

January 2014



# Holistic Life

# व्साकार जीवन



Compilation of Articles written by Students of  
'Diploma in Holistic Living' of Bharatiya Vidya Bhavan

**Batch : Sept. 2012 - Sept. 2013**



## India's Mission

India's travails in history have not been accidental. They are the churnings from which her mission has been born.

This mission has a high purpose, to lead men to the wider freedom and joy of the spirit, and to transform the collective life on earth so as to bring forth a race of men higher than ourselves.

In this process, India must recapture the spiritual leadership of the world, not merely in the realm of religion, thought and philosophy, but in life, in the affairs of the world.

This is what the ancient sages taught and for this great moderns such as Sri Aurobindo and Gandhiji lived and died. We want no foreign masters to teach us alien gospels. We want no novel ideologies from far-off lands.

We would not barter India's soul for any illusory gospel, however alluring. We should, therefore, acquire the freedom that knows no fear, and search for strength deep down in our collective unconscious built up during those ages from which our - ancient wisdom springs. We should follow ways consistent with the genius of our race and, above all, be ourselves.

Kulapati Dr. K.M. Munshi  
Founder, Bharatiya Vidya Bhavan



# Bharatiya Vidya Bhavan

Bharatiya Vidya Bhavan, dedicated to the promotion of Education, Art and Culture, is a Charitable public trust founded by Dr. K. M. Munshi on 7<sup>th</sup> November 1938. Dr. Rajendra Prasad the first President of India laid the foundation stone of the Bhavan's Delhi Kendra on 31<sup>st</sup> March 1952. Pandit Jawaharlal Nehru, the first Prime Minister of India inaugurated Delhi Kendra on 16<sup>th</sup> May 1957.

What began as a modest effort of a visionary has now become a global network comprising 114 centers in India and 7 centers overseas.

In year 2002, the most prestigious Gandhi peace prize was awarded to Bharatiya Vidya Bhavan by president of India for its significant contribution towards Education and promotion of peace and harmony among all faiths and communities.

Bharatiya Vidya Bhavan is a bridge between science and spirituality. Bhavan's ideal is: Vasudhaiva Kutumbakam- the world is one family. Bhavan's moto is: Aa No Bhadra Kratvo Yantu Vishwatah – let noble thoughts come to us from every side.

To carry on systematic research into Indology in all its branches is among the basic objective of Bhavan incorporated in its Memorandum of Association. Delhi Kendra of Bharatiya Vidya Bhavan has taken the initiative to start Centre of Indology to conduct systematic study and teaching and research of Bharatiya Vidya - the History, the Languages, Literatures and Culture of India, Religion, Philosophy etc. It is a step towards reintegration of Indian Culture and thoughtful tribute to the visionary founder of Bharatiya Vidya Bhavan, Dr. K.M. Munshi.



# Diploma in Holistic Living

Life always moves in forward direction. When a baby is born it is small in size, it can not recognize parents, also it can not respond to any action, because its brain is not developed. Then day by day it keeps growing. The body grows to its full size within around 18 years; this is called Physical growth (Shaaririk Unnati). We do take proper diet, physical exercises and necessary knowledge to attain full growth of body. Along with body, mind also grows, with the help of learning at home, school and college. This is called as Mental Growth (Bauddhik Unnati). After completing education a person generally takes up job and starts earning money, first for himself, then for his family and next to make their future secure. This is called as Economic growth (Aarthik Unnati). Generally people stop here. But man's final growth is to discover the purpose of life and achieve the goal for which God has offered him life on earth. This is called as Spiritual growth (Aadhyatmik Unnati). Presently we don't find this growth in people, mainly because (a) there are no grand parents at home to give this knowledge (b) Secular type education at school and college has no provision to offer religious studies and (c) Society gives more importance to money and



physical entertainment. Most people some time realize this lack of Spiritual growth and discover that their present life has gone waste, and they die unsatisfied.

Now Bharatiya Vidya Bhavan's center of Indology is making effort to provide exposure to a satisfied life. By joining Diploma in Holistic Living, you will be taking first step towards your Spiritual growth.

Discover yourself and lead life in right direction.

## COURSE STRUCTURE

- Duration of course is one year spread over 48 Sundays.
- Classes will be conducted on Sunday only. In the form of two lectures of one hour 20 minutes each with 15 minutes break in between.
- To qualify for Diploma, you have to show 80% attendance and submit evaluation task.
- Module One : Introduction to Holistic Living (Duration : 6 Weeks)
- Module Two : Basics of Yoga (Duration : 8 weeks)
- Module Three : Basics of Naturopathy (Duration : 8 weeks)
- Module Four : Basics of Occult Science (Duration : 16 weeks)  
Vaastu + Numerology + Palmistry + Hypnosis.
- Module Five : Basics of Astrology (Duration : 8 weeks)
- Study Tour : In the month of June Study Tour at Nainital is organized in association with Sri Aurobindo Ashram.
- Eligibility : Person above 16 years of age who can read, write and understand English and Hindi, can join.

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*These Articles are randomly placed  
they are not in order of merit.*

## Patanjali's Yoga Sutra

The Patanjala Yoga philosophy, which is one of the six systems constituting Vedic philosophy, is also known as Ashtanga Yoga (the yoga of eight parts or limbs) and is closely related to Sankhya and Vedantic philosophy. In

Patanjali's Yoga Sutra, the eightfold path is called ashtanga, which literally means "eight limbs" (ashta=eight, anga=limb). These eight steps basically act as guidelines on how to live a meaningful and purposeful life. They serve as a prescription for moral and ethical conduct and self-discipline; they direct attention toward one's health; and they help us to acknowledge the spiritual aspects of our nature.

1. Yama : The first limb, yama, deals with one's ethical standards and sense of integrity, focusing on our behavior and how we conduct ourselves in life. Yamas are universal practices that relate best to what we know as the Golden Rule, "Do unto others as you would have them do unto you." The five yamas are Ahimsa (nonviolence), Satya (truthfulness), Asteya (nonstealing), Brahmacharya (continence), Aparigraha (noncovetousness)

2. Niyama : Niyama, the second limb, has to do with self-discipline and spiritual observances. Regularly attending temple,



saying grace before meals, developing your own personal meditation practices, or making a habit of taking contemplative walks alone are all examples of niyamas in practice. The five niyamas are Saucha (cleanliness), Samtosa (contentment), Tapas (heat, spiritual austerities), Svadhyaya (study of the sacred scriptures and of one's self), Isvara pranidhana (surrender to God).

3. Asana : Asanas, the postures practiced in yoga, comprise the third limb. Through the practice of asanas, we develop the habit of discipline and the ability to concentrate, both of which are necessary for meditation.

4. Pranayama : Generally translated as breath control, this fourth stage consists of techniques designed to gain mastery over the respiratory process while recognizing the connection between the breath, the mind, and the emotions.

These first four stages of Patanjali's ashtanga yoga concentrate on refining our personalities, gaining mastery over the body, and developing an energetic awareness of ourselves, all of which prepares us for the second half of this journey, which deals with the senses, the mind, and attaining a higher state of consciousness.

5. Pratyahara : Pratyahara, the fifth limb, means withdrawal or sensory



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### Student's Feedback

I joined this course in the fifth batch, and my decision to pursue this course has given me immense joy and contentment. I am from a pure science background academically, and I was completely ignorant about the various aspects of holistic living. Once the classes started, a new horizon opened up for me and I learned about various ways of keeping our body, mind and soul healthy and happy. I also got the chance to interact with people from various walks of life.

According to me, the lectures on spiritualism were the most enlightening and enjoyable. It gave me a new perspective to see the world. I also enjoyed the sessions on yoga, vastu and numerology. The yoga session was very relaxing, and I learnt that yoga is not just about the various asanas, but also about the other aspects of the Ashtanga Yog.

The teachers were knowledgeable and helpful. They had command over their subjects, particularly Mr Kashyap and Dr. Rastogi. Overall, I enjoyed all the lectures thoroughly and would recommend this course to anyone who wishes to broaden their horizons.

transcendence. It is during this stage that we make the conscious effort to draw our awareness away from the external world and outside stimuli. This withdrawal allows us to objectively observe our cravings: habits that are perhaps detrimental to our health and which likely interfere with our inner growth.

6. Dharana : In dharana, we focus our attention on a single point. Extended periods of concentration naturally lead to meditation.

7. Dhyana : At this stage, the mind has been quieted, and in the stillness it produces few or no thoughts at all. The strength and stamina it takes to reach this state of stillness is quite impressive.

8. Samadhi : Patanjali describes this eighth and final stage of ashtanga, samadhi, as a state of ecstasy. At this stage, the meditator merges with his or her point of focus and transcends the Self altogether. The meditator comes to realize a profound connection to the Divine, an interconnectedness with all living things. With this realization comes the "peace that passeth all understanding"; the experience of bliss and being at one with the Universe. On the surface, this may seem to be a rather lofty, "holier than thou" kind of goal. However, if we pause to examine what we really want to get out of life, would not joy, fulfillment, and freedom somehow find their way onto our list of hopes, wishes, and desires? What Patanjali has described as the completion of the yogic path is what, deep down, all human beings aspire to: peace. We also might give some thought to the fact that this ultimate stage of yoga — enlightenment — can neither be bought nor possessed. It can only be experienced, the price of which is the continual devotion of the aspirant.

When practiced in the right way—with attentiveness, awareness and without strain, pushing, or forcing, yoga creates extraordinary effects on many levels. Firstly, the long, slow stretches of yoga induce a sense of relaxation and well-being, which remains even after the practice. Yoga

ultimately is about process; it's about the journey, not about arriving. Yoga offers peace and tranquility throughout the process.

Yoga is about taking little steps, consistently and patiently, to deepen our relationship with our body, to invite greater health and vitality into mind and body, to achieve greater balance of mind and spirit. It is exactly in this way, step by step, exploration after exploration, that yoga spontaneously creates its therapeutic effects. Beyond that, however, yoga therapy often works magic, because it doesn't just enhance the health of the body, it offers a complete system of mind-body healing. In fact, yoga therapy doesn't just affect mind and body; it works on all levels of our being, mental, emotional, and spiritual.

According to yoga traditions, we are not just a bodies made up of individual parts. We are holistic, multi-dimensional beings made up not just by our physical form, but by many different, interactive levels. These include our body, our vital energy, our mind and emotions, our higher wisdom self, and our deepest essence of Self. Yoga therapy has such wide-reaching effects, because yoga asanas work multi-dimensionally, on all levels of our being.

Yoga therapy offers multi-dimensional healing, because it brings greater harmony and balance to all the dimensions of our being. According to yoga philosophy, each of the Five Koshas is mutually dependent on each other and influence one another. Imbalance or malfunction in the body is not necessarily caused on the level of the body, but may arise from another part of our being. This is why true healing can never take place by focusing on just one level, i.e. the physical body. For healing to be complete and lasting, according to the yoga therapy tradition, it must affect change multi-dimensionally, involving all levels of our being. This is exactly what yoga therapy does and why yoga therapy can create positive changes for such a broad range of disease conditions.

## The healing power of nature

Naturopathic Medicine, or Naturopathy, is a practice of preventing, assessing and treating conditions of the human mind and body. By integrating conventional health sciences with a range of natural therapies and traditional medicines, naturopathy treats the patient's mental, emotional and physical states for a lasting effect. The foundation of Naturopathy is the philosophy of the "healing power of nature". This means that the body has its own healing energy within and with the help of naturopathic treatment, the body can repair itself and recover from illness if it is in a healthy and supportive environment.

Naturopathy has health promotive, disease preventive and curative as well restorative potential. In India naturopathy is considered as a system of stimulating the body's inherent power to regain health with the help of five elements of nature namely earth, water, fire, earth, and air. Naturopathy, or naturopathic medicine, is a form of alternative medicine based on a belief in vitalism, which posits that a special energy called vital energy or vital force guides bodily processes such as metabolism, reproduction, growth, and adaptation. Naturopathy favors a holistic approach with non-invasive treatment and generally avoids the use of surgery and drugs.

### Principles of Naturopathy

All diseases have their causes and treatment are one except for traumatic and environmental conditions. The primary cause of a disease is accumulation of morbid. According to naturopathy "Food is the only medicine, hence no external medicines are used. The individual is viewed and treated in naturopathic medicine as a whole, composed of a complex interaction of physical, mental, emotional, spiritual, social and other factors. Thus patients suffering from everyday colds as well as some more serious, chronic conditions such as allergies may benefit from naturopathic treatment.



### The Role of the Naturopath

A Naturopath aims to educate, empower and motivate the patient to assume more personal responsibility for his or her health by adopting a healthy attitude, lifestyle and diet. They do not simply treat the manifestation of a disease and its effects but rather search for the cause and treat it, rather than the effect. Prevention of disease is accomplished through naturopathic education which builds a lifestyle that supports health and wellbeing.

### Benefits of Naturopathy

A Naturopath is trained to employ safe and effective natural therapies that will support and stimulate the healing power of nature in the gentlest, least invasive and most efficient manner possible. Naturopaths use a range of methods to assist in the healing process including herbal medicine, nutrition - diet and lifestyle recommendations, vitamins and minerals, flower essences, homeopathy, hair, tongue, and nail analysis, iridology and massage.

Thus, we can conclude by observing that Naturopathy advises us to tap the unbound healing power of Mother Nature, and find out ways that can heal and cure in a natural way with almost no side effects and for a lasting result with minimum amount of expenditure.

## Spirituality is a way of life

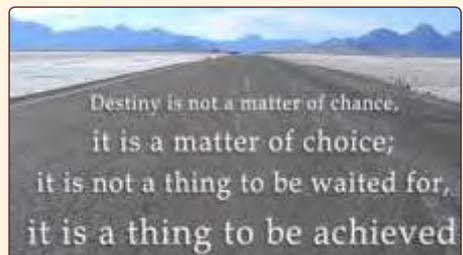
Indian civilization is more than five thousand years old. During this long period it produced a unique type of highly advanced and vivid culture. In spite of the innumerable regional, social and linguistic diversities of the country, there has always been a basic unity in Indian culture. This culture has survived from Vedic times to the present day, in spite of countless wars within the country, invasions from outside and two centuries of colonisation by the British. This indestructible unity and unbroken continuity of Indian culture are derived from its deep spiritual foundations. Spirituality is a way of life oriented to the ultimate purpose or goal of life which is the realization of the Supreme Spirit or God. An important principle of spirituality is the law of Karma.

The law of Karma (Sanskrit), or Kamma (Pali) originated in the Vedic system of religion, otherwise known as Hinduism. In its major conception, karma is the physical, mental and supramental system of neutral rebound, "cause and effect," that is inherent in existence within the bounds of time, space, and causation. Essentially what this means is that the very being which one experiences (say, as a human being) is governed by an immutable preservation of energy, vibration, and action. It denies the ostensible arbitrariness of Fate, Destiny, Kismet, or other such Western conceptions by attributing absolute reason and determinism to the workings of the cosmos.

Most of us have our own life goals but whatever that goal is, for most of us, it is predominantly a worldly one. Our entire education system is set up to help us pursue these worldly goals. As parents too, we instill the same worldly purpose in our children by encouraging them to study and enter professions that give them more benefits monetarily. But, these worldly goals don't reconcile with the spiritual purpose of life and the reason for our birth

on Earth. We strive for worldly goals primarily in the pursuit of the elusive 'superlative and lasting happiness' and that is what drives all our actions. However even after we accomplish our worldly goals, the resultant happiness and satisfaction is short lived, we then search for the next dream to chase. 'Superlative and lasting happiness' can only be attained through spiritual practice. The highest form of happiness which is Bliss (Nand) is an aspect of God. When we merge into Him we too experience perpetual Bliss.

This does not mean that we have to give up what we are doing and just focus on spiritual practice. Only by introducing spiritual practice in conjunction with worldly life we are likely to experience superlative and lasting happiness. In short, the more our life goals are in line with the intent of spiritual development, the more rich our lives become and the less pain we experience from life. Spiritual power gives the power to choose creative thinking rather than automated thinking, response rather than reaction, peace, love and harmony rather than stress, conflict and chaos. Meditation enables us to embark on this inward journey. The process of going within, disconnecting from harmful habits, connecting to our innate spiritual resources, and reconnecting with our external life, is personally empowering in a lasting way. Meditation is a method of raising self-awareness leading to self-realisation. Meditation stills the mind and empowers the intellect to achieve insight and understanding of the spiritual laws and principles which sustain harmony and can bring natural renewal at all levels of life on earth, and ultimately help us realise our Destiny.



## सरल उपाय है प्रकृति से जुड़ाव

आधुनिक मानव नाना प्रकार की बीमारियों से ग्रस्त है और इसका मुख्य कारण है प्रकृति से दूरी। तकनीकी विकास के इस युग में इंसान ने प्रकृति से नाता तोड़कर मशीनों से जोड़ लिया है। पैसे और तरक्की की अंधी दौड़ में इंसान जीने का सही अर्थ और ध्यय को भूल चुका है।

हमारा शरीर पंचतत्वों से बना है .. अग्नि, जल, वायु, भूमि, आकाश। लेकिन आधुनिकता ने मानव को विलासी बना दिया है और इन पंचतत्वों से दूर

कर दिया है। यह समस्या शहरी लोगों के साथ ज्यादा है। शहरों में व्यक्ति सूरज के प्रकाश में ज्यादा देर तक नहीं रहता। वह बंद कमरों की कृत्रिम प्रकाश में अधिकांश जीवन व्यतीत कर देता है। शुद्ध जल पीने के बजाय कॉफी, चाय, कोल्ड ड्रिंक्स इत्यादि का सेवन ज्यादा होता है। पानी पीते भी है तो पर्याप्त मात्रा में नहीं। इसी प्रकार प्राकृतिक वायु को सेवन न करके बंद कमरों की वाताकूलुनित वायु में रहते हैं। मिटटी या भूमि से तो दूर दूर तक कोई संपर्क नहीं रहा। पूरा दिन जूतों चप्पलों में निकल जाता है। घर में भी नंगे पांव



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### Spiritualism : Mr. Dilip Badkar

Mr. Dilip Badkar kick-started the Indology course with his class of spiritualism.

I have learnt a lot from him. He is a good orator. I never saw him getting irked or agitated even after being asked irrelevant or imprudent question. He always remains in control and maintain discipline in the class. I learnt a lot from his wisdom and I found answers of many of my questions and curiosities particularly about law of Karma. I can safely say that my belief in God and Hinduism has strengthened manifold after attending his classes. Also I came to know many more facets of spirituality. His impactful first class was the reason that I had decided to go for Indology course. I would say he is one of best for this course.

### Naturopathy : Mr. Rajiv Rastogi

I did not know much about naturopathy before this module. I have vague idea that Naturopathy is related to Ayurveda. But Mr. Rastoi imparted his knowledge about Naturopathy which proved to be very useful for me. He has covered almost all areas of Naturopathy. This course has been proved most useful for me and I have tried to embrace Naturopathy in my life as far as possible. I have changed my eating habits as also of my family. He had also arranged a visit for students at Balaji Nirogdham at Bakhtawarpur which was very helpful. Mr. Rastogi is one of best faculty members. His classes are interactive and there are many light moments yet there is discipline in the class as he knows where to draw the lines.

### Yoga : Yoga Acharya Shri Kundan Kumar

My main aim to go for this course is to learn Yoga and Astrology. Yoga Sir is very knowledgeable and spiritual. He has many anecdotes about our Saints and sages to tell while strengthen belief in spirituality and religion. In yoga class I got to know about Tratka and Jalneti about which I did not know anything. I hope I will get benefitted by them. Also Bhajans in his class are divine and stress buster.

### Astrology, Vaastu, Numerology : Mr. Indrajeet Kashyap

Mr. Indrajit Kashyap is very enthusiastic and sincere teacher. He wants to impart all his knowledge to his students. I have learnt a lot about Astrology, Vaastu and Numerology from him, which were unfamiliar subjects for me. I must say that I was not much interested in Vaastu and basically wanted to learn astrology. But through his teaching I got interested in the subject and learnt a lot about Vaastu. Even I used Vaastu tips and made few changes in home. I also get benefitted by Numerology in which I already had lot of interest. As I said he is a very enthusiastic teacher and he interacts a lot with students. Overall, he is a very good teacher.

### Hypnotism: Mr. Arvind Soni

I did not know anything about Hypnosis but thanks to Mr. Soni I brought to the world of Energy. I could attend only two classes of Mr. Soni, but it was worth. Mr. Soni is competent in his subject and is very friendly and amiable. In limited time, he tried his best to teach about Reiki as much as he can. He also gave some good Mantras. After attending his classes, I get acquainted with Reiki and will surely go for its advance course.

### Student's Feedback

नहीं रहते। खुले आकाश के नीचे बहुत कम रहते हैं, सिर्फ उतना जितनी जरूरत है वरना पूरा जीवन घर या कार्यक्षेत्र की चारदीवारी में निकल जाता है। प्रकृति और पंचतत्वों से दूरी सिर्फ की समस्या व्यस्कों से साथ नहीं है, बल्कि बच्चे भी इसका शिकार हैं।

पश्चिमी सभ्यता की अंधी नकल में हमारा खानपान भी पौष्टिक नहीं रह गया। **Fast Food** जो कतई प्राकृतिक नहीं होता, शहरी और शिक्षित वर्ग में बहुत प्रचलित है। इसे **status symbol** मान लिया गया है। इसमें पौष्टिक तत्वों का सर्वथा अभाव है। यह खाने में स्वादिष्ट और जल्दी से तैयार तो हो जाता है लेकिन शरीर के लिए बहुत नुकसानदेय है, इसलिए इसे श्रनदा थवक भी कहते हैं। लेकिन आश्चर्य की बात तो यह है कि बड़ी मात्रा में लोग फिर भी इसका सेवन करते हैं।

जीवन के हर क्षेत्र में प्रकृति से इस दूरी के कारण हर आयु वर्ग का व्यक्ति मधुमेह, रक्तचाप, हृदयरोग, सरवाइकिल, मोटापा, मानसिक रोग आदि समस्याओं से पीड़ित है। आधुनिक जीवन प्रणाली न केवल शारीरिक बल्कि डिप्रेशन, तनाव जैसे मानसिक रोगों को भी बढ़ावा दे रही है। पहले ये माना जाता था कि ये सब बीमारियों बढ़ती उम्र में होती है। लेकिन देखने में यह आया है कि न केवल युवावर्ग बल्कि बच्चे भी इनका शिकार हो रहे हैं।

लोग बीमारियों की वजह से कष्ट सहने और इलाज के लिये भारी कीमत चुकाने के बावजूद अपनी जीवन प्रणाली में बदलाव नहीं लाते। इन सबसे बचने का सबसे सरल उपाय है प्रकृति से जुड़ाव।

प्रकृति से जुड़ने से न केवल शारीरिक बल्कि मानसिक स्वस्थता भी पाई जा सकती है और जीवन का संपूर्ण आनंद उठाया जा सकता है। प्राकृतिक जीवनयापन के कुछ उपाय निम्न प्रकार से हैं :

1. रोज सुबह जागकर सुबह की सैर। इससे हम पंचतत्वों के समीप आ जायेंगे जिसका ही हमारे शरीर में अभाव होते जा रहा है। सुबह का सूर्य प्रकाश, ताजी हवा और घास में नंगे पांव चलने से हम एक साथ अग्नि, भूमि और वायु तत्व का लाभ उठायेगे।



2. शरीर में जल तत्व को बढ़ाने के लिए एक दिन में कम से कम तीन लीटर पानी अवश्य पीये।
3. साथ ही साथ आधुनिक पेय जैसे कॉफी, चाय, कोल्ड ड्रिंक्स आदि का कम से कम सेवन करे। इन सबके बजाय ताजा फलों का रस, नींबू पानीए नारियल पानी ले सकते हैं।
4. तनावमुक्त व आनंदमयी जीवन के लिए प्रतिदिन योगाभ्यास, प्राणायाम व ध्यान करें।
5. गहरी व लंबी सांस लेने का अभ्यास करे। इससे आयु बढ़ती है व बीमारियों से रक्षा होती है।
6. तैराकी एक संपूर्ण व्यायाम है।
7. शहरी बच्चे अधिकांश टीवी, कंप्यूटर, वीडियो गेम्स में व्यस्त रहते हैं। इन सबको कम करके बच्चों को विभिन्न प्रकार के खेल खेलने के लिए प्रोत्साहित करे।
8. कम दूरी के लिए वाहन का उपयोग न करके ज्यादा से ज्यादा चलें। इससे भूमि तत्व और आकाश तत्व तो बढ़ेगा ही, शरीर को भी पूर्ण व्यायाम मिलेगा।
9. लिफ्ट या एस्केलेटर का प्रयोग यथासंभव न करके सीढ़िया चढ़े।
10. बाहर नंगे पांव रहना कठिन है। परंतु घर में अधिकतम नंगे पैर रहने का प्रयास करे।
10. मालिश शरीर के लिए बहुत उपयोगी है। मालिश के लिए सरसो, तिल या नारियल का तेल उपयोग में ला सकते हैं। जल मालिश व सूखी मालिश भी उचित है।
11. भूमि तत्व बढ़ाने के लिए मिटटी चिकित्सा (**Mud Therapy**) उत्तम है। इसके अलावा शरीर में मुलतानी मिटटी का लेप भी कर सकते हैं। ये न केवल त्वचा के लिए अच्छा है बल्कि भूमि तत्व से भी जोड़ेगा।
12. नियम बनाकर रोज सुबह सूर्य की रोशनी में कम से कम आधा घंटा बैठे।
13. सुबह उठते ही गुनगने पानी पीये। इससे पाचनशक्ति बढ़ती है। चाहे तो शहद मिला सकते हैं।
8. प्रतिदिन नाश्ता करे। नाश्ते में पके हुए खाद्य पदार्थ के बजाये अंकुरित दाल, मौसमी फल या कच्ची सब्जी खायें।
14. प्रत्येक भोजन के साथ सब्जी की सलाद

जरूर लें।

15. भोजन करते वक्त ध्यान दे की एक तिहाई पेट खाली रहें।
16. Fast Food का सेवन कतई न करें। ये मोटापा बढ़ाने और मधुमेह, रक्तचाप जैसी बीमारियों देने के अलावा कुछ नहीं करता।
17. रोटी बनाने के लिए चोकर वाला आटा प्रयोग में लाये। मैदा का प्रयोग कम से कम करें।
18. नमक और चीनी शरीर के दुश्मन है इसलिए इनका उपयो न्यूनतम मात्रा में करें।
19. हरी वे रेशेदार सब्जियों का सेवन ज्यादा से ज्यादा करें। सब्जियों को ज्यादा पकाने से पौष्टिक गुण नष्ट हो जाते है।
20. खाना पकाने के लिए तेल का उपयोग कम से कम करें।
21. संपूर्ण स्वास्थ्य के लिए फल सेवन शरीर के लिए अति आवश्यक है। फलों का रस भी उत्तम है।
22. सूखे मेवे जैसे बादाम, काजू अखरोट आदि का सेवन वांछनीय है।
23. सप्ताह में या 15 दिन में एक बार उपवास जरूर करें।



## आध्यात्म का सरल अर्थ है ईश्वर के सही रूप का ज्ञान

जीवन का लक्ष्य केवल खाना, पीना, सोना, भोगना ही नहीं है। यह तो अन्य प्राणी भी करते है। हमें जो चीज पशुओ से अलग करती है वो है हमारी बुद्धि, विवेक और चेतना। यह हमें परम पिता परमात्मा का ज्ञान कराती है और उनसे जोड़ती है। हम सब उनकी बनायी सृष्टि का एक अहम अंग है और इसे चलाने में सहायक है। हम इस ब्राह्मंड का अणु से भी छोटा भाग भी है और अपने आप में संपूर्ण ब्राह्मंड भी है। इसलिए आध्यात्मिक विकास हमारा सबसे बड़ा लक्ष्य होना चाहिए। आध्यात्मिक विकास करके हम जीवन के अन्य क्षेत्रों में तरक्की कर सकते है। लेकिन अगर कोई मनुष्य आध्यात्मिक जीवन से दूर है तो सब कुछ प्राप्त करने के बावजूद उसका कोई अस्तित्व नहीं।

अक्सर देखा गया है कि आध्यात्मिकता का शब्द सुनते ही हर कोई बहुत गंभीर हो जाता है और सोचता है कि ये सब हमार बस की बात नहीं है। हम जितना पूजा पाठ कर लेते है उतना जी बहुत है। आध्यात्मिकता के चक्कर में पड़ गये तो परिवार

और रोजी रोटी को कौन देखेगा। यह भी भ्रांति है कि यह बहुत जटिल है और औसत बुद्धि का इंसान के वश की बात नहीं। सच्चाई तो यह है कि हम दैनिक जीवन में आध्यात्मिकता को उतार कर सुखी और शांतिमयी जीवन व्यतीत कर सकते है। इसका यह कतई मतलब नहीं है कि परिवार काम धंधे के छोड़कर भगवान के भजन, ध्यान में लग जाया जाये। हम अपने दैनिक कार्यकलापों में आध्यात्मिक बन कर जीवन को सुरुचिपूर्ण ढंग से चला सकते है।

आध्यात्म का सरल अर्थ है कि अच्छे बुरे का ज्ञान, जीवन के लक्ष्य के प्रति जागृति, ईश्वर के सही रूप का ज्ञान और कर्म के सिद्धांत (Law of Karma) का पालन।

अगर हम केवल कर्म के सिद्धांत को समझ ले और उस पर अमल करे तो हम पूरा जीवन आध्यात्मिक बना सकते है। कर्म के सिद्धांत के अनुसार हर क्रिया की एक प्रतिक्रिया होती है। हम अच्छा बुरा जो भी कर्म करते है, उसका फल हमें भविष्य में भोगना ही पड़ेगा। कई मनुष्यों को फल जल्दी मिल जाता है, कई को कुछ वर्षों बाद और कई कर्मों का फल हम अगले किसी जन्म में भोगना ही पड़ता है। हम कर्म फल से बच नहीं सकते। यह जन्म-जन्मांतरो तक पीछा नहीं छोड़ता। इसलिए हमें मन, वचन तथा कर्म से अपने कार्य शुद्ध और सकारात्मक रखने चाहिए।

अंग्रेजी में एक कहावत आती है :

**'Your present is fruit of your past  
which carry seeds for your future'.**

हमारे पिछले जन्म के कर्म संस्कार बन कर हर जन्म में साथ चलते हैं और उसके अनुरूप वर्तमान जीवन में कर्म कराते है। आगे बात चलाये तो हमारी सीखी कोई भी विधा व्यर्थ नहीं जाती न इस जन्म में न अगले जन्म में।



कर्म के सिद्धांत का विरोध कई व्यक्तियों द्वारा किया जाता है कि जब पुर्नजन्म ही नहीं होता तो कर्म का सिद्धांत सही कैसे हो सकता है। ऐसे लोग मानते हैं कि मृत्यु के बाद जीवन नहीं होता। हम जो कुछ भी करते हैं हमारी मृत्यु के बाद समाप्त हो जाता है। पुर्नजन्म के प्रमाण के लिए ऐसे व्यक्तियों को नवजात शिशु का अध्ययन करने के लिए कहना चाहिए। ऐसा माना जाता है कि नवजात शिशु को तीन-चार माह तक पिछले जन्म की बातें याद रहती हैं। यह देखा गया है कि शिशु अचानक से हंसने या मुस्कराने लगता है और यह हंसी, खिलखिलाहट और मुस्कराहट किसी शिशु की न होकर किसी व्यस्क की होती है। इसी प्रकार शिशु कई बार विलापपूर्ण रूदन करता है या सिसकियों लेकर रोता है बिल्कुल किसी व्यस्क की तरह। कइ बार उसकी भावभंगिमा बड़ों की भांति गंभीर, शांत या चिंतित हो जाती है। अब कोई बताये के कुछ दिनों का शिशु व्यस्को की हंसी, रूदन, चेहरे के भावों का अध्ययन या नकल कैसे कर सकता है। अवश्य ही पिछले जन्म के परिवारजन, साथी और घटनाओं को याद करके या उनकी चिंता करके वो यह सब कुछ कर पाता है।

आध्यात्मिक विकास की तरफ हमारा पहला कदम यही होगा कि हम अपने सारे कर्म ईश्वर को अर्पित करके सकारात्मक रूप से करे। सिर्फ अच्छे कर्म करने का प्रण लेकर हम तमाम बुराईयों से बच सकते हैं जैसे कि काम, क्रोध, चोरी, स्वार्थ, हिंसा, झूठ इत्यादि या इनका कम से कम शिकार हो सकते हैं। इस तरह हम सामान्य जीवन में आध्यात्म को उतार कर आध्यात्मिक विकास कर पायेंगे जिससे आपका जीवन ही नहीं आपके संपूर्ण परिवार का जीवन सुखी और शांतिपूर्ण हो जायेगा।



## आधुनिक जीवन के लिए प्राचीन भेंट : वास्तु

**नमः भगवती वास्तु देवतायः नमः**

आम लोगों में धारणा है कि वास्तु एक नवीन प्रणाली है जो कि भूमंडलीकरण के दौर में बाकी कई प्रणालियों की तरह विदेशों से निर्यात की गई हैं। परंतु यह धारणा एक भ्रांति मात्र है और सत्य से कोसों दूर है। वास्तविकता तो यह है कि वास्तुशास्त्र संपूर्ण रूप से भारतीय परंपरा से है जिसका उल्लेख वेदों, पुराणों, उपनिषदों में पाया जाता है।

'वास्तु' संस्कृत शब्द 'वस वासे' से लिया गया है जिसका अर्थ है निवास करने योग्य भूमि। जैसा कि उपर बताया जा चुका है कि वास्तु का उल्लेख वेदों, पुराणों में है, वास्तु की उत्पत्ति की कथा मत्स्य पुराण में आती है जो इस प्रकार से है :

एक बार महादेव शिवजी का अंधकासुर नामक दैत्य से भीषण युद्ध हुआ। शिवजी ने अंधकासुर को युद्ध में पराजित कर मार गिराया लेकिन युद्ध के दौरान उनके शरीर से टपके पसीने की बूंदों से एक अद्भुत और विशाल प्राणी उत्पन्न हुआ जो पैदा होते ही मृत दैत्यों का लहूपान करने लगा। सैकड़ों दैत्यों का लहू पीकर भी उसकी तृप्ति नहीं हो रही थी। लेकिन जैसे ही उसकी दृष्टि भोलेनाथ पर पड़ी वह तपस्या में लीन हो गया।

उसकी लंबी और कठोर तपस्या से भगवान शिव प्रसन्न हुए और उसके सामने प्रगट हो कर वर मांगने को कहा। क्योंकि यह विचित्र प्राणी की क्षुधाशांति नहीं हो रही थी, उसने तीनों लोक निगलने का वर मांगा। भोले शंकर ने तथास्तु कह कर वरदान दे दिया। समस्त सृष्टि में हाहाकार मच गया। सभी देवतागण एकत्रित होकर भगवान के पास गये और वर वापिस लेने की प्रार्थना की अन्यथा समस्त सृष्टि का नाश हो जायेगा। शिवजी ने कहा कि वर वापिस लेना असंभव है। लेकिन देवताओं को एक युक्ति बताई।

45 देवता उस प्राणी के पास गये और उसे औंधा लिटा दिया। 13 देवता उसे प्राणी के आंतरिक भाग में विराजमान हुए और 32 देवता उसके शरीर के विभिन्न भागों में बैठ गये। इस तरह उसके शरीर में स्थापित हो कर सम्मिलित होकर प्राणी को समझाया कि तीनों लोक निगलने के बाद भी उसके भूख शांत नहीं होगी। उसके बाद वो क्या करेगा। उन्होंने प्राणी को वरदान दिया कि पंचतत्व के विरुद्ध जो मानव जायेगा वो उसका आहार होगा। इस तरह उस प्राणी को समय समय पर भोजन मिलता रहेगा। उस प्राणी को यह व्यवस्था पसंद आई और इस प्रस्ताव को अनुमति दी। क्योंकि देवताओं ने सृष्टि को बचाया थाए उन सबको भगवान शिव ने वरदान दिया कि उस प्राणी के जिस अंग में जो देवता बैठा है, वहाँ उनका वास होगा। उस प्राणी का नाम वास्तु रखा गया। जो मनुष्य का निवास पंचतत्व के नियमों का उल्लंघन करता है, वास्तु देवता उस परिवार को आहार के रूप में ग्रहण कर लेते हैं।

मत्स्य पुराण के अनुसार वास्तु देवता का जन्म भाद्रपद मास की कुष्ण पक्ष की तृतीया तिथि को हुआ था तथा उस दिन शनिवार था।

### भारतीय ग्रंथों के अनुसार कुछ वास्तु टिप्स :

भले ही हम आधुनिक काल में जी रहे हैं परंतु प्राचीन वास्तु के अनुसार हमें अपने निवास स्थल में वास्तु के नियमों का पालन करना चाहिए! नमें से कुछ अहम नियम इस प्रकार हैं :

1. ब्रह्मस्थल हल्का होना चाहिए। यहाँ कुआ, शौचालय आदि नहीं होने चाहिए।
2. ब्रह्मस्थल हल्का होना चाहिए। यहाँ कुआ, शौचालय आदि नहीं होने चाहिए।
3. मुख्यद्वार पूर्व दिशा में होना चाहिए। इसके अलावा पश्चिम दिशा उचित है।
4. पूजाघर उत्तर पूर्व दिशा में होना चाहिए।
5. हनुमानजी की मूर्ति दक्षिण पूर्व में कदापि न रखे, आग लगाने का खतरा रहता है।
6. रसोईघर के लिए दक्षिण पूर्व दिशा उत्तम है।
7. शयनकक्ष दक्षिण दिशा में तथा भोजनकक्ष पश्चिम में वांछनीय है।
8. उत्तर पूर्व में शौचालय नहीं होना चाहिए।
9. घर में एक सीध में तीन दरवाजे नहीं होने चाहिए।
10. उत्तर रसोईघर में चूल्हा और पानी का स्रोत एक सीध में नहीं होने चाहिए।
11. उत्तर सीढ़ी उत्तर पूर्व दिशा में किसी भी हाल में नहीं होनी चाहिए। सीढ़ियों की संख्या सम में न होकर विषम में होनी चाहिए।
12. गोलाकार सीढ़ी बांये से दांये घूमनी चाहिए, दांये से बांये कदापि नहीं।
13. उत्तर दुकान में उत्तर पश्चिम दिशा में रखे हुए सामान की बिक्री ज्यादा होती है। दुकान में स्टोर रूम दक्षिण पश्चिम दिशा में होना चाहिए।
14. भोजन पूर्व की तरफ मुंह करके खाने से आयुवृद्धि होती है तथा उत्तर की तरफ खाने से आयु तथा धनवृद्धि होती है। दक्षिण की तरफ मुंह करके भोजन प्रेतों को लगता है तथा पश्चिम दिशा में भोजन ग्रहण करने से रोगप्राप्ति होती है।
15. सोते समय घर के बड़ों का सिर दक्षिण में तथा पढ़ने वाले बच्चों को सिर पूर्व दिशा की तरफ होना चाहिए।
16. पढ़ते समय बच्चों को मुख पूर्व दिशा में होना चाहिए।
17. पौधे पूर्व दिशा में उगाने चाहिए। तुलसी का पौधा उत्तर पूर्व में होना चाहिए।

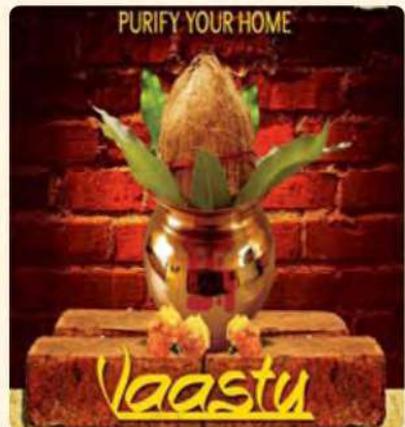
18. कैक्टस का पौधा घर में उगाना या रखना शुभ नहीं होता।
19. घर के दरवाजे अंदर की तरफ खुलने चाहिए जिससे की उर्जा घर के भीतर रहे। दरवाजे दांयी तरफ खुलने चाहिए।
20. घर के मुख्य द्वार पर शुभ चिन्ह लगाने चाहिए जैसे कि स्वास्तिक, सूर्य, गणेश, कुबेर यंत्र आदि।
21. बीम के नीचे सोने का बिस्तर नहीं होना चाहिए।
22. घर में दक्षिण पश्चिम भारी तथा उत्तर पूर्व दिशा हल्की होनी चाहिए।

### वास्तु दोष निवारण उपाय :

1. मुख्य द्वार के बाहरी और अंदरूनी भाग में गणेश जी की प्रतिमा और चित्र। बाहरी भाग में गणेश जी की सूंड बांयी तरफ और अंदरूनी भाग में दांयी तरफ होनी चाहिए।
2. मुख्य द्वार में सिंदूर से नौ उंगली का स्वास्तिक बनाए। घर के जिस भाग में वास्तु दोष है वहाँ की दीवार पर भी स्वास्तिक बना सकते हैं।
3. संध्या काल में घर के बाहर सरसों के तेल का दीप जलाए।
4. मंगलवार के दिन निम्न मंत्र का 108 बार उच्चारण करें :

### नमः भगवती वास्तु देवतायः नमः

5. दक्षिण पश्चिम दिशा हल्की है तो भारी करने हेतू उस दिशा में पर्वत का चित्र लगाये।
6. मंगलवार हर वर्ष गृहशांति करवाये।
7. सोमवार और अमावस्या को रुद्रि पूजा करें।
8. प्रतिदिन गणेश पूजा करें।
9. नकारात्मक उर्जा निकालने के लिए पौछा मारते समय पानी में नमक मिलाये।



## Astrology is a Science but its prediction is an Art

Astrology is a science but its prediction is an Art. As we know that Curiosity to know about the nature is called as Science, therefore Astrology is a pure science not a myth. In this, we study the impact and effect of Planets and stars of solar systems on human body. Origin of Astrology is from India. Astrology is the study of Nakshatra, Rashi or Zodiac sign and their effect on Planets or vice-versa. In this, there are 12 Rashi and 9 Planets and 27 Nakshtras in the Astrology through which we study the present and future life of a human being. Actually in astrology, we believe that there are two points of life one is Birth and the other is death. We believe that this is a cyclic process in which birth and death are continuous process. Our soul is bonded with karmas in every birth and death. In Astrology, we believe that there are three type of karmas (1) Sanchit (2) Prarbdha and (3) Kriyamana.

(1) Sanchit karmas: Sanchit karmas are those karmas through which a soul take birth again and again and died again and again by the body. It's a Bank of karmas and there is an account of each soul in the hand of God.

(2) Prarabdha karma: Prarabdha karma are those karmas through which a soul experience the life right after birth due to Good or Bad karmas done in the last birth or last to last birth until the result of karmas have completed.

(3) Kriyamana karma: Kriyamana karmas are those karmas through which soul experience the life influenced by the result of karmas due to Good or Bad karmas done in the last birth or last to last birth and in the previous years of present birth. This is applicable in the middle of age where mind of a human body is fully conscious.



In Astrology, we believe that “yath pind tatha brahmandey” means this body is consequence of nature, solar system and planets and their effects. We believe that when a human body with soul birth in the world, it starts experiencing the result of his/her good or bad karmas done in the last and last to last birth. We make a kundali to know about that effect in the human life, for that, we check the status of Sun rise in the panchang or calander, after that start making kundali right after finding lagna. Kundali is the mirror of present and future of one's whole life. It can also the mirror of one's good or bad karmas and their results, here we called as different yoga in the human life. Therefore we can say Astrology is a science, not a myth, because here research is a continuous process, there is no end in this subject like our soul.

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**There are two types of energies one is positive and other is negative.**

Vaastu is an ancient science as well as art for our home, office and other places, through which we can cure over atmosphere from various negative energies. Actually there are two types of energies one is positive and other is



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### Student's Feedback

The program is good, its theme and purpose is good, faculty is good. I wish to suggest my friend for this course. I wish you every success in this course.

negative. Actually vastu is complementary to astrology. Vastu prescribed the directions for the place at which we are working and living. Many times we have seen that whenever we come to home after working, our mind goes stressful. What is the reason behind happening of this? A vastu expert come to home, he seen some direction need to change and cure through vastu remedy and he have done it. Next day, the atmosphere of our home has been completely changed and our mind becomes stress free. This is the magic of vastu. It's a science. There are mainly 8 directions in our place of living or working, which are: North, South, East, West, North East (Ishaan Kon), South East (Agneya Kon), South west (Naratya Kon), North West (Vayavya kon)

In Vastu, as per ancient principle, North East (Ishaan kon) must be light and facing of place of living, because this direction mainly known to be source of positive energy as Sun rises maximum time in this direction and South East (Agneya kon) must be heavy as the Sun's harm rays lies maximum in this direction. There must not cut the corner of North east direction. As in the vastu and in general, we are very much aware about the energy. The life is only because of energy which is positive. When there is no energy no life will be seen. To live healthy and prosperously we require ample amount of positive energy. As we all spent maximum time at our home or our place of working, so we need maximum amount of positive energy in our home or office, for that we need to have good direction as per vastu, because in vastu every direction of your home and office play a role for it. Therefore vastu suggest the healthy and prosperous living. This is the ancient science and art which had given by our Rishi and Muni in the ancient time, which is helping to serve modern living in today's world.



## Self-hypnosis can help you change inner belief

Hypnotism is a kind of therapy through which we work on our self-conscious mind and by inductions and suggestions we heal various types of psychosomatic disorders/ailments. In this therapy, self-Hypnosis is most popular. Self-hypnosis is hypnosis done by a person to himself for

relaxing and inducing himself into a state of hypnosis. By doing self-hypnosis, one can realign his subconscious mind and thinking. This is in respect with what his conscious mind wants his subconscious to think.

Self-hypnosis can help you in almost every issues of your day to day life. It can help you to change both actions as well deep inner belief. For example you can change the action of over eating or inner belief that you are not good in remembering names. A possibility of using self-hypnosis to make positive changes in your life is endless. Basically, it can be used for anything you can think or imagine. Losing weight and quitting bad habits is most commonly known. There is confidence, insomnia, stress, and sports improvement to name a few others. Here are some areas for which you can take self-hypnosis help- better relaxation, depression, addictions, habits, stress, anxiety, anger, weight loss, fears and phobias, memory enhancement and sleep therapy etc.

Self-hypnosis relaxes the conscious mind and opens the subconscious mind to the point that suggestions can be accepted. Once the suggestion is accepted and agreed on by the person hypnotized, the suggestion then becomes a stable, strong pillar in that person's belief system and ultimately becomes his or her reality.

The state where the doorway between the conscious mind and self-conscious mind is opened is also called as alpha state, in this state the traditional thinking is bypassed like when we are watching movie and movies seems to be interesting and then sudden visual of an advertisement have stored there in the subconscious mind and when we go to the market, we automatically demand the same brand which we have seen during watching movie. Therefore we can say that during watching movie the suggestion made by us get embedded in subconscious mind and form new belief.



## Natural Living is Healthy Living



Natural Living means a living, free from artificiality in accordance with nature.

Violation of the laws of Nature is the root cause of all the diseases. Wrong eating, living & thinking habits lead to accumulation of morbid matter in our body which in turn results in diseases. Extensive use of chemicals in various forms and artificially developed products are damaging our health.

Fast foods Packaged foods use of fertilizers pressure cooking / microwave cooking fried, spicy foods destroy the nutritive value of the food and also result in blockage of our system. For healthy living we should take Raw and semi cooked food, fresh fruits juices and other foods in raw and natural form.

Even though Synthetic development has brought about improvement in material quality of life and in spite of improvement in medical facilities the real health state is deteriorating.

Our body is made up of five basic elements air, water, earth, light and ether. Any unbalance in the level of these elements results in ailments in our body. Modern life style is responsible for this unbalance in some way or the other.

For healthy living Natural Living is very important. Naturopathy makes us independent not dependant on Dr. As per

naturopathy health means at physical, mental, moral and spiritual level.

All types of eruptions in our body are symptoms of a disease in our body and are the nature's way of expiating the morbid matter out of our body e.g. common cold.

An important natural treatment for various health problems is Fasting. It is the best way to treat a patient suffering with common fever. Fasting and extensive use of liquids in natural form can cure the common fever.

Even for serious disease like Dengue where the platelet level drops very fast there is no treatment available in Allopathic system of medicine. However by use of natural herbs like Gelay, Papaya leaf, Aloe vera and Wheat grass juices the Platelet count improves very fast. Extensive use of liquids in the form of Fruit juices and coconut water helps strengthen our vital organs like Kidney and liver.

Various types of viruses affect those persons who have low immunity level. Nature has provided lots of herbs to improve the immunity and treat various kinds of diseases. Regular use of herbs in daily routine helps in improving immunity and health e.g Tulsi leaves, tender Neem leaves.

Regular intake of water mixed with Honey and lime juice if taken early in the morning is good for weight loss and tones up our metabolism. Consumption of plenty of water during the day helps in cleansing our body and tones up our skin.



### Dinesh Chugh

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Working as Chief Manager

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This course has given a new direction to my life and many of my perceptions and beliefs have changed and strengthened.

Quality of training, course content modality of teaching and faculty for different modules of Holistic living is Excellent except for palmistry teacher who was less experienced.

### Student's Feedback

Living in a/c environment deprives us of fresh air and sunlight etc. which in turn affect the supply of fresh air to various parts of our body and lack of sunlight results in deficiency of Vitamin D and in turn causes skin related problems.

Short supply of fresh air to our body system affects the growth of our body and results in promoting cancer.

In the name of modern life style our touch with the mother earth has finished. We hardly walk on the earth bare foot. We know walking on the grass early in the morning improves our eyesight.

Mud therapy and detoxification of our internal system by naturopathy is useful for treatment of various problems in natural way and tones up our body.

Nature made our body so perfect that it has the capability to heal itself. Nature is the supreme healer. Nature is self sufficient and has the remedy to problems. However In the name of development we destroy the nature and exploit the natural resources. E.g. in Hills there is a plant which if touched causes itching in skin but remedy is also available at the same place. To cure the problem one has to rub spinach on the affected part and same is available at the same place.

For Healthy living it is important to make the Natural living way of our life. We should love and preserve nature and also live in harmony with nature and follow the natural principals.



## Life is a Gamble

### Lets Play With Numbers

We generally believe life is Gamble. Future can't be predicted based numbers of Date of Birth and name of a person but that is a myth. Numerology is a good technique based on which we can predict the destiny and qualities of a person. Using various techniques and methods in numerology can be a fun and helpful exercise for betterment and getting benefits in important events of our life. Some of the techniques of numerology are as follows:

Before we predict anything about a person we need to work out the Personality and Destiny numbers of an individual based on the Date of Birth as follows;

E.g. DOB 15.12.1998

Personality Number - Represents the personality of a person.

Sum total of the numbers of Date  $1+5=6$

Personality No. Representation

1. Leadership, Ego, Religious
2. Emotional, caring for others, High expectation
3. Store house of Knowledge
4. Notorious, Planner Organiser, Breaking the rules of society
5. Accountant, Unstable, wants new job
6. Materialistic comforts, Glamour, Good clothing
7. Shadow of Queen, Emotional, Isolation, Research, Deceived many times
8. Judicious, Farsightedness, Ups and down, Struggle in life
9. Society first family later, Start life not good, Old age good, Committed

Destiny Number

Sum total of all the numbers of DOB  
 $1+5+1+2+1+9+9+8 = 36 = 3+6 = 9$

Destiny is the path on which we travel the journey of life

Representation of Destiny Numbers

1. Start their life based on others and later become leaders, Self centered, progressive
2. Good in making friends, Soft hearted and peace loving, good friends, prefer 11nd position



3. Meditation power , thought abundance but use of thought lacking without support of others, enjoy sharing knowledge, good teachers, can't remain quite for long.
4. Struggle in life, dependable, hardworking, want details of everything
5. Good thinking power, focus slowly and succeed, never get old by heart, sharp brain, quick decision making power.
6. Always care for others, take problems of others, help others without asking.
7. No of disappointments, luck , health and betrayal in family, take time in

TABLE 1 Number assigned to all the Alphabets

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	8	3	5	1	1	2	3	4
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
5	7	8	1	2	3	4	6	6	6	5	1	7

TABLE 2 Rating of Name Numbers

No.	Rating	No	Rating	No	Rating	No	Rating	No	Rating
1	EX	21	VG	41	OK/G	61	OK/AV	81	AV
2	OK	22	XX	42	AV	62	OK	82	X
3	VG	23	VG	43	XX/ COMP OK	63	OK/AV	83	OK
4	X	24	OK /G	44	XXX	64	AV/X	84	OK
5	EX	25	OK/ COMP G	45	OK / G	65	OK	85	XX
6	X	26	X	46	OK /G	66	G	86	AV
7	OK/COMP G	27	G	47	XX	67	OK	87	OK
8	XX	28	X	48	X	68	X	88	X
9	AV / OK	29	X	49	XX	69	VG	89	XX
10	VG	30	OK	50	G	70	OK/G	90	OK
11	X	31	XX	51	G	71	AV/OK	91	VG
12	X	32	G	52	XX	72	AV	92	XX
13	X	33	VG	53	OK	73	EX	93	VG
14	AV	34	X	54	AV	74	AV	94	X
15	G	35	XX	55	G	75	X	95	OK
16	OK/COMP G	36	OK	56	AV	76	AV	96	G
17	AV / OK	37	X	57	G	77	AV	97	X
18	XX	38	XX	58	OK	78	AV	98	XX
19	G	39	G	59	OK	79	OK	99	AV/OK
20	OK	40	XX	60	OK	80	XX	100	VG

EX- Excellent      VG-Very Good      G-Good      AV-Average      X-Bad      XX - Very Bad  
 COMP. - Company Name

gaining knowledge, self centred, don't like crowd, difficult to understand properly, get swayed by anyone easily.

8. Always think big, think based on capability and get it slowly too, good character and good in judging, attain position in life once, satisfied with physical needs.
9. Sacrifice feeling is hidden, others use them, romantic but don't get true love, think for humanity, good writer.

Name number is another tool of numerology which reflects the personality of a person.

We can use this to improve our life cycle and destiny.

Method to find the name number.

Assign the number to each alphabet in the name as per table 1 below and add all the numbers.

Sum of all the numbers derives the name number.

Based on the name number we can find out from Table 2 the rating of the name. If the rating is not satisfactory we may consider correcting the rating by changing the Name by increasing or decreasing the alphabet in the name. Title is never changed.

Name number is the personality representation of a person.

From the above tools we see that use of numerology is very simple and fun. Just by knowing the name we can predict about a person and also use this to improve / impact the happenings of our life.

Based on Numerology we can know the Good and periods in our life and if life is gamble why not play and enjoy as well as benefit based numerology techniques. Its fun and good pass time activity.

## Spiritualism is the key of happiness and peace of mind

Spiritual growth is the process of inner awakening and becoming conscious of our inner being. It is a process of shedding our wrong and unreal conceptions, thoughts, beliefs, ideas and becoming more conscious and aware of our inner being.

It is the basis for a better and more harmonious life free from tension, fear and anxiety.

By discovering who we really are we take a different approach to life. We learn not to let outer circumstances influence our inner being and state of mind. A balanced life requires that we take care not only of the necessities of the body, feelings and mind, but also of the soul.

In today's modern and technology driven world we are so engrossed in materialistic pleasures that our happiness and enjoyment depends on these means. For all our problems we seek help from outside sources and forget our true self. We start believing in false rituals and traditions. Our life becomes superficial at mental and emotional level. Such superficial actions, dependent on materialistic things, do give us temporary enjoyment and happiness. But, after a stage and age in life, when this bubble bursts, we get discontented with our life state which ultimately results in unhappiness, anger, anguish and relationship problems. This not only leads



to mental and physical disturbances in life but also becomes a cause for various kinds of ailments and sufferings. Due to excessive influence of materialistic world we get disconnected with the natural world which God gifted us. We start considering our material achievements as achievements in life and in the process make material gains, the ultimate aim of life but in real we are gradually getting disconnected with our inner self and in turn with our soul and ultimately God too. One of the Buddhist teachings tells us how we can change such a poison into a medicine and extend our life by several years being connected to our own inner self. It is a universal law that all adversities and mishaps in life lead to Spiritual downfall but they also bring us an opportunity for Spiritual Growth.

We spend our life time in feeding and catering to our physical body which is not even permanent. We believe that our existence is because of the Physical body and forget that our actual driving energy comes from our soul which is a silent spectator. We hardly do anything to feed our soul that is immortal and controls the invisible 50% of our body. There are several principles in spiritualism that one must adopt in their life. One such guideline is

the karma, cause and effect theory.

Our karma motivates us to do good deeds in future without expecting a result. Good deeds in all the forms of thought, speech and action. We can change our life by changing our Karma and reduce the effects of our bad karma of present or past life and can get benefits by creating good causes. We can practise good karma by giving up our ego, by worshipping the work we do.

If we base our life on such spiritualism principals, we can attain long lasting peace, good health, sound sleep, absolute happiness and enjoyment in life. Moreover, these benefits will not be limited to this life but to next life too.

Whenever physical body is in sleep, the spiritual body is active. The more one is peaceful the more he is attached with Spiritual Body Mind controls physical happenings. So take all steps to divert your energy inwards.

In a nut shell Spiritual Growth means inclusive growth of Mind, Body & Soul.

It is the key to a life of happiness and peace of mind, and the manifesting the enormous power of inner soul. Thus, for inclusive and long lasting growth of our Mind body and soul, spiritual growth is the key.

## गंगा स्नान

एक व्यक्ति गंगा में स्नान कर रहा था, दूसरा व्यक्ति तट पर खड़ा प्राकृतिक दृश्य देख रहा था। पहले व्यक्ति ने दूसरे से कहा, भाई तुम भी आ जाओ और गंगा में डुबकी लगाकर अपने शरीर के सारे पाप धो लो।

दूसरे व्यक्ति ने कहा, 'जिस शरीर में पाप हैं उसमें पुण्य भी हैं, इसलिए यदि गंगा में गोता लगाने से शरीर के पाप धुल जाएंगे तो साथ ही पुण्य भी धुल जाएंगे, फिर गोता लगाने से क्या लाभ।'

पानी से तो शरीर की बाहरी शुद्धि होती है। मन की मलीनता तो स्वाध्याय, सत्संग, शुभ कर्म एवं प्रभु-भजन से ही दूर हो सकती है। इसलिए मनु भगवान् ने कहा है— 'अद्धिर्गान्त्राणि शुद्धयन्ति, मनः सत्येन शुद्धयति.....।'।

## Spiritualism is the journey of Self-Consciousness

Spiritualism is the journey of life in which life experience the journey of self-consciousness from Body to Mind, then from mind to soul (spirit) and at last from soul to almighty God. Actually there are three things Body, Mind & Soul in the life of human being. Body want rest, Mind want peace and Soul want Moksha. Moksha is the ultimate aim of each Soul of Human being. Moksha means where there is no any desire attached with the Soul and Soul is free from birth and death again and again till the last of fulfillment of desire of soul, this is the ultimate aim of our life, but it can only be possible when soul could meet with almighty God.

Therefore we can say that ultimate aim of our life is to meet with the grace of almighty God. In spiritualism, we reach the aim of life which is Moksha. There are two points of life one is Birth and the other is death. Death is nothing but the unconsciousness of mind. In the living world, unconsciousness may be called as self-consciousness.

So in spiritualism, we experience the whole journey from birth to death, but in a self-consciousness manner and will be fearless from death in this world. Here we try to connect with the grace of God and May able to know the willingness of God from us.

The Spiritual Journey starts with Body and ends with God

Body(Shareer) → Mind(Mann) → Spirit/Soul(Atma) → God (Paramatma)

In spiritualism, we understand the wish of our spirit, because our Body, mind is a vehicle while our spirit/Soul is Driving force. Many of our friends could not even able to know the wish and power of their soul (spirit), how they could know the wish of God? To know the God's wish, you must know the spirit's wish. Spiritualism is also signify a kind of lifestyle, in which you have to think in your sub-conscious mind that you are not a body but a soul (spirit), which is the part of God (Paramatma), one day this body will destroy and the soul/spirit will free from its bonding. You have to think in your sub-conscious mind that you must not do such work by which you can bind yourself or your soul with the result of that work.

Our main aim of life is to get connected with the almighty God. In the same manner, we do in the spiritualism. In this, we do the same thing in the spiritualism. In spiritualism, we have to forget our selfness and think that I am the Part of almighty God which is supreme power, in order to attain the protection of God for all fears of death and loss. Like in the Kabir Doha "*Jab mai tha tab Hari Nahi, Ab Hari hai Mai Nahi*". Therefore in nutshell, we can say spiritualism is an art of living by which we know the wish of God and know that there is nothing True but the God. And to know the God is the ultimate aim our life. Spiritualism may be possible by Yoga, Meditation and by changing life style, etc.



### Manisha Kulshreshtha

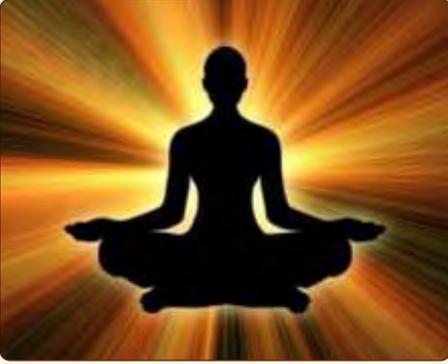
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### Student's Feedback

The program is good, its theme and purpose is good, faculty is good, but there is lack of study material and designing of topic. I wish to suggest my friend for this course. I wish you every success in this course. I am glad to be associated to this course.

## Importance of Yoga



Yoga means yog and yog means jod or sum or union. Here yoga means “*Atma Paramatma ka jod ya Milan Yogh hai.*”

“*Yogaschittavratti Nirodha*”- by Mahrshi Patanjali.

“*Yog Karmsu Kaushalam*”- by Lord Shri Krishna in Bhagvad Geeta.

Origin of Yoga is mainly from Bhagvad Geeta and Patanjali Sutram. Yoga is also an art of living or a prescribed lifestyle by which a Sadhak may attain the state of Samadhi. In Yoga, the whole lifestyle move around the Ashtaang Yoga, in which Sadhak have to follow the steps as Yama, Niyam, Asana, Pranayam, Pratyahar, Dharna, Dhyan, Samadhi. As we understand, yoga is the union of Soul and almighty God. For that, Sadhak must have to control on his mind. To control mind, Sadhak have to bring perfection in Body, mind and soul. In Ashtaang Yoga, the detail steps are as follows:

1. Five types of Yama- (1) Ahimsha (2) Satya (3) Astaye (4) Brahmacharya (5) Aparigrah.
2. Five types of Niyam- (1) Sauch (2) Tapa (3) Santosh (4) Swadhyaya (5) Ishwar Pranidhan.
3. Three types of Asana- (1) Samvardhanatmak Asana (2) Vishramatmak Asana (3) Dyanatmak Asana.
4. Pranayam- “*Pranon ka Ayam*” or Controlling over Breath.

5. Pratyahar- “*Vahya Vritiyon ko apne andar ki taraf samahit karna*” or controlling over basic instincts (which are Kama, Krodha, Lobha, Moha, Mada) (Sexual desire, Anger, Greeds, Affections, Self-Egos)

6. Dharna- Dharan karna.

7. Dhyan- Concentrate on the Soul and almighty God.

8. Samadhi- Become fearless and away from all sorrow and happiness.

Therefore, we can easily see from the above prescriptions from the principle of Yoga, The Yoga is meant to bring the perfection of Body, Mind and Soul (First concentrate on Body and then on mind and then on soul and at last on the almighty God) The main aim of yoga is to unite function and thinking of Body, Mind and Soul and then reach to union of God.



## Practice Naturopathy

Naturopathy is also a lifestyle to maintain our health and environment by using the principle and law of nature. In Naturopathy, we believe that our Body is made from five basic elements of Nature, which are: Sky, Air, Fire, Water, Earth

In Sanskrit, we believe in naturopathy that “*Yath Pindey That Brahmandey*”, means this body is a form of Brahmand (Nature). In naturopathy, we believe that Nature is best medicine for all types of ailments. In naturopathy, we believe that there is a “*Morbid matter*” which constitute in our body after adopting wrong lifestyle means against the nature prescription, which is the cause of every ailments in the body. To cure the said ailment in the body due to “*Morbid Matter*”, there is the only treatment which is “*excretion of the Morbid Matter*”. In naturopathy, we believe that Nature is a self-Doctor, because our body is the part of nature, therefore our body is also a self-doctor.

Actually Naturopathy prescribed a set format and set formula for healthy living, we must have to adopt those formulas in set format. Naturopathy is a drugless therapy, it suggested that drug is harm for our body and regularly intake of drug will sometime create disaster in our body. It suggested, "Prevention is better than Cure". So there are three phases in the scope of naturopathy, which are:

- 1) Before any ailment: Adopt Natural lifestyle, because prevention is better than cure.
- 2) At the time of acute ailment: No any drug. But excretion of "Morbid Matter/Toxin" by detoxification (such as: Shatkarma, fasting, different postures of asana).

- 3) At the time of chronic ailment: the same excretion of toxin by detoxification (such as: Shatkarma, anema, fasting, chromo therapy, mud therapy, hydrotherapy, air therapy, different asanas).

Therefore, we have seen how naturopathy works for any ailment. Actually main work of naturopathy is to strengthen "self-healing" process in our body and at the time of any ailment, it works for "crisis healing". Therefore, we can say that Natural Living is Healthy living because when we adopt natural way, there is no way we can seek.

## ईश्वर में आस्था

गुरुजी प्रवचन कर रहे थे—'ईश्वर महान् है। ईश्वर में आस्था बनाये रखो। ईश्वर सबकी रक्षा करता है।'

चेला एकाग्रचित्त होकर एक-एक शब्द को हृदय में उतार रहा था। दूसरे दिन चेला जंगल से गुजर रहा था। सहसा एक आदमी सामने से दौड़ता हुआ आया। वह चिल्ला रहा था—'बचो, बचो, पागल हाथी इधर ही चला आ रहा है। चेले ने मन ही मन गुरुजी के शब्द दोहराये—'ईश्वर सबकी रक्षा करता है।' और चेला निर्भीक हो कर चलता चला गया। थोड़ी देर बाद सामने से पागल हाथी चिंघाड़ता हुआ आया और चेले को धक्का देता हुआ भाग गया। चेला बाल-बाल बच गया और चोट खाकर आश्रम में पहुंचा। गुरुजी के समक्ष चेले ने शंका प्रकट की—'मैंने ईश्वर में आस्था बनाये रखी, लेकिन ईश्वर ने मेरी रक्षा नहीं की।' गुरुजी ने कहा—'ईश्वर ने तुम्हारी आस्था का ध्यान रखकर ही एक रक्षक तुम्हें चेतावनी देने के लिए भेजा लेकिन तुम नहीं चेते और बढ़ते चले गये। फिर भी पागल हाथी ने तुम्हें चोट पहुंचा कर ही छोड़ दिया अन्यथा वह तो तुम्हें कुचलता हुआ चला जाता। ईश्वर में आस्था रखो और उसके द्वारा दी गयी चेतावनी को समझने का प्रयास करो। वह सबकी रक्षा करता है।'

**'God helps those who help themselves'** ईश्वर उनकी सहायता करता है, जो अपनी सहायता आप करते हैं। ईश्वर का आदेश है—कुर्वन्नेवेह कर्माणि जिजीविशेत् शातं समाः—सौ वर्ष तक कर्म करते हुए जिओ। ईश्वर द्वारा प्रदान की हुई शक्तियों (शारीरिक और बुद्धि-बल) का भी प्रयोग करो, कर्मशील बनो। केवल निठल्ले होकर मत बैठो। तभी आप ईश्वर का संरक्षण पा सकेंगे।

## The highest form of happiness is Bliss ( nand)

Most of us have our own life goals. They may include becoming a doctor, being rich and famous or representing one's country in a certain field. Whatever the goal is for the vast majority of us, it is predominantly a worldly one. Our entire education system is set up to help us pursue these worldly goals. As parents too, we instill the same worldly purpose in our children by encouraging them to study and enter professions that give them more benefits monetarily as compared with one's own profession.

One may ask, "How does having these worldly goals reconcile with the spiritual purpose of life and the reason for our birth on Earth?"

The answer is quite simple. We strive for worldly goals primarily to achieve satisfaction and happiness. The pursuit of the elusive 'superlative and lasting happiness' is intrinsically what drives all our actions. However even after we accomplish our worldly goals, the resultant happiness and satisfaction is short lived, we then search for the next dream to chase.



'Superlative and lasting happiness' can only be attained through spiritual practice. The highest form of happiness which is Bliss ( nand) is an aspect of God. When we merge

into Him we too experience perpetual Bliss. This does not mean that we have to give up what we are doing and just focus on spiritual practice. What it does mean is that only by introducing spiritual practice in conjunction with worldly life are we likely to experience superlative and lasting happiness.

Stages in Spiritual Growths are :  
 1. Intellectual / Verbal Knowledge  
 2. Belief  
 3. Spiritual Practice  
 4. Spiritual Experience  
 5. Faith  
 6. Spiritual Emotion  
 7. Devotion  
 8. Self Realisation

Spiritualism is the main constitution of our life which should be written and followed for an ideal life. Spiritualism's main focus is to promote an individual's personal experience with GOD.

G - Generator (Brahma)

O - Organiser (Bishnu)

D - Destroyer (Maheswar)

If we want to grow into the real and the ideal in us, we have to clean our mind thoroughly of the undivine thoughts that



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### Student's Feedback

With all due respect to the Teachers, their knowledge, above all the BVB as an Institutions I feel proud and delighted to be a part of 2012-13 Holistic Living Batch. All the 8 topics covered in the curriculum were excellent because they do play a role in our day to day life and dealings in the family & society. It

enlighten on so many aspects which were Hearsay before doing this course to me. I could realise the importance of each and every Topic covered in our syllabus in our life.

Being an Alternate Therapist by profession (ACUPRESSURE, HASTA MUDRA PRACTITIONER), I joined this course to see the scope of opportunity to do a Diploma/ Degree course among these 8 which will be a add on to my existing profession. I always want a Holistic approach to a disease/situation/feelings so that the problem can be uprooted. I will definitely say that this course has given immense hope that - if there is a will to improve, the ways are many on any aspect. It only needs your sincerity and commitment to achieve that.

are constantly assailing us. We need to Surrender four things to GOD: Happiness, Sadness, Worries, Hatred. The moment you surrender these 4 emotions you will become a child who is out of all the negative elements and pure. After emptying our heart and fill it with infinite Light and Delight. Then the Real and Ideal God will be in us forever to guide us in our each path.

In short, the more our life goals are in line with the intent of spiritual development, the more rich our lives become and the less pain we experience from life.

As Gandhiji said "Be the change what you wish to see in the world ". Lets start from today practicing a small positive change in us to see the difference. Never forget we are changing for ourselves not for others.



## The causes and treatments of the diseases are same.

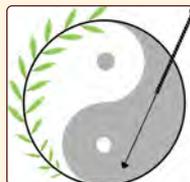
Naturopathy is also called NATURE CARE. According to naturopathy, diseases are physical manifestations of the body's attempt to heal itself when it falls out of harmony with its environment.

There are 4 aspects of Naturopathy : (a) Health Promotive (b) Disease Preventive (c) Curative (d) Restorative Potential.

As per Naturopathy main causes of Disease is "Violation of the Laws of Nature"

Accordingly it has classified 3 causes of Disease: (i) Wrong Eating Habits (ii) Wrong Living Habits (iii) Wrong Thinking Habits. These 3 are responsible to invite disease into our physical, mental and spiritual body which in turn reacts as Disease means Dis - Ease or Discomfort in our body parts.

Nature care is primarily based on three principles: that the body possesses the power to heal itself through its internal vitality and intelligence; that disease is a



manifestation of vital force applying itself to the removal of obstructions to the normal functioning of organs and tissues; that naturopathic cures should take a holistic approach to health. By integrating these principles, naturopathy seeks to stimulate the body's inherent power to regain health with the help of the five natural elements—earth, air, fire, ether and water.

The Five great elements of nature and the treatments based on them are:

- Earth : Mud baths, Mud packs,
- Water : Hydrotherapeutic methods in the form of Baths, Jets, Packs, Compresses,
- Air : Breathing exercises, Outdoor walking, Open air baths
- Fire : Sun baths, Magnetised water, Colour charged oils / water / light
- Ether : Fasting therapy

Patients going to a naturopath are treated in three stages.

First, the diagnosis of their condition is made without using invasive techniques. Because it believes and true that our body is the indicator of our problem.

Secondly, the patient is put on a detoxification regime that includes colon irrigation (to cleanse the colon), fasting, massage (to cleanse the skin), deep breathing (to clean the lungs), baths and exercises.

The third step involves a corrective regime that includes a new diet with vitamin supplements, body manipulation, herbal compounds.

Since it considers the body to be a self-healing organism, naturopathy assumes that given the right environment and the opportunity, the individual shall enjoy spontaneous repair, recovery and good health—thus avoiding ill health altogether.

As per the Naturopathy belief - The causes and treatments of the diseases are same.

## Vaastu Shastra is the science of planning and construction

VAASTU is derived from the Sanskrit (language in vogue thousands of years ago in India) word VAAS, meaning place to reside.

Vaastu Shastra is drawn from one of the four Vedas (ancient Indian scriptures), which are 5000 years old, and provide specific guidance on how man can conduct himself successfully in various aspects of life.

Vaastu gives us useful and practical tips on how to create a healthy and harmonious living and work environment. It offers suggestions for placement of plant and machinery, office equipment, and furniture. It also gives ideas on harmonizing colours and materials.

Vaastu knowledge is helpful to you in making necessary modifications in your existing work and living environment. It also advise you in case of new constructions or prior to buying an existing house.

Vaastu Shastra is the science of planning and construction and lays down the principles of planning and orientation for building activity. It helps to make us happier and prosperous in our homes, offices, shops and factories.

The whole world, including the human body, comprises of five essential elements, i.e. space (sky), air, fire, water and earth.

There is a co-relation between these elements and man's five senses of hearing, touch, sight, taste and smell, with instruments of perception being ears, skin, tongue and nose respectively.

The principles of Vaastu are mainly dependant on the arrangement and balancing of these five elements in their

proper order and proportion so that humans can have better conditions in a place in which they live or work.

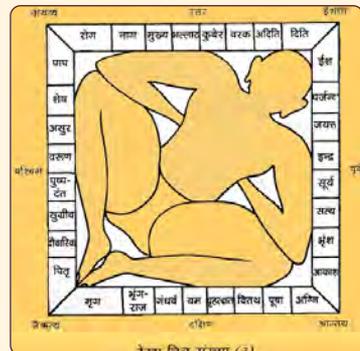
Vaastu principles originate in the nexus between the earth and the sun. Since these two planets are of universal nature and above any caste, creed, culture, religion and nationality, the principles of Vaastu are universal.

Vaastu principles were formulated keeping in view the influence of the sun, its light and heat, the direction of wind, the position of moon, the earth's magnetic field and the influence of cosmos on our planet.

The earth has been revolving around the sun, in a geo-stationary orbit for over billions of years due to the magnetic effect caused by its rotation. Due to the magnetic properties of earth, the magnetic needle of a compass always tends towards north. Being based on permanent magnetic property of the earth, with inclination towards north, the effect of vaastu principles also becomes permanent.

Ancient sages believed that Vaastu Purusha, the Demi God, exists in each and every plot, with his head placed on the north-east side of the plot and the folded legs in the south-west.

Vaastu Shastra gives directions as to how a plot of land should be chosen, the size of the plot, its location and in designing of the home, office, factory, the direction from which the entrance to building is.



## Naturopathy is Science of Healthy Living.

Your food shall be your medicine, said Hippocrates, father of modern medicine, several hundred years ago. Never before has the average man and woman been better fed and so poorly nourished as in present times. The progress of civilization has led to an increasing concentration of population in cities, metropolis and megalopolis. As a consequence man has lost touch with nature and its bountifulness. Due to mindless commercialization, preserved,

refrigerated, processed and pasteurized food items are being marketed and promoted. Such foods can never substitute wholesome, natural food. It only aggravates the problems of the human body. Mahatma Gandhi was an ardent advocate and practitioner of naturotherapy. He followed practices on his Ashram.

Due to this distance from nature, present generation has been deprived of farm fresh foods. Most of the food being marketed today is denatured, artificially flavored and semi-synthetic; devoid of their vital food values. Whatever nutrients are left in them after long processing, storage and



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### Student's Feedback

Modules of Holistic Living course have been very well chosen. These cover almost all aspects of an individual's life and guide him on a path of complete living. The classes were conducted on Sundays but it influenced and transformed day to day living.

The introduction was stimulating and generated interest right in the beginning of the course. The philosophy of life was unveiled by Mr. Badkar in a very revealing and enlightened way which raised curiosity to learn more.

Naturopathy introduced us to ourselves in a natural way. The understanding of foods in their natural form to prevent occurrence of disease was a great revelation. The simplicity with which various therapies can be used to cure ailments was the hallmark of the lectures of Dr. Rastogi. He made us revise our knowledge of human body in a very lucid way.

The lectures on astrology by Sh. Indrajeet were so engrossing and detailed that further interest has been generated to take up a full-fledged course on the subject.

Insofar as yoga classes are concerned the time allotted appeared to be very less for such a vast subject. Nevertheless, tips given by the yoga teacher on holistic living were practical and useful.

Vaastu turned out to be a surprise. It covers a broad spectrum of life in macro and micro aspects. The importance of the soil, dimensions of the piece of land, entrance to the house, positioning of furniture & other house hold articles for the well being of the residents has been understood. Sh. Indrajeet has abridged the vast knowledge in such a way that all dimensions of the subject have been covered without leaving out anything important and essential. But there is a desire to know more. The time allotted to numerology has not done justice to this mysterious and scientific subject. Despite best efforts on the part of Sh. Indrajeet, there appear to be gaps and grey areas which require to be filled & understood.

Hypnotism, true to its name was an awe inspiring experience. The practical approach adopted by Sh. Arvind Soni was very apt keeping in view the paucity of time allotted to it.

Finally, palmistry as a subject lived up to the expectations we had from it. Though it was last topic in the course, the interest was maintained because of the detailed and livid explanations & practical approach adopted by Ms Bharati i.e., reading the hands of students to satisfy our curiosity. In conclusion, it happened to be a transformational experience for me to attend this course on holistic living. It has whetted the appetite for deeper and elaborate study of the subjects covered during the course.

transportation are poor substitutes for natural "wholesomeness".

In this era of wonder drugs, hormones and synthetic compounds, it may appear weird to believe that treatments based primarily on the use of plants, vegetables, fruits and grains are possible and are being increasingly resorted to.

People are reverting back to nature and nature therapy. Their faith in mud therapy, water therapy and other such natural treatments is reviving.

There are many ailments which can be prevented and treated by taking natural foods rich in minerals, vitamins, vital nutrients and other substitutes which have positive medicinal and curative properties. Recent research has shown that onion is a preventive food against heart attack, it reduces blood cholesterol and corrects thrombosis. Blood sugar is controlled by AMLA as it stimulates production of insulin. Garlic juice dissolves mucus accumulated in sinus cavities, bronchial tubes, lungs and reduces the severity of asthmatic attacks.

Naturopathy is science of healthy living. According to naturopathy main cause of disease is violation of the laws of nature. Wrong eating habits, wrong living habits and wrong thinking habits. Lowered vitality, abnormal composition of blood & lymph and accumulation of morbid matter in the system are the primary causes of disease. Naturopathy treats the body as a whole. Food is the only medicine and no external medicine is used. Different methodologies used to heal the body are fasting, diet therapy, massotherapy, hydrotherapy, mud therapy, chromo therapy, magneto therapy etc. Naturopathy helps not only in attaining freedom from disease but also in acquiring positive thinking.



The emphasis given to having the vegetables preferably in raw form or semi cooked gives rise to an apprehension regarding its purity. Insecticides and other chemicals used during the growing of vegetables to enhance its yield can cause more harm as compared to its beneficial effects.

The therapies and practices recommended in naturotherapy are complicated and it is not possible to adopt at home without help of some expert. Taking these benefits from outside sources is time consuming as well as expensive.



## Spiritual Growth is the Ultimate Aim of Life

Aim of all knowledge is to liberate. It may not be mandatory to follow a religion in its strict sense to seek spiritual growth, it is nevertheless a means to achieve the end. In ancient India there were many sects and paths which lead to spiritual growth without prescribing any religious norms. The Bhakti movement and Sufism have demonstrated amply that crutches of religion are not necessary to progress on the path of spiritual growth. A passenger boards a train to arrive at a destination, but leaves the train behind, once he has reached the destination. Religion can play the role of the train.

After going through all the other stages (ASHRAMAS) of life one has ultimately seek his own salvation (MOKSHA). To attain spiritual growth the cosmic energy which is all pervasive, is required to be internalised and its flow is to be so regulated that it grows and strengthens the spirit (ATMA) on its journey to merge with the supreme (PRAMATAMA). Earlier the journey is begun, the better. Leaving it to the old age is not a wise decision.

As stated above, religion is a means to spiritual growth. There are non-religious means to achieve spiritual growth. These are, simple, non-toxic diet (SATVIK AHAR), company of learned and positive-minded persons (SATSANG), speak less (MAUN). Music, preferably instrumental, facilitates meditation. It draws out dormant energies and strengthens the flow of internal energy.



But this gives rise to the question whether spiritualism leads to pacifism? Has one to lead a pacifist and inactive life to follow the path of spiritualism? Not at all. The analogy of Lotus flower in Hinduism is the answer. Do your karma in this world in a detached way. Offer all your deeds (including misdeeds) the God

Almighty. Acknowledgement that all actions are the handiwork of Supernatural power is the first step on the path of spiritualism. What is my role? I have to do my karma. I am playing a small part in a grand cosmic game. I shall follow my Dharma and thereby change my fate.

For progress on the spiritual path one has to adopt a comprising nature. One should acknowledge that everyone is a unique individual. Everyone's fate is different. Practice detachment on the path to spiritual growth.

But man is a social animal. One leads life at four levels, viz. personal, family, social and professional. A spiritual person will have to minimise his social life and maintain contact with like minded persons only. Spiritual growth shall be the ultimate personal objective without any wish for appreciation or reward.

There is no need to die to attain Moksha. Ultimate aim of a spiritual life is to attain final Moksha, which is state of mind, in this life. Every mishap in life is a turning point on the path to spiritual growth. It was after a personal tragedy that I was prompted to join the course on holistic living at Bhartiya Vidhya Bhawan. Spiritualism was the only path which could have provided a balance and solace at this juncture. My fate and sanskars put me on this path.

## झरने की सीख

एक झरने के पास पहुंचे तीन यात्री। उन्होंने वहां एक वाक्य लिखा देखा—'मुझे आदर्श समझो'। वे परस्पर सोचने लगे कि इस वाक्य द्वारा यह झरना उन्हें क्या संदेश दे रहा है? पहला यात्री बोला—'यह झरना एक लम्बी घाटी से होकर बहता है। यह तालाब के पास से होकर गुजरता है। इसमें कई नदी-नाले मिलते हैं। फिर अंत में यह एक बड़ी नदी बन जाती है। यह वाक्य हमें शिक्षा देता है कि लगातार काम करते रहने से ही लाभ होता है।' दूसरा यात्री बोला—'इस वाक्य में मैं कुछ दूसरा ही अर्थ देखता हूं। यह झरना बिन किसी इनाम के, लालच के, या बिना किसी पारिश्रमिक की इच्छा के, सबकी प्यास बुझाता है—चाहे कोई भी इसके पास आये। इसलिए यह हमारे लिए आदर्श है और हमें यह शिक्षा देता है कि हम अपने लोगों के लिए उपयोगी बनें।' तीसरे यात्री ने निवेदन किया कि—'हम सब झरने का पानी तभी पीते हैं जब वह बहुत साफ होता है। अगर यह गंदा है तो इसे जानकर भी नहीं पीते। अगर तुम चाहते हो कि तुम्हारी इज्जत हो तो तुम भी निर्मल व साफ बनो।'

निरन्तर परिश्रम करो। भला सोचो, भला करो।

## Each Numeric Value provides a related Cosmic Vibration



Numerology is the study of numbers and the occult manner in which they reflect and correspond to everything else in the whole cosmic. This is because numbers are the reliable language system through which the universe is made understandable and thus the root numbers from 1 to 9 has a significant effect on everything around us. All the nine numbers in numerology have their own essence. Simply from a person's birth date all other important happenings of the past, present or the future that can be calculated through numbers.

In numerology, each letter in the alphabet has a numeric value that provides a related cosmic vibration. The important sums in numerology to watch out the numbers in your birth date and the sum of the letters in the name, when these two are interrelated, they tell a wealth of information about the person. These numbers show a great deal about character, purpose in life, motivations, strengths, fears, talents.

The origin of Chinese numerology near the banks of Huang River. Emperor of China, Hasia Ke Wu was working on the Yellow River to find a way to prevent the flooding that regularly devastated the communities along the river. During the course of this

work Wu discovered a tortoise shell which had a fascinating 3x3 magic square on its back. This magic square on the tortoise's back was called the Lo

Shu Grid. Lo Shu Grid so special is that every row, column and diagonal in the grid adds up to the number 15.492357816

We have also learnt about personality & destiny numbers and their explanations. Maitry chart, missing numbers & impact of missing Numbers & their remedies. Kero method for name numerology, karmic number, how to calculate personal day/month / year & also Kua number and compability chart.



## There is an invisible and constant relation between all the five elements

The Sanskrit word Vaastu means a dwelling or house with a corresponding plot of land where we live. There are many principles in Vaastu Shastra to mention a few which involve certain mathematical calculations for maximum well being and benefits for the residents of a building. Below are some of the basic theories in Vaastu Shastra.

According to Vaastu Shastra, the world comprises five basic elements .Out of the nine planets, our life because of the presence and balance of these five elements. The five elements are as follows.



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### Student's Feedback

भारतीय विद्या भवन का एक साल का होलिस्टिक लिविंग कोर्स करने का सौभाग्य प्राप्त हुआ। पहली क्लास दिलीप सर की spiritualism के बारे में थी. बहुत सी बातें जो गलत पता थी या पता नहीं थी उनके बारे में जानकारी मिली. इसके अलावा योग, प्राकृतिक चिकित्सा, ज्योतिष विद्या, वास्तु शास्त्र, अंक शास्त्र, हस्त रेखा ज्ञान व सम्मोहन विद्या के बारे में सीखने का मौका मिला. सभी आचार्य दिलीप सर, कुन्दन सर, रस्तोगी सर, कश्यप सर और भारती मैडम अपने अपने विषय में पारंगत हैं। एक अलग ही आनंद का अनुभव था. मैं कोशिश करूंगा की जो कुछ भी यहाँ से सीख पाया हूँ, उसे अपने व औरों के कल्याण के लिए उपयोग कर सकूँ। सभी आचार्यों को कोटि कोटि नमन...

**EARTH (Bhumi)** - Earth, the third planet in order from the sun, is a big magnet with North and South poles as centers of attractions. Its magnetic field and gravitational force has considerable effects on everything on the Earth, living and non-living.

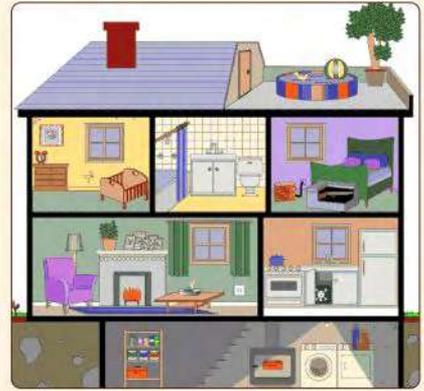
**WATER (Jal)** - This is represented by rain, river, sea and is in the form of liquid, solid and gas. It forms part of every plant and animal. Our blood is mostly water.

**AIR (Vayu)** - As a life supporting element, air is a very powerful life source. Human physical comfort values are directly and sensitively dependent on correct humidity, air flow, temperature of air, air pressure, air composition and its content.

**FIRE (Agni)** - Represents light and heat which account for day, night, the seasons, energy, enthusiasm, passion and vigour.

**SPACE (Akash)** - The Akash provides shelter to all the above elements. It is also considered the primary conductor of all energy sources within the universal energies such as sound and light, social energies such as psychological and emotional and cognitive energies such as intellect and intuition.

There is an invisible and constant relation between all the five elements. Thus, the person can improve their conditions by properly designing their buildings by understanding the effectiveness of these five natural forces. Vaastu Shastra combines all the five elements of nature and balances them with the person and the material. It takes advantage of the benefits bestowed by the five elements of nature to create a congenial living and working environment thereby facilitating spiritual well-being and paving the way for enhanced health, wealth, prosperity and happiness.



## महात्मा बुद्ध और उनका शिष्य

भगवान बुद्ध के एक शिष्य ने एक दिन चरणों में प्रणाम किया और हाथ जोड़कर पूछा—यदि आप आज्ञा दें तो मैं देश-देशान्तर में प्रचार के लिए निकल पड़ूँ। बुद्ध— लोगों में अच्छे-बुरे सब प्रकार के मनुष्य होते हैं। बुरे लोग तुम्हारी निन्दा करेंगे और तुम्हें गालियाँ देंगे। उस समय तुम्हें कैसा लगेगा? शिष्य— मैं समझ लूँगा कि वे बहुत भले लोग हैं, क्योंकि उन्होंने मुझे पर धूल नहीं फेंकी और मुझे थप्पड़ भी नहीं मारे। बुद्ध— उनमें से कुछ लोग धूल भी फेंक सकते हैं और कुछ थप्पड़ भी मार सकते हैं। शिष्य— मैं उन्हें भी इसलिए भला समझूँगा कि वे मुझे डंडे नहीं मारते। बुद्ध— डंडे मारने वाले भी मनुष्य मिल सकते हैं। शिष्य— वे मुझे हथियारों से नहीं मारते, इसलिये वे भी मुझे भले जान पड़ेंगे। बुद्ध— जंगलों में रहने वाले टग और डाकू तुम्हें हथियारों से भी मार सकते हैं। शिष्य— वे डाकू भी मुझे दयालु जान पड़ेंगे, क्योंकि उन्होंने मुझे जीवित तो छोड़ा। बुद्ध— यह कैसे जानते हो कि डाकू जीवित ही छोड़ देंगे। वे जान से भी मार सकते हैं। शिष्य— यदि मार भी देंगे तो भी उनकी दया ही समझूँगा क्योंकि और अधिक दुःख-कष्ट भोगने नहीं पड़ेंगे।

शिष्य की बात सुनकर बुद्ध बहुत प्रसन्न हुए। उन्होंने कहा—तुम पर्यटन करने योग्य हो। सच्चा साधु वही है, जो किसी दशा में किसी को बुरा नहीं कहता, जो दूसरों की बुराई नहीं देखता, जो सबको भला ही समझता है।

**दूसरों को बुरा समझना और दूसरों के दोष देखना एक बहुत बड़ा दोष है।  
इस दोष से सभी को बचना चाहिये।**

## Restore Health with the Blessings of Nature

Naturopathy is all about regaining health by nature. Abiding by the laws of nature helps us in restoring health, which as a result keeps us full of life. Let us learn about Naturopathy in this article.

All of us want to be healthy to live happily. But many of us are not ready to put in real efforts when it comes to keeping ourselves healthy. How many times we stop ourselves from taking food that is harmful to our body? We all know about what is good and bad for our health but are not ready to understand it. With Naturopathy, we can gain good health.

### Naturopathy-An Introduction

Naturopathy is an ancient system of medicine. It is based on the healing power of nature. This way of treating focuses on

to find the cause of disease and then treating it by natural ways. A number of therapies can be used to cure your body. It can be mud therapy, hydrotherapy or any other, depending upon the type of disease.

### Abide by the Laws of Nature

Our body has all the arrangements to live healthy but any disorder can interrupt the entire system. For understanding the same, we have to know the type of body. We should be aware of our body system and try to cure it naturally. Therefore, the foremost requirement is to abide by the laws of nature. We should follow natural ways to treat our body which are harmless and cure our body without any side-effects.

### Naturopathy-A Way of Healthy Living

Naturopathy prescribes the concept of getting back to nature. The main idea working behind this ancient system is to leave you to nature to get cured. As soon as



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### Student's Feedback

Diploma in Holistic Living has brought a transformation in my life. I am happy that I joined the course and got an opportunity to gain priceless knowledge from teachers.

**Quality of Training :** I like the way the programme has been designed and appreciate the efforts put in to give us maximum in short period of one year. Though the knowledge on different subjects is limitless and it was hard for teachers as well as students to discuss about the topics deeply yet the efforts are commendable. With due respect to all teachers, I would like to mention that I thoroughly enjoyed, Spiritualism, Yoga, Naturopathy and Hypnotism.

Spiritualism section by Dilip Sir was a transforming experience. I liked each session and discussion. Dilip Sir threw light on different topics and helped me out of understanding life in a better way. It also aided me to overcome fear related to professional and personal life.

Yoga session by Kundan Sir was like diving into the pool of knowledge. He taught us different Asanas and dealt our repeated queries with patience. Besides yoga, he added on several interesting activities like Prayer, Meditation and Bhajans that created a perfect atmosphere to learn this divine knowledge. Examples from Bhagwad Geeta by Kundan Sir were commendable.

Hypnotism section by Arvind Soni Sir completely changed my thoughts about it. He illustrated us through interesting examples that helped us to understand this complex subject. Now, I realize the true power of hypnotism.

In July 2012, I got typhoid and could not attend Yoga section. On request I was given the opportunity to join the Yoga classes with another group without any additional charges. During my marriage in December, 2013, again I had to miss few classes but with students' help, I was able to get an idea about the same. I am grateful to BVB teachers and students for the same.

The library facility for students of Holistic Living was also very good. It helped us to stay connected to the ancient knowledge during weekdays.

I believe that many students like me have a strong inclination towards topics, seminars and discussions that can lead us to a better life. Students should be kept well-informed about the upcoming courses and activities related to 'Holistic Living'.

your body lives in attunement with Mother Nature, it acts perfectly. Naturopathy presents a strong viewpoint against the chemical prevention of diseases. It suggests the importance of natural defense mechanisms, which can be self-cured.

Nature care is mainly based on the principle that the body has the power to heal itself. It seeks to stimulate the body's inherent power to restore health with the aid of the five natural elements-air, earth, fire, ether and water. This science of medicine works upon the perfect integration of the elements within individual.

#### Process of Treating Naturally

At first step, the diagnosis of the patient's condition is made. Secondly, the patient is put on a regime that includes fasting, deep breathing, massage or any exercise. At the third step, a corrective regime including diet with vitamin supplements is introduced. Since it is understood the body has a self-healing organism, naturopathy or nature care assumes that given the right environment, the patient will enjoy recovery and restore good health.



## Four objectives of life, Dharma, Artha, Kama and Moksha

In this fast-paced life, we have achieved all the materialistic bliss but we have forgotten something very important, the actual aim of life. Help yourself grow spiritually and fulfill the true purpose of life.

Growing is something that everyone wants. If you look around, you will find many people who are looking for growth in one or other way, be it professionally or financially. But you will find very few who



are in search of spiritual growth.

**Spiritualism-An Overview**  
Have we ever realized that why we are on earth? Is our life all about living and dying? What will happen to us when we die? If the above questions strike in your mind, you are on the first step of spirituality. The term 'Spiritualism' cannot be described and its meaning can vary to different persons. But what remains common is that achieving the ultimate aim of life, called 'Moksha', 'Nirvana' or liberation.

#### Make your Life Purposeful

Once you are able to view the light that leads you to a different world, you are on the right track. We should try not to restrict our life to just eat, drink, make merry and at last bidding goodbye to the world. It is always better if we are able to find out the purpose of life. If you want to figure out the same, you should have an in-depth understanding of the objectives of life.

#### Achieve Objectives to attain 'Moksha'

It is a known fact that we are here to achieve the four objectives of life, Dharma, Artha, Kama and Moksha. We should be well-aware of the meaning of these objectives. Dharma teaches us about right conduct in different situations of our life. Artha says about gaining right wealth in right way without indulging ourselves in unfair means. Kama means desires which can be endless. We have to opt the right desires. Moksha, which is the ultimate objective, can be attained after the fulfillment of the three objectives in a right manner.

#### Be a True Seeker

Be a true spiritual seeker and create the atmosphere that makes your life purposeful. It is very important to keep following the path to enlighten your soul.

Just thinking about spirituality will not be of any use. You have to ask questions to your soul and try to get the honest answers. Try to establish a connection with God by practicing 'Maun' or keeping yourself calm. This will help you in refraining from unnecessary talks and give you an opportunity to talk to yourself, which is the best way to become a spirituality seeker. Spirituality brings to you two important virtues. First, it makes you selfless and another is it helps you realizing things in a different way. You get clarity of understanding and your perspective to look at things or situations will be different. All you will realize is the closeness of Almighty that will redirect your life into a meaningful journey.



## Significance of Yoga that can only be realized not described

Yoga is the age-old knowledge that has been gifted to India. The country is blessed with the birth of many saints, hermits and scholars who contributed in sharing the knowledge of Yoga. Today people are being well-aware of Yoga that can lead them to a healthier and happier life.

"Yoga is the cessation of the movements of the mind. Then there is abiding in the Seer's own form." -Patanjali

The above quote suggests the significance of Yoga that can only be realized not described. Yoga is commonly considered as a way to get physical health by practicing several 'Asanas' or Postures.

An Insight of Yoga: The real meaning of the term 'Yoga' is much more than we generally think of. It is the ancient knowledge that has been transferred to saint by 'Guru-Shishya' tradition. Nowadays Yoga has again gained popularity owing to the numerous benefits associated with it. No doubt, practicing yoga for a short period can gain you good health. But if you think seriously, you will be able to understand

the endless benefits of yoga. If it is practiced for lifetime, it not only keeps you hale and hearty but also tranquilizes your body and soul.

### Yoga-Encouraging Overall Well-being

It is aptly said that Yoga can bring perfection in mind, body and soul. This old-age knowledge was first originated in India and later on it spread its wings in different corners of the world. Once you start practicing Yoga, you will realize a difference in your routine life. You will be more active and healthy. For specific diseases, there are many 'Asanas' that can be practiced to get rid of the diseases.

Let us help you in understanding how does it affect your mind. While practicing breathing exercises, your mind feels calm. This soothing feel fills your mind with peace, which is very much required in today's fast-paced life. It helps you to shed away stress and as a result, your mind becomes at peace. Meditation is the best way to soothe your mind and release tension, caused of high ambitions and stressful life.

The most important advantage of practicing yoga is that it brings perfection to your soul. Originated from Sanskrit word 'Yuj', Yoga means 'Union'. It is a sincere effort to connect your soul to Almighty. As you will be in the habit of practicing Yoga, you will be closer to God but your approach should be dedicated. Being united with God is a feeling that cannot be described in words but you can have this rare experience with Yoga.



## Reawaken the dormant enlightened consciousness that is sleeping within us

Albert Einstein said "God does not play dice" which means God with infinite vision and wisdom donot do things without any purpose. Everything happens for a reason. Our life is not just an accident but surely for a purpose. As God is eternal, full of bliss and of knowledge we are also constitutionally eternal, full of bliss and full of knowledge just like a drop of sea which has the same characteristic as that of sea. But at present moment because we are disconnected from our original and we are materially contaminated which gives bondage to material desire. Due to this bondage we are attached to the material world which exists on the principal of duality. We just think that we are limited to our physical body, family, job, status etc. but there is more than this which is more greater and powerful and keeps us shining and glowing in life. What does it profit a man if he gains the whole world but suffer the loss of his soul. The best example is Ashoka, the great. The mass death of the war changed his mind and he gave up violence and embraced buddism for peace. There is no reason that we should suffer in this material existence. All we have to do is to reawaken the dormant enlightened consciousness that



is sleeping within us. There has been no such medicine that can alter our thinking strategy. That is why emphasis has been made to anchor ourselves by spirituality. To live spiritually means we have to connect ourselves with our inner being, higher being that is our source energy. It is not necessary to get connected to some belief system or religious worship but it arises from the connection with yourself, your personal value system and your search for the purpose and meaning in life. The process of spiritual enlightenment is the ultimate self realization. This process takes time and effort and the best thing is anyone can access a spiritual connection to God. There is always a right and wrong way of handling things. Similarly, we have to develop right strategy to connect with supreme power.

How to get connected spiritually?

1. Law of conservation of Energy: Start



### Indu Pathela

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### Student's Feedback

The quest to connect with our source has led me to Bhartiya Vidya Bhavan's centre of Indology. They conducted one year diploma course in Holistic living with 5 modules. I think yoga and naturopathy are methods that connect directly and in a very healthy way and can manipulate consciousness. Naturopathy and yoga are two wheels of the vehicle of spirituality. I think these three modules are the best steps towards the spiritual growth which is the sole purpose of spirituality. But emphasis was not given to Meditation which is very useful to discover harmony with true nature. I find some mantras and prayers given by teachers very effective. Astrology, numerology etc are completely different areas of study altogether and I think this is a professional course. This course needs full dedication and involves a great understanding of human nature.

conserving energy. Do not drain out your energy in unnecessary things. The energy will flow inward and inward growth will start.

2. Satvik diet: Foods have a major effect on the body and mind. Satvik food is pure and healthy food that provides calmness, peace, purity and thus spirituality. Maximum energy is wasted to digest junk food. Consumption of this type of food results in mental and spiritual blockage.

3. Satsangat: Means true company of souls. The feeling of duality is eliminated with good company and atmosphere. According to the law of nature, we grow like those with whom we are associated.

4. Music: It is well said that Music is the language of our soul and the soul is the residence of our spirituality. Music is one of our most powerful gateway to connect to our spiritual nature. Loud music excites our body and starts pulling out energy whereas soft/soothing music makes energy flow inward and thus inward growth is started.

5. Forgiveness: When you are angry, bitter, victimised it is very hard to feel connected to the divine. Make forgiveness your strength. If you want to have a peaceful mind and make steady progress on the spiritual path, you must forgive and beg forgiveness as forgiveness is a healing journey for both body and soul. It is rather a soul cleanser.

6. Sense of purpose: Focus less on unimportant things and eliminate stress. The feeling that you have a purpose in life lead to inner peace. Always seek to put more love to others. Be kind and more compassionate.

7. Positive attitude: Never judge anyone. Make an effort to see their goodness. Always think there is a supreme power that is bigger and more powerful. Never regret your past rather embrace it as the

teacher. Pray and bless others

8. Meditation: You need to say Oh God, take charge of my life and work through me.

9. Chanting mantras: Frequency of Mantras is capable of developing spiritual potentialities.

The more you vest time into the relationship building with God the stronger your spiritual connection with HIM will be. An aura of protection will surround you. You will have security and strength. Even a little advancement on this path protects you. Once you are connected with your source energy, you are at peace with yourself and the inner light will guide you the right path. You do not have to go to search your purpose of life, it will automatically come. When the student is ready, teacher appears.



## Body contains life force energy and if nurtured properly promotes self-healing

Holistic living offers a way to balance life in all areas. Some of the benefits of holistic living are spiritual connection and healthier body. All things are so interconnected that if we start in one area of our lives and then we begin to see the connections in other realm along the way. There are so many paths to keep body healthy. How can you care for others if you cannot even care for yourself? Overall health program is encouraged for the spiritual development by abiding the rules of nature. If we adopt natural ways of life, not only we lead disease free life but will also be physically, mentally and spiritually elated human beings and if laws of nature are not obeyed, Nature lets the human suffer the consequences and person falls prey to illness. To stay healthy everyone has to abide by the laws of nature. Diet and lifestyle are major factors

to influence susceptibility to many diseases. Foods have a major effect on the body and mind and so on soul. Diseases are the byproduct of lifestyle.

Nature care or naturopathy is based on a philosophy that body is not only a mass of chemical and physical reactions but contains life force energy and if nurtured properly promotes self-healing and they honour body's this ability to heal and thrive. Detoxification and promoting pranic force or life force energy in the body is called Naturopathy and for every disease there is one cure and that is detoxification by natural means. Naturopathy is not just a treatment but it's a way of life and its knowledge makes everyone self-dependent for one's own health. The only purpose is to restore wellness to the body by supporting and stimulating individual's inherent self-healing process. The stronger the healing power within, sooner the disease will be cured. The specialty of naturopathy is that it does not suppress any disease but it extricates it from its very root.

The basic principles or the foundation of naturopathy are:

1. Body heals itself. Care does not come from outside but from inside.
2. Disease grows slowly within the body through accumulation of toxins.
3. It is well said that it is a body not food which is more important.
4. Fasting does not cure any disease but provides an opportunity to body to heal itself.
5. Exercise or physical activity keeps the balance between nutrition and drainage.
6. External treatment gives only relief to the body but do not cure the body.
7. Do not suppress any disease with medicine but treat it as a natural cleansing process.
8. Last but not the least it is the patient's own will to get well with determination and faith.

## Practice Yoga Regularly

The purpose of yoga is to create strength, awareness and harmony in mind and body. It is to develop the body healthy and to pure the mind to attain a state of permanent peace. This is a disciplined method to attain a goal of life. It helps us to be leaders of our own destiny. It is not just a physical discipline but it is a way of life. Yoga does not mean only physical postures and breathing exercise but it prepares our body for higher and deeper life and thus inner enlightenment. Yoga sans are basically for the attainment of comfortable body so as to facilitate meditation. They help in balancing the body and positively affect the mind. It helps us to replace fear with courage, doubt with absolute certainty, frustration with achievement and ultimately achieving self realisation. It is about finding the truth for yourself and connecting with it and for bringing spiritual awareness.

There are some guidelines to be followed for leading a healthier life. Following the basic principles like non-violence, truthfulness, non-stealing, brahmacharya and non-hoardings leads to live in a better and pure way.



## Yoga : Best Divine Blessings

Union of individual inner energy (spirit) with atma living all pervading cosmic energy.

Yogeshwara - (Ishwara of yoga)

Yoga shame vahamayam :

(first yoga (union) with all pervading cosmic power and thereafter THE WELL being will be bestowed upon yogis)

Lord of Yoga :

Sarva dharmanam paritajya, maa mainkam sharanam

'ANANYA BHAKTI' :

Dhyan, dharna, Samadhi & finally MOKSHA in this body itself.

BODH of SATYA: BODHISATVA- GAUTAM- BODH-BUDDHA, knower of satya VASUDEVA KUTAMBKAM.

The definition of yogi's (as per chapter 6 of geeta given superior to tapaswis, karmnisht & gyanis, yogis have been given super most position over all these three categories.

The yogis will have best of divine blessings without efforts and will be granted all the "Anandas".

Anandas are of different dimensions (degrees) Swananda, permananda, brahmananda & nirananda.

Only by raising KUNDALINI ; resides at the bottom of the spine in coil form within the triangle bone known as SACRUM since time immemorial,

Urdhavgami - ascending living energy, which nourishes, soothing, bliss bestowed Saundrya lehri as described by ADI SHANKARA CHARYA

Buddhism : coming of maatriya-

trigunatmika; - mother with three aspects i.e mahalakshmi, mahasaraswati & mahakali.

Kundalini ascends towards sahasara & both spirit the mother and the soul the father meet at sahasrar is finally yoga of both the powers meet and actualise realisation.

The only living cosmic power/ energy cosmic living energy , the power of creator.

Advaita vedanta-non dualist-by adi-sankaracharya.

Those born of flesh is flesh, those born of spirit can only enter the kingdom of god, those born of spirit is spirit; one has to become 'dwidge' twice born.

It is balance, integration, harmony silence, bliss and ultimately soothing everlasting peace withiin.

The witness state where nothing effect good or bad, happiness and unhappiness; is perceived by ego and the 'ananda' is for ever without disturbance by any factor like 'buddha' after attaining bodhi-satya, immortality and peace within for ever.

Sat, Chit & Anand; consciousness and bliss.

Trio of philosophy-plato, socretes & aristotal;- not to believe in god but to experience it.

Silence and bliss of the union of individual consciousness with universal consciousness {consciousness of the virat}

Mythology

1. Nadi grantha by brighu rishi.
2. Adi sankaracharya- chaitnya lehari -pran vayu-vibration-living c osmic energy.
3. Geeta- the 6th & 16th chapter.



**Kesar Singh Rawat**

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Student's Feedback

4. Guru granth sahib- originally known as adi-granth.
5. Kuran-all about rooh.
6. Bible- cool breez of the holy ghost.

**This has been describe to happen now;**

1. Nal- damyanti puran - coming of kalki.
2. Devi puran;- given symptons of kali yuga-people will eat form steel plates,women will dress like men & men like women, vatus would have vanished, there will be famine and wars and crimnal rulers, women will bear too many childrens, brahamins would have lost knowledge, the sacred rites have gone, the earth will bw worshipped for minerals only, men and women will live together without marriage, bound by sensuality only. The same description in the chapter of "alamate kayamet" i koran.
3. Kuran- at the time of kayama your hands will witness against you.
4. Cairo- said by 1980 the new advent

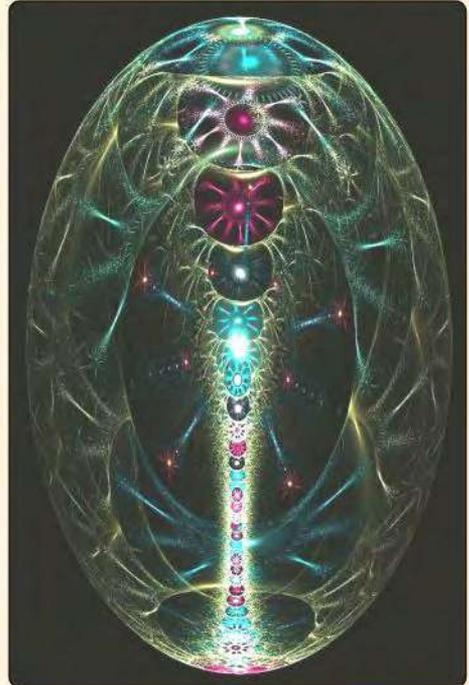
will start a new age.

5. Nadi granth- 14000 years back' manvantra-transformation of hearts in the new age will start from 1970 and by 1980 it will begin to establish in this world..
6. Gyaneswari- 6th chapter- without kundalini awakening - yoga can not happen.
7. Swami vivekanand said - there is really no difference between matter, mind and spirit( i.e- atma), they are only phases of experience the "one". The very world is seen by the five senses as matter, by the wicket as hell, by the good as heaven and by the perfect as "god".
8. Einstein described as highly powerful unknown area i .e.-torsion area-unknown area- para shakti-beyond.

**Patanjali yoga-** after astang yoga-nirvichar samadhi, nirvikalp samadhi, thoughtless awareness.

## शून्या

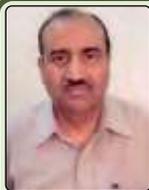
शून्या शिखर पर अन्हद बाजे  
 शून्या शिखर पर अन्हद बाजे  
 शून्या से उपजे  
 शून्या में समाए  
 शून्या जीवन सार  
 शून्या ही पूर्णा सत्य  
 संसार माया मिथ्या  
 सत्य-बोध-बोधि सत्या-बुद्धा  
 घूँघट के पॅट खोल री सखी  
 तुझे पिया मिलेगे राम  
 घूँघट माया का परदा  
 बोध-बुद्धा  
 आनंद  
 स्वन्द  
 ब्राह्म्यानद  
 निदानंद



## Pardon is not in the dictionary of Nature, so you will infinitely suffer for violation of nature

The gesture of Dr. Rajiv Rastogi, assistant Director, Ministry of Health of associating with Bhartiya Vidya Bhavan and conducting classes of Naturopathy is appreciable. He has helped us immensely in refreshing our knowledge explaining the Laws of Nature, importance of Nutrition and exercise to remain healthy, and the preventive measures and remedies of various disorders of our body.

Dr. Rastogi was forthright with his initial statement "Pardon is not in the dictionary of Nature and you will infinitely suffer for violation of nature". His explanations about classification of foods as Satvik, Rajsik and Tamsik, and the Importance of Eliminative diet (Lemons, Citric Juices, Leafy vegetables, Milk, Butter), soothing diet (Fruits, Salads, steamed/boiled vegetables, sprouts) and constructive Diet (wholesome floor, unpolished rice, pulses, sprouts, curds) was a sweet refreshner of knowledge as also the explanation that the roughage in diet and water are important to clean the digestive system. Model Food Plan with proper time



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### Student's Feedback

"When you try to ask yourself as to what is the purpose of your life then it will be the beginning of spiritual growth." So began the introductory lecture delivered by respected Dilip Sir on 2nd September last year when he also underlined the various truths about life viz., "There is no age for starting to learn" and "we shall acquire knowledge from various sources and shall keep analyzing for our betterment and growth". I happened to attend the session when I had felt that the course contents of the one year 'Diploma in Holistic Living' planned to be conducted by Bhawan's Centre of Indology on Sundays may be in tune with my interests.

The Programme coordinator, Sri Dilip Badkar needs to be specifically complemented for deciding the course structure in such a way that the fundamental knowledge of all the five key modules covering eight subjects of Occult Sciences was planned to be imparted. His introductory speech in mild, polite but concrete tone had briefly outlined the secrets and goals of human life stressing that the efforts to connect with God are simple and requires only the change in mindset, positive behavior patterns, practicing controlled diet schedule and pursuing spiritual discipline. His utterances such as "There is right time for every event and action" were in tune with my mindset at that time and I had, accordingly, taken the decision to register for the course, and thus a group of 26 keen aspirants was formed that day.

Today, when I look back, I feel myself lucky to have taken that correct decision as per the God's will because now I resolutely perform Surya Namaskar, practice meditation, kapalbhati and pranayama for 15-20 minutes in the morning daily. I have succeeded in adopting 'Model Food Plan' prescribed in Naturopathy classes and have tried living Principled stress free life since I have started attending classes.

The selfless, dedicated and knowledgeable faculty members, who conducted classes in subsequent weeks, were always conscious about the limited time schedule allocated to them for each indological topic decided in advance. Each one of them made earnest efforts to explain the concept, history and finer points of their respective subjects supplementing theory with practicals wherever required. They patiently tried to clear the doubts of one and all, logical or illogical, without losing patience although many of us felt that the lectures without any interruptions would have helped the faculty members to maintain the flow and would have resulted in additional crucial knowledge.

The conduct of respected Indrajit Kashyap needs a special mention as he was able to establish personal rapport with the batch mates. He was forthright in clearing each concept with proper explanations and clarifications, and even volunteered to visit the house of one of the batchmates for on the spot explanation of the flow of energies having positive or negative impact on family life's also suggesting the concrete remedies for removal of 'Vaastu Doshas' noticed.

schedule was also suggested and deliberated upon.

It is true that everybody has been acquiring and updating the knowledge of body organs forming a part of our digestive, circulatory, respiratory, skeletal, muscular, endocrine and nervous system; and knows the importance of keeping them clean, fit and light since childhood. But, the variety of factors such as changes in lifestyles, less physical labor, pollution, adulteration, urbanization, dependence on luxurious equipment's and over eating habits which now include aerated Drinks, Pizzas, Burgers, Noodles, Momos and other junk/oily/spicy foods available in the neighborhood are leading to disorders such as Diabetes, Obesity, Hypertension and Cardio-vascular diseases.

Now atleast, the aspirants attending the classes would have resolved to adopt for themselves and spread the knowledge that Naturopathy and Ayurveda can better keep everybody fit at a time when an increasing proportion of population is suffering from present a modern lifestyle.

It is essential for everybody not to ignore the early warning signals and to have confidence that, by taking timely preventive measures understanding that the proper Diet, Naturopathy, proper Exercise, Yoga, and Meditation must be a part of our life if we have to remain healthy.

The various golden tips given by Dr. Rastogi during the sessions such as ( 1) Never allow Waste materials to accumulate in your body, (2) Include Pranayam and Kapalbhathi in your daily routine, (3) Prefer to have Sprouts in breakfast, (4) Drink atleast 8-10 glasses of water daily, (5) Reduce intake of salt, sugar, spices, chillies and pulses, (6) Keep 25% of your stomach empty filling it with 25% water and 50% food. These were practiced by us and have been found immensely beneficial. The importance of



“Fasting” and treatment of various body disorders such as Hydro-Therapy, Mud Therapy, Message Therapy and Chrome Therapy were explained in detail and a full day trip to BalajiNirog Dham was also arranged by Dr. Rastogi where all the batch mates benefitted from the experience of undertaking Cardio exercises, Message, Steam Bath, Sauna bath, and Enema. We are sure that we will be able to continue to reap the benefits of the knowledge gained.

It is ironical that the majority of our population is still not sufficiently aware of the importance of Naturopathy which is simple and effective natural way of keeping healthy and to overcome body disorders. The awareness is essential at a time when majority of us habitually abuse and toxify our bodies overeating and regularly consuming junk food, snacks and spicy foods. Our bodies are now atuned and addicted to consuming tea, coffee, health drinks or even alcohol despite knowing well that they are harming our body. Moreover, present day life style has changed our priorities from 'health' to outwardly possessions like money and fame leading to stress, anxiety and jealousy more so due to lack of motivation or interest for exercise and meditation.

Sooner than later we fall victim our own decisions and become get affected by the deadly diseases such as diabetes, obesity, hypertension and osteoporosis because we ourselves fail to monitor proper energy flow in our digestive, circulatory, skeletal, endocrine and nervous systems. Then, in pursuit of fast relief and endeavor to resume daily hectic schedule, we prefer allopathic treatment falling prey to the neighborhood doctorswho are only medicinal and surgical commercial agents. These doctors, who call them specialized in their specific fields don't have sufficient time and are not able to devote requisite attention to the large number of patients approaching them. They resort to the

simple ways of prescribing a number of tests and body scans, and subsequently administering antibiotics and costly medicines having side effects. Earning money being their prime goal, they don't hesitate to infuse costly injections irrespective of the fact whether there is any need for the same. The newspapers and media channels periodically highlight the malpractices in medical profession and confirm that majority of the Doctors have formed cartels and don't hesitate to recommend for advanced costly treatment at specific nursing homes or Hospitals resulting in huge financial loss and severe damage to the bodies of patients.

Due to deteriorating health of a large number of its members, the society has reached the point of destruction although pollution, adulteration and adverse environmental conditions are also contributing factors. There is an urgent need for the Central and State Governments to come to its rescue and popularize the alternative therapies like Naturopathy, Ayurveda and Yoga. "Nature Care Centres" are required to be opened in each locality if the menace is to be uprooted.

As far as we are concerned, all my batch mates join me in thanking Dr. Rastogi for giving us detailed inputs during the course of his lectures. He has refreshed and enriched our knowledge about the basic requirements to keep and remain healthy. Each one of us has now resolved to be more conscious and ensure to stick to healthy daily diet by including sprouts, raw nuts, black beans, whole floor, seasonal fruits, leafy vegetables, juices etc. We have started avoiding hydrogenated and fried foods, packaged food and saturated fats in our arteries, intestines, liver and kidneys. Beginning has already been made by most of us. While planning to drink 8-10 glasses of water during the day, intake is now being avoided just before, during and immediately after the meals. We now eat just enough quantity of food with our families with peaceful harmonious mindset keeping the TV switched-off.

Practicing meditation, pranayama, kapalbhati and light yogic exercises have been included by us in our daily routine not forgetting to go for slow walk in the evening, and we are experiencing the noticeable positive difference in our mindset as well as body. Each one of us now knows the benefits of fasting, mud therapy, sauna bath, massage, hydro therapy, chrome therapy after attending the lectures of Dr. Rastogi, and thereafter personally experiencing these therapies during the course of our visit to Balaji Nirog Dham which was graciously and voluntarily arranged by him for us.



## Nine Numbers Nine Planets

We have been taught that we must connect to God first in order to acquire the requisite knowledge and expertise in various upper sciences. Astrology and Palmistry are the most ancient, widely practiced, popular and readily accepted branches of occult sciences. But, a large number of intellectuals have done enough research and have concluded that the art of foretelling is based on numbers. Without going into the details of time and place of birth, essential in case of Astrology and Palmistry, it has been successfully proved that the knowledge of Date of Birth itself is sufficient to define the Personality and Destiny of every individual. A large number of books written on the subject of Numerology and the particular defined rules can also guide us to find ways and means which can reduce, and can disseminate the harmful impacts of the bad incidents which are slated to happen at some stage of one's future life due to his particular date of birth.

Respected Kashyap ji gave adequate basic knowledge about the concept of Numerology. He initially explained that each of the "Single" numbers from one to nine are related to the nine planets each having specific characteristics depicting the personalities as per dates of birth. During the sessions, he narrated that the day of birth giving a key number that is

related to the particular Planet bearing the same number, represents particular type of vibration which lasts all through life. The confirmation of fact that we usually find the persons governed by Sun (Ruler Planet) related to number 1 as Egoist departmental Heads, Leaders, top businessmen who generally command supplements the factual explanation so also in case of the persons ruled by other single numbers.

He explained the background and concept of "LOSHU GRID", how to fill in the same from the date of birth and also the Personality number (derived from Dates of Birth) and Destiny number (derived from Date, month and year) numbers therein. Thereafter the qualities of Earth, Fire, Wood, Metal Silver and Metal Gold, the basic elements related to specific numbers and places in the chart were also explained.

Impacts of special destiny numbers, the eight arrows (horizontal, vertical and diagonal) as well as four short arrows in Charts were explained in detail with examples. The remedies for each missing number were also elaborated and after that the importance for comparing the charts and ascertaining whether their compatibility (or otherwise) and also KUA number was also narrated for a suitable decision to be taken whether the partnerships or marriages will be successful or not. The best combinations related to Personality or Destiny numbers viz., 1/9, 9/1, 1/5 and 5/1 and the reasons there for due to their ruling planets was also taught in class. The numbers related to each alphabet i.e. their numerical value is also now known to us all now. It is now clear as to how this concept also is used to prepare the chart bases on the name of each individual and method of knowing the personality and Destiny numbers.

The facts about the KARMIK NUMBERS and the reasoning applicable for persons borne on 10th, 13th, 14th, 16th, 17th day of any month, was also informed which cannot normally be known or confirmed, but is to be believed by those having faith in Numerology. The method of knowing one's

fate based on present day and present year was also briefly touched towards the end. Though enough interest was generated in the Subject, it was felt that a minimum of two more sessions would have helped to impart more discussion and clarity about the EVENT NUMBERS and many more concepts which we got to study in the books written by CHEIRO, Dr. SHRIMALI and Dr. MANOJ KUMAR during the course.



## His Prediction was absolutely True

The study and discussion in the classes on Palmistry was most keenly awaited in view of the fact that this branch is a complete and absolutely authentic science. Everybody is aware that research on the subject is continuing since ages and a large number of books have been written by various experts. It is also an accepted fact that the able and experienced Palmists can read the various lines imprinted on our hand and can correctly tell their significance.

My personal interest and belief in Palmistry dates back to the year 2004 when I was confined to bed for four months after serious damage to my brain, face and eye-sight due to a road accident. Hospitalization for more than three weeks and subsequent long treatment had left me so much depressed that I was contemplating resigning from my service. An appointment with a popular Palmist was fixed for me by one of my well wishers who after two sessions, declared that the lines of my hand clearly depict that I will continue in my service and will retire only upon attaining the age of 60 years. The prediction was absolutely true and as I retired nine years later in March 2009.

I had actually no alternative but to believe him as during the discussions, he had earlier correctly narrated various facts of my past including the periods of my postings outside Delhi so also the previous serious road accident. I was fortunate to indulge him for sufficiently long time that day when I could get information and valuable inputs about my future life which



## Yoga means Union with the Divine

Yoga is a Sanskrit word which means "union" and is interpreted as "union with the divine". It is the accumulation of the physical, mental, and spiritual practices or disciplines which originated in ancient India with a view to attain a state of permanent peace.

Yoga is a Hindu discipline aimed at training the consciousness for a state of perfect spiritual insight and tranquility, a system of exercises practiced as part of this discipline to promote control of the body and mind.

One of the most detailed and thorough expositions on the subject is the Yoga Stras of Patañjali, which defines yoga as "the stilling of the changing states of the mind". It is also interpreted as the yoke that connects beings to the machine of existence. Yoga helps us attain all-round fitness, inner peace, weight loss, improved immunity, increased energy, better flexibility & posture, greater awareness about life, better intuition,

better relationships and much more. Yoga is a continuous process. The deeper we move into the yoga practice, the more profound are its benefits.

In this hustle bustle of city life where the driving forces of life are competition and struggle for existence, our mind, body and soul are all enveloped by stress. It becomes all the more necessary to reach out to our roots and start to incorporate yoga practice in our routine which will simplify live by relieving stress and tensions and inculcate the much needed peace of mind.



## Astrology is called as "Eye of the Veda"

Astrology or Jyotisha Shastra, a Sanskrit term for Vedic astronomy and astrology, is as true as the sun being the ultimate source of energy of our universe. Although it is like a deep ocean, anybody can get knowledge through going deeply in water and get some drops of nectar of this divine knowledge, its only those ignorant few, who call it a myth, that not everyone in the



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### Student's Feedback

A year ago, from now, when I found out about this diploma course in Holistic living offered at Bharatiya Vidya Bhavan, I was hoping that it shall help me extend the frontiers of my thinking and address various unanswered questions in my mind. And today, after having completed the training programme,

I consider myself extremely fortunate to have gotten the chance, at this age, to learn all these interdisciplinary subjects; spirituality, naturopathy, yoga, astrology, hypnotism, numerology and palmistry along with the scientific basis of each and every subject and how it effects the trinity of our mind body and soul, as a whole.

I strongly feel that this training programme was very well designed and was a perfect fit in my schedule, in terms of duration and course structure. The different ideologies and practices it has put forward are totally worth it. I must admit that it's a great investment of time and money. I have already started reaping the rewards of having a better lifestyle by inculcating all that I learnt here.

It helped me with my metamorphosis into a rejuvenated, sorted and enlightened human being. It gave me a platform to interact with people from different walks of lives and helped me appreciate their ideas and thoughts.

I'd like to extend my heartfelt thanks to all our teachers for their sincere efforts and patience they showed in a quest to teach us the maximum in the given time.

Today, I've become a richer person with so much more knowledge, ideas and friends, I got here, at Bharatiya Vidya Bhavan.

I look forward to continuing my association with Bharatiya Vidya Bhavan in future as well.



It was a very enriching experience, learning all the useful tips and tricks of using astrology in our day to day lives, in the short period of time allotted to astrology in our training programme.



## The Map of Your Life is Drawn on Your Hand

world has been able to be enlightened about astrology and its actual scientific basis. Astrology is like gravity. You don't have to believe in it for it to be working in your life. The term "astrology" comprises of two words, astro; meaning -of the celestial bodies, stars and outer space and ology; meaning a subject of study; a branch of knowledge. Hence astrology is simply the study of the positions and aspects of celestial bodies in the belief that they have an influence on the course of natural earthly occurrences and human affairs.

I would like to quote Linda Johnsen (Author of A Thousand Suns) "Seeing our confusion, ancient sages like Parashara, Jaimini and Bhṛigu bestowed the great intuitive science of astrology on humankind. In India astrology is called "the eye of the Veda" because with its help we're no longer blind to the forces of karma that drive our lives and determine the circumstances we live in, as well as shaping our attitudes and relationships. The sages themselves don't need astrology because they can see directly into the heart of reality. But astrology is like a prosthetic limb for the rest of us who're confined to far more limited states of awareness. It allows us to foresee the challenges and opportunities ahead as we pass (or fail) the curricula of the cosmic university."

I believe, it will be foolish to deny or negate the existence and effects the celestial bodies have in our lives. If God exists and we are all here to do his will, then astrology is nothing but an easy way to interpret our destiny, unveil our future and synchronize the events of our lives rising above from the worldly confusions.

Palmistry is a small part of the vast and robust Samudrika Shastra (part of the Vedic tradition), is the study of face reading, aura reading, and whole body analysis. Samudrika Shastra is a Sanskrit term that translates roughly as "knowledge of features of the human body". It is also one of the themes incorporated into the ancient Hindu text, the Garuda Purana. It comprises of astrology and palmistry (Hast-samudrika), as well as phrenology (kapal-samudrik) and face reading (physiognomy, mukh-samudrik).

Palmistry thus serves as a sanctioned collection of ancient rules for hand analysis. Its doctrine describes the art of deciphering both character and fortune from the hand based on the position of the mounts of different planets on a person's palm, lines on the palm, colour and shape of the palm, fingers and finger nails. the predictions are made taking an average of the predictions made about both hands.

Although, predictions made one the basis of palmistry are mostly in synchronization with the astrological predictions about the person, palmistry is the comes to the rescue of those who are unaware of their birth details, viz, date of birth, time of birth and place of birth.

With proper knowledge about the subject, we can predict every aspect in the life of a person using palmistry such as longevity, health, education, relationships, marital life, finances, signs of accidents etc.

Our palms can reveal everything, our past present and future. hence it will not be incorrect to say that the map of your life is drawn on your hands.

## Ghost busting is common practice worldwide

Some people do have occult powers. Known as Divya sakthi or Janma siddhi - God given - it comes intuitively with some even as they are born. In others occult powers are acquired from a Guru and through practice of yoga referred to as Yoga siddhi. There are some cases, where the source of the divine faculty is unknown, they have powers, yet no one knows about the source.

I have personally experienced occult exercises several times in different places. There was in my home town a blind vaidya (Ayurvedic doctor) blessed with curative powers for snake bites. Born blind he never went to a school or learnt the alphabets and numbers. The siddhi revealed itself even when he was a child of four to the astonishment of his parents. Yet no one knew how he acquired the power, not only to cure anyone from poisonous snake venom, but identify which type of snake. People in the village adored and admired him as an incarnation blessed with abundant divine grace.

The blind vaidya could even predict who would approach him on a given day with snake bites, the victim's description including his sex, caste and religion and where from he would come. He had simple instant remedies ranging from chewing of a few Tulsi/betel leaves, to taking 108 dips in a pond or even causing burns on the bitten spot.

During the 40's of the last century, when Indian Railways was under the British, there was in South Indian Railways a station master who could extract the snake venom through the telegraphic net work of the railways. All that the victim or any of his relative was expected to do was to reach the nearest railway station and report of his snake bite to the station master of that station. Appreciating his curative powers, the British bosses of the railways had given him a permanent posting to a particular railway station and instructed all the station masters all over SIR to give precedence to such cases of snake bites bypassing even traffic movement.

There are several thousands of anecdotes and experiences of Siddhas, Babas and Sadhus blessed with occult powers all over India. The Siddha of Chennithala (Kerala) during the 60's of the last century, credited with extraordinary occult powers is a classical example of Yoga Siddhi. Once he revealed that he was born an ordinary mortal, but acquired the siddhi after several years of difficult and trying exercises from a Guru in the Himalayas. Many tribals all over India have occult powers for unknown reasons, which they practice in their own simple and silent, but dignified way. The reason for these occult powers-particularly of the first category is Sukritham (noble deeds) done in the previous births -could be centuries before. Some attribute it as a facet of reincarnation.



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Are the different knowledge taught/imparted in the 'Holistic Living' Course by BVB guided one to synthesize to a peaceful/purposeful life ?

Once upon a time, one Yogi stayed on the banks of Ganges. He had a metal belt tightly wrapped around his stomach. When people asked why was he wearing the belt, he answered, "I have acquired Universal Knowledge. My stomach may burst out because of the voluminous intelligence and knowledge I have digested. So I keep the metal belt tight". Hope I may not be advised as such.

With all due Regards and Respects to the Bharatiya Vidya Bhavan.

### Student's Feedback



Exorcism, also known as Ghost busting is common practice worldwide, America perhaps being the only exception. There are witch doctors in South America, while in African countries this is a prerogative of certain tribals whose services are often solicited. "Da Gui" or beating the ghost in China is an annual feature in Beijing, on the first lunar month every year. In India, exorcism is practised in many forms with elaborate rituals and yagnas to ward off the evil spirit to whipping out the spirit from the "possessed" victim and sometimes by a simple process of just tying a sacred thread on the victim. Ritualistic exorcism is not done in isolation. It is preceded by a deep study on the menace of the negative energy. This research is carried out by specialists-sometimes a panel-who are familiar with astronomy, astrology and who can zero down on the source of the menace.

There are thanthriks specialised in this form of exorcism all over the country. A very disturbing after effect of exorcism experienced by the thanthriks is the ghost revenge, as invariably the exorcists are attacked. They insulate themselves against such retribution by refusing to receive any monetary compensation for their service and preventive and protective manthras- generally reciting the Gayathri several thousands of times.

There are several temples, in Kerala

(Chottanikara), Madhya Pradesh, Gujarat. (Chudail Matha i.e. witch goddess) in Pathan, also known as the High Court Temple. Deoji Sant temple with a standing of four centuries in Betul (MP) conducts an annual exorcising fair every year during January-March. Last year the number of participants exceeded one lakh.

A little away from the pilgrim town of Guruvayoor in Kerala, there is Cheruvathani, an unassuming village where a particular sect called "pannickers" who have been traditionally involved with ghost hunting and busting for several generations. They discover the problem sourced through a science called "Mashi nottam" and undertake exorcism rites.

Exorcism has also gone hi-tech. In an ashram in central Mumbai at Dadar one Guru has been removing the ghost menace successfully for the last four decades, "professionally" as he claims, with a track record of several success stories. He uses several means starting with a traditional cleaning of the haunted place of the spirits with sprinkling of Ganga jal mixed with salt water supported by astrology and hypnotherapy and even film hunting with the aid of hidden cameras to capture the figure and sound.

The Indian Paranormal Society with its network all over India offers training on ghost busting with hi-tech gadgets.

## Holistic Life

'Holistic' is defined as 'having regard to the whole of something rather than just to parts of it' e.g. a holistic approach to life (OXFORD Dictionary)

Holism: 'The theory that nature tends to synthesize units into organised to approach the life in a holistic way' (Webster International)

As such the different arts/aspects of life are to be synthesized to approach the life in a Holistic way.

## Religion is more of an outwardly process, whereas, spirituality is an inward journey

To my mind spirituality is giving higher meaning to life, it's a feeling about being in touch with the Soul. Also a belief that there is a universal cosmic divine power called God, which rules everything, and everything happens for a reason. Spirituality is often confused with being religious; being spiritual and being religious are two different aspects completely. Religion is more of an outwardly process, whereas, spirituality is an inward journey to know one's own-self, i.e. Atma. All religions aim at making us more pious mentally and physically and advocate certain practices and rituals. But spirituality, is the science of knowing Atman, which is a part and parcel of Parmatma, and resides in each one the ultimate aim of Atman is to unite with Parmatma. But how does it happen? Atma is a drop of ocean and Parmatma is the ocean itself. How does this drop of ocean unites and becomes one with the ocean, the universal energy & power, is Spirituality. Spirituality awakens us and enlightens us to the fact that body is perishable and Atma is eternal.

One should have complete faith in God and feel his light & presence in us all the time. Everything that happens to us is due to our prarabdha, our past Karmas. We are free to do Karmas but bound for the fruits of our actions. Have faith in God that he is always there to guide us to the path of

enlightenment. God is the creator and destroyer of this universe. Resignation to the will of God is the key to happiness and attainment of peace within. The more you surrender yourself to God, the closer you feel to God. There are two 'I', one is a small 'I' and the other is a big 'I', small I is the Ahankar, and big I is the God. Small I that, I am something, comes in the way of spirituality. Surrender your small I to become one with the G+Tl. It sounds easy but is not easy to practice in life, at some time it is not impossible, as the word impossible says I AM POSSIBLE. Listen to divine music, go to Satsangs, do good artistic work, practice Yoga & Pranayam, abstain from materialistic desires and be more content in life. These are few tools to facilitate our inward journey. It's then that we can attain the ultimate goal of life. Spend some time with your own-self, think about your life and how to achieve it. One should know that there is no end to these desires, they are never gratified.

One leads to another. When the desires are not fulfilled, you feel dejected, deprived unhappy and hence in pain. Gita our sacred text also preaches "deh ; sv/ksdkjLrs eka Qys'kw dnkpuk" i. e., do your duty and leave the results to God. Surrender to the will of God, then there will be no grief, no pain, and no sorrows in life. Once we start accepting life as it comes to us, we become more tranquil peaceful & happy. This is the state of Samatram, i.e., one stops getting



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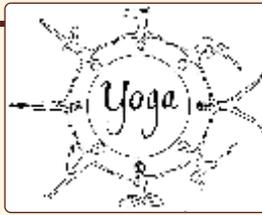
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### Student's Feedback

Bharatiya Vidya Bhavan organized one year programme on Holistic Living. It was a great effort & a beautiful programme organized by the Bhavan to instill good values, impart good health and happiness to human beings. Well, the contents of the programme were spirituality Yoga, Naturopathy, Astrology, Vastu, Numerology, Palmistry, Hypnotism, and all the subjects I felt Spirituality was the best. It was very beautifully and Modesty presented by our reserved teacher, very realistic presentation of the subject. The concept of Holistic Living is very nice but the implementation needs to be improved.



open air in order to get maximum amount of fresh air so that you could breath in the greatest amount of oxygen, which is an essential thing for our growth. There should be a gap of at least 3 hours after meals, if one wants to perform Yoga. But it is always more useful and beneficial if done on an empty stomach. One or two glasses of water should be taken before doing the Yoga, as it cleanses the system internally.



Finally, Yoga is universal and it is irrespective of any caste, Creed, Religion, Gender, Nationality, Language age, sex etc. It is a programme, which makes one more energetic, rejuvenated healthy and thus happy both mentally and physically. The body feels very light, it glows, the skin shines, the body become disease free. One can get over the state of anxiety, depression, nervousness, insomnia, restlessness, mental unstability by performing various Asanas & Pranayams regularly. You have to do it with complete faith and conviction in the science of Yoga to get maximum benefit. Therefore, it's true that Yoga can bring perfection in Mind, Body & Soul, as it is an integrated science.



### Knowing the various combinations of numbers, you could improve your quality of life and interpersonal relationships

So very true, life is a gamble. But numbers play a very important part in our life. Numerology is the science of numbers. This is even given the name of 'Phataphat Sewa'. It means that numbers are the easiest way to know about a person and also to improve your destiny and personality through numbers. Its indeed very interesting that just by knowing someone's date, month and year of Birth,

you could easily know the person to a great deal. Also by knowing the various combinations of numbers, you could even improve your quality of life and interpersonal relationships. It is an established fact. Do you know that 'Bhagwat' our religious text has 12 chapters? The 10th chapter was greatly elaborated so that the 13th chapter could be avoided. It has a special significance. The numbers are from 0-9. The origin of these numbers was through certain observations and inferences like '0', we emerged from no. zero will merge in to zero. No.1:- there is only one God, who is the creator & destroyer of the universe. When the man first opened his eyes and saw into the Sky, there were only 2 things Moon + Stars + hence no.2. No.3:- the three elements of Nature, Earth, Water and Sky were first noticed by man & hence no.3. The knowledge of 4 directions give birth to no-4. 5 essential elements Earth, Water, Air, Fire and Sky give birth to no.5. 6 different tastes like Sweet, Sour, Salty, Bitter, Chilly and tasteless, and hence no.6. 7 dieties called Durga Saptmi no.7. no.8:-Astitsiddhi and No.9 which is complete number in itself originated as there are 9 Planets, 9 Precious stones , 9 Durga. Not only this the days of the year 360, the Sum is Nine, the Sum of 27 Nakshatras is 9, Mala has 108 beads, there



too, the sum is 9. No. 9 is a very powerful number in itself.

Each number has its own characteristics e.g. No. 1 is governed by Sun, No. 2 by Moon, No. 3 by Jupiter, No. 4 by Rahu, No. 5 Mercury, No. 6 Venus, No. 7 Ketu, No. 8 Saturn and No 9 is Mars. Now each Planet refers to specific quality in a person. E.g. people with No. 1 would be governed by Sun, which is a sign of King No. 2 is the sign of Queen, No. 3 is the sign of advisor + Guru, No. 4 is the Notorious of fall No. 5 is will have Princely qualities, No. 6 will love to have lots of material wealth, No. 7 will be very reserved and will not have many friends, they will be extra emotional. No 8 will be judges with clarity and will fare struggles in life. No. 9 is the number of humanity. These people may not have a happy youth but would be generally comfortable. So by knowing the numbers, one can easily infer about one's nature and good and bad qualities. It is very easy to

know the personality and destiny numbers of a person, by knowing his Date/Month + Year of Birth e.g. if your date of birth is 19.3.1963 then your personality no will be  $1+9 = 10 = 1$ , and your density No will be  $1+9+3+1+9+6+3 = 38 = 11 = 1+1 = 2$ . Personality is called मूल्यांक A Density no is called भाग्यांक where as the number is मूलांक ।

Thus numerology is just perfect science. It has many more extensive details about various topics, like, each personality and density numbers have their own traits and characteristics, which has been dealt in our class in great details and is also given in various text books. So knowing Numerology, can make you more careful while dealing with people, can also improve your interpersonal relationship and make you happy in life.

It can also make your life less of a gamble and more of success.....

## सुखी परिवार

एक गृहस्थ कबीर के पास सत्संग के लिए गया। वह अपने दाम्पत्य जीवन से असंतुष्ट था। स्वागत शिष्टाचार के बाद गृहस्थ ने कबीर से पूछा, 'भगवान! सुखी पारिवारिक जीवन का रहस्य क्या है?' कबीर उस व्यक्ति की निराश मुख—मुद्रा एवं हाव—भाव देखकर समझ गये कि उसकी अपनी धर्मपत्नी से पटती नहीं है। कबीर यह कहकर कि 'अभी समझाता हूं।' घर के अंदर चले गये। थोड़ी देर बाद कबीर अंदर से सूत लेकर लौटे और उस व्यक्ति के सामने बैठकर सुलझाने लगे। कुछ क्षण बाद कबीर ने अपनी पत्नी को आज्ञा दी— 'यहां बड़ा अंधेरा है, सूत नहीं सुलझता, जरा दीपक तो रख जाओ।' कबीर की पत्नी दीपक जलाकर लायी और चुपचाप चली गयी। उस गृहस्थ को आश्चर्य हुआ कि क्या कबीर अंधे हो गये हैं, जो सूरज के प्रकाश में भी उन्हें अंधेरा लगता है। इनकी पत्नी भी कैसी है जो बिना प्रतिवाद किये चुपचाप दीपक जलाकर रख गयी। इस बीच कबीर की पत्नी दो गिलासों में दूध लेकर आयी। एक उस व्यक्ति के सामने रख दिया तथा दूसरा कबीर को दे दिया। दोनों दूध पीने लगे। थोड़ी देर में कबीर की पत्नी फिर आयी और उनसे पूछने लगी कि 'दूध में मीठा तो कम नहीं है।' कबीर बोले, नहीं बहुत मीठा है। इसके बाद वे दूध पी गये। वह आदमी फिर हैरान हुआ कि दूध में मीठा तो था ही नहीं। तब वह आदमी झल्लाते हुए बोला, 'महाराज, मेरे प्रश्न का उत्तर तो देने की कृपा करें। कबीर बोले—'अरे भाई! समझा तो दिया। सुखी गृहस्थ जीवन के लिए यह आवश्यक है कि सदस्यों को अपने अनुकूल बनाओ और स्वयं भी परिवार के अनुकूल बनो। जीवन में हर जगह स्नेह और क्षमा का दान दो। वह व्यक्ति सारी बात समझ गया और खुशी—खुशी घर लौट गया।

- परिवार को सुखी बनाने के लिए (1) परस्पर प्रेम व सहयोग करें।  
 (2) बड़ों का आदर करें। (3) संतान सुशील और धार्मिक बने।  
 (4) मितव्यता, सदाचार और शुद्ध आहार—व्यवहार को अपनाएं।

## हमें हमेशा चिंतन करना चाहिए ना कि चिंता

आज के इस संघर्षपूर्ण अथवा भाग-दौड़ वाले जीवन में अपना पुरुशार्थ करते हुए अध्यात्मिक ज्ञान बहुत जरूरी है, अन्यथा हम अपने लिए दुःखों और परेशानियों का द्वार खोल रहे हैं। अगर हम इस सत्य को जान ले तो हम अपने लिए खुद ही 'मोक्ष और मुक्ति' के द्वार खोज लेंगे। इस ज्ञान को प्राप्त करने के लिए हमें सबसे पहले यह जानना जरूरी है कि 'मैं कौन हूँ?' मैं एक आत्मा हूँ।

जब हम इस सत्य को अपने जीवन में अपने ऊपर लागू करते हैं, तो यहाँ से ही हमारी अध्यात्मिक उन्नति की शुरुआत के द्वार खुल जाते हैं।

आत्मा का परमात्मा (दिव्य शक्ति) से संबंध ही एक सच्चा ज्ञान है। जब हम अपनी आत्मा का परमधाम में रहने वाले परमात्मा के साथ जोड़ लेते हैं तो हमारा जीवन एक खुशहाल, शान्तिपूर्ण बन जाता है। इसे हासिल करने के लिए अपने मन को शरीर की तरफ न लगाकर आत्मा की तरफ लगाए। "हमें हमेशा चिंतन करना चाहिए ना कि चिंता" यहाँ चिंतन का मतलब है जो हमारे पास है उसके बारे में सोचना चाहिए (अच्छे और ऊँचे विचार) ना कि जो जो हमारे पास नहीं है (बुरे बिचार) चिंता करना परमात्मा का काम है हमें अपने कर्म पर ही ध्यान देना चाहिए। ऐसा करने से हम कभी भी दुःखी नहीं होंगे। सबसे पहले हमें यह जानना जरूरी है कि जो भी हो रहा है वो सब सही है, मतलब जीवन का कटु सत्य 'मृत्यु' इसे हमें स्वीकारना चाहिए।



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### Student's Feedback

भारतीय विद्या भवन के माध्यम से मैंने 'डिप्लोमा इन होलिस्टिक लिविंग' का कोर्स किया है। हमारा यह कोर्स एक वर्ष का था पता ही नहीं चला कि एव वर्ष कब बीत गया। जिसमें हमें बहुत ही अच्छे तरीके से कम समय में बहुत ज्यादा ज्ञान देने का सफल प्रयास विद्या भवन के अध्यापकों ने

अलग-अलग विषयों पर अपने अनुभव और ज्ञान प्रदान किया।

मेरे मत में मुझे सबसे अच्छा श्री दिलीप बाडकर का (Spiritualism) अध्यात्मिक ज्ञान विशय लगा। जो उनके द्वारा बहुत ही अच्छे तरीके से समझाया गया। कैसे हम छोटी-छोटी बातों का ध्यान रखते हुए अपने घर-परिवार, रिश्ते-नातों के साथ ही अपने काम की तरफ ध्यान रखते हुए अपना जीवन सफल और खुशहाल कर सकते हैं। जिसके बिना हमारे जीवन में कभी भी मधुरता, सरलता सहजता नहीं आ सकती, इसके बिना हमारा जीवन व्यर्थ है।

साथ ही योग आचार्य जी ने बहुत ही अच्छे तरीके से हम सब को गृहस्थ में रहते हुए भी हम किस प्रकार योग अभ्यास को अपना कर एक स्वस्थ और सुखी जीवन जी सकते हैं इस का ज्ञान प्रदान किया और बहुत से महत्वपूर्ण आसन सूर्यनमस्कार, प्राणायाम आदि को करने का सही तरीका सिखाया।

डा० राजीव रस्तोगी द्वारा हमें प्राकृतिक चिकित्सा के सस्ते, घरेलू एवं देशी आसन उपाय एवं उपचार बताए। इन्होंने हमें 'बाला जी निरोग धाम' चिकित्सायल का भी अनुभव कराया, जो कि बहुत ही लाभकारी रहे। इन्द्रजीत कश्यप जी ने हमें ज्योतिष, वास्तु और Numerology का ज्ञान प्रदान किया जो कि बहुत ही महत्वपूर्ण रहा। इनके साथ हमारा सबसे ज्यादा समय बीता। इन्होंने इन तीनों विशयों को बड़ी ही लगन के साथ अपने अनुभव का परिचय देते हुए हमारा बहुत ही अच्छा मार्ग प्रदर्शन कराया कि किस तरह छोटी-छोटी बातों को ध्यान में रखते हुए हम अपने घर, अपने आसपास का वातावरण, वर्तमान और भविष्य को अच्छा और सुखमय बना सकते हैं तथा अपने निकट संबंधियों, दोस्तों के बारे में बहुत कुछ ज्ञान बांट सकते हैं इनके पढ़ाने के तरीके से इनके अनुभव का ज्ञान होता है कि यह एक बहुत ही अच्छे अध्यापक हैं। Hypostism विशय हम लोगों के लिए काफी अनजान था मगर अरविन्द सोनी जी ने अपने ज्ञान और अनुभव का परिचय देते हुए, इसे बहुत ही सरल और अच्छे तरीके से समझाया।

Palmistry (हस्तज्ञान) विशय श्रीमती भारती जी ने लिया। इन्होंने भी अपना पूरा प्रयास करते हुए इस विशय को समझाने की कोशिश की हालांकि उनका अनुभव इस अध्यापन में कुछ कम लगा मगर अच्छा था।

मिलाजुला कर यह एक वर्ष किस तरह सभी अध्यापकों के साथ गुजर गया पता ही नहीं चला। इस कोर्स के माध्यम से हम सब अपनी गृहस्थ और व्यवसायिक जीवन को सफलतापूर्वक इन सभी विशयों का खट्टा-मीठा अनुभव लेकर अच्छे से जी रहे हैं। वास्तव में यह सभी विशय हमारे लिए ज्ञानवर्धक रहे।

मैं भारतीय विद्या भवन के सभी अध्यापकों जिन्होंने हमें पढ़ाया और शंकर जी और अपने सभी सहयोगियों और साथियों को धन्यवाद देना चाहूँगी जिनके बिना यह ज्ञान 'साकार जीवन' जीने का सही तरीका मुमकिन नहीं था वरना यह ज्ञान पाप्त करने में हम संपूर्ण नहीं थे। मगर अब लगता है हमारा लक्ष्य पूरा हुआ।



कहते हैं जो भी आप किसी को देना चाहते हैं, वो आपके पास पहले आएगा। जैसे सुख, दुःख, धन, आदि। अगर हम सुखी होंगे तब ही किसी को सुख प्रदान कर सकेंगे। एक दुःखी व्यक्ति किसी को कैसे सुख का अनुभव करा सकता है।

अध्यात्मिक उन्नति के लिए हमें अपनी ऊर्जा को बचा कर रखना चाहिए वरना हम अपने लक्ष्य की प्राप्ति नहीं कर पाएंगे। इसके लिए निम्नलिखित तरीके हैं।

**1 ध्यान:**— (Meditation) मौन व्रत, ऐसा करने से हमारे अंदर की शक्ति और सुदृढ़ हो जाएगी (स्वयं निरीक्षण— Self Analysis) आसान हो जाएगा।

**2 व्यायाम:**— शारीरिक व्यायाम केवल दस मिनट, साधारण चलना ही काफी है, जिसमें पसीनें न आए।

**3 भोजन:**— सात्विक भोजन का सेवन करने से अध्यात्मिक शक्ति बढ़ती है। तामसिक भोजन से हमें तुरंत ऊर्जा प्राप्त हो जाती है, मगर उसका कोई महत्व नहीं।

**4 सत्संगत:**— हमेशा ऐसे लोगों के साथ उठें—बैठें, जो हमें सत् (भगवान) से जोड़े अथवा जिनके विचार अच्छे हों।

**5 संगीत:**— ऐसे संगीत सुनने चाहिए जो हमें अध्यात्मिक ज्ञान दें। जैसे: भजन, कीर्तन ऐसा करने से हमारा मन शारीरिक बंधनों से मुक्त हो जाएगा और आत्मा की तरफ इसका ज्यादा झुकाव रहेगा और हम अपनी अंतरात्मा की आवाज अच्छे तरीके से सुन सकेंगे। ऐसे करने से हमारे अध्यात्मिक उन्नति के सारे रास्ते खुल

जाएंगे और हमारा जीवन खुशहाल हो जाएगा।

इस कलयुग में हमें कर्मयोग में ज्यादा विश्वास रखना चाहिए और इसके लिए अध्यात्मिक ज्ञान होना जरूरी है, इससे ही हमारा कल्याण होगा और हम इस कलयुग में तर पाएंगे।

इस मार्ग को अपनाते हुए हमें अपने पाँच विकारों अवगुणों—काम, क्रोध, अहंकार, लोभ, मोह, आलस को भगवान को सौंप देना चाहिए। जिससे हमारे जीवन में संतुलन आ जाएगा और हममें अध्यात्मिक शक्ति अपने आप जागृत हो जाएगी और हम अपना जीवन संपूर्ण और खुशहाल तरीके से जी सकेंगे

जिसे हमें जीते जी हासिल करना है वह 'मोक्ष— है इसीलिए धर्म के मार्ग पर चलकर मोक्ष, अर्थ की प्राप्ति करें।

एक खुशहाल जीवन जीने के लिए हमारी अपनी सोच सही और अच्छी (Positive) होनी चाहिए जो कि केवल एक स्वस्थ शरीर के द्वारा हमारे मन और आत्मा में संतुलन बनाता है और हमें परमात्मा से जोड़ता है।



## जितना हम प्रकृति के नजदीक रहें, बीमारियाँ हमसे उतनी ही दूर रहेंगी

स्वस्थ जीवन जीने के लिए हमारा भोजन सबसे अहम भूमिका निभाता है अथवा हमारा स्वास्थ्य हमारे भोजन पर निर्भर करता है।

यह सत्य है कि जब किसी भी व्यक्ति का शारीरिक, मानसिक और सामाजिक स्तर तीनों ही सही स्थिति में हो और यह संभव है जब उसका शरीर बीमारियों से रहित हो, तब हम उस व्यक्ति को हस्त—पुष्ट एवं स्वस्थ जीवन की परिभाषा दे सकते हैं।

यहाँ प्राकृतिक और स्वस्थ जीवन से मतलब है हमारे जीवन जीने का सही तरीका या सही जीवन शैली (Positive & Healthy Lifestyle)

प्राकृतिक और स्वस्थ जीवन वह है जो हमारे शरीर की आंतरिक शक्तियों पाँच प्राकृतिक तत्वों (पृथ्वी, जल, अग्नि, आकाश, वायु) द्वारा संतुलन रखकर हमें स्वस्थ रखता है, इसे प्राकृतिक चिकित्सा कहते हैं। इसमें छठा तब अध्यात्मिक ज्ञान राम नाम का भी बहुत महत्व है प्राकृतिक

चिकित्सा पहले से ही काफी चर्चा में रही है और इसके अनेक प्रकार हैं जैसे—

यह एक सबसे सस्ता और सरल चिकित्सा का तरीका है।

इसे किसी भी प्रकार की बीमारी के लिए उपयोग किया जा सकता है।

सबसे महत्वपूर्ण बात यह है कि इसका हमारे शरीर पर कोई भी बुरा प्रभाव नहीं पड़ता।

कहते हैं जितना हम प्राकृति के नजदीक रहें, बीमारियाँ हमसे उतनी ही दूर रहेंगी इसीलिए हमें हर मौसम, ऋतु में आने वाले लगभग हर सब्जी और फल का सेवन करना चाहिए और शारीरिक कश्टों को गुडबाय कहना चाहिए।

इतना तो हम सबको ही ज्ञात है कि अगर कोई भी बीमारी हमारे शरीर में प्रवेश कर जाए तो उसके विकार धीरे—धीरे सारे शरीर को प्रभावित कर देते हैं, तो क्यों ना हम पहले से ही अपने जीवन जीने की कला को प्राकृतिक बनाए, प्रकृति के नजदीक रह कर इन्हें पास न आने दें। प्राकृतिक चिकित्सा के अनुसार बीमारियाँ अनेक हैं मगर उनका इलाज है सिर्फ प्राकृति (5+1=6 तत्व)।

जब हम प्रकृति के नियमों का उलंघन करते हैं, तो हम बीमारियों को खुद ही आमंत्रित करते हैं, तो क्यों न हम निम्नलिखित बातों का ध्यान रखें

**1 सही जीवन जीने की कला:**— खान—पान (सात्विक हो) और वक्त का रहना चाहिए।

**2 अज्ञानता:**— हमारे स्वास्थ्य के लिए कौन सी चीज गुणकारी है या नहीं इसका ज्ञान होना अति आवश्यक है।

**3 हमारी सोच:**— अच्छे और बुरे विचार कोशिश करें कि हम हमेशा अच्छा ही सोचें।

**प्राकृतिक चिकित्सा का मूल मंत्र:**—

1 यह हमारे पूरे शरीर का एक साथ उपचार कर देती है।

2 यह हमें स्वीकारना होगा कि “खान—पान अथवा भोजन ही हमारी दवा है।” इसके अलावा दूसरा कोई उपचार काम नहीं आता।

3 **प्रार्थना:**— कहते हैं जब दवा काम न करे तो दुआ काम आती है इसमें इतनी शक्ति होती है।

प्राकृतिक चिकित्सा हम अनेक तरीकों से कर सकते हैं मगर हमें इसका सही ज्ञान होना बहुत

जरूरी है कि कौन सी चिकित्सा कहाँ और किस उपचार के लिए उपयोगी है और इसका सही तरीका क्या है।

भोजन के द्वारा उपचार— सात्विक भोजन का सबसे ज्यादा महत्व है।

उपवास— हमारे पूरे शरीर को संतुलित कर देता है।

मिट्टी द्वारा उपचार— पेट, चर्म रोग आदि के लिए अति उपयोगी है।

जल द्वारा उपचार— जिसे हम सिकाई भी कहते हैं।

मालिश द्वारा उपचार— अनेक तेलो (सरसों, तील आदि) द्वारा बदन दर्द और जोड़ों के दर्द में लाभकारी

रंगो द्वारा उपचार— सूरज की किरणों सात रंगों को मिलाकर बनती हैं, मगर हर रंग का अपना अलग ही महत्व है। जैसे हरा, लाल, नीला व पीला

लाल रंग—ऊर्जा प्रदान करता है

हरा रंग—एंटीसेप्टिक का काम करता है।

पीला रंग— पाचन शक्ति के विकारों को मिटाता है।

नीला रंग— ठंडक पहुंचाता है।

अतः प्राकृति हमारे लिए उपचार में वरदान का काम करती है इसीलिए जहाँ तक हो सके हमें प्रकृति के नजदीक रहना चाहिए और बीमारियों से दूर। Diabetes, Hypertension, Arthritis, Thyroid, Heart problem सभी प्रकार की बीमारियों का उपचार उपलब्ध है। ऐसा करने से हम एक खुशहाल और सुखी, आनन्दमय जीवन जी सकेंगे।



*All I can say about life is... enjoy it*

## योग एक कला, विज्ञान और मनोविज्ञान भी है

योगा का सही मतलब है जोड़ यानी अपने आप (आत्मा) को परमात्मा से जोड़ना।

इसीलिए कहा भी जाता है कि योग द्वारा हम अपने तन, मन और आत्मा को नियंत्रित करके अपनी इन्द्रियों पर संयम कर अपनी आत्मा का ज्ञान कर तथा इसे परमात्मा से जोड़ सकते हैं। ऐसा करने से हमारा शरीर सुन्दर शक्तिशाली बन सकता है।

माना जाता है योगा एक कला, विज्ञान और मनोविज्ञान भी है। यहाँ कला का मतलब है जीवन जीने का सही तरीका, कब क्या और कैसे करते हैं। जैसे भोजन कब, कितना और कैसे (शांत भाव) कब सोना और उठना चाहिए आदि। विज्ञान का मतलब है योगा हमारे शरीर के सभी विकारों बीमारियों को ठीक करने की क्षमता रखता है। जैसे जलनेती जैसी क्रिया करने से सर्दी, जुकाम, फेफड़ों के सभी प्रकार के विकार, माइग्रेन आदि को जड़ से बाहर किया जा सकता है।

जलनेती— यह हमारे श्वासों में परिवर्तन करना है (इसे धीरे करता है), जिसे हमारे शरीर का Basic Metabolic Rate (BMR) कम हो जाता है और साथ ही हृदय की धड़कन की गति भी धीमी हो जाती है। ऐसा होने से हमारे शरीर की प्रतिरोधक क्षमता मजबूत होती है और ज्यादा अच्छे तरीके से काम करते हैं इसका परिणाम यह होता है कि हमारा शरीर ऊर्जा से भर जाता है और हम अपने आप को बहुत हल्का महसूस करने लगते हैं।

सबसे जरूरी बात यह है कि योगा हमें ज्ञान प्रदान करता है जैसे हमारे लिए क्या सही है? अपनी (आत्मा) की पहचान कराता है और हमारी आत्मा के ऊपर जिस अज्ञानता का अंधकार छाया हुआ है उसे भी दूर करने की क्षमता रखता है। भगवत गीता के अनुसार 'समत्वम् योग उच्यते' यानी सही समन्वय हमारे शरीर और मन के बीच बनाता है जिससे हमारा जीवन सुखमय यानी खुशियों से भर जाता है।

“योग कर्मसु कौशलम्” योग हमें अपनी कर्म इन्द्रियों को काबू कर कर्मयोगी बनाता है। यह हम यम, नियम, आसन, प्राणायाम, प्रत्याधार,

धारणा, ध्यान, समाधि अनेक क्रियाओं द्वारा प्राप्त हो सकता है।

अतः अपने तन, मन और आत्मा को स्थिर या सामान्य स्थिति में रखने योग का बहुत योगदान है।

कहते हैं योग हमें अपने आप का ज्ञान कराता है वह इस प्रकार है

1 शारीरिक स्वास्थ्य (Physical Health) : हमें हठ योग—सठकर्म, आसन, प्राणायाम, बंद, मुद्राओं, के द्वारा संपूर्ण ज्ञान प्राप्त हो सकता है

2 मानसिक स्वास्थ्य (Mental Health) हमें ज्ञान योग (कर्मयोग) निश्कर्म अपने पुरुशार्थ के माध्यम से घटित होने वाली चीजों के लाभ बढ़ाता है यानि हानि को कम करता है।

3 सामाजिक स्वास्थ्य (Social Health) राज योग यम, नियम, आसन—सच और अहिंसा के मार्ग पर चलना सिखाता है।

4 आध्यात्मिक ज्ञान (Spiritualism) भक्ति योग से प्राप्त होता है जैसे निर्मल प्रेम (Unconditional love and devotion) किसी भी वस्तु से।

योगा के माध्यम से हम आज की इस Stressful जीवन शैली का सुधार सकते हैं।

Stress का मतलब जो हमारे जीवन में हमारे विचारों द्वारा घटित हो रहा है 80% पेट के विकार Stress के विकार से उत्पन्न हो तो क्यों न हम योग के द्वारा इन्हें दूर करें और अपना जीवन खुशहाल बनाए। डाइविटीज के लिए अग्निसार क्रिया, मंडूकासन, अर्धमतस्येद्रासन बहुत लाभकारी हैं। बैकपेन पीठ दर्द के लिए मकरासन, लो बैकपेन वालों को सूर्यनमस्कार करना चाहिए। आँखों की रोशनी बढ़ाने के लिए तर्राटक क्रिया, जलनेती, सूत्रनेती बहुत लाभकारी है।

नाक के लिए नाथ साधना, कपालभाती, आदि करने चाहिए। पाइल्स के नौली विशेषकर लाभकारी है। इसी प्रकार पूरे शरीर के विकारों अथवा बीमारियों को योग सहायता से ठीक किया जा सकता है जब हमारा स्वास्थ्य ठीक तो (हम) आत्मा भी परमात्मा के साथ जुड़ (योग) सकेंगे और एक खुशहाल जीवन जी सकेंगे।

## श्राप और पाप आध्यात्मिक उन्नति के द्वारा समाप्त किए जा सकते हैं

आपके भारतीय विद्या भवन संस्थान में यह लैक्चर अटेन्ड करने से पहले मैं अपनी लाइफ स्टाइल की वजह से काफी टेन्शन में रहता था। तथा हर वक्त निगेटिव थिंकिंग से घिरा रहता था। लेकिन आपका यह मॉड्यूल जॉइन करने पर हमें बताया गया कि हम अपनी Spiritual Growth को कैसे Improve कर सकते हैं कैसे Unnecessary Physical Exercise Avoid कर सकते हैं। हमें हमारी लाइफ के चार Type के बारे में बताया गया जो हमारे अच्छे, बुरे कर्म पर आधारित होती हैं तथा साथ ही बताया गया कि हमारी लाइफ और एनीमल लाइफ में क्या अन्तर है। हमें यह भी बताया गया कि कैसे हमारे कर्म के हिसाब से हमारा बर्थ के द्वारा डिसाइड होता

है।  
हमें  
यह भी  
बताया गया कि  
हम कुल 08 तरह की  
पॉवर राजयोग में रखते हैं हमें  
हमारे  
रे उन 06 शत्रुओं के बारे में बताया गया जो हमें  
अध्यात्म से जड़ने नहीं देते, तथा साथ ही इनसे  
बचने की सलाह भी दी गई। हमें Different  
Relationship के बारे में भी बताया गया। अच्छा  
और सुखी जीवन जीने के लिए भगवान के प्रति  
समर्पित एवं ईमानदार रहने की सलाह दी गई।  
हमें अपनी हमारी बॉडी से सीखने तथा उसके  
द्वारा भगवान की प्राप्त करने के बारे में बताया  
गया। हमें हमेशा शांति के साथ रहना चाहिए इस



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### Student's Feedback

मैंने पिछले साल सितम्बर 2012 में न्यूज पेपर में आपका पिज्ञापन देखकर आपकी Presentation की Class Attend की। उसमें हमें बताया गया कि हमें 08 विभिन्न मॉड्यूल पर करीब 46 क्लास सप्ताह के प्रत्येक रविवार तीन घण्टे की दी जायेगी तथा हमें हर मॉड्यूल की बेसिक डिटेल्ड उपलब्ध करवायी जाएगी। इसको जानने व समझने पर हमारी जिन्दगी में काफी बदलाव आएंगे मुझे आपकी इन बातों से रूचि पैदा हुई और मैंने आपके इस कोर्स में एडमिशन ले लिया।

यहाँ पर हमें अध्यात्म, योगा, प्राकृतिक चिकित्सा, ज्योतिष विज्ञान, वास्तु शास्त्र, अंक ज्योतिष, हस्त ज्योतिष तथा सम्मोहन ज्ञान के बारे में बेसिक से ज्यादा बताया गया। यहाँ पर हमारे मॉड्यूल सैसन के दौरान हमें जो ट्रेनिंग दी गई वह qualitywise काफी अच्छी थी।

मुझे सभी तरह के मॉड्यूल में बहुत मजा आया। हमारे सभी मॉड्यूल के फ़ैकल्टी अपनी अपनी क्षेत्र में काफी होशियार एवं समझदार हैं। सभी टीचर समय के काफी पाबन्द हैं तथा क्लासरूम में किसी भी प्रश्न का जवाब देने में हमेशा तैयार रहते हैं। हमें प्राकृतिक चिकित्सा तथा वास्तु के मॉड्यूल की समाप्ति पर एक आडट साइड विजिट हमारे प्रैक्टिकल के लिए करवायी गयी, जिसका अनुभव काफी अच्छा रहा हमारे ज्योतिष एवं वास्तु के मॉड्यूल के वक्त इनसे संबंधित कुछ नोटस प्रोवाइड करवाये गये तथा कुछ मुख्य जानकारियाँ हमारी नोटबुक में हमें नोट करवायी गयीं, जो कि हमारी प्रैक्टिकल लाइफ में भविष्य में हमारे लिए काफी यूजफुल रहेंगी। मैं अपने सभी मॉड्यूल के सभी फ़ैकल्टी का शुक्रिया अदा करता हूँ कि जिन्होंने इस तरह के कोर्स के बारे में सोचा और अपना ज्ञान हमारे साथ बांटा जिससे हमें अपनी लाइफ में टेन्शन से निकलकर आगे बढ़ने का मौका मिला।

अब मैं अपने सभी जान पहचान के लोगों को होलिस्टिक लिविंग के बारे में बताता हूँ, एवं इसे ज्वाइन करने की सलाह देता हूँ। तथा साथ ही आपसे प्रार्थना करता हूँ कि आगे भविष्य में यदि आपके द्वारा इस तरह के और डिटेल्ड कोर्स शुरू हों तो कृपया मुझे सूचित जरूर करें, मुझे ज्वाइन करने में बहुत खुशी होगी।

बारे में एजूकेट किया गया। हमें बताया गया कि सभी तरह के श्राप और पाप Spiritualism Healing के द्वारा समाप्त किए जा सकते हैं

मेरे द्वारा इस लैक्चर को अटैन्ड करने और इसे अपने जीवन में उतारने की कोशिश करने पर मुझे अभूतपूर्व चान्स अपने अंदर देखने को मिले हैं मेरी थिंकिंग पॉजीटिव होने की वजह से मेरी लाइफ काफी स्मूथ हो गई है। मैं अपने फैंकल्टी मि0 दिलीप बाडकर जी का शुक्रिया अदा करता हूँ जिन्होंने हमें इन सब बातों का परिचय करवाया तथा जीवन की कठिनाइयों से सामना करने का रास्ता दिखाया। मैं हिमांशू गुप्ता आपके इस मॉड्यूल को अटैन्ड करने से पहले प्राकृतिक चिकित्सा के द्वारा अपने गले के इन्फैक्शन का इलाज करवा चुका हूँ। इसलिए मैं इसके बारे में अपने क्लासमैट के मुकाबले ज्यादा जानता हूँ। तथा मेरा इस चिकित्सा पद्धति में पूर्ण विश्वास है।

जब हमारे इस मॉड्यूल के फैंकल्टी मि0 राजीव रस्तोगी जी ने हमें इस चिकित्सा से संबंधित जरूरी जानकारियाँ दीं तो काफी सारी बातें नई पता चलीं जैसे उन्होंने हमें बताया कि कोई भी बीमारी हमें प्राकृतिक के कानून के खिलाफ जाने की वजह से होती है जैसे गलत खाने की आदत गलत रहने की आदत तथा सोच की आदत इन

## दोशों का नाश

आचार्य भिक्षु से सहानुभूति रखने वाले कुछ लोग उनके पास आए और बोले, 'गुरुवर! कुछ विरोधी लोग बाजार में बैठ कर आपके दोश निकालते हैं।' आचार्य भिक्षु पहुंचे हुए संत थे। शांत भाव से उन्होंने कहा, 'वे लोग मेरे दोश निकालते हैं, तो मेरा बड़ा उपकार करते हैं। मुझे दोश इकट्ठे कर अपने पास रखने तो है नहीं। कुछ दोश अपनी साधना और तपस्या से मैं निकाल रहा हूँ, कुछ वे निकालते हैं तो मेरा सहयोग ही करते हैं।

**यदि कोई आपके दोश निकाले, तो बुरा मत मानें। सोचें ओर वह दोश दूर करने का प्रयत्न करें।**

वजहों से मुख्यतः दो तरह की वीमारियाँ होती हैं जो Acute Disease & Chronic Disease के नाम से जानी जाती हैं हमें प्राकृतिक चिकित्सा के सिद्धांत के बारे में बताया गया। हमें बताया गया कि प्राकृतिक चिकित्सा के द्वारा हमारी पूरी बॉडी को क्लीन ट्रीट किया जाता है। इसमें किसी भी तरह की External Medicine का उपयोग नहीं किया जाता है इस चिकित्सा के सिद्धांत में 08 तरह की विधियाँ प्रयोग में लायी जाती हैं जैसे Diet Therapy, Fasting Therapy, Mud Therapy, Hydro Therapy, Masso Therapy, Chromo Therapy, Air Therapy & Magnet Therapy gesa Cooked/Uncooked Food के नुकसान फायदे के बारे में बताया गया। हमें semi cooked खाने की सलाह दी गई हमें डाइट की क्लासिफिकेशन और रोल के बारे में बताया गया। फूड कॉम्बिनेशन के बारे में जानकारी दी गई फास्टिंग थैरेपी के फायदे के बारे में बताया गया डिफरेंट थैरेपी की ड्यूरेशन तथा उनके इम्पोर्टेन्ट फैक्टर के बारे में बताया गया।

हमें एक कॉमन डिजीज डायविटीज के बारे में बताया गया। कि यह है क्या इसके लक्षण और इसके होने के कारण क्या हैं इसको Diagnose करना कब जरूरी है इसको कैसे इनवेसटीगेट कर सकते हैं इसकी कॉम्प्लीकेशन क्या हैं इसका बैस्ट ट्रीटमेंट क्या है इससे बचने और इस बीमारी की केयर करने के तरीकों के बारे में सलाह दी गई। इसके साथ ही जॉइन्ज पैनस के बारे में बताया गया तथा उसके उपचार की विधि बतायी गई।

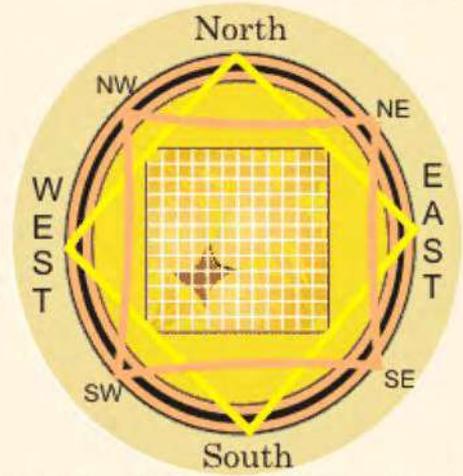
मैंने इस लैक्चर में बहुत इन्जाय किया क्योंकि आजकल बिजी लाइफ स्टाइल की वजह से हर व्यक्ति बीमार है। इस चिकित्सा पद्धति में हमें सिर्फ हमारी अच्छी डाइट के द्वारा बहुत सी वीमारियों के इलाज के बारे में बताया गया।

मैं अपने फैंकल्टी मि0 राजीव रस्तोगी जी का शुक्रिया अदा करता हूँ कि उन्होंने अपने ज्ञान के भंडार में से बहुत सा ज्ञान दिया जिससे हम लोग एक स्वस्थ जीवन निरोगी रहकर जी सकें।

## उनके घर में वास्तुदोष के निवारण का तरीका बताया

आजकल हर व्यक्ति अपने भविष्य को लेकर काफी चिंतित रहता है। भविष्य पता करने के लिए वह इधर-उधर विज्ञापन देखकर ढोंगी पंडितों के चक्कर में पड़ जाता है आपका यह मॉड्यूल एक आम इंसान को इस विद्या से अबगत कराने के लिए एक सराहनीय कदम है। हमें उपरोक्त लिखित तीन मॉड्यूल पढ़ाने के मि० इन्द्रजीत कश्यप को भेजा गया। यह कहना अतिशयोक्ति नहीं होगी कि इन सभी विशयों में इनकी पकड़ बहुत अच्छी है इसके साथ ही इन्होंने कम समय होते हुए भी हमें इन तीनों कोर्सों का ज्यादा से ज्यादा ज्ञान देने की कोशिश की।

मि० इन्द्रजीत कश्यप ने सबसे पहले हमें Astrology पढ़ाई इसमें इन्होंने हमें बताया कि Astrology के जन्मदाता महर्षि पाराशर हैं इन्होंने बताया कि नक्षत्र, तारों, ग्रहों के विज्ञान के स्वरूप को ही ज्योतिष कहा जाता है। इन्होंने हमें नवग्रह, राशियों, पांचांग एवं कुंडलियों के बारे में बताया। ग्रहों के भाव व कारक, ग्रहों की उच्च व नीच राशि, ग्रहों की स्थिति, ग्रहों की



दृष्टि के बारे में अवगत कराया। इन्होंने हमें राशियों प्रकार, जन्म दोश, शोडश वर्ग सिद्धांत, यं बनाने की विधि, योग परिचय एवं उनके उपाय बताए। इन सबसे हमें पांचांग को खुद देखने व समझने में काफी हद तक सफलता मिली। जिसके लिए मैं उनका शुक्रिया अदा करता हूँ।

मि० इन्द्रजीत कश्यप ने हमारा अगला मॉड्यूल वास्तु भी हमें बहुत अच्छे से पढ़ाया वास्तु का जन्म कैसे हुआ, वास्तु अनुसार निवास करने योग्य भूमि तथा पंचतत्व की जानकारी दी गई। इसमें इन्होंने हमें 81 पद वास्तुचक्र, वेद, पुराण,

### संत और खम्भा

एक आदमी एक संत के पास आया और उसने कहा—मुझे कई बुरी आदतों ने जकड़ लिया है। मैं उन्हें छोड़ने की कोशिश करता हूँ मगर कभी सफल नहीं हो पाया। अब आप ही बताइए कि मैं उन्हें कैसे छोड़ूँ। संत ने उसकी बात बहुत ध्यान सुनी, मगर कोई जवाब नहीं दिया। वे उठकर खड़े हो गए और उसके पास के खंबे से लिपटकर जोर-जोर से चिल्लाने लगे। छुड़ाओ... छुड़ाओ! वह आदमी एकदम भौंचक्का रह गया। उसे लगा अचानक यह क्या हो गया। कोई पागलपन का दौरा तो नहीं पड़ गया? सोचने लगा कि संत ने खुद ही जाकर खंबे को पकड़ा और अब छुड़ाओ, छुड़ाओ चिल्ला रहे हैं। आखिर में जब रहा न गया तो उसने कहा— मैं तो सोचता था कि आप पहुंचे हुए संत हैं, मगर आप तो विक्षप्त मालूम होते हैं। संत ने कहा — इसके बारे में बादमें बातें करेंगे, पहले मुझे खंबे से छुड़ाओ। उस आदमी ने कहा— छुड़ाने की कोई जरूरत नहीं है। आपने खंबे को पकड़ा हुआ है, खंबे ने आपको नहीं। संत ने कहा — अरे तू तो बड़ा होशियार आदमी है। फिर मुझसे क्यों पूछने आया। अगर तुममें इतनी बुद्धि है कि तुम बता सकते हो कि खंबा मुझे पकड़े हुए नहीं है और मैंने खंबे को पकड़ा हुआ है तो तुम्हें यह भी पता होना चाहिए कि आदतों ने तुम्हें नहीं, तुमने आदतों को पकड़ा हुआ है।

दृढ़ संकल्प के झटके से प्रत्येक बुरी आदत को सदा के लिए चित्त कर दो।



## Looking at Caste System in a Positive Way

One aspect of Hinduism that is unique, –controversial but so intrinsic to the religion is the caste system. So many saints, reformers and even outsiders have tried to eradicate it but the system continues to be alive and vitiate the society from attaining the much needed harmony in modern times. The modern education system was expected to produce men and women with no castes and creed. But we have seen that the 'ugly' caste feelings exist to a greater extent among educated class and more so when it comes to social affairs like marriages and rituals.

Instead of wasting time to eliminate an essential feature of our religion, I feel it is worthwhile exploring mechanisms for effective and quick reforms. Any religion that refuses to reform with the times will be relegated to oblivion and insignificance.

A simple and clear reform, not affecting the basic nature, is the need of the hour if Hinduism is to find its place as one of the best ways of life in the twenty-first century. A knowledge based liberal democratic religion is indeed the best suited for the modern age of information, knowledge and freedom.

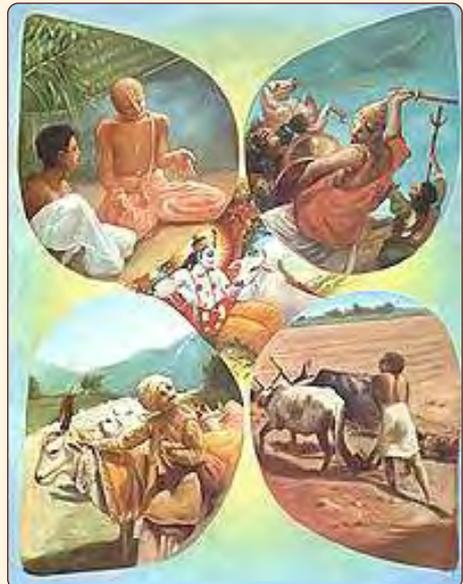
A clear mismatch exists between the classical four tier caste system mentioned in the scriptures and the present day Hindu society. We find thousands of castes and subcastes instead of a clear cut division into four. Across India, we find only the Brahmins having some similarity but other groups are allowed to choose their Castes according to the political and economic clouts.

For example, in Kerala, no one knows who are the Kshatriyas, Vaishyas and Shudras. We have always considered

Namboothiris to be the Brahmins in Kerala but there has never been a consensus on the other three castes. Other categories of people like Nairs, Ezhavas- Thiyas, Parayyas and Pulayyas etc. have been classified under various castes in various times according to different scholars. The situation is very much similar in other states as well.

I strongly feel that we can positively utilize this mismatch between the classical four tier caste system and the hundreds of castes that exist now. It is possible that we are confused between Gothras and Castes. All these present day categories like Jats- Rajputs and Nairs, are essentially Gothras and are akin to the tribes in Africa and Arabia.

Even if some scholars feel otherwise, I feel a lot of our problems can be solved if we define it that way. The present day names can continue as such provided they are considered as Gothras (or some other new name) instead of castes. At one stroke, we can continue with the present naming systems & social groupings but can do away with the caste problems.



## Reform

Since the four tier system is referred in our scriptures at various places and cannot be undone or wished away, all that is required is a different way of looking at the caste system. I propose a system in which all of us. Hindus, live through the Shudra, Kshatriya, Vaishya and Brahmin castes as different stages in our lives.

If one goes back to the origins of the caste system, it is nothing but a scientific and systematic structuring of the then society according to the tastes and talents of the people. The hereditary principle which created bad blood in later years is nothing but a clever move on the part of Brahmins to keep power among their kith and kin. We find this no longer valid and practical. Most children of Brahmin parents do not study scriptures, do not practise rituals and do not live like Brahmins. So how can they continue to `enjoy' and monopolise Brahminhood? Similar is the case with all other castes, as they are classified now.

In the classical definition of caste system, Brahmins are considered learned and spiritual, Kshatriyas are strong and martial, Vaishyas are intelligent and create wealth and Shudras assist all others.

## Shudras All

Essentially all of us are Shudras at birth and it is evident from the qualities attributed. It is something like starting on a clean slate. The average age of a human being is approaching 80 years and it is logical to assume that we exhibit Shudra like qualities until one fourth of our lifetime i.e. till the age of 20. In the next phase i.e. till the age of 40, we are strong, physically active and exhibit qualities of a Kshatriya. This is the period most of us marry and rear children. Strong and fighting qualities are required to protect the family and feed them.

In the next phase i.e. 41 to 60, we all become worldly wise and participate in one form or other of wealth creation for the family and society, which makes us good Vaishyas.

## Overcoming Anger

A Zen student said to his teacher, "Master, I have an ungovernable temper. Help me get rid of it"

"You have something very strange," said the teacher. "Show it to me"

" Right now I cannot show it to you." Why not

"Why not`?"

" It arises suddenly."

" Then it cannot be your own true nature." said the teacher, "if it were, you would be able to show it to me at any time. Why are you allowing something that is not yours to trouble your life?"

Thereafter whenever the student felt his temper rising he remembered his teacher's words and checked his anger. In time, he developed a calm and placid temperament. '

And finally, in the last phase, we tend to concentrate on spiritual activities and get ready to depart. We all try to become ideal Brahmins in the age group above 60.

Thus all of us, Hindus, irrespective of our Gothras, pass through the four tier caste system as envisaged in our scriptures and live an ideal life fulfilling all the necessary conditions required at various phases. It is this minor reinterpretation of the caste system that will bring about drastic changes in the way Hindu society would think. All that we need is disassociating the classical caste system from the present arrangement we have.

The distinct advantage of such a reinterpretation of the caste system is the little or minimum changes that will result in the present social symbols.

All the present day laws and rules can continue as such if caste is replaced by Gothra in the statute. For example, Scheduled Castes and Scheduled Tribes will merge and change to Scheduled Gothras. And they can enjoy the same reservations they are entitled to.

The bad name attributed to Hinduism on account of the caste discrimination will vanish in one stroke. All present day names and surnames can continue without any change, but no Gothra will be automatically associated with any one of the four castes. This means nobody is a Brahmin or Kshatriya or Vaishya or Shudra throughout his or her life. It all depends on age and qualities. In the long run, the bad blood generated so far would fade out and Hindu society would be much more harmonious and stronger.

The success of this depends on the approval and blessings of the prominent religious leaders and institutions. It would be one of the most popular and progressive decisions anywhere in the world, if one 'Dharm Sansad' is called specifically to endorse such a viewpoint and root out causes of caste discrimination once for all from the mind of modern Hindus. It is high time the nationalist and patriotic forces in our country realized the importance of such a reform is equal to that of the Ram temple at Ayodhya, if not more.

## Value of Time

To realize the value of ONE YEAR

ask a student who has failed this year.

To realize the value of ONE MONTH

ask a mother who has delivered a premature baby.

To realize the value of ONE WEEK

ask an Editor of a weekly paper.

To realize the value of ONE HOUR

ask lovers who have been waiting to meet each other.

To realize the value of ONE MINUTE

ask a person who has just missed a train.

To realize the value of ONE SECOND

ask a person who has just avoided an accident.

## Pustak Bharati

The Pustak Bharati, the Publication Division is by and far one of the most important of the 375 and odd Constituent Institutions of the Bharatiya Vidya Bhavan. Kulapati Munshiji significantly christened it the Book University. The primary aim of the Bhavan's Book University is to publish books and periodicals which provide modern knowledge, inculcate ethical and moral values as taught to us by our great cultural heritage.

Within fifty-nine years (1951-2010) Bhavan's Book University has grown from strength to strength. The Bhavan has so far published over 1,800 titles, all intended to promote education, art, culture and ethics. The Bhavan's publications received very wide welcome in India and abroad and the sales have now crossed over twenty nine million copies. An impressive record by any standard!

When the one-lakh mark was crossed in 1957, Rajaji said: "That the Bhavan's books and periodicals devoid of sex, smut, sensationalism crime and gossip are selling so well is proof positive that the soul of India is still sound."

Prime Minister Pandit Jawaharlal Nehru, a great lover of literature and one of the Founder Members of the Bhavan releasing the one hundred thousandth copy of Rajaji's Ramayana and Mahabharata said in 1957 that the Bhavan has made "publication history" in India and predicted that Bhavan will herald much needed wholesome "Book Revolution".



The circulation of Ramayana and Mahabharata, first books in the Book University crossed 1.1 million copies in English each and the demand is increasing day by day. The millionth copies were released by the Prime Minister of India, at Vigyan Bhavan, New Delhi on December 19, 2001.

The guiding light for this continuing Book Revolution remains what Bhavan's founding-father Dr. K. M. Munshi gave in his preface to our very first book, Rajaji's Mahabharata.

*"This common pool of literature, it is hoped, will enable the reader, Eastern or Western, to understand and appreciate currents of world thought, as also the movements of the mind in India, which, though they flow through different linguistic channels, have a common urge and aspirations".*

Bhavan's Journal, the English fortnightly, devoted to life, literature and culture started in 1954 has come to be recognised as one of the most widely read magazines of our country having vast and enlightened readership in India and abroad. Issue after issue the demand increases. It is read by the young and the old, the rich and the poor, men, women and children. It is bought because it speaks the spiritual language and represents the collective wisdom of centuries. Bhavan's Founder Kulapati Munshiji called it as the blood stream of the Bhavan's Movement. When Bhavan's Journal was in its Silver Jubilee year the Times of India hailed it as The Wonder Magazine.

Other periodicals being published by the Bhavan for the past fifty years and more are:

- i. Bharatiya Vidya - an Indological Research Quarterly in English.
- ii. Samvid - Sanskrit Quarterly
- iii. Navneet - Hindi Monthly
- iv. Samarpan - Gujrati
- v. Navneet Samarpan - Gujarati Monthly.
- vi. Dimdima - Children Magazine

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Aum is the symbol of unity and purity of humanity. It is considered to be the creator, protector and destroyer of the three qualities of matter: Aum is the cosmic sound from which the material world has evolved.

The utterance of Aum starts from the navel (Nabhi) and ends at brain (Brahmapur). The mechanism of the vital body is affected by regular utterance. Soothing feeling develops in the nervous system and psychic energy vibrates.

With the compound of soothing vibrations and psychic energy the impurity of the spirit is removed. Therefore, it has been accepted as the symbol of the technique for destroying the impurities (Malas) of the total personality of the human being. This symbol should also be propagated along with yoga without any feeling of caste, colour or religion.

Aum is Yoga and Yoga is Aum.

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- ❖ How much money do we need to live satisfied Life?
- खुशहाल जिंदगी जीने के लिये कितने पैसों की आवश्यकता होती है?
- ❖ Why I should believe in God? Whether God can change my Life?
- भगवान में विश्वास रखने से मेरा क्या फायदा होगा?  
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॥ आ नो भद्राः क्रतवो यन्तु विश्वतः ॥

*Let noble thoughts come to us from every side*

—Rigveda, 1-98-i



*Bring Perfection in Physical Body,  
Acquire a Divine Knowledge,  
Discover your Soul, make it a guiding force  
and learn to live happy & satisfied life.  
This is what is known as 'Holistic Living'*



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