

READINGS; B.P.; SUGAR; PULSE

I would like to say about my research on B.P., Sugar and Pulse readings. In the year 2006, because of sudden decrease of sugar levels my father went into coma. Then we took him to Apollo hospital. After emergency treatment he came out of coma. Then my cousin came to the hospital and said, don't tell your father to do meditation. I asked why? He said, whenever he does meditation, his pulse rate and B.P. increases. He feared me. When I was in confusion whether to guide my father to do meditation or not, I got a call from madam. She said that because of following your advice, tumor in my uterus dissolved and doctors said, now there is no need of operation. Then I got encouragement and then I advised my father to do meditation and follow new energy concept.

After examination doctors said that my father's 2 kidneys failed, and he is also suffering from pneumonia and liver jaundice. They said he is in serious condition. At that moment I didn't give up and asked him to do mediation. I was having doubt about readings in my mind. Daily doctors checked his condition. One day when he was doing meditation doctor came for checkup. He found that my father pulse rate was 120. He again checked and found 120. Then he surprised and said, don't get tensed this is normal checkup. Third time also the pulse was 120, doctor confused and asked my father, would your pulse rate always be at 120! and left the room.

Then my father asked me, I am not the doctor, then how I will know about my pulse rate? I asked what is your feeling inside? He said always I am doing mediation and I am peaceful. Then I asked, whether you want normal pulse rate or peacefulness. My father said I want peacefulness I don't care about readings.

But doctors got doubt and conducted heart tests. Reports were normal. But pulse reading was 120, B.P., Sugar levels were also abnormal. Morning, afternoon and evening reading are not the same, they varied. This created more confusion in doctor's mind. Finally on 13th day doctor said with surprise that he is 100% normal and his kidneys are functioning normally. Doctor said, his creatinine reading was around 6 and it reached to normal that is 1.5 on 13th day. Day by day creatinine levels decreased and reached normal level. In the same way B.P., Sugar levels also came to normal. This is impossible in medical history, that for 75 years man, doctors were surprised. 15th day they discharged.

Then at the soul level I asked my father's soul, how this extra ordinary result came. How this result came which is impossible as per doctors. What happened inside? The answer from inner was, I increased pulse rate to 120 and also as per requirement I increased B.P., Sugar levels. Then total pressure I transferred to kidney portion. There was a block at that place, because of applying pressure in that area, block got cleared. While doing vehicle servicing, cleaning is done using water with pressure, in the same way I sent pressure to both kidneys. That's why kidneys functioning normally. Doctors

concentrating only to get normal reading, but with normal readings it is not possible to clear the problem. And they don't know how to utilize soul energy. With cooperation between body, mind, heart and soul only this result is possible. That is the message I received.

Again after one year what happened is.... Problem started in my father's lungs. My brothers took him to hospital, doctor were surprised after seeing the report. He said how you came by walk, even I cannot walk if my readings are like this, 90% of your lungs are damaged and he prescribed medicines and said to consult after one month.

Then sadly my mother called me and said about lungs damage. I said, it's not damage, repair work is going on, and again it will come to normal. Father is doing meditation and loving negative energies, so that negative will support him. Even then my mother didn't believed me, she believed doctors. My brother took him to doctor after one month, after seeing reports again doctor surprised, this time he said how 90% damaged lungs became normal? Yours fathers lungs are perfect and normal like your lungs and my lungs. To know how to talk with negative energies read new energy pamphlet.

Once I took my father to the hospital for regular checkup. His sugar report showing 500 and he was feeling normal and he went to doctor's room by walk. Doctors were surprised after seeing the report and questioned, are you normal? Are you peaceful? My father said yes.

After my findings and observations about readings I started telling these experiences in my workshops. What happened was meditators started telling their experiences. One meditator said that his sugar level was around 400 and doctor was surprised hearing that he came to visit him by walk (1 kilometer). How you came by walk with high sugar level he asked? Then the meditator said that he is doing meditation.

When I went to vizag, one meditator whose age was 75 years, found that there was free medical checkup camp at his place. He went to that camp and gave blood to know his sugar levels. Doctors told him to come on the next day. When he saw the report next day he was surprised because his sugar report was showing 590. He said that as per doctors, person would be in coma if his sugar level is 590. If this is correct then by walk how he went home. How it became possible for him? He was normal before seeing report but he got tension after seeing his sugar report.

I asked doctor who attended my class, whether readings will be normal at the time of delivery? She said no, reading will be abnormal. She also said the body balances itself naturally after delivery.

When I went to banglore, one person asked me that, even without eating sweets and taking medicines my sugar levels are around 450, what to do to make it normal? Then I said don't follow doctors readings, and if you want to eat sweets, take it. After hearing my advice immediately he decided to do adventure. Stopped medicines, started eating sweets. Daily in his house he checked reading through instrument. Always his

readings was around 450, once it went to 600, even then he was healthy. As per doctors he must be in coma but daily he is working for 12 hours.

His family doctor got surprised seeing his sugar levels. He asked how you stay confidently. Also doctor gave warning that, if you don't take medicines and reading continues in the same level, there is a chance of kidneys failure. Even then since 2009 he is doing adventure. In 2010 his doctor called back and asked his situation. After enquiring health condition, doctor told him that, even taking medicines his patients reading are not coming to normal, and asked about new energy concept.

On 2011 June I took class in Jagityal town and I said about readings. Then one person said his experience. One year back when he got fever, he went to the doctor for checkup, his sugar reading was 600. Doctor advised him to take medicines. Even then one month without taking medicines he did meditation. He was healthy. When he checked again, his sugar reading was around 500. After getting this information his wife forced him to take medicines and follow doctors' advice. Because of taking medicines he felt giddiness, sudden falling, and decrease of sugar levels. After hearing my class again boldly he stopped medicines. In July he called me blissfully and said, since one month I am not taking medicines, I am feeling nice, you found good concept sir.

One day when I was watching television one yogi said that his pulse rate is around 30. He also said that reading would be around 30 only when you are in deep sleep. But now my pulse is around 30, even then I am giving lecture. In an interview Sadhguru Jaggi Vasudev said, once he closes his eyes all readings become zero, just like dead body. Again when he opens his eyes there will be changes in readings. Seeing this doctors who tested him surprised. Also persons who are following acupuncture, even though readings are abnormal, they are eating all food items and clearing diseases.

Once I went to my daughter-in-laws house. Both husband and wife are doctors. Their my cousin got migraine headache. She checked his B.P. After that she checked every one who were present in the house. She surprised seeing my reading at 150-110. She asked how you are staying normal in this condition? Then I answered, I am not normal person, I am miraculous person, so my reading will show like this only, even then I will be perfect.

So with my finding I suggest not to follow readings as said by doctors, give freedom to the body, and give permission to heal itself. The body increases or decreases readings according to our energy levels, according to our spiritual knowledge. Children, elder, older and Yogi will have same readings? My answer is no. Something inside will be different for yogis. That's why they can do miracles. Yogis are saying that we have soul, seven chakras, kundalini, energy body, 72,000 nadis etc. which doctors won't believe. I am blessed that I can solve all my problems on my own, only after following yogis and new energy concepts.

So please follow yogis and don't follow doctors, because yogis are having higher knowledge. If we do meditation we receive abundant new energy. This may increase or

decrease reading and body will balance itself if you let it. Give body permission to heal itself even if you get pains, giddiness, dullness, weakness, fever or any health problems. No need to consult doctors and no need to take medicines. Because of fear if you don't do meditation, knowing that reading will increase or decrease, you cannot solve your health problems on your own.

Even doctors cannot solve your problems because abundant energy is flowing in this planet earth at this moment. Energy levels of earth will continue to increase. This will affect every person even though they don't do meditation. So after receiving that energy, inside our total system changes. The body will update itself to higher energies and reading changes accordingly. This cannot be understood by doctors.

I know this information will create doubts, create confusion in your mind. But you have to take that dare step, you have to take risk, there is no other option. I am taking this step since 2004. I am not forcing you, if you want to do adventure then only take risk. I am telling my experience. Even doctors cannot guarantee your health; they will take your signature before doing operations. Here they are not doing anything wrong. I am not hating doctors. According to their studies they are giving advice. But we are not getting results. If I got results, I wouldn't entered meditation. I would have followed doctor's advice.

Also tune yourself slowly to new things and slowly leave the old ones. Because suddenly stopping old habits and suddenly following new things, may create problems. One of my friend suddenly stopped using milk products, because he read in a book that milk products are not good for body. But within 1 month he got hospitalized due to illness. Doctor said it happened because of sudden stoppage of milk products. So my advice is don't leave anything suddenly including medicines. In the same way don't start eating restricted food items excessively.

My final conclusion is follow your inner, that means soul, don't follow others. Release old beliefs and doctors concepts. Whatever body is doing feel that it is perfect, even if you are getting pains. Perishing of tree in summer season is natural. Again rain falls and tree grows, same with body also.

When energy enters our body it opens blocks which is inside and we will get pain and feel weak etc... On those days take rest, follow what I said. Means believe that pains are not coming to kill, but to help you, experience them and do meditation. Body will balance itself naturally. So kindly trust your body. Don't doubt body's healing talent. This is my advice, but blindly don't follow me. After considering everything take your own decision.