

# Refresh and Heal Yourself through Meditation

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First Edition 2017

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## **About the Author**

The author has practiced meditation since the 1970s. She was introduced to the knowledge of the Brahma Kumaris in 1994 and has been a BK (one who uses the knowledge of the Brahma Kumaris) ever since then. Having become a BK, the author has constantly used God's energies to feel refreshed, heal herself, get purified and to walk into the Golden Aged world. Through this book, based on her experiences and the knowledge which she has acquired, she is guiding others on how to become refreshed, purified, and to heal themselves and others.

Since 1996, the author has been writing articles and books on:

1. the Holographic Universe.

2. her various spiritual experiences.
3. the cosmic energies which are involved with providing the world, including the Golden Aged world.
4. the various ancient scriptures and myths.
5. Brahma Kumaris Raja Yoga, meditation practices, history etc.

Some of her earliest articles, which were written based on extensive research and practices, had been on the healing practices. She had written on how healing could take place through the chakras, acupuncture points, etc. When she wrote those articles, she had only distributed them to people known to her and had not published them online. Based on what she has written in those articles on healing, she plans to write a few books on how to heal the body while using God's energies. The present book is the first of these. This book gives the introductory explanations on how and why you can heal yourself and others through using God's energies.

## **Chapter 1: Introduction**

This book was written based on the knowledge of the Brahma Kumaris (BK knowledge). Thus, everything in this book will help you to get your link to God so that you can use the vibrations of God to heal yourself and/or to become refreshed.

The aims of the Brahma Kumaris are not to use God's energies to heal the physical bodies because God came, and established the Brahma Kumaris, to re-create the Golden Aged world. Thus, the members of the Brahma Kumaris are not involved with making sure that the body gets healed. Their emphasis is just to make sure that the soul is purified and strengthened. However, many BKs, including me (the author), have found that if we directed God's energies towards the body for healing purposes, the body does get healed. I have been trying to understand the reasons for this and having understood the reasons, I wrote this book.

The contents of this book can help you to feel refreshed when you are tired due to hard work, boredom, sickness or if you are battling with the vices. You are also taught on how to heal yourself and others by eliminating diseases from the body through exposing the body to God's energies.

Through reading the contents in this book, you get your link to God (Paramatma or Supreme Soul). So you can use the practices in this book to feel refreshed, heal yourself and others, enjoy bliss, get spiritually purified and powerful, etc. You come into the Confluence Age if you accept and use the knowledge in this book. The Confluence Age is the Age during which the world is transformed into the Golden Aged world. If you have the intent to do so, you can even use the contents of this book to walk into the Golden Aged world where you can live a refreshed, healthy life. However, the contents of this book do not give emphasis to teaching you on how to walk into the Golden Aged world. Information, on how you can walk into the Golden Aged world, can be found in my book "Grow Rich while Walking into the Golden Aged World". The present book only gives emphasis to teaching you to become refreshed and to get healed.

As you read this book, you get your link to God because I am giving this knowledge as an instrument of God and so, God assists all those who read this book to get their link. You would be linking to God

so long as you wish to get your link to God. If you were just reading this book for the information and do not wish to get your link to God, you will not get the link to God. It all depends on what you want.

God is worshiped in all religions through different names. It does not really matter as to what name you are going to use while referring to Him. You can refer to Him by whatever name you wish. However, through the knowledge given in the Brahma Kumaris, God has referred to Himself as Shiva since Shiva means “Point”, “World Benefactor”, “Seed of the Entire Creation” etc.

In Hinduism, and in accordance to the BK knowledge, Parvati is Shiva’s wife. From 1996, I have frequently experienced myself as Parvati, the wife of God, during meditation. As Parvati, I was always able to feel refreshed even though I should be tired since I had done a lot of work and/or I was not well. I was able to remain refreshed because God’s vibrations kept me in a spiritually high stage. Those who read this book will also be able to feel refreshed through this way.

Around the year 2000, I had frequently seen visions which showed that, near the end of the Cycle (see Chapter 5 for information on how time flows in a cyclic manner), I would have golden hands that could heal. I am not sure if I have that ability now. Maybe, in the future, I might. I have noticed that the visions, which I saw from 1996, are coming true, for example, I saw visions that showed that I would be playing a role on the world stage, around the end of the Cycle, and I have begun to do that. In the visions, I was not given any clue as to the year when the events in the visions would occur. I was trying to figure the year, when those events might occur, based on what others were saying and based on what was happening around me. For example, though I was not given a clue as to which year I would be playing a role on the world stage, looking at what is happening now, I would say that I am already playing a role on the world stage. I was also not given a clue as to the year when I would be having golden hands that could heal. Only time will reveal that information. It may also be possible that the visions (about me having golden hands that could heal) were just informing that what I write will help to heal people. After all, I am writing these books through using my hands. Since God will be helping to heal all those who read this book, it is as if they will be healed through what I write with my hands. It may also be possible that God will be sending energies, through me, to all those who read this book, so as to heal them (even though I am not aware that He is using me).

Some of those who have read my book on the Holographic Universe, have informed me that they are getting powerful assistance to have experiences in the Holographic Universe as they intensively read the book with the intent to understand the contents. One person said that power is coming from the words in the book in order to assist the person to have experiences in the Holographic Universe. Some have formed the view that the help which they got was coming from my direction. It may be possible that God is sending them vibrations and assistance through me or through the words in the book. It may be possible that since I have a body in the Corporeal World and I have been used to write these books, God is helping the people, who read my books, through using me (though I am not aware that He is using me to help them). In a similar manner, God would heal you when you use the knowledge and meditation practices in this book to heal yourself. You would be healed because you get your link to God through the BK knowledge which is presented in this book.

Christ has been depicted as capable of healing the physical body and the ‘return of Christ’ depicts God’s return, now, through the Confluence Age. It is God who has such magical capabilities to heal and we can only be used as instrument when God helps others. I allow God/Christ to use me now since I am Parvati, God’s wife, and I am in the surrendered state, i.e. I allow God to use me for Godly service because He is my other half. Thus, God might be using me, though I am not aware of it. I know that God will only use me for beneficial purposes.

Anyway, this book teaches you to make spiritual efforts so that you can be healed through being exposed to God’s energies. You develop a relationship with God and so you are able to get healed through being exposed to His energies. I am doing my best to get the books written and I am also paying to advertise so as to get the books into as many hands as possible. Once the book is in your hands, it all depends on what you want to do with it. Since I am writing this book as an instrument of

God, God would automatically help those who read this book so long as they accept and use the knowledge given in this book. So if you want to be healed, turn to God as suggested in this book.

There are explanations, in this book, on how you can use God's energies so as to feel refreshed and heal yourself (the soul and body). There are also brief explanations on why the body is healed when one uses God's energies to heal oneself. The meditation guidelines and BK knowledge, which are given in this book, can be used to absorb God's energies so as to refresh and heal yourself.

In this book, when I state that you can heal yourself, it is also implied that you can refresh yourself. Feeling refreshed helps one to get healed and remain healthy. When you meditate, you will feel refreshed and this in turn brings about the healing process. If you are not sick, then the refreshed state will make sure that you remain healthy. If you are not diseased, then just use the practices suggested in this book to keep yourself refreshed. You will feel good when you are in the refreshed state and you will also be able to meditate easily. If you are diseased, then use the practices suggested in this book to heal yourself. Anyone can practice healing themselves and others through using God's energies, as suggested in this book. In this book, when I use the words 'heal yourself', it means that you can heal yourself (the soul) and your body since you are the embodied soul.

Some people are born with an ability to easily go into a meditative state. Even if one was not born with this ability in this birth, one can develop this ability through constantly trying to go into a meditative state in an instant (with just a thought). One should keep trying until "just a thought" can take one beyond. This is what the BK knowledge is teaching and you have to develop the ability to do this through constantly making spiritual efforts as suggested in this book.

Practice meditation whenever you can, no matter what you are doing. In addition, you should also try to have fixed times, once or twice a day, when you will be able to sit and meditate in a quiet place.

Concentrate on a thought and allow yourself to go deeper and deeper within until you are not aware of what is happening around you. However, you can also go deep within while you remain aware of what is happening around you. Practicing Brahma Kumaris Raja Yoga (which is also taught through the BK knowledge that is explained in this book) trains one to remain in a meditative state while one is aware of what is happening around one; this helps one to remain in a meditative state while one is carrying out one's daily activities. If you are new to meditation, you would find it easier to go within by taking your attention away from your surroundings. Then, when you are used to going within, try going within while you are aware of what is happening around you. Make sure that you are in a relaxed state while carrying out your daily activities because this would help you to remain in a meditative state as you are carrying out your daily activities. Do not push yourself; it is easier to remain in a meditative state when you enjoy it. Keep remembering God, as suggested in this book, while you are in a relaxed state and you will easily remain in a meditative state. The relaxed state will help you to get linked to God and the fact that you are remembering God will enable you to get God's assistance.

As you read the meditation guidelines in this book, flow along with the words, and create the relevant thoughts and visualisation in your mind, while in a relaxed state. This would help you to remain linked to God and attain a higher spiritual stage for successfully healing yourself. Your meditation and visualisation practices can be done:

1. when you are comfortably seated in a relaxed manner (on a chair or in any kind of posture) at any time.
2. as you are carrying out your daily activities.
3. while lying down.
4. just before sleep.
5. just upon waking up.

You have to learn to maintain a meditative state while carrying out your daily activities. You should also be able to do your visualisations, no matter what you are doing.

Brahma Kumaris Raja Yoga is done with eyes open because it trains one to remain in a meditative state no matter what one is doing. However, you can keep your eyes shut or slightly closed, while you sit in meditation, until you are comfortable with keeping your eyes completely open.

## **Chapter 2: Empowering the Soul for Feeling Refreshed and for the Healing Process**

You will have to empower yourself so that you can get healed. This chapter teaches you how to begin the process to empower yourself, the soul. This helps to initiate the process to heal the body. In the next chapter, you are taught on how to use God to empower yourself and heal the body.

In order to feel refreshed and heal the body, you must first understand that each and everyone one of us is an atma (soul) and that the weak impure energies of the soul make one feel tired and also bring about diseases. This is why you will have to empower yourself so as to get cured. You will understand this further, as you read this chapter.

There is a soul within each living human body, and you are the soul in your body. Even if you feel that you are the body, you are not the physical body. The soul is like the driver and the body is like the chariot or car of the soul since the soul utilises the physical body to live. You (the soul) use your 5 senses to see, speak, hear etc. The soul will always exist eternally. Thus, when a person dies, the soul leaves the body; the soul does not die.

The soul is a point of living white light. While in the body, it has a seat in the center of the forehead. When the soul is in the pure divine state, the soul is seated on that seat in the center of the forehead. The soul is metaphysical and so it cannot be seen with the physical eyes. It is neither male nor female, and it can only live through using a body. You (the soul) use your body to feel, think, contemplate, visualise, experience pain, etc. You express yourself through your body.

The virtues and powers are the original qualities of the soul. When experiencing these original qualities of the soul, you would always be in the refreshed, healthy state. Problems arise as you begin to use the vices because the energies of the virtues transform into the vices as you use the vices. The state which the energies of the soul are in, reflect the state of the physical body. The more you use the vices, the greater the possibilities of your body becoming diseased.

The vices consist of anger, greed, arrogance, ego etc. When we are under the influence of the vices, we are unhappy and can suffer depression, stress, tiredness and the body can get diseased.

The vices absorb a lot energies/prana from the energies around it, and this weakens the soul and body. The vices are like alloy or rust which cause or bring disease to the body.

As the energies of the soul transform into the vices, the vices accumulate a little deeper below the surface of the soul. As they accumulate there, the person can easily be influenced by them. The energies of the vices vibrate out. Thus, they influence other energies to become weak, as they absorb/consume energies from them. This keeps weakening the soul and body because:

1. the weaker state of the soul's energies will enable them to easily transform into the vices.

2. the weaker state of the energies in the body will make the body weak and unhealthy. It is when we stop using the vices that it is easier to get healed.

As we keep using the vices, such as anger etc.:

1. more and more of our energies transform into the vices,
2. more and more impressions, of what was done through using the vices, are left on the soul's weak energies (as memories).

Thus, the vices multiply within the soul and their influence increases. As the vices keep multiplying within the soul and their influence increases, we will begin to lose control over ourselves and those vices take control. Thus, a time will come when we will start saying, "I couldn't control myself. It just happened" or we might say "I have no control over myself anymore". Since the vices have multiplied, their greater strength will enable them to take control and we will no longer have any control or our control weakens. This paves the way for the diseases to materialise in the body. Thus, it is essential not to use the vices. Depression also goes into an extreme state in this way. When in a depressive state, one is indulging in the vices. Thus, the body gets easily diseased.

Often, people use the vices recklessly and as an aid. For example, they constantly use the vices like anger etc. so as to get people to do what they want them to do. This is actually quite detrimental and they are not aware of it.

BKs have noticed that diseases get cured as they continue to use the BK meditation practices. Some of the reasons for this are:

1. BKs constantly attempt to remain in the virtuous state.
2. God's energies are being absorbed into the soul.

Through being in the virtuous state, the vices are prevented from influencing the body adversely. The virtues increase when we are exposed to God's energies through meditation. As the virtues increase within the soul, we are empowered. We are empowered because the vices (weak impure energies) are transformed into the virtues (pure powerful energies). Since we are empowered, the virtues increase and the vices decrease, we easily get healed.

In the subsequent chapters there are explanations on why and how God can be used for the healing process. In this chapter, an explanation is begun on how the vices and virtues affect the health of a person.

Virtues are beneficial qualities such as joy, happiness, peace, bliss, love, patience, etc. A virtue is experienced as a feeling by the soul. Since all good values and qualities can be seen as virtues, even 'power' can be seen as a virtue. All virtues can be used as powers. Powers are the soul's ability to use the virtues, BK knowledge etc. in an efficient and accurate manner for self-transformation, world transformation and also for healing purposes. Powers are used to influence others or oneself in a beneficial manner. For example, when God's vibrations of love influence a soul to experience love, then, God's virtue (love) is used as a power. When you use God's virtues to empower yourself and others, they are used as powers. When you empower yourself, you become spiritually powerful and easily remain in the divine virtuous state. In this state, your body can easily get healed.

You can feel love, peace, joy, bliss etc. because the soul is filled with these virtues. So long as you have the intent to experience the virtues only, that is what you will experience or feel. You can experience a virtue through a feeling that is initiated via a thought. For example, when you have the thought that you are happy, you will feel happy. While feeling this in a meditative state, you will experience the virtue of happiness within yourself.

Normally, thoughts are always accompanied by emotion. For example, when you doubt that you will be healed or when you believe that you will be healed, your 'doubt' or 'belief' is begun with a thought that is influenced by your emotion. Your thought could be accompanied by one of two different sets of emotions. You might believe it because of love and other virtues which help you to understand that it is true. Alternatively, you might doubt it because the vices are in an emerged state and they do not help you to understand the truth. The vices will always try to keep you in the dark (ignorant state) so that they can remain in control. You are kept in the dark due to their 'fear' of losing control. Actually, these vices are your own energies. However, you must never see them as being you or as being a part of you. Always remember that you are the virtues and not the vices because your original qualities are the virtues. Since your energies have become something else, these vices are not you. Through meditation, you have to empower yourself with the virtues and powers so that you can be healed.

There might also be other reasons why you believe or doubt that you will be healed. For example, the circumstance which you have been in, since you were born, might influence you. Thus, someone, who you are attached to or close to, might influence you to believe something. Be that as it may, the emotion (love or fear) might remove the effects of all other influences. Hence, despite all that which you have been exposed to, if for one split second you were in a pure virtuous state, the belief which you develop might be so different from what you have been exposed to all your life.

The influence of pure love could give you such an experience that you will believe or not believe something. The fear of the vices (that they will lose control) will also influence the vices to give you experiences which could guide you to believe or not believe something. If you remained diseased, the vices will easily have free rein. So why would they assist you to get healed. If you wish to be healed, you will have better guidance when the virtues are in an emerged state. To easily remain in the virtuous state and to get the best guidance, you will have to empower yourself with the virtues and powers, through meditation. Through this, the vices get reduced and you will gain control over yourself.

Since thoughts are accompanied by emotion, you have to make sure that you are having the right kind of feelings when you have thoughts such as "I am healthy". This is so because the cosmic energies flow along with your feelings. This has been explained further in subsequent chapters. In this chapter, just remember that you must have the appropriate strong feelings so that your thoughts are effective. You have to make sure that you strongly believe in what you are thinking. This means that when you create a thought that you are healthy, you should also have a strong feeling that you are healthy so that you believe it to be true. The first time when you do this, you have begun believing that you are healthy. When you keep doing this, your belief that 'you are healthy' will strengthen. When you do this while in a meditative state, it makes sure that you are healthy. The more powerful your spiritual stage, the higher the chances that you will be healed. You should go into a meditative state through making spiritual efforts based on the knowledge given in this book.

During a session of continuous spiritual effort-making, one will find that there can be ups and downs in one's stage. We usually start with a low stage. When we make spiritual efforts to attain a high blissful stage, we enjoy a blissful stage. Though we enjoy the blissful stage for only a split second, we will be able to enjoy the effects, of this good experience, for some time. So we will be in a pure virtuous state enjoying peace and happiness for some time. If we immediately tried to make spiritual efforts again (soon after the first experience) we could immediately go into another high split second experience again. Through continuously doing this, we could keep enjoying a virtuous high stage for a long period. In addition, you are empowering yourself with the virtues and powers. Meditation empowers you; so keep meditating on something new to keep your spiritual effort making life entertaining. This will also help you to remain in a high virtuous stage for a longer time.

Since the virtues within the soul are refreshing, all tiredness goes away when one goes into a virtuous high stage. This is why one feels so light and refreshed when one is happy. Vices make one tired, heavy and sick.



When the vices are in an emerged state, you will easily get tired as you carry out your daily activities. If you were in a high spiritual stage, you will continue doing your activities, in the corporeal world, in a refreshed state. Meditation helps to keep one in a high spiritual stage; thus, one would be able to enjoy feeling refreshed.

Sickness can make one feel heavy and tired. Thus, one does not feel fresh and light. Despite this, being in a meditative state can help one to feel light and refreshed, even when one is sick.

If you are suffering from diseases, keep a check to see if you are indulging in the vices. If you were, it may be the reason why your body is diseased. This should be done in addition to using God.

Yoga with God decreases the quantity of the vices and so we will find that we begin to have more and more control over ourselves. This is one of the reasons why depressive people are able to get over their depression after they begin to use the knowledge of the Brahma Kumaris to meditate. For the same reason, yoga with God can also reduce or eliminate diseases. When the root cause for the disease is the vices, the disease is removed when these vices no longer exist within the soul due to the power of yoga with God. In the next chapter, you will be taught on how you can use God to heal yourself.

Before beginning the meditation exercises so as to feel refreshed and to heal yourself, you must first understand how the soul uses the mind, intellect and memory bank (sanskaras) during meditation, etc. Understanding this will help you to understand how you can use these to feel refreshed and heal yourself.

The soul has three divisions or functions: mind, intellect (buddhi) and sanskaras (memories or memory bank). The soul uses the mind, intellect and memory bank as its faculties, servants or ministers. This means that these carry out their functions based on what the soul is doing and based on the soul's intent unless the soul has lost control over these.

The soul creates new thoughts, emotions, feelings, desires, ideas, images or visualisations in the mind. These are created in the mind because the energies of the soul, which act as the mind, enable these to get created within it. For example, your thought that you are sick or healthy gets created within the mind. It gets created because you created it. The space, in the soul, where it is created is the mind. Through using the knowledge in this book, you train yourself not to create thoughts in your mind that you are sickly because such thoughts will not help to heal you. If you were in the weak state, thoughts such as "I am sickly" easily get created in the mind without your making any efforts to do so. This reflects that you do not have much control over your mind. Through spiritual effort making, you will have more control over your mind because the soul and its mind become empowered. So only what you want to think will be created there.

To remain healthy, you will have to remain engulfed in the feeling that you are already healed. This means that you have to keep creating thoughts and feelings that you are healthy. These thoughts and feelings are created in the mind.

All information which a person receives through the 5 senses (e.g. what the person sees, hears, etc.) comes into the mind for the soul to see. So if you keep hearing that you are sick, these keep coming into your mind to influence you. Through using the knowledge in this book, you learn how to remain in a higher spiritual stage so that what you hear etc. do not create bad impressions on the soul's energies (see Chapter 6). This helps to make sure that you get healed and remain healthy.

The thoughts etc. that are created in the mind and all information that comes into the mind will be taken into the memory bank, by the intellect, because all memories are stored in the memory bank within the soul. Thus, as thoughts get created, the soul's intellect takes them from the mind and places them in the memory bank.

If you had not created thoughts etc. that you are sickly, there will not be any memory within your memory bank that you are sickly. If you had created a lot of thoughts that you are healthy, then only

these will influence the state of your body since there are so many of these in the memory bank. They influence you because the intellect also emerges memories etc., which are in the memory bank, and places them in the mind for the soul to see, consider and use. Thus, if you have a lot of memories which reflect that you are sickly, these will be easily and constantly emerged by the intellect into the mind and this, in turn, will easily influence you to form the view that you are sickly. If you do not have strong memories that you are sickly, there are no such memories which could be emerged. So you cannot be influenced, to think that you are sickly.

If you have been creating a lot of thoughts that you are healthy, it will be these which will be easily brought by the intellect into your mind and this easily influences you to believe that you are healthy. Therefore, brainwash yourself into thinking that you are healthy; then, only this can influence you. Just keep seeing yourself as being healthy, without any disease, and have the view that you enjoy living your healthy life. You should live your life as if you are healthy now. Don't keep thinking about the disease which might be there in your body.

Generally, your intellect emerges memories based on your beliefs. Therefore, have faith that you can be healed. If you do not have this faith, the intellect will emerge memories which will influence you to feel that you cannot be healed and so, you will not get healed. You should also have faith that you can be healed because your thoughts, desires, aims, beliefs, etc. will materialise. You will understand this better as you read Chapter 4 which explains that the cosmic energies provide a disease or heal your body based on your feelings, beliefs etc.

If your intellect emerges memories that you are not healthy, push them off; do not consider them. It is emerging these thoughts because it is in the weak state and you do not have much control over what it does. If you did, it will only emerge what you want it to emerge. To have more control over the intellect, keep making spiritual efforts to become spiritually powerful.

The soul also uses the intellect to understand, make judgements, discriminate, reason, assess, etc. based on the memories, thoughts etc. that are in the mind. Through using the knowledge in this book, your intellect is transformed into the divine intellect. So you will be able to make the most accurate decisions, judgements, assessments, etc. for healing yourself. When you use the divine intellect, you will easily become aware of the thoughts, situations etc. which are the cause for your body becoming diseased. Your divine intellect will also never emerge memories which reflect that you are sickly.

Sometimes, memories that you are sickly just pop out of your memory bank because your memory bank consists of weak energies. You have to make spiritual efforts to become spiritually powerful so that this does not happen. You should be the ruler of your mind, intellect and sanskaras. When you are having negative thoughts and you say, "Stop this", it should stop. Keep a check on your thoughts, words and actions, in order to remain light and positive. This will help to heal you and to keep you refreshed and healthy.

Meditation is the medicine for a healthy life. Thus, I have provided some meditation guidelines below (based on the knowledge of the Brahma Kumaris) which can be used to begin meditation and also for continuing to remain in a meditative state. When you keep meditating based on the following meditation guidelines:

1. you are training to bring your mind, intellect and memory bank back under your control. This makes sure that you only create and utilise useful thoughts, emotions etc.
2. your mind, intellect and memory bank are empowered as the soul gets empowered. Thus, they come under your control.
3. your power of concentration increases and so you can easily meditate to attain a powerful pure virtuous stage.
4. you will develop the habit of seeing yourself as the soul filled with the pure original virtues and powers.

Through all the above, you are empowered and will easily enjoy the peaceful, blissful, virtuous state quickly. This will help you to easily remain refreshed and to heal yourself. You will also be able to easily attain a higher spiritual stage which you could use to heal yourself through using God's energies.

Keeping an aim in your mind, as you go beyond into a high spiritual stage, will help you to enjoy what you have in your mind. So flowing along with the following suggestions will help you to experience what you have in your mind.

### **Meditation Guidelines 1:**

1. While sitting in a comfortable position, turn your mind away from all the sounds and sights which are around you.
2. Remove all limited bodily identifications in your mind and focus your attention on seeing yourself as the point of pure powerful light in the forehead; you are that point of light seated on your seat in the forehead. If anything other than this comes to your mind, push them out; keep seeing yourself as the soul seated on your seat. Remaining seated there keeps you in a divine empowered state and so you will feel refreshed. Enjoy this feeling and the divine empowered state because this will help to heal you.

### **Meditation Guidelines 2:**

1. Attain and maintain a relaxed state. Make sure that your body is in a relaxed state.
2. Remove all wasteful thoughts from your mind and only entertain pure thoughts as suggested in this book and guideline.
3. See yourself (the soul) as being filled with peace. Experience yourself as being peaceful and enjoy the feeling of being peaceful.
4. Visualise that you are becoming refreshed and healthy as you become peaceful.
5. Visualise that the virtues have a healing effect on the body and that they keep the body in a healthy state.
6. Have the feeling that you are healthy.

NB: You become empowered as you fill yourself with the virtues. Thus, use this meditation guideline to fill yourself with all the virtues which you need to live your life. You can use a different virtue or power for each meditation. Alternatively, you can visualise that you are filled with all the virtues and powers at the same time; and that you are in a refreshed state, as a consequence. Enjoy the feeling of each virtue so that you remain refreshed.

### **Meditation Guidelines 3:**

I take my attention away from the body and go within... As I go within, I become aware that I am the soul... I am free of the limitations of the physical world... I am just me, the virtuous soul... I am contented to be who I am (the powerful soul filled with virtues and powers)... I love myself. As I keep loving myself, my body gets healed until it is completely healthy. I continue to remain healthy.

#### **Meditation Guidelines 4:**

I am a point of living white light that exists eternally... There is a huge reserve of love, peace, happiness and other virtues deep within me (the soul)... I emerge a virtue from there... As the virtue emerges, it influences me. I experience each of my limitless treasures of peace, happiness, love, bliss, and all the other virtues that exist deep within me... I am the embodiment of bliss, peace etc... As I experience each of the virtues, I and my body get healed to a greater and greater extent until we are completely healed... I am in the completely healed state now.

### **Chapter 3: Using God to Heal**

This book was meant to teach you on how to use God so as to heal yourself. In order to do this, you will first have to know who God is so that you will know who you are getting close to for assistance. Knowing about God will also help you to create proper visualisations so that you get linked to God. This is similar to how you can easily subtly connect to a person who you know when you think about that person. If you do not know how the person looks, you will only find it easy to communicate with that person if you look at his/her photo. The more you know about the person, the easier it is for you to subtly communicate with him. If you have a close relationship with the person, then it is as if you are naturally and automatically connected to that person and so it will be so easy for you to communicate with him. Similarly, having knowledge about God will help you to get linked to God. Getting to know God, through the knowledge in this chapter, will help you to know how you can use Him for healing yourself. Having relationships with God will enable you to automatically stay linked to Him. Thus, this book explains:

1. about who God is,
2. about how relationships with God could be developed (See Chapter 7), and
3. how you could use God for healing yourself.

In accordance with the knowledge of the Brahma Kumaris, God is the Supreme Soul and He does not take births in the Corporeal World like how we do. God is a metaphysical self-luminous Point of White Incorporeal Light (Jyoti Bindu).

God is completely pure and He is only filled with the virtues and powers. God cannot get angry because there are no vices within Him. During meditation, we can only experience His powerful virtues and powers. When we absorb God's virtues to become refreshed and to heal ourselves, we use God's energies as powers.

Even though God is not visible, we can feel His presence during meditation/yoga. God's energies can be felt as bright light, cool, warm or you might just know that you are engulfed, surrounded and/or filled with God's energies. You might know that you are in God's presence or you might experience a high spiritual stage and know that it is through your link to God that you are in such a high stage.

So long as you use the knowledge in this book, you would have a link to God. Since you have a link to God, whatever you subtly tell Him, would reach Him through your link to Him. You can easily get refreshed or healed by communicating your desire to God. To subtly communicate it to Him: have whatever you want to say (to Him) in your mind, and also have the view that you are subtly sending

what is in your mind to God. When you have the view that you are subtly sending what is in your mind to God, what is in your mind would be in God's Mind.

God also has the 3 faculties of Mind, Intellect and Sanskaras. When we link ourselves to God, our intellect gets linked to God's Intellect, our mind gets linked to God's Mind and our Memory Bank gets linked to God's Memory Bank. As a result:

1. God will know of what is in our mind. Hence, He can assist and guide us. God will gently guide us until we attain victory in healing ourselves.
2. God's energies will purify and strengthen all the energies within us (the soul). Thus, we get healed.

If you visualise that God's energies are assisting to refresh and/or heal you, it will happen because you have your link to God. God will know of your visualisation, thoughts etc. because they will reach Him through your link to God. Since the link directly connects you to Him, God will know of your aims etc. and you also receive God's energies to heal your body. However, to make sure that God is aware of your desires, aims etc., communicate it to Him. Then, you will easily and quickly get healed. You can be healed through using God via:

1. the purification process, and
2. directing God's energies towards the body so that it gets healed.

Diseases can be eliminated via the purification process through:

1. the removal of the vices which bring about diseases within the body.
2. the removal of karmic accounts which are being settled through illnesses, pain etc.

The influence of the vices causes or brings about illnesses. When the vices are in an emerged state, they affect the body and so the body gets weaker and weaker. Thus, all sorts of illnesses etc. get created within the body. Yoga with God eliminates the vices within you because the vices are transformed into virtues and powers. Hence, the body is no longer affected adversely by the existence of the vices. As a consequence, the bodily systems begin to function well, and the body gets stronger and healthier. So the body's ability to combat diseases increases and diseases are cured. When the vices (or the relevant vices which are the cause for the disease) are removed, through the power of yoga with God, the disease is eliminated because the root for the disease is removed.

Doctors suggest that we should remain peaceful so that the vices do not adversely affect the body. This helps to keep you healthy because the vices are not in an emerged state to adversely affect the body. However, this does not completely remove the vices from within the soul. It is only through being exposed to God's energies that all vices can be completely removed from within the soul since the vices are transformed into the virtues.

Due to sinful actions, which we had done in the past and in past lives, we have karmic accounts which we have to settle. These unsettled karmic accounts are sometimes settled through diseases, pain etc. When these accounts (because of which the disease has occurred) are settled or burnt away through the power of yoga with God, the disease also disappears from the body or its severity reduces until it is eliminated. This also works on the principle that if the root is got rid of, then the disease disappears.

There is self-transformation when you have your link to God because you will automatically be receiving God's energies through your link to God. Through this self-transformation you will be purified. As you continue being purified, you will become more powerful spiritually. As you become more powerful, your ability to heal yourself, through using God, would improve. However, to begin this purification process, you have to take the initial steps to remain linked to God through using the knowledge which is given in this book. Have faith that you will be linked to God when you use this

knowledge. You must believe that God is there to help you. When you use 'faith' and 'belief' in this way, you use them as virtues since virtues are good values and beneficial qualities.

Remember that this is just the beginning of your journey on this spiritual path. You will keep becoming more powerful spiritually as you keep making spiritual efforts. Thus, your ability to heal yourself, through your link to God, will keep increasing.

If you were in a powerful spiritual stage, during meditation, you can be healed immediately. Otherwise, you will have to keep meditating and using God's energies to heal yourself slowly until you are completely healed, i.e. until the doctor tells you that you are healed. It has to be remembered that in God's messages, in the Brahma Kumaris, God has informed that spiritual effort makers have to see the doctor and take their medication etc. when they are not well. Brahma Kumaris Raja Yoga should not be used as a substitute for medical treatment. However, since people get healed through using the BK knowledge, some BKs (including me) would advise those who are not well to also use God's energies to heal themselves.

We can also get rid of the disease, though our karmic accounts are not completely settled yet, through directing God's energies towards the body for healing purposes. This book teaches you how to do this. You will use this in addition to the purification process which also helps to eliminate the disease since the vices and karmic account are eliminated through the purification process.

When attempting to heal yourself through using God's energies, you should visualise that you are absorbing God's energies into you (the soul) and then visualise that from you, God's energies are flowing into the body for healing it. Do not send your own energies into your body with the intent to heal it. If you use your own energies to cure the disease, then the possibility that some other illness will take its place is great because the cause for the disease has not been dealt with. Alternatively, the same disease can recur for the same reason. Further, if one constantly used one's own energies to keep the body healthy, one might not be doing this when one takes one's next birth. So the root for the disease may still affect one in the next birth because there are a huge amount of vices and sins accumulated within the soul. The root of an illness can only be got rid of either through the settling process (if the karmic accounts were the cause for the illness) or through the power of yoga with God.

While using yoga with God to heal yourself, keep using different visualisations so that you can remain linked to God throughout the day. This will make sure that you do not get fed up with what you are doing.

The following are some examples of what you can do when you carry out your daily activities or when you sit in meditation. Use God in other creative ways too, as you carry out all your daily activities. This will help to heal you and to keep you in a healthy refreshed state. It should be noted that you will only truly understand the benefits of using God to heal yourself, as you keep making spiritual efforts towards this aim. Just reading the following is not going to heal you. You have to attempt to flow along with the following meditation guidelines with the suggested thoughts and visualisations in your mind. By the end of each meditation session, you must have a strong feeling that God has already made you healthy.

### **Meditation Practice 1:**

NB: The following can be done while you are washing clothes.

I am a point of white light having my link to God, my Laundryman, who is cleaning me so that I do not have any diseases... God is cleaning me with His divine loving vibrations... He is washing away all my unhappiness so that they do not make me unhealthy... He is making me clean and pure... I am in the pure virtuous state, experiencing greater happiness and peace; as a result of this, I feel refreshed and remain healthy.

### **Meditation Practice 2:**

As I sweep the floor and vacuum the house, God vacuums, cleans and sweeps away all the impurities in me, thus healing my body as I do my daily chores. God continues to keep me healthy in this way.

### **Meditation Practice 3:**

I am the soul, a point of white living light, in the center of my forehead... God, a Point of White Living Light, is above me and He is filling me with pure divine bliss... God's Virtues and Powers are empowering me with all the divine virtues and powers. My energies are instantly transformed into the divine state when God's energies touch my energies. My virtues and vices are transformed into divine virtues... I enjoy bliss, happiness, joy etc. as they empower me... This empowered state is keeping me in a refreshed state... God's energies are flowing down from me to go into my body. They are healing my body... I am completely healed.

NB: You can empower and heal yourself, in this way, through using a specific virtue at a time; for example, you can empower yourself with God's love. Then, later, you can empower yourself with the vibrations of peace that are flowing from God to you. Empower yourself with each of God's virtues, through this way. You can use this and the following meditation even while you are seated in meditation.

### **Meditation Practice 4:**

I am enjoying the blissful stage through my link to God... God's energies are burning away the vices and sins which are within me... As I continue to be purified in this way, my bodily illnesses disappear... My body is disease-free now... I am also safe and protected because I am in God's Company and He is making sure that I remain safe and healthy.

## **Chapter 4: Healing through the Holographic Body**

When you use God's energies to heal your physical body, the healing is done through the Holographic Body which is provided by the cosmic energies. When you understand why and how the body is created and healed through the Holographic Body:

1. you will also be able to create the appropriate thoughts for the healing process when you are in yoga with God.
2. your belief, that you are being healed, will be strengthened. When you strongly believe that you could be healed through this way, you will be healed because the cosmic energies flow along with your beliefs, thoughts, feelings etc.

Thus, in this chapter, there is a brief explanation on why and how the body is created and healed through the Holographic Body. To understand this explanation, you should be aware that our body is composed of two parts:

1. the visible physical body, and
2. the Holographic Body.

We can see and touch the visible physical body. The Holographic Body, on the other hand, is an invisible energy body which interpenetrates and surrounds the visible physical body.

The Holographic Body co-exists with the physical body due to the wave-particle aspect of quantum energies. The Holographic Body has exact subtle forms of all our organs etc. which are in the physical body. When there is any problem within any part of the physical body, the subtle energies in the same area in the Holographic Body are also in a bad state.

Through the meditation practices suggested in this book, you will be able to heal the Holographic Body at the relevant areas which is the cause for the disease. As the relevant areas in the Holographic Body are healed, the physical body also gets healed. You have to be in a meditative state for this healing process to take place.

There are many different kinds of subtle bodies within the Holographic Body. Each of these subtle bodies is for a different function. The Confluence Aged subtle bodies, used during the Confluence Age, are different from the subtle bodies of the old physical body which is being healed. In addition to this old physical body and its subtle bodies, those walking into the Golden Aged world also have a Golden Aged Holographic Body which will provide the perfect body when they have walked into the Golden Aged world. The creation of this Golden Aged Holographic Body will assist you to live in a better environment and this, in turn, will help to heal the old physical body which you are now using. In my book “Grow Rich while Walking into the Golden Aged World” I have explained how the perfect body is created for those walking into the Golden Aged world, through the creation of the Golden Aged Holographic Body. So I will not be explaining that here. In this chapter, I will only be explaining how the old body is created, gets diseased and healed through its Holographic Body.

Our physical bodies are created through the quantum energies. These quantum energies have a spiritual light aspect called the Quantum Energies’ Light or QE Light.

The spiritual energies of the soul are different from the QE Light energies. However, both of these energies have prana/energies which can be transferred from one to another. This prana is like heat which can be transferred from one object to another. This is also why God’s energies can energise the QE Light energies until they transform to provide a divine perfect world. As the QE Light transforms even the quantum energies transform and so they provide a divine world for us to live in.

The physical body is created by these QE Light and quantum energies, playing their roles together. The QE Light initiates the creation process and the quantum energies flow along to provide the materialised body. The QE Light and quantum energies transform into various kinds of different energies in order to provide the body. The words ‘QE Light and quantum energies’, which I use in this book, include all the various kinds of QE Light and quantum energies which are involved with providing the body. These QE Light and quantum energies are cosmic forces or cosmic energies.

The cosmic energies which are in the body provide the form for the Holographic Body. Actually, they are within the Holographic Body. However, whatever exists in the Holographic Body also exists in the physical body because of the wave-particle aspect of quantum energies.

There are various ways of categorising the Holographic Body. It can be said that the Holographic Body consists of:

1. the aura which surrounds the physical body,
- 2 the QE Light bodies which provide the aura and physical body, and



3 all the quantum bodies which are involved with the QE Light to provide the Holographic Body and physical body.

It can also be said that the aura is the Holographic Body. Despite all that which has been said, I am only going to consider all the QE Light and quantum bodies which overlap the physical body as the Holographic Body, in this book. This will make it easy for me to explain how the vices flow from the soul to the aura and how this brings about diseases in the physical body.

All emotions and thoughts flow through the Holographic Body so as to go into the aura (where is it expressed to the world). Hence, even the vices go into the Holographic Body to be subtly expressed through the aura.

The QE Light energies connect the energies of the soul with the body. Since the vices are also the energies of the soul (which have been transformed into an impure state), the QE Light also connects the vices with the body. This allows the vices to easily influence the state of the body.

Often, the root cause of a disease is our negative thoughts and emotions which are created when we are indulging in the vices. Since these get expressed through our aura, they go into the aura via the Holographic Body. As these flow through the Holographic Body, prana/energies from the body are absorbed by the vices; hence, they badly affect the physical body and organs which are close to them via the Holographic Body. Blockages occur in the physical body when the cosmic energies are exposed to the vices because the vices absorb prana from the energies which surround them. There are blockages in the Holographic Body because:

1. the cosmic energies of the chakras have become weak and impure. Thus, the chakras will not function well, i.e. the chakras do not allow a proper flow of cosmic energies in and out of the body.
2. the cosmic energies in the various parts of the body (including in the subtle systems), which provide the body, have become impure and so the subtle systems etc. do not allow the smooth flow of energies in the body.

The physical body is badly affected at the places where the blockages occur in the Holographic Body because these blockages prevent the reception of pure cosmic energies into those areas. To understand all these and how they bring about diseases, we need to understand how the physical body is created and sustained through the Holographic Body.

The human body keeps changing at every point in time due to the continuous creation process. It is through these changes which take place that:

1. diseases occur in the body.
2. the body gets healed.
3. the body is continuously kept in a healthy state.

The continuous creation process sustains the body in the state which it should be in, as per:

1. the 2D Subtle World Drama (see explanations below),
2. the thoughts, desires etc. of the person,
3. what God does for the person.

The QE Light and quantum energies change into various forms, when they are involved with the continuous creation process, so as to provide everything in the Holographic Body, including the chakras, aura and subtle systems. These cosmic energies then use the aura, chakras and subtle

systems, in the QE Light and quantum bodies, for the 'creation and sustenance' of the physical body. Hereafter, the words 'creation processes' will be used when referring to:

1. the creation process which begins the materialisation of the physical forms, and
2. the continuous creation process which is for the sustenance of the physical bodies.

All the chakras are located in the Holographic Body. All energies (e.g. God's energies, energies of the soul, QE Light and quantum energies) flow in and out of the body through these chakras. The pure QE Light and quantum energies, which are involved with the creation processes, are present everywhere in the space around us in the QE Light and quantum dimensions. From there they flow into the Holographic Body via the chakras.

It is the Quantum Ocean (Unified Field), consisting of the First Field and the Second Field, which is involved with the creation and sustenance of physical bodies. The chakras join the two fields (First Field and Second Field) in the Unified Field. The cosmic forces in these two fields are an Ocean of QE Light and quantum energies that are involved with the creation of what exists in the material world, including the body, its organs etc. Some of the pure QE Light and quantum energies in the First Field flow through the chakras to go into the Second Field for the creation processes in the body because it is the QE Light and quantum energies in the Second Field which materialise the real forms, including our physical bodies. If these cosmic energies do not flow into the Second Field, the body will get diseased.

When the chakras remain open, the QE Light and quantum energies in the Second Field, which are involved with the creation processes in the body, will remain pure. However, if the chakras close, the QE Light and quantum energies, in the Second Field, become impure due to the influence of the vices and other impure energies around there. Thus, the body gets diseased.

Above the First Field and the Second Field is the 2D Subtle World Drama (hereafter referred to as the 2D SWD). This 2D SWD is part of the Akashic Records. It has information of what will exist in the World Drama, which we are living in, on earth. What is in the 2D SWD influences the cosmic energies in the First Field to encode information (for the creation processes in the body) when they are in the Second Field. From the First Field, the No-info QE Light (QE Light which has no information) and No-info quantum energies (quantum energies which have no information) become QE Light with Info (QE Light which has information) and QE with Info (quantum energies which has information) as they go into the Second Field for the creation processes. If the person was to suffer from a disease due to sinful actions etc. which had been done in the past, this information will be there in the 2D SWD and the cosmic energies encode information so that the person can suffer from the disease as per what exists in the 2D SWD. When this happens, the vices of the person will surely take the opportunity to make it worse so as to create hell for the person. This is also a reason why we become miserable when we get to know that we have a problem in the body.

The Corporeal World includes its Holographic Universe. The Holographic Universe is a Hologram which provides the material world based on the information which is in the 2D SWD. All cosmic energies in this Hologram also have the information which is in the 2D SWD. Even the QE Light source and QE Source will have the information which is in the 2D SWD since it is part of the Hologram. However, the energies in the QE Light Source and QE Source are not energies which are encoded with information like how the energies in the Second Field are encoded with information for materialising the physical world.

All the QE Light and quantum energies in the Second Field have encoded information. It is due to this encoded information that we see all sorts of different things in the material world; for example, a book will consist of cosmic energies which have encoded information of the book. Though the quantum energies involved with the creation processes, in the Second Field, are QE with Info, these energies only flow along with what the QE Light is doing, in the Second Field. Thus, as the QE Light with Info initiates the creation process, based on the encoded information within them, the quantum energies

flow along to materialise the physical forms based on the encoded information within them. Both (the QE Light and quantum energies) are involved with flowing along with what has to be provided as per the 2D SWD, since they encoded information based on what exists in the 2D SWD. Actually, they will have more information than just the encoded information since they provide the material forms based on the Universal Laws which are applicable in the Corporeal World. When these cosmic energies are exposed to the vices, the vices absorb the prana/energies from these energies and so they are not able to carry out their functions as per the information which they have.

The chakras do not allow the vices from the Second Field to enter the First Field. Hence, the vices can only badly influence the state of the QE Light and quantum energies in the Second Field. The chakras also do not allow the impure energies in the Second Field to influence the energies that are in the First Field. Thus, the energies in the First Field remain pure and powerful until they come into the Second Field. When pure QE Light energies keep flowing into the Second Field, from the First Field, the body remains healthy.

The First Field and Second Field are involved with providing the 3D SWD which is where all the subtle forms exist, including the Holographic Body. Whatever exists in the Holographic Body, in the 3D SWD, will also exist in the materialised form within the physical body.

In the 3D SWD, the Holographic Body looks just like the visible physical body. It has a head, two arms, two legs etc. When the QE Light and quantum energies are absorbed into the Holographic Body and then distributed throughout the whole Holographic Body, they sustain the physical body via the Holographic Body. Just as there is a flow of blood, electrical signals etc. in the physical body, there will also be a flow of its cosmic counterpart in the Holographic Body. The cosmic energies which sustain this cosmic flow also sustain its material counterpart. In this way, the physical body is sustained.

Fresh energies, from the First Field, continuously flow into the Second Field for the sustenance of everything that exists in the 3D SWD. Energies from the Second Field also continuously flow back into the First Field, so as to become energised. The QE Light and quantum energies, which flow back into the First Field from the Second Field, immediately transform back into the pure state due to the exposure to the pure powerful energies from the Cosmic Consciousness (the QE Light Source and the more powerful QE Light energies in the higher dimensions). This to and fro movements of energies, between the First Field and Second Field, are disturbed by the existence of the vices in the Holographic Body; so the body gets diseased.

When a person is upset over something, is stressed up or in fear, etc., the person is indulging in the vices and so these vices flow through the Holographic Body to go into the aura. This weakens the energies in the Holographic Body because the QE Light and quantum energies are transformed into an impure state when they are exposed to the vices and other impure energies. In the impure state, the chakras will not function well and so there will not be a proper flow of cosmic energies into and out of the Holographic Body. This means that the energies in the Holographic Body, which have become impure, will remain impure. In the impure state, they are not able to provide a properly functioning body. Thus, the body gets diseased.

Different thoughts and emotions are sent into the aura through different parts of the Holographic Bodies. Thus, they affect different parts of the physical body. It should be noted that the vices which are in the aura will also be playing a role to weaken the body. However, often, it is the places around the chakras, which the vices flow in and out of, that are badly affected. It will be as if there are concentrations of the vices in these parts of the Holographic Body, influencing the QE Light and quantum energies in those areas to become impure. Thus, these QE Light and quantum energies become dark. As a consequence, when one goes into a meditative state to look at the Holographic Body, one will see dark patches in the area where the body is diseased. It should be noted that when the physical body is healthy and fine, the energy in that area of the Holographic Body will be pure white light energy. Since there is a lack of pure energies in the area and weak energies cannot do a good job, the subtle organs, tissues, etc. in the Holographic Body will become deformed and will not

function well in that area of the Holographic Body. As a consequence, the organs, tissues, etc. in that area, within the physical body, will also not function well. So the person suffers from a disease which has its roots in that area.

It should be noted that the Holographic Body and aura are involved with creating and maintaining a healthy physical body. So when the energies there are not doing their job well, the physical body gets diseased.

The vices and other impure energies consume a lot of energy from around them and so energies around them become weak, stagnant energies. As a consequence, they will not function well and so, diseases get created in the body via the Holographic Body.

If the vices etc. are experienced for a short time, no harm is caused to the body because the vices will disappear from the Holographic Body and the area there will be influenced to become pure again. Problems only occur when we have entertained the relevant vices for a long time, as a consequence of which they continuously remain in an area, in the Holographic Body, for a long time. As a consequence of this, the chakras etc. might not function as they are supposed to and so, the cosmic energies in the body could become very black and deformed.

Since the chakras etc. do not function well, pure energies from the higher dimensions are not brought into the body for providing a healthy body. The dark patches begin to exist in the Holographic Body because the energies no longer flow between the First Field and Second Field in the places where the vices exist.

A diseased body is provided through the chakras which do not function well. They do not function well because the vices absorb the prana from the energies which are providing the chakras. The impure energies from here will also absorb prana from the pure energies around them, thus, making them impure. Impure energies, which are involved with providing the body, never do a good job. They are only involved with satisfying the desires of the vices which is to cause unhappiness in the world. Thus, a diseased body is provided.

The QE Light flows along with God's energies. Thus, as God's energies come into us to heal us, the QE Light also enters the body to heal the body. Having entered the body, they flow along with what God and the human soul are doing, through healing the body. These are powerful QE Light energies because they are close to God. So they can heal the body quickly.

When cosmic energies are exposed to God's energies, they are transformed into the pure divine state. Then, when they are no longer exposed to God's energies, they lose their divine state but remain pure. This in turn enables them to provide a properly functioning body, as a consequence of which the disease disappears. This process is different from the process where the perfect body is created for those walking into the Golden Aged world. When we have walked into the Golden Aged world, we stop using the old body and use a new Golden Aged body through another new Golden Aged Holographic Body which was created during the walking in process. Where the old body is concerned, we are just healing the Holographic Body of the old body so that the cosmic energies can freely and easily flow throughout the whole physical body in a perfect manner.

The cosmic energies and the virtues do not absorb so much of energies from each other like how the vices absorb prana from the energies which it comes into contact with. Thus, when the impure cosmic energies are exposed to the virtues, which are pure energies, they are merely influenced to become pure too. As a consequence, the cosmic energies begin to flow well in that area. This will also help to heal the body. However, the recovery process through this way will be slower since the cosmic energies are not instantly pumped in with a lot of powerful prana as they are when they are exposed to God's powerful energies. In the myths, one reason why the vices were portrayed as being as powerful as God (though an opposite kind of force) was that the vices can absorb a tremendous amount of prana like how God can pump in a tremendous amount of prana into us.

If we stop using the vices, after using them for a long duration of time, it will take a long time for the cosmic energies, which have been exposed to the vices, to transform back into the pure state, if we do not use God's energies to heal the body. The only way to quickly transform them back into the pure state is to send God's energies to that area so that those cosmic energies quickly transform to become pure again. So, your body can quickly feel refreshed, rested and can even be instantly healed. This happens because God's energies energise the QE Light and quantum energies which are being distributed in the Holographic Body. As they are energised, they transform into the pure state and begin to function well. Since the subtle QE Light and quantum forms are transformed back into the pure state, their material counterpart will also be transformed back into how they should be. Since quantum energies have the wave-particle aspect, whatever is happening to the quantum form is also happening to the physical form. As a consequence, our body begins to function well.

The QE Light and quantum energies also flow through the chakras for providing a defective body, as per the 2D SWD, due to the sins which you have done in this and past births. However, these sins are burnt away through your link to God and so the defective body can be turned into a healthy one. Even if you do not send God's energies to the body for healing purposes, the body can get healed when you keep meditating because:

1. God's energies are coming into the soul which is within the human body. So God's energies easily influence the body, since God's energies are vibrating out from the soul.
2. through constantly absorbing God's vibrations into the soul, the sin (which is the cause for the disease) is burnt away even though you are experiencing bliss.

The vices, which are in the soul, will also affect the body badly through the brain because the soul is within the space of the brain. When the brain is badly affected, the ability to use the body can be affected because the whole body is controlled through the brain. Just as the physical body has a subtle QE Light form, even the brain has a subtle QE Light form which is called the QE Light brain. The brain will not function well when the QE Light brain is not in a healthy state. The QE Light brain will not be in a healthy state when the vices are constantly used because the energies in the QE Light Brain are closely entangled to the energies of the soul. The soul uses the body via the brain because the QE Light energies in the QE Light brain are closely entangled with the energies of the soul. When the QE Light brain is in a bad state, the brain cells, electrical impulses etc. will be badly affected. This, in turn, will affect the soul's ability to use the body well to live a normal healthy life as it was supposed to.

Based on recent studies etc., it has been said that often the reason for back pain is the fear of pain and not the bones, lumbar disks etc. It has been said that fear stresses the dorsolateral prefrontal cortex (which is also referred to as the DLPFC) within the human brain. It should be noted that fear is experienced when one is overcome by the vices.

It has been stated that fear "weakens the DLPFC's ability to relax pain circuits, aggravating chronic pain or causing imaginary pain" [1]. If the DLPFC does not function well, you could feel pain even if there is nothing wrong with your back. If you remain in fear that you might experience back pain, the DLPFC will not function well. Thus, you will experience back pain. It is said that decreasing the fear will relieve the stress on the DLPFC and so the DLPFC is able to quieten the pain circuit. As a consequence, your back pain will disappear. In studies etc., the people suffering from severe back pain were helped to reduce or eliminate their fear of pain and this helped the DLPFC to regain function. Thus, they stopped experiencing back pain.

When you worry that you might have body pain, fear has taken control. You are in this state because you have yielded to the vices. Worry, anxiety and fear are emotions which are experienced by the soul. These emotions are not in the physical realm because the energies of the soul are in the subtle dimension which is provided by the QE Light. From there, fear will badly influence the QE Light of the QE Light brain. Since the state of the physical brain is exactly like how it is in the QE Light brain,

the physical brain is badly affected. This is why there is a stress on the DLPFC when one entertains 'fear of pain'.

The energies of the soul are constantly vibrating out. Thus, if the soul yields to the vices and entertains emotions such as fear, these impure energies (fear etc.) will also be vibrating out and these will affect the brain badly via the QE Light brain.

Since the energies of God flow into the soul, through the link to the soul, the energies from God are also flowing into the brain. This is so since the soul is seated on its seat in the center of the forehead. The energies of God will purify and strengthen the QE Light energies in the QE Light brain. Thus, the QE Light is able to do what it is supposed to do as per the information which it contains. As a consequence, the brain will also function well. From the soul and brain, God's energies will also flow into the body and improve the healing processes there. From the soul and Holographic Body, God's energies will also flow into the aura. From there, they will have a positive effect on the body. This will also help one to get healed.

Everything is regulated from the brain. So healing the brain will help to heal the body. Further, when the nerves etc. in the brain begin to function well (due to exposure to God's energies) this influences all the other nerves etc. next to them to function well, i.e. the other nerves etc. which are connected to these nerves etc. will also get activated. Then, this influences the other nerves etc. which are connected to those nerves etc., to function well. In this way, the nerves etc. in the whole body begin to function well. Thus, the body is healed.

Through being exposed to God's energies, cancer, headaches, toothaches, eye problems, heart problems, bodily gas (in the stomach etc.), muscle pains etc. can all be cured quickly. The temperature of people suffering from high fever could be reduced and the person could be healed instantly or in a few hours.

If the body is already in a healthy state, then, the cosmic energies in the body are just refreshed when they are exposed to God's pure powerful energies. This, in turn, influences all the cells and systems in the body to remain healthy. When the body is in a refreshed healthy state, it is easier to meditate.

In the books titled "[Holographic Universe: An Introduction](#)" and "[Grow Rich while Walking into the Golden Aged World](#)", I have given more explanations on the QE Light and quantum bodies, Holographic Body, chakras, aura etc. Explanations and guidance on how to heal the body via the chakras (through using God's energies) will be given in subsequent books. In the current book, I am not going to explain how the heart chakra is involved with the healing process because that will also be dealt with in the book on healing through the chakras.

Since the QE Light is the spiritual light of the quantum energies, it is consciousness. As a consequence, the QE Light energies can understand and flow along with the feelings of the human soul. The quantum energies flow along based on what the QE Light is doing because the QE Light is the spiritual half of the quantum energies. Thus, all cosmic energies flow along with our feelings. Normally, our thoughts will be accompanied by emotions. So the cosmic energies flow along with our thoughts. It should be noted that though the energies of the QE Light and the energies of the soul have consciousness, the energies of the QE Light are different from the energies of the soul. This has been explained further in my earlier books.

Based on our thoughts, beliefs, emotions etc., the cosmic energies transform 'possibilities of existence' into a reality. The cosmic energies are in the state where they can be in any place, whether in the wave form or in the particle forms, because they have the capacity to provide anything and everything, in any kind of situation. However, they provide the world based on:

1. what exists in the 2D SWD,
2. what God is doing to help the human souls on earth, and

### 3. the thoughts, beliefs etc. of the human souls.

All cosmic energies are connected and so they flow along with each other for the creation process. However, as per the Universal Laws, all cosmic energies serve us and so all cosmic energies flow along with what we intent, think, desire, feel etc. Even though the more powerful QE Light and quantum energies are in the dimensions which are far away from us, they are also flowing along with what we want etc. because there are connected to the cosmic energies which surround us. Actually, space and distance does not exist in the Holographic Universe. So all cosmic energies become aware of what we want etc.

The physical world is made up of atoms which are materialised by the QE Light and quantum energies. The atoms are actually waves of cosmic energies which are involved with fulfilling our desires, thoughts etc. The quantum particle can exist in the wave form because the QE Light and quantum energies have the capability to change and adopt based on:

1. what is being provided through the 2D SWD.
2. the Universal Law that they have to serve God and the human souls.

The cosmic energies can provide any kind of atom based on the information which they have (from the 2D SWD) and based on what God and human souls are doing, etc. Though so many different kinds of particles etc. are provided by the cosmic energies, they are all connected due to entanglement, i.e. the cosmic energies remain connected as 'one' entity which is the Corporeal World.

When I say that cosmic energies serve us, do not think that we control them and that they act based on our commands. When you try to do this, you are inundated with the vices. Thus, the QE Light becomes impure and the result of this would not be good.

The cosmic energies serve based on the love and other virtues which we have in an emerged state, within the soul. Your loving nature helps them to serve you well. So you easily get what you want and you will also find yourself in a more beautiful natural environment. The more spiritually empowered you are, the better they serve you.

There is a meditation guideline, at the end of this chapter, which you could use for healing yourself. While using it, and other meditation guidelines, remember that you should always have the strong feeling that you are healthy as you have that thought.

Sometimes, the thought that 'the Cosmic Energies are healing your body' is used to begin the healing process and then the thought that 'you have already been healed' completes the healing process. Despite this, you should give more importance to thoughts such as 'I am already healed' or 'I am healthy' instead of giving importance to thoughts such as 'I am being healed'. You can even skip the 'I am being healed' stage and go straight to the 'I am already healed' or 'I am healthy' stage. When you keep thinking that you are being healed, you will always remain in the process of being healed because the cosmic energies flow along with you based on your thoughts (which actually include emotions). Be that as it may, at the beginning of the first few meditation sessions, it is good to begin with sentences such as "I am being healed" so that the healing process is begun. Make sure to complete the healing process through having the feeling that you are already healed. Thereafter, maintain the thought and belief that you have already been healed.

When you create thoughts for the healing process, always add the relevant emotions to the thoughts, i.e. make sure that you have relevant feelings. For example, when you have the thought that you are healthy, have the feeling that you are healthy. This influences the cosmic energies to flow along to make sure that you have a healthy body. Since the cosmic energies flow along with your feelings, don't ever think and feel that you are unhealthy.

### **Meditation guideline:**

1. Relax, see yourself as the soul and have the firm view that you have your link to God.
2. Visualise that as God's energies flow into your body, cosmic energies are influenced by God energies to flow into your body to replace the older energies in the body... There is a good continuous flow of cosmic energies in your body since these are serving God to heal you.
3. Visualise that your body is in the healed state and that the cosmic energies are continuous keeping your body in a healthy state since they are in the pure state.

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### **Footnote:**

1. 'Back Pain and the Brain: Medical Revolution' by Films Media Group

## **Chapter 5: Weakening and Healing based on the Cycle of Time**

There is a need to explain about how time flows through the five Ages of the Cycle of Time, in order to explain how:

1. Mankind loses spiritual strength with time, as a consequence of which one's body can become easily diseased.
2. many used the cosmic forces to heal the body, during the second half cycle.
3. you can use God to heal the body through the Confluence Age.

In accordance to the knowledge of the Brahma Kumaris, time flows in a cyclic manner in the following order:

1. Golden Age (Satyug).
2. Silver Age (Tretayug).
3. Copper Age (Dwarpuryug).
4. Iron Age (Kaliyug).
5. Confluence Age (Sangamyug).

These five abovementioned Ages consist of the Cycle of Time (hereafter referred to as the 'Cycle'). The people in the first half cycle (in the Golden Age and Silver Age) have perfect healthy bodies, and they will constantly feel refreshed. Their bodies cannot get diseased. However, during the second half cycle (Copper Age and Kaliyug) people can feel tired, and their bodies are capable of becoming diseased. This is so because the spiritual state of the soul transformed from the divine state to the ordinary state, at the end of the Silver Age. The energies of the soul transform because the spiritual strength of the soul decreases from the time of the Golden Age until the end of Kaliyug.



According to the scientific laws, energy cannot be created or destroyed. It can only be transformed. Similarly, the energies of the soul can only transform into the:

1. ordinary state (at the end of the Silver Age).
2. vices (during the second half cycle).
3. divine state (through the Confluence Age).

As Mankind walks through the Ages of the Cycle, the spiritual strength of human souls get weaker. As Mankind loses spiritual strength in this way, even Nature loses its spiritual strength. All these help to weaken the souls and bodies, further. So people live a shorter life and their bodies are more prone to become diseased. During Kaliyug, at the end of the Cycle, human bodies can get diseased, most easily.

The World Drama that takes place on earth, during each Cycle, is based on what exists in the World Drama deep within each human soul. The World Drama that is deep within the soul has information of what will happen to the soul during all its births on earth. If it is there in the World Drama deep within a human soul that the person should be diseased or healed, that would happen. The body of the person could get diseased, as per the World Drama, in order to settle for the sinful acts done in the past; and the body could get healed, as per the World Drama, due to the good charitable acts of the person. Despite this, in each birth during the second half cycle, people can heal their bodies through their thoughts and prayer (asking God and the cosmic energies to heal the body).

During the second half cycle, people prayed to God so as to get their bodies healed. When God answered their prayers, the QE Light would initiate the process to heal the body and the quantum energies would flow along with this.

It should be noted that though I have referred to the 'QE Light Source and the more powerful QE Light energies in the higher dimensions' as the Cosmic Consciousness, all QE Light energies are part and parcel of the Cosmic Consciousness which people have been trying to merge into, from the beginning of the Copper Age, for healing themselves, to remain pure, etc. From the Copper Age people have been trying to merge into the Cosmic Consciousness because:

1. God can be reached through the QE Light energies of the Cosmic Consciousness.
2. The pure QE Light energies can be used as a source of prana for healing oneself, etc. This is so because the QE Light in the First Field, which are involved with the creation processes, are influenced by the more powerful energies from the QE Light Source and higher QE Light dimensions.

All the QE Light, including the QE Light Source, has been getting weaker with time. However, the QE Light Source and higher QE Light dimensions will always remain pure and powerful because the QE Light Source is an ocean of pure powerful energies. This was why the people from the Copper Age have been trying to bring themselves into the pure higher QE Light dimensions or they have been trying to merge to become one with the pure QE Light so as to act as 'one' with them for the creation processes, etc.

The QE Light Source and QE Source can be seen as gods because all powerful sources are like gods. Even human souls, who are in the powerful state, are gods; it is only in the weak state, during the second half cycle, that we are not gods. However, the human souls, the QE Light Source and the QE Source are not God, the Supreme Soul. Though the QE Light Source is an ocean of energies, it gets weaker with time. The QE Light Source and the QE Source have to be energised by God's energies, at the end of the Cycle. Hence, they are being energised by God's energies now, through the Confluence Age. God's energies never get weaker because God is a Generator of Prana/Energies. Thus, He always remains powerful. This enables Him to energise all energies at the end of each Cycle.

Though the QE Light Source gets weaker, it is still powerful since it is an ocean of energies. Thus, it is a source of energies for Mankind during the second half cycle.

In the first half cycle, Nature's divine state is dependent on the divine state on Man; the powerful human souls are the source of energies for Nature and others. However, in the second half cycle, Nature begins to play a more superior role since human souls are in the ordinary state and the QE Light Source is an ocean of energies. Thus, at the end of the Silver Age, spiritual practices were introduced to the people so that they can remain in a pure state through absorbing the pure energies which are in the cosmic forces. Through these practices, the cosmic energies were also intentionally guided to keep the body in a healthy state. These practices had continued during the second half cycle. Through these practices, the surface of the soul was kept in a pure state and the pure energies were used to provide the body. Thus, the body could remain healthy. However, the karmic accounts were not being burnt off, they could only be settled, and the vices (which had accumulated below the surface of the soul) were not being transformed back into the virtues.

During the second half cycle, the vices have kept accumulating within the soul and they have left strong impressions on the soul's ordinary energies (within the memories) when the vices were used. All these have a detrimental effect on the soul since these keep happening, birth after birth. The soul has got into a weak, bad state and this has continued to affect the soul in its subsequent births. It is only now that God's energies can be used to:

1. energise the cosmic forces and the energies of the human soul.
2. burn off all vices and unsettled karmic accounts.

During the Confluence Age, the soul's spiritual strength quickly increases through the soul absorbing God's energies; whereas during the second half cycle, the spiritual strength of the soul had kept decreasing even though the surface of the soul was in a pure state. This was also a reason why the present day people, generally, are not capable of doing the magic which the people could do during the Confluence between the Silver and Copper Ages.

Now, during the Confluence Age, since the vices are transforming back into the virtues, the possibilities of becoming diseased reduce. Therefore, when we make spiritual efforts, the chances of becoming diseased are reduced. Coming into the Confluence Age reverses the situation, which the souls were in during the second half cycle, so you begin to live longer and have healthier bodies unless you were settling an unsettled karmic account which has not been burnt off yet.

Walking into the Golden Aged world helps to bring one's body out of the Kaliyug world. This walking in process will also help you to live longer and have healthier bodies because you will easily remain in a pure subtle environment. Read the book "Grow Rich while Walking into the Golden Aged World" for more on the walking in process.

When the human soul has transformed into the divine state, through the Confluence Aged spiritual effort making, the human soul will still only be like a drop when compared to God who is an Ocean. Thus, one can imagine how weak we must have become as we took births through the second half cycle. However, that is the past. We can now absorb God's energies to strengthen ourselves and heal the body. The following meditation guidelines are examples of how you can do this.

### **Meditation Guideline 1:**

I am the soul, seated in the center of the forehead... I keep absorbing God's energies into me and my body, so as to heal myself. As God's energies flow all over my body, my body gets healed. It is in a healthy state now.

## **Meditation Guideline 2:**

I close my eyes and feel relaxed...I have a body which is in the old Kaliyug world. As a consequence, it is capable of becoming diseased... However, as I kept making spiritual efforts, during this Confluence Age, my vices and karmic accounts had reduced. Thus, my body has become less capable of becoming diseased. Due to my increased pure state, all the diseases that had been in my body have been cured. I am healthy now. My spiritual effort making continues to keep my body in a healthy state.

## **Chapter 6: Soul Conscious and Body Conscious**

Through using the knowledge and practices in this book, you will easily experience the soul conscious stage. During the soul conscious stage, you experience yourself as the soul and not as the body. You will feel that you are the soul using your physical body. Through the soul conscious stage, you get refreshed and healed because:

1. you are in a pure high spiritual stage. The powerful spiritual energies, which you are filled with, will help you to feel refreshed.
2. you (the soul) are linked to God. Through this link, you absorb God's vibrations into yourself and God's energies will refresh and heal you.
3. you (the soul) get purified. Through this purification process, you are in the process of being transformed into the divine state. The purification process removes the vices and sins from within the soul. Thus, one gets healed and one also feels 'refreshed'.
4. you will be experiencing the natural original qualities of the soul which are refreshing and healing.
5. you will be living a blissful life, feeling refreshed and healed.
6. you observe everything as a detached observer. So your physical body will not be affected to become diseased or tired. The detached state helps to keep one in a pure high stage. So one gets healed and continues to remain healthy.
7. you are not body conscious. During the body conscious state, one can easily feel tired and one can easily acquire diseases because one easily uses the vices.

While remembering that you are the soul, remember that you consist of the original qualities of the soul. Keeping these original virtuous and powerful qualities in an emerged state will help you to become and remain soul conscious. If you are not soul conscious, you are body conscious. When you are body conscious:

1. you will have the feeling that you are the physical body.
2. your spiritual stage will not be good. You will be in the ordinary stage, and not in the divine stage; thus, you will be capable of using the vices.
3. you will be trapped within limited identities, i.e. you will identify yourself with the body, sex, profession, race, family, religion, nationality, etc. This will limit what you, the soul, can do for the healing process.

In the body conscious state, you could easily use the vices. Therefore, you might keep using the vices and so, develop the habit of using them. As a consequence, you are taken away from your happy, peaceful state. The consequences of this will be bad on your body.

When you are body conscious, you will seek happiness outside the soul; you will depend on external things for happiness and peace. What exists in the physical world will not give anyone permanent happiness because the situations and feelings keep changing. For example, someone might love you or be kind to you now; however, tomorrow, he might not. As a consequence, you will become unhappy, angry etc. and so, your body can get badly affected. You should learn to experience the happiness which is within the soul without being dependent on external situations. This will help you to get healed and remain healthy.

You are in a detached state when you are in the soul conscious stage; so you watch everything as a detached observer. This means that you will be watching everything as if you are watching a drama. In this detached soul conscious stage, you do not react to whatever you see, hear, etc. Thus, you are not affected in anyway when a person is scolding you. You will just observe and remain in the blissful state. It will not have left an impression on the energies of the soul, i.e. it will not have left an influential impression because it is an impression on pure powerful energies. This non-influential impression is as good as not leaving an impression. Even though a memory of it is there in your Memory Bank, it will not emerge to badly affect your body because it is not an impression that has been left on weak energies. Only impressions on weak energies will easily emerge to badly affect you and your body.

When you see or hear while maintaining a high stage, no impressions are left on your weak energies because you are viewing, evaluating and taking actions while in a spiritually powerful, detached state. This means that the vices and bad memories are not increasing within the soul as they will increase if the impressions were left on weak energies of the soul. After having seen something as a detached observer, if you recollect the incidence when your stage is not good, your recollection will leave an influential impression on weak energies. If you keep doing this, it can affect your body in an adverse manner. Hence, if you have to recollect the incidence, make sure that you are in the soul conscious stage first.

In the powerful detached state:

1. we see, yet we do not see.
2. we hear, yet we do not hear.

Whatever we see and hear during that time forms part of a divine experience where we are in God's Company. Thus, God's energies help to keep us safe from the bad effects of what we had seen.

If you were in the detached state, you will not be entertaining the vices because they cannot exist when you are in the powerful soul conscious stage. Therefore, no further impressions, which could influence you later, will be created by the vices. As spiritual effort makers, we keep using the divine powerful virtues while we are in the detached state and we are also purified. All these make us more divine, with time, with fewer vices and less karmic accounts which can be settled through diseases.

You develop your ability to remain in the soul conscious stage and watch everything as a detached observer as you keep practicing the knowledge in this book. So use the contents of this book to keep developing your ability to remain detached in all situations.

Keep trying to see, hear etc. without being affected by it because the detached state helps to bring you into the soul conscious stage. When you keep attempting to see, hear etc. as a detached observer, you will find yourself in the high blissful soul conscious stage. This means, while practicing detaching yourself from the world, if you have not attained the soul conscious stage as yet, keep practicing the techniques to remain in the detached state until you are in the soul conscious stage. Keep trying to see everything without being affected by what you are seeing while remembering God, i.e. while

remembering that He is a Point of Light who is showering you with His vibrations of love etc. This will help to bring you into the soul conscious stage. Constantly doing this will prevent the vices from badly affecting your body, since you are learning to watch everything as a detached observer.

God trains BKs to go beyond when they see an adverse situation etc., i.e. they are trained to remain in the soul conscious stage. Through accepting and using the meditation practices suggested in this book, you can also learn the art of remaining in the detached soul conscious stage no matter what is happening around you. When you want to attain the soul conscious stage, think that you are already in that high stage and you will be enjoying that high stage.

What you see and experience in your day to day life and also your beliefs, thoughts, visualisations, emotions etc. shape the condition of your body. Thus, remain a detached observer. Keep having the feeling that you are healthy and visualise that God's energies are constantly keeping you in a healthy state. Have the thought and feeling that you are already healthy while maintaining a pure, divine state because your thoughts are more powerful when you are in such a stage.

If you have to take any medication, make sure that you are in the soul conscious detached state, while you are taking the medication so that impressions of that do not affect you. Live an imagined healthy lifestyle for as long as you can, throughout the day, day after day. Sustain the visualisation that you are healthy, for as long as you can (at least for 5 minutes at a time). If it is no longer entertaining, change the visualisation while maintaining the aims in the visualisations. Then, one day, you will find that you are actually living that healthy life in reality. All it requires is just a thought (if one was spiritually powerful). As you get spiritually more powerful, through spiritual effort making, your thoughts and visualisations materialise more quickly.

When you are soul conscious, you will have your link to God and so you get:

1. purified, and
2. guided by God on what you have to do to achieve your goals of getting healed, while He also gives you whatever you need for this.

Thus, keep contemplating on what has been said in this book, to make sure that you remain in the soul conscious stage. Through contemplating on this knowledge, you will automatically have your link to God. However, you will not get linked to God if you do not have the desire to get the link to God. If you have decided that you want your link to God, then, you will be able to use this knowledge to keep God's Company, so that you will get healed or remain refreshed. It is only when you 'accept this knowledge with faith that it is true' that your intellect will act upon it to link you to God.

In addition to using God's energies to heal the physical body, you should also look for and identify the emotions etc. which are the cause for your misery etc. Check all your feelings, reactions, thoughts, memories etc. to see if you can identify the cause for the disease. For example if you do not like someone, ask yourself as to why you do not like the person and see if you can identify the cause for the dislike. Having identified the cause, use God's energies to burn off that dislike and all the memories which are the cause for the dislike. If the dislike is due to something that the person has done, keep telling yourself that the person did it due to a weak state as a consequence of which the person indulged in the vices. Also tell yourself that it may have happened, due to the Law of Karma, because of some wrong which you may have done in the past or in past lives. In this way, forgive the person and remove the dislike and the memories, which made you dislike the person, so that you do not keep indulging in the vices. Send God's energies to those feelings, memories etc. so that:

1. those vices which are the cause are transformed into the pure virtues, and
2. the memories are no longer imprinted as impression on impure energies but on pure energies. There may be many of these impressions because you may have frequently recollected the memories while in the weak ordinary state. Each time you are in the soul conscious stage, the impressions which are in the emerged state will be transformed to become pure energies. Thus, those impressions will no

longer influence you badly. However, there may be many more of those impressions deeper within you because you may have kept thinking about it etc. while you are not in the soul conscious stage. Even if some or one of those impressions emerges, you would be influenced to think about it. Every time, one or more of those impressions emerge, go into the soul conscious stage and transform them with God's energies. Even if you do not intentionally send God's energies to them, they will be exposed to God's energies if they are in an emerged state unless they quickly go back deeper down where the memories are stored.

During a high soul conscious stage, only some of your energies transform to remain transformed as divine energies; all your other energies will transform back into the pure state and when your stage goes weaker, the energies which were originally impure will become impure again. Only some of your energies remain transformed as divine energies because you are only being exposed to a little of God's energies. This is to make sure that you enjoy bliss during the experience and not pain. Each time you make spiritual efforts, a stream of God's energies hit a spot on your energies and transform it into the divine state. Since God's energies are so powerful, God's energies influence all the rest of your energies to become pure too. Though these energies transform due to being exposed to God's energies, they do not permanently remain transformed. They will transform back into the weak ordinary state when your stage is bad. This is so because those energies are not being exposed to the full strength of God's energies. Only those energies in the spot, where God's powerful beam of light hits, will be exposed to the full strength of God's powerful energies. Since it is only a tiny spot, you will not experience pain; you will only enjoy the pure blissful stage because all the rest of the energies of the soul, which are in a pure blissful state, will enable you to enjoy bliss.

Since those energies in the spot, which had been hit directly by God's energies, remain as divine energies within you (the soul), you can slowly get transformed through constant spiritual effort making. As you keep making spiritual efforts, more and more of your energies will be transforming to permanently remain in the divine state. Then, on Judgement Day, when all souls are taken back to the Soul World (leaving only those who have to remain in the Golden Aged world behind), all the rest of your energies will be instantly transformed into the divine state. Since so much of your energies are being instantly purified, you will experience pain on Judgement Day. It is better to slowly transform yourself into the divine state, through the Confluence Age.

When you direct God's energies to the memories which are troubling you, they might be the ones which transform and so they remain as impressions on divine energies. In this way, all the energies (on which the bad memories are imprinted) could be transformed into pure energies. As a consequence those memories will not emerge to adversely influence you. If you direct God's energies to your feelings of dislike for that person, God's energies would transform those feelings into the virtues and so your dislike for the person gets reduced until all your feelings of dislike are transformed into the virtues. Through all these, you get over the hurt and dislike for the person. Do not recollect the bad memory etc. when your stage is low because that will create an impression of the memory etc. on the weak energies of the soul and this could influence you to indulge in the vices.

Keep sending God's energies to the memories etc. until all the impressions are transformed into the pure, divine state. Since only one or a few impressions would be purified during a soul conscious stage, it might take some time to get over that dislike and bad memory. However, until you do, keep making spiritual efforts to forgive and to purify. Replace that dislike with love because love heals you and it also sends good vibrations to that person so that they do not have bad feelings about you. When they have bad feelings about you, you will be receiving bad vibrations from them and this is not good. However, if you have God's energies in your aura, these bad feelings from others will not be able to penetrate into your aura to reach you.

Bad memories from past births could also be a cause for your disease and usage of the vices. Sometimes, memories from past lives may be causing the harm and you may be unaware of this because the memories, which are causing the harm, are not in a completely emerged state and so you are not able to identify it. Past memories cannot remain in an emerged state if you are in the detached soul conscious stage. Thus, just keep a check to make sure that you are constantly in the detached soul

conscious stage. Through the soul conscious stage, all bad memories (which are badly affecting the state of the body) will get purified. Since they are now imprinted on pure energies, they stop affecting the body adversely.

When you attempt to identify the cause for the disease, do it during the soul conscious stage. During the soul conscious stage, you would be able to identify the cause for the disease because God would be guiding you to do so. Images or memories of what is the cause will come into your mind and you will know that those are the cause for the disease. Having identified them, receive God's energies and burn them away. As you visualise that God's energies are burning them away, they would be burnt away because you would be having your link to God. As they are burnt away, they transform into pure divine energies.

When you are in the soul conscious stage, you can never be stressed up. This helps to keep you healthy because stress brings about diseases. The longer you experience stress, the more harm it does to your physical body. So keep going into the soul conscious stage so that you don't allow yourself to experience stress for long. As soon as you experience stress, go beyond, so that the stress does not affect your physical body.

Below this is a meditation guideline which you can use to attain the soul conscious stage. Though I have not used the word 'soul conscious' in the guideline, it is a guideline which brings you into the soul conscious stage because the soul conscious stage is the stage where you are aware that you are the soul.

### **Meditation Guidelines:**

I see myself as the soul. I feel light as I go beyond the awareness of my body, to become conscious of being the soul seated in the center of the forehead... I am the soul who is like a star that radiates light... I am living light energies, emanating from a point of light... I absorb God's light and so God's light is radiating out from me... I feel like a brilliant star... God's light, which is radiating out from me is healing me (the soul) and my body... I am healthy and disease-free.

## **Chapter 7: Loving Relationships with God for healing purposes**

In this chapter, you are taught on how to use love and relationships with God for healing yourself.

To easily establish one's link to God, one has to have love for God. This is similar to how we can easily subtly connect and stay subtly connected to our loved ones (like our children, wives, husbands etc.) because of the love between both parties. Since we are connected to them through love, we can easily subtly know and understand their feelings. We will also be able to know if they are in trouble etc. because of the feelings of love which we have for them. However, we do not get great benefits through being connected to human souls. We get a multimillion-fold benefit if we are linked to God. Thus, it is beneficial to have 'love for God', in an emerged state. Just as love keeps our loved ones subtly close to us, even love for God can keep us close to God. Love has a greater ability to link us to God than any other virtue. Love is an essential ingredient if we want to have a strong link to God.

If the vices were in an emerged state, one would be battling with them in order to go beyond into a high spiritual stage. If one was not victorious in this battle against the vices, one cannot go beyond so

as to establish one's link to God. It is easy to keep the vices away, when you start making spiritual efforts, by keeping the virtues in an emerged state. You have to do this because you can only establish your link to God if the virtues, and not the vices, were in the emerged state. Among the virtues, love is the most powerful tool/feeling that can help you to easily establish your link to God. Through experiencing love for God and through your intent to get linked to God, you will be able to establish your link to God. So if you find yourself battling with the vices, just think about how much you love God and what He has done for you.

There is only one God and only He is the Father of all human souls. So God, naturally, has love for you and for all His other children. Hence, when we ask Him for help, He will help us. We are able to easily send our messages to Him because of His love for us. God has come and given us knowledge through the Confluence Age because of His love for us. He has made sure that you received a copy of this book because of His love for you.

To easily establish the link to God, both parties should have love for each other. God surely loves you and that love is always in an emerged state because He exists to help His children. If you do not have the feelings of love for God, in an emerged state, you will find it very difficult to establish and stay linked to God. When you begin your spiritual effort-making, to establish your link to God, you should emerge your deep, powerful feelings of love for God. These feelings, of love for God, are there deep within the soul, though you may not be aware of it. You have to just have the thought that you are in love with God and those feelings will emerge, from deep within you, and then you will be able to establish your link to God easily.

The information that God is our Father is there in the World Drama which is deep within the soul. The World Drama deep within the soul is part of the Akashic Records and the soul can use the information, which is there, while living its life on earth. In the World Drama deep within the soul, there is also information that God can help us, etc. This is similar to how we know that our parents or loved ones will help us when we turn to them for help. This is one reason why people turn to God for assistance when they are in problems. Though no-one turns them to God, they will naturally turn to God because, at the subtle level, they know that God will help them if they turn to Him for help. Just as all the relevant information is there deep within the soul, all the relevant feelings are also there. This is also why we are capable of experiencing various kinds of feelings as they emerge from deeper within. Even the love for God is there deep within.

Love for God can be easily emerged from deep within, through establishing relationships with God. Through making sure that one has love for God, based on the relationship with Him, one can easily get God's help and guidance to get healed.

One can have various kinds of relationships with God. Since God is the Father of all human souls, everyone can see Him as their Father and they can call Him "Baba", "Father" or any other word which means Father. You develop such a relation with God through:

1. forming the firm view that He is your Father.
2. subtly talking to Him as you would talk to your corporeal father. Subtly inform Him of everything that is in your heart. This helps to receive appropriate help from God and it also helps you to unload all your burdens.

Not talking about your problems can amount to keeping those problems in an emerged state, within the soul, as a consequence of which your body can be affected. Talking about it helps to take it out of your mind. Since it is out of your mind, it is not in an emerged state to influence you adversely. If you tell people, they might try to tell you what you have to do. They might want to take control of the situation and you. Telling God about it, allows you to remain in control. God will have to allow you to remain in control because that is how it was meant to be, as per the Spiritual Laws. Further, God is constantly in the pure state and so He will never have any desire to have control over anything or anyone. Since He is an Ocean of Patience, He will patiently help you.



While developing such a relationship with God, naturally, feelings of love for God will emerge from deep within you and you will also be creating more feelings of love for Him since you see him like how you would view your corporeal father. Constantly interacting with Him subtly is similar to how you constantly interact with someone in the Corporeal World. Thus, naturally, a relationship will develop between you and God. You will definitely fall in love with Him because He will only be helping you to live the kind of life which you want to live. It should be noted that a capital letter has been used in the word 'Father' etc. when God is being referred to.

You could also see God as your Husband or Fiancé because it will help you to easily develop feelings of love for God like how you can easily develop feelings of love for a corporeal husband or fiancé. You could also develop some other relationship which you prefer to have, e.g. you could see God as your Wife, Mother, Child, Friend, Sister, Brother etc. Having any kind of relationship with God is beneficial because:

1. it will assist you to get over relationship problems that you have since your desires for love etc. are being fulfilled by God's pure love, God's Company, etc.
2. it helps to easily emerge the deep feelings of love for God which exists deep within you and so you can easily establish your link to God.
3. it gives you an opportunity to constantly remember God and so helps to change your sanskaras/nature into a divine virtuous one.
4. it improves your power of concentration and so you can easily attain a high spiritual stage to heal yourself.

If someone close to you has died or left you, for example, if your mother had died, develop a relationship with God as your Mother. Tell your Mother, whatever you want to tell your corporeal mother.

If you felt that your sister did not love you, have a loving relationship with God as your Sister. The Godly love which you receive from God will help you to fulfil your desire to be loved by your sister.

Having relationships with God will help you to get whatever you want since God will fulfil your desires. Hence, you would not expect anything from anyone else. When you have expectations, you will easily be over-powered by the vices. As a consequence your body can get diseased. When the expectations etc. are fulfilled through the relationship with God, the disease is cured. The relationships with those people can also improve because relationships can go bad if we have expectations which they are not able to fulfil.

Keep a check on yourself, making sure that you have a cheerful face and are happy with love overflowing from you. This will make sure that you habitually remain in that state. As a consequence, you can easily remain linked to God. Never allow yourself to lose your happiness, even when people defame or insult you. If people are not treating you well:

1. tell God about it (write to inform Him or subtly communicate it to Him). He will help you and them to remain peaceful and so no one is hurt.
2. forgive them while understanding that they do not understand what they are doing (due to their weak state) and that it is all happening as per the World Drama. Maybe, you had done some wrong to them or others in your past births and so, through the Law of Karma, you are now being given a bad time.
3. send them God's vibrations of peace, love and co-operation. This will make them peaceful, loving and co-operative; so they will treat you well.

When you have broken relationships or are hurt by people, you should send God's loving vibrations to all those people who you are having problems with. This will help to improve the relationship with those people. It is not good to have bad relationships because your hurt feelings, and the anger etc. which is directed towards you by others, are harmful to your body. In addition to sending God's energies to them, visualise that God's energies are keeping you protected from the vices of others. Have faith that no-one's vices will be able to flow into you because God's energies surround you. If there are vices that are directed towards you, they will get burnt away when they try to come near you.

When we have relationship problems with people, we can feel tired and our bodies can also be affected badly due to the stress and negative emotions which we are exposed to. To get over this tiredness and any sickness which have arisen due to this, we should form relationships with God.

Love is refreshing and healing. This is why people look lovely and fresh when they are in love. Love from God has more benefits because it is:

1. not conditional,
2. unlimited,
3. purifying,
4. empowering, and
5. healing.

God's love for us is unchanging and everlasting; it is so wonderful. There is absolutely nothing that can ever take away His love for us. His love is so nourishing that we get closer and closer to Him during each and every day, as we keep making spiritual efforts.

When one is having yoga with God, one can feel a tremendous amount of "Love" within Him. Though God is detached, He is loving. Due to His love, He dispels sorrow and bestows happiness. His loving energies can purify all impure human souls to make them virtuous. Through this, they will be capable of experiencing more love for themselves, others, for God and for everything else in this world. They will be able to live happily.

We can also use any of the Confluence Aged deity roles so as to establish a relationship with God. If we see ourselves as the Hindu god Ganesha, then God is our Father Shiva. Ganesha reflects the child of God whose world revolves around God only, i.e. he is not concerned about anything else other than just remembering God. If we see ourselves as Parvati, then God is our Husband Shiva. As Parvati, we carry out God's service on earth while we constantly experience love for our Husband (God). One can have a very close relationship with God when one sees oneself as Parvati. When one is in a spiritually powerful stage, one is Shakti. Since one has a powerful link to God, one is a Shiv-Shakti helping to remove the existence of the vices on earth. We can also have the intent to play a role as Ganga with God, as I had the intent to do so when I started writing articles. God uses those who play the role of Ganga in order to give knowledge to others. While playing this role, you develop a very close relationship with God. This was also a reason why I never liked to stop writing.

One can establish any kind of relationship with God while also making spiritual efforts. Establishing the relationship, with God, will help one to emerge the love for God from deep within one. However, one will find it easier to emerge one's love for God when one sees oneself as the wife of God or as the fiancée of God. This was also a reason why, in the myths, the deity souls were portrayed as the numerous wives of God when He was portrayed as Krishna etc.

If one was a man, one might prefer to see God as his Wife instead of his Husband. One can do this. But then, one can get caught up with the vices when one sees oneself as the dominating partner. It is easier to remain in the surrendered state to God, if you see yourself as the wife since the wife is supposed to surrender herself completely to her Husband. When you surrender yourself to God, you

can easily establish your link to God. In the surrendered state, you hold the thought that you move as God moves you.

Having loving relationships with God is healing and refreshing because you are filled with love and you receive love from God. For healing purposes you can also see God as the Supreme Doctor, Supreme Physician, Supreme Surgeon, etc. While developing these relationships, inform God of your bodily problems, like how you would inform your corporeal doctor etc. of your health problems. Have faith that God will heal you through His vibrations and guidance. If you need surgery, keep visualising that it is God who is doing the operation on you and then, that God has already carried out the operation successfully.

During the Confluence Age, God plays various roles, for example, God is our Father, Mother, Teacher, Guide, Purifier, Liberator, Bestower of Salvation, etc. When we have yoga with God, we can experience these various roles which He uses to help and guide us. For example, we can experience Him as the Guide when He lovingly guides us. You can intentionally form one of these relationships with God in order to experience these aspects/roles of God. This will help you to become spiritually powerful. As a consequence you can easily get healed. You can enjoy these relationships with God and become spiritually powerful while having the view that God is keeping you healthy.

While having any kind of relationship with God, we might also experience God as an Ocean of Love since His loving energies constantly flow towards us; or we might experience one of His other virtues and powers since He is an Ocean of all Virtues and Powers.

One can also develop relationships with God through seeing God as an Ocean of all Virtues and Powers so as to absorb those virtues and powers to heal the body. God is the Ocean of Love, Ocean of Bliss, Ocean of Peace, Ocean of Joy, Ocean of Happiness, Ocean of Mercy, Ocean of Purity, etc. We can have a relationship with God through seeing God as an Ocean of any of the Virtuous and Powers, in order to absorb those virtues and powers from Him.

When our virtues are touched by God's energies, they transform into divine virtues. There is a difference between these divine virtues and the virtues which are in the pure but ordinary state. The virtues which are in the ordinary state will not be that powerful. The divine virtues are very powerful energies. Hence, when your body is exposed to divine virtues, the chances of healing are better. However, do not rely on your own energies because you are like a drop in comparison to God's energies. So use God's divine virtues to heal yourself; at the same time, your own virtues will automatically be transforming into the powerful divine virtues since your energies are touched by God's energies.

As you constantly think of God, while developing your relationships with Him, your concentration is on God. The more you concentrate on God through this way, the more your power of concentration gets developed. This will give you the ability to:

1. meditate for longer and longer hours because the greater your power of concentration, the longer you can stay in a virtuous, meditative state.
2. have a more powerful spiritual stage. As your power of concentration increases, you will become more and more powerful spiritually.
3. have a more powerful link to God. The greater your power of concentration, the stronger your link to God.

All the above will help you to easily get healed.

You should also remember/churn the Confluence Aged spiritual knowledge that has been given by God, which is also explained in this book, with love that it is from God (the One who you love). Contemplating/churning on the Confluence Aged spiritual knowledge will help you to establish your link to God. When you have 'love for God' in an emerged state, while you are contemplating on the

spiritual knowledge, you will easily get linked to God. This is why it is essential to have the feeling that the spiritual knowledge, which you are contemplating on, is from the One (God) who you love. It helps to keep love in an emerged state.

You become light through meditation because all your burdens will be removed through your link to God. This helps to remove the diseases from your body. Make sure that you remain light, filled with powerful thoughts and visions. The following are some meditations guidelines to help you meditate. Begin each meditation session by seeing yourself as the soul filled with love. Enjoy the feeling of love that is within you. Then, flow along with what has been suggested in the meditation guidelines below. Have faith that God will fulfil your wish and by the end of the meditation session, you must believe that your wish has been fulfilled.

#### **Meditation Practice 1:**

See God as an Ocean of Love. See His endless flow of waves of love flowing into you and around you, as they refresh, cleanse and heal you. You are healed and God's love makes sure that you continue to remain healed.

#### **Meditation Practice 2:**

Visualise that God's energies are sweeping away all your tiredness and unhappiness. Through this, you are left in a blissful state which is helping to remove the effects of the vices on your body. As a result, the diseases in the body are getting removed... God is also sweeping away all the diseases from your body, leaving you perfectly healthy... Visualise that God continues to make sure that you have a well-functioning body.

#### **Meditation Practice 3:**

Visualise that God's love for you is such that He forgives you and cleanses you so that you can enjoy perfect health. God's love is such that He continues to make sure that you are perfectly healthy.

#### **Meditation Practice 4:**

See God's love burning away your sins while you are enjoying bliss... it is as if they are lovingly being washed away from you, leaving you in a pure divine state. The removal of the sins has left your body in a healthy state... See yourself as remaining healthy through God's constant love for you.

#### **Meditation Practice 5:**

Visualise God's waves of love washing away all your pain, struggles and all depressive thoughts. His love knows no boundaries. There are also no limitations to His Powers. You are healed while being exposed to such powerful, loving vibrations... Visualise that God's powerful vibrations of love keep flowing towards you in order to keep you in a disease-free state.

#### **Meditation Practice 6:**

See God as your Father, Mother, Wife, Husband or Friend... Talk to Him... Inform Him of whatever is in your mind and of all your desires, problems etc. Visualise that He is lovingly listening to what you are saying, and that He is helping you to solve your problems (as you want them to be solved)... See your body getting healed as you have this loving relationship with God. Since talking to God has stopped you from using the vices, your body continues to remain in the healed state.

NB: You can use the above for having any kind of relationship with God.

### **Meditation Practice 7:**

Have the feeling that God loves you and that He is taking care of you while you are being healed and/or refreshed. Visualise that God makes sure that you continue remaining healed and refreshed. Have the feeling that you deserve this attention from God.

## **Chapter 8: Universal Laws Involving Healing**

Universal Laws, which includes the Laws of Nature, Spiritual Laws etc., govern everything involved with living and the provision of the universe, for example:

1. the Law of Self-Recovery.
2. the Law of Magical Healing.
3. the law that all cosmic energies should act as 'one'.
4. the Law of Decay.
5. the Law of Karma, etc.

Generally, healing of the body takes place through the Law of Self-Recovery. In accordance to the Law of Self-Recovery, the body is capable of healing itself. Thus, people recover from sicknesses etc. The Universal Laws are applied through the 2D SWD. Thus, as per the 2D SWD, human beings are given bodies which can recover, i.e. the QE Light and quantum energies provide bodies that can recover. Further, as per the 2D SWD, if a person has to recover, the cosmic energies flow along to provide a body that goes through the recover process.

The processes in the Holographic Universe also assist the self-recovery process. For example, cosmic energies from the First Field keep coming into the bodies which are in the Second Field and, at the same time, the cosmic energies from the bodies leave to go back to the First Field in order to become pure and powerful energies; in this way, the bodies are kept healthy and it gets healed if there are any injuries, sickness etc.

The pure cosmic energies and the pure energies of the soul help to keep each other in a pure state and they do not consume a lot of energies from each other like how the vices do. This also helps with the self-recovery process.

There are a lot of pure accumulated energies within the depths of the soul and these help to keep the soul and surrounding energies in a pure state. They allow the cosmic forces to get involved with the recovery process and so there will be no blockages in the body.

In the second half cycle, the pure QE Light energies influence the energies of the soul to remain in the pure virtuous state. Thus, one can become healthy.

Energies from the cosmic forces, generally, help to keep the ordinary energies of the soul in a purer state since they keep flowing from the First Field to the Second Field and then back again to the First Field to be re-energised. This helps people to remain virtuous and healthy. So their self-recovery processes will be functioning well.

Energies from the First Field are constantly energised by the energies from the QE Light Source which is an ocean of energies. This makes sure that pure energies keep flowing into the Second Field, and this also helps the energies of the body and soul to remain in the pure state. All these are also assisting with self-recovery.

Actually, one can intentionally absorb energies from the QE Light in order to get healed. However, this book is not for teaching you on how to do that. This book teaches you how to absorb God's energies because God's energies are more powerful than the QE Light energies.

When the vices are in the Holographic Body and aura, the weakened energies of the Holographic Body will not be capable of providing a healthy body. As a consequence, the body becomes diseased and it will be very difficult for self-recovery to take place. Despite this, the body can be healed through the Law of Magical Healing. Through this, quick miraculous healing can take place.

The Law of Magical Healing can be used to become instantly healthy because the QE Light and quantum energies serve God and the human souls. When God or the human souls take the initiative to get the healing done, the cosmic energies will flow along to get the healing carried out. They act as 'one' to serve God and Mankind, and this enables magical healing to take place.

During the Confluence Age, magical healing can also take place because God's energies instantly energise the cosmic energies in the body when they are touched by God's energies. Since they are in the pure powerful state, they will serve God and the human souls well. Thus, magically, a healthy body is provided and deadly diseases, like cancer, can be cured instantly.

When the energies in the body are energised, by God's energies, all the cosmic energies in the body become pure. Through this, the rate of healing can be accelerated, via the acceleration of the healing processes of the body, because:

1. relevant and necessary prana is increased in the affected areas and in the whole body.
2. the body has been energised and is functioning better.

Since the rate of recovery or healing increases tremendously, all diseases (which normally cannot be cured) can be eliminated very quickly.

If the energies of the body were exposed to an abundance of God's energies, they can even transform into the perfect divine state. However, the body will not remain in the perfect divine state when transformed in this way. When you lose your high spiritual stage, the body will transform back into the old body because all the energies in the soul have not been completely transformed into the divine state (as they are when a spot in the soul is permanently transformed through being exposed to God's powerful energies, during spiritual effort making).

There were a few times when my body had transformed into a fair perfect divine body, temporarily. The minute I lost my powerful stage, my body transformed back to become the dark ordinary body. God must have enabled me to have those experiences so that I can give better explanations through

contemplating on those experiences. Perhaps God had enabled my body to temporarily get transformed so that I can continue living so as to do what I am doing now. I used to have very bad health problems, during those days. I do not have those health problems now since I am under God's care. When I come out of those experiences when my body gets transformed into the perfect divine state, I know that my body has just been transformed and I can see my arms looking very fair until they slowly transform back into the dark state.

It is only through the walking in process that the body can be permanently transformed into the perfect divine body, during this life. Around the end of the walking in process, the body is permanently transformed after the Golden Aged Holographic Body has been completely created. This has been explained in my book, "Grow Rich while Walking into the Golden Aged World".

During the Confluence Aged life, when the cosmic energies in the body are temporarily transformed into the pure or divine state, the cosmic energies begin to provide a properly functioning body and so the diseases can be instantly cured. This is so because once the body begins to function well due to being energised by God's energies, it will be influenced to continue functioning well since the cosmic energies have begun to flow properly in the body. The cosmic energies will flow properly until the vices cause problems again.

The Law of Magical Healing also applies as per what has to exist and happen in the World Drama. However, what is in the 2D SWD is changed based on:

1. your actions, and
2. what exists in the World Drama deep within the soul.

Actually, your actions are based on what exists deep within the soul. What exists in the 2D SWD might be slightly different because whatever exists there is a result of what exists within you and all other human souls. What exists in the World Drama deep within the soul can change what exists in the 2D SWD as you are about to carry out, or as you carry out, your actions.

However, don't worry about what exists in the World Drama deep within the soul. You should take actions which please you. As you do this, the World Drama changes in the 2D SWD and on earth. So, if you decide to heal your body, you will be healed. Actually, if you decide to heal your body through using the contents in this book, it is happening because it is there, in the World Drama deep within your soul, for it to happen.

There are also Universal Laws which provide for the decay of physical bodies. Thus, children easily get healed while the recovery is slow among the elderly. Where the elderly people are concerned, sometimes (when the body is too weak due to decay) the body will not get healed and so the person dies. The Law of Magical Healing can even be used to remove the effects of decay so as to provide a healthy body for the elderly person.

You can even be healed due to benefits received through the Law of Karma. Through the Law of Karma, when you do something good, you will receive something good in return. Thus, if you help to heal someone or help to keep someone healthy, you will be given something similar in return, i.e. you will get cured of a disease which you received due to a bad karma or you will be having a healthy body. You could create good karmic accounts through doing charitable and virtuous acts, so that you could enjoy good health in return.

In accordance with the BK knowledge, the greatest charitable act is to get involved with transforming the world into a heavenly world; one earns a multi-million fold returns for such acts. So BKs try their best to get involved with world service which includes putting God and His knowledge on the world stage. The huge spiritual income which is earned through this can also be used to heal yourself, if you wish to use it for healing yourself. With just a thought and the intent to enjoy it now, you could enjoy it now for getting healed.

You could also do world service through self-transformation, i.e. you could bring about world transformation through self-transformation. A huge spiritual income is also received for this. Further, this leaves you in a virtuous stage and you also earn something good for this through the Law of Karma because:

1. you will be good and kind to others.
2. pure powerful vibrations will be flowing out of you, and others will be influenced beneficially through this.

You could also use the good karmic accounts, which you accumulate for all the above, to enjoy a healthy body now (if you wished that).

Since you are good and kind to people, while in a pure state, people will have good thoughts about you and they might have desires to do something good in return. All these too will be influencing you to receive benefits through the Universal Laws.

When you are in a divine state and good vibrations are flowing out of you, others will be influenced beneficially through that. At the subtle level, they will know that they are receiving the good vibrations from your direction, though at the gross level they will not know this. At the subtle level, since they are aware that the vibrations are coming from your direction, they will be having good feelings about you. These good feelings will help you to receive benefits too, depending on how you want to receive those benefits.

True BKs will prefer to use their spiritual income, which they get for world service and spiritual efforts, in the first half cycle. Since they retain their spiritual income, they have greater spiritual power. If you use these good karmic accounts to heal yourself now, you are using your spiritual income to heal yourself, i.e. you give away that spiritual income in exchange to heal yourself now. Frankly speaking, though I had once used spiritual income in this way to heal myself when my health was getting progressively bad, I will never do it again because a lot of these spiritual income were used and it had reduced my spiritual strength tremendously. Anyway, you could choose to do it if you wish to because living longer in this life will give you an opportunity to earn more spiritual income.

The walking into the Golden Aged world process has already started taking place. This means that if you left your body now, you might not be able to earn the huge spiritual income which you are earning now. So living longer might give you an opportunity to earn a multimillion fold now, while you can.

In accordance with the BK knowledge, at the end, you will stop earning a multimillion fold spiritual income for the world service which you do, i.e. it will be 'too late' to earn them. Thus, instead of using your spiritual income for healing yourself, you should just use the purification process and God's energies to heal the body. Through this, you do not lose your spiritual income and you are also doing Godly service because you are filling yourself and the environment with God's energies. Further, if you accumulate your spiritual income, you can easily remain in the soul conscious stage, thus, you can easily use God's energies to heal yourself. Remaining in the soul conscious stage will also make sure that you remain virtuous. Hence, your body will not be adversely affected by the vices.



## Chapter 9: Healing through the Confluence Aged Aura and Environment

The body can also be healed through God's energies which go into the Holographic Body from the aura and environment. The aura which you have during the Confluence Age is a Confluence Aged aura because it has God's energies within it. You begin to use a Confluence Aged Aura when you accept the BK knowledge which is given here. It is through this aura that God's energies flow into your Holographic Body for healing your physical body. To understand all this better, you should understand a little about the three worlds which exist at the end of each Cycle, because the energies that flow into your body (which is in the Corporeal World) are from the Angelic World which is beyond the Corporeal World.

According to the Brahma Kumaris, in 1936, God left the Soul World to come into the Corporeal World. The Soul World is the home of God and all human souls. God constantly resides in the Soul World. Human souls reside there until they come into the Corporeal World so as to live on earth. At the end of each Cycle, God comes into the Corporeal World to recreate the new Golden Aged world. So a new Cycle begins and all souls are also taken back to the Soul World. Then, from the Soul World, one by one, human souls begin to come into the Corporeal World to take birth through using a human body. Since this Cycle repeats, God has come again into the Corporeal World for the re-creation of the Golden Aged World through the Confluence Age.

When God was on His way to the Corporeal World, God created the Angelic World and the Angelic Bodies (in the Angelic World) for all those who will come into the Confluence Age. God's coming to the Corporeal World began the Confluence Age.

The Angelic World is above the Corporeal World which we live in, and the Soul World is beyond the Angelic World. BKs refer to the Angelic World as the Subtle Region. I refer to it as the Confluence Aged Subtle Region.

Each Angelic Body, which has been created by God, has an aura that surrounds the Angelic Body. I refer to this aura as the Confluence Auric Field or Confluence Aged Aura.

When one is introduced to the BK knowledge, one begins to have a link to God and one also begins to use the Angelic Body and its aura. When one begins to use this Confluence Aged Aura, the aura which surrounds the physical body becomes part of the Confluence Aged Aura. So the Confluence Aged Aura becomes one's aura.

You also have your Angelic Body and the Confluence Aged Aura since you have been introduced to the BK knowledge, through this book. When you accept and use this knowledge, some of your energies (energies of the soul) get anchored within the Angelic Body which is in the Angelic World. Hence, you begin to use the Angelic World. You continue to use the Angelic Body, along with its Confluence Aged Aura, if you continue having faith in this knowledge. So, with just a thought, your intellect can fly to go into the Angelic World.

Once you have your link to God, you are in the Angelic World. However, not all your energies are in the Angelic World, only some constantly remain there.

The rest of you are in the physical body. You have to make spiritual efforts to bring more of you into your Angelic Body.

You are not completely way beyond the Corporeal World when you use the vices; only the energies which are anchored within the Angelic Body are beyond the Corporeal World (since they constantly remain in the Angelic Body). The rest of your energies can only go into the Angelic World when you are in a pure high spiritual stage, i.e. when you are not using the vices.

During the Confluence Age, God resides in the Confluence Aged Subtle Region. Thus, the Angelic World is filled with God's energies. The Angelic world consists of Brahmipuri, Vishnupuri and

Shankerpuri which are all beyond the Corporeal World. You can employ all these three subtle regions since you use your Confluence Aged Aura. When you are in the most powerful stage, you will be in Shankerpuri. Vishnupuri is below Shankerpuri. Brahmapuri is below Vishnupuri. Your Angelic Body exists in Brahmapuri. However, its aura can stretch to go into Vishnupuri and Shankerpuri when your spiritual stage becomes higher.

If your spiritual stage was not high, your energies (of the soul) would be hanging around in the Confluence Aged Aura within the Corporeal World. These energies would not be going into the Angelic World, though your Confluence Aged Aura connects the physical body to the Angelic Body (which is beyond the present Corporeal World). However, you will be in the Confluence Aged Subtle Region even if these energies have not gone beyond the Corporeal World because you are surrounded by your Confluence Aged Aura. You will be in Brahmapuri when your spiritual stage is bad because your Confluence Aged Aura is getting filled with energies from Brahmapuri where your Angelic Body exists.

Your Confluence Aged Aura stretches from your physical body to your Angelic Body which is beyond the Corporeal World, so your energies can easily fly into the Angelic World and remain there. The Confluence Aged Aura is actually another world which has stretched from the Angelic World to come into the Corporeal World because your physical body is in the Corporeal World. However, the environment within the Confluence Aged Aura is only being provided by the energies from the Angelic World.

Since the Angelic World is filled with God's energies, God's energies are also flowing into your aura from the Angelic World. When your spiritual stage is good, a lot of God's energies will be in your aura helping to keep your aura in a pure powerful state. Thus, the cosmic energies in the aura will also be in a pure powerful state. From the aura, pure energies (including God's energies) flow into the Holographic Body. Since God's energies are in the Holographic Body, they are also in the physical body. Thus, your body can get healed or be kept in a healthy state.

When your spiritual stage is higher, the aura of the Angelic Body becomes taller and so you will also be in Shankerpuri. When you are in Shankerpuri, your Confluence Aged Aura will be providing you with a very powerful environment because there are a lot of God's energies in Shankerpuri. From your aura, these powerful energies can flow into the Holographic Body to heal your body, if you had that aim.

If your stage was not that powerful, you will be in Brahmapuri where there are less of God's vibrations. So less of God's energies will be coming into your body from the aura.

When you do not have a strong link to God, you are still assisted by God's energies which are in your Confluence Aged Aura. Thus, you have assistance to establish a stronger link to God. When you only receive God's energies through your Confluence Aged Aura, it is as if you have a very weak link to God. Normally, when we say that you have to establish your link to God, we mean that your intellect will have to fly to the Angelic World and get linked to God who resides there during the Confluence Age.

The Confluence Aged subtle bodies which you use, while you are making spiritual efforts, are connected to your body through the Confluence Aged Aura. Thus, as you use the Confluence Aged Subtle Region, God's energies from there can flow into your physical body through your Confluence Aged Aura.

The best way to heal the body, through using God's energies, is to absorb God's energies into the soul and then to send it to the body for healing purposes. Even if you visualise God's energies as flowing over your body without going into the soul, you will first be establishing the link to God, then, when you are in the Angelic World, you (the soul) and your subtle body will be exposed to God's energies. Your physical body will also be influenced by God's energies, which flow from the soul and the

environment of the Angelic World, if your aim is to heal the body. So God's energies will also be going into the physical body via the subtle body.

When you visualise God's energies as surrounding your body, your intent for doing this will influence what is being done. For example, if you direct God's energies to your body to keep you protected so that you remain in a spiritually powerful state, God's energies will be doing that because that is what you want. Thus, the healing of the body is not given importance too, though in the long run God's energies will influence the state of your body. If you send God's energies to the physical body for healing, it reflects your intent that the body should be healed. Thus, after your link is established, God's energies will be involved with healing the body as the primary aim.

God's energies can also flow into the aura from the environment if one was surrounded by people who were using the BK knowledge to make spiritual efforts. In the BK centers, BKs are constantly making spiritual efforts to remain in a powerful stage. As the BKs absorb God's energies into themselves, God's energies are also automatically flowing out from them into their environment. Often, BKs intentionally absorb and send God's energies into the environment and world, for world transformation. These energies, which are being sent, are stronger in the BK centers than elsewhere because God's instruments, through whom the energies are emitted, are in the centers. So the environment in the BK centers is very powerful. If you had the aim, God's energies in the environment of the BK centers can also flow into your aura and then into your Holographic Body to heal your physical body.

During the Confluence Age, the cosmic energies are energised by God's energies which are sent into the world by the Confluence Aged souls. Thus, they become pure and begin to serve the Confluence Aged souls well. In a similar way, the cosmic energies in your body can become pure and serve you well.

The main aim of the Brahma Kumaris is the purification process and the creation of the new Golden Aged world, through the power of yoga with God. Through the purification process, the vices and the karmic accounts are got rid of for good. However, there are other secondary benefits which are received through this purification process, e.g. one can feel refreshed and one's bodily diseases can also disappear. There are many who go to the Brahma Kumaris for these secondary benefits. For them, these secondary benefits are actually their primary aims for using the BK knowledge, BK meditation practices and the BK spiritual environment in the centers. Some intensely use the BK knowledge and BK meditation practices so as to get the secondary benefit which they seek. They go to the Brahma Kumaris to get rid of their depressive state, illnesses etc. They also use the spiritual environment in the BK centers to easily have yoga so as to achieve their aims. There are also people who go to the Brahma Kumaris to maintain their peaceful state, to enjoy greater stability etc. All these help to keep the vices at bay. As a consequence, stress is kept at bay and so they become and remain happy, peaceful and healthy. Some also seek the company of powerful BKs so that God's vibrations, which are emitted from these BKs, help to keep them in a more powerful stage and their main reason to remain in a powerful stage is to remove the roots for their diseases etc. Just hanging around the spiritually powerful people can help to keep you healthy and live long, if you were absorbing God's energies, which are vibrating out from them and which are in the environment, for healing purposes and for long life.

Powerful vibrations from those who practice this godly knowledge can help to remove you from the dangers of an illness because God's powerful vibrations will be emitted from them and these:

1. help you to maintain a purer state through which the influence of the vices etc. are reduced.
2. empower the cosmic energies around them. Hence, if you have the intent, the cosmic energies in your body can also be empowered and so the illness etc. will be removed.

It should be remembered that even if you do not go into a BK center, you are in the Confluence Aged Subtle Region, where the powerful vibrations of God exist for assisting you, if you use the BK

knowledge. So use the contents of this book to remain in the Confluence Aged Subtle Region, in which God's energies exist, if you do not want to go into a BK center.

You can also empower your environment through your spiritual effort making, for your own benefit. When you are in a powerful spiritual stage, God's energies flow into the soul through your link to God. From there, they flow into your Holographic Body, Confluence Aged Aura and also into your environment. If you are in a powerful stage, God's energies are also absorbed into your aura from Shankerpuri and from there, they flow into your environment. The higher your spiritual stage, the more God's energies are absorbed into the soul and Confluence Aged Aura. From the soul and Confluence Aged Aura, the energies flow into your environment. You will be able to enjoy the benefits of the more powerful environment in your aura and environment, as a consequence, for healing yourself.

Attempt to remain in the divine virtuous state because this is the best virtuous state to be in. In this divine state, only the divine virtues exist in an emerged state and these vibrate out along with God's powerful virtues and powers. Thus, bad vibrations, which can adversely affect you and the people around you, are not flowing out from you. Since God's energies are flowing out of you, only highly beneficial effects are experienced by you and others.

When you absorb God's energies into yourself, have faith that God's energies are keeping you protected from the bad energies in the environment and from others who have been consumed by the vices. When you have this faith, God's energies will be protecting you in these ways too. Thus, bad energies in the environment and from others cannot harm you in any way to make you weak, tired or sick.

When your aura is filled with God's energies, you will be protected and you will get what you want, including good health. This is so because God's energies will be all around you and so you can easily communicate your desires to Him. Since you are surrounded or engulfed in God's energies, you will also be having God's protection in the Corporeal World because your aura surrounds your Angelic Body and physical body.

Despite all that which has been said, it should be noted that true BKs would not be concerned about eliminating the disease. They would be more concerned that, when they leave the body, they should do it while remembering God. Great benefits are received through leaving the body while in remembrance of God. However, this book is not for explaining those benefits. This book was meant to teach you on how you can use the BK knowledge and meditation practices to heal yourself.

The Brahma Kumaris have numerous centers world-wide and all their classes are free. So you can easily use the benefits provided in the BK centers. However, in the BK centers, the BKs do not teach you on how to heal the body. They mainly concentrate on teaching you on how to attain a high spiritual stage and become spiritually powerful. As I have explained in this book, you can easily heal yourself through becoming spiritually powerful and attaining a high spiritual stage. If you decide to use the BK facilities, you will also have to utilise what I have written in order to heal yourself. When you go into a BK center, do not try to get the BKs to transform the center into a place for healing the diseases of the body because this was not the reason why the Brahma Kumaris was established. Also do not try to convince the BKs that:

1. they should not be concerned about leaving the body in remembrance,
2. they should eat meat, have sex etc.

Be happy that they are using the BK knowledge and adhering to the BK Maryadas very strictly because this will help to keep the environment in the BK center pure and powerful. In such a powerful environment, you will find it easier to make spiritual efforts to heal yourself. Do not be concerned about what the others do in the BK centers or outside. Only look at what you are doing. Always keep remembering God because He will make sure that you are receiving the help which you want in order to remain refreshed and healthy.

### **Meditation Guideline 1:**

Visualise that God's energies and the QE light energies from the Angelic World are coming into your aura and Holographic Body to heal your body... Visualise that your aura and Holographic Body are filled with God's powerful energies, and that these are healing your Holographic Body... Visualise that, through your link to God, you are also sending God's energies into your body for healing it... Visualise that God's energies are healing your Holographic Body and so your physical body is also getting healed... Visualise that your body is now functioning perfectly and that it is healthy. Have firm faith that it will continue functioning well because God and the pure cosmic energies are now involved with making sure that your body remains healthy... Now, slowly come back to the awareness of being in your body and in the room which you are in.

### **Meditation Guideline 2:**

I, the soul, am receiving God's powerful pure energies... God's energies are transforming the environment around me and so I am in a refreshing environment. I am healed by God's energies and the refreshing energies of the environment. Only pure cosmic energies are sustaining my body. So I have a well-functioning body.

NB: Since God's energies are sent into the environment through you, when you have a link to God, the cosmic energies which flow into you from there are also in an energised state and this helps to make sure that your body continues to function well.

## **Chapter 10: Distant Healing**

You can be healed through distant healing and you can also help others to get healed through distant healing. This means that:

1. others can absorb God's energies and then direct it to you, even though you are far away from them, so that you can get healed through exposure to God's energies.
2. you can absorb God's energies and then direct it to others, even though they are far away from you, so that they can get healed through exposure to God's energies.

When you help others to get healed, you are also helping yourself because:

1. you have to absorb God's energies into yourself in order to send it to others. So you become more powerful spiritually.
2. the charitable act of trying to help others will help you, in return, through the Law of Karma. Thus, when you send God's energies to others for helping to heal them, you will be rewarded with 'spiritual income' which will make you spiritually more powerful unless you prefer to be rewarded with good health.

When you want to help others to get healed through distant healing, you have to absorb God's energies into you (the soul) and then visualise that God's energies are being reflected off from you to the people who need to be healed. When others want to help you to get healed, through distant healing, they will have to do this too.

When God's energies are sent for healing purposes, the QE Light and quantum energies also flow along with God's energies for the healing process. Thus, it will be as if the pure powerful QE Light and quantum energies are also being sent along with God's energies for the healing process. Words such as Cosmic Forces, Cosmic Energies or Universal Forces can be used when referring to God's energies playing a role with the cosmic forces in this way. Note that capital letters are used when the energies involved with the healing process include God's energies.

Greater spiritual abilities can be experienced by the receiver when God's energies are being subtly sent to them from a distance. For example, they will easily be able to link themselves to God for healing themselves. To be able to get the best benefits from the energies that are being sent to them, those who receive God's energies should be in a receptive state in order to receive God's energies (whether for healing or for linking themselves to God).

If the people, who are to be healed, tune in to what is being done through having the thought of accepting the vibrations of God which are being sent to them, they will easily get healed. For best results, the people, who are to receive God's energies, should be informed as to when God's vibrations will be sent to them. If possible fix specific times when both of you will be in meditation so that:

1. as you send God's energies to them (if those others are to be healed), they can be sitting in meditation so as to easily receive God's energies.
2. as they send God's energies to you (if you are to be healed), you can be sitting in meditation so as to easily receive God's energies.

At least, find a time when you and the others are all in a relaxed state. If you are sending God's energies to someone who does not know the BK knowledge, explain the whole knowledge to them so that they are willing to accept God's energies with love and faith that God's energies will heal them. Ask them to link themselves to God during the time when you are sending them God's vibrations. Instead of thinking about you they should be thinking about God and accepting God's energies which are being sent to them. Through this way, they will be receiving more energies from God for the healing process. This will be similar to how the members of the Brahma Kumaris send God's vibrations to the leaders of the Brahma Kumaris when they are not well. The leaders will only be remembering God and His knowledge. Despite this, they will be receiving more of God's energies because they are coming from so many of God's instruments all of whom are linked to God. If more than one person is involved with sending God's energies to the person, then the chances of healing is better. So if a few of you are not well and need God's assistance, get together and fix a schedule to send God's vibrations to all in the group at fixed times during each day. God's energies can be sent to multiple people, situations, etc. Thus, many can be healed at the same time.

Group healing is very effective when all those involved with the healing are in the same place because the environment, which the group is in, will be very powerful and this will assist everyone in the group further (to remain in a meditative state so as to get healed). While sitting in the same room, you will have to visualise that you are absorbing and sending God's energies to the others in the group. You can look at each person as you send the person God's vibrations, or you can visualise that you are sending God's vibrations to everyone in the room. Distant healing can be as effective if a powerful group is meditating at the same time, for the same healing purpose, even though the members of the group are meditating at different places. This is so because all of them are in the Angelic World.

Supposing all of you meet in a place at fixed times for group healing, all of you should also use distant healing to add additional time for the healing process, especially if the people who are being

healed do not live with each other or around each other. Actually, all the healing can be done through distant healing if the people live far away from each other.

When sending God's vibrations to another, you can visualise that person in your mind or just have the intent to send God's vibrations to the person. You can also look at the photo of the person if you feel like doing that so that it will help you to send God's vibrations to the person.

When sending God's healing vibrations, to yourself or others, have the view that the Cosmic Energies will know what to heal, and how to heal, in your body or in the body of the others to whom you are sending God's vibrations for healing purposes. Similarly, when you receive God's healing vibrations through others or from God, have faith that the Cosmic Energies will know how to heal you and keep you healthy.

The Cosmic Energies can also be sent for something that needs to be healed, or happen, in the future, e.g. for a future surgery. Visualise that God's energies will be sent to them from God during their day of operation and they will be receiving it from God on that day. Alternatively, send them God's energies with the view that it should assist them until the operation is over and they are completely healed. These kinds of visualisations are also a communication to God that He should help them until they are completely healed. In addition to these visualisations, keep sending them God's energies until the surgery is over and they are completely healed.

To get greater assistance for the healing process, you can also write the names of the people who have to be healed and their problems on a paper, and put it in a box (specifically kept for God, so that He can heal them). If you have any health problems, you can also write that on a paper and put it into that box with faith that God will know of what has been put there and that He will heal you.

You can also have a book, which is specially kept for informing God of the people who need to be healed and for informing your problems to God. Write the names of the people who need to be healed and their problems in the book and have faith that God knows of what is being written in the book. Also write all your problems in that book. Have faith that God will heal them and you.

The following is a meditation guideline which you can use to help people to get healed. Remain in a relaxed, soul conscious stage while you carry out the following visualisation.

### **Meditation Guideline:**

My attention is on the Supreme Soul... There is a subtle, powerful link between me and God... I absorb God's powerful vibrations directly from Him and channel them into the world (or towards a few people or someone) so that they are refreshed and healed... I experience bliss as I do this... God's light and vibrations, which are radiating out from me are healing the people who receive them... God has completely healed them.

NB: You can also visualise you are absorbing a virtue/power from God and send that to others, so as to help them to get healed. In this way, you also get to fill yourself and them with all the virtues which they and you need to use while living.

## Chapter 11: The Role of the Energies of the Human Soul for Creation and Healing

As each human soul comes into the Corporeal World, from the Soul World, the causal energies of the soul (which have the World Drama deep within the soul) get entangled with the 2D SWD to become part of the 2D SWD. When this happens, the causal energies, from the World Drama deep within the soul, begin to play a role for the creation process by projecting the subtle light form of the body into the holographic 3D SWD. It does this based on what exists in the World Drama deep within the soul. This subtle light form becomes part of the Holographic Body. As the causal energies project the Holographic Body, the cosmic energies are also providing the QE Light and quantum energies bodies for this Holographic Body. As the quantum form is created, the material body also exists on earth.

In the Corporeal World, originally, the foetus gets created in the womb based on what exists in the 2D SWD. Then, as the soul enters the foetus, the energies of the soul initiate how the body is to continue developing as per the World Drama deep within the soul. What I explained earlier, in this chapter, is what happens as the soul is about to enter the foetus.

After the soul begins to initiate the creation of the physical form, the causal energies of the soul (which had been originally used to initiate the creation of the Holographic Body) are pulled back into the soul. However, the causal energies of the soul are continuously projected into the body for the continuous creation process, from the World Drama deep within the soul. This initiates changes which have to take place, as per what exists in the World Drama deep within the soul. Fresh energies are constantly projected into the body, from the World Drama deep within the soul, because:

1. the body keeps changing as the person is getting older.
2. the person's body might have to become diseased or healed as per the World Drama deep within the soul.

The causal light is projected into the physical body because the Holographic Body exactly overlaps the physical body.

The body, which is meant to be used by a human soul, is created through the energies of the soul and cosmic energies playing a role together as the creator. Just as the causal energies of the soul, from the World Drama deep within the soul, are able to initiate the creation process, even the other energies of the soul are able to bring about changes to the physical body since the cosmic energies serve the human soul. If the soul supplies bad energies to the body, what is provided in the body is bad.

The energies of the soul are not 'material' in nature; they are metaphysical energies. From the metaphysical soul, spiritual light energies flow out into the QE Light dimensions, through which the cosmic energies become aware of what the soul thinks etc. Since the QE Light and quantum energies serve the soul, whatever is projected by the soul is flowed along with. Thus, when negative energies are projected into the body by the soul, what is provided by the QE Light and quantum energies is bad. This is a reason why the body gets diseased as the person indulges in the vices. Diseases also occur in a body:

1. due to a low flow of pure spiritual energies of the soul and pure cosmic energies.
2. when the pure QE Light and quantum energies are not flowing into the area where the disease occurs and neither are any pure energies from the soul flowing there.

When the vices are given reign to, misery is brought into the world and also to you. While under the influence of the vices, the energies which vibrate out of the soul, or which are projected out of the soul, can adversely influence the cosmic energies to bring misery to you through diseases. For this reason too, the energies of the body (which are under the influence of the vices) bring about diseases.



A basic unit of photon light energy is a quantum. Since these are in the manifested world which we live in, they have information. Thus, it can be said that a unit of light energy which has information is a quantum. Even a thought is a unit of light energies which has information. However, a thought is a unit of the light energies of the soul, which has information. The cosmic energies can change based on the information which is in the thought because the cosmic energies exist to serve Mankind. When exposed to a thought of a human being, the cosmic energies will encode information based on the information which is in the thought. All the energies in every quantum of cosmic energy will change in order to serve the thought of the human soul. This is why we have to have positive thoughts that we are healthy and should not have any negative thoughts that we are sickly.

When we go into the subtle dimension, during meditation, we will be surrounded by the subtle cosmic energies. Thus, a thought, which is created at the subtle level, is very effective and it easily takes shape. This is due to the 'creative aspect' of our thoughts. It is an aspect of the soul which enables one to act like 'Brahma', the creator. However, God has to be involved with creating a new divine world. Human energies are not powerful enough to do this though there is a creative aspect in us.

Healing is enabled through thoughts at subtle level due to the creative role of the energies of the soul; this is similar to how the body can become diseased through the thought that we are diseased. It is in the cosmic dimensions that we influence the cosmic forces because the cosmic energies exist in the cosmic dimensions. When we take the subtle form and have the thought and feeling that we are healthy, the subtle cosmic energies are easily influenced to heal the body and we become healthy. This happens because the QE Light is geared to serve human consciousness. Though the QE Light has a consciousness which is inferior to human consciousness, its consciousness is able to understand what is going on within the human consciousness. This is the basic reason for materialisation based on human desires and beliefs. This is why human beings can make things disappear and appear. They are able to do this because the QE Light is waiting to serve us. The QE Light provides a place of residence for the metaphysical energies of the soul; thus, we are very close to them. In fact, some of the energies of the soul are entangled with the QE Light energies and so it is as if we are one with them. This was also a reason why ancient people had given importance to becoming one with the cosmic energies. While in the Corporeal World, it is as if we are one with the QE Light; and since the QE Light is the spiritual light of the quantum energies, it is as if we are one with the quantum energies. As a consequence, it is very easy for us to influence the state of our body through our thoughts, visualisations, etc. This is so since all cosmic energies serve us by flowing along with our thoughts etc. For this reason, have the view that the healing is already done and not that the body is in the process of being healed. If it is in the process of being healed, you will only be in the process of being healed. Make sure that you have faith that it has already been healed. Then, the cosmic energies make sure that you remain healed and healthy.

In visualisations, first see yourself as being healed by the Cosmic Energies so as to initiate the healing process. Then, have the feeling that the healing process has already been completed. Visualise that God has given you the information that you have already been healed and see yourself as being healthy.

In a Medicineless Hospital that was situated in Beijing, China, a woman who had cancer was cured of that cancer within three minutes [2]. The cancer tissue within her bladder had disappeared through just the thought and words of three people that she was already healed. The cosmic energies, which the Chinese refer to as Chi, served the human souls based on their thoughts, intent, etc. So healing was easily done. However, it should be noted that if the vices or/and karmic accounts were the cause for the disease, the disease or something similar can exist again in the body until the cause is removed. If the vices were the cause, then, they should no longer be used. If the karmic accounts were the cause, they should be settled unless they were burnt away through the power of yoga with God, as I am suggesting through this book.

The healing will also seem magically done if it is due to the removal of karmic accounts and vices in the soul which are the cause for the disease. It is very easy to get healed in this way instantly or within just a few hours, days or months. Just visualise that you are absorbing and directing God's energies to

those vices and karmic accounts which are the cause for the disease. Keep doing this until those vices and karmic accounts are burnt off by God's energies. If you have developed the habit of constantly remaining in a virtuous state, then it may be possible that it is the karmic accounts which are the cause for the disease. So keep absorbing God's energies into you (the soul) with the intent to burn off those karmic accounts. In addition, use God's energies to remove the effects of the vices and karmic accounts in the body by sending God's energies into the body.

From the Copper Age, people have succeeded in healing themselves through sending their own pure energies into the body for bringing about the healing process. However, this is not a good way of healing the body. One should not try to do magic through using the QE Light and quantum energies. Instead, one should allow God to do the magic.

When you want to heal yourself or others, do not use or send your own energies because your energies are weak and limited in nature; they cannot do much. The best way to heal yourself and others is to visualise that God is healing you and the others. Absorb God's vibrations and send that to yourself and others. God is the most superior Force with the most superior and most powerful energies. He is the greatest Magician. Since His energies are all-powerful, they can do wonders; they can heal you quickly and permanently. All you have to do is establish your yoga with Him. The more powerful your spiritual stage, the easier it is to heal yourself or the others.

### **Meditation Guidelines:**

I, the soul, am in a peaceful state... I absorb God's energies to heal myself... God's energies are burning away all the vices and karmic accounts, within the soul, which are having a bad effect on the body... As my vices and karmic accounts are burnt away, my body is getting healed... I am completely healed now.

.....

Footnote:

2. 'Language of the Divine Matrix', May 30th 2007, Italy; <https://youtu.be/VxHIbdYBWp0>

## **Chapter 12: Healing through Touch and Massage**

The body has a QE Light form and so it is 'living' just like a plant. The body is 'living' so long as the soul is in it. Just as the plants are healthy when we are loving towards it and take good care of it, even the body is healthy when we are loving towards it and take good care of it. Just taking care of it is not enough. Taking care of the body should include being loving and kind to it.

We have to detach ourselves from the body and go into the soul conscious stage before looking at and treating our body with love. If not, we might be developing the wrong kind of feelings towards the body.

We should show our love to it through having positive thoughts about it and through accepting it despite the faults that it might have. We can also express our love to the body through touching it, massaging it, etc.

The palm has numerous nerve endings and chakras through which the cosmic energies and all other beneficial energies can pass through. Thus, when we visualise that we are absorbing God's vibrations and sending them to a specific part of the body through our touching that part of the body, God's vibrations can easily flow into that part of the body through all the chakras in the palm. When we have this kind of visualisations, God's energies will come into the soul and then flow through the Holographic Body to go into the hands, from where they go through the chakras in the palm so as to heal the part of the body which is being touched. Placing the hand there is like showing our intent that that part of the body should be healed. Since the hands are placed on that part of the body, energies will also go to that part of the body:

1. from the Holographic Body itself, and
2. from the aura which is filled with God's energies.

The nerve endings in the palm connect to the whole body. There are also arteries, veins, etc. throughout the body, including in the hands and fingers. Thus, when you have a highly energised hand, the whole body benefits because the nerves, arteries, veins etc. in the rest of the body can also be influenced by those energised ones in the hands. Consequently, everything in the body becomes and remains healthy. This is so because as God's vibrations touch the QE Light and quantum forms in the hand, they become pure. So the holographic forms in the hand, and their material counterpart, begin to function well. Then, this influences everything else, in the body, to function well. Thus, you can get healed and remain healthy. From the hand, God's energies will also flow to the rest of the Holographic Body. For this reason too, the whole body heals and will be kept in a healthy state.

While touching an area to make it healthy, you can also give it a massage. Massage stimulates the blood flow, nerves etc. at the physical level. This in turn influences what exists in the Holographic Body.

Massage triggers the body's healing processes through the nerves because as some of the nerves begin to function well through the massage, these activated nerves influence other nerves to function well also. As the activated nerves etc. influence the other nerves etc., all the nerves etc. in the body begin to function well. When the nerves etc. are activated, even their counterparts in the Holographic Body will begin to function well. Thus, cosmic energies will begin to flow freely:

1. in the Holographic Body.
2. in and out of the chakras in the Holographic Body.

Massaging, by itself, helps to heal an area. Adding the 'heal by touch' technique to the massage, makes it a more effective way of healing. If you do not wish to massage, you can just concentrate on healing through your touch.

The hands have a lot of pure powerful cosmic energies because so many chakras exist in it; it is a highly energised portion of the physical body. Through meditation and your intent, it can be made more powerful. Touching and massaging allow the cosmic energies from the hands to flow into the diseased part of the body. The flow of these pure cosmic energies from the hands will bring pure cosmic energies into the diseased area of the body, thus, healing that part of the body.

Since the hand and body are provided by the cosmic energies and each quantum of these energies is a representation of all the cosmic energies in the universe, it is as if the whole universe exists in you, your hands, and in each and every cell and atom in your body and hand. It is like this because the universe, which includes your body, collectively exists as a Hologram. This being so, it is as if each atom within your body and hand has a hologram of the universe which you are living in. As a

consequence, it is as if the whole cosmos is within you and your hands. When you have energised healing hands, you are a healer because the whole cosmos, which is also in your body and hands, will be flowing along with what you are doing. The cosmic energies will be flowing along with you because:

1. some of the cosmic energies are close to you, in the body. Thus, they easily become aware of your thoughts.
2. you are entangled with the cosmic energies which are playing a role with you in the Corporeal World and so you are entangled with all cosmic energies.

Your thought that you 'have hands that heal' should also be accompanied by strong feelings that you do have hands which heal because the cosmic energies serve you based on your feelings.

Placing the hands on the body gives emphasis to the area where the healing should take place and it also gives a nice warm loved sensation to the area which is to be healed. Thus, the QE Light in that area will respond well and this also helps to get that area easily healed. Massaging the area is an additional show of your love and care to the body. When the body is showered with such love and care, it will get healed and become healthy.

To make the healing process really effective, visualise that God's energies are flowing through your hands, along with the cosmic energies, to the diseased part so as to heal it. Visualise the cosmic energies and your hands as having been energised by God's energies for the healing process. Constantly remember that God is an Ocean of Pure Energies who has the power to transform all energies, which are touched, into its pure form and that as a consequence, the body is healed.

Even when you massage a specific area of the body, visualise that God's energies are flowing through your hands to the part where you are massaging.

To use God, you have to take the initial steps through your thoughts and through using the knowledge which has been provided in this book. Then, God flows along with what you are doing. You must also have faith that when you touch a part of the body, it will get healed because you are an instrument of God through whom God's energies constantly flow for healing purposes. Hypnotise yourself into believing that when you touch the body, it will be healed through God using you to heal it. When you do this, you will have your link to God because:

1. you are remembering God. When you remember God, you get His assistance to get linked to Him.
2. your intellect will link you to God, based on your faith.

As a consequence, you will get God's assistance to heal through your touch. The more powerful you become, through your link to God, the greater the Cosmic Energies will flow along with what you are thinking and doing.

Below is a meditation guideline to help you to heal yourself through your touch. Remember to go into the soul conscious stage before you start the following visualisation.

### **Meditation Guideline:**

Visualise that you have healing hands due to God's energies flowing through your hands. With just a touch of your hands, you can heal yourself and others because God's energies flow through your palms to heal... Touch the part of your body, which is giving you pain or problems, while having the thought that the pain/problem is no more because God's energies, which flow through your hands, have healed the area... Visualise that since the cosmic energies have been energised, only the pure cosmic energies are providing you with a healthy body.

NB: In the above visualisation, if you have problems with the digestive system, place your palm on your stomach and visualise that your digestive system is healed through that touch of your hands since God's energies flow into your digestive system through your palm. Keep sending God's energies there via your link to God and touch. At the same time gently massage the stomach area until your stomach feels good. When your stomach is in a healthy state, your whole body can remain healthy because your food will get properly digested. If you have problems with your heart, place your palm on your heart and visualise that your heart is healed through that touch since God's waves are flowing through your palm to your heart in order to heal it. Visualise that the pure cosmic energies keep the heart in a healthy state thereafter.

Despite all that which has been said in this book, it should be remembered that if there was a need to go for medical treatment, then you should. Get the medical treatment while you use what has been provided in this book.

## **Chapter 13: Consuming Energised Food and Drinks**

It is good to cook, drink and eat in remembrance of God because through your link to God:

1. God's vibrations energise the food and drinks which are cooked, drunk and eaten in remembrance, i.e. the energies which materialise the food will be more powerful energies. Hence, energised food and drinks are consumed. Since the energies which provide these are more powerful, more powerful energies are going into your body and so, you can easily be healed.

2. God's energies are also in the energised food and drinks.

When God's energies are in the consumed food and drinks, you are consuming God's energies with the energised food and drinks, and so:

1. God's energies, which go into the body with the food and drinks, can easily heal you (if this was your intent).

2. you can easily establish and maintain the link to God. Thus, you can easily use God to heal yourself.

Eating and drinking while in remembrance of God will make sure that God's vibrations purify and strengthen the food and drinks which you are consuming. Thus, the food and drinks would help to refresh and heal you.

In addition to making sure that you are in remembrance, also consume nutritious food and drinks so that the body gets the nutrients that it needs. When these are energised by God's energies, the nutritional value in them would increase because the cosmic energies which are in the pure state provide greater amounts of nutrients. Further, if you intent to heal yourself with God's energies, these cosmic energies will give you a greater amount of nutrients for the healing process because they serve God and the human souls.

Herbs have the ability to heal the body. If your body needs to be healed, it is good to consume them. When God's energies are used to energise the herbs, the nutrients and medicinal value in them will also increase.

Cooking food, while in yoga with God, will purify and strengthen the food which you are cooking. Thus, those who eat this food will be empowered. As a consequence, they can easily become refreshed and healed.

The following guide you on how to cook, eat and drink in remembrance.

### **Meditation Practice 1 (Cooking in Remembrance):**

I, the soul, use my body to cook. I am linked to God and so God's vibrations are overflowing from me (the soul) to go into the food which I am cooking. Hence, the food is getting filled with pure powerful energy. As a consequence, the cosmic energies in the food become pure and they provide all the nutrients which the body needs to heal and remain healthy.

### **Meditation Practice 2 (Eating in Remembrance):**

I, the soul, am using my corporeal body to eat. While I eat, God's powerful healing waves of energy are flowing into me and the food which I am eating. Hence, as I eat, the food is getting purified and strengthened. The powerful energies in this food, which I eat, enter my body and heal my body whenever there is a need for it. They are keeping me healthy.

### **Meditation practice 3 (Drinking in Remembrance):**

As I, the soul, hold the drink in my hand, I remember that I am the soul and I link myself to God. Thus, God's energies flow into me and the drink. The energised drink is meant to heal me. Thus, as it gets energised, it gets filled with nutrients as the cosmic energies flow along with what God and I are doing. As I have my drink, all the goodness in the drink flows into me to heal my body. They keep me healthy.

In order to keep the explanation in this book simple, I have not given much explanation on what happens to the food and water which are energised through God's energies. Further explanations on this are given in subsequent books when I explain what happens to water, food, plants etc. which are exposed to virtues, God's energies, etc.

## **Chapter 14: Benefits of Sleeping and Waking up in Remembrance of God**

It is due to emotions like fear, wanting to be loved and accepted, etc. that uncontrollable thoughts such as "I have to do this", "I have to do that" etc. keep coming into the mind. You will wish to do so many things in order to keep yourself happy, safe, loved, etc. When you have numerous thoughts coming into your mind, in this uncontrolled manner, the flow of QE Light and quantum energies (into your Holographic Body) is reduced. So it is beneficial to have greater control over your thoughts.

When you are resting, meditating and sleeping, the flow of cosmic energies (into your Holographic Body) increases because you are not troubled by these numerous thoughts and desires. Hence, you will get refreshed and healed. This is one reason why sleep is so crucial. Another reason is that the soul and body need to rest to become rejuvenated for living the next day. Sleep helps the body and soul to rest and heal.

Often, troubled people do not have a good night's rest. Some cannot even sleep. The spiritual laws are such that the person has to sleep so that the soul and body can get the rest which they need. When you deprive yourself of this restful sleep, you deprive the soul and body of the help which it should get to keep you in a healthy state. If you do not have a restful sleep over a long period of time, you begin to show signs of fatigue, decreased alertness, etc. The body would also get diseased.

Attempting to sleep in remembrance of God will help you to have a proper restful sleep because God will help you to fall asleep if you have problems falling asleep. Thus, your body will get an opportunity to heal itself.

If you have your link to God as you are about to sleep, you will continue to get God's assistance as you sleep. Since God's energies are with you as you fall asleep, they will remain with you throughout the whole night. Thus, as you sleep, your body is getting the opportunity to remain exposed to God's vibrations which can continue to heal the body as you sleep. As a consequence, your healing process will take place more quickly. God's energies will also enhance the body's healing processes which are carried out while the person sleeps. For this reason too, you will get healed more quickly. You might even wake up cured of your disease.

In 2016, I began to get terrible body pain. So I began to visualise that God's energies were healing me and getting rid of all the body pain. Every night, I would go to sleep with the thought that God's energies were healing me so that the body pain disappears. I would visualise that God's energies were flowing down my body from the top to the bottom for the healing process. Then, one night, I had a dream that God's powerful light, along with a powerful golden light (golden QE Light), were flowing down along my body. As they were flowing down, they were healing my body. I got up, remembering the dream. I began to realise that all my body pain had disappeared. It was as if they had gone for good because I never experienced that terrible body pain, after that.

Even if you do not have any problems in the body, you should sleep in remembrance of God because:

1. it will help you (the soul) to remain refreshed and spiritually powerful while you sleep.
2. it will help to keep you spiritually powerful throughout the following day. Thus, you can easily make spiritual efforts to remain refreshed.
- 3 it will help to keep your body in a healthy and refreshed state.

To make sure that you sleep in remembrance of God, keep making spiritual efforts throughout the day and even just before sleep. At least, make sure that you are in remembrance of God just before you sleep. The problem is, if you have not been making spiritual efforts throughout the day, you might stop making spiritual efforts just as you are about to sleep, even though you were meditating after having got into bed to sleep. So try to begin your meditation long before you go to bed, if you had not been making spiritual efforts the whole day.

Make sure that you are in a relaxed state when you are in remembrance before falling asleep. Do not be worried about whether you will have your link to God as you are sleeping. Worries will prevent you from establishing your link to God and it will also prevent you from falling asleep.

Every day, as soon as you wake up the next morning, see yourself as the soul and remember God; if you do this, you will easily continue having your link to God. Alternatively, say "Good Morning" to God, as soon as you about to wake up, and you will be able to continue having your link to God without much efforts. When you start the day with spiritual effort making, you will easily feel

refreshed the whole day since you will easily remain in the soul conscious stage. This will help to heal you and keep you healthy.

If you do not remember God as you are waking up, you might feel drowsy and tired the whole day. You might also find it very difficult to establish your link to God during that day. This means your healing process might get slowed down.

However, do not brainwash yourself into thinking that if you do not wake up remembering God, you will not be able to have a good link throughout the day. You can have a good link to God so long as you make spiritual efforts to do so. Have faith that you can easily link to God at any time of the day, and you would be able to do that.

The following meditation practice can be done after you get into bed to sleep.

### **Meditation Practice:**

1. Having closed your eyes, to go to sleep, have the thought and feeling that you are sleeping on God's Lap.
2. Visualise God's energies as gently stroking you to sleep. His energies are so soothing and loving that it feels so good to sleep on His Lap.
3. Visualise that you still have your link to God as you sleep and so you are still under His care.
4. Visualise that His energies are healing you, as His energies (which envelope you) lovingly rock you to sleep. As a consequence, pure cosmic energies provide your body and keep you healthy.
5. Firmly believe that the cosmic energies will continue to provide you with a healthy body since you are sleeping on God's Lap.
6. Keeping seeing yourself as the child of God, who is sleeping on His Lap (to make sure that you fall asleep with this in your mind). If you have this in your mind, you have God in your mind and so you have your link to God as you fall asleep.

### **Other Books etc. by Brahma Kumari Pari**

The following are books that have already been written by Brahma Kumari Pari:

1. [Holographic Universe: An Introduction](#)
2. [Grow Rich while Walking into the Golden Aged World \(with Meditation Commentaries\)](#)

NB: Also see the List of Books (at <http://www.gbk-books.com/list-of-books.html>) for the latest books written by Brahma Kumari Pari. An eBook can be downloaded for free soon after the eBook has been published. So subscribe to Pari's Mailing List (at <http://www.gbk-books.com/mailling-list.html>) so that you will be informed when a new eBook has been published, as a consequence of which you will be able to download your free copy.



Brahma Kumari Pari is also creating Affirmations and Meditation Commentaries with music, bird sounds, etc. which you can hear to heal yourself. Constantly listening to these will:

1. help you to easily establish your link to God,
2. brainwash you to have faith that you are healthy, and that God is healing you and keeping your body healthy.

Keep hearing these for as long as possible, throughout every day, until you are healed.

Brahma Kumari Pari's 'List of Affirmations and Meditation Commentaries' can be found at:  
<http://www.gbk-books.com/affirmations.html>