

# Purification and Empowerment of Five Elements of Nature

## Introduction:

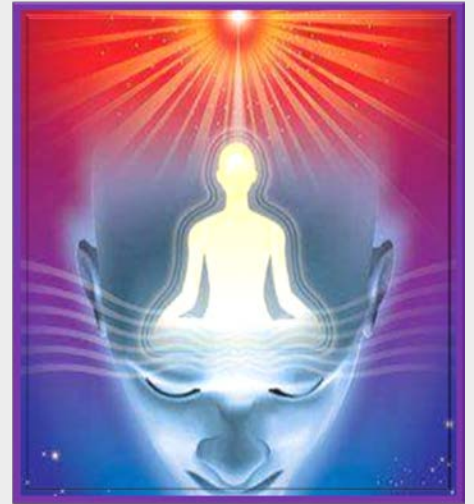
Since last few centuries, we, the human beings, have exploited the five basic elements of nature up to such an extent that most of the elements are now polluted. Due to abnormal increase in population of the world, the burden of sustenance of human being over the elements of nature has also increased abnormally. This has created degeneration and toxification of the elements. As a result of it, an ecological imbalance has been created and hence today we are all facing very severe and alarming pollution problems like land, air, water and noise pollution; greenhouse effect; global warming; depletion of ozone layer; deforestation; desertification etc. The ultimate cause of all these problems is the mental pollution of the human beings. We have to except that we, the human beings, are responsible and accountable for this condition of the world. Hence, it becomes now our responsibility to correct it and should put our sincere effort for the purification, detoxification, regeneration and empowerment of all the elements of nature. The almighty God SHIVBABA expect us to do this through the vibration of our positive, powerful, love full thoughts. The five elements are 1. *PRITHVI* (Earth): which represents all the material in solid form 2. *JAL* (Water): which represents all the materials in liquid form 3. *VAYU* (Gas): which represents all the gaseous material 4. *AGNI* (Fire): which represents all the forms of physical energy 5. *AAKASH*- which represent space.

## Meditation Practice:

*Sit in comfortable posture.... Start breathing deeply.... Inhale 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 you are 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.....*

## Now affirm along with this visualization

“I am neither this physical body nor the subtle one... But I am a soul, a luminous point of light just like twinkling star... I am an eternal entity... My existence is since negative infinity and it will be sustained up to positive infinity, as I am an immortal soul... I the soul, tiniest and minuets point of light, is now leaving behind my physical and subtle body and I the soul, in my seed stage, am moving upward in the sky... I am going up and up leaving behind the earth planet along with solar planetary system... I am moving towards the *PARAMDHAM* leaving behind all galaxies.



Now I am entering the *PARAMDHAM* which is comprising of the sixth element *BRAHM*... what a nice experience it is!!! There is nothing physical or subtle here... Golden red light is spreading all around in this region up to infinity... What an immense peace I am experiencing here!!! My beloved spiritual father almighty *SHIVBABA* is just in front of me in a form of a divine light...What a pleasant vision it is!!! The rays of purity, the springs of peace and vibrations of power are spreading all around from *SHIVBABA*... Some of these rays, springs and vibrations are also touching me.... I am getting charged with peace and purity ... I am also getting filled with different powers... what a beautiful and powerful experience it is!!!



Now I am entering the corporal world and descending towards earth planet in my seed stage.... I am taking my position high up in the space such that the whole globe of the world is in my vision...Today my intention is to dispel the darkness of ignorance and purify and empower all the five elements of nature.....

Hai...PRITHVI... Hai... JAL... Hai... VAYU... Hai... AGNI... Hai... AAKASH... First of all I apologise you all, as I have misused, exploited and polluted you enormously, especially in this KALYUG – the iron age ... I very much feel that now it is my responsibility to purify and empower you all again, with the purity and power of my soul and that of our almighty spiritual father, beloved SHIVBABAA...

The intense vibrations of peace, purity and power, radiating from me, are now spreading all over the globe.... Each and every particles of the earth are getting charged

with purity and power.... The polluted earth is getting purified and empowered .... All the poisonous and hazardous substances from every solids on the earth are being eliminated....The land, which has turn into barren due to its exploitation, is regaining its fertility & fragrance.... The earthquakes are getting minimised as the earth is getting charged with the vibration of peace & purity.....Let there be all good - MANGALAM of earth - PRITHVI.....



The powerful vibrations are spreading through the atmosphere also.... The polluted air is getting purified....The whole atmosphere is getting cleaned up and empowered.... I am extremely happy that *BABA* is making me the instrument for this noble cause of purifying the VAYU i.e. all the gaseous substances on the globe ..... All the poisonous & hazardous gases are being eliminated from entire environment....The pleasing aroma is spreading all around.... I whole heartedly wish, let there be good - SHUBHAM of all gaseous elements - VAYU.....



The powerful vibrations of purity and peace are entering the entire amount of water and other liquid substances on the earth planet.... Each drop of water is getting charged with peace, purity and power....All the polluting substances are being removed from the water of all the oceans, rivers, lakes, wells, underground streams etc. .... Entire amount of water on the globe is now clean, transparent and fragrant....Especially the river water flowing through the mountains and forests are now just like elixir.....The rainfall all over the globe is balance and proportionate .... Now there is no danger of any flood or feminine.....Water is trying to satisfy and please every consciousness on the globe....Let there be good - SUBHAM of every drop of water - JAL....



Especially the vibrations of purity & power, radiating from me, are now spreading through the entire domain of different physical energies, especially through heat energy or fire-AGNI.....We are highly obliged by this element of nature, as without it, life would not have been possible on the earth.....The entire amount of heat energy in universe is now in ecological balance & serving mankind



extending all ease and comfort.....The conversion, transmission, consumption, utilisation of these energies is very much in harmony and balance so that the green-house effect and global warming are being minimised.....Let all be good - MANGAL of AGNI.....

I see and realise that the space-AAKASH is the largest element of corporal world, accommodating all the planets, stars, star groups, galaxies etc. ....It comprises of ether through which the transmission of different energies are taking place....The power of purity and peace, which I have gained from almighty SHIVBABA, is now spreading in entire space all-around.....All the activities and processes, going on in the space, are getting normalised in such a way that all the inert elements and conscious entities on the earth planet are getting purified and empowered.....Let there be all good - SHUBHAM and KALYANAM of the space - ANTARIKSH.....



Hai...PRITHVI... Hai... JAL... Hai... VAYU... Hai... AGNI... Hai... AAKASH... I extend my hearty thanks to all of you .... Because you all have served me, in all respect, for a long time for my several births... you gave me abundant peace, happiness and prosperity... I wish you all good once again....

---- Om Shanti ----

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