

Lakshmi Parvathi Saraswathi







Lakshmi Devi







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FOREWORD

An accomplished life has the power of wealth, soul and happiness in equal proportions. Lack of any of these three leads to ill health. If we are to avert this condition, how our thoughts should be in the spiritual and worldly life? How to strike balance between our thoughts and deeds? How to worship Goddesses in our own bodies, apart from worshipping them in temples? This booklet "Lakshmi Parvathi Saraswathi" lets you know answers to these questions.

My sincere thanks to the readers for giving me an opportunity to let you know about these spiritual snippets through 'Meditational Health Science System'.

My obeisances to Sri Paul Vijay Kumar, who made me what I am today by feeding the spiritual morsels and also to Brahmarshi Patriji, who has been turning stones into gems and giving me invaluable suggestions in this project.

> Dr. GK (Founder President) Spiritual Tablets Research Foundation

"Lakshmi, Parvathi, Saraswathi"

'Lakshmi Parvathi, Saraswathi' is a prominent concept which comes in the series of three tablets. This concept informed us how we need to split our life into three important aspects and what our focus and longing needs to be on, in different circumstances. Lakshmi symbolizes materialistic wealth, Parvathi stands for spiritual knowledge and Saraswathi is the abode of arts. These three are very significant in our daily lives.



Lakshmi

In the school called Earth, a soul reaches its culmination, starting from the lowest state, and realizes its inner potential only in that birth when it gives utmost importance to the above mentioned three aspects. It can be noticed that it gets repeated in very cycle of birth from the beginning till the end. Though there is no value for money in spiritual jargon in the initial stages of the spirit, taking into consideration the current state of the world, money s h o u l d b e h a d i n t h e b e g i n n i n g. "Dhanammulamidamjagat". No worldly comforts can be had without money. We need to feed ourselves for our happy existence on this earth.

So, it is imperative on our part to be engaged in some employment and earn enough money to feed ourselves and stand on our own feet. Whether to be born rich, or poor, in a middle-class family is decided by us before coming on to the earth.

In tune with that, it is indispensable to earn a subsistence wage for our existence; thereby giving importance to Lakshmi after the gratification of our basic needs, we need to divert our attention to Parvathi totally. It doesn't mean that we have to abandon Lakshmi but if we live in the delusion that earning money itself is the means and end of life, we can never come out of the eddy of money and reach Parvathi.

Our sins themselves are our diseases:

We need to earn money righteously without resorting to evil ways connected with non-vegetarianism which is the root cause of many sins. We need to pay for our evil deeds in the form of diseases hence, our sins are our diseases.



PARVATHI

When our hard-earned money, name and fame fail to give us neither physical nor mental contentment, when they trouble us in the form of illnesses and make us feel depressed, we need to realize that 'time has come to leave Lakshmi and move towards Parvathi'. While living in subsistence, we need to divert our attention to Parvathi, the consort of Lord Shiva, who is the cosmic symbol of disinterestedness and lives in the cremation grounds. Since she is the consort of Shiva, she is naturally endowed with disinterestedness. That itself is called spiritual science.

If we would like to lead a tension-free life, we need to be with Parvathi, until we get the answer to the crucial question, "What am I?" In such a state, we happen to acquire spiritual knowledge by meditating, reading scriptures and spiritual books, listening to classes and being in the company of Aacharya (Master). But this knowledge is totally related to soul and intellect. We need to develop intellect coupled with spirituality, and grow the level of consciousness, and be with Parvathi i.e., Spiritual Science until we realize that we have come here to learn eternally.

When we realize the goal of human life or the playful acts of the spirit, we will be able to visit many different worlds and experience inexplicable bliss. All of us need to remember this and be aware of the quantity of importance that should be given to each Devi, according to our own spiritual state and level, to get rid of the diseases and lead a healthy life. When we form a distinct idea about the Universe's creation, existence and termination, we need to divert our attention from Parvathi to Saraswathi, which means we have to give importance to arts.

Our attention should be on Parvathi until the activation of third eye, which is the root of spiritual knowledge, reaches the culmination in the continuous spiritual practices. In such a state, through the instruction of the self conscience, we experience the Third Eye and our super sensuous power gets invigorated. We will know for ourselves the value of the past, future and the present states.



SARASWATHI

We derive joy out of arts alone. Since Goddess Saraswathi is the abode of arts, we need to see that our focal attention is on Saraswathi. As we yearned for Lakshmi's grace for our subsistence, as we obtained spiritual knowledge from Lakshmi, so should we continue our endeavour, learning new things, and strive to gain mastery over music, dance, singing etc.

Not only that, to have practical awareness over the life after death and the essence of series of the previous births come under the domain of Saraswathi. By envisioning millions of other worlds, the conviction that 'Earth is just a state' gets consolidated and we can live more happily.

Those who do not step into arts i.e., Saraswathi, thinking that spiritual knowledge alone is essential, the state of such people is called spiritual indolence. Since we have got strong convictions, we happen to confront illnesses of less intensity.

It won't do, if we are stopped at Lakshmi. Likewise, we need to face our problems at those levels, if we are stopped at Parvathi, without going to Saraswathi. If

the element of Parvathi is present much in us, we will renounce worldly ties and go to the Himalayas to Practise Penance. That's not advisable either. What is the role of Parvathi? The moment we realize our self, we need to leave Parvathi and get back to Saraswathi. Wherever we are, our mind should be fixed on learning. While in spiritual practices and in the study of spiritual science, if we have any experiences related to arts, we need to understand that it's time to step into them.

We need to find out the music and the musical instrument we have been fond of since our childhood. We come into this world with the list of our likes and dislikes as per the schedule. We have always got the time required to realize our dreams, interests and ideas. We need to clip the unnecessary things and, like a child, we need to kick start the learning of arts.

It's been found that the reason for diabetes and high blood pressure in many people over 40 is failure to bring about the above-mentioned changes. When we nudge ourselves from Lakshmi to Parvathi and from Parvathi to Saraswathi, learning a lot of things, we experience the fusion of spiritual bliss, the joy derived out of arts, and finally Satchit Anand. An mentioned above, if we remember constantly that the this of Lakshmi Parvathi and Saraswathi represent three very important aspects of life and each Goddess has her own importance and if we prioritize their roles in our lives, as per our Physical, Mental and Spiritual Abilities, we can grow from the state of lower energy to the state of higher energy and get rid of our illnesses.



SOUL SCANNING

Change of the state of life in dreams and other experiences:

1.	Financial problems, money purse, cheque book, hand bag, iron safe, locker problems	From Lakshmi to Parvathi
2.	Gods, saints, masters	The knowledge of Parvathi state They need to get by heart k n o w l e d g e o f Parvathi state
	Musical instruments, Movie posters, Celebrities	From Parvathi to Saraswath
	The above mentioned + Experiences with dogs	Need to learn capability in the above mentioned programmes

In Meditational Health Science system, when patients experience any of the above-mentioned experiences as part of their meditational practice, Meditational Health Care system experts identify these changes and give instructions and homework for the spiritual advancement.

The instructions and homework include getting-byheart verses, learning arts, learning new language and spiritual service programmes etc. We will experience a great result, only if we practise these things with head, heart and soul.



EXPERIENCE

- My name is Ramani. I'm running a beauty clinic. I was quite happy with my profession. I enjoyed myself a lot for years. A lot of money would come. I like music. I would weep while listening to music but I didn't know the reason. It has been one year since I get rid of my health issues. But after a few days they got back to me. After I got introduced to Dr. GK, he advised me to learn music. I happened to give some concerts in temples while learning music. I was able to get rid of the sorrow I would previously get, while listening to music. After a few years, my problems got back to me.
- This time, Dr. GK, while explaining the concept of Lakshmi, Parvathi, and Saraswathi, drove the point home as to how to implement that concept in our daily life. He made us realize that Lakshmi stands for livelihood, Parvathi stands for knowledge and Saraswathi stands for arts. Then I realized that knowledge should be acquired and it should be put to practice. Learning the things, I didn't know and putting them in practice, I

happened to write the book 'Aatma Soundaryam" as part of publicizing Meditation. I also happened to make the CDs such as Dhyana Navarasaalu, RamaneeyaRaagalu, to the music lovers. I was convinced to the core that I was suffering from those diseases because being only in Lakshmi. Then I started learning more about Parvathi and Saraswathi and implemented the same in my beauty clinic as remedies for weight loss, hair loss, pigmentation, just as scientists introduce new medicines and treatments for beauty clinics.

• My name is Rajyalakshmi. I am into meditation from the year 1998. I spread meditation as per my state of level and I am happy and in good health at present. I was diagnosed with Thyroid in 2002 and diabetes in 2003. I was publicizing meditation and in spite of that I had got these problems. I didn't know and was confused as to why. I had got those problems in spite of doing meditation. I was even afraid of teaching meditation to others as I would be encountered with the question why I had those health issues in spite of practicing meditation.

In the mean while, in 2003 Dr. G.K. came to Vuda

flats, in Seethammadhara to explain the concept and counselling of Meditational Health care system. I got my case sheet written for my health issues.

I had a dream in which a boy was eating grass along with other things. Then Gk sir explained me the concept of Hay Stack and advised me to read the book titled 'Vakshethram.' Those were the days when the Spiritual Tablets were not in written form. Dr. Gk himself would explain everything to the patients. I followed his instructions for a few days and then gave up.

In the year 2007, GPM training was offered and it was then that I realized the importance of Spiritual Knowledge. This time I followed the instructions of sir in letter and spirit. I also followed the previously instructed Stack of Hay and Vakshetram as well. Since then I have been able to get rid of my illness.

Apart from that, Sir instructed me to learn music, come to Meditational Heath Centre and do any work at hand. I was able to experience a lot of bliss not only while meditating but also while doing some chores at the Health Centre. In 2003, as I was trying to correct my voice box, I happened to sing some songs. Patriji

listened to those songs and told me to bring them out in a CD form. The CD was titled 'Dhyaana Saraagalu.' The CD was offered as a donation to 'Aanando Brahma.' Later 'Dhyaana Saraagalu-2', a book titled 'Tatwa Darsini' and another musical CD 'Ekalavya' were released.

We can offer nothing significant to Dr. GK, who bestowed invaluable meditational knowledge and made us scale greater heights in our lives, except meditational service.



Meditational Health Science System

Definition: According to the definition of the World Health Organisation, the prime motto of Meditational Health Science is to make people free from all affliction viz. physical, mental, social, psychological and spiritual through vegetarianism, meditation, meditative knowledge in the light of Spiritual knowledge.

Verse

Jnaanagni Karma dagdha karmaanaam!

- The Gita

The word will heal you

- The Bible

Jnaana is only through meditation and Salvation is only through meditation

- Brahmarshi Patriji

Our sins are our diseases

- Brahmarshi Patriji

Patients' problems and organisation's services

- 1. Meditational Health Science System.
- 2. To explain elaborately the role of vegetarianism in burning away the ill karmas. (evil deeds)
- 3. To bring awareness among people the importance of Pyramid Meditation and the wonderful power of the first foremost thing is to make patients realize that their problems are created by themselves.
- 4. To drive the point home that their problems can be solved by themselves and depending on others will only aggravates the problem.
- 5. To offer our complete help and cooperation to the patients in their attempt to get rid of their diseases.
- 6. To take into consideration all the aspects prescribed by the Medical Council of India, while introducing Pyramid in attaining comprehensive health.

Meditational Health System

In the Meditational Health System, the person with ill health is treated as God camouflaged by ignorance. Firstly, a demo video is shown to the patients who come to Meditational Health Centre (rural) or Real Relief Centre (urban). After noting down all the details of the patient, Meditation through concentrating on the breath is taught. The significance of vegetarianism is explained and the patient is made to meditate and take only vegetarian diet for 40 days. His progress is analyzed through phone, letters or at times by visiting his home.

Conducting spiritual health counselling once every fortnight or once a month, making them to be in the company of Gurus, group meditation, undivided meditation, participating in Pyramid Meditation is also a part of the treatment.

Giving information of the nearby pyramid centres to those who live far away from the prime centres, giving them audio-visual aids, necessary books, to make sure that they follow the instruction given to them in writing as part of counselling. Likewise, those who have completed their 40-day training are given an opportunity to share their experiences with others in the meditation classes. They are continually monitored by Allopathic, Homeopathic and Ayurvedic doctors to assess the intensity of their disease and medicine is prescribed accordingly.

A music and dance learning academy is set up for the benefit of some patients who need to learn music and dance.

Meditational Health Medical shop – 350 Spiritual Tablets

As different medicines are prescribed in different treatment methods, here also 350 spiritual tablets have been prepared for patients. These can be termed as the heart of the whole Meditational Health System. It's not only that they can be understood easily by the patients but also some pamphlets, audio and video CDs have been made so that the patient is reminded of them at every stage of his life and make him undergo a great transformation.

To give these to the patients as per their needs and

requirement is the prime task in Life Health Counselling.

It has been proved in thousands of cases that patients who suffer from lack of spiritual intellect and are prey to many diseases get well with the help of the knowledge that vegetarianism and meditation help them get rid of any disease permanently and completely. This faith has been deep rooted in the hearts of those who got well under this training.

Amenities at Meditational Health Centres

- Special and powerful Pyramid Meditation Temple
- Group Pyramid Meditation centre
- Spiritual Counselling Chamber
- Health Science class room
- Music and Dance learning Centre
- Pyramid Book House and Library
- Supervision under qualified doctors

Note: Those who want to be healed of all their ailments through Meditational Health Science System are advised to contact their nearby Meditational Health Centres directly or through phone, email, website in the following address.

Ph: 9246648411, 9246648401 Mail: spiritualtablet@gmail.com Skype: spiritualtablet.workshop www.spiritualtablet.org



