

Sustenance of Personal Health & Fitness

Introduction:

Baba says “My sweet children the physical body, which you souls possess, is very important instrument for you now in this confluence age to do baba’s service and to practice *KARMYOG*. Hence, it is your responsibility to maintain and sustain its physical fitness and health. Mentally and physically, you have to keep yourself fit, fine and free from any sort of diseases and disorder.”

To keep the body healthy, lifestyle is of course important but apart from this, *RAJYOG* meditation can also help us a lot for keeping the body fit and fine as well as for curing the diseases that we suffer from.

Meditation Practice:

Sit in comfortable posture. Start breathing. Inhale deeply and exhale slowly. When you inhale let your belly gradually



come outward and when you exhale let your belly go inward. Focus your attention on your breathing and try to sense the inward and outward flows of the air on the inner

walls of your nostrils during inspiration and expiration respectively. Hope your sensing this. Enhance your concentration on your breath and now try to experience the coldness of the air which you are breathing in and the warmness of the air which you are breathing out. Hope you are experiencing this. Now your mind is fully concentrated, stable and peaceful. Now withdraw your attention from your breath and focus it at the centre of your brain just behind the centre of the forehead. At this place visualize your own self in a form of a self-luminous point of light along with visualization of your own physical body. Also visualize different organs and systems of the body as much as you know about them

Now affirm that: “I am a soul the point of divine light... though I am different from my physical body, my body is completely under my control and influence...my body is highly affected by my thought i.e., by the state of my mind, intellect & personality traits... As I think so will be the state of my body.”

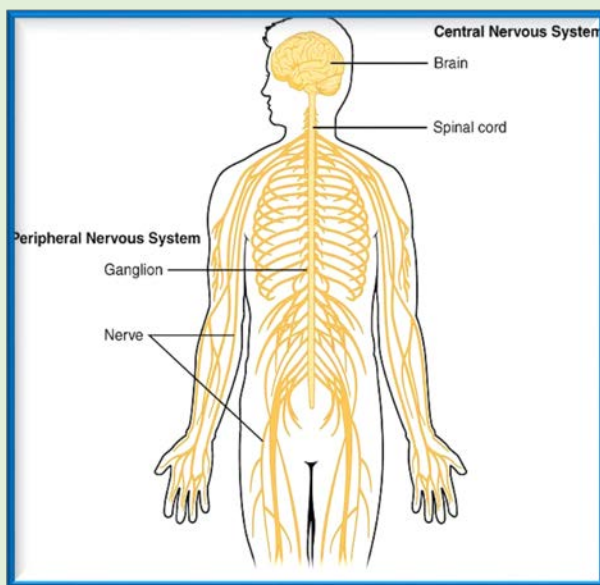
Now let’s get charged with all sorts of power, values and virtues from almighty SHIVBABA. Emerge beloved sweet BABA just in front of you as a shining, twinkling, divine star and continue to affirm:

“The powerful rays of peace, purity, power and bliss are spreading all around from my almighty spiritual father *SHIVBABA*, who is the ocean of peace, purity and bliss.... Some of these rays are falling on me, the

soul, and I am getting fully charged and empowered with peace, purity, power and bliss....I am getting absorbed in eternal bliss....Sweet *BABA*, with your power of purity, I am now completely free from all the vices like sex lust, anger, attachment, greed, ego, jealousy, hatred etc. My intellect is now divinised by the knowledge you have given to me... The rays of peace, purity, power and bliss are spreading, through my soul, throughout my body....

Empowerment of Brain and Central Nervous System:

I, the soul, being at centre of the brain, I am in the vicinity of most vital organs of my brain; thalamus, hypothalamus and pituitary gland.... Hence these organs, along with the whole brain, are highly influenced by the powerful positive vibrations radiating from me....My whole brain is now fully charged &

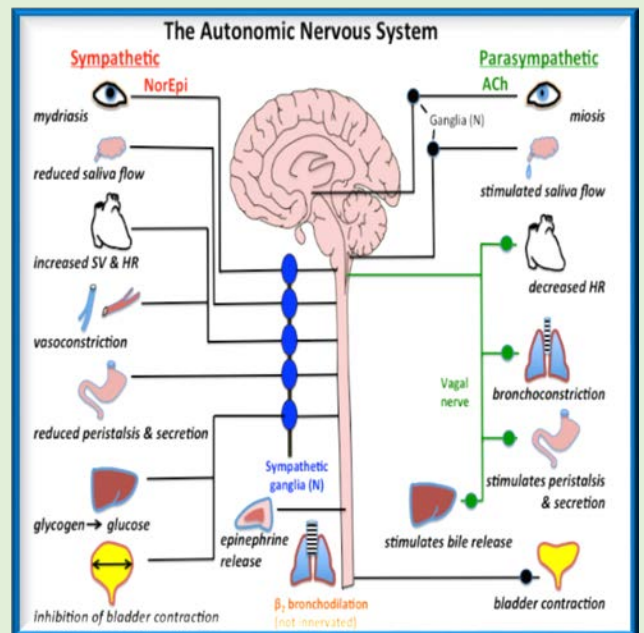


empowered.... Every cell of my brain is getting healthier.... Functioning of my brain is quite normal... The whole network of my central nervous system, comprising of

sensory nerves & motor nerves, is also functioning very well under the influence of vibration of peace, purity & power..... Through my brain & central nervous system, these powerful vibrations are also spreading in my all senses, body organs and body systems..... All the senses and systems are getting charged with the vibration of purity and power....Now all my senses & systems are functioning very well in harmony with each other..... My all the organs are becoming more and more healthy.....

Empowerment of Autonomic Nervous System:

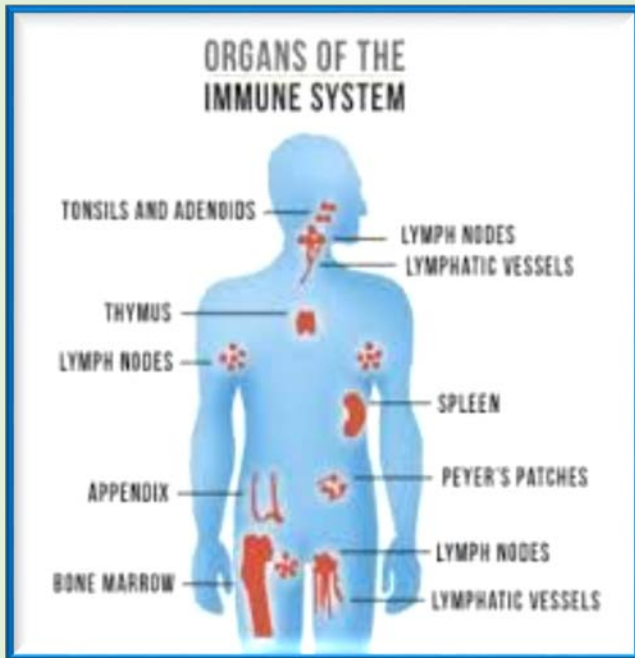
“My autonomic nervous system, both sympathetic and parasympathetic, is also receiving the powerful rays of bliss and peace.... Both the systems are now working in balance and harmony with each other..... My all involuntary functions, which are govern by these



systems, are being carried out very effectively & perfectly.

Empowerment of Immune System:

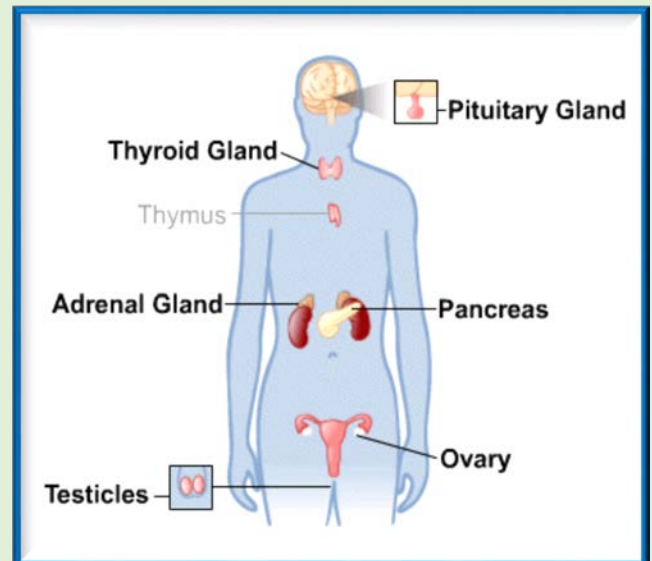
Especially the rays of purity and power, which I am receiving from almighty SHIVBABA, are getting transferred to my



immune system..... And now my whole network of immune system, especially the lymph nodes, are getting strengthened.... And now it is capable of fighting out any sort of viruses, bacteria & parasites... The functioning of my whole defence mechanism is quite perfect & is in harmony with all other systems of the body....Now I see no possibility of occurrence of any illness, disorder or diseases in my body.

Balancing the Endocrine System:

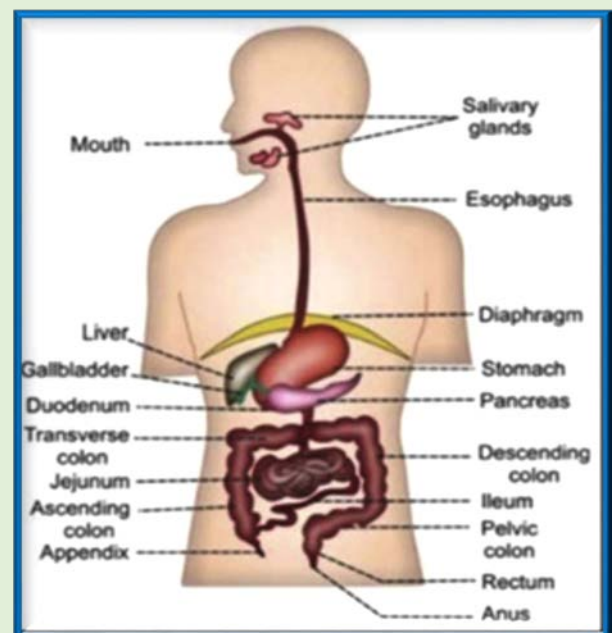
"The rays of peace and purity, through my soul and pituitary gland, are getting transferred to my whole endocrine system and its various glands..... Hence, most of the body functions, which are governed by the

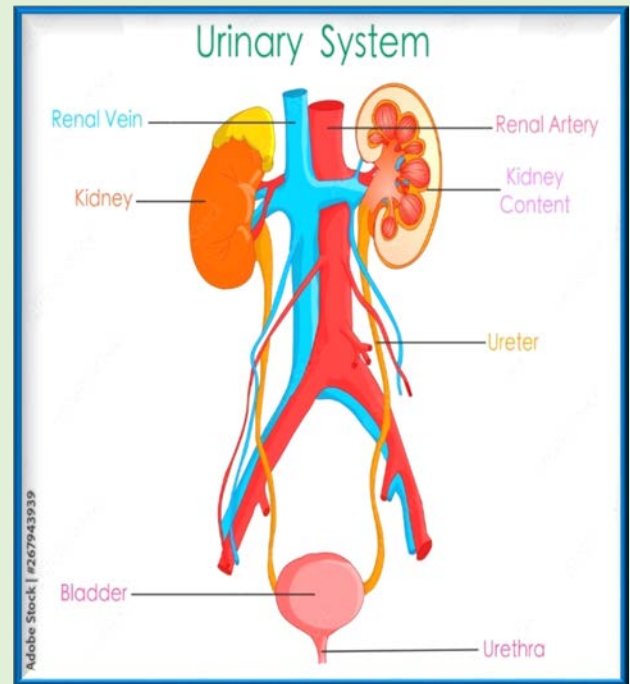
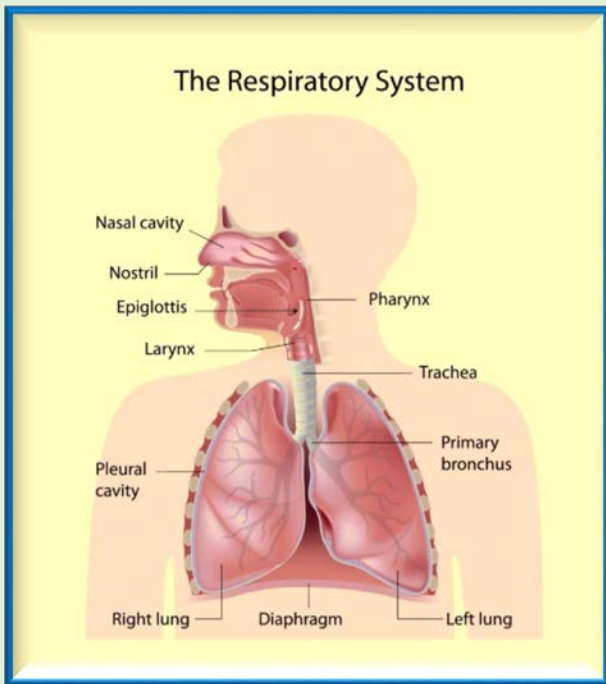


hormones secreted by these glands, are being carried out very nicely and accurate.... Particularly my thyroid and parathyroid glands, adrenal glands & gonad glands are functioning normal, getting quite healthy & there is perfect balance in the secretion of hormones.

Empowerment of other Systems of Body:

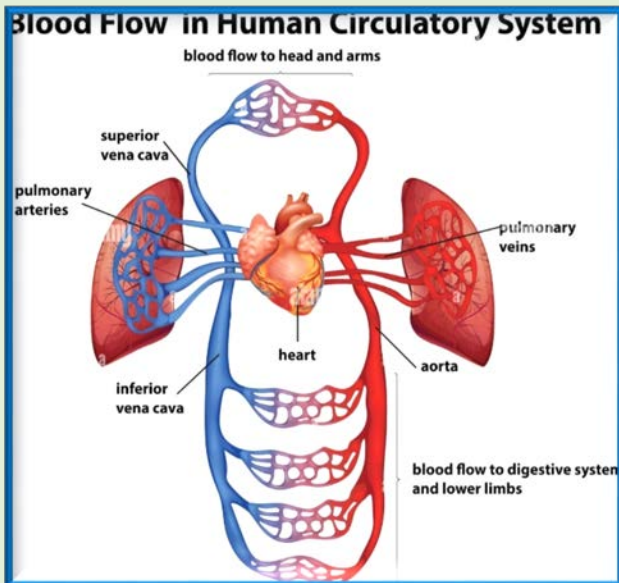
The rays of purity, peace and power are also transferred to all my other systems and organs of the body.....The digestive system,





respiratory system, circulatory system, excretory system & skeletomuscular, Vaso muscular, neuromuscular systems are all under the control of my elevated state of

I am becoming healthier and healthier and I now am completely free from any type of disease, illness or disorder.....Now I very much like to follow all the principle of healthy life style....I like to eat only that food which is pure, SATVIK, balanced & highly nutritious.....I also like to do my exercise regularly.... Now I am physically, mentally, socially, emotionally and spiritually very healthy.....Almighty god's blessings & powers are always with me.



mind.... Now all these systems are functioning very well All the senses – five senses of action, five senses of perception and three subtle senses are also under my full control and working in harmony.

Note: Daily practicing this meditation, at least once a day, for 15 to 20 minutes, will have very positive effect on our subconscious mind, which is most responsible for our holistic health.

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B. K. Prafulchandra