 5.30 pm to 6.30 pm. More you do, more beneficial it will be.

Meditation with Mantras means that you surrender to God, to the cosmic healing forces. Before setting out to heal others, put the patient at ease, have compassion for him, allow him to accept you as healer, chant Mantras, and this will give you cosmic vibrations to heal, attracting the forces of God of Mantras and then channel them towards the person that you are trying to heal or even to heal yourself. Vibrations flow from tips of your fingers or the palms; you may hold the hands above the patient to heal. You can also open the doors of your heart by filling it with compassion and let it flow through. With this vibration flows your own love. It is evidence of your willingness to help.

We attract spiritual forces and 'A' powerful Aura, one particular aspect of Divine Light is developed and surrounds the practitioner of Meditation with Mantra (Awakening the Kundalini). With spiritual powers obtained, we offer ourselves as a channel to the powers of God to heal people and help people, but may be not for everyone. Much will depend upon the frame of mind of the patient. The influence of such healing can be rejected by one who is expecting to receive. This does not happen in the conscious mind but in the unconscious mind that the idea is unworthy or of being too much of a sinner to expect forgiveness. Sometimes healing is expected too quickly and we give up before it can take place. Not all healing can or should be instantaneous.

Confidence will come with success, but do not become over-confident and think that healing will always take place. Mantras can overcome

anything if the person recites it or receives as a paying off of Karma, with trust in forgiveness and a readiness to alter the course of his or her life, dedicating it to the service of God. However, even when healing has taken place, the sickness may return with greater force if the person who was healed does not change a selfish, egoistic, greedy or hurtful way of life towards others. Gratitude to God must be shown in charity or selfless service to Gurudev, Parents, men of wisdom and others.

Whenever we chant Mantras, it definitely affects and changes the patient's state of mind. We can relax a person and gently probe into the depths of the Soul or the Mind to find out what resistance we may have to deal with. We must help people believe that God or the Divine can be trusted, and we have many good reasons for this trust. Mantras and Meditation help develop empathy, an attitude of gratitude, compassion and love for others.

### **MEDHA SHAKTI:**

Medha is high Level of Memory Power gained through Yogic exercises, Meditation, Pranayam and Mantras. If this faculty is developed then you can quickly grasp any subject in this world and retain it in memory till the time you live. It is an excellent intellectual faculty, gives you intuition and helps create new ideas for human development.

Millions of people around the world altogether ignore their greatest treasure – their brain. With some 60 billion memory cells the brain is capable of everything. To match the brain's remarkable memory storage and computing power, it would require a machine equivalent to a 150 storey building which would need an entire city of people to maintain and operate it. It would cost billions more than any space programme to date; and it would still be unable to produce one single creative idea.

The human Brain is capable of creating at least 100 ideas every day. The greatest gift the human race has ever received is our Brain. The greatest

tragedy is in the infrequency with which we use it. Scientists tell us that we use less than 10% of its available powers.

The Brain can store immense quantities of data. But it is equally important to retrieve that information when needed. This faculty is to be developed through Pranayam, Meditation, Mantras, Ayurvedic Herbs, Diet, Acupressure & Brahmacharya. This will boost your power to read, comprehend, learn and develop intuition.

### **FASTING:**

From time immemorial, People in India have been observing fasts at least once a month for Good Health and Spirituality. Fasting on any day will help but Ekadashi has immense importance in India. During fasting you should only eat Fruits, especially Grapes and Raisins. Milk is very good on fasting day. You must definitely avoid Tea, Coffee, Curd, Cold Drinks, Ice Creams, Banana, Sabudana Kheer, tobacco, alcohol or any heavy stuff on any fasting day.

Fasting on Ekadashi is beneficial due to atmospheric pressure on the 11th day in the moon cycle, i.e. from the new moon day and also from the full moon day. Fasting on Ekadashi will not affect the body's system as feeling hungry is minimum on that particular day. So it is advisable to observe fasting only on Ekadashi before Purnima day (full moon) once a month for purification and relaxation of the body and mind, refreshing the whole body mechanism, detoxification of the body, sharpening the brain, purification of the Spirit, Mind and the Soul. Fasting is helpful in balancing our life.

Fasting on Ekadashi is very conducive to those seeking the Spiritual Path, Meditation & Jap. Fasting on both Ekadashis gives mental peace and awakens the Soul for Self-Realisation.

### **CONTROL SENSE ORGANS FOR CLEAR THINKING:**

The willingness and ability to discipline yourself is critical for success, health, a happy life and to always have clarity of life. Persons with a lack of

clear thinking are unhappy and floundering. They have a very-very limited sense of direction, sometimes no direction at all. 80–90% of all unhappiness, hostility, violence, psychosomatic problems and illness, alcoholism, drug addiction, depression, mental stress is caused by people who have no sense of direction even though they may be educated. They don't know where they are going. It is therefore extremely important to be clear what it is that you want, where you are going and clear about the results that you want in your life. Action without thinking is the major cause of failure in life and how bad Karmic afflictions are earned. If you are fascinated or feel happy in criticizing others or in insulting others, in harming others, create an ill will towards others, have destructive mind then you may not like the consequences. Listen to your intuition and have the attitude of gratitude and let it go.

### **SOLITUDE (VOLUNTARY SOLITARY CONFINEMENT) (EKANT)**

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Solitary confinement can be the worst kind punishment and can lead to complete breakdown and self mutilation because social connection is a basic of life. We all must have Social connection, meaningful relationships and social bonding with others, not superficially or by superiority complex by displaying wealth or power etc. Chronic disease spreads much faster in humans who live alone and do not have friends or relatives. But Solitude is a gift and blessing and is very important for Practitioners of Yoga and Meditation and for people who wish to achieve glory. Loneliness is suffering, and Solitude is relaxing. Loneliness is fear, and Solitude is Peace. The life is nothing but a journey from loneliness to Solitude!

Solitude is the practice of living for 22–24 hours a day, without speaking a single word, virtually free of human contact, for periods of time ranging from days to decades. One must stay alone, away from contact with relatives and friends for at least one month a year. This is the time for you to look within. This will help you develop a high level of will power too

that gets you respect and love from others. This gives you space and break to think what more can be done for the humanity. Great writers go to remote places or hill stations to write marvelous books. Great scientists did all their discoveries in solitude. Great Philosophers, Saints, Sadgurus or People with Godly powers spent several years free of human contact for Years. It is very healthy to spend some time alone. You need to know how to be alone and not to be defined by another person. There are times when alone is the best place to be. Staying alone in Ekant (Solitude) doesn't mean that you are lonely, it means you are cherishing the quality time with yourself. Staying in Ekant (Solitude) doesn't mean that you are alone, you are in Union with God and it means that you are strong enough to handle things all by yourself. Spending time in Ekant (Solitude) can do wonders for your peace of mind and developing your will power. Mingle often with the people with wisdom/saints to keep your soul nourished. If one doesn't speak or speak only the truth for seven years at a stretch will have Godly super powers.



## Acupressure Self-Massage Therapy

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Acupressure has been practiced as a healing art since the existence of human beings. It is the third most popular method for treating pain and illness in the world. This complete health system has been documented for use in treating over 3000 conditions. If you are looking for options to your current treatments or for ways to supplement your current health care, you are on the right track. This is a proven, natural and cost effective self care system of home or professional treatment that could improve the quality of your life. Additionally the principles of acupressure/acupuncture have been modified to suit the needs of modern life and advanced technologies. Now acupoints are commonly treated utilising transcutaneous electric nerve stimulation (aka TENS) and laser light from laser or LED diodes in specific wavelengths shown to have rapid and lasting effects. WHO, the World Health Organization conducted a symposium on acupuncture in June 1979 in Beijing, China and later published a report. (Traditional Medicine and Modern Health Care. Progress report by the Director General, Geneva, World Health Organization, 1991)

There is difference in Massage and Acupressure Massage. Massage is very important for keeping the body toned, relaxed as it relieves pain, fatigue and rejuvenates. Luke warm sesame oil, mustard oil, olive oil can be used for massaging the whole body. Head massage with Brahmi-Amla combination has synergetic effect and is very useful for patients suffering from Depression. Massage is done in whole body for about 15–30 minutes.

Acupressure Massage is used for therapeutic purposes to cure specific diseases by using hands and tools on certain acupressure points and

meridians. No oil is used. Several diseases can be treated and cured by Acupressure Massage; treatment takes only three minutes to thirty minutes.

There is a natural source of healing power in everyone. Acupressure is a self curative natural therapy whereby pressure is exerted accurately on curative points to stimulate appropriate acupoints, meridians or special places on the body surface for curing disease. This helps reinforce the Life Force and promotes circulation of Life force and Blood in the body and restores normal functioning of impaired organs. This mode of treatment is called acupressure therapy for the prevention& cure of disease and for maintaining Good Health. It is a safe and effective treatment for many internal and external diseases. It is easy to apply and inexpensive.

We know the greatest power is lodged in the fine, Meridians. Meridians give power to nerves which in turn give power to bones and muscles. There are 14 main meridian lines each of which correspond to an individual organ of the body. These 14 meridians have 365 healing and curative points.

When the vital energies are able to flow through the meridians in a balanced and even way, the result is good health. When you experience pain or illness it is an indication that there is a blockage or leak in the energy flow within your body.

Through many years of practice, rich knowledge and experience, we have had excellent clinical results with patients suffering from: paralysis, cervical spondylosis, prolapse of lumbar vertebral disc, sciatica, brain hemorrhage, gastrointestinal neurosis, insomnia, diabetes, hypertrophy of prostate gland, Appendix, Stomach disorders. Diseases like cervical spondylosis, back pain, Kidney stones and appendix can be cured in 7 - 10 days, Heart Disease can take around 30–45 days. We have seen fractures of neck cured in six months without operation where doctors advised the need for fixing at least 5 rods in the neck.

**Safety and effectiveness:** It is a safe (sometimes painful), comfortable and effective treatment for many internal and external diseases, but the application of pressure to the acupoints should be adequate in intensity.



Easy application and inexpensive: An inexpensive, simple and effective therapeutic treatment. Sometimes no special equipment or medical instruments are required. One can use his own hand.

Disease prevention and health maintenance: Once the technique of acupressure therapy has been mastered, people may use it for themselves or on others to prevent disease and maintain health.

Under normal physiological conditions, the meridians are a network of channels for Life Force and blood to circulate and spread around the body and to hold the organism as an integrate living entity; but under pathological conditions, they may transmit pathogenic factors and pathological influence between organs and structures which may cause imbalance, disturbance, Stagnation of Nutrients and Defensive Energy In Life Force & Blood and finally, cause sickness. As mentioned in ancient medical books: “If the closed ‘door’ or ‘window’ of meridians can be reopened, Life Force and blood may recover normal circulation, then the disease can be cured. Therefore, stagnated Life Force, proximal to the closed segment of meridian should be led forward to overcome the obstacle by applying adequate stimulation to the appropriate acupoints.” After the accupoints are stimulated by Finger-Pressing, Vibrating, Knocking, Patting, Prasping, Kneading, Push-Rubbing and Rolling manoeuvres, Magnets, Acupuncture, Moxibustion and Cupping, utilizing Transcutaneous Electric Nerve Stimulation (aka TENS) and Laser Light from Laser or LED diodes in specific wavelengths, the Meridian Life Force can be activated, the blockage of the meridian can be relieved, the circulation of Life Force and blood can be promoted, the balance between Nutrients, Defensive Energy, Life Force and blood can be restored and the functions of internal organs can be adjusted and integrated.

Under normal conditions, Nutrients and Defensive Energy in the body are balanced and the functions of organs are harmonious. If the balance between them is disturbed by noxious factors, the body is likely to attract illness. For example, influenza fever in children is usually caused by a

deficiency in vital energy, impairment of body resistance and invasion by external wind and heat evils (pathogenic factors). As traditional physicians say, “External evils always attack people deficient in Life Force.” The techniques of acupressure deal with this situation by enhancing vital energy and expelling external evils from the body, thus maintaining health and curing diseases.

According to modern medicine, acupressure cures diseases because it adjusts the functioning of the central nervous system, improves blood circulation and metabolism in the focus of disease and enhances the recovery and regeneration of damaged tissues of the lesion.

In brief, acupressure therapy may produce multiple effects: relieving meridian blockages, promoting circulation of Life Force and blood, adjusting Nutrients and Defensive Energy imbalance, restoring vital energy, expelling external evils, postponing the ageing process and prolonging life span.

Acupressure activates the inherent self-adjustment or self-recovery functions in the human body in the following multiple aspects:

1. Analgesic Effect
2. Enhancing immunity response of the body & defense
3. Adjusting organs' functional disorders (Adjusts Body)
4. Strengthens and Restores body's life energy.
5. Increases blood circulation
6. Relieves blockages in Meridians
7. Prolong s Life Span
8. Stop Spasms
9. Eliminate s Shock
10. Removes Infections
11. Adjusts Nutrients and Defensive Energy imbalance
12. Causes Damaged Tissue to repair itself
13. Releases Endorphins
14. Releases Stress and Tensions
15. Balances your thoughts and makes your mind clear

16. Helps develop intuition

17. It is spiritual

Taking of Pain killers during acupressure treatment should be avoided as stopping the sensation by pain killers or chemical medicines will weaken or destroy the effectiveness of Acupressure Treatment. Acupressure helps maintain glands in a healthy condition so that they can function properly. Glands are responsible for preserving physical health and mental balance. If endocrines do not secrete adequately, the body generally becomes weak, debilitated and sick. Acupressure helps in regulating glands in maintaining good health and to remove negativity in life and also to bring harmony. Acupressure is an external treatment method possibly rooted in self prevention & protection of humans. Acupressure can advance the reconstructing ability of the body to repair itself.

Background of Meridians and Acupressure Points has a deep and accurate knowledge of Anatomy.

Use Acupressure in your daily life. Learning few Acupressure Self-Help techniques and massaging will give you vibrant health. You can learn and use simple sequence any time of the day for energy flow and to remove fatigue. Once you know these points, you can achieve self reliance, lead a drug, pain killer, side effect free life without medication and side effects and you can treat yourself anytime, anywhere.

By using few acupressure points with tools or hands regularly, balancing your activities, and practicing deep breathing you can counteract stresses, prevent fatigue, and boost your immune system.

Some Acupressure Self-Help Products for balancing energy: 1) Acupressure Ring; 2) Foot Roller; 3) Energy Ball; 4) Karela; 5) Back Roller; 6) Pocket Hand Exerciser/Gripper; 7) Foot Board; 8) Leg Message Roller; 9) High Power Magnets; 10) Head Massager



Acupressure Tools for Good Health & Healing



# Homeopathy

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Father of Homeopathy was a German Doctor, Dr. Samuel Hahnemann. Homeopathy is perfectly simple system of medicine, remaining always fixed in its principles as in its practice. In Homeopathy, cure happens by the reaction of the vital force against the rightly chosen remedy that has been ingested, and that the cure will be certain and rapid in proportion to the strength with which the vital life force prevails in the patient. The sole mission of the physician in Homeopathy is to cure rapidly, gently and permanently and also preserve the health of human being. Homeopathy cures the symptoms so that patient can be cured internally by the vital life force. That's why Homeopathy treats the whole person, i.e. Body, Mind and Soul and the method of treatment is according to symptoms, regardless of the disease. It is only by the spiritual influences of morbidicnoxae that our spirit like vital life force can become ill; and in like manner, only by the spirit like medicines that it can be again restored to Health. Homeopathy is based on basic Natural Principles of balancing the vital life force available in the body. Most of Homeopathic Medicines are prepared from plants, live substances, minerals and few synthetics and chemicals.



## Modern Allopathy Medicine

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Is modern medicine saving you or killing you? Preventable medical error deaths are increasing. Everyone who enters into the medical profession or healthcare sincerely wishes the wellbeing of others although there are undoubtedly exceptions to this rule. It is not the fault of the caring profession; it is because healthcare was designed with disease in mind and not the Body, Mind, Spirit and the Soul. The study of disease is flawed. All brilliant scientists are overlooking various basic fundamental facts of Human Science. Even in the time of the Genome Revolution, the Medical Research and Scientific community are missing lots of things which are of critical importance.

Hospitals tend to assault our senses; the stone walls of the operation theatre are numb and static. When you go to a hospital, the treatment of staff and security guards towards patients, attendants or visitors is not normally friendly and sometimes even rude. After being admitted into hospital to regain health, you will find the windows are locked tight, permitting not a single breath of fresh air, as the patient lies there, breathing in the very unhealthy carbon monoxide from his or her own breath. The hospital diet, with very few exceptions consists of non-nutritious food which is often cold. Dieticians in the hospitals are generally not aware of the benefits of herbs and the most nutritious food items. It's very difficult, if not impossible, to sleep and your body can't begin its healing process when you are periodically awakened by temperature taking schedules, administering of medicines and the public address system in each room for

calling nurses and doctors keeps you jerked awake, causing the astral to plunge back into the body with a spasm.

We actually have too many hospitals but are told more are needed because if you look at the condition of hospitals, one may not even get a bed even in ICU's during emergencies in private hospitals, what to say in Government Hospitals. There are people ready to die in hospital, not because they find peace there. Because they are so reposed by what their life has become, cut off or ugly due to their bad behaviour towards others, living negatively or with inflated egos and having earned Bad Karmic Rewards in this life or previous lives. They usually suffer from chronic diseases such as heart problems, cancer and inter-idleness in their old age and there is no one to take care of them at home. Hospitals have become places of acute trauma and illness. But a hospital is not designed as a place to live and die.

There is over reliance on Drugs and Medical tests in the world today. We are asked to believe ridiculous and unfounded claims by medical professionals or on the internet which hypnotize or programme human brains with repetitious lies. Physicians and Medical Companies with large scale advertisements, dazzling publicity, colourful impressive folders of their field representatives, flamboyant posters, detailing folders, glorifying the terms of diseases & offerings and massive propaganda of drug discoveries have flooded the entire world. It has been proven to be a glorification of tragedy. It is now very important to discriminate and know the difference between food and poison. Allopathic medicine gives temporary relief and leaves you with several undesirable side-effects. GlaxoSmithKline estimates that 98% of drugs work on 30–50% of people only.

The Cost of Medicine is getting very expensive. The Cost of Surgery has reached a level that it has become so difficult to afford, especially for the middle class and the poor without health insurance. An admission in year 2016 to an ICU/Emergency in private hospital in Delhi may cost app

Rs.20,000/- to Rs.50,000/-. A brief idea of cost of surgery, i.e. Heart Surgery cost is Rs.3,00,000/- to Rs.10,00,000/-,for Liver Transplant Rs.20,00,000/- and for bringing a child into this world costs Rs.50,000/- to Rs.1,00,000/- on lower side. It can be even higher. Even removing a teeth and treatment can cost Rs.10,000/- to Rs.60,000/-. Cost of treatment of jaw replacement can be around Rs.15,00,000/- to get teeth fixed. Dengue as normal case may cost Rs.50,000/- but if one has to get admitted to ICU, the price can go up to Rs.2,00,000/- in emergency cases. It can be even higher. Insurance can give you financial support but you will have to bear the pain yourself, sufferings are all yours. And if you have ever visited a hospital, specially the government hospital in India, you must know how painful can it be for you and causes sufferings for visiting family members.

For any pain or headache, the standard way of treating is to give painkillers. In allopathic medicine, the symptom is treated and not the cause. Treating the effect, rather than the cause, is a temporary measure. If one continuously and regularly takes allopathic medicines, the chances are that one is going to create more health problems in future. Violent treatment with allopathic drugs does not cure a chronic disease, but suppresses it only as long as the action of the powerful medicines, which are unable to excite any symptoms similar to the disease, lasts; after that, the chronic disease makes the appearance as bad as or worse than before. Every allopathic medicine has side effects as medicines themselves build up and produce toxins within the body. Poisonous drugs do more harm than good. The poisonous effects or the toxins produced in the body by chemical drugs are damaging the health of the body of our future generations as well. Although medical science claims to be eradicating several incurable diseases, Nature gives new ones to deal with, Dengue, Chickengunia, Bird flu (Swine Flu), and it has also not been able to remove several allergies, arthritis, prostates and most importantly it has not been able to remove sorrow from the lives of humans. This is due to karmic rewards one has earned in this life.



Side effects of medicine for lowering cholesterol: Debilitating muscles, Joint Pain, Gastrointestinal distress.

Health of the prostate is the most common problem men are facing over the age of 50. One surgery in 49 is successful in the removal of the prostate for cancer. The side effects are: Impotence, Erectile Dysfunction, Urinary Incontinence, Faecal inconvenience and the operation will only last for a year or two.

Visual hallucinations –“seeing things” – or delirium can be caused by an improper dose of medication, brain tumours or by contamination and pollution. A slow growing tumour can cause depression. A person who is overly agitated or anxious could be suffering from an imbalance of the endocrine glands or a tumour.

Symptoms of schizophrenia may be caused by an under-active thyroid, severe anaemia, hepatitis or syphilis. Several other physical illnesses that sometimes appear as symptoms of psychiatric disorders are diabetes, heart problems, seizures, and malnutrition and peptic ulcers.

Every therapy mentions the aetiology of each disease differently. If the disease is caused only by that particular cause and there is no cause behind that cause it can be cured radically by that therapy. Otherwise it may claim to cure radically, it actually cures symptomatically. If you study allopath books on medicine you will find more than a hundred causes of fever. They classify the causes and provide clues to differential diagnosis of the symptoms. Yet when they fail to find out the cause they call it PUO (pyrexia of unknown origin). As their paradigm is based on mechanistic world view they fail to see causes beyond the Annamay Kosha (physical body) or balancing of Karmic afflictions. We have Pranamaya Kosha, Manomaya (Mind) Kosha, Vigyanamay (Scientific or Research) Kosha and Anandamay (Joyful) Kosha also in our body. Our body is not a machine that you can repair it like a motorbike by replacing the defective parts with new ones. Recently it has been found that about 70% diseases are psychosomatic. The cause of these diseases lies in Manomaya Kosha and

symptoms appear in Annamaya Kosha. Unless, and until you remove the cause from Manomaya Kosha you cannot cure the disease radically. Ayurveda, Yoga, Homeopathy and Acupressure goes deeper than mechanistic world view when it bases the aetiology on subatomic level; the level of Pancha Mahabhutas (Five Element Theory) which includes even Akasha (Sky) and their medicine works at subatomic level. In several cases, it can be millions of times more powerful than the medicines which work at gross level if the diagnosis is perfect, the medicines are prepared from good herbs and there is no any cause subtler than the cause of Vata, Pitta and Kapha imbalance & five element balancing. If the imbalance is caused only by natural factors like diet and way of living it can be reset by changing the diet and mode of living without even any herbal medicine. But if the imbalance is caused by bacteria or worms, the Vaidya may reset it but as the cause of imbalance is not removed it will recur. Ayurveda sages were able to see the worms as the cause of certain problems but they could not see the microscopic parasites like bacteria, fungi and viruses. So they could not find the cures for such conditions unless some herbs used had some antimicrobial property. They were able to see the causes in the mind of the patient. Because they considered the patient's body composed of five Koshas and consciousness and unlike the 'body is a machine' concept of the western allopathic medicine. There are cures for such disease which can cure the causes deeply seated in the mind. Mantra therapy, Yoga therapy and Acupressure Therapy (called Marma Therapy) etc. were also parts of Ayurveda in past. As Dr. Herbert Benson claims that 70 % diseases are psychosomatic which cannot be cured by medicine but by relaxation response which is nothing but Mantra therapy and Meditation in modern form. So the paradigm shift is taking place even in the western Allopathic medicine through their research works.

Acupressure and Acupuncture are based on Pranamaya Kosha. Allopaths have no idea of Prana and Meridian channels. If the cause of a disease is in Pranamaya Kosha and its symptoms appear on the Annamaya Kosha it

cannot be radically cured by allopaths. They may give symptomatic relief or in certain cases they will recommend surgery which can be treated without any surgery by Acupressure/Acupuncture i.e. diseases like slip disc, appendix, kidney stone can be cured without operations. The root causes of many chronic diseases like asthma, rheumatism, etc. are not known to allopaths. They give only symptomatic relief and patient has to take drugs the whole life which later on damages liver and kidneys. Ayurveda and Acupressure knows the root causes of many such diseases. They can cure them radically without damaging patient's vital organs. Cow's Urine is one such example to cure Asthma, Heart Problems etc in three months.

Every therapy has its limited field of activity and limitations. When every therapist claims that he can cure all diseases the people may be deceived. We can only request that every Doctor must study all therapies with impartial mind to make the society healthy. Few therapists may misguide people for selfish gains. We see that in the field of religion also that every one claims that his is the only way to heaven and followers of all other religions will go to hell. In the same way it happens in therapies also. So what is needed is to provide true guidance to the people about plus and minus points of all therapies to save them from fanaticism prevalent in the field of medicine. Fanatic therapists are not ready even to think about the perspectives of other therapies and try to prove that only their therapy is scientific all other are bogus. Allopathy treats the man like an animal and hence it does not use the total curative potential of the patient including his faith and will power which is more powerful than all high-tech medicines. It has been proved by placebo studies.

Some people and also some Doctors have a tendency to use Heredity as an excuse. Many therapists are constantly told by parents who come for consultation swearing that their child's problem has been there since birth and that their grandparents were just the same. Actually, it can only be cured by resolving the complexities present in the subconscious mind. Sometimes, parents fail to understand that they are creating excuses for

their own shortcomings because they do not have faith both in themselves and in their child. It is very important to trace the primary cause of the disease if you are seeking a radical cure. The most important factor is the heredity, which may not be from the parents. The root cause of some disease can be traced to past life experiences of the patient i.e. Cancer, Asthma, Epilepsy.

Tremendous research has been undertaken in the Allopathic field but it is based on mechanistic world view. The research is therefore only on the physical plane, disregarding all other aspects of human personality. Bruce Lipton has proved that theory of genetic causation is false. You may watch his video Biology of belief. All information spread about AIDS and cancer are debatable. You may read further in the book Timeless secrets of health and rejuvenation. When any medical system becomes sick due to greed it becomes dangerous for the health of the society. It is the great misfortune of the people that they have no access to the total knowledge of all therapies and they are compelled to believe in the most dominant therapy.

There are many diseases called iatrogenic diseases which are caused by doctors (iatrogenic definition: of a medical disorder caused by diagnosis, manner or treatment of a physician). No other therapist is known to cause any disease.

Despite so many negative things we have mentioned about Allopathic Medicine, we are fortunate enough to live in an era when medical advances claim to have all but wiped out diseases that were rampaging through the world only forty or fifty years ago. For a few diseases, there is no alternative to allopathic medicines and surgery has been a blessing in today's era of technology, bionics is such an example. We are living in era where so much pollution is caused by water and air. Even food that we eat is cultivated with use of many pesticides, which makes the body weak so allopathic medicines may be needed at some stage. We live in a world of advancing technology where lots of things are being explained which was not possible earlier, i.e. to locate meridians in Acupressure Therapy, Now it

is possible to communicate almost instantaneously with another person anywhere in the world by using the internet and travel to any part of the world by Aerorplane. So much information is available on the internet in the comfort of your home. We have been able to set foot onto other planets. In many ways we are blessed simply because we are living in these exciting years of awareness. Looking at what will happen to his children, God invented innumerable, different and dissimilar ideas of treatments, respecting the nature of diseases. Their remedies sprang from so many dissimilar brains, and the theoretical views these gave rise to the so called systems, each of which is at variance with the other and contradictory. What is surprising and amazing is the incomprehensible wisdom contained in these different therapies. Life is so dynamic to conform to only single way of treatment. Unity in diversity is the plan for creation. Let us open our heart for all that may come in future and helping for everything that is good and great, in bringing health, happiness and peace to others and health, happiness and peace to oneself.

The purpose of analysis above is for neither supporting nor opposing any system of Medicine but elaborating on positive and negative aspects of different therapies. We should concentrate on the truth of different therapies. Every therapy is based on a paradigm. Western medicine is based on the Newtonian concept of a Mechanistic world view. Ayurveda is based on the theory of Pancha Mahabhutas, Air, Water, Fire, Earth and Ether. Although Newtonian concept is refuted by modern physics (Quantum theory and theory of relativity), studies in psychology, parapsychology, cell biology etc. it works perfectly in common problems; and it is also taught in colleges and schools these days. It fails in the subtle world of subatomic particles and large world of astronomy. Though the paradigm of allopath is disproved by research works of Dr. Herbert Benson, Dean Ornish, Bruce Lipton and many others who have exposed the negative side of the western allopathic medicine, it works perfectly in common problems like infectious diseases, medical emergency, surgical emergency etc. Dr. Herbert Benson

has also admitted that allopath is the only possible cure in surgical emergencies.

There are so many Medical Doctors who set broken bones, replace limbs amputated in accidents, repair scarred and disfigured faces, treat severe burns, help bring new babies into this world, remove bullets, cure dangerously diseased or ruptured organs, start hearts beating after they have stopped, deserve our respect, support and affection. There are many professional and compassionate people who perform miracles of healing who exist in the world even now. Dedicated Doctors are always available in hospitals and clinics everywhere in the world. We don't want to lose our good doctors. We just need a change of direction in medicine to give us what medicine has always promised, permanent good health, by giving priority to the practice of prevention over diagnosis and treatment. During the turn of the century, there was a need to find alternatives to Allopathic Medicine. There is a need to bring some credibility of Medical Profession in the mind of humans, which has become questionable. Let us serve with honesty of thought and humility at heart, as this is for humanitarian purpose, enriching our own life and the lives of those around us.



## Brahmcharya (Celibacy)

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This subject is of vital importance for good life, good health and spirituality; in fact a good social life is not possible without understanding Brahmacharya. No social system can run smoothly without self-restraint and purity of conduct. It is high time that we realise the seriousness of the situation. Sex hazards are visible in the world today. Rape cases are increasing every day; abortions of unmarried mothers are increasing. Innocent souls, especially young people are ruining their precious lives and they are unable to disclose their miserable condition out of shame and suffer silently. Their physical and mental health is spoiled. So it is important to really educate humanity, specially the Youth on sex. One can call this fate but you can choose to be the master of your own destiny.

Now a days, the advance of knowledge on sex means how to enjoy sex, how to take shelter of abortion-child killing and how to perfect contraceptive methods. The number of abortions (performed most frequently for unmarried girls) has reached at the present time an astonishingly high figure. Further, this promiscuity is evidenced by the sky-rocketing sales of contraceptives and its free distribution in the name of 'safe sex' to avoid diseases like AIDS. Call it 'sexual freedom' or 'sex anarchy'; its consequences are likely to be much more far reaching than those of almost all other revolutions in recent times.

This subject is very important for everyone, especially Youths and Children so that they refrain from indulging in immoral acts to live happier, respectable, healthier and painless life. Learn from people who have knowledge on these subjects rather than from people who have no

knowledge or from your own experience as that can be painful; it could be too late before you realise the problems you face.

Cases of rape are increasing globally; children are leaving their families for passion and fall prey to lures of easy sex which will cause suffering during their whole life. Girls get attracted to boys who lace them with sedatives in drink and then they are murdered after being raped by many people. Life becomes horrible for them. They live in shame. They are not able to disclose their miserable condition. Nirbhaya is one such example in recent times. Humanity is looking for guidance on this subject when, magazines, novels, internet, media and movies are giving detailed descriptions of various techniques of sexual approach and vivid scenes of kissing, embracing, and copulating, whilst brutally dramatising rape and other sexual perversions. This pornographically illustrated pulp literature and scenes demoralise and dehumanise millions of readers and viewers. The internet is the atmosphere saturated by sex designed to excite the lust of readers. The internet and media has opened more possibilities of shame and sexualization has gone much further, and has assumed much uglier forms than in the serious literature. Instead of exhibiting its filth and rottenness, the pulp-sexualists daze the readers and viewers with the glamour of “smartness”, “dynamic” lines”, violent passion, and “freedom unlimited” to do anything one wants to do. Writers, film script writers, dialogue writers, content writers and photographers display erotic excesses and disloyalties of their characters as being perfectly normal. Keep in mind that Hollywood and Bollywood or the glamorous world of film industries and serials are the place of broken dreams. So many Film stars, Actors and Celebrities are themselves depressed; there is loneliness and vacuum in their lives. Even being sad themselves, they show their skills in bringing happiness in the lives of others or to entertain their viewers. Some unfortunate unsuccessful actors are committing suicides as they must have been victims of Casting Couch. Most of film stars and actors do not have happy married lives and become separated. These celebrities, film stars or actors or businessmen at



certain point in life know and feel that they cannot have good lives on the basis of celebrity values so they have started doing charity work and are ambassador for good causes. Even in their live shows they have shown touching emotions.

People who indulge in immoral sex or rape do not know that after sex, there is so much botheration; they live life not comparable even to animals, a shameful life, a fearful life, a dead life with so many diseases like Parkinson's, Kidney Deficiency and Failures, Aids, Parkinsons and Alzheimers. Those who abuse or rape helpless woman or innocent small girl children will have to pay heavily themselves due to Laws of Karma, they richly deserve, in this life or the next. Any person doing forced mating (or rape) during menstrual cycle will have venereal diseases and will die prematurely. Any person mating forcefully or indulging into rape on full moon (poornima), no moon (amaavasya), ashtami, Ekadashi (11th day of the moon cycle), during shradhs or chaturmaas will die horrible deaths. Your Karma controls your Destiny. One cannot escape the Laws of Karma until one decides not to create new ones by indulging into actions by which the other person will suffer. You can decide to change your destiny by serving others selflessly and to lift others.

Even in family life if a person indulges into sexual activity, one feels drained of energy and tired all the time, there is a feeling of loss of mental health and mistakes are generally evident in any work that is given to him. Excess Sexual indulgence/activity/Loss of this Vital Energy can damage Liver, Kidney and Heart Meridians leading to loss of immunity, loss of physical strength and Depletion of Life Force. With the exceptions of Cancer, Epilepsy, Acidity and Tumours, most diseases are caused by lack of Vital Seminal Energy. The reason for a short temper and road rage is also linked to lack of internal strength due to loss of seminal energy. Even Hair fall and grey hair is linked to lack of seminal energy. Other diseases due to excess sex: Physically Debilitating Muscles with impaired bodily functions and Weaker Bones, drooping of thighs, Arthritis, Slipped Disc, Parkinson,

Heart Problems, Diabetes, Osteoporosis, Psychological Disorders, Impotency, Weak Eyesight, Deteriorated Nervous System, Loss of Memory, Loss of Minerals, Obesity, Anaemia, Prostrate and Many other chronic diseases are all linked to a lack of Brahmacharya or due to excessive sexual indulgence or masturbation.

Interestingly, if you notice, Boys generally score better marks than girls up to the age of 15 or till 10<sup>th</sup> standard, but as soon they pass the age of 15, they fall into the bad habits of masturbation or face the problem of night fall. That's the reason that boys become weak, look pale, diseased, and generally suffer from loss of memory and low concentration span. This is probably the reason that in 12<sup>th</sup> standard girls usually scores better than boys. Generally Girls are not as depressed as boys are. Up to the age of 15, semen, the vital energy is preserved by Nature, after that it is the responsibility of Gurus, Mentors, Teachers and Parents to guide them and observe children if they are indulging in immoral acts which will destroy them and in turn cause them to lose their Memory Power, Concentration, Vision and Health. The more the Vital Energy that is retained in the body, the more Attractive, Courageous, Enthusiastic, Concentrated, Healthy, Peaceful the person will remain and every moment of his will be powerful. All this is due to the POWER OF BRAHMACHARYA.

In the paragraph of Backache, one cause of lower back is explained as being due to excessive sexual activity. The purpose is to provide important information to prevent any damage to health and specially the kidney and lower back. When a patient suffers or keeps complaining about one or the other health problem, it is time to think if it is aggravated by sexual indulgence and kidney deficiency. Sometimes it may not be excessive ejaculation that may cause back pain or diseases, but that could have been due to aggravated tissue trauma secondary to the exotic sexual positions that one may be exploring with the other partner. A weak spine and all spinal problems are due to loss of seminal fluid and constipation.

The purpose of Sex Education is not to suppress the individuals' sensitivities surrounding sexuality or give up sex altogether except for practitioner of deep meditation or Pranayam. Some individuals who are more obsessed with sexuality may take medicines to increase their sexual power even when they may not be needed, and which is certainly not advisable. Sex can be enjoyed if you have enough power in you. Many men in western world are incapable of satisfying the sexual appetite of women. Some women in west complain that men are losing in power of retention and getting poorer in manliness resulting in several cases of divorce. However there is a reasonably gentle way to draw the line with what can be considered "excessive sex". In western world, it is said by some that one to three times per day is for good health. This is actually proving disastrous in western world where people are not getting educated and lack will power, although they have every others means to be healthy, diet and environment. This has now started happening in India as so many people have started ignoring the words of wisdom of our Sages and Rishis. For sexual activity, a specific number of times per year, especially for people in the west, would be approximately six times in a year should be more acceptable solution. According to Vedic Scriptures, It is suggested that one must indulge in sexual activity for bringing new life to the world, to bring babies out of your love to serve the country and humanity. Our ancestors used to practice Brahmacharya (Celibacy) till 25 years, the next 25 years of life were spend as house holder (Grahstha Ashram) and after 50 years people used to either go to ashrams (Vaanprastha) to spend rest of their life or would dedicate their life for others. The right time to start mating is above 21 years. One must definitely not indulge into any sexual activity after the age of 50 years. Mating should never be practiced during the day.

In India, women are more restrained than a man. After marriage, Sexual desire is reduced after birth of two to three children so frequent mating is no more enjoyable for women. These women do not regard or love their husbands who has desire to indulge in sex against her wishes. A wife's body

and soul are eager for the affectionate touch of her husband, who is himself powerful both in body and mind. By the affection of such husband, the wife's heart is filled with pleasure and contentment. Where the women are physically hale and happy, that family becomes the abode of Gods, and God's blessings are showered on such families; these families enjoy lasting peace and happiness.

Great Yogis, Ayurvedacharyas and philosophers of ancient India (Sage Patanjali and others) and even now in India we are being practical in this regard. Swami Vivekanand, Lilashahji Maharaj, Swami Sivananda, Asa Ram JiBapu (although Bapuji is in prison for rumors and for accusations to outrage the modesty of a girl without proof, most of sadhaks in ashram are living pious life and living as Brahmacharis, even in family life they are adopting the laws of Brahmacharya), Raman Maharishiji, Swami Ramdevji, Jagatguru Shankaracharyaji, Sri Ravi Shankar ji and so many other saints are propagating the message of Celibacy and Brahmacharya. If followed, the ideals of Brahmacharya will produce immense benefits and those who follow this practice will get a Dynamic and Charming Personality, Good Health and their Academic Performance will be enhanced. It will make their life challenging, fearless, adventurous and blessed. If a person follows the ideals of Brahmacharya, he will blossom as an intelligent and responsible member of society and will be worshipped as God.

Brahmacharya in spirituality literally means Achara or conduct that leads to the realisation of Brahman or one's own self. It means the control of sexual fluid, self-restrained, mastering the control of sense organs, free from lust, the study of the Vedas and contemplation on God. Brahmacharya, the miraculous term discovered by our ancient sages. Brahmacharya (CELIBACY) is purity in thought, word and deed.

Tolstoy and Flaubert depicted illicit passions as a tragedy for which hero and heroine alike paid with their lives or by long suffering. Most of the adulteries and other sins treated in contemporary literature and media are considered by the authors and content writers as enjoyable adventures in the

monotonous existence of modern men and women. Illicit relationships in serials, internet and other Medias are described as a commendable liberation from the antiquated marriage bonds. At other times they are considered hygienic actions freeing individuals from their repressions, psychoneurosis, and other mental disorders. Not infrequently are they heralded as harbingers of a “higher” form of compassionate marriage. Rarely, if ever, are they condemned as a dangerous disease. By such treatment, everywhere, everyone including few spiritual teachers and psychologists dis-inhibit rather than wisely restrain lust. It undermines rather than vitalises marriage and the family. It weakens rather than reinforces the control of animal propensities by man’s higher self. In all these respects, it demoralises rather than integrates the Total Personality. Secular literature is growing at the cost of Spiritual Values. It has degraded and denied the great, noble and joyfully beautiful values of normal married life.

**Dr. E.P. Miller** says, “The waste of spermatic secretions, whether voluntary or involuntary, is a direct waste of life-force. It is almost universally conceded that the choicest elements of the blood enter into the composition of the spermatic secretion.”

**Dr. Jacobson** sent two hundred letters to professors of physiology, hygiene, venereal diseases, nervous diseases, neurology and psychiatry, inquiring as to their opinions concerning celibacy. All answers with a few exceptions declared celibacy to be conducive to good health.

One can also refer “Innocenti Report” by World Health Organization for more information as what WHO says on issue of Celebacy.

If a person is involved in excessive sexual indulgence, it will weaken the kidneys and the person will become impotent. Both males and females lose the ability to produce babies. This particular disease is spreading very fast globally. Indulging in one masturbation is equivalent to having mated 100 prostitutes. Masturbation is extremely dangerous for the Youth of the world. **Scientists state** that 30 kg of food produces approximately 800 gm of

blood, which in turn only forms 20 gms of semen in app 40 days. Those selling semen for use by Vikileaks for few hundred rupees are doing so at the cost of health, it is not at all sensible but sheer stupidity. According to Ayurveda, even night fall is a disease and must be treated. If one does not waste semen up to the age of 25 years, the person will have a shining face, extraordinary intelligence and memory power and health. Both wife and husband then will give birth to Healthy and Intelligent Children.

Our women and men will regain not only their vital, mental and moral sanity but also the full integrity of Dynamic Persons, enjoying the grace of total love at its happiest, noblest and best. These Dynamic Persons can help develop a stream of creative forces for rejuvenating and recreating our lives. This is the way to make the entire planet a better place to live, safe for women, especially for small girls living in villages and townships. Small Children and girls are not safe in their own houses.

Youths should avoid the problem of night fall as it affects their physical and mental health. Protein flowing out with urine will cause loss of memory, stress and concentration and impaired body functions.

Females should never take pills to avoid menstruation; this damages their internal Life force and will cause major problems in the future. A woman should not have disturbed menstrual cycles. She must never take tablets to delay menses. Women are being given these tablets in certain Gyms which are dangerous and can cause several physical and mental illnesses. If a woman has painful menstrual cycle or other problems related to menses, she should avoid taking onion, garlic and spicy foods. P.M.S. has reached epidemic proportions. Excess amount of consumption of chocolates, large amounts of sugar, non-veg, spicy food creates a fertile breeding ground for P.M.S. Every feminine process by God including menstruation and menopause are natural processes. This is nothing to be ashamed of as many are. This is a blessing for women. This makes the women more pure, beautiful, magnificent and wondrous. It gives attraction to the women.

Women/Girls should take steps to avoid the problem of Leukeria or passing of white discharge through urine. This destroys the body of the woman. The moon controls the monthly menstrual cycle of women.

There are so many debates on women not allowed to enter into places of worship during these days. There are several places of worship which bans the entry of women. Actually that ban must be for women during periods of menstrual cycle because during those menstrual days, when women go to crowded places of worship or any crowded place causes several health and mental problems for women. During the menstrual cycle, not going to places of worship or crowded place is therefore beneficial for women. Russian scientists are working on certain effects on food prepared during menstrual cycle. You can observe yourself; any pickle made by woman during menstrual cycle will not last for longer period and will neither be tasty as well. However more research is required in this area too so that what is good should come out.

In ancient India, men and women would never sleep together during the menstrual cycle as it affects the neurons of the brain, killing and affecting the mental power of the man and destroying intuitive and healing powers. Any physical relation with spouses should be avoided during the menstrual cycle. Women were not allowed to enter into kitchens during ancient times. If a woman during her menstrual cycle caresses the head of her child then it will hinder the overall development and growth of the child and make him angry, depressed or behave abnormally as it affects the Soul, Spirit and Mind.

One can observe high tidal waves in the seas on the following five days, Ekadashi, Poornima, Amavasya, Ashtami, New Moon day or Amavasya. Tidal waves are very rough and high due to high atmospheric pressure. You can read the remarkable observation of our great rishis and their remarkable way of calculating a month. In the celestial phenomena, the Earth as well as the moon raises and settles at the same time on Amavasya and from the next day to Amavasya, the moon is moving about 12 degrees from the solar path;

on Ekadashi day, i.e. 11th day from full moon the Moon stays at a distance of about 135 degrees in the solar path which causes less gravitational force and less atmospheric pressure.

Thus, mating or any sexual activity is banned on the following five days: Ekadashi, Poornima, Birthday, Ashtami and Amavasya. Babies conceived during these five days will be born with one of the physical deformities i.e. spastics, polio, albino. They will have nervous disorders or will be affected by cerebral palsy or will be weak physically and mentally or will have nervous disorders. If the baby is not conceived, it will affect the health with some incurable disease. One must avoid indulging in any sexual activity or mating during Chaturmas (four months after rainy season), Shraadh, on days of fasting or when one is sick or even when the other partner is not ready or not willing so that it does not cause any inconvenience to either partner. Babies conceived during Shraadhs will never be brave and will have one or other pitta dosha and will suffer from some disease during their whole lifetime. Pure souls are not born conceived during periods of shraadhs. These are also the reasons for people being brutes and homosexuals (lesbians), either born out of lust or born on these prohibitive days. Gays men were amongst the first to experience the most dreaded disease, AIDS. It is tragic and unfortunate the way many gays treat other gays and creating pain for each other.

During mating, Man loses more Vital, Seminal Energy than a woman and is more at loss. Men loses it through the edges of the body i.e., nails of fingers of the hands and feet. This is the main reason men feels more tired than women and women generally do not have diseases and heart attacks, women also live longer.

Some time back there was a debate during World Cup for football, whether to allow mating before the game. There has not been any clarity but if they follow and accept the principals of Indian Vedic Principles of Brahmacharya, their performance can improve. So many football players have collapsed and have died while playing. All wrestlers in India are



taught this lesson during their training. We have Late Guru Hanuman (lived healthy till the age of 99 years before he succumbed to an accident), Sh. Chandagi Ram and other wrestlers who were never got affected by diseases and remain strong throughout their life while Great Mohd Ali and several others players get affected by diseases due to reasons already explained.

For giving birth to great souls, there is importance for the parents to be pure and great. If they are pure and great, it creates Magic and Mystery. When man and woman unite in love that's magic! When their mutual love leads to a sexual union between them, mental, spiritual and physical ecstasy is achieved, new life is conceived and that's mystery and magic! Most people aren't aware that when a man and woman mate, a powerful auric light is sent out into the ether, visible to millions of trinities of Spirits, Minds and Souls awaiting a birth channel. It is important for wife and husband to be pleasant towards each other when you want to attract good souls in the world. It is important to have confidence and trust in each other before mating or any physical relation with your partner.

If the mating occurs for no reason but lust, the auric colours of the spectrum are muddy and indistinct, a rust-red colour, and attract, as a birth channel, a Spirit who is not highly evolved but a spirit who, nevertheless, deserves his or her spin on the Karmic Wheel of Life. Lust describes mating experienced for one partner's selfish sexual pleasure only.

When a man and woman mate in love and tenderness(out of Dharma) the brilliant auric light projected by such a trembling, ecstatic union attracts a much higher evolved spirit, who chooses this mating as a birth channel, which is what is meant by a " Love Child".

Under today's circumstances it is difficult to accept this theory completely. But if one altogether gives up effort, people remain brutish all through their lives. The heat of passion is making people blind and some even indulge in the rape of very young children, even aged 1–3 years. If you wish to stop this then this is the only way. If you want your children to be dynamic then this is the only way. The goal is not to suppress Vital Energy

but to sublimate it. This means diversion of Vital Energy from our organs to the central nervous system to produce 'OJAS' which will provide the body with Strength, Vigour and Radiance.

You should not waste your Vital Energy, the main Life Force especially through immoral, unnatural, unrestrained sex or masturbation or donating it in hospitals through Govt Programmes/ VikiLeaks. If we violate Nature's law of self-control, our family life is disturbed by internal conflicts, dissatisfaction and rage and social life is full of chaos, fear, insecurity and arrogance. It is good Brahmachari who become good householders and will always be respected by their spouses and society. Everyone is Divine, children of God.



## Abortions

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Abortion is causing a vast amount of controversy all over the world, in both a religious and a medical sense.

The controversy is like so many things on this planet. It concentrates with so much intensity upon the flesh that it ignores the Spirit, the Atman. Humans should be more concerned with the Spirit, and less concerned with the flesh or body. One should pay close attention, with an open mind and make decisions based on all information available, not just part of it. It is both sad and ironic that people are misguided on this issue of Abortion. Who destroy their children, specially the girl child, creating heavy Karma for themselves, which will create severe negative aura for themselves? The Inescapable Laws of Karma works, in this incarnation or the next.

The “miracle of birth”, is the tremendous awe felt by the mother, all relatives, friends, well-wishers and onlookers at that sacred instant when the infant draws its first breath of life, that magical moment when what has been, in effect, a “water-breathing creature” is miraculously transformed and transmuted into an air-breathing human – and a new life is born. Life renewing itself again, the flesh temple has been born (the body is the Temple of the Soul – and Spirit – and Mind). It is at the moment of birth that more than 40 billion electromagnetic cells in the brain are programmed by the invisible, yet powerful cosmic frequencies – or light waves – emanating from the Sun, the Moon and the Planets.

There are few experiences more emotionally devastating than accidental miscarriage. It is one of the most painful trials a man and woman who love must occasionally endure. You have to remember that there is no real cause

for grief – except the waiting period of another nine months, a short span as Earth time goes. If they take good care of themselves and do not repeat some mistakes, the baby will return and they can give birth to a miracle baby very soon. To prevent accidental miscarriage of miscarriage due to any reason or having aborted in the past, you can change and spin your karmic wheel of life. Drink lots of milk, eat lots of Amla and its products, go for body massage, some Acupressure Treatments. Besides this, 16 Anulom and Vilom (alternate nostrils) pranayamswith chanting of mantras as explained above everyday can remove karmic inflictions of Abortion.

There are severe Karmic causes when a woman cannot give birth to a child or she is told that she is barren. This can be due to number of possible reasons: abortion in one of her incarnations in an earlier birth or having repeatedly refused to bear children for selfish whimsical reasons or has abused children in some manner or hated children. Couples who want to have children must love and care for other children.

In a childless marriage, the family as a union of parents and children does not exist; in the marriage with only one child, it fails in the task of providing for the future of the nation, for to maintain the present population, the family must average 2 or 3 children. China is slowly shifting to two child norm from one child norm. Chances of indulging into narcotic drugs and immoral sex are very high in single child. In Japan alone 47% of executives are depressed as they have no children and have therefore lost the purpose of Life. The government of Japan has to open up mental asylums for these stressed people.

Professor Nicholas Roe has drawn upon new medical evidence to suggest that Keats – one of the romantic poets along with Shelley and Lord Byron – may have suffered from fetal alcohol syndrome (FAS) caused by his mother's drinking whilst pregnant, the Daily Mail reported. FAS is a series of defects which can occur in a fetus which has had exposure to alcohol. Research of Brian Livesley highlighted that the poet's small head and projecting upper lip are clear symptoms of a foetal alcohol. Research further

suggests that stocky upper torso and small lower limbs are evidence of a congenital cardiovascular condition. FAS may leave you similarly vulnerable to disease, including the tuberculosis which killed him in Rome. It can be concluded that children born out of parents who drink, specially from a women who also drink, are born prematurely, have faded hands, swollen veins, poor IQ's and language skills and susceptible to diseases like brain hemorrhage except may be in some exceptional cases with strong astrological charts.

Nature is unjust, and in the Karmic Wheel of life, any woman who kills the temple flesh gets bad health during her lifetime. If a Woman has an abortion, lots of bacteria remain in the body during the procedure; it breaks down the auto-immune system of the woman, which in turn causes several incurable disease after she attains the age of 40 years. Laws of Karma are inescapable.

Destroying body temples by deliberate abortions is not a good thing. It's obviously wasteful, as senseless as building a new home, then tearing it down before anyone has had chance to live in it. Such abortive destruction of a temple under construction may perhaps correctly carry the stigma of vandalism, which is more dangerous than a murder. Child in womb has memories of about his previous 100 births. In Vedic literature, a child in womb is called a "Rishi". Irony is when people do not have children they go to temples, priests and beg and pray for a child but when some others conceive then they kill the foetus, specially the girl child creating bad destinies for them. You can call these 'people' and not "HUMANS". You can call this as part of destiny but we need to find out ways to stop these by doing selfless service to humanity.



## Importance Of Nabhi

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**NABHI** : This chakra is very important and is known as Manipur Chakra, Agni Chakra, Doondi (डूंडी) या shoondi (शुंडी) or Dharan (धरण) या navel displacement (नाभिटलना, नाभिविस्थापन, नाभिसमायोजन) and umbilicus. This chakra is extremely important for a good health. Nabhi Chakra or the navel centre is located behind the belly button (approximately at the centre of the body). This chakra occupies the most important position in the Human System according to Vedic Ayurveda, Acupressure and Yoga. Navel or Umbilicus has immense importance as this is the centre of digestive fire. If this fire is improper then all kinds of stomach diseases take place along with Acidity and Heart Attacks. The purpose of taking deep breathes, Aasanas and Diet control is to improve digestion by burning this fire properly all the time. Weak digestion is the cause of most diseases including constipation. Constipation is a major cause of several diseases. Similarly, as with a soil-stained iron magnet, there is no attraction, it does not have power, likewise is the condition of person with low digestive fire. If Nabhi or digestive fire or Manipur Kendra is active and glowing, a person will have a shining face with bright eyes and will have a charming glow on his face, strong body, strong bones, good immunity so will not usually fall sick.

The Nabhi Chakra is said to be the power house and the mind of the stomach as 72664 arteries, nerves and meridians of our body originate from here and are spread around the whole body. Out of which 72 nerves are vital. Of these ten are the most important. In order to have proper control over these ten nerves, Nabhi Chakra or Navel Center should be balanced. A well balanced Navel Centre ensures that nerves, meridians and arteries are

performing their functions properly. These numerous parts are so interlinked that a defect in anyone of them will have an effect on the every part of the body. If the Nabhi is dislocated, it causes many problems. This is due to the misalignment of the navel & stomach muscles. If Dislocation or misalignment of the Nabhi occurs then all our efforts to remain healthy will be a waste of time and energy as one can see in today's world. Modern Medical Science does not recognise or agree with this phenomenon or theory. The Nabhi Chakra alone governs several diseases. If the Nabhi is shifted once it is a problem which occurs frequently unless diet precautions, Yogic Exercises are not performed. In Acupressure it is quite simple to align the Nabhi.

Constipation is also caused by upsets in the Autonomic Nervous System brought on by irregular eating habits & stress. The action of parasympathetic nerves are dulled, the functioning of intestines is suppressed. If the Nabhi is displaced, several organs in the body become weak or get damaged. Several complications can arise if somebody massages the Navel unscientifically. So it is extremely important to put the Nabhi in the perfect place by an expert.

### **VARIOUS REASONS OF NABHI DISPLACEMENT:**

1. When the ligament corresponding to Navel or Intestines gets weak.
2. Lifting of Heavy Weights while standing in wrong position.
3. Sudden twisting or bending movement.
4. Sudden jerks while walking, jogging, driving or falling from height.
5. Accidents
6. Lack of exercises and Yogic Aasans
7. Masturbation or excessive sexual indulgence
8. Emotional Disturbances (One may feel and notice when one is afraid or hear some bad news or shocking news, a hollowness is felt in the navel region as if it has lost its strength and sensitivity.

9. After pregnancy.

### **INDICATIONS OF NABHI DISPLACEMENT:**

Nabhi Chakra displacement can be diagnosed by examining feet and palms. It can also be checked by Nabhi Pulse Sensations.

1. Join both the palms side by side; try to match the lines of both palms of the hand. If the lines of one side do not match with the other hand indicates imbalance.
2. Lie down on your back with arms on the side. Your knees and feet touching side by side. If the Nabhi is dislocated, the toe of one foot will be shorter than the other foot showing imbalance.
3. In the lying down position (Supine Position), one can take a piece of thread and measure the distance between the Navel and the Nipple of other side on both sides. Difference in measurement shows dislocation of Nabhi. In women, the heels of women together, toe in opposite directions. One end of the thread should be placed on the navel, the other end to the right big toe, then to the left toe. If the two distances are not same means Nabhi is dislocated.
4. Close the five fingers of the right or left hand. Put it on Navel & press a little harder, If the Nabhi is not dislocated, pulse are so strong that it can be felt. If not then Nabhi is dislocated. This is useful for a person who has the knowledge on the subject. It can tell you the exact position of Nabhi, where ever it is dislocated or its present position.

### **PROBLEMS DUE TO NABHI DISPLACEMENT:**

Nabhi is dislocated in many ways; four important ways are mentioned for general health:

1. Upwards: indigestion, hiccups, gastric disorders, weak eyesight, Liver is also pressed.
2. Downwards: Loose motions, damaged liver and intestines
3. Towards right side: Large intestines, eyes, Liver and gastric disorders.



#### 4. Towards left side: Small intestine, Hair loss, Gastritis, indigestion, brain and ears

Displacement of navel/nabhi chakra is present when sudden loose motions or constipation develops. People who are vulnerable to this problem often face several stomach and intestinal problems. Generally the navel of the male gets displaced towards the left; that of the women towards the right.

Nabhi dislocation will damage the Liver and it will continue to function at low levels as around 70% of its capacity is lost. Toxins are re-circulated in to the body and eventually stored in fatty tissues, including the cells of the brain and central nervous system. Success of detoxification process in the liver depends upon availability of specific nutrients. In the absence of any of these nutrients, when Nabhi is dislocated, the liver's detoxification process is impaired. The slow release of these toxins into the bloodstream is a major factor in the development of chronic diseases in the body. So along with digestion, the good health requires elimination of toxins from the body, the main organ being liver in the detoxification process. Besides detoxification, the liver is important for other functions such as metabolism, blood production, circulation and bile secretions.

Purification of Anus from impurities is extremely importance for strong Nabhi. Position of Navel or Manipur is very subtle and a big secret. Yoga scholars describe this as main source of digestive fire or fire element in the body. Fire is pure in its own form but when Navel or Nabhi is dislocated from its position then it is like putting cold water onto wet wood that creates lots of smoke and humidity and covers the fire.

Digestive fire becomes weak due to eating of ice creams after meals, eating cold food or uncooked food, bread, burger etc, causing indigestion and constipation. That's why extra efforts are required to bring the Navel/Nabhi to its original position. Naval Chakra/Nabhi Chakra/Manipur Chakra is of ultimate importance. It shines like a Gem. You gain strength,

good eyesight and happiness if the Navel/Nabhi/Manipur Chakra is purified and is at center of stomach, its perfect original position.

Uttanapadasana, ushtraasana, chakraasana, matsyaasan&paadpaschimotanaasan in sequence is beneficial for corrections and bringing it back. Some people use Mantras to cure this problem. Eating Methi (fenugreek) and Gwaar (Cluster Beans) will keep the Nabhi Stable.

### **SOLAR PLEXUS/SURYA KENDRA/KAUDI (कौडी) :**

Point for Epigastric Region. This point controls the flow of gastric juices important for digestion; this contains hydrochloric acid, the proteolytic enzymes. When stress or some other trouble obstructs blood circulation to the stomach due to nabhi dislocation, sufficient mucus is not secreted causing several other diseases. Massaging at this point helps acid flow to be properly regulated resulting in life of good health and satisfaction.

### **SWADISHTHAAN KENDRA, KANDAHSTAHAN, POINT OF BRAHMCHARYA(CELIBACY):**

Whenever Nabhi is dislocated, both the points at epigastric region and Swadishthaan Kendra (स्वाधिष्ठान) are also affected. If this point is not functioning properly, means there will be loss of semen in men and chyle in women causing leukeria (draining of white or yellow discharge) and are wasted through urine. It also causes night fall in children and men resulting in impotency, memory loss, paralysis, parkinson disease, weaker bones, palpitations, impaired bodily functions. If one is facing problem of night fall or loss of seminal energy then one must press four points below the navel region at the gap of 1 finger starting from Navel.



## Medical Astrology

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Wisdom from Hippocrates: You must practice medicine with the movement of the stars and planets. The medical community openly confesses that at least five percent of all deaths in hospitals are “unexplainable.” Touch not with iron that part of the body ruled by the sign the Moon is transiting. One should not perform a surgical procedure with a knife (iron) upon a part of the patient’s body which is ruled by the astrological sign through which the Moon is moving at that time.

This has been proven repeatedly in several cases of surgery; disobeying this law will inevitably result in one of three failures of any surgery performed at the wrong time: (1): Complications, including infection; (2): Unusually slow and painful healing and recuperation and (3): Fatality. You have probably heard people say that “The operation was a success, but the patient is not recovering or patient has died”. So a word of caution from Medical Astrology is clearly wiser.

When the moon is in Taurus, ruling the neck and throat, one should not perform a tonsillectomy. When the moon is passing through Scorpio, ruler of productive organs, a prostate operation or hysterectomy (removal of tubes, ovaries or uterus) should not be performed. When the Moon is in Capricorn or Aries, the former ruling the teeth and bones, the latter ruling the head in general, no dental surgery or other surgery related to the bones or any part of the head should be performed. There may be doctors who may not believe in Medical Astrology, but if Medical Doctors won’t protect their patients, they can perhaps protect themselves by scheduling their own

operations as cases of Medical Negligence are on rise causing doctors heavy amounts of financial loss and creditability.

Medical Astrology is more concerned with the diagnosis and prevention of disease than the treatment. If it is known at the birth that a baby's nativity indicates a strong predisposition to diabetes, for example, the parents can control the diet of this small human early enough to prevent the adult from ever developing diabetes. The horoscope shows which disease and accidents to which parts of your personal body you are inclined to suffer. If you take proper preventive measures, like mantras, serving others or develop the attitude of helping others and attitude of gratitude, these astrological birth warnings will have accomplished their purpose, and you need not become ill in the manner indicated in the horoscope. But if you ignore and do not take preventive measures, then your body will be inclined to respond to the electromagnetic "pulls" and what were originally only possibilities may then become realities. Astrology accurately analyses character, personality, physical strengths and weaknesses, and much more – but is equally helpful as a timing device. "Seek the Truth and the Truth shall set you free". Patience is a great support in the quest for Truth.



# Managing Conflicts

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## **STRESS:**

Stress has become the health epidemic of Life today. Most of humans are stressed these days. The main reason for stress is extreme sorrow and extreme happiness. Heart Attacks are mostly due to Physical, Mental and/or Emotional Stress.

Our senses are teased by the allures of the materialistic world. Thus they distract us from truth and create stress. When you dwell on the negative you reinforce those negative brain cell connections, making you more negative. Negative ways of thinking keeps you stuck, keeps your focus on problems instead of finding solutions. Problems are then magnified and we start feeling sorry for ourselves all the time. Destructive beliefs, complaining about others and negativity make people less effective and rob you of your mental strength. Envyng anyone and resenting somebody else's success can cause depression. So, it is beneficial to give up bad mental habits. You wish to feel good. Then see only good in others.

Another reason for stress is due to the attitude of criticizing others or insulting others, harming others, have an ill will towards others, blaming others without sufficient proof and out of jealousy, have destructive mind then you will always be stressed. Blaming others and spreading rumours against others and false accusations causes stress. Do not create problems for others as these will return with force. But if problems are there, seek out the remedies as soon as possible.

When you engage in service to others or empathic action this reduces anxiety, stress and diminishes depression. It heightens the immune system functions in the body, elevates self-esteem. It improves personal relationships and improves workplace productivity.

New scientific research shows that showing gratitude and being grateful will make you happier, more self disciplined, more able to achieve your goals, stronger, physically, mentally and emotionally. It frees you from emotional pain. Gratitude replaces victimhood with joy, it reforms the subconscious mind. It is important to have strength, physical, mental and emotional. You need to practice gratitude. Love the present moment, live in the present moment and practice the habit of Forgiveness.

In the present age of internet and communication, millions of people can stab you with their words, specially when you are public figure, creating lots of pain and stress. Share your situation you're your near and dear ones. During stress, the body releases toxins and stress hormones affecting the brain and the mind causing anxiety, tension. Although they in turn earn worst kind of karmic rewards for which Nature will punish them at appropriate time. God and patience are the great support.

Children and Teenagers are vulnerable these days to the lure of so many things as they are not fully developed and equipped mentally to handle negative information about themselves and others, especially on the internet. Children have to be taught to defend themselves in life, especially online. They are abused by looking and believing at things they should not see. They are abused and humiliated due to someone taking advantage of their situations or a committed mistake as they trusted their friend who recorded MMS in uncompromising position without her being aware of it. They are not able to share their miserable condition to their friends out of shame. They lose hope and can't imagine living to the next day. Some tragically, in being unable to face the society commit suicide bringing sufferings for the entire family. Life becomes unbearable and extremely stressful for anyone, specially children and teenagers because life becomes

meaningless for them as they feel they have lost everything. Please have trust on God and on at least someone in this world whom you can really trust.

Whoever is suffering from public humiliation and shame and is under extreme stress needs to know, **TIME CHANGES AND YOU CAN SURVIVE IT. WAIT FOR SOME MORE TIME.** It is time to take rest once you become a publically humiliated figure from a private figure. You have to be strong. You will have to understand that more the people humiliate you, it is time to surround yourself with good ones and stronger you will become to face the situation so connect yourself with others.

Relaxation and rest should be an important part of Life. But keep in mind if you oversleep, you waste your life and will suffer ill health. If you under-sleep you will feel tired and irritable. When the brain is under stress it releases cortisol. Cortisol's are toxic and result in clouded thinking. Physical Stress, Mental Stress and Emotional Stress will cause heart attacks. When a person is depressed, energy doesn't flow in the body; breathing is shallow and depresses the whole system.

Take complete rest, meditate everyday and especially during days of stress and slow down a bit and analyse the situation. Meditating every day for about 30 minutes minimum, i.e. 4.30 a.m., 11.45 a.m., 5.30 p.m. and 11.30 p.m. will release you from any kind of Physical, Emotional and Mental Stress. Low intake of Salt is beneficial during Mental Depression. Early to bed, early to rise is an old saying for a good life. The secret of getting up early in morning is scheduling yourself for sleeping early at night the night before. Stop watching cinemas or other programs on TV before you sleep. This will help you get out of bed early in the morning. This will improve your concentration, focus of life, your memory, and your relationships and will increase your satisfaction level. Meditation gives you the ability to keep and undisturbed Mental Tranquility in spite of the most disturbing environment.

We must be grateful for any circumstances that God puts us. In situation of difficulty you can turn that difficulty into an opportunity. Good life means that we live in the world to give and not to take. The present given moment is a gift and an opportunity for the future. We are rushing in life so we do not see these opportunities during times of difficulties and get stressed. Few weak people even commit suicide.

The different therapies we have described above are the best therapies to relieve pain and daily stress and to feel lighter and renewed. Imagine if you could resolve most of the physical ailments that you and your family experience. You would live a stress free life and your body would have full vitality for the whole day at work and your personal life will be full of enthusiasm and an overflow of energy.

To a wise man, how can the worldly praise of the clamorous criticism of the blabbering crowd ever bring any restlessness to disturb his serene bosom? Live free of pain, free of stress, free of negative emotions like depressions and negative thoughts. There are some things you can only learn only in storm.

### **SOCIAL CONNECTION:**

Social connection is a basic of life which gives happiness and keeps you free from anxiety and stress. Social connection is meaningful relationships (not superficial relationships or to show social status) and meaningful social bonding. Hostile, aggressive and abusive behaviour has a way of eroding self-esteem and self-confidence and then also Sleep and Health. Social connection out of attachments can cause problems in Life. Always connect with people having wisdom. People who are socially connected with good people or serve others are never stressed or depressed.

Accidents and disease require you to know your body and about life. Traumatic experiences change your entire perception about life and tell you that you are vulnerable. But be positive, Vulnerability is the birthplace of Love, Belonging, Joy, Trust, Empathy, Creativity and Innovation.



Enjoying playing or sitting with your friends and relatives and going out to a hill station, village or near the river or beach, listening to discourses of Saints will make you socially connected and give you needed relaxation and happiness in Life.

### **LAUGHTER & SMILE :**

Laughter is the best medicine and natural stress reliever. A natural innocent childlike laughing face is pleasing, charming and beautiful and will brighten the day. The artificial forced smile that some people wear is always wry and unpleasant. The up-down movement of the diaphragm caused by laughter stimulates the operation of the heart, improves circulation and activates the function of the stomach and intestines. Laughing or Smiling in fact induces physical changes in the body. A good guffaw from the bottom of the belly three to four times a day and more giggles contribute to a better way of life.

There are many kinds of smile: Polite, Genuine, Loving are from Humans; Sarcastic, Fake, Making joke at others and laughing to put others down is a Demonic Smile. There is a Godly or Yogic smile too where the Yogi will smile with his Godly powers and change the life of others. You must all be cheerful all the time and also make others cheerful for a good, relaxed feeling. This is the sign of a virtuous man. Smiling improves face value. If you are happy then share it with others and give reason to others so that they can smile too. If you are sad and have a clouded face, do not meet people or bury your sorrows by doing good selfless deeds. Fragrance also stays in the hand that gives the rose. If you wish to be happy, then spread happiness wherever you go.

### **ANGER**

Anger is deadly & swift in its attack. When one is angry, he shivers. At the time of shivering due to anger, white cells of the body are destroyed at an extremely high speed. When one is violently angry whether it is justified or not, with someone or about something, a raging fury, whether or not it's held in or allowed to spill out – it nevertheless creates bile resulting in

excruciatingly painful gallbladder attacks & manifestation of gallstones and kidney stones. One gets brain hemorrhage or paralysis when one suffers from anger. It is a dreadful & painful price to pay for anger. Tolerance and Forgiveness is as practical as it is spiritual since it not only strengthens the soul; it also keeps the body healthy. Intense Anger also affects the spleen, kidney, gall bladder and brain. 'Bile' & 'Spleen' are used to describe violent emotions. Patience is a great support in the quest for Truth. Turn your anguish into flowers. KEEP YOUR TEMPER ON ICE. Anger and hatred are our real enemies. Don't communicate when angry. These are the forces we must defeat for an inspiring life. Excess energy in the Liver and Gall Bladder is the reason for Anger. Anger for protection of many and for self defense or to discipline is very good and that's precisely why God gave it to us. Chew the food for 32 times and take 20–30 minutes to eat food in a peaceful atmosphere. Give up Salt for some time, especially during rainy season. People in hurry are angry. When a person thinks of materialistic objects, attachment for them arises; from attachment, desire is born; from desire arises anger; from anger - delusion, from delusion- loss of memory; from loss of memory - the destruction of discrimination; from destruction of discrimination one perishes.

“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.”

## **FEAR:**

Fear is as bad and is due to weak kidneys. Fear from Parents, Guru, Mentor and God is good as this can prevent you from failing in life and take you to the path of austerity, self control and caution. You can learn gratitude from them. But never fear anything and anyone except your parents, Elders with Wisdom, Guru, Mentor, not out of fear but out of respect.

Most fear disappears when you confront your fears head on. Courage to face fear is the outstanding quality of a Truly Dynamic and Spiritual Person. When fear knocks on your door, send faith and courage to answer it. The

only thing we have to fear is fear itself. You only enjoy life when you confront your fears and win your life's battles at the time when everything is turned against you. Fear dissipates when you take correcting actions and decisions at the right time and against all odds for the welfare of many. There is no security in life, no fear in life, only opportunities.

**HEART DISEASE AND HEART ATTACKS ARE CAUSED BY:**

1. The lonely longing resulting from not being loved.
2. Inability to give or return Love.
3. The inability to Love one's self.
4. Physical, Emotional and Mental Stress.
5. Criticising others.
6. Eating too much curd, cheese and sweet products.

The emotion of Love and the Human Organs of the Heart are inseparable.



## Degenerative Diseases

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### **SCIATICA, BACKACHE & SLIPPED DISC:**

Major reason for Sciatica, Backache and Slipped Disc are Constipation, Stomach Disorders, Lumber Spine Disorders and Sprains due to incorrect sitting posture, soft tissue injury or injury by accidents and excessive sexual indulgence. People who drink too much water in the morning or drink tea, coffee, cold drinks empty stomach or while standing will generally have weak back or suffer from back problems. Eating too many sweets is responsible for pain in bones. Eating too much Salt will destroy ‘The Great Bone’.

There are hundreds of poorly nourished people who do not have the complaint of back pain. They can lift more weight than people who may take perfectly balanced and rich food. When the true cause is not found by any therapist, not only allopath, he tries to hide his ignorance by telling something to satisfy the patient. Then he gives symptomatic relief to win the patient’s confidence.

The lower back is known as the “house of kidneys”, nourished by the essential life force of kidney. Most often sciatica results from hernias in the intervertebral discs. Other causes include deformation of the vertebrae, irregularities in the sacroiliac joint, hypertrophy of the flaval ligament attached to the posterior foramen, and rigidity in the surrounding ligaments and muscles & moving improperly causing sudden sprain. Few other causes are factors of wind, cold, dampness leading to blood stagnation in the life force of meridians or Kidney. Excessive work consumes your life force.

The internal root of lower back is kidney deficiency, which is a form of internal damage. About 80% of lower back pain cases are associated with patterns of deficiency, with internal damage generally involving kidney deficiency. Due to loss of semen, kidney essence fails to nourish the channels and collaterals of the lower back as the kidney function of securing and containing urine and protein in urine and semen is compromised, the outcome being frequent urination or night fall at night.

To prevent back pain or sciatica, always sit straight, the weight of the body should be on ribs, back should be free. Walk daily for one hour in the morning and evening both. Depending on the condition, patients have recovered in as little as 7 days and maximum 3 months for complete recovery from Acupressure and Ayurvedic Massage treatments as Acupressure and Ayurvedic Massage nourishes the kidney which strengthens the lower back.

### **ARTHRITIS/ JOINT PAINS:**

There may be 100 types of Arthritis or Joint Pains in the body. The main reason is empty stomach tea, coffee, cold drinks, alcoholic drinks, too much of curd, abortions, taking pills to stop or delay the menstrual cycle, not eating as per organ clock and most importantly overindulgence in sexual activity. Arthritis can be also due to side effects of medicines for lowering the cholesterol level. Arthritis patients must not eat curd or drink tea or coffee.

The best cure for Arthritis is eating as per Natural Organ Clock, never drinking or eating while standing, Yoga, and Morning walk for about one hour, Sunbathing, Ayurvedic Massage and Acupressure. It can be cured in maximum three months by Acupressure. It is equally important to change your attitude. If you have any resentment, bitterness or frustrations held inside, just let it go and change your negative attitude. Your joint pain and arthritis will be cured faster.

### **CERVICAL SPONDYLITIS :**

Major reason for Cervical is due to intestinal disorders and wrong posture. Major Causes of Cervical Problems: i) Intestinal Problems; ii) Bad sleeping with High Pillow iii) Sitting at Computers for a long time, iv) Accidents, v) Eating Dry fruits. Non-Veg is the main source of cervical cancer which is spreading very fast these days. Cause of Intestinal problems: Indigestion, intake of improper oxygen, eating and drinking while standing, eggs, improper chewing of food, fast Food and Junk Food. Another reason for this is rigidity in Life. Be little flexible in life and you will observe that you are cured.

### **BALDNESS/HAIR FALL:**

Hair fall is also related to health as this shows some problem in intestines. The life of a hair is about three years. If male hormones are excessive, then the person faces the problem of hair loss. This is due to imbalance in the functioning of the Liver and Kidney. Hair loss from the front top region of the head indicates the consumption of Alcohol, Cold Drinks, Juices and drinks with preservatives, excess consumption of fruits and juices. This indicates the imbalance of intestines. Baldness in the centre part of the head is due to animal protein. Baldness at the back of the head is due to alcohol or consumption of medicines made from chemicals. Baldness in the temple region is due to eating excessive sweets and allopathic medicines. Eating of bitter products will also be responsible for hair loss, specially the beard and moustaches.

Other reasons for Hair loss are stomach disorders due to Nabhi Dislocation or not eating nutritious food. Drinking tea or coffee on an empty stomach in the morning causes heavy loss of Hair, Leukeria in women and night fall in men or loss of seminal fluid. That is why there are more bald men than women, women generally have thick hair.

If you wish to keep long hair and wish to grow your hair faster, trim the ends of your hair yourself on the day of the new moon (this is the time

when the moon lies closest to the sun in the sky as seen from the earth) and it will grow visibly faster.

If you wish to keep short hair & wish it should not grow quickly, have the hair cut on the the full moon day of the month, Poornima. It will grow more slowly.

Eating chyavanprash with milk everyday will prevent baldness.



## Cancer

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Before leaving the subject of health, let us consider the disease or the physical, mental and emotional disharmony called cancer. We request you to change your attitude on how you view cancer. It's time to follow the Natural Principles of Nature. Nothing can go wrong. Cancer will not spread and will quickly reverse itself. The body's immune system can be restored through Yoga, Ayurveda, Homeopathy and Acupressure. Tulsi Leaves, Cow Urine, eating raw vegetables along with their fiber content, wheat grass, lots of sunlight, water therapy, lots of rest and sleep has excellent results on cancer sufferers. Large doses of confidence and optimism from relatives and Doctors with healing hands and strong healing magnetism and unique charisma are the major factors in rapid improvement and cure in the condition of Cancer Patients. If you still are losing hope, you can say goodbye to your relatives and friends, leave your final messages, go on pilgrimage, visit temples of the world, and listen to sermons of the saints, donate generously for good causes, move towards a more spiritual life, understand the laws of Karma (Cancer and Epilepsy and Asthma are due to afflictions of bad karmic rewards earned in previous births), do things that you wanted to do, do more research on your disease so that it can help someone and enjoy eternal oblivion. Cancer can be the best way to die if you can inspire others. You can turn cancer into blessings.

Please stay away from oncologists and stop wasting crores(billions) trying to cure cancer, potentially leaving us to die a much more horrible death.



Please remember genuine concern and non-deliberate negativism is so damaging to the natural healing process. All illness is an un-natural condition and good health a normal and natural state of being.

At least three diseases which are making people hugely stressed and depressed: Diabetes, Cancer, Heart Attack. You have to think ahead and make choices, whether you want to take the risk. You have to think about quality of Life. You have to think if you want a long life that may have a great deal of pain towards the end or you want life whatever God has given you, it maybe a short life and may be painless. Rational, logical thinking is required at times of stress and disease. This will lead to great things.

Eating 5 leaves of Tulsi every day will prevent cancer. Drinking Cows urine will prevent cancer and is a cure for cancer too. 10 ml juice of Tulsi leaves in freshly made Curd in morning and afternoon and with honey in evening may cure Cancer. People suffering from Cancer must not take Salt.



## Finally

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Throughout this book, we have stressed the importance of many therapies that will give help you live healthier without Medication and Side Effects. Yoga has many benefits - physiological, mental and spiritual. Yoga can mean a lot of things to different people. Yoga can be any or all of the following, depending on WHY you want to take it and HOW you incorporate Yoga into your life: a great physical fitness programme, breathing techniques and relaxation, Meditation, the learning of a philosophy, a philosophy of life, Spiritual fulfillment. Yogic Exercises, Ayurveda, Homeopathy and Acupressure increases the quantity and quality of Prana or Life Force or Qi inside the Body, Mind and the Soul.

Benefits of YOGA, MEDITATION, AYURVEDA AND AYURVEDIC MASSAGE, ACUPRESSURE AND HOMEOPATHY have been explained earlier but are being repeated again: Build Strength, Create Stamina, Gain Balance and Agility, Improve Flexibility, have a Calm Mind, Improve Health, Prevention of Osteoporosis, Parkinsons, Heart Attack, Asthma, Balances Endocrine system, helps with symptoms of Menopause, PMS, Thyroid, Nocturnal Emissions, connects with your Soul and Transforms your Life.

Start investing in yourself. Accelerate your healing. Although people have the intention to take time for themselves and to Meditate, these often get put at the bottom of our list because life simply takes over. So take deep breaths, quieten the mind and listen, this book can guide you throughout your life in subtle and powerful ways. You will find the experience far more satisfying and much more rewarding. When energy starts to flow, your

intuitive knowing that will come from deep within will relieve you from ailments and also enhance your immunity and self-curative powers so that your inner self, the ATMAN, can fully emerge.

### **MAKING THE YOGIC WAY A HABIT:**

*Good habits are the soul's muscles. The more you use them, the stronger they grow.*

1. Wake up early, between 3.30 a.m. & 4.30 a.m. Getting up early gives you more time and makes you healthy.
2. Go for elimination
3. Take bath and wear fresh and clean clothes
4. Do Pranayam and Meditation/Jap with Mantra preferably from 4.00 a.m. or whatever time you get ready
5. Watch inhalations and exhalations
6. Go for jogging or brisk walk and exercise for at least one hour in morning.
7. Eat Heavy Breakfast, between 7.00 a.m and 10.00 a.m. Eat like a Prince in the morning, King in the afternoon (fruits or milk) and pauper in the evening between 4.00 p.m. to 7.00 p.m.
8. Work your day fresh and start the day.
9. Resolve that you will serve at least two people and bring a smile on the face of at least two people.
10. Start the day with a smile. Keep smiling throughout the day. It improves your face value and creates a good atmosphere around you.



## Health Stimulant Tips

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*PAY ATTENTION TO THESE LITTLE THINGS TOO –  
THEY'RE IMPORTANT*

1. Chew 5–7 leaves of Neem and Tulsi, everyday on an empty stomach. This will help gain good memory; avoid diseases like Excess cough, TB, Malaria, Fever and Cancer.
2. Drink liquids when you are breathing from the left nostril and eat food when breathing from the right nostril.
3. Make a point to sleep with your head towards the east or south. This will result in a positive energy flow in your body.
4. Avoid taking bath after sunset. This is one of the causes of Paralysis.
5. Deep breathing exercises alone can greatly increase your energy level and boost your immune system. Always take deep breaths so the intake of oxygen is more in the lungs. This helps the lungs to produce more calcium and in turn gives you stronger bones and also helps in better cleansing of intestines & purifies the blood.
- 6 . Massaging every week with mustard or sesame oil for at least 30 minutes, it will balance energy flow in the body. Learning a few Acupressure Self-Help techniques and massaging will give you vibrant health. You can visit nearest Ayurvedic Massage Centre for good medicated massage.
- 7 . One pain killer reduces your life/age by one month.
8. One pain killer injection reduces the life/age by six months.

**9.** Never take curd after 4.00 p.m. in evening. This affects the brain and may cause Tumour.

**10 . SMOKING:** Smoking or someone smoking in the room (passive smoking. In passive smoking one smokes through the nose and not through the mouth as the case with the smoker) can cause lung and throat cancer. We are told there are people who are not affected but this is not true in all cases. So please don't use them as examples. If a person does not have Piscean-Gemini afflictions in their birth chart, they will not cause one to develop cancer. Smoking can cause Lung failure, Heart Attack or it can damage any other organ which is weak, but not Lung Cancer due to position of your stars in your horoscope.

**11.** Major reasons for Thyroid are genetic, eating cold and hot at the same time, eating refrigerated food kept overnight.

**12. JALNETI:** Jal-Neti is a perfect remedy for chronic headache, insomnia, Asthma and improving eyesight and preventing premature graying of hair. This also helps in improving memory power.

**13 .** Avoid Sour food or sauces (Chatni) otherwise it can cause brittleness of skin at different places. It affects muscles too. Patients with diseases of Paralysis, Muscular Dystrophy, Sciatica, and Slip Disc must not eat sour food items. It affects lips and spleen. Children with excess secretion of saliva must also stop eating sour products.

**14 .** Excess bitter will make your skin dry and loosen up. Eating too much of bitter should be avoided in diseases related to bones.

*For good and positive health, Practice CELIBACY  
(BRAHMACHARYA)*

*Be happy and keeps others happy. Spread happiness and  
health everywhere.*

*If you can heal yourself, you can heal others.*

When any of the three, Body, Mind or Soul falls ill or stops functioning properly the other two will quickly follow. They are inseparable. Conversely, when one of the three is correctly and properly healed, the other two will likewise follow. We have tried to cover the most important points for good health but there is scope for more research and other alternatives like Herbs, Aromatherapy, Reiki, Massage Therapy, Sun Therapy, Mud Therapy etc. One, who does not give importance to and attain towards tapas, self control, austerity, who does not do penance and donate willingly and generously to charities will be compelled by diseases and other problems to do and spend money on doctors, hospitals and medicines only but the person will not get the benefit or advantage from it as this will not be charity but an expenditure and person will not earn any good karmic reward from such expenditures.

Poverty, death and fear, take place when people worthy of worship (persons of wisdom and love) are not worshiped and when honour is given to undeserving people (who spread rumours and hatred among people). (Shiva Purana Rudrasamhita, Khanda 2 -29)

One, who does not worship or show his gratitude towards our venerable men (calm, serene, self realised soul), and do not honour persons worthy of being given honour, that person will lead a life full of fear, a wretched life and meet an untimely death. In fact, that society is doomed if it criticises or hates the person with wisdom who serves society with happiness out of love without any ulterior motive.

There may be some incomplete information leaving scope for further studies and evaluation and scope for more work, new ideas and research in this area depending on today's issues and should be based on modern lifestyle. You will find more in our future books that will be published later. We suggest even if you do not get the benefit from any doctor or suggested therapy or even if there is no cure for a particular disease or injury you are suffering from, your doctor can make it more bearable and less uncomfortable. The new cure can only be found in time through research;

however, doctors need to be aware of the disease to open up more scope for research.

This is our effort to solve few problems humanity faces and also the health care problems India as a country and the whole World is facing. We have a great opportunity in front of us before other universal issues to think & redesign how we live a healthy life. We need an infrastructure where we can show our caring for others and sharing our suffering together. People in India are extremely blessed as we have rich family values, 40 different festivals for sharing and enjoying happiness, are attached to each other, help each other, have so many ashrams, temples, mosques, churches, Gurudwaras and spiritual religious places for peace and to know and feel God. We get connected and feel human in these festivals and places of worship. In life: make Space, Adjust and Grow. Your success and happiness are connected to your wellbeing. We together will have to find solutions for diseases and want to put power in everyone's hands and find new ways to access vital things.

Balanced food consisting of Fresh Fruits and Vegetables, Fresh Air, Good Sound Sleep, Yogic Exercises, Physical Work, Sunbathing, Ayurveda, Body Massage, Pachkarma, Homeopathy, Acupressure and Brahmacharya are the pillars of Health. These will help your body to heal itself. Life should be protected, maintained and cared for but there is no reason to fear death as death is inevitable. Birth leads to definite death at some point of Life. We live and we die. One must not fear any disease or even fear death. Think wisely and lead your life with purpose of self-realization. Life should be inspiring and must leave deep foot prints.

We need to set our sights on well-being, not only physically but mentally and emotionally too. This way health care can be made more wonderful. It should not be disease centered but based on a Human Centre Model of Care. Healing and Caring can become a creative and playful act. Whenever our impurities are removed, good health, courage and strength are conserved for spiritual endeavours. Now is the time to create and do

something new, something vital and not because it's our duty to give comfort but for the sake of purifying ourselves and for God and to gain a sense of peace, spirituality, bliss and self-realization. This book, *NATURAL HEALTH AND HEALING* , will prove to be a miracle to the field of field of Medicine, Nature's secrets of Health and Healing.

May all of you who read this book become channels of help and healing and goodness to many others! Bless you all.

🌀 , May God Protect us all, May God Nourishes us all, May we work together with Great Energy, May our Study be Enlightening and Fruitful, May We not Hate Each Other and Let there be no Animosity amongst US.

🌀 SHANTHI, SHANTHI, SHANTHI.

HARI 🌀 !





# Health Awareness Program

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To live healthy is our responsibility. Re-invest some time in yourself. Health Awareness Workshops and classes are conducted in Schools, Colleges, Institutes, and Corporate Houses.

Workshops and Classes cover three aspects: Health Protection, Disease Prevention and Health Promotion:

There is a need to learn to live naturally for good quality life and painless life. This shall help us blossom as wise and responsible members of the society and transform our life and the World, Our program includes:

- Yoga Exercises/Asanas
- Meditation
- Nature Cure for various diseases prevailing today.
- Developing Self Healing powers
- Law of Karma
- Spiritual Healing
- Diseases of Children
- Diseases of women
- Diseases of men
- How to Cope up with stress – Physical, Mental and Emotional
- How to increase concentration
- Good Diet
- Acupressure
- Homeopathy
- Question Answer Session

There are three Levels of Program:

- a. For Children and Youth of the country
- b. For Common Man
- c. For Doctors
- d. For Nurses, Physiotherapists, Emergency and Paramedical staff.
- e. For Massage Therapists

For further information on Health Awareness programs to know the secrets of *Natural Health and Healing* or Workshops for your school, college, institute or corporate office or industry, write to [saarathi.org@gmail.com](mailto:saarathi.org@gmail.com).

Duration of the Health Awareness Program: 2 hours minimum.

For Yoga and Meditation along with Health Awareness Camp: 3 days minimum.

After you read this book, *NATURAL HEALTH AND HEALING*, many questions and suggestions will come into mind of the readers. I want to hear all of them so I would be grateful if you can write your feedback and suggestions.

We all need to learn to live naturally for good quality life and painless life.

HARI 



**COLLECTION OF VARIOUS**  
**-> HINDUISM SCRIPTURES**  
**-> HINDU COMICS**  
**-> AYURVEDA**  
**-> MAGZINES**

**FIND ALL AT [HTTPS://DSC.GG/DHARMA](https://dsc.gg/dharma)**

**Made with**



**By**

**Avinash/Shashi**

**Icreator of  
hinduism  
server!**

**KAPWING**

## About the Author

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Due to the grace of God, Kamal Anand was fortunate to become interested in Spirituality and Yoga in the year 1997. He learnt Yoga, meditation, natural cure and acupressure and continually strives to learn new things. He has been a frequent speaker in schools, colleges, institutes and corporate offices since 2002 on Health Awareness and also conducts Yoga and Meditation classes.



*Natural Health and Healing* is the inspiration of Saints and God – Vedic rishis, Yogic Gurus and Saints of India have given their stunning contributions to mankind for a healthy and peaceful life. This book is his attempt to guide people, especially children and youngsters to live healthy naturally without medications. In the current scenario, there is a need to raise enthusiasm amongst people. He has therefore dedicated his entire life to serve others and inspire people to be *healthy, strong, peaceful, positive, compassionate, content and happy*, while leading a good family life as well as a Spiritual Life.

Born in Dehradun, India, a graduate in chemistry, Kamal has worked with DCM and GlaxoSmithKline. He has different roles in Life: Motivator, Mentor and Inspirational Speaker.