



THYROID

Dr. G.K

THYRIOD

Dr. P.S Gopala Krishna (G.K), M.B.B.S



Spiritual Tablet Admission Center

D No 27-13-354, Dibbapalem Colony

Srinagar, Gajuwaka,

Visakhapatnam-530026.

Ph: 99999 88888

e-mail: test@mail.com

www.spiritualtablet.org

Cover Design by



Published by



Division of Soul Management Services Pvt Ltd

C/O Pyramid Valley International

Kebbedoddi Village, Harohalli Hobli,

Kanakapura Taluk,

Ramnagara Dist. Pin : 562112

Karnataka, India.,

Ph : +91 99805 97631

Website : www.soulmanagementservices.com

Email : info@soulmanagementservices.com

Rs. 00/-

First Edition : Month 2017

INDEX

1.	Topic -1	01.
2.	Topic -2	03.
3.	Topic -3	05.
4.	Topic -4	10.
5.	Topic -5	12.
6.	Topic -6	22.
7.	Topic -7	25
8.	Topic -8	?

FOREWORD

Through Meditational Health Care System, with ‘Spiritual Tablets’, many chronic diseases can be cured. By making ‘speech’ the main object, we can get out of the Thyroid problem, by correcting speech.

This small book throws light on various factors related to Thyroid. My earnest 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 many stones into gems and giving me invaluable suggestions in this project.

Dr. GK
(Founder President)
Spiritual Tablets Research Foundation



THYROID COMPLICATIONS

It is well known to the seekers of good health and happiness that comprehensive health can be obtained through the ‘**Spiritual Tablets**’ from ‘**Dhyana Arogya Project**’, which promotes vegetarianism and Pyramid Meditation. As part of that, let’s know about the problems posed by Thyroid now.



THYROID

- Thyroid is one of the most important glands in our body.
- It is an endocrine gland in the neck, consisting of two lobes connected by an isthmus. It is found at the front of the neck, below the Adam's apple.
- The thyroid hormones, secreting from the gland, are instrumental in the bodily growth and controlling the metabolic activities and protein synthesis of the body.
- Due to malfunctioning of this gland, one is affected with disorders like hypothyroidism, hyperthyroidism, goitre etc.



HYPERTHYROIDISM

- Hyperthyroidism occurs when the gland produces excessive amount of thyroid hormones. When one gets this disease, thyroid gland may swell and this phenomenon is called goitre.
- There are 2 types of Thyroid disorders.
- The first one is that thyroid gland gets enlarged in the early age as more thyroid hormone is necessary at this age. It gradually gets back to its original size in the course of time.
- The second is that the gland expands only on one side. This is a permanent change in thyroid gland and it will not retrieve to its originality.

Hypothyroidism

- Hypothyroidism is a state of insufficient thyroid hormone production. Due to this the problems like restlessness, weakness, hair fall, weight gain or weight loss, dryness of hair and skin, chocking of throat etc., occur.

SPIRITUAL REASONS

Let us, now, try to know the spiritual reasons for Thyroidism:

If Thyroidism is analysed from the mental plane, it can be found that it is related totally to VISHUDDHA CHAKRA. It does mean that it is related to speech.

1. Not being able to express the inner feelings is the major problem in this.

2. Since this problem is related mainly to speech, not being able to speak out when necessary, and to talk unnecessary and being talkative and wasting the vocal energy lead to Thyroidism.

3. As part of deriving bliss out of music, learning music and not being able to sing in tune with the raga and also with the essence of the song, which means not being able to use our voice properly is one of the prime reasons.

4. Following the adage that ‘we should desire only that which we deserve, not running after the worldly things’, we should ask for something only once

instead of asking for something ten times. So, expressing only once what we want is advisable. If we deserve, for what we desire, we definitely get it. It is important to ask for something in a soft manner, especially physical and mental desires.

5. When we are overpowered by the six enemies viz. lust, anger etc., we talk nonsense without our knowledge as our speech is totally out of our control. In the same manner, in the process of being boastful, we talk nonsense where a single word will do. All this is nothing but wastage of SPEECH.

As adage goes, ‘One who is efficient speaks little’ we should show our ability in actions but not in words. To be indulged in chit chatting and gossip mongering is not at all desirable. That’s not at all a characteristic of a Master. It is nothing but wasting the power of speech.

6. Showing love, sympathy and compassion where they are not to be shown, not showing them when they are to be shown, to be weak-willed, not having concentration, finding fault with others without correcting our mistakes contribute to the degradation of oneself. A lot of valuable time is wasted when we indulge ourselves in gossip mongering.

7. In the contemporary society, different people at different spiritual planes feel that what they say and do is correct according to their own levels of knowledge and understanding. In the process of bringing all these people to one plane, we should deal with them in such a manner that neither we get hurt nor the others. If we try to be a judge without following the above-mentioned suggestion, there will be nothing but prattle and wastage of vocal energy. It is only after acquiring good knowledge about ourselves that we should try to impart knowledge to others as, by then, we will have acquired some inner knowledge. Making it as basis, we talk with different people making sure of the intention they are speaking with. When going away from the destination of the life we need to speak sensibly and negatively, when on the side of the truth

8. One of the most important things is to say ‘yes’ or ‘no’ in situations where our decision is important, without dragging the matter and making the others depend on us.



Solution For All The Above Is Yantra, Mantra And Thantra

- Yantra-body level
- Mantra-speech-mind level
- Thantra-soul level

From the above 3, if we misuse our speech inspite of maintaining yantra clean with vegetarianism, and thantra with meditation we cannot attain complete health. Moreover, we have to suffer the ill effects of Thyroid throughout our life. Hence, the more silent we are in unnecessary matters the better it is for us.



What Kind Of Words And Where?

1. Negative words
2. Neutral words
3. Positive words
4. Miraculous words.

The above mentioned four kinds of words differ from person to person as per the situations and their mental and spiritual planes. As a meditator, we need to be neutral in our speech, until we attain the perfection of the third eye and attain complete awareness on the ends and means of our life.

It is only after acquiring a bit of knowledge about our own self that we get knowledge about the people associated with us, as we are guided by our inner self in such matters. Using this as basis, we need to determine the intention they are speaking with and give advice accordingly. Our words are negative and sensible when one is going away from the destination of life and positive and miraculous when

one is on the side of the truth.

‘Speech being right’ depends, to a great extent, directly and indirectly, on the maturity of the third eye. Hence, it is important to be silent or neutral till then. Third eye perfection can be attained by meditation, reading books and by being in the company of holy men.

Dealing with the Superiors and Inferiors

We often move with people who are more knowledgeable than we are and also with those who are on the lower planes of knowledge. The Gurus among the ordinary folk are ever enthusiastic to impart knowledge to us. So, we should be as miserly as possible with words and give more time to them so that they can have a chance to speak more and instruct and guide us. Moreover, as they will be able to know with being told, with the help of the supernatural knowledge they have, we should put our doubts before them as briefly as possible.

When we deal with the people who are not as knowledgeable as we are, we should help them to the possible extent, with the help of awareness we have

about them. We need to describe our spiritual experiences elaborately and completely but not with dry words.

Without intruding into the actions and decisions of others, we need to tell them, as a spiritual experience, what we or other meditators would do, if they faced the same situation. The decision should be left to them as they are the best ones to take a decision which suits them the best.

The following symptoms can be seen in a person suffering from Thyroid.

1. Weakness and sleepiness: When a person gets entangled in the worldly affairs, forgetting his godly nature, he loses spiritual energy and suffers from sleeplessness and as a result becomes weak. When we keep ourselves busy in actions that take us nearer to the goal of our lives, we get a lot of energy from scientific words, thoughts and deeds and thus can come out of the problems. Especially, when we suffer from sleeplessness or when we wake up in the middle of the night, we should spend that time in meditation.

2. Hair loss, dryness of hair and nails: Due to the unwanted feelings like anger, fear, hatred, selfishness and being overly straightforward, one will encounter with these problems. We have to get control of those unwanted feelings and cultivate love, kindness towards all. We should have a healthy competition with our six enemies viz. lust, anger etc. For more explanation, it is advised to read the books titled Arishadvargaalu, Hair, and Finger Nails.

3. Weight loss or weight gain: This may happen due to depressed feelings. Once we start working 24 hours towards our life purpose, we will be creative, gain Universal energy (Viswa Shakti) and will be active all the time. We have to identify and take the responsibility to protect our spiritual children and then we will get out of this problem.

4. Dryness of skin: We should have monthly plan regarding our life purpose and should follow the schedule without fail. It is our foremost duty to help those whose protection is our responsibility. We need to take responsibility while dealing with our friends and relatives and spiritual people, through speech. We should see that our thoughts are fresh and novel.

Without getting stuck to any situation or relationship, we have to act as per the situation and demand. We have to get rid of unnecessary feelings from time to time with awareness. Man's life is a triad of thoughts, words and deeds. We should always be sincere in all the three fields. We need to speak what we think and do what we speak. We need to speak only that which comes out of our heart and also experience. Learning music, singing songs, poems and spiritual principles in tune with raga should be done with utmost care and diligence.

5. Sore throat, damage to larynx:

It is very important to use the voice box only when needed and observe silence most of the time. It is imperative to speak only the truth not worrying much about good and bad. We need to realize that we are an amalgam of body, mind and soul and we should cultivate the habit of using the speech which lets us live comprehensively in this state.

6. Tumour in throat:

Due to hyperthyroidism, one may get tumour in throat. They should learn bridge lessons i.e., to be in present in extreme situations. When we learn to live the minute on our hand, we can get rid of this tumour

without any surgery. It is advised to read the book titled Bridge Lessons.

If pregnant ladies get affected with thyroid, they should control their speech so that they can give birth to a healthy baby.

If children have thyroid problem, both the parents should learn meditation and acquire spiritual knowledge so that they could correct the speech of their spiritual children.

Thyroid is not a disease. It is a disorder at mental level. So, when we correct all the above-mentioned errors by using our knowledge at mental plane, we can get out this problem of Thyroid.

There is a lot of power in our words. We lose a lot of energy by talking foolishly and unnecessarily. By talking with hollow knowledge, we influence others with our words and get entangled in many Karmas.

As it is advised to use our senses to the extent it is necessary, we should use our words also as sparsely as possible. As a result, the time spent in silence goes in to silent penance. In this connection, we all must

keep in our mind the book titled ‘Vakshetram’ written by Brahmarshi Patriji. It must be read and assimilated.

Intense practice of music

In the spiritual society, to those whose aim is music will have a natural flavour for music since their childhood. Such people must start learning music immediately. In the case of a few the practice may last for hours together. In this way, when our voice box is used in spiritual cultural activities, we can easily come out of many chronic disorders. Hence we need to exert ourselves in that way.



SOUL SCANNING

1. Experiences related to ornaments related to neck, like chain, necklace etc.
2. Experiences related to repairs or dreams related to buying of new cell phone, land line phone (these are related to relationship with society)
3. Things related to hall, their usefulness, uselessness etc.
4. Experiences related to mike, speaker, amplifier, power generator at some programmes, power cut etc.
5. Our personal being at stake as a result of talkative people intruding into our personal lives and troubling us again and again.
6. Postponement or delay of our works due to the vague behaviour of others (they may be husband/wife, officer, business etc.,)
7. In some special cases, when righteousness becomes unrighteousness, we should avoid the

mishap by being silent and not hurting anyone without being ourselves hurt.

8. Those who have been used to talking since their childhood should observe silence to the possible extent. It may be either once a week or 40 days or one year. Those who speak little and have the tag of introverts should make use of the opportunities and express themselves fully and effectively.

9. Once our practice level increases, we should give opportunity to the other people for the works at lower level and we have to raise our voice in the situation where we have to express ourselves and accept the challenge. This is accepted as the correct way of talking.

10. Though using the voice box is said to be imperative on the part of some as their career demand the same, it is necessary to realize and discriminate between the social and spiritual services and discharge them accordingly. When it is done, there is a possibility of getting rid of this problem.



EXPERIENCES

- My name is Sridevi. I am from Chandragiri of Chittor district. I have been suffering from Thyroid for the last eight years. Symptoms such as trembling of hands, fear would be noticed. On being examined I was diagnosed with Hypo Thyroidism and was put on medication. When Dr. GK came to the Pyramid Relief Centre in Tirupathi, founded by Madam Lakshmi Prasoota, I approached him and explained him my problem. He suggested me four hours of meditation a day and reading of 'Vakshetram.' I read all the Spiritual Tablets as prescribed by Dr. GK. He said that Thyroid is got when one is not able to complete the tasks one wants to. I felt it was true. I was longing to teach Meditation and learn music. I started teaching meditation after meeting Dr. Gk but I was not able to learn music. When Dr. Gk's books are read, one's mistakes can be realized very easily. My sincere thanks to GK sir, who has been rendering invaluable service.
- I am 42, I am from Visakhapatnam. I was onto the path of meditation in the year 2003. Three years

after I had trodden the path of meditation, I got a tumour like growth which could be seen down the throat. It would move whenever I gulped or swallowed something. I kept wondering as to why I had got that in spite of practising meditation. On the advice of Dr. Gk I underwent Thyroid test and the doctors said that there was a cyst and I had to be operated on. When the report was shown to Dr. Gk, he explained how it is important to remain silent at one stage, and open our mouth only when it is absolutely necessary in the second stage and to use Yantra, Tantra, and Mantra in the third stage. On following his instructions, I got well completely in four months. Apart from the above-mentioned things I also happened to read the book ‘Vakshetram.’ In this connection ‘being in the company of the master’; was practised a lot. My earnest thanks to Dhyana Aarogyam Project for having given me this opportunity to share my experiences with you.



Meditational Health

(Dhyaana Aarogyam)

Comprehensive Health is being bestowed on thousands at the Pyramid Meditational Health Centres through 350 Spiritual Tablets prepared as part of the Meditational Health Science Method. As part of this project, the importance of spiritual counselling, learning meditation, the prominence of vegetarian diet, spiritual service, teaching arts are stressed upon.

Note: Those who want to get trained under this project are requested to contact at the following address.

Ph: 9246648411, 9246648401
Mail: spiritualtablet@gmail.com
Skype: [spiritualtablet.workshop](https://www.skype.com/name/uuid/spiritualtablet)
www.spiritualtablet.org

