

# **Bramhajñana Therapy Therapy Beyond Therapies**

By Sri Swamiji Shyam

## *Overview*

In recent years there has been what might be termed a "psychological explosion" in the West. More people are seeking the assistance of psychiatrists, psychologists, therapists, social workers and counselors, and there are more mental health professionals than ever before. But our problems seem to be increasing. Tension, stress, insomnia, depression, anxiety, and meaninglessness are on the rise. The hypothesis of Bramhajñana Therapy is that this situation will continue. Because mental health professionals only attempt to treat the body (as with medications), or the conscious or at best subconscious layers of mind (with psychotherapy and hypnosis). But man is more than body and mind. He has ten layers of mind, and beyond these is where his true-identification lies, in Mystica Transcensia.

Bramhajñana Therapy says, that by having increasing contact with our Self, and understanding life in the world from the perspective of this Reality, psychological and physical health ensues naturally. It is unavoidable. Any other approach can only be a temporary assuagement at best.

Bramhajñana Therapy is for people who are searching for peace and healing in their lives, who are searching for a deeper truth and the meaning of life, and who are striving for spiritual and psychological progress.

It is a guide to understanding what Bramhic consciousness is, and to answering the ageless questions: Who am I?

We are confident that it will help establish peace and healing in individual lives, and add to the betterment of the world. We hope that it will offer the world an ideal of elevated consciousness, uniting the world in a network of harmonious relations.

So what is Bramhic consciousness, or Enlightenment? Enlightenment is Bramhic-experience. Bramhic-experience is a timeless, weightless, identityless state of inner quietude and elevation, in which one experiences bliss, peace, and immense inner healing. It often comes to intensely duty oriented, highly efficient actionists in their peak moments of absorption; to feelingful personalities in moments of poetic perception; and to intellectuals in the climax of their analytical explorations. In these rare moments, people of the world experience a state of inner upliftment. But a problem arises and that is that they take this experience objectively, and become object-obsessed, missing the point.

Bramhajana Therapy teaches one how to experience this upliftment subjectively, and to learn how to expand it and become established upon it. It is possible to perform all of one's daily duties and responsibilities while remaining firm on this hallowed experience. When this state of consciousness is successfully mastered, then in some valuable moments a light flashes. This is the light of slight or momentary enlightenment. In this state, peace, bliss, and wisdom are all eternal. Psychological weaknesses such as worry, anxiety, dread, fear, depression, misery, lamentation, and tension cannot exist. This is known as Bramhic experience.

All healing accomplished in Bramhajana Therapy are done through the energy produced from this state of Mystica Transcensia.

### *Questions & Answers*

*What is Bramhajana Therapy used for?*

Bramhajana Therapy is effective in controlling the seriousness of all problems and sufferings of life, including domestic, societal, national, and international problems.

*How common is this search for Truth?*

It is estimated in Gita that one in one thousand wants to listen about the Truth; one among thousands of such rare individuals tries to attain the Truth; and among thousands of such individuals, only one truly attains. The rest continue to struggle with problems or to enjoy the gap between two problems, the one past and the one oncoming.

*Are problematic attitudes inherited?*

Of course problematic attitudes are inherited, but the roots of problems go beyond even prenatal stages. Still, this attitude can be eliminated whenever one so desires.

*Then does Bramhajana Therapy cure problematic complaints?*

No. Because outer problems come to all. But it is the most effective method to control them. It helps stop acute episodes of life's struggles and frees one inwardly, from where one's perspective of the outer problem completely changes. This in turn alleviates suffering, and brings you back to normal. Secondly, it prevents further episodes from recurring. The fact that Bramhajana Therapy acts to control rather than to cure the sufferings of the world is important. It means that if people stop practicing their Bramhajana Therapy, former episodes of suffering are likely to recur.

*Can Bramhajana Therapy help to get a person's life back in order?*

Although Bramhajana Therapy helps prevent symptoms of physical-identification disorder, it is not a cure-all. Although it usually prevents further heavy mood swings into

body identification, and the multitude of personal and mental problems resulting therefrom, in certain individuals these may continue to exist. Life problems unrelated to *Kriyamana* (ongoing- active storage of karmas), and belonging to Prarabdha (providence and current-life destiny) as well as *Sanchit* (storage of all predestined matter from past lives to be gone through in future lives) will not be helped by Bramhajana Therapy. Still, Bramhajana Therapy will make it easy to go through them.

*How can one tell whether Bramhajana Therapy is working properly?*

Bramhajana Therapy is working properly if it effectively controls mood swings into I-my-me notions, while producing few, if any, side effects.

*What sort of side effects does Bramhajana Therapy have?*

Bramhajana Therapy may cause side effects during initial adjustment periods, such as: pessimistic persona or ecstatic dancing; carelessness or lethargy; escape from duties and responsibilities; derealization or depersonalization, wherein the world feels like a dream; distant feelings from the world, including one's own body, ego, and worldly-minded persons; allergic-type reaction to unjust, impure, and unwise persons, places and things.

Fortunately, these side effects are not very dangerous. Most of them disappear in a few weeks, some however, persist in certain people until carefully warded off.

*If someone in Bramhajana Therapy has intense materialistic episodes, does that mean that Bramhajana Therapy isn't working?*

Not necessarily. Ideally, Bramhajana Therapy fully prevents further mood swings into materialism, but partial response to Bramhajana Therapy is not uncommon. Recurrent episodes are usually less severe, less frequent, and may disappear completely with continued use of Bramhajana Therapy. In some cases it takes a few years for Bramhajana Therapy to adequately control mood swings. This all depends on the individual, the degree of their involvement in Bramhajana Therapy, and their background.

Therefore, it is important not to get discouraged if mood swings into materialism occur, or continuously take place even after starting Bramhajana Therapy. Although not everyone responds to Bramhajana Therapy, some will respond to Bhakti Therapy, others to intense Karma Therapy. But the majority of Americans do, so it is essential that the technique not be stopped before it has had an adequate chance to work.

If mood swings into materialistic passions occur, then our foundation should be contacted. All that is needed is a temporary adjustment of intensity in a few combined therapies. Or the use of an additional technique may be necessary on a temporary or more prolonged basis.

*What do the Bramhajana Therapy treatments feel like?*

For most, it leads to a less chaotic and more relaxed state of mind and body. Some, however, may find that practice produces confusing feelings. At times a person may find it difficult to accept that they have a spiritual illness that requires transformation.

*How does Bramhajana Therapy work?*

Chemical imbalances within the body can often bring about emotional, physical, and behavioral upsets. These situations are deeply related to body-identification.

Bramhajana Therapy helps to submerge chaotic vibrations of thinking principles. It accomplishes this through various meditation techniques, lifestyle approaches, dietary changes, understanding, and spiritual methods.

Experience has shown that with careful use of Bramhajana Therapy, aspirants can prevent repeated swings of mood in airs of passion, rage, possessiveness, jealousy, vanity, etcetera. If they do happen, they tend to be less severe and less harmful to one's life and creativity.

*How is Bramhajana Therapy handled in the body?*

Through active, verbal, or passive oral reception, Bramhajana Therapy awakens the ability to hold wisdom on the subconscious level. Then through Shyamanand Meditation, one can be lead to the level of Mystica Transcensia. There, in the timeless, weightless, and identityless state of consciousness, a new life energy is born. Its enlivening quality is absorbed by the body and suffused throughout. In this state, as seen through various individual experiences, the brain's tissues are nourished and energized. In order to make this Bramhajāna experience balanced and stable, appropriate, corresponding actions are required in day to day life.

Just as to dye a cloth one has to dip it in the dye and dry it in the sun, and then repeat the procedure many times. Similarly, consciousness has to be dipped in the theory and practice of Bramhajāna and then plunged into divinely ordained, prescribed duties or activities, through either intellectual yoga, feelingful yoga, or action oriented yoga, according to one's inclination.

*How rapidly can Bramhajana Therapy work?*

It is important to know that Bramhajana Therapy may not be effective immediately. Although some people feel better as soon as they begin, most improve more gradually.

It may take one to several weeks before improvement is outwardly visible. Any kind of negative thought, unintentional lie, or dishonesty can cause a blockage in the inner flow of energy. This can cause stagnation or even a fall back. By entertaining mental negativity, restlessness, or daydreams, laziness in practice, or lack of seriousness progress slows. Therefore, be firm on your word. Grow into auspicious thoughts, ideas, and desperateness to learn and absorb more. Have as much unshakable sraddhà (homage) and

visvāsa (trust) as possible. If necessary, additional meditation procedures, postures, breathing exercises, or sacred recitations can be prescribed.

Since the onset of positive effects may seem delayed, it is important to have patience with oneself when beginning Bramhajana Therapy. Knowing about this delay should help prevent discouragement and "giving up too soon," being "bored to death," and "when" or "how long" syndromes.

## **Beginning Bramhajana Therapy**

*What will the Bramhajana Therapy instructor need to know before indicating what technique to practice daily?*

It will be helpful for the instructor to know something about your social, educational, psychological, and spiritual background, whatever spiritual practices you might be doing currently, your ordinary diet, alcohol, drug, and caffeine intake, primary occupation and activities, level of daily and monthly stress, major goals and aspirations, any recurring life patterns, and the status of your major life relationships. You don't have to divulge anything that you don't feel comfortable with. This information is solely intended to help the instructor pinpoint more accurately effective methods for your utilization, which will be fine-tuned as you continue your routine.

*Are there any special considerations for beginning, and how should I start Bramhajana Therapy?*

You can start anywhere, in any part of the world, no matter what condition you're in. As soon as you receive this message, you can begin by whispering or humming any of the four names of our subdivisions:

Sarvam Khalvidam Bramha  
Aum Namō Bhagavate Vasudevay  
Aum Namah Parvatipate  
Aiem Hreem Kleem Chamundayai Vichche

These healing mantras bring about spontaneous benefit to all who utter them. Continue this practice until you find yourself whispering even in the dreaming state. Make it a constant rhythm in the background of your daily activities. Then, order for our publication "One Hundred Techniques of World Peace." Choose any of the meditation techniques therefrom, and begin practicing it thrice daily. Keep this up until you can meet an instructor in the Advance Psychology of Bramhajana Therapy, who can also teach you Shyamanand Meditation. Thereafter, practice the meditation, asana, yoga, or prayer that is assigned to you very diligently, with homage and trust. Becoming an annual member of the Enlightenment Book Club will also aid you with valuable knowledge and understanding. This is how you should start Bramhajana Therapy.

*What if I forget to do one of my practices prescribed by my instructor?*

It is good to ask your instructor for general information on what to do if you miss your regular time of practice. Generally speaking, if you remember within three hours after your practice time, go ahead and do it if possible. If it is after three hours, just wait until the next practice time to resume. In the mean time, continue to whisper your chosen mantra. By doing this, the balance of your energy storage and inner healing level will be reattained soon.

*What if Bramhajana Therapy isn't working for me?*

Unfortunately, like all other techniques and healing procedures, Bramhajana Therapy is not effective in all cases. But alternative techniques are available. Some of these include, Loving Just For Loving Therapy, and Acting and Expecting Nothing Therapy. These therapies have worked successfully on thousands of aspirants throughout the world in the Intergalactic Civilization.

*How long do I have to take Bramhajana Therapy?*

The length of time varies from individual to individual. It is determined by the frequency and intensity of stressors in daily life, and the amount of tension accruing therefrom. It will also depend on how much you get out of your daily Bramhajana Therapy practice. How peaceful you are afterwards, and how effectively you can carry this with you throughout the day.

With a do or die spirit, if you leap into your Bramhajana Therapy with a bulldog tenacity, it will not take very long. It depends on one's preference. Some people prefer long term application, as their system adjusts with ongoing evolutionary changes slowly. We are very sensitive to such people to not create a shock, jerk, or jolt to their system, perspective, or way of life.

*What if I am on a special diet?*

In general, diets which do not restrict pure vegetarianism, shouldn't interfere with Bramhajana Therapy. Different, non- Ayurvedic diets should be discussed with your instructor.

*Can I exercise while practicing my Bramhajana Therapy?*

Yes, by all means, exercise is important for everyone's health.

*Is Bramhajana Therapy addictive?*

No, it is not.

*Is there any special procedure if one is sick?*

Because there may be a temporary change in the way your body handles situations of life, people, and things, due to fever, nausea, lethargy, pessimism, or other symptoms of toxicity, it is best to discuss such situations with your instructor.

*Is it all right to visit other holy men, and wise men of the East and West while practicing Bramhajnana Therapy?*

When seeing another holy man, guru, or wise man, or undergoing any kind of class from them, always let them know in advance that you are on the path of Bramhajnana, as expounded in the first section of the Vedas. Bramhajnana is the very essence of the Upanishads. Let them know that it is being presented in a modern style by Sri Swam Shyamanand. This should help to insure that the Bramhic energy which you have stored, and may not even be aware of as yet, is maintained safely and effectively.

Do not assume that Bramhajnana Therapy is more important to your instructor. It is more important for you. It is, after all, your growth process and not anyone else's. So it is your responsibility. You need to take care of it with earnest, otherwise you may ruin your own earning, and cripple a certain spiritual layer that has been born within you.

*Is Bramhajnana Therapy the best therapy?*

It is the best approach for all intellectuals today. However, not everyone can handle it, and not everyone is helped by it. Alternative treatments are available to help those not in-tune with Bramhajnana Therapy. However, despite this drawback, it has been of immense benefit to thousands of joint intellectuals across thousands of years. In your case, only you and the instructor can determine which of the three therapies is best for you. In any event, once you have begun your course, try your best to make it your own. Utilize your instructor as much as necessary to tailor your practice to your needs and temperament, to reap the most benefit.

*What about vitamins and minerals?*

There are no adverse results from using vitamin and mineral supplements, so please feel free.

*How can we learn all that is important about the three special alternative therapies indicated above?*

You can of course consult an instructor or the foundation directly. We also have a vast amount of literature on these topics, which we will be happy to guide you to. This literature will introduce you to the vast subject of human potential. For details, please inquire from us directly, and be transformed into a Diamond Man or Woman of the Century.

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## Perfect Health Naturally

Without superior health it is difficult to apply oneself to serious spiritual practice. Distractions will always try to deter. Bramhajñana Therapy proposes to find a solution, through one or many of its many health treatment approaches, to its adherent's physical impediments. This will help them fly fast along the path of their chosen spiritual goal. Below are the main therapies ILCC proposes to develop over the years, and which we can currently offer some direction in. In the future, ILCC hopes to offer these therapies directly and to add additional health care approaches to help you maintain perfect health.

### Ayurvedic Therapy

Vedic geniuses have expounded that trees, plants, vines, and shrubs are not only a conscious part of our existence, but the very mother of mankind. In Yajurveda 12:76, the ancient sages proclaimed,

*satam vo amba dhàmàni  
sahastra vo rùhah  
adha satakratvo yuyamimam  
me agadam krta*

"Dear medicinal herbs, you are so rejuvenating and healing, just as my mother. You have hundreds of forms and names. The world-wide actions of human hands and intellect are none else but a reward of yours. Mother, please, accept me, sanctify me, heal me, nourish me, move me, uplift me to the highest pedestal of oneness with the universe."

Identifying in empathy with nature, taking the world of trees and vines as family members, kinsmen, and caretakers, is the spirit of Ayurvedic Therapy.

This therapy proclaims that it is inhuman to slaughter animals for ingredients or tests in medicine, what to speak of eating meat. Ayurveda healthcare is not only a principle of tridosha, analyzing physical disorders with the theme of vat, pitta, and kapha: air, fire, and water; but is a solid foundation of spirituality and divine consciousness of unity. That is why it is part of Veda.

### Planetary Therapy

Every individual, throughout his or her life, each moment, remains under the influence of one or more planet(s). S/he remains obsessed by the vibrations and chemical transformations one way or another. But stark ignorance of this subject and an over-flow of impostors, has forced modern man to choose to stay in the dark. Whatever is in the cosmos is in this body. It is necessary to know which planet, star, and zodiac have their

base in which part of the physical organism and what actions and reactions are taking place. Once understood, positive actions can begin to bring about desirable healing changes.

### **Yajña Therapy**

Beauty, power, health, and illustriousness are expressions of divine consciousness. Celestial beings are masters of them. Yajña is a technique to obtain them by the medium of fire- ceremonies.

The sacred aromatic smoke of yajñas creates a divine atmosphere and establishes a base for domestic unity and prosperity. With the resonance of mantras, rhythmic pronunciation, oblations of pure substances, and aspiration for higher ideals, the surrounding atmosphere becomes charged. Body, mind, and soul become thrilled. A psychological upliftment takes place in which health, wealth, and right perspective is spontaneous and natural.

Yajña smoke is healing, anti-bacterial, anti-disease, anti- pathological, stabilizes electrodynamic fields, and wards off evil influences.

### **Gem Therapy**

People are ornament lovers. And the most ornate of all objects are precious stones, jewels, and gems set in precious metals. Everyone knows that gems add a new zest to one's attire, but few know that they also have the power to eliminate bad luck and create a new fortune. That is part of the reason that gems are still so popular in modern man's life.

While searching for the direct replica of the planet and stars on the earth, Vedic geniuses discovered gems and their independent science of healing. Each gem represents a certain planet in the solar system, and stores its vibration particularly.

It is often largely because of planetary reactions that certain disease explode in the body. At such times, the matching gem alone remains a solution to heal it. The world of Gem Therapy is a tribute to mankind, of the cosmic interconnectedness of nature, not only on earth, but through the intergalactic system.

Since there are 9 VIP planets, there are 9 main gems as well. Throughout the Galactic Chronicles and epics of ancient India, wherever a Princess is depicted walking in the midst of an assembly of suitor Kings to select her husband, she is holding a 9 gemmed necklace to place on him as a sign of selection. The 9 million dollar necklace consists of 9 gems, each costing one million dollars.

The following are the ways that gems are applied in healing:

- (1) Wearing a gem as a ring or pendant so that it has direct contact with the skin at all times and radiates its power into the body;
- (2) By reducing the gem to ash through yajña and consuming the gem-ash.

Generally everybody can wear a gem related to the Lord of his birth lagna, or rising sign. But, as far as therapeutic healing is concerned, one has to consider the matter more carefully. Gems which are of moderate temper are okay. But those of a strong and hot temper may cause havoc, no matter how good they look on the body.

A gem called Pukharaj is highly fruitful for an unmarried woman who is having a hard time finding her suitor, as well as those who want to increase their knowledge and spiritual vibrations. The same way, pearls are excellent for hysterical people and those who need mental peace.

### **Mantra Therapy**

Mantras are particular sound vibrations which deliver the whisperer from trouble. Each mantra is composed of healing vibrations. It has more authentic and far reaching effects than allopathy and even ayurveda. Because they touch only the outside and inside of the body, whereas mantras touch your astral and causal bodies. They vibrate, energize, and strengthen all levels of the conscious, subconscious, and unconscious states of mind. There is no other single method so expedient to reach all these levels of life.

Proper position, proper dress, facing the proper direction, the correct rhythm of whispering, and other specialties are all factors which create magnetic surroundings and balance the energy as soon as it arises by the repeated crashing of sounds of the letters of the mantra. Waves of energy then spread in the ether, and throughout the universe. They touch the particular form of God whom the mantra represents. Then the Lord of the mantra infuses his/her blessings, healing, upliftment, and light, and sends it back. It comes back to the person whispering the mantra, and fulfillment of the desire takes place. What you pray isn't important. Whether it has reached to the one it is addressed to is crucial.

### **Tantra Therapy**

Tantra is the path of affirmation and not negation. It is based on perfect organization of enjoyment of the world, for which this body is the only means. So, it has its own way of healing and energizing. It is called kaayaakalpa. This is a chemical transformation of the body. Science of body is a superb theme. But it is always a victim of perversion and decay. Tantra creates a new body in place of this same one. Tantra is the path of conquest of time. Victory over death and remaining youthful and energetic forever are the ultimate physical attainments of tantra.

### **Magnet Therapy**

Magnets are one of the 84 gems. The scientific harmonious adjustment between the cosmic magnet of the earth and the soul magnet of the body brings about health. The upper part of the body is known as the North pole, and the lower is the South pole. Hemoglobin, in which red blood cells are formed, are composed of iron in the body. Since iron is controlled magnetically, by the proper use of magnetic energy the flow of blood can be controlled and directed towards weak, useless or paralyzed parts of the body. Thus many diseases can be healed. The human body functions by certain electrical messages, therefore, there is always a magnetic field inside and outside the body. It leads and controls the changes in the body and thus personality is formed.

### **Yantra Therapy**

Yantras are the mystic diagram form of God. They can be drawn on copper plates, gold plates, silver plates, or certain tree bark known as bhojapatra. Yantras are the most complex science of Vedic intelligence. You can enter this subject only when you have learnt the different powers and abilities of the different celestial beings, their kalàs, màtrikaas, etc.

Your whispered mantra vibrations reflect through yantra and spread through the ether in the universe. Yantras are conscious and inherent with all potentialities of the celestial being it belongs to. For healing, wealth, peace, and other attainments, there are different forms of mystic diagrams.

### **Hypno Therapy**

Often times, curing thousands of diseases lies in touching the subconscious mind of a person. This touch is successfully done by feeling. In Hypno Therapy, this feeling is offered a practical and scientific structure. Western theories take it as a new dimension of Magnet science, whereas Vedic theory introduces it as a science of vital force or pràna shakti.

As soon as you combine inner magnet with feeling energy, it intensifies and over-flows. Feeling of course is a complex phenomena. It is difficult to direct the conscious mind because it is controlled by intellect. But the subconscious mind is open. Feeling can work a miracle. The basis of feeling is vibrant will. Air, light, and sound, all have vibrations. The therapist produces this vibration not only by words, but by the entire personality. It is best when the healer maintains silence, not speaking a word, yet overwhelms and melts the patient by outer gestures and subjective actions, then instructs through mind waves. This way, phobias, insomnia, depression, and sexual abnormalities can be healed. The most successful therapist is s/he who can express the finest of feelings through silence. In fact, Psycho Therapy is an elementary state of this.

### **Kundalini Therapy**

Awakening of kundalini and healing through kundalini are two different subjects. People have fascinated themselves with chakras, colors, and other esoteric stuff, since first

hearing about kundalini. But kundalini is an energy far superior and subtle than physical power. Its awakening means to recognize one's full potential and master it. The third week of December is the best time to start this therapy. You don't have to do Raja yoga or Hatha yoga. All you need to do is rub pure ghee on the back of the nabhi chakra, and rub it lightly and gently from the coccygeal plexus, to the solar plexus, to the spleen plexus, to the dorsal plexus, to laryngeal plexus. Rubbing the ghee in gently, one should whisper the following mantra:

*aum hum bramha hum*

from 20 to 108 times. All the nerves will become conscious, alert, and energetic. The plexuses will function as energy transformers, sending energy throughout the body. With this dispatch of energy, many diseases can be healed.

### **Divination Therapy**

Divine Therapy means, making oneself so receptive, prayerful, and large hearted, that nectar drips from the vast storage of divinity of God-consciousness, healing diseases. It is a process of suspension of all modifications of the mind. Through prayer, recitation of verses, feelings of God's greatness, sweetness, love, and compassion, one becomes filled with feeling which brings about a bodiless, breathless, and timeless state. Then, as though the world exists no more, one becomes submerged in God-experience. In such moments great healing energy flows and over-flows, making a large pool, which supplies healing to the experiencer, and at times others as well.

### **Solar Therapy**

Pleasure, suffering, ecstasy, and misery, all have their origin in the nine planets. The most powerful among the planets is the Sun. The Sun is directly connected to each individual with his or her natural qualities of power, enterprise, valor, illustriousness, and creativity.

Solar Therapy heals by absorbing specific rays of the Sun in certain parts of the body, which have been filtered through colored water or cellophane paper. Sun baths or sun-energized oil, ghee, glycerin, etc., applied to eczema, rashes, failing eyesight, and even impotency problems, help tremendously.

There are seven rays in the sun. Various methods can be used to separate these rays and apply the color for healing purposes. Overall, red rays are used for Kapha (water) related diseases; Green rays are used for Vaata (air) related diseases; and Blue rays are used for Pitta (fire) related diseases.

By using a bottle with the color glass of the ray one wishes to diffuse from the Sun, the contents of the bottle can absorb that particular ray. When it has absorbed the color for three hours, the contents remain energized for two days.

Cromopathy believes that the human body is a composition of carbon and non-carbon rays of light emanating from the Sun. The 12 cycles of Surya Namaskar, Sun Salutation,

though yogic, is part of Solar Therapy, because it is a process to draw the above qualities directly from the Sun.

Nowadays pure water is becoming increasingly rare. An easy method to purify water is to warm it in the rays of the Sun in a white bottle with Surya gutika, which absorbs all 7 rays of the Sun.

## **Yoga Therapy**

Humans are given 5 main potentials by Nature:

- (1) Power of Pràna;
- (2) Psychic Power;
- (3) Power of Creativity;
- (4) Power of Love; and
- (5) Intellectual Power.

Based upon these, Vedic geniuses have invented five yogas:

- (1) Hatha Yoga, which evolves vitality and physical firmness through various asanas (postures) and breath balancing;
- (2) Raja Yoga, or royal yoga, which develops psychic powers;
- (3) Karma Yoga, which is yoga of action to develop creativity;
- (4) Bhakti Yoga, which is yoga of feeling to enhance the power of love;
- (5) Jñana Yoga, which is yoga of intellect to enhance intellectual broadness ad infinitum.

This Yoga Therapy is directly involved with Hatha Yoga, yogic postures. The remaining yogas are directly addressed by the remainder of ILCC's message, with subjects such as Shyamanand Meditation, Intergalactic History, and Advanced Psychology.

It is said that one day, seeing the suffering of humanity, Lord Shiva Mahadeva invented 8,400,000 yoga postures to heal all physical, emotional, and psychological diseases of mankind. These resemble the essential relaxing posture of the 8,400,000 creatures on earth. Understanding the complexities of health, Lord Shiva Mahadeva made each position to harmonize with the healing process of specific limbs of the body. Many postures heal, many beautify the limbs, many make them firmer, rounder, or more shapely. Each posture is set in such a way that it spreads a wave of awareness throughout the nervous system, while at the same time harmonizing the individual to the entire conscious race of the earth.

In Yoga, disease means obstruction in the path of the flow of vital energy known as pràna. By exercising and stretching you create such a scientific push and pull in specific areas, that the obstruction is thrown away. The path is cleared. Pràna flows and you are healed. That's why pranayam (breath balancing) is equally as important as the postures. Postures and breath combine to work miracles. The body battery is charged and ready to

work again. After practicing the yogic postures, it is good to do bastrika pranayam, which can cleanse all 72,000 nerves of the body.

### **Shyamanand Meditation Therapy**

A firm, muscular, and sound body is not a perfect example of health. Rather, it is a minor outer symptom, which may be misleading. Real health is when one has attained rock solid proof against assaults of depression and sensational excitement. When one is not irritated by attacks from the pairs of opposites. When one has the ability to make right decisions instantaneously, and enjoy every moment of life in cosmic consciousness. This is a perfect, complete example of health. This can be accomplished only through Shyamanand Meditation. Please see the Shyamanand Meditation section of this book for further details.

By sitting in pyramidal posture and commencing Shyamanand Meditation, energy begins to surround the body like an electricity of peace, serenity, and placidity. It spreads so much that the subtle body is thrilled and shaken up. In these silent explosions, astounding revelations of life-long mysteries take place. All sensational joys and passionate clinging to insignificant and shallow persons, places, things, and habits become small and time wasting. Your life aspires for something high and great. But that is then. Now, however, as soon you start your Shyamanand Meditation, it is a grand therapy if done in a specific manner. For further details, contact the Center.

### **Acupressure Therapy**

The three bases of acupressure are blood vessels, the nervous system, and the body's meridians. Both palms and soles are centers of nerve endings. Therefore, through deep massage on these as well as pressure on the meridians of the body, many diseases can be healed. This is fast becoming popular in the West. It is already a national medical system in Japan, known as Shiatsu.

Energy can be sent to the thyroid by pressing the fleshy areas below both thumbs; to the pituitary, by pressing the tips of both thumbs and big toes for 10 seconds.

### **Acupuncture Therapy**

Acupuncture uses thin needles, finer than physician's injection needles, to stimulate healing energy in the same spots where Acupressure uses the more general pressure of a hand or device. By combining this healing with the use of herbs, physicians in China and other parts of the world have been healing people for centuries.

### **Yoganidra Therapy**

This is also known as auto-healing. People can create Yoganidra by giving instructions to themselves until their resistance drops off, and they begin to see themselves healthy and buoyant on the screen of their mind as clearly as gazing into a mirror or high density

television screen. At this point, energy can be channeled to any particular limb which is sick or in need of care. Thus healing takes place.

### **Mineral Therapy**

Various minerals and metals have held an important post in the process of alchemy for a long time. They are considered to be the semen of Lord Shiva. Gold can be created through alchemical processes using various metals. Yogis have always used them to make their bodies as strong as rock, as young as teenagers, rich with immense wisdom. One can conquer old age, weakness, create new vital fluids, and over-come the pairs of opposites through the very precise science of Mineral Therapy. This is a delicate, advanced subject which requires specific instruction, but offers amazing results.