

BODY

Body is a miraculous being. Every part of the body has its own importance and greatness. One of the miraculous mysterious creations in this universe is human body. Because it is such a great instrument which cannot be understood by human intelligence. In fact it is a beautiful Palace created by soul to live. It has its own miracles healing potential for physical problems which arises in human body. Human body has great hidden talents. It can digest food, releases invisible bacteria which enter through air and dust through coughs and sneezing, filters blood, response very quickly when it knows that some harm is going to happen to the body..... In this way if I continue telling, there are so many talents and skills in the human body.

In fact it's impossible to create body by using human intelligence. Even if this miraculous instrument is created outside, it's impossible to keep it alive. Why because it's impossible to pass life energy in it. In fact human body is a miraculous instrument which works with life energy. Every cell in the human body is filled with life energy. Every cell has life. But we wrongly understand our body.

Human body is created by panchabhutas, 5 basic elements of creation that is: earth, water, fire, air, and space. Here earth represents solid Parts of the body like bones; water represents blood and other fluids which are in liquid form; fire represents energy; air represents breath; space represents God. When imbalance takes place among these elements, illness occurs. Exactly how changes occur in nature, similarly changes also occur in the human body continuously. Body keeps on tuning itself according to the changes in nature.

In your body health-illness comes and goes. Important reason for constant illness is your bonding towards health. If you observe the nature you will know that, after light then darkness comes and then after light comes; in the same way after illness then health and then after illness will come. Because of not having this strong feeling inside, you are facing continuous fixed illness issues. For example, you say that once B.P. comes it stays life long, so release this opinion assuming that it's an illusion. So say sorry to illness for hating all these days, and release both health and illness at once and give freedom to them.

Then only you and your body reach natural state which is beyond health and illness. Here natural state refers to flowing of energy in every cell of the body in which love-freedom-bliss feelings are mixed. Also stay in the feeling that illness is also your friend and it is coming to release unnecessary stored energy in the body. So your health is not natural, if love-freedom-bliss mixed energy is not flowing. Also even though you are healthy, you will have fear that your enemy illness may attack you at any time.

So don't choose health that fear illness. Choose health who likes illness, which can stay confidently in illness, who understands the value of illness. Also choose divine feeling which arises because of understanding among health-illness-neutral.

You have entered mother's womb in minute size and you yourself created all organs in nine months. Can't you repair if any problem arises in those organs? The reason why you are unable to repair it is, you have forgotten yourself after birth by getting immersed in materialistic maaya. So if you reach your original form that is Soul or staying in neutral state and allow your original form to heal its body then definitely health happens.

But at present, can you imagine that your body heals itself? In fact without any external support your body can heal itself. It's enough if you allow it to happen and become pure. So say like this to your body: my dear body Heal yourself, get newness by yourself, receive required energy, I will not obstruct you through the mind.

Medicines

Your body knows how to protect itself. But without believing your body you are totally depending on medicines. Doing like this means insulting the body and also obstructing the potentiality of the body to express. Because of not allowing expression, body potentials hide within.

How medicines are manufactured? Do you know what scientist will do to invent medicine? Most of the allopathic medicines are prepared with non-veg. So remember if you use these medicines, means indirectly you are consuming non-veg.

To invent medicines, some persons DNA sample will be tested and based on their disease symptoms medicine is invented. But this medicine may or may not work for remaining people, because DNA is unique for every person. Any two persons DNA is not similar in this world.

Hear what I want to say is, each person has separate DNA, in the same way every person has unique miraculous power to heal diseases. It's enough if you trust it. Because we are not digesting food, at least we are not taking breath consciously. For digesting the food, body releases necessary enzymes required on its own. It is continuously doing blood circulation among thousands of blood vessel without taking rest. All these things are happening naturally. So already body is doing so many miracles which is not possible to us. Then naturally it is also possible for the body to heal health problems independently.

You won't give freedom to the body because you feel that body doesn't know how to heal itself. That's why without listening to body words you are depending only on medicines. But actually your body wants to heal itself, when will you give freedom to it?

Here I am not saying that you should not use medicines at all. Along with using medicines, follow methods I suggested. Doing like this my father got cured. But you have to go beyond medicines, for this you have to trust the body. That means always you have to develop, means keep on moving towards God. Otherwise due to lack of newness it will die. My father died because of not evolving.

We must go beyond medicines because for every medicine there is a side effect. Means one disease will lead to another new disease. Separate book is there specifically to explain all side effects. Also medicines can't cure existing diseases completely. For example if phlegm fills inside, through medicines only 30% phlegm comes out, this information was given to me by doctors only. Means remaining 70% stays inside and because of this new disease develops. There are so many diseases which cannot be understood by doctors. According to them all reports will be normal but problem persists. My brother's motion problem is an example for this. So many people are suffering with similar problems. That's why definitely we have to find alternative for medicines.

I am informing you the way I found through my practical experience. I am solving all my problems without spending at least 1 rupee since 2004. But this is difficult path, it's not easy, it's risky. So after reading this book completely, then only take decision what to do. Because whatever happens only you will be responsible.

When you become ill you have to decide what to do, whether to use medicines or to travel in new path. If you use medicines you may get temporary relief as I said above. Then illness takes new form. But if you want to follow what I suggested, then it's risky.

Because within you have to generate medicine. It's not that much easy. For this more awareness is required, you have to allot more time to it, you have to accept it, you have to love it, you have to surrender to it, you have to become one with it. Whenever illness comes, you have to follow this procedure, then only within medicine generates. So keep it in mind that this medicine is not the one which is available readymade, by doing rigorous practice only you can create medicine within you.

Love

We are using our body only for our needs like a machine. We are feeling that it's wrong even to touch our own body with love. So respect the body and start loving it, then only you will know body's talent. You have to give required time and freedom to your body to heal itself.

Except God, within remaining parts always changes. For example body. It always changes. Every second so many cells are dying and so many new cells are forming. Body always keeps on making changes.

In our life physical body is very important. We have to love each and every part of the body. We have to give love equally to every part. We deal right side body in one way and left side body in another way. We give different importance to hands and legs. Because of this dealing, your body will not support. So to get equanimity you have to love both sides equally. To reach this state use right hand instead of left hand, and use left hand instead of right hand for doing works. This may feel like wonder or mad. But if you do like this, then only you will develop equanimity and can observe body from beyond state. But don't do this practice in front of others, because they may think that you became mad. So release your partiality nature.

In body there are many different smells. Each and every part has specific smell. Release all related beliefs and put required believe to reach beyond state, and start smelling them feeling them as divine energy. Once I experienced constipation. Then I asked why I am not getting free motions? Then from within that energy asked me angrily, hey where I am? I replied you are inside me. You believe that after toilet if you don't wash your legs then warms generate and you will get illness. But I stay inside you. If because of me warms generates is true, then I can stay inside and generate. But I'm not doing that. Because of staying food inside for some time, bad smell forms. You hate me, that's why I created constipation. If you accept and love me then I will help you. Here I am not saying not to clean after completion of toilet. I am telling you to release the related believes and work from beyond state. Only after smelling divinely motion problem cleared.

Every work done by the body has certain meaning. For example if phlegm fills inside you then how it comes? Through cough. Same way whenever we inhale dust then it comes through sneezing. But if you take medicines then that phlegm and dust stay inside and this leads to pneumonia and asthma. Because of taking medicines every time I had cough, I got asthma. After entering new energy concept, with love I invited sneezing and cough and I asked their help to release phlegm from my body.

Like this after giving freedom to my body, approximately for 10 days I had cough and sneezing and those helped me to bring unnecessary things come out of my body. When we get cold, even if you use medicines it stays around 10 days. Here Without using medicines if you give permission to body, it will clear out itself unnecessary things by sneezing, by motions, by vomiting or by any other ways.

One more example, dental problem was there for me and for my brother; symptoms are pain due to swollen gums, bleeding from gums, loosening of teeth. Before entering new energy concept both of us used medicines according to doctor's advice. When I entered new energy, I gave freedom to my body to heal itself. Till now lot of times I had experienced the symptoms of swollen gums, pain and bleeding. Whenever this happens I give freedom to my body and experience this process. My teeth are strong even doing like this without taking medicines.

But my brother followed doctor's advice accurately. Recently when he visited doctor, he said teeth have spoiled so it should be removed. After that they removed. So see: whatever body does, because of trusting it and surrendering to it, and giving freedom to it, i still have strong teeth. That is the reason with immense trust I am sharing this information. Whatever body does have some meaning in it. So with my practical experience I am suggesting you; using medicines or any other ways, don't forcibly stop body's natural process.

Spiritual growth - physical changes

When we grow spiritually, blocks or nadis which are inside our body open one by one. Then in body different types of symptoms like: pains, numbness, drowsiness, crawling, pressing with needles, body becoming cool, body becoming hot, pain near heart, digging feeling in head, pains in chakras region, drilling feeling, feeling current shock when you touch something, when someone touches you they may feel current shock - like this so many negative feelings arises. All these are indications that we are growing spiritually.

To shift from 2g to 3g its not enough to change SIM, we must change hardware that is mobile also. In the same way if you want to develop, your parts – body, mind, heart etc.... should also evolve. So understand that necessary process is definitely required for evolution of every part and help the process. That's why after completion of process only, you will get solution for your problem.

If you accept symptoms as it is and give support and give freedom and leave the body for healing on its own, then after removing obstacles they leave. After this energy flows inside you and this will be useful to make your desire to come true. That means after putting desire, first blocks opens and energy flows inside you and then only your desire manifest.

Pain occurred in chest reason for a doctor who does regular meditation since so many years. She got fear that it may be heart attack and when she underwent investigations, all reports came normal. When pain continued she came to me and asked my advice. Then I said this is not heart pain, when soul awakes pains occur in heart region, so give freedom to your body and do meditation. By following my advice after some day's pain disappeared. When you grow and reach new dimensions you will get pains like this. This won't stay for long time. If you have doubt, then you can consult doctor for investigations.

Especially neck, shoulders, back bone pains are indication for DNA level changes, means it is the result of awakening of soul consciousness inside. This won't stay for long time.

One woman got at a time pain in all 7 Chakras of the body. Burning started from muladhara chakra and travelling towards sahasrara, burning sensation in nerves

of head region and got severe headache. Every cell in the body got severe pains and every cell open up. While taking breath inside there was suffocation and got so much weakness. After this process higher energy flowed into her body and then bleeding problem got cleared which was there for so many years.

Everybody who come to me with health problems, after having certain process only, it got healed. For example if you put desire to reduce weight, and give freedom to your body then fat starts melting. Different types of symptoms may occur in your body like: fever, vomiting, pains and loose motions. This is natural process. Problem may be the same, but the process will be different for every person. So put desire on your part and give freedom to your body. During the process whatever changes happens, if you tune yourself to changes and give freedom to your body then your desire manifests.

Experience-1: From 2006 I had piles problem. Once in 3 months for one week blood motions took place. I had 4 to 5 times motions per day and during that period nearly half liter blood released. I got message that unnecessary blood is releasing. During that period also I used to eat all types of food items. Because of bleeding whatever weakness came I experienced it with love and felt that I gave donation to blood bank. I enjoyed and cleared the problem. Till now also I face blood motions on and off.

In 2009 I got swelling at anus. Then five days I stayed with the problem, implemented messages given by piles and cleared the problem. Bleeding happened in that area and after that one side dissolved and then other side also.

Again in January 2010 I got swelling at anus. That time I was in Mumbai. While I was thinking that, here also I may have to lie down for 5 to 6 days, I can't do practice here, suddenly without my consciousness I pressed anus with my fingers. Then that swelling part went inside. Then I felt relief and normal. From that time nearly 1 year swelling part came out whenever I got toilet. Then slowly I pressed inside with my fingers. I gave instructions to the piles that, is it necessary to suffer by keeping it outside, melt it inside. Premature fruit naturally becomes fruit and falls down, in the same way i expected that after sometime it also melts inside naturally. But this doesn't happen.

From October 2010 when I was sitting in chair or in vehicle, pain started slowly from piles even it is inside. Then in January 2011, I decided to heal it by keeping piles outside. When I kept outside unbearable burning sensation started. I could not bear it. So after sometime again I tried to press it inside. Since piles expanded outside and because of unbearable burning sensation I could not press it inside. Then I felt that, time has come to deal the problem.

According to my expectation it doesn't melted inside, so I got angry on myself and on my body. I scolded piles for 2 days by saying that I gave opportunity for one

year, even then you couldn't melt Inside, see now I have to face unbearable pain. For two days with crying I experienced pain. I can't walk, I can't sit, even while sleeping also I kept my legs upside. I could not sleep properly. While walking I walked by keeping both legs distantly and went to wash room. In lying position only I took food.

I want to see piles so I took photo through mobile. 3rd day anger on piles, on my body and on myself reduced naturally. Then I talked with piles like this: okay you can't melt Inside, after keeping outside only you can melt, okay I am accepting you as it is. After that by experiencing the burning sensation at anus I surrendered to pain itself. I started doing Meditation by observing that burning sensation. Then that burning feeling expanded throughout the body. I got thoughts like: You will die, consult doctor, that pain will kill you.

Then I got messages that even I visit doctors, they will cut swelling part, even then pain will come, so without depending on anybody experience the pain and heal yourself, then only you will get confidence on yourself. After sometime I melted completely in that burning sensation. Then I didn't get any thoughts and fears. I myself became burning sensation. After that I slept for 2 hours. Then I felt that something is arising from that burning sensation. After its awakening, being in awareness I became separated from burning sensation and without affecting I could observe it. Next day my friend came to meet me. He is a doctor. I showed him piles photos. After seeing photos he became speechless for some time. Then he said fearfully that: brother this is dangerous, your Kidneys may fail or it may turn to cancer.

Then I said: already you saw how I cleared jaundice, in the same way I clear this also, body has the talent to repair itself. Only I have to support it, I have to give time to it and I have to do what it says, it's enough I said. Then I started doing whatever piles indicated. I got these messages: walk like this, walk like that, do catwalk, bend waist and walk, walk by keeping your legs away. I did as it is, after that I got pain and burning feeling. Then I experienced it in lying position.

I used to eat all types of food, that means all types of pickles, curries, spices etc... My mother advised me that if you follow food habits as per doctor advice, piles problem clears, so don't eat those items. Then I replied if I can't eat my favorite food then what is the use of living, I can't live happily. So let it again come, no problem I will clear it. Because if I suffer one week, then I can eat my favorite food for one year. Before also I cleared myself this problem, so I eat all food items. Again I said even I follow whatever doctor say, there is no guarantee that it doesn't recur again.

I used to practice joyfully whatever messages I got from my piles. I was waiting eagerly how this problem clears. Because of waking daily I got 4 to 5 times motion. 8th day afternoon while I was sleeping piles was in same size like in photo. But when

I woke up one side melted. On 10th day other side also melted, next day middle part also melted. In 2009 when it happened after discharge of pus and bleeding it cleared. But this time without all this it melted. Like this after 12 days blissfully I cleared my piles problems completely. My doctor friend surprised after hearing that i cleared problem independently.

Experience-2: Once my stomach size increased. Then I choose to reduce stomach, accepted the increased stomach as it is and told it to take me to normal stomach state. After that I watched stomach with love. I felt that in fat stomach only flat stomach is there. After giving equal importance to both types of stomach, I felt both feelings divinely. Some said your stomach is nicer, some said it is not good. Whatever emotions rose from their words I experienced with affection. Same way whatever feelings rising when I saw my body, I experienced those feelings also with affection. In this way I did practice for 2 months.

After that one day night I got severe stomach pain. Then I felt that it came to help me and I accepted it. Then I said pain I will trust you blindly, I am surrendering to you, you only take me to painless state. Pain increased, I can't sit, I can't rest, I got feeling to go for toilet but when I went it didn't came. Like this I went ones for every 30 minutes. Because of this process whatever pain I got according to that I shouted, started moving the body whatever way I felt and I experienced pain for 5 hours. After that pain reduced on its own.

Then five days I had motions. First two days ten times, next two days five times, last day three times. These five days I felt that these motions are coming to reduce my stomach and experienced that inconvenience with affection. My stomach size reached as per my estimation when I saw it on sixth day. In those two months I didn't do any exercises, I didn't used medicines, I didn't followed food restrictions and ate all varieties of food. Even then my desire fulfilled. So understand that if you trust your body and give freedom to it, then it can heal itself any problem.

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