

INNER PEACE

Why Are People Unhappy



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ॐ निरंजनो निराकारो निर्विकल्पो निरामया, अगम्यो गोचरलक्ष्यो गोरक्ष शिद्धबन्धित
विश्वोत्तेजो विश्वोरूपो विश्वोवर्ध सदाशिव, विश्वनामा विश्वोनाथ ॐ गोरक्ष नामोस्तुते

Inner Peace: Why Are People Unhappy?

Preface

Life is full of questions, and no one knows all the answers. Yet, death is certain—a truth beyond questioning. Many spend their whole lives being chased by the shadow of misfortune, seeking an escape or a way to be in tune with their destiny. It is a great loss when humans cannot laugh wholeheartedly. Such people are truly poor—they cannot sleep, breathe, or move with ease. It is a grave blunder to die without discovering one's true self. All knowledge and experience are meaningless if one does not understand the energy that makes us move, walk, think, talk, see, breathe—the very energy that makes our heart palpitate and keeps us alive.

The question, “Why are people unhappy?” is one of the most discussed topics across the world. Many philosophers have offered their perspectives, but often without providing clear or understandable reasons. However, there is no simple answer to this question. Many factors are entangled and muffled, making life feel mysterious and unfathomable. In this book, I seek to explore some of the reasons for unhappiness and offer solutions.

Lies are complex, while truth is simple. Take, for example, the tree, which must grow in two opposing directions at once: downward and upward. The roots grow downward (gravitropic) and the branches grow upward (phototropic)—yet both follow a similar growth pattern. The height of the tree, the stretching of its branches, its flowers and fruits—all depend on the growth of its roots. In the same way, our material and spiritual aspects must grow in parallel and in harmony.

Spirituality is the foundation of our entire existence. In today's world, many have overlooked the spiritual aspect, causing their material pursuits to become a source of great suffering. It is like a bat claiming, “There is no sun”—this does not negate the sun's existence. We must learn to understand the inner world—the invisible realm as well. This

body we inhabit comes from the very blueprint of the universe, much like an architectural sketch giving life to a house.

Blessings, health, and wisdom are the three of life's most inevitable gifts. Without blessings, both life and nature wilt. True health is the balance of physical, mental, and spiritual well-being. Without health, all else is lost. In the same way, wisdom opens the door to heaven. Life is not merely what we desire, but what it truly is. Life becomes beautiful when we repay our karmic debts, embrace the Vedic wisdom, and learn to manifest wisely.

Just as a beautiful butterfly emerges from the humble caterpillar, a pearl is formed through pain, and a diamond cannot reveal its true value without enduring the heat of charcoal and the hard polishing. This is the nature of life itself. Ignorance brings suffering when people remain unaware of the mystery of their body, mind, and soul. When we understand the mechanisms of life, embrace the Vedic wisdom, begin to appreciate what we have, and receive blessings, life transforms into a benediction. Only then we begin to experience the abundance of life.

Who is Shrestha-Muni?



- A humble seeker on the path of becoming truly human.
- Spiritual master, mystic, and musician at Tushita-Nepal (The School of Life), nestled in the serene surroundings of the Annapurna Himalaya, Pokhara, Nepal.
www.tushitanepal.com | Email: tushitanepal@gmail.com
- Visiting professor at esteemed universities across Nepal and Japan.
- Author of several insightful books; *Pokhara Valley*, *Travel and Tourism of Nepal*, *Aama Prakriti*, *Prashnottar*, *Creator and Consciousness*, *Nepal: Crown of the World*, *Tantra Sadhana*, *Simplified Bhagawat Geeta*, *Synopsis of Patanjali Yog Sutra* etc.
- Creator of *Nihondo Ikigai*, a guide to learning the Japanese language.
- Inventor of the logic game, “TAO: The Cosmic Flow,” where 32 pieces move around heaven and earth.
- Composer and recording artist of three music albums (click on each title to listen):
 - [Mantra meditation](#)
 - [Aum Namah: Shiv-Shivaya](#)
 - [Buddham Saranam Gachhami](#)

- Former tourism entrepreneur having founded nine companies across industries such as hospitality, travel and ecotourism. Having left behind the business world, I now dedicate myself fully to the awakening of human consciousness for the new world.
- My source of inspiration: the wisdom of the four Vedas, the 18 Puranas, and the vision of the Gorakhnath Welfare Trust.

“World Peace Through Inner Transformation.”



Sagarmatha (Mt. Everest, 8,848 meter), Sumeru Kailash

Contents

The Three Inevitable Gifts of Life	1
The Difference between Happiness and Peace.....	4
The Lost Connection with the Supreme Consciousness	7
Vedic Sanatan Dharma: The Cosmic Law	9
The Law of Nature: Unlocking the Secrets of the Circadian Clock	12
The Silent Killers: Allopathic Medications and Toxic Products.....	15
Enjoying the Present Moment: Living in the Now	19
Tuning Our Inner Vibration.....	21
Discovering Who I Am and The True Purpose of Life.....	24
From Bhogi and Jogi to Yogi.....	27
Understanding What, How, and When to Eat	29
Tridosha Imbalance and the Power of a Proper Diet	35
The Dark Side of Wearing Black Clothing	39
The Dangers of Improper Gemstone Use.....	42
Stop Comparing, Stop Complaining.....	45
Expectation and Pleasure Seeking.....	48
The Myth of Free Will	51
The Hidden Power of Purification	55
Embracing Laughter and Self-Love	57
Why Saving Sperm is Key to Vitality	60
Vastu Shastra: The Science of Aligning Architecture with Nature	62
Why We Need Astrological Guidance.....	65
Unveiling the Life Energy within the Mother's Womb.....	68
Mystical Ketu: Discovering the Spiritual Path	70
Beyond "Letting It Go": From Problems to Solutions	74
Knowing the Purpose of Life	76

The Truths of Love, Life, and Death	78
How Ego Creates Our Struggles.....	81
Tuning In: How to Hear Our Soul’s Inner Call	84
Breaking Through Confusion and Divided Ideologies	86
Tension is Just Pretension.....	89
The Misconceptions of Spirituality.....	91
Revealing the Spiritual Essence of Science.....	94
The Three Dimensions of Suffering.....	97
Happiness Lost: Why Children Keep It, and Adults Let It Go.....	101
Feel Better, Live Better: Simple Steps for Self-Healing.....	102
A Vedic Approach to Living from Today Forward	105
The Essential Guide to the How, Where, and What of Daily Rituals...	107
The 21st Century Health Deception	110
Our Inner Light Knows the Bitter Reality	116
Life-Changing Quotes	118
Nepal: Crown of the World.....	124
Discover Nepal: A Haven for Peace Seekers.....	126
Why Nepal Struggles Despite its Riches?.....	131
Essential Insights You Must Know	139
Shiva, the Ultimate Truth: A Call for World Peace.....	153



The Three Inevitable Gifts of Life

Blessings

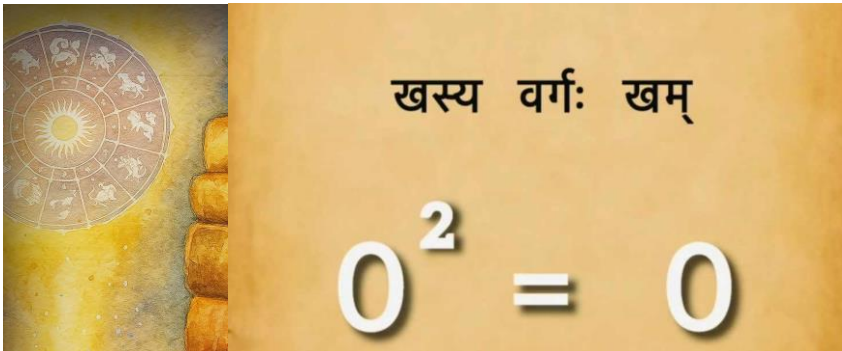
We cannot truly experience the joy of life without receiving blessings from the Creator (God), Rishimunis (the Vedic sages who imparted sacred wisdom), Devas (the life-givers as the Sun, air, water, and more), and our ancestors (our forefathers). No matter how wealthy we are, life becomes a great struggle if we fail to honor all six debts and receive these blessings. Remember, it is because of these blessings that we are alive. Without them, clouds would not bring rain, flowers would not bloom, birds would not fly, and we would not be able to breathe.

Many may disagree about the concept of God, but we must acknowledge the cosmic energy (consciousness) that makes this existence possible. When we see a work of art, there must be an artist (creator) who crafted it with brush and colors. Creation is not possible without the Creator (the doer), isn't it? The element used by the Creator to bring us into existence is another matter to ponder. But certainly, creation is possible only with the necessary elements and the Creator. In short, we are a beautiful creation of God, and we must express profound gratitude for this beautiful life.

Health (Well-being)

Imagine being a billionaire, yet lying in a hospital bed. What use is wealth if we cannot enjoy it? We may own a Rolls-Royce, but a nurse pushes us in a wheelchair. We may be a hotel owner, but a nurse administers us medication with a glass of water, isn't it? Even visitors bring us fruits, but we are unable to enjoy them. Therefore, earn health, or risk losing everything. Just as we repair our scooter each month, we must repair our body and mind—in other words, engineering our life. When we seek high-quality petrol for our scooter, consider the need for quality food for our own body.

In essence, we must care for our physical, mental, and spiritual health. A sick person desires nothing more than a quick recovery, isn't it? In such moments, they would gladly give up all their wealth for the restoration of health. Thus, health is the most vital aspect of life. Today, the World Health Organization (WHO) emphasizes not only physical health but also emotional and spiritual well-being.



Wisdom

Skill or know-how is another crucial aspect of life. With a certain skill, life becomes much more comfortable. Engineering skills make us an engineer, computer skills open doors to rewarding careers, and networking skills make us a successful businessman. Similarly, the right information or wisdom can solve all challenges. For example, the Himalayan herb 'Amrita' might grow in our garden, but without the wisdom to use it, we may suffer from ailments, as we did during the

coronavirus pandemic. Similarly, if we understand how to honor our ancestors, life becomes a blessing. Remember, all suffering arises from ignorance. Our love, attachments, wealth, and relationships become futile without these three essential pillars. Vedic wisdom offers authentic insights into life and the world.



“If there is a paradise on Earth, it begins in the north, from Pokhara.”

— Kawaguchi Ekai

‘Tenjiku’: The Celestial Land

Spirituality remains a mere joke unless we understand the intricate operating system of the body, the energies centers of the Himalayas, and the profound Vedic wisdom.

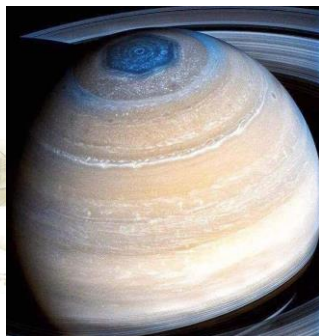
The Difference between Happiness and Peace

Words reveal subtle differences in meaning. There is a difference between looking and seeing. We might be looking at a hummingbird, but we do not truly “see” it until the image is processed by our visual cortex. There is a significant difference between wisdom and knowledge. Knowledge says “I know much,” while wisdom humbly acknowledges: “I don’t know anything.” Similarly, there is a difference between love and mere like-love. If we love a flower, we nurture it by giving it water and care. But if we only like the flower, we begin to pick it, don’t we?

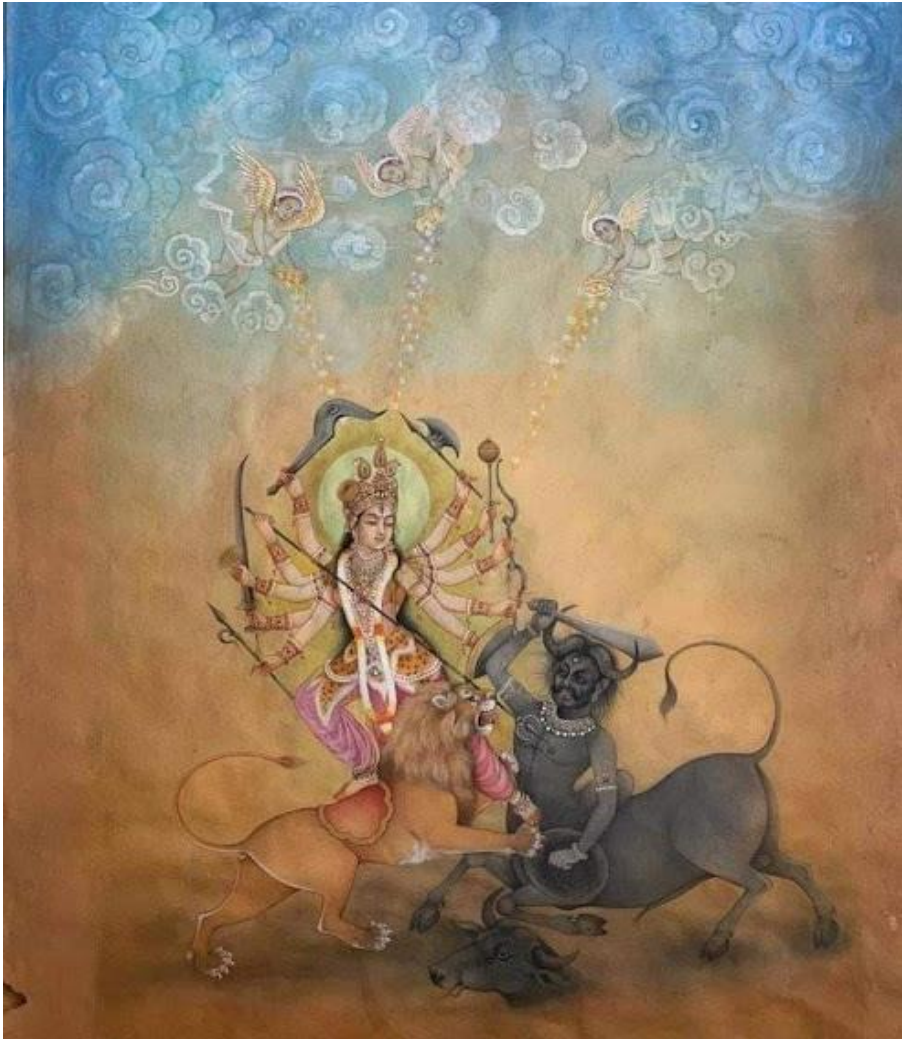
Likewise, there is a profound difference between happiness and peace. Generally, people perceive happiness and peace as similar, but this is an ignorant view. Happiness is the state of satisfaction we feel when we obtain something we desire; it is entirely about external possessions. For instance, a hungry person becomes happy after getting food; a tired person becomes happy after lying on a bed; a thirsty person becomes happy after receiving a glass of water; a drunkard becomes happy after getting wine; a teenager becomes happy through friendships and love; a child becomes happy after watching cartoons; a farmer becomes happy after receiving rain during a drought. A person suffering from diarrhea feels immense relief upon finding a restroom, ignoring even a golden ring, because the bathroom is their immediate necessity. So, if we receive what we desire, we become happy; otherwise, we remain unhappy. Happiness is rooted in possession; it is material and fleeting.

Our body, mind, and soul are the three essential components of our life. We need to understand that our body craves relaxation, our mind seeks quietude, and our soul longs for peace—this means tuning our inner vibration, just as a guitarist tunes their strings before playing music. Peace is the state of satisfaction and contentment when our inner

vibration gets tuned. Surrender purifies love, and devotion purifies feeling—both are essential factors for achieving peace. We can tune our inner vibration by expressing gratitude to the Almighty Creator, performing the Vedic pooja (worship) for our ancestors, and assisting in the peaceful resting of their souls.



Additionally, pacifying the planetary energy residing within our bodies is equally crucial for cultivating peace. Our life is not only body and mind, but also the spiritual energy (planetary energy) that governs us every moment. We become restless if the planetary energy inside us is disturbed, and we must pacify it by performing the Vedic Pooja 'Graha Shanti'. This may seem odd to Westerners, but it is the reality. Westerners often live in turmoil and restlessness, focusing solely on material advancement and neglecting the understanding of their inner vibration. This is the reason why New York is considered one of the unhappiest cities in the world, despite its luxury and comforts. People are realizing that true health is achieved only when we are physically, socially, economically, emotionally, and spiritually healthy. Only then do we find inner peace.



Kalinchowk Mahabagawati killing Mahisasur and Vanasur Devil at Vanarasi, Dolakha.

The Lost Connection with the Supreme Consciousness

People often feel an immense sense of peace and happiness when surrounded by nature—whether it's in the jungle, by a lake, near a waterfall, on a beach, or in the mountain moors. Hiking, camping, trekking, and excursions are activities that many people regularly seek out, relishing the escape from the busy world and crowds, and finding solace in the embrace of Mother-nature. We commonly refer to nature as “Mother Nature,” but have you ever wondered where the Father element is in this picture?

We are a beautiful, magnificent creation of the Creator (the Father)—the supreme consciousness—and our soul inherently seek to reconnect with it. It is just like an innocent baby lamb grazing in the mountain moor, crying out because it cannot see its parents. Once it finds them, the baby lamb settles in peace. In the same way, when our soul is disconnected from the supreme soul, we become restless—much like that lost baby lamb. *Aham Brahmasmi*—which means “I am a spark of the cosmic consciousness (the Father)” —reminds us that our soul yearns to reconnect with the supreme soul, “God”.

The concept of God can seem confusing due to the many theories and beliefs framed within the so-called “boxes” of religion. But each tradition is, in essence, pointing toward the same truth expressed through different names: Ishwor in Sanskrit, God in English, Kamisama in Japanese, and Allah in Arabic. In fact, a rose is still a rose, no matter the name we give it. Similarly, the existence of God is not dependent on our belief—God simply “IS”. Whether we acknowledge it or not, fire is hot.

The modern education system, with its focus on intellectual analysis, often demands proof and reasoning. However, when we approach the

divine purely with the mind, we may never fully experience God's existence. The mind is not equipped to question the fathomless and infinite power of God, but rather to appreciate God's creation, express gratitude, and navigate the processes of life. It is true that when people's purses are full and their cheeks rosy, they rarely think of God. Yet, in moments of suffering—whether lying in a hospital bed or gasping for air due to high-altitude sickness—or in moments of intense joy, such as during an orgasm or a victorious football penalty, people often cry out, "Oh, God!". This demonstrates that God is present in both moments of distress and bliss.

Whether consciously or unconsciously, people are always searching for a deep connection with the supreme consciousness and wandering throughout life in pursuit of that divine union. Without this connection, people become very restless, dissatisfied, and unhappy. This is why so many people are turning to yoga and meditation today—to reconnect with the supreme consciousness and experience lasting bliss.

We are born with empty hands and shall leave this world with empty hands. Power, beauty, and wealth are all perishable. We take only our dharma and karma with us according to the blueprint; nothing else.

Vedic Sanatan Dharma:

The Cosmic Law

Many people mistakenly associate dharma with external symbols like wearing a maroon robe, having ashes on the forehead, or adorning Rudraksha beads. While these practices might aid in self-purification, they do not define dharma. The Bhagavad Gita, the noblest of texts, states: *Dharma Dharayete iti Dharma* – dharma is about taking full responsibility while understanding one's intrinsic qualities and duties. For example, the dharma of water is to quench thirst or bring coolness. Fire burns, regardless of whether it is rich or poor, mine or yours, because the dharma of fire is to burn. Likewise, the dharma of a judge is to deliver justice, the dharma of a policeman is to maintain law and order, and the dharma of a politician is to serve the nation and its people with utmost dedication. The dharma of a king is to be the beloved father of his citizens.

If dharma is neglected, existence itself dissolves upon itself. As the saying goes, "As you reap, so shall you sow." Just as a sunflower cannot grow from a cactus seed, when we stray from our dharma, it leads to imbalance and suffering. Unfortunately, many are unaware of the true meaning or essence of dharma, resulting in ignorance, confusion, and a tendency to commit evil deeds. This ignorance has bred hatred and indifference toward dharma among the masses.

Many are tired and fed up with the religious politics that pit one religion against another – "our religion is better, and yours is bitter." However, dharma is not a religion at all. It transcends the rigid boxes of religious ideologies which have confused people. Dharma is the eternal law, the path of duty and responsibility. We are here on Earth to preserve nature and uphold the wisdom of the Vedas, which are the sacred scriptures that guide humanity toward truth and harmony. We are here to experience life and repay the karmic debts of past lives. The

essence of dharma lies in spreading love, compassion, and forgiveness. When we lose sight of our dharma—our inherent duties and responsibilities outlined above—it leads to restlessness and unhappiness.

It's essential to clarify what we mean by Vedic Sanatan Dharma, as this term is central to understanding the cosmic law:

Vedic refers to society and culture that are based on the timeless teachings of the Vedas.

Sanatan means eternal—it is coeval with the very existence of nature itself.

Dharma is the responsibility we bear to understand our intrinsic qualities and duties, to walk the righteous path while obeying the laws of nature, and to be ready to accept the result of our actions.

Therefore, the Vedic Sanatan Dharma means following the eternal cosmic law and understanding the true nature of human beings. It is the foundation of all spiritual traditions aimed at cultivating a civilized society and guiding us toward the path of salvation. Vedic Sanatan Dharma worships the Sun, the five elements of nature, and simply elucidates the law of nature. Vedic Sanatan Dharma is the root of all religions, the source of love, humanity, and divinity.

Nepal is the sacred land of Lord Shiva, the abode of the Devas, the Vedas, and the Rishimunis. Yet, people are often confused with the isms, opinions, doctrines, philosophies of the so-called “boxes” of religion. Most are unaware of the Vedic Sanatan Dharma and mistakenly think of merely connecting to the universe. While people grow up in different cultures, societies, and philosophies, their inner being longs to connect with the cosmic law (Sanatan Dharma). Consequently, people wander through life in search of authentic wisdom—the true path of Vedic Sanatan Dharma—and eventually find their way to Nepal, the sacred land of this eternal tradition.



The Law of Nature: Unlocking the Secrets of the Circadian Clock

Biorhythm is a cosmic harmony, a mathematical system that governs the cycles of nature and of growth of all living creatures. Biorhythms are invisible waves of energy within the human body, constantly fluctuating—unique to each individual's energy level and profoundly connected to the solar system.

The seasons follow cycles. The day begins with morning dew and ends with the dark nights. The moon's phases influence the energy of the day. Flowers bloom from buds, birds emerge from their eggs, water flows downward, cascading toward the ocean, and gentle breezes move the plants. Everything in nature follows a rhythm, doesn't it? If all these forms of life follow inherent rhythmic cycles, then surely humans cannot be an exception, can we? Therefore, humans too are governed by the cosmic rhythm—the biorhythm—of various cycles: physical, intellectual, intuitive, spiritual, and aesthetic. Observe the rhythm of our heartbeat and pulsation—everything happens in a cycle. Our right nostril breathes 90 minutes, again shifts to the left nostril for another 90 minutes. Everything changes with each passing moment. Change is inevitable in life, and it occurs in rhythmic cycles, just like the menstrual cycle in women or the metamorphosis of butterflies.

We know that the months carry different seasons—spring, summer, autumn and winter—and fruits and vegetables are available according to these seasons. It's not simply a matter of having money and buying anything whenever we want. These days, we may find mangoes year-round due to cold storage or synthetic production. However, according to nature, mangoes are available in summer and oranges are winter fruits. We don't find oranges in June or July month, do we?

We have to follow the law of nature. For example, taking pills to disrupt menstruation (the female moon cycle) can lead to mental stress due to hormonal imbalances. When nature's laws are disturbed, individuals may suffer the consequences. Similarly, we have internal body clocks as well. We must wake up before sunrise and aim to sleep around 9 p.m. The late night sleep disrupts the entire immune system. Eating food after 8 p.m. can be harmful because our liver rests after that time. Therefore, our evening meal should be finished at least one hour before the liver's resting period. Yet, it is illogical that people often eat late-night dinners or snacks every two hours, even after sunset, just to accommodate allopathic medicine. A heavy meal after sunset is like poison to the body, and allopathic pills themselves can be harmful, with numerous side effects. The modern lifestyle has disrupted our natural biorhythm. We must eat after sunrise and before sunset because our digestive fire is deeply connected to the Sun. This is how animals live in harmony with nature—and they rarely become sick. Additionally, taking a shower after sunset can lead to colds and coughs because the period after sunset is governed by the Kapha dosha—when the water element predominates in the body. If we do not follow our circadian rhythms, we are bound to suffer, which can eventually lead to depression.

Ancient Rishimunis of Nepal spoke of these biorhythms (Kaal, Brahnamurta) thousands of years ago, while Western scientists are just beginning to discover them now. The Rishimunis emphasized Brahnamurta—the practice of waking up 90 minutes before sunrise to align ourselves with the natural phenomena. If we do not align ourselves with these biorhythms, it is like dancing to an off-beat rhythm in music—chaotic and out of sync. This is exactly what is happening to modern people. Late-night sleep and late wake-ups are creating physical and mental imbalances. We must sleep when our body signals it's time to rest, and we must wake up when our body is ready.

Sunlight is the best medicine for our physical, mental, and spiritual growth. Lack of adequate sun exposure leads to numerous health issues, including depression. We hear of many mental-health problem and suicide cases in countries that don't receive enough sunlight. This

proves the vital role of sunlight, as described by the Rishimunis of Nepal. Nagarjuna, the first tantric master of human civilization, spread this noble wisdom from Nepal to Tibet, China, India, Persia, Egypt, and beyond. It's only now that Western scientists are beginning to validate the wisdom of Vedanta, recognizing the importance of biorhythms. Thankfully, they have woken up—though not too late.

The Silent Killers: Allopathic Medications and Toxic Products

Medicine must be natural and free. Wake up before sunrise and absorb the sun's rays, eat after sunrise and before sunset, and drink water only 90 minutes after a meal. Morning lukewarm water drinking, Triphala detox drinks, barefoot walking, navel oil massages, hot water baths, fruits, and vegetables are true medicines—costing nothing but offering immense healing. It costs nothing to dance, laugh, breathe (pranayama), and move, does it? These are the most powerful medicines, and they are all free. Therefore, laugh for the liver, dance for the divine, sing for the soul. Did you know? Anger weakens the liver, grief weakens the lungs, worry weakens the stomach, fear weakens the kidneys, and stress weakens both the brain and heart. What more do we need once these vital organs are weakened by emotional imbalances and the effect of allopathic drugs?

The human body is a mysterious, perfectly designed system that works in auto mode, healing itself naturally. Unfortunately, we often fail to understand its true manual and blindly trust Western medicine. People do not realize that allopathic drugs (pills) are essentially poisons, as they come with hundreds of side effects. Certain medications contribute to health disruptions, like menstruation pills which can cause hormonal imbalances, leading to emotional disorders. Have you ever seen anyone truly healed by these pills? These pills are not medicine at all; they are simply drugs to be taken until the last breath. This is one of the greatest misconceptions, perpetuated by the pharmaceutical companies.

Similarly, meat, alcohol, tobacco, white sugar, white salt, refined oils, processed foods, MSG (monosodium glutamate), and synthetic chemical products are all life-threatening poisons. These harmful substances destroy cells and organs, ultimately leading to premature death. Even everyday products like toothpaste, shaving cream, and shampoo can be

toxic due to the chemicals they contain (like sodium lauryl sulfate). Synthetic perfumes, for example, irritate neurons and destroy hundreds of brain cells daily, potentially leading to conditions such as Alzheimer, mental stress, and brain hemorrhages.

Other everyday habits also have a profound impact on health. For instance, drinking cold water during meals is equally harmful, as it deactivates the digestive fire in the stomach, causing the food to lose its nutrients. Similarly, eating food after 8 p.m. is also harmful, as our liver begins to rest after this time, and the food consumed creates blockages in the system. Food should be consumed after sunrise and before sunset to ensure proper digestion. Many health problems arise from poor food choices and improper sleep habits.

Making small adjustments to one's environment can enhance well-being: raising the foot of the bed by two inches allows blood to flow naturally towards the head – sometimes, such a slight incline in the bed to achieve zero gravity is necessary; a pillow placed in the east promotes positive energy, while placing it in the north can lead to brain hemorrhages. The practice of grounding, or 'Zero Volt,' can also improve health. When we measure our body's electrical current while wearing shoes, it shows 240 volts. But as soon as we stand barefoot, the voltmeter reads '0 volts'. Walking barefoot releases electromagnetic currents from the body, much like how grounding is needed for electrical systems in a house. Barefoot walking generates vibrations similar to the Alpha state of meditation. Additionally, barefoot walking supplies electrons to the body and supports brain function – electrons are essential for the cosmic dance of life.

Fasting is a powerful healing process enabling the body to regenerate living cells. During fasting, the body releases even more stem cells into the blood than usual. Fasting stimulates the immune system, activates the body's anti-inflammatory mechanism; purifies the blood, and cleans the blood vessels. Nobel Prize winner James Alision (Professor at Texas University) and Tasuku Hojo (Professor at Kyoto University) have proven the profound benefits of fasting (brata). From a health perspective, fasting has been practiced regularly since the Vedic culture

in Nepal, and now people are beginning to recognize the importance of intermittent fasting. Interestingly, animals naturally fast almost twice a month. How do they know too fast? Fascinating, isn't it?

I have often said that the greatest enemy of true knowledge is the illusion of knowledge. We have blindly accepted whatever pharmaceutical companies and big manufacturers have advertised. Therefore, embrace a vegetarian lifestyle, drink in the sun's rays, consume healing herbs, walk barefoot, laugh, breathe, dance, sing, and heal yourself. And best of all, these simple, natural practices are free—aren't they? Therefore, make your lifestyle, time, and food your medicine. In truth, medicine should be natural and cost-free. People are paying a very high price for toxic products due to the illusion of knowledge.



MEDICINE IS FREE

- Regular Pranayam (Anulom-Vilom, Kapalbhati, Bhramari) with Sunrise.
- May you walk barefoot and release electromagnetic currents.
- Laugh for the liver, sing for the soul, dance for the divine – it is free.
- Eat food with a smile (good mood) so that microbiome works effectively.
- Natural hot spring bath, dipping feet in hot water in the evening.
- Navel oil massage very often gives relaxation to entire nervous system.
- Himalayan herbs (Triphala) intake with Lukewarm water in the morning.
- Airy room, sunny balcony, and east facing pillow gives positive energy.
- Perform Pooja – Hawan on full moon day gives immense pleasure.

POISONS ARE EXPENSIVE

- Drinking cold water during meal is a poison
- Allopathic drugs is a poison, Dr. Jill's Pills Kills
- Meat, alcohol, tobacco, junk food, refined oil, white sugar is bad for health

Enjoying the Present Moment: Living in the Now

The past is gone, and the future is not yet here; so why worry if today can be sweet? It's good to occasionally reflect on the past, as it offers valuable lessons. Likewise, some planning for the future is wise. However, people often dwell too much on the past, which hinders progress, and spend excessive time calculating the future, which leads to sorrow. But living in the present moment, in the now, is life, isn't it? You cannot rewind the past, nor can you fast-forward the future. We must go with the flow and enjoy each moment. If we cannot find joy in the present moment, then what is the meaning of living?

A group of friends were enjoying Friday evening when Mr. Jill was busy texting on his mobile. Philip asked: "Hey, Jill, what are you doing?" To which Philip replied: "I'm planning for next Friday." How ironic! They were there to enjoy that Friday, and yet Jill was preoccupied with planning for the next one. Isn't this absurd? People often get so caught up in future planning that they forget to enjoy the present moment. They need to cultivate mindfulness and learn to stay in the now.

There was a Dutch lady who had confirmed her booking for the Tushita-Nepal meditation retreat in September 2018 for February 2021. Since then, she has not contacted me. Perhaps, she passed away due to COVID-19. What happened to her long-term planning? This example underscores how detailed, long-term planning can be overwhelming and often pointless. People these days often make five-year plans, and when things don't go as planned, they grow frustrated and discouraged. Sure, small-scale planning is necessary, but long-term plans often lead nowhere. After all, who knows if the world may end tonight? Thousands of people did not wake up this morning – they took their last

breath before even realizing it. Yet here you are, alive. Be grateful for the victory of life and enjoy each precious moment.

Worry robs us of today's happiness. There is a Nepali saying: *Chita le lash jalauchha Chintale jivan...* which means the pyre burns the body after death, but anxiety burns the soul while we are still alive. Indeed, unnecessary thoughts breed anxiety, which diminishes our life force every day. Anxiety and anger deplete 7% of our body's energy. They hinder the function of our liver, heart, and kidneys, leading to hormonal imbalances and health problems. Therefore, love, laugh, and live fully, as Baba Gorakhnath famously said, *Hasiba Kheliba Ranga Masta Hoi Baa!*

Are you the only one in the world who suffers? Certainly not—so why worry? Magic loses its allure once its secret is revealed. Similarly, every problem has a solution, but the problem destroys our joy if we don't know how to solve it. People often don't understand the concrete solutions, especially when it comes to the 'engineering' of life, when they lose their way. We must turn to the teachings of the Vedas and understand human nature to uncover answers to life's deepest questions and challenges.



Oh La La, Shambhala!!!

Tuning Our Inner Vibration

Balance is essential for a joyful life; without it, we fall—just like when riding a bicycle or maintaining a balanced relationship. Modern research shows that New York City is the unhappiest city in the world, largely because its people are unaware of how to balance material and spiritual life. If we cannot balance our blood pressure or the three doshas (Tridosha): Kapha, Vatha, and Pitta, we may need to seek medical help. Rudraksha holy beads are traditionally used to balance the Tridosha, as they carry powerful electromagnetic currents. Thus, balancing the body, mind, and soul is crucial for a happy and peaceful life. It is a source of sorrow not to have money, but possessing too much wealth also leads to stress and worry. Therefore, wealth itself must be balanced. Charitable giving and active participation in Corporate Social Responsibility (CSR) purifies wealth. However, the purification of the self, coupled with regular practice of Yog-Dhyan (yoga and meditation), brings true balance to life.

Our life turns into hell if we cannot balance the body, mind, and soul. Inner peace is disrupted when our nine chakras are out of alignment. If we cannot tune the strings of a guitar, the music will be discordant and unpleasant. Similarly, if we cannot tune the vibrations of our chakras, we fail to enjoy life fully. This is why so many people turn to yoga and meditation: to balance the chakras and rejuvenate the aura. Balancing all nine chakras (energy centers) is a significant challenge for many people today. They desire happiness, but the root chakra, symbolized by the color red, often pulls them down. The Muladhara chakra is focused only on survival, creating a constant source of stress. Chakra cleansing is nearly impossible without the activation of the Guru chakra (the 'Gu' representing Sun energy and 'Ru' representing Moon energy). Purification of all 114 chakras is possible by aligning the 111th chakra, which is governed by the sacred Mount Machhapuchhre (6,993 meters), heart of our Earth.

Stress is an emotional force that causes mental and physical unrest, often resulting from trauma, illness, deteriorating health, fear, ego, inefficiency, tension, and pessimism. Stress management has become a major issue and a thriving industry in the Western world. However, would you think about waste management in a clean place? Certainly no, isn't it? Similarly, there is no need for stress management if we do not create stress in our lives. Humans are born with pure thoughts, innocence, and positivity, but unhealthy lifestyles, excessive ambition, and the use of chemical products and pills have made modern life incredibly stressful. All human suffering stems from ignorance.

If people understood the proper solutions, there would be no trace of stress in their lives. The concrete answer comes only when we understand the human constitution through the teachings of the Vedas, appreciate them, and live in harmony with their wisdom. Stress arises when our chakras are imbalanced. Therefore, once we cleanse our body and align our chakras, stress no longer has a hold on us, and the need for stress management fades away. Stress in the eyes and anger drains up to 30% of our body's energy. Therefore, it is recommended to close your eyes when resting and to crack jokes to avoid anger. The most important thing in life is health—health, health, health! The health of the body, mind, and soul equally is the true source of bliss. Life is not about how long we live, but how happily we live in the now with a smile.

Every mistake makes us wiser. Every person rises after falling. This universe is a vast university, teaching us every moment through every experience—whether frustrating or pleasant. Each time we fall or fail, we are given an opportunity to learn, correct our actions, and open new doors and mysteries to discover. Therefore, we need to take it positively because failure is often the hidden teacher behind every success story. A businessman does not understand profit unless he learns loss. Fall and failure are great teachers in life, and we must learn from them. Therefore, balancing hormones, chakras, physical and mental health, relationships, and finances is essential for a happy life.



Mercury and the Divine Sun-Rays

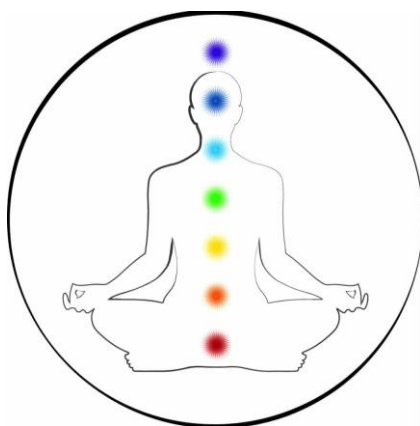
Discovering Who I Am and The True Purpose of Life

The questions “Who am I?” and “What is the purpose of life?” have become some of the greatest puzzles for modern people. And dying without knowing our true self – this is the most feared fate, isn’t it?

When asked, “Who are you?”, most people respond, "I am a doctor, lawyer, businessman, farmer, or a teacher." However, this answer only addresses what they do, not who they are. A doctor, for example, is not born a doctor. They earn the title through study and practice. The correct answer to “Who am I” is this: I am a tiny particle of cosmic energy, ‘Aham Bramhasmi,’ with three colors: ivory white, light blue and maroon red. We emerge from the universe and return to it in the end. Furthermore, we are a beautiful creation of the Almighty Sat Guru Gorakshanath, the creator of the entire universe. Our father and mother are merely tools, vehicles that brought us into this world. We entered our mother's womb through our father's sperm and grew in the inner world. Mother did not create our nose, eyes, heart, or lungs – she simply followed the cosmic law and nurtured us for nine months. In front of us, our parents are like gods, but in reality, they did not create us; they are merely instruments in the cosmic process. We are the beautiful creations of God – the divine light that resides within our bodies. Let's explore this truth further through a short conversation.

One day, King Janak had a dreadful dream in which he was captured by enemies and thrown into a muddy pond. Suddenly, he woke up and asked himself, "Is this true, or is that true?" He called Saint Astabakra to understand the true nature of the dream. Saint Astabakra replied, "My Lord, what you experienced is true! I see sweat on your cheeks, and you look thirsty. My I offer you a glass of water?" After a while, Astabakra continued, "My Lord, this too is true – this is your queen, this is your palace, and these are your guards escorting you. You are King Janaka,

and I am Astabakra. So, this moment is real!" But later, Saint Astabakra told him, "My Lord! It is not true! Where are your enemies? Where is the rope that bound your arms? Where is the pond and the mud? It is no longer true. Similarly, this palace, your queen, our meeting—all will one day dissolve into a dream, and so they too are not ultimately real. However, the divine light that was observing both your dream world and this awakened world—that is the only truth. Everything else is an illusion, like a dream, and will lose its existence one day." Therefore, we are the tiny particles of divine light, beautiful creations of God, and we must follow the teachings of the Vedas—the constitution of human beings as revealed by the Creator.



Purpose of life

We go to school to acquire knowledge, we visit meditation centers to calm our minds and seek guidance from spiritual masters. If we have a purpose for everything we do, surely there must be a higher purpose for our existence on Earth as well, isn't it? Are we here merely to attend school, study for a few years, be fallen in love as teenagers, work in an office, earn a salary, marry, have children, or buy a car and house? Is that all? There should be something greater than that, don't you think?

Let me share a short story to illustrate the purpose of life. One day, a young peacock, curious about her colorful wings and sharp pointed claws, asked her mother with great curiosity:

Daughter: "Why are our claws so sharp and strong?"

Mother: "To dig out sweet potatoes from the fields and enjoy our food."

Daughter: "Ah, I understand." After a while, she asks again, "If you don't mind, why are our wings so long and colorful?"

Mother: "These wings are meant to carry us through the valleys and villages, to be with nature, and to enjoy life."

Daughter: "Oh! I see... but mother, what the hell are we doing inside this zoo?"

Exactly, just like the peacock’s conversation, what the hell are people doing on Earth? They are wasting the beauty of life by not knowing its purpose. They have created their own prison, their own zoo, and are unable to truly enjoy life. Not realizing the essence of life just like the conversation of the two peacocks, many people go through life without understanding its deeper meaning. It is challenging to grasp the intrinsic purpose of life unless we experience the nectar of Yog-Dhyan (yoga and meditation).

Upon deep reflection, we realize that we are the beautiful creation of God, here on Earth for a higher purpose. As stated in the ancient scriptures, “Dharmartha Kaama Mokshanama Sariram Sadhanam Yata” – our body is a tool for performing our duties/responsibilities with utmost sincerity, ultimately leading us towards salvation. Our existence here is to preserve Vedic wisdom, to honor nature, to help our ancestors, and to spread love. Each human being is born into a unique place and faces the consequences of their karma. We are driven by the actions and choices of past lives. Our purpose on Earth is to repay and repair our karmic debts. However, when people remain unaware of how to resolve their karmic burdens, it creates inner turmoil and discontent.

GOD IS NOWHERE
GOD IS NOW, HERE

From Bhogi and Jogi to Yogi

A yogi is someone who lives fully in the now, embracing both pain and pleasure with equal grace. A yogi seeks lasting happiness and remains connected to higher consciousness. Human beings are meant to cultivate satguna (mode of goodness), which includes adopting a vegetarian lifestyle, nurturing compassion, optimism, and positive thoughts, spreading love, and engaging in activities that promote world peace. Through these practices, we evolve into true yogis. Unfortunately, many have become bhogis (those who consume excessively) and jogis (those who beg endlessly). As Bhagawan Buddha wisely said, “Accumulating more than needed is a sin.” This is indeed true because the unnecessary accumulation of wealth, clothing, food, and possessions creates more harm than good.

I once met an Arabian woman at Tushita-Nepal meditation center who carried three iPhones. When I asked why, she explained that one was for personal use, another for work, and the third was simply because she liked the brand. Were all three necessary? Her excessive desire (bhog) to accumulate things was a waste of time and money. In the modern world, many people are bhogis—overindulging in food, clothing, and material possessions, which ultimately brings no true happiness.

Similarly, people become jogis—mere beggars. We often see poor beggars outside temples and, unfortunately, even rich beggars within temples. Both beg, but the amounts differ. The poor beg for a few coins, while the rich beg for millions. Isn't it shameful? They treat God like a broker, seeking jobs and a good spouse. It is absurd, isn't it? People must focus on performing righteous karma, for when we do what is right, the results will follow. Life unfolds beautifully when we approach it with gratitude for the precious gift of life.

Contentment is the source of true happiness. Be at peace with what you have. It is a mistake to believe that happiness will come only when we obtain what we desire. A person without a bicycle yearns for one, again desires for a motorcycle, then a car, and eventually, a luxury car. Desire keeps on growing because human wants and desires are infinite, like the ceaseless waves of the ocean. People should seek peace, but without understanding true happiness or inner peace, it's like a deer chasing a mirage. A constant craving for inner peace!

Who in the world is truly without flaws? Who is completely satisfied? Life is not about what you want, but about accepting what is. We must learn to compromise and move forward. Everyone suffers in some way. No one's desires are ever fully met. Even if they were, life would lose its charm. Humans can be quite absurd: those with black hair seek to make it white, and those with white hair long to make it black. Isn't that ridiculous?

Imagine if you were blind—what would life be like? Have you ever thought about that? Be thankful for the precious gift of life. Before you complain, take a moment to list all the things that you possess. There is no need to ask God for more; everything is already predesigned, just like an architect's plan before constructing a house. Our fate and karma are set before our birth. We are here on Earth just to experience life and to repay the karmic actions of past lives. So, become a yogi!

Understanding What, How, and When to Eat

As the ancient saying goes, “You are what you eat” – the functioning of both body and mind is intricately linked to the food and drinks we consume. Millions of people suffer not from hunger, but from ignorance of the art of eating and drinking properly.

Ayurveda, the sacred science of healthy eating and medicine, emphasizes a vegetarian lifestyle as the foundation for optimal well-being and the cultivation of good karma. Foods are classified into three categories: Satwik (goodness), Rajasic (ambitious) and Tamasic (ignorance). Fruits, vegetables, grains, honey, herbs, and dairy products are considered Satwik bhojan, promoting positive vibrations and inner peace. In contrast, food like chocolates, barbecues, spicy, and oily dishes stimulate the senses and cultivate ambition. Tamasic bhojan (devil’s food) such as meat, as well as alcohol, drugs and tobacco, breed negativity leading to excessive irritation, anger, ego, fear, and aggression. These foods are linked to a variety of health issues, often manifesting in the form of incarceration or disease. The profound impact of what we consume is evident in these results. A diet based on simplicity and vegetarianism fosters health, tranquility, and balance.

Before purchasing a car, we consult the manual to ensure we put the correct fuel in the engine. If we mistakenly fuel a petrol engine car with diesel, it will hardly run for 80 or 90 miles, and the engine will be damaged. Similarly, we must consider how our bodies were divinely designed. Meat is not intended for human consumption; our teeth are not like those of carnivorous animals such as lions, tigers, or wolves. Even modern medicine advises against the consumption of alcohol, tobacco, and meat, as these substances are responsible for 99.9 % of all diseases. It is indeed tragic that people work tirelessly to save money, only to spend it all on hospital bills due to poor dietary choices!

It is well-known that people do not consume live chicken; they must kill the animal, which is a deeply disturbing act from a humanitarian perspective. Consuming the dead animals results in the death of our own cells, as we take in that which has no life. In a scientific sense, the consumption of meat, alcohol, and tobacco destroys red blood cells (RBCs), preventing them from carrying oxygen to various body parts, leading to illness. Some doctors mistakenly suggest that meat is necessary to supply protein, which is somewhat laughable, as there are countless other sources of protein that are not harmful to the body. Imagine that fatty, red meat takes over 72 hours to digest, while leafy green and fruits require no more than 8 hours. Within a week of transitioning to a vegetarian diet, the difference is noticeable. The reluctance to make this change often arises from ignorance or a craving for sensory pleasure. The truth is, the taste of meat is not in the meat itself, but in the spices used to prepare it. In reality, consuming meat means ingesting the fear, pain, and suffering of the animal, which affects us emotionally and spiritually.

Meat is a poison to our intricate body, disrupting the harmony of all organs. Our bodies are divinely designed for a vegetarian diet, not for the consumption of flesh. Meat, alcohol, and tobacco attract negative energies rapidly, much like flies to rotting flesh. Therefore, these substances are not only detrimental to health but also to one's spiritual essence. They degrade the soul, diminish the sense of humanity, and often incite lower, devilish tendencies. Furthermore, compared to meat eaters, vegetarians tend to exhibit less ego, lust, anger, and greed. Chronic diseases and mental disturbances can be alleviated by adopting a vegetarian lifestyle. A vegetarian diet is essential for the awakening of Kundalini and the path of self-realization. Therefore, I humbly urge you to begin living a vegetarian life today, for the well-being of your body, mind, and soul.

In this era, a growing number of individuals are turning to vegetarianism for various reasons: health concerns, religious beliefs, and compassion for animals. Vegetarianism has become more accessible and appealing to people across the globe. In the United States alone, about 70% of the population suffers from ailments such as obesity, migraines,

and depression, and the simplest, most transformative remedy is a vegetarian diet. More and more, people are awakening to the undeniable truth of this lifestyle's benefits, both for physical well-being and spiritual fulfillment.

Let's now discuss alcohol. The common belief is that it somehow reveals secrets; a drunken person might say, "Don't tell anyone, it's a top secret," but within moments, the secret is no longer hidden. Moreover, alcohol is believed to offer a sense of freedom—even a shy person might be emboldened to sing and dance in public when intoxicated. This false freedom often leads to harm. It is evident that a very high percentage of accidents, violence, and criminal acts such as murder and rape are a direct result of alcohol and drug consumption. In brief, alcohol ravages the liver and weakens the thymus gland, which is essential for immunity. In the same vein, smoking not only harms the lungs and the respiratory system but also the lymphatic system, as it damages the delicate endothelium lining—an integral part of heart functions.

It is heartening to see individuals beginning to grasp the deep essence of Ayurveda. Yet, it remains a paradox that in the very land of Ayurveda, the streets are filled with the sick, and in the land of the Buddha, animal slaughter continues. This stark contradiction betrays the core of Vedic philosophy, which teaches respect for all forms of life. Let us make a sacred vow today—'No Killing.' Let us eat green, see green, and be green. May humanity come to realize that a vegetarian lifestyle is not just the key to physical health, but to the spiritual prosperity of our lives. The act of taking an animal's life is as destructive as the explosion of a bomb. As we know, matter and energy are interwoven. The killing of an animal releases harmful vibrations into the atmosphere, creating what is called 'grey matter'—an unseen yet powerful force that perpetuates distress, negativity, and conflict in the world.

The root causes of irritation

Irritation is a precursor to depression. Irritation has many causes; it is connected to our lifestyle, thought patterns, and the purity of our actions:

- The Sun is a natural healing source, providing essential vitamins and minerals. A lack of sunlight can lead to irritation.
- Meat, alcohol, tobacco, and drugs are harmful to both the body and mind, disturbing the balance of our entire system.
- White salt, refined oils, MSG (monosodium glutamate), and chemically processed foods act as poisons, leading to hormonal imbalances and irritation.
- White sugar and chocolate deplete our energy. Excessive sugar intake is another common cause of irritation.
- Prescription medications from Western doctors often have side effects, leading to hormonal imbalances and, in turn, irritation.
- The body follows a natural biological clock, and when we fail to align with our circadian rhythms, mental disorders can arise.
- Walking barefoot is the most effective way to release excess energy from the body and absorb electrons from the Earth. Earthing is a primary source of antioxidants and helps balance our heartbeat. The culture of wearing plastic shoes and slippers has led to increased irritation.
- It is essential to move and breathe deeply in the morning to release cortisol hormones. Failing to do so, leads to increased irritation.
- It is normal for women to experience irritation during PMS (premenstrual syndrome). Men also experience irritation during the moon cycle, which can last for up to three days.
- Wearing gemstones without assessing the planetary positions can have detrimental effects.
- To sleep with the pillow facing north can result in irritation due to the Earth's magnetic pull.
- Classical music tuned to 432 Hz is soothing, while 440 Hz modern music creates fear and irritation. Hitler used 440 Hz to instill fear and control prisoners. Western music is predominantly tuned to 440 Hz, a major cause of irritation among the youth.

To preserve both physical health and spiritual well-being, consider the following guidelines:

- Consume that which grows from the earth, which you can plant and nourish with your own hands. Eat fresh, vibrant, and green.
- Align the circadian rhythm—sync your meals with the movement of the sun. Like the birds and animals, whose instincts guide them, avoid eating after sunset. Animals remain free from illness by adhering to this natural law. There is wisdom in this simplicity.
- Avoid refined oils, processed flours, junk food, meat, and milk tea as these are the root causes of gastritis. Gastritis disturbs digestion, opening the door to countless diseases.
- Milk in the morning is harmful, as our digestive system is not equipped to process lactose at this time. However, when consumed in the evening, milk transforms into a nourishing elixir.
- It is not necessary to eat meat for Vitamin B12 requirement. One can fulfill B12 vitamin in the body by taking Khalpi (fermented pickle) and 8 hrs. rice curd mixture.
- Rajasic food stirs excessive ambition and restlessness, leading only to pain. Instead, opt for Satwik food, which promotes purity, tranquility, positive vibrations, and the production of healthy sperm.
- Do not drink water during meals, for it promotes the food-induced immediate response of the esophagus (FIRE), disturbing the entire digestive process. This imbalance leads to numerous ailments, over 80 known diseases, originating from this simple misstep.
- Inadequate sleep, incessant worries, allopathic medications, and the consumption of devil's food (meat, alcohol, tobacco) are the primary culprits behind liver damage. It is estimated that 60% of health issues stem from a weakened liver, and 80% of diseases arise from poor dietary choices. Western pharmaceuticals, often promoted as remedies, are in fact poisons that disrupt the

body's hormonal balance and impair the functioning of vital organs. Be mindful of this deception.



“Move, breathe, dance, and sing; for in these acts, you will earn health – or lose everything.”

X (23 Chromosomes)



X (23 Chromosomes)



Tridosha Imbalance and the Power of a Proper Diet

Ayurveda, the ancient science of longevity, is the Vedic medical system that originated in the sacred land of Nepal. According to Ayurveda, our body is governed by three vital energies or Doshas: Vatha (air), Pitta (fire), and Kapha (water). These Tridoshas influence all physical movements, transformations, and sensory functions within our body and mind. Beyond these energy forces (Doshas), the body is composed of tissues (dhatus) and waste products (malas).

The food we consume directly impacts the growth and well-being of both body and mind. Therefore, maintaining a balanced diet is essential for a healthy life. Allopathic medicine lists over 8,600 diseases, yet Ayurveda identifies only three primary causes of disease, all stemming from an imbalance in the Tridoshas. Thus, Ayurveda emphasizes restoring balance to the Tridoshas through the right foods, aligning with the circadian rhythm, and using natural remedies such as sunlight, hot baths, barefoot walking, navel oil massage, pranayama (breathing exercises), dancing, singing, and laughter.

Vatha (Air): The term Vatha refers to the air element. Vatha is the primary force that drives movements in the body, influencing the flow of blood, semen, urine, sweat, respiration, heartbeat, muscle contractions (metabolism), and the transmission of sensory information to the brain. Vatha types tend to have a light, slender physique, are naturally creative, quick in action, sensitive, with dry skin, and prefer warm, humid climates. They are often drawn to liquid foods due to their irregular digestion. Additionally, they tend to experience fear and anxiety, even over small matters.

Balancing Vatha: When Vatha becomes imbalanced, the body's systems become irregular, often leading to weakened organs and tissues.

Symptoms of Vatha imbalance include constipation, dehydration, anxiety, cravings for warmth, frequent viral infections, weight loss, and disturbed sleep are the symptoms of Vatha imbalance. To restore Vatha balance, It is recommended to consume foods with bitter, pungent, and spicy tastes. Easily digestible foods such as steamed starchy vegetables (e.g. leafy greens, cauliflower, mushrooms), ripe fruits, warm milk, buckwheat soups, herb teas, and mild spices (e.g. cumin, ginger, cardamom, cinnamon, honey, coriander, rock salt, cloves, and black pepper) are beneficial. Additionally, a hot water bath and mustard oil massage are excellent remedies for balancing Vatha dosha.

Pitta (Fire): Pitta is associated with the fire element, governing the metabolic processes, particularly digestion, and bile secretion. Pitta maintains body temperature, controls eyesight, courage, appetite, reasoning, and judgments. Pitta types are medium-built, productive, hard-working, yet prone to irritability, with fair or reddish skin, and prefer cold climates.

Balancing Pitta: When Pitta is imbalanced, people often become aggressive and irritable. Symptoms of Pitta imbalance include diarrhea, overheating or excessive sweating, vivid or disturbing dreams, excessive hunger, frequent bacterial infection, pimples, and heartburn. Pitta types tend to sweat profusely and may have an unpleasant body odor, though they are often wise and articulate speakers.

The excessive consumption of alcohol, oily, fried, salty, hot, spicy, and fermented foods are common causes of Pitta imbalance. Pitta types benefit from sweet and pungent tastes. Cooling, heavier foods such as cereals, wheat, barley, buckwheat, and millet are ideal for them. Herbs such as clove, cardamom, cinnamon, mint, and coriander are excellent for Pitta. Avoid ginger, caraway seeds, garlic, onion, pepper, fenugreek, gahat (horse gram), whey, alcohol, and sour, bitter, hot, and salty foods.

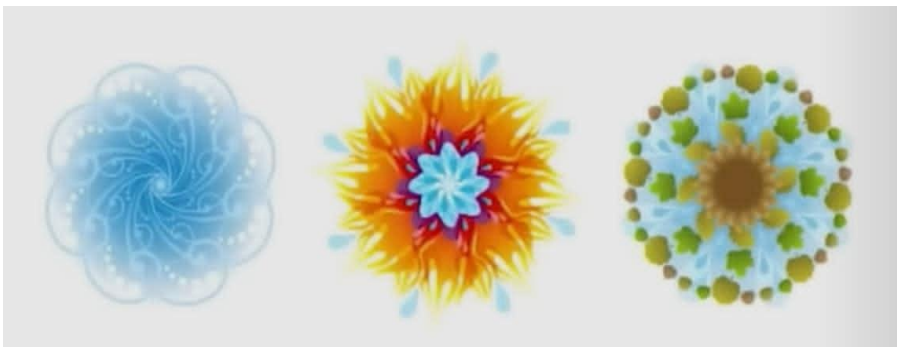
Kapha (Water): Kapha is associated with the water element, and literally means mucus or phlegm. It provides the essential lubrication that the body needs and helps balance the movements of Vatha and the metabolic processes of Pitta. Kapha governs physical strength, endurance, and the creation of healthy offspring. Kapha types have a

sturdy, well-built body, with oily skin. They tend to be stable, tolerant, methodical, and easy-going. They experience regular hunger, but their digestion is slow. Kapha types often crave spicy, oily, sweet, sour, and bitter food.

Balancing Kapha (water): When Kapha is imbalanced, mental and physical sluggishness may occur. Common symptoms of Kapha imbalance include sluggishness, constipation, procrastination, candida (fungal infections), water retention, craving for warm or spicy foods, weight gain, and excessive sleep.

Herbal oil massage helps stimulate circulation and prevent feelings of heaviness and lethargy. A low-fat diet, avoiding naps, and eating light, warm, and bitter foods are recommended to balance Kapha. Raw vegetables, fruits, cereals, millet, wheat, beans, peas, radish, grapes, papaya, pomegranate, ginger, turmeric, fenugreek, and black pepper are all excellent choices for Kapha types. Excessive worry damages kidney function, disrupting the Kapha element. It is essential to take things lightly and go with the flow.

In conclusion, the imbalance of the Tridoshas results in physical and mental disorders. Kapha predominates in childhood, Pitta in adulthood, and Vatha in old age. Ayurveda teaches us how to balance the Tridoshas for a harmonious body and mind, primarily through lifestyle management. However, irrespective of body type, lifestyle factors such as stress, anxiety, poor nutrition, insufficient water and sleep, and lack of exercise can lead to imbalances in the Doshas.



How to balance Tridosha?

- Adopt a vegetarian diet: Consume fruits, vegetables, cereals, honey, and dairy products (if suitable for your constitution).
- Avoid drinking water during meals: It is best to wait at least 90 minutes after eating before drinking water. Green tea, soup, and lukewarm water are acceptable.
- Incorporate healing kitchen herbs: Regularly use powerful herbs such as turmeric, ginger, clove, garlic, ajwan (carom seeds), and fenugreek in your cooking.
- Frequent hot water baths and mustard oil massage: Regular hot water baths and mustard oil massages, particularly on the navel (which is considered the body's "first mouth" and absorbs nourishment for the entire body), are highly beneficial.
- Regular exercise and pranayama: Engage in regular physical exercise and pranayama (breathing exercises).
- Herbs teas: Consider herbal drinks made from triphala, cinnamon, withania somnifera, gurjo (heart-leaved moonseed), tulsi (holy basil), turmeric, garlic, ginger, fenugreek, ajwan, and mint.
- Release worry and anxiety: Anxiety steals your happiness and disrupts the body's natural rhythms. It particularly harms the kidneys.
- Wear a Rudraksha mala: Wearing a Rudraksha mala (sacred beads) helps balance blood pressure and harmonize the Tridoshas. Align with the circadian rhythm. Follow the natural cycles of the day, waking up before sunrise and eating your last meal before 7 p.m. to promote optimal digestion and health.
- Understand the six tastes: According to Ayurveda, the six tastes—sweet, sour, salty, spicy, bitter, and pungent—each have a unique energetic effect on the body and mind. To maintain balance in the Tridoshas, it is important to incorporate all these tastes into your diet. Many modern diets overindulge in sweet and salty foods, leading to Dosha imbalances.
- Live in the now: Cultivate love, laughter, and joy in all circumstances. Dance with life and embrace the present moment.

The Dark Side of Wearing Black Clothing

Have you ever seen a black house, or black curtain? You might not have, because black is traditionally seen as a color associated with sadness and negativity. It is mainly worn during funeral ceremonies in Western countries and shamans in Nepal use black clothing during rituals to ward off evil spirits. Black magicians, Indian Aghori sadhus, and practitioners of Indrajala also wear black to invoke certain energies.

The deeper reason to avoid wearing black clothing lies in its tendency to absorb negative energy, making the wearer feel restless. For instance, buffaloes tend to feel hotter than cows. Similarly, you'll notice how much warmer you feel in a black jacket compared to a white one. A white balloon will not burst if sunlight is focused through a magnifying glass, but the same white balloon will burst if you mark a black spot and direct the sunlight there. This demonstrates that black attracts and absorbs both heat and negative energy quickly. Moreover, the red and black colors irritate bull and bees.

Rahu and Ketu (the North and South Nodes of the Moon, respectively) are shadow planets that have a significant impact on our lives. Because of their profound influence on human beings, they are often more important than planets like Pluto and Neptune. As you know, each planet has a specific color: Sun—orange-red, Mercury—green, Mars—red, Jupiter—mud-yellow, Saturn—blue, Venus—white, and the Moon—ivory white. You may have noticed how gemstones correspond to these planetary colors. Rahu and Ketu, however, are associated with black. When we wear black clothing, we absorb the energy of these planets, which can lead to feelings of restlessness and imbalance. Many people unknowingly begin wearing black clothing during Rahu-Ketu-Saturn transit in their horoscope. The planetary energies compel them to do so. In fact, black clothing is commonly seen in cases of suicide, with

victims often taking their lives after sunset, a time of darkness. Therefore, just as we avoid smoking and alcohol for our health, we must consciously avoid wearing black clothing. It is not just about black clothing; we must be mindful of anything that absorbs negative energy.

Here are few examples:

- The clockwise swastika, as used by Hitler, should be avoided. In contrast, during Vedic pooja (rituals), the counterclockwise swastika is used to generate positive energy.
- Keeping a Nataraj idol in the meditation room can generate negative energy. Nataraj represents the furious form of Lord Shiva, who had performed his cosmic dance to destroy the demon Bhasmasur. In essence, Nataraj is not merely the lord of dance but the lord of destruction. Therefore, it is wise to avoid Nataraj idols or Kaalbhairav masks in meditation spaces.
- Uttering *Swaha* during a hawan (fire ceremony) can block positive energy. Instead, the word *Swodha* should be used. *Swaha* literally means, “may you be shattered, burnt, damaged, or extinct.” It is traditionally used to wish for the destruction of negative energy. However, *Swodha* is used to generate positive vibrations. This is one of the significant misconceptions propagated by certain pandits.
- Burning candles releases toxins and carbon dioxide, whereas an oil lamp (diyo) is cleaner. If you burn a candle in one room and an oil lamp in another, you will notice a stark difference in air quality. The oil lamp is much healthier.
- Using an oil lamp with ghee is also not recommended, as it can attract negative energies, including witches. Shamans, for example, use butter lamps (ghee battis) as part of rituals to entice through mantras and attack these negative entities. After the ritual, the ghee batti is moved far away from the house to allow the positive energy to return.
- Going around the temple in a clockwise direction also blocks positive energy. In nature and the cosmos, energies flow in an

anti-clockwise direction. Therefore, we should align ourselves with this natural flow for harmony and ease.

- Eating after 8 p.m. can cause health problems because the liver begins its resting phase after this time. Food should ideally be consumed before sunset, or soupy meals should be consumed by 7 p.m. to ensure proper digestion.
- Tobacco, drugs, alcohol, and meat are extremely harmful from both a health and spiritual perspective. Those who indulge in these substances often find themselves in hospitals or in trouble with the law, as they fuel negative actions and outcomes.
- Waking up late activates stress, as sunlight triggers the release of endorphins (the body's natural happy hormones), and morning exercise helps to regulate cortisol (the stress hormone). Keeping curtains closed during the day also blocks the flow of positive energy.
- Namaste as a greeting activates lower chakras, in tantra, particularly those related to ego, greed, and anger. Namaskar is a more respectful greeting that activates higher energies, fostering love, compassion, and forgiveness. Namaste became popular mainly in tourist areas because of its widespread use in foreign travel guides over the past 30-35 years. Since then, many Nepali people have adopted the use of Namaste believing it to be the standard greeting for foreigners. However, Namaskar is the more appropriate and respectful term used in Nepal for formal greetings.



The Dangers of Improper Gemstone Use

Chanting mantras pacifies the planetary energies affecting our body and mind. Holy Rudraksha beads are worn for spiritual protection and to help regulate blood pressure. The Himalayan crystal is universally beneficial and has no adverse effects. Similarly, gemstones are used to enhance the energies of specific planets, as each resonates with the energy of a particular planet. However, great caution is required when wearing gemstones. Limited knowledge about them can be dangerously misleading, and a small mistake in gemstone selection can have disastrous consequences. Wearing gemstones haphazardly can cause significant emotional disturbances, restlessness and unhappiness, and even result in accidents and health hazards.

It is not sufficient to wear a gemstone just because it corresponds to your zodiac sign. This is a common mistake that many make. For example, wearing a diamond may cause great distress if Venus is conjunct with Rahu or Ketu, or positioned in the 6th, 8th, 12th houses of your birth chart. In such cases, the diamond must be avoided entirely. Wearing a diamond in such a condition is like offering contaminated water to someone suffering from diarrhea—it will only cause harm. It can disrupt relationships and business ventures. Instead, chanting the Venus mantra will help in healing and balancing Venus' energy in our life.

First and foremost, do not wear gemstones without consulting an experienced Vedic astrologer. Many people wear gemstones purely as ornaments, attracted by their beautiful color, unaware of the potential harm they can cause if worn improperly. It is irresponsible to wear gemstones simply as a birthday gift or novelty present without understanding their spiritual impact. Gemstones are not mere decorative objects; they carry spiritual energy and power that can

influence our well-being. The gemstone and jewelry industry also plays a role in creating distraction and mental unrest by selling gemstones without proper guidance.

Astrologically, each planet influences us for a certain number of years in our life: Sun (6 years), Moon (10 years), Mars (7 years), Rahu (18 years), Jupiter (16 years), Saturn (19 years), Mercury (17 years), Ketu (7 years), and Venus (20 years). The Sun represents the father, soul, and governance. The Moon governs motherhood, emotions, and the water element. Mars represents confidence, land, and matters related to military or authority. Rahu governs the pursuit of material gains, while Ketu guides our spiritual journey. Jupiter symbolizes wisdom, higher learning, and the teaching profession. Venus governs love, marriage, and the pursuit of wealth. Saturn teaches discipline and the importance of repaying past karma.

Each planet has distinct qualities, and their impact varies depending on the planetary period in a person's life. For example, the Moon is associated with pearls, the water element, and the ocean's waves. It is well known that lighthouses warn people on full moon days due to the high tides. If the Moon's rays affect the ocean, why wouldn't they also influence the 70% water within the human body? Real pearls absorb the full energy of the Moon, providing it directly to the wearer. Therefore, a person wearing pearls can experience mental imbalance if their Moon is placed in the 6th, 8th or 12th houses, or is conjunct with Rahu, Ketu, or Saturn, causing Bish Dosh (poisonous reactions).

Thus, gemstones should only be worn according to the planetary placement in the birth chart and the specific planetary periods. This advice comes from my personal experience working with astrology and gemstone energies. I have seen many individuals who arrive for meditation feeling restless or agitated, only to become calm once I advise them to remove the gemstones from their body. I strongly urge people to avoid wearing gemstones haphazardly, though fake gemstones and crystals are harmless. If gemstones are necessary, they should be worn only in accordance with one's Vedic birth chart,

specifically to support or empower the energy of a planet during the appropriate time period.



Stop Comparing, Stop Complaining

Every individual is born with a unique set of abilities and inherent traits. It is crucial to discover and cultivate these capacities to their fullest potential. Parents must understand their children's natural inclinations and interests through energy scanning, allowing them to guide them effectively. Only then can they focus their efforts, leading to positive results. Many parents mistakenly desire their children to become doctors or pilots, which is an impractical expectation. A truly peaceful society thrives not just on doctors and pilots, but on individuals from diverse professions and walks of life who contribute their unique talents and perspectives.

Children often imitate others without understanding their own unique abilities. It is essential that they explore their own passions and talents, and pursue jobs aligned with their own interests rather than copying others. People often feel unsatisfied in their work when they choose a path that doesn't resonate with them. It is important to select a job that aligns with personal passions, as only then will they feel like a melodious mantra or pooja (prayer). This leads to greater success and a fulfilling life. If people are forced to work outside their interests, it becomes a significant hurdle. Moreover, comparing ourselves to others is nonsensical—how can we compare a football player to an engineer? Every skill deserves respect. Working with involvement and humility are the true assets for cultivating a meaningful life, not blind modesty. Therefore, we should focus on being ourselves rather than imitating others.

We often complain about not having good food, but somewhere, others are struggling for a mere piece of bread. We complain about not having enough money for branded shoes, yet there are people who don't even have legs. Have we ever stopped to think about this? The job we complain about could be the dream job of someone unemployed, and the house we find crowded could be the dream of someone who is

homeless. Life is not about complaining; it is about living joyfully. Life is not always what we want, but rather what it is. Life is a beautiful series of compromises, acceptance, and a bond shaped by our past karma. We must accept our circumstances and approach them wisely. A person does not perish by jumping into the sea, but they certainly will if they don't know how to swim. Similarly, someone who cannot adapt to life's challenges and go with the flow will surely fall into the trap of constant complaints.

Before we complain about our life, let's take a moment to list the precious gifts we have. Would we trade our two eyes for 9 million dollars? What about our heart, kidneys, lungs, hands, and legs? Ask a blind person the value of sight or a disabled person the value of legs. There are thousands of people who would give anything to live the life we have. Have we ever considered this? First, we must appreciate what we have. Complaints will only make us miserable, not help us find our way forward.

It is a foolish trait of human nature to complain without a reason. For instance, people complain about the hot sun, but when they don't see it for a few days, they complain about the clouds too. How absurd! I've heard people in Britain complain about the rain as well. Isn't this senseless? We should appreciate the rain for rejuvenating the environment and supporting the farmers who rely on it for crops. Yet, many people only think about how it affects their own routine, like missing their office commute.

Similarly, seeking perfection or expecting 100% from everything is another mistake that modern people often make. There is no such thing as 100% in life. Are we even certain we will be alive tomorrow? Seeking perfection is an illusion. While everybody has their preferences, we cannot please everyone. Company owners may demand 100% service, but true 100 % service doesn't exist. Yes, we should always give our best, but not at the cost of unrealistic expectations. Chasing perfection will only lead to dissatisfaction and unhappiness.

The Sanskrit verse *Santosham Param Sukham* reminds us that contentment is the source of happiness. We must learn to be satisfied

with what we have and appreciate the abundance in our lives, only then things start unfolding. Peace does not lie in external things—it is cultivated from within. Life becomes peaceful when we understand that struggle is part of the flow of life. Take inspiration from the stories of Bhagawan Ram, Krishna, and Buddha—they show us that no one in this world is completely satisfied.

There is always something missing. Once desires are fulfilled, life loses its charm. Thus, we must continue to heal our wounds for a bright future. Remember the art of 'Kintsugi'—the Japanese practice of repairing broken pots with gold to make them more valuable. This teaches us that imperfections are beautiful and life's struggles offer us profound lessons. In difficult times, let's repair ourselves with self-love, acceptance, and gratitude to the Creator for the precious life we have.



Expectation and Pleasure Seeking

The world is full of goodness, shaped by time, place, need, and perception. Yet, many ambitious individuals fail to embrace the now. They are consumed by expectations of a future that never arrives. They dream up unattainable projects and suffer when these don't materialize. Expectations are often placed on others, but others fall short of fulfilling them. It is vital to perform our duties without expectation of results, for the outcome is not within our hands. The law of karma teaches that every action has an equal reaction—what we sow, we will reap—as described in the Bhagawat Geeta:

Karmanyeva Dhikarastema Phaleshu Kadachana

Ma Karmafala Hetur Bhurma Te Sangostwo Karmani – Bhagawat Geeta 2:47

“You have a right to perform your prescribed duties, but you are not entitled to the fruits of your actions. Never consider yourself to be the cause of the results of your activities, nor be attached to inaction.”

Indeed, we have the right to perform our duties, but we must not look for the fruits of our actions. The result, whether good or bad, will come in its own time, determined by our karmic actions. Just as a sunflower seed will never bear oranges, we cannot expect immediate, unrealistic outcomes. A gardener's role is simply to plant; the timing, size, and color of the flowers are determined by the laws of nature. While parents may hope to conceive a child, they cannot control the gender, appearance, or characteristics of the child. Ultimately, the Creator is the giver of all results. The outcome is shaped by our actions, care, and devotion, all governed by the law of karma. Acting with expectation, however, leads to bondage. Our actions should be performed with pure intention. We must release attachment, ego, greed, lust, fear, anger, and expectation, as these are the primary sources of all miseries.

The world is made of energy, each thing vibrating at its own unique frequency. These frequencies attract similar energies, which is the

essence of the law of attraction. A doctor, for example, will naturally feel more at ease conversing with another doctor than with a lawyer, as their frequencies align more closely. A spiritual person naturally connects with others who are on the same spiritual path. Likewise, a drunkard will feel more at ease with another drunkard. There is a Nepali saying, *Bheda Bheda sanga – Bakhra, Bakhra sanga*, meaning sheep flock with sheep, and goats with goats.

In astrology, a Pisces is naturally in harmony with other Pisces or Sagittarius individuals but may clash with the energy of a Taurus person as the vibration is different. A Deva Gana (quality of Devas) person is deeply drawn to those of the same vibration, but finds the energy of an Asura Gana person unsettling. It is important to understand that we are fragments of divine light, intricately connected with planetary energy even before we enter the womb. As we develop, we are influenced by the five natural elements of nature. Modern scientists often link the law of attraction to words, thoughts, and emotions, yet they fail to recognize that these are deeply influenced by planetary energies, which interact with the chakras in our bodies. We've all likely experienced irritation upon meeting a stranger, even though they haven't done anything to upset us, or feel an instant connection with someone we've just met. This is the effect of inner vibrations, influenced by the law of attraction governed by planetary energies.

Understand the law of karma: while a bird is alive, it consumes ants; yet when the bird dies, ants feast on it. A single tree can provide enough resources to make millions of matchsticks, but it only takes one matchstick to burn millions of trees. Life is volatile, and circumstances can change in an instant. Never devalue or harm anyone in this life, for what seems like power today can be taken away in the blink of an eye by the force of time. Everything has a reason and a season. When the time is right, a life partner will come into your life, but no matter how hard you try, you cannot force the creation of life until the timing is aligned. Time brings together, and time takes apart. And when the time comes, we must let go of all our possessions and embrace the inevitable departure. We may have a Rolls Royce now, but ultimately, we will sleep in a coffin. This is the unyielding reality of life.

In fact, lies are complicated, while the truth is simple. Look at the growth of a tree: it must grow in two opposite directions at once—the roots push down into the earth, while the branches stretch toward the sky. This dual growth pattern is mirrored. A tree must first grow in darkness (gravitropic process) before it can reach the light (phototropic process). In the same way, we must grow materially and spiritually in equal measure, just as the tree grows; without this balance, disaster awaits. Pain precedes joy—this is the universal law. People often squander their wealth in pursuit of fleeting pleasures which are materialistic and hollow. Without a spiritual path, this material pursuit only deepens their unhappiness. Seeking pleasure is momentary, dependent, and costly. This is why many people remain unhappy: they are ignorant of the law of karma and the law of attraction. Expectation and the endless pleasure-seeking only breed restlessness.

The Myth of Free Will

Free will is one of the most debated issues in modern society. Many tend to think that they have complete control over their actions, but this is far from the truth. We may have the freedom to choose between a potato and a pizza, but that's about the extent of it. First, the concept of free will is a misinterpretation. Next, people talk about free will without grasping the complexities of life's mechanisms and the flow of cosmic energy. Particularly in the West, people believe they are acting out of free will, unaware that they are being influenced by cosmic forces. This leads to decisions like resigning from jobs, ending relationships, or embarking on a quest to explore the outer and inner world.

Consider this – could we stop aging? Could we survive without food for a week? Could we hold our breath for 15 minutes? Could we stop the flow of thoughts in our mind? Would we get oranges next month after planting them today? Could we choose the gender of our child? Let's put aside all those examples – do we even have the free will in choosing what to wear? For instance, when Saturn is transiting, a person might feel compelled to wear blue or black clothing, only to feel unusually restless. A difficult Saturn placement might even cause a breakup – does that sound like free will to you? People may think it's their own thought, but they are unaware that the malefic energy of Saturn is driving their actions. Rahu, when seated in the 5th house, disrupts the ability to conceive children, and whether the child is a boy or girl is not their decision to make. A mother can only conceive a child after the natural gestation period of 9 months and 9 days, not by her will or desire. The child's growth follows a specific sequence governed by cosmic law. A mother cannot decide the features of her child, such as the color of the eyes, but merely allows the cosmic law to unfold within her womb.

Lunar or solar eclipses occur according to the precise rotation of the Earth, Moon, and Sun – they don't occur randomly. Take, for example,

the fact that President Donald Trump was born on June 14 and President Xi Jinping on June 15. In fact, they were born on the same day; the time difference simply made it appear as two separate dates. While this may seem like a coincidence, in reality, their births occurred for very specific reasons. We did not choose the year of our birth, nor can we determine our time of departure. Then, where is free will? We must acknowledge the cosmic laws and flow with them. This misconception of free will is a major source of unhappiness in Western societies, where people are unaware that they are under influence of planetary energies. As a result, many take a bag and wander, exploring various countries in search of their true selves. They grow weary of reading books, searching online, traveling the world, only to eventually end up in the Himalayas of Nepal in search of the ultimate answer.

When it comes to free will, we may choose between a potato or spaghetti, but we still have to make a decision. We may decide to take a lake drive or go on a waterfall tour, but only when our inner instinct urges us to do so. Free will exists in some superficial aspects, but in the grand scheme of life's flow and decisions, free will does not exist. Take the examples of growing a moustache, menstruation for a woman, the process of childbirth, the wrinkles on one's cheeks, the aging process, or the spontaneous joy felt when gazing at a full moon—none of these are determined by free will. We did not decide when we were born, nor can we predict the time of our death. We cannot control the heartbeat.

Similarly, the projection of human emotions is beyond free will. When the energy of the root chakra prompts us to feel anger, we must express it. When the heart chakra urges us to hug and kiss, we naturally show love and affection. Our body and life pattern are essentially the blueprint set by the universe itself. Life is like a script already written, and we must follow it, much like an actor who follows the direction of a film director.

We are also influenced by the results of our past life karma and the planetary forces affecting our body. Even a blooming flower has no free will—it cannot predict whether it will be in a temple or a graveyard the next morning. Likewise, a bird flying through the sky cannot know if it

will return to its nest. Millions of people go to sleep and never wake up the next morning. Where is the free will in that? Who chooses to lie in a hospital bed, stay in custody, or face a court trial? Yet, when circumstances or destiny pulls us in a certain direction, we must follow. We have no free will at all. Personally, I aspired to be an ideal businessman, owning nine companies. Instead, my life's journey led me to Tushita-Nepal, where I became a gardener, priest, and spiritual guide. November 11, 2011, marked a turning point in my life at the age of 36, when I established Tushita-Nepal (The School of Life) for a noble cause.

The truth is that the human body's chakras are influenced by the energies of the nine planets. These chakras send instructions to our neurons, and only then are thoughts projected. Interestingly, neuroscientists are recognizing that human beings do not have real free will. Every single action in our lives is controlled by some spiritual power that directs our neurons. We only begin to think after six seconds, following the instructions given by our neurons. Our thoughts are nothing but the emotional impulses by the nine chakras. Our mind is unable to act without receiving instructions from the chakras (marmabindu). It is like a speaker's job to amplify the music from a music system. In the same way, our mind acts as a speaker, amplifying thoughts that originate deep within the chakra level. In reality we don't think from our minds. Our actions are influenced by the vibrations of the chakras, which in turn are influenced by the energy of the nine planets on a deeper level. Whether we believe it or not, we are like puppets on strings or ventriloquist dummies.

There's no surprise here—just as spring follows winter, there is a natural flow to life's patterns, schedules, and seasons. Everything is fixed and predetermined. We cannot change it. We must go with the flow of this energy. Just as people look at a calendar to plan their holidays for the year, an expert Vedic astrologer can read our life calendar and predict events: accidents, marriage, children, sexuality, divorce, diseases, habits, wealth, education, career, relationships, and more. The modern educated people are unaware of Vedic wisdom.

However, we do have a certain degree of free will if our nine chakras are purified enough to activate the pineal gland. Only then can we transcend the physical laws that govern us. Without this purification, it becomes nearly impossible to exercise free will, because the emotions of the chakras pull us down. Moreover, once we ascend to higher consciousness (above the talu chakra), we are bound by divine duties (preservation of the Vedas and nature). Regarding this topic, my spiritual master is a time traveller. He can travel physically from Nepal to Hawaii within a minute. And, he often says, “We do not have free will at all.” While we are free to follow our desires, we must accept the consequences. Many people are foolish, doing misdeeds and then blaming fate. The truth is, we are the cause of our good and bad karma, shaped by both past and present karma (actions and deeds).

Therefore, we must flow with what is programmed and destined for us, just as an actor follows the director’s instructions. An actor has no right to deviate from the script. The world is a stage, and we are merely players. The script of our life-long movie has already been written. We must adhere to the laws of the cosmos, nature, country, society, and even the regulations of a company. Even the use of something as simple as an email address is not free. Google can deactivate our email addresses, and satellites can track our location. So where is our free will?

A malefic moon forming Bish-dosh or conjunct with Rahu-Ketu in an astrological chart can compel someone to commit suicide. It’s not their free will—it’s the karmic result from past lives projected through the astrological chart. On a surface, it might seem like we have free will, but on a deeper level, we have none. Our actions are governed by planetary movements and invisible cosmic energies, shaped by past life karma, which in turn generate our thoughts. On a deeper level, it’s like a home built based on the architectural plans of an engineer. Our life’s blueprint existed before we took on this physical form. Now, define free will as you wish.

The Hidden Power of Purification

Human life needs purification of the body, mind, and soul. Our body requires relaxation, the mind craves stillness, and our soul yearns for peace. Here, peace refers to tuning inner vibration, much like a guitarist tuning the strings of their instrument before playing a melody. Merely practicing physical fitness through asanas and engaging in meditation are not enough to purify the soul. This is a concept largely unknown to the Western world. As a result, their approach to purification and alignment fails to heal people. It may offer relaxation but does not lead to true realization.

Just like we bathe to cleanse our bodies, a deeper purification is needed for the soul. Vedic literature teaches we have five debts to repay: to the Creator, to the Devas, to the saints and sages, to our ancestors, to our parents, and to our teachers. We can repay our debts to our parents and teachers by offering gifts, but understanding how to express gratitude to the Creator, the Devas, the Maharshi, and our ancestors is unknown to most in the West, as it is not taught in their education system.

There is an old saying, *Daibale dine pitrile harne*, meaning that God gives, but the ancestors may take away blessings. We must understand that our ancestors are invisible spirits, and they may be waiting for our help to find peace for their restless souls. Without helping these restless souls, we will be unable to cleanse our spiritual path and connect with the Divine Soul. To do this:

(a) We must worship the Naagas, the serpent energy, as all indigenous tribes across the world, regardless of religion, traditionally worshipped serpent deities. Unfortunately, modern society has forgotten this ancient wisdom.

(b) We observe Monday because the Moon's energy descends to Earth on this day. Our ancestors are said to reside on the Moon. Therefore, we perform Vedic pooja to honor our ancestors on Mondays or full moon

days—outdoors, facing the west-south direction, while chanting the mantra *Aum Pitriṽyo Namaḥ*. Offerings such as a pooja packet, water, an oil lamp, incense, white flower, fruits, and coconuts should be made with sincere devotion. The Kush ring (holy grass) and Janai (a six-strand thread worn around the shoulder) must be worn during the pooja. After chanting the mantra, the practitioner will immediately feel a noticeable shift in their body's vibration, as devotion purifies the heart. This is one way to purify ourselves and find inner peace.

It is recommended to perform these offerings at sacred places like Muktinath (the place of salvation), Gangotri (beneath Mt. Machhapuchhre), Ruru Rishikesh (where Jesus Christ attained enlightenment), Damauli (the original Pryag, where the four Vedas were composed), Devghat (where Maharsi Vashista composed the Mahamrityunjaya mantra), Trivenidham (the birthplace of Bhagawan Ram), Kusheshwordham (where Vishwamistra composed Gayatri mantra), or Haridwar (near Dharan, where the elixir of Dev Dhanwantari dropped). All the 64 Jyotirling and these sacred places on earth lie in Nepal. While Google and Wikipedia may lead you elsewhere, the Vedic scriptures provide authentic knowledge about these sacred energy centers. Don't be influenced by what you find online about yoga, meditation, spiritually, or energy centers—explore for yourself and experience the difference.

Hawan Purifies the Air – Vegetarianism Purifies the Body

Devotion Purifies Emotions – Surrender Purifies Love

Meditation Purifies the Mind – Donation Purifies Wealth

Right Action Purifies Wealth – Interaction Purifies Wisdom

Embracing Laughter and Self-Love

A smile is a beautiful curve that straightens even the most complex situations, isn't it? It is a profound deprivation when one is incapable of laughing from the heart. It is rather saddening to learn that many British women, often in their mid-fifties, are only now visiting Laughing Yoga Studios. One is left to wonder if they were unaware of the power of laughter until the age of 55. Nevertheless, it is encouraging that Westerners are now embracing laughter, seeking to break free from a world of drudgery. Laughter stimulates the release of vast amounts of endorphins, the neurochemicals responsible for inducing happiness. A simple smile can resolve a myriad of challenges in an instant. The fragrance of a smile extends far beyond, traveling far and wide. May you come to understand this truth and laugh without inhibitions, as a fool napping in a pool. I have long asserted that the key to true happiness lies in eating moderately, walking twice as much, and laughing three times more.

I often pose the question to visitors, "Who are the five individuals you cherish most deeply?" Then readily mention names as Jonathan, Jessica, John, Emma, Anna, Mary, Stephen, and so forth, but invariably overlook their own name. The first and foremost is you—no one can truly love you unless you love yourself. Correct me if I am wrong. Self-love is undeniably one of the most crucial pillars for a life of genuine happiness.

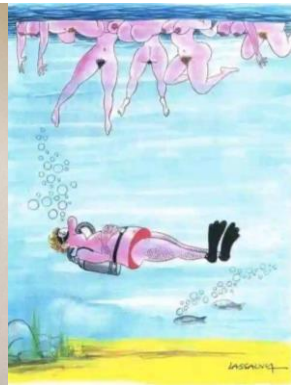
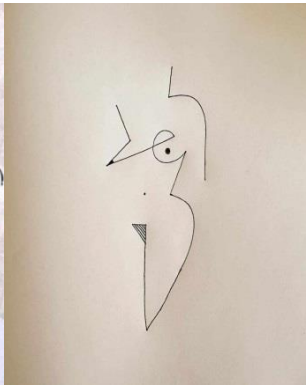
Life is intended to be fully lived, with each experience revealing the wonders of nature's creations. In fact, our purpose on Earth is to experience and repay our karma accumulated in past lives. One must not cling to a singular aspect of life but should embrace the entirety of life's diverse experiences. One must experience the full spectrum of life: childhood, adolescent, youth, love, sexual maturity, and conjugal life. Even the hardships encountered along life's journey—hunger, thirst, success, loss, fame, triumphs, honor, friendships, and adversities—must

be experienced for true growth. The endurance of life's challenges and penance refines us, much like a diamond under intense heat and pressure deep beneath the Earth's surface. The beauty of life cannot be expressed without experiencing a wide array of events. How can one claim fire is hot without touching it first? How can one declare a lemon is sour without tasting it? How can one comprehend the divine experience of motherhood without bearing a child? Merely reading about swimming holds little meaning unless one takes a plunge and immerses into the water. Experience is life's supreme teacher; it imparts boldness, impartiality, and wisdom.

"A man is born alone and dies alone. He only reaps the fruits of his karma, and he alone either ascends to the supreme abode or descends to the depths of hell." — Chanakya

Life adheres to a universal law: when one door closes, another inevitably opens. In life, nothing occurs abruptly; what seems sudden is part of a continuous flow of events. Grasp these insights and cultivate the strength to endure suffering with resilience. You may despise your life, yet countless others long to possess what you have. Have you ever reflected on this fact? Perhaps you have witnessed those less fortunate — boys without legs, some girls begging in the streets. Put yourself in their shoes and contemplate what you possess, and what remains beyond your reach. A profound understanding gives you the courage to embrace and love your life.

Annebelle, an Australian lady, told me once: "A true friend is like a supportive bra, always there holding you up. If you suck one nipple, the woman will offer the other in return. And this is where the concept of 'buy one, get one free' came from! Ha Ha Ha !" There were six of us in the meditation center, laughing uncontrollably until tears ran down our cheeks. In the end, everyone felt so lighthearted realizing that laughter is indeed the essence of life.



Laugh - Love - Live in 'now'

Why Saving Sperm is Key to Vitality

Sperm is the very essence of life, vigor and vitality. Excessive ejaculation, whether through masturbation or frequent intercourse, weakens one's life energy. It is common to feel lethargic or weak after excessive masturbation or physical intercourse. This kind of attraction is often mistaken for love, but it is merely physical desire, not the deeper, real love. When true love arises from the heart chakra, it transcends the need for physical intercourse. However, when love is rooted in the Svadhisthana chakra, it often manifests as uncontrollable desire. For most people, love is merely a physical attraction, driven by sexual desire rather than spiritual connection.

Be aware that excessive sexual activity weakens the immune system and drains vital energy. A deeper science underlies this phenomenon. What we eat becomes part of our body – transforming into enzymes, blood, muscles, nerves, skin, bones, and ultimately, sperm and ovum. It takes the nourishment from 36 kilograms of food to produce just 10 grams of sperm. Clearly, it's impossible to consume such an enormous quantity of food in a day. Therefore, a meaningful, optimal sexual connection even for married couples should occur no more than once or twice a month. Otherwise, frequent release of sperm and ovum depletes both physical and mental vitality.

Physical intercourse has two primary purposes: to procreate and experience bliss. In today's world, however, love is precious, while sex has become trivialized and easily accessible. Consequently, many engage in shallow, sexual animalistic urges, rushing towards ejaculation rather than connecting deeply. Instead, we must learn to preserve this vital energy rather than releasing it recklessly. The Kamasutra is the sacred science of love-making, guiding us to conserve sexual energy and experience profound bliss.

The quality of our life and the health of our offspring depend on our diet and overall lifestyle. Tobacco, alcohol, meat, drugs, stress, and processed foods all contribute to poor sperm quality, as sperm is ultimately formed from nutrients derived from what we eat. Remember the ancient wisdom: “You are what you eat.” To maintain healthy sperm, we must consume Satwik foods—such as fruits, vegetables, grains, dairy, and honey. To support healthy sperm and reduce stress, regular physical exercise, pranayama, and meditation are vital. Herbal supplements like shilajit, ashwagandha, lime powder, saffron, amrita (gurjo), and cinnamon, along with nourishing foods like asparagus, honey, and ghee, are excellent for improving sperm quality.

Wasting sperm is a root cause of many mental and physical ailments. Let’s not forget that for married couples, engaging in physical intimacy once a month is considered a healthy and balanced approach, while intercourse performed just a few days before menstruation can offer maximum pleasure for women. Masturbation is considered detrimental; by conserving sperm, one can experience an abundant flow of vigor, vitality, and life force. This is why Brahmacharya—remaining celibate and dedicating oneself to the study of Vedanta until the age of 25—is considered a noble and elevated lifestyle in Vedic tradition.



Vastu Shastra: The Science of Aligning Architecture with Nature

Vastu Shastra—or feng shui in Chinese tradition—is the ancient science of architecture. The Sanskrit word *vastu* refers to a dwelling or house along with its land, while *shastra* means science or teachings. Vastu Shastra is an ancient Vedic science that promotes prosperity by removing negative energies and enhancing positive energies around us. At its core, Vastu Shastra is about understanding the natural flow of energies from the Sun and the five elements, and is one of the key secrets to healthy living. Its purpose is to design buildings that are in harmony with Mother Nature’s rhythms and energies. Beyond fate and karma, Vastu Shastra has a powerful influence on the lives and well-being of human beings.

Vastu Shastra was once a key subject at the renowned Nalanda University in ancient Nepal, which has since become part of modern India following the 1947 partition. Nalanda University, the world’s first and largest, attracted scholars from all over the world who came to learn Vedic wisdom, including Vastu Shastra. The university thrived from 700 BCE to 14th century AD; over time, Vastu Shastra inspired Chinese feng shui, as well as practices in India and Persia, spreading its wisdom worldwide.

Vastu Shastra is a beautiful science that guides us to design spaces and buildings in ways that generate positive vibrations. For example, while sleeping, our head should face east, never north, to align with the Earth’s magnetic pull. The human body, like the Earth, has a magnetic field. Sleeping with the head to the north can create an imbalance, leading to fatigue. The kitchen or fireplace should be situated in the Agneya (southeast) corner. The prayer or meditation room should be situated in the Ishan (northeast) corner. Open spaces, verandas, or water tanks should be situated in the Vayavya (northwest) corner. The

bedroom should be situated in the Niritya (southwest) corner. The north is the ideal place for the money vault or account room, while wastewater tanks should be placed in the southern part of the house. Houses that face east or west are considered to be auspicious, as they naturally draw positive energy throughout the day.

Thus, Vastu Shastra is the science that reveals the profound effect of nature's laws on human beings through architecture. It has been practiced in Nepal since ancient times, especially in the construction of temples and monuments. Today, Vastu Shastra is gaining popularity worldwide known as feng-shui in China and Vastu in the Western world—and continues to spread across the globe, including India, Japan, and the Americas.

Vastu Shastra is primarily concerned with architecture—designing homes, apartments, temples, forts, and monuments that are in harmony with nature. Its core concept revolves around the five basic elements of nature, Pancha Maha-Bhuta: Bhumi (earth), Jal (water), Agni (fire), Vayu (air), and Aakasha (ether). Balancing these five elements in our daily lives is essential for a peaceful living. The five elements are the foundation of our existence—without them, life as we know it could not exist. Polluting or disrupting the balance of the five elements leads to misfortune and disaster in life.

Understanding the five elements

1. **Earth (Bhumi):** The Earth acts like a massive magnet, with its North and South poles serving as centers of magnetic attraction. Its magnetic field and gravitational forces influence all forms of life and matter (both living and nonliving), providing the foundation for existence on this planet.
2. **Water (Jal):** Water manifests as liquid (sea, rain, rivers, lakes), solid (ice), and gas (vapor, clouds).
3. **Air (Vayu):** Air is a vital and dynamic life force. Our physical well-being depends on optimal humidity, airflow, temperature, and air pressure. Air is essential not only for living beings but also for inanimate objects and machines

4. **Fire (Agni):** Fire symbolizes light and heat, governing the cycle of day and night, the changing seasons, and fueling energy, vitality, and enthusiasm. Heat is life, while cold signifies death. Simply put, fire is an essential force that sustains life on our planet.
5. **Ether (Akasha):** Ether is the medium that holds all energies in the universe, providing shelter for the other four elements, as well as for vibrations, rays, and spiritual energies.

All five elements are interrelated, forming an invisible yet constant connection that shapes our existence. By effectively designing buildings in harmony with these five elements, one can create a happier and more balanced life. The Brahmasthan – the space for cosmic energy to enter – must also be factored into the design of any building or home. Who doesn't enjoy a room bathed in sunlight, filled with fresh air, and a view through wide windows? Everyone loves rooms with mountain, ocean, or forest views, as they connect us with nature's tranquility. This is a fundamental truth to grasp.

Spacious, eco-friendly rooms are essential for the subtle flow of spiritual energy. In this way, Vastu Shastra combines and balances the five elements of nature, bringing harmony and prosperity in our daily lives. Proper adherence to this science brings positive energy, promoting spiritual well-being and boosting health, wealth, and happiness. May you create an environment of tranquility and cleanliness in your home, workspace and worship place.



Why We Need Astrological Guidance

Astrology serves as a record of our past karmas and a roadmap for our present life. It provides insight into personality, career paths, marriage, relationship issues with family, education, health, financial matters, business success, and even life's challenges, such as accidents, debts, enemies, and death. Astrology reveals both the probabilities and solutions to life's challenges. By understanding Vedic astrology, one can address challenges more easily, as it guides us on how to handle planetary influences and mitigate their impacts.

In ancient Vedic culture, divorce was rare, as marriages were arranged based on astrological compatibility. Many Nepalese continue to follow Vedic practices, consulting birth charts (Cheena) to select compatible life partners. As a result, divorce rates in Nepal are extremely low, with less than 2% of marriages ending in divorce, and a 90% virginity rate among women. In contrast, in many Western countries, divorce rates are alarmingly high—it is increasingly rare to find people who haven't been divorced or a woman who remains a virgin—while young people often experience sex as early as 14 or 15. This wouldn't be a problem if they followed the wisdom of Vedic astrology, or the principles outlined in the original scriptures of the Bible and the Quran. Instead, many in the West continue searching for soul mates on social media, focusing on superficial traits like appearance, favorite colors, or food preferences. They often cohabit for months to test their compatibility, examining personality and energy to see if they're a good match. How many potential partners must one go through before finding a soulmate? It's a waste of time, money, and energy. If they embraced the guidance of Vedic astrology, they could easily discern their partner's true nature, energy and compatibility.

When asked, "Does this really work?" I point to Nepal's divorce rate of less than 2% as living proof. It's fundamentally about understanding a person's planetary energy. Take this as an example: a boy who once

hugged and kissed his girlfriend would no longer do so if she were dead, because there's no energy in the lips of a lifeless body. He would do it only if he kissed purely for the physical act. But from the beginning, he was kissing for the inner energy, not just for the lips, right? Vedic astrology uncovers personal nature and energy, making relationships more harmonious.

For instance, Vedic astrology can guide you on who to marry and when. It assesses key factors like pulse, sperm quality, blood pressure, DNA pattern, Nadi (pulse), Gotra (ancestral lineage), education, career choices, personality, nature, and much more for both partners. Marriage between individuals of the same Nadi or Gotra, can result in dire consequences, almost like a curse. Although hard to believe, even monkeys instinctively avoid mating within their own genetic lineage. Yet many humans overlook this, leading to health issues and even disabilities in their children. Marriage between the same Nadi can also cause a destructive energy clash, much like an electrical circuit overload. This leads to blame and eventual breakup in the relationship.

Excessive freedom, unlimited choices, and a lack of compromise contribute significantly to high divorce rates in Western countries. Many are oblivious to how the flow of planetary energy in our bodies during certain phases impacts our lives. Without understanding this flow, people become agitated and blame each other for repelling energy. It is crucial to comprehend the flow of cosmic energy within our bodies. Unfortunately, Western education systems fail to teach the true nature of love and life. This leads to extremely high divorce rates in Western countries and among those who do not embrace Vedic astrology. Had they sought advice from an experienced Vedic astrologer to scan their energies, they could have overcome much of this pain and suffering.



Everything is but light and vibration!

The colossal wisdom of Yog- Vashista says that the universe is not composed of physical matter but of mental vibration (spanda) of the cosmic mind. Maharshi Vashista taught Bhagwan Ram that our universe is made up of Vibration and light. And we can heal ourselves by creating positive vibration and inhaling divine light.

Unveiling the Life Energy within the Mother's Womb

The origin of our life energy remains a profound mystery. While we enter our mother's womb through our father's sperm, the precise scientific process of life's creation is still beyond complete understanding. According to Vedic wisdom, the father's sperm contains helium elements akin to the Sun, radiating heat, whereas the ovum carries the cooling energy of the Moon.

Sperm contains all three primary colors—blue, red, and white—but its predominant hue is ivory white, giving it its characteristic appearance. The sperm is the giver (Purusha—the Sun) and the ovum is the receiver (Prakriti—the Moon) in the process of creation. Thus, the Sun and Moon are the very essence of our existence. This deep symbolism is reflected in Nepal's national flag of Nepal, where a white Sun and Moon on a red background, outlined by a blue border, symbolize human consciousness. The 12 rays of the Sun represent the 12 zodiac signs, while the 8 rays of the Moon represent the 'Astamatrika', the eight mother goddesses. These symbols are the very source of nature and human existence. Thus, the Sun atop Nepal's triangular flag holds deep spiritual meaning.

The union of sperm and ovum is a cosmic yog, from which all forms of yoga and meditation are born. Male sperm, imbued with blue, red, and ivory white is the base of supreme consciousness. In the act of intercourse, the male sperm meets the female ovum in what can be considered our first 'big bang'. The sperm's victory over millions of others marks the beginning of life—a true victory, granting us the precious opportunity to have this life.

The process of life's cultivation begins with the Venus energy inside a pregnant woman. Known as a gas planet, Venu's influence often results in

nausea during the first month of pregnancy. Mars energy forms the zygote in the second month, while the Sun energy infuses the soul in the third month. If the divine light finds a harmonious environment on the 63rd day, conception is completed; otherwise the soul departs, resulting in a miscarriage. This is why doctors caution against abortion after three months when the soul enters the fetus. The Sun energy is the source of the soul, initiating the heartbeat, and the formation of the spine and skeleton starts. Mercury energy enters the fetus in the fourth month to develop cells and nerves. Jupiter energy initiates chakra formation and skin development in the fifth month, while Saturn energy forms skin pores and hairs in the sixth month. Moon energy completes the formation of the brain and emotional aspects of the baby. By the eighth month, all planetary energies align to support the baby's full growth, chakra formation and the awakening of Kundalini—the serpent energy. In the ninth month, the Sun and Moon energies converge to prepare the baby for birth.

The experience within the mother's womb is a deep state of meditation, the first phase of human life. The baby absorbs nutrients through the navel, and may even recall memories of past lives during this time. The nine months inside the womb are like a deep Vipassyana meditation, one filled with profound commitment and promises for life on Earth. Yet, as soon as the baby is born, those memories vanish. With the first cry, the vital life energy, or prana, enters the body. The doctor's intervention may help the baby take its first breath, but soon after, the lungs begin to function on their own, powered by the internal pranic energy. This begins the second phase of human life, unfolding according to the laws of karma.



Mystical Ketu: Discovering the Spiritual Path

Spirituality is not about visiting temples, dressing up like a monk or priest, or counting Rudraksha holy beads. It is about understanding the true nature of life and the world's deeper mysteries. When someone says, "The supreme consciousness moves me, walks me, talks through me, and makes me breathe," that person has grasped the core of spirituality. Such a person embraces all the layers of life and enjoys its abundance.

Western knowledge is limited because it focuses primarily on the material—on what can be seen or touched. Yet, our existence is not limited to this—it is also intricately connected to the spiritual realm. While knowledge examines physical organs and the workings of the mind, it misses the deeper connection between body, mind, and soul, which has led to numerous problems. Unaware of the manual for the body, mind, and soul, Westerners fail to understand the intricate workings of our mysterious, almost computer-like existence. Indeed, spirituality begins where modern science falls short—it is about discovering the true essence of life and the cosmos.

Our life is composed of 25 essential elements and influenced by the movements of nine planets from the moment of birth. The effect of astrology is intertwined with our family dynamics as well. Essentially, one must follow their birth chart throughout life. The birth chart acts as a record of our past life and a roadmap for the current one. Based on their personal birth charts, individuals embark on their spiritual journey at different points in their life.

When triggered by the influence of Ketu or Saturn, individuals seek out spiritual paths. According to astrology, the shadow planet Ketu (the South Node of the Moon) governs our lives for 4 years and 8 months.

Ketu, being a mystical planet, brings forth a powerful energy that awakens a deep interest in occult sciences and spirituality. People are naturally inclined to retreat into jungles, caves, remote places, mountains, or monasteries for meditation. Their deep interest in Yog-Dhyan (yoga-meditation), Dharma-Karma (repaying karmic debts), and a longing for Moksha (salvation) grows, along with a curiosity about their past lives.

However, many people often prioritize materialism and dismiss the spiritual path. When faced with phenomena like the effects of Ketu, Rahu or Saturn, which defy conventional understanding, Western science cannot understand these energies and hastily label it as 'abnormal psychological behavior' or mental disorder. Psychiatrists often resort to medications like Celexa, Lexapro, Prozac, and Luvox, mistakenly believing these drugs stimulate the release of endorphins, serotonin, and dopamine—but this notion is misleading. These are simple anesthetic drugs, offering temporary relief but causing long-term side effects. Their belief that we are simply a collection of organs and brain tissue reveals their fundamental ignorance. The real issue in the Western world is not simply a matter of ignorance, but they fail to comprehend life's deeper phenomena and significance. These subjects are not part of their studies, and so they tend to ignore such experiences.

Spirituality is innate to human life and the foundation of our existence. It gradually deepens, forming an invisible pattern. The pattern of our life mirrors the growth of a tree. The roots grow downward (gravitropic) while the branches grow upward (phototropic)—the growth pattern is perfectly synchronized. The tree's height, branch spread, flowering, and fruiting all depend on the roots' expansion. Similarly, our material and spiritual aspects must grow in parallel. In modern times, people have disregarded the spiritual dimension, and as a result, their material success often leads to suffering.

Until the Beatles introduced Transcendental Meditation to the West in the early 1980s, Westerners were largely unaware of yoga and meditation. Since then, there has been a growing interest in yoga,

meditation, and spirituality. A quick search on Google shows that ‘meditation’ is among the most searched terms worldwide. The yoga-meditation and spiritual wellness industries have become a booming industry globally. Over time, Western psychiatrists have started recommending yoga and meditation. However, many still mistakenly believe that yoga is simply stretching and meditation is merely closing one’s eyes. This is how it was traditionally taught in India, yet the teachings unfold on much deeper, more profound levels.

Vedic wisdom, which originated in Nepal, has been revealing the mysteries of the natural and cosmic phenomena for thousands of years. Eventually, after much searching, many Westerners make their way to Nepal—the birthplace of yoga and meditation—to discover the true authenticity of Vedic wisdom and its profound healing practices for spiritual issues. They come to understand that Yog-Dhyan is not just a practice, but a profound way of life that helps us grasp the true essence of existence and the universe. It is the ultimate tool to connect with the Divine.

A physician addresses physical ailments, a psychologist treats mental health issues, yet the root cause of most problems lies deeper in spiritual imbalances. The modern lifestyle—ignoring the circadian clock, consuming unhealthy foods, maintaining erratic sleep patterns, and relying on chemical products—has created a cascade of health hazards and mental disorders. The issue lies not just in the mind but at a deeper emotional level, influenced by the movements of the planets, imbalances in our chakras, and our DNA patterns. One might feel drawn to the spiritual energy of the Himalayas, resonating without 111th, 112th, 113th, and 114th chakras. Remember, Nepal is the birthplace of humankind, and our inner selves are eternally connected to the cosmic portals of the Himalayas—just as millions of mobile devices connect to a single central tower. Therefore, purification is essential.

It is senseless to clean the tap when the water itself is contaminated. One must cleanse the source of the water. In the same way, we must understand the problem and seek the solution at its very root. Westerners believe that “we think from the mind,” which is a

fundamental misunderstanding. We think *through* the mind, but not *from* it. It is like a speaker amplifying sound from an internal music device. Similarly, the mind amplifies thoughts that originate from the nine chakras (marma-bindu). We do not think from the mind. Thoughts are merely spasms of emotions originating from the chakra level.

These days, Westerners are increasingly discussing concepts like Kundalini, chakras, and yoga-meditation a lot, and they are slowly advancing in their understanding. However, many ignore that Vedic wisdom guides us to comprehend the intricate workings of the body, mind, and soul. By understanding these deeper mechanisms, we can uncover the roots of suffering, stress, and distress. Once we identify the root cause of mental unrest, helping the individual find inner peace becomes a natural process.



Beyond “Letting It Go”: From Problems to Solutions

Catharsis is the process of releasing repressed human emotions—attachment, ego, lust, greed, anger, fear, and temptation. These buried emotions create blockages, preventing the rise of Kundalini energy, and thus hindering access to higher states of consciousness. Just as we release toxins from the body through vomiting, we must expel emotional toxins to feel liberated. During deep meditation, one may experience sudden outbursts—screaming, weeping, jumping in fear, laughing, or even shedding clothes; these are all signs of the cathartic process. Consistent and purposeful pranayama is one of the most powerful ways to cleanse both the body and mind. There’s a deep healing in weeping at times, as tears cleanse the painful wounds within.

A problem persists as long as the solution remains unknown. While “letting it go” might be necessary at times, it is far more powerful to repair the issue once we have discovered the solution, don’t you agree? Astrology provides valuable insight into human problems and their solutions. This could include ancestral blockages, serpent energy imbalances, karmic consequences, or planetary afflictions, to name a few. It is through Vedic wisdom that we uncover the true nature of problems and their solutions, an approach that is largely absent in the Western world.

In the West, people turn to physicians or psychiatrists, yet they fail to heal the spiritual and emotional aspects of themselves, not realizing that we are far more than just bodies with brains. Without a deeper understanding of the human body’s intricate mechanisms, they are unable to uncover the root cause of suffering. In this tradition, problems are discerned through energy scanning, similar to how a physician diagnoses physical ailments through tests like urine, blood, or X-rays.

Similarly, by analyzing one's birth details, a skilled astrologer or tantric can perform an energy scan to identify emotional, physical, or spiritual suffering and offer solutions.

Unhappiness arises from ignorance—the inability to grasp the profound interconnection between body, mind, and soul. True success comes from understanding the rhythm of life. Life, like nature, moves in cycles of ups and downs, to and fro; this is the nature of life. Even when driving, we enjoy the winding paths more than long, straight highways, which eventually become monotonous. The fluctuations on an ECG machine mirror the vibrations of life, while the flat line represents death. Hence, we must embrace both pain and pleasure equally. Every pain has its purpose and its season. Flow with the currents of life, have patience, and remember: after the pain, pleasure follows. A happy moment is just around the corner.

Moreover, suffering arises from neglecting the five moral codes of ethics and indulging in excessive anger, ego, greed, fear, lust, attachment, and relentless pleasure seeking. Therefore, one must embrace a Satwik lifestyle, as it generates positive thoughts. Positive thinking leads to positive actions, and good actions naturally yield good results. When challenges arise, we must seek spiritual guidance, not simply “let it go.” Western education may have knowledge, but it lacks wisdom. The solutions to the world's challenges—be they in nature or human life—are embedded in the vast wisdom of the Vedas.

Knowing the Purpose of Life

धर्मार्थ काम मोक्षनाम शरीरम साधनम यतः

The Vedic verse *Dharmartha Kama Mokshanama Sariram Sadhanam Yata* (the body is the instrument for the attainment of Dharma, Artha, Kama, and Moksha) beautifully encapsulates the purpose of life, guiding us to perform:

Dharma: Our duty and responsibility lie in understanding our inherent nature. Just as fire must burn and illuminate, water must quench thirst and cool, a mirror must reflect the truth impartially, an army must protect the nation, and a judge must deliver justice—each of us has our own duty. We must fulfill our roles professionally, serve society, and repay our karmic debts to the Creator, our ancestors, the serpent energy, the Devas, saints, sages, parents and teachers. Above all, our foremost duty is to preserve the Vedic wisdom, protect nature, and spread love.

Artha: In Sanskrit, *Artha*, refers not only to earning money but also to seeking the deeper purpose, meaning, and value of something. It's about finding deeper the purpose behind our existence while earning ethically and using wealth for a greater purpose. The pursuit of Artha compels us to ask fundamental questions: Who am I? What is the purpose of my life? How can I manifest my highest potential?

Kama: Kama does not mean lust or physical intercourse but it refers to experiencing life's passions while pursuing a good livelihood. No doubt, begetting a child is one of the kama (noble action) of human life for the continuity of generation. However, kama means engaging in selfless action, without seeking money, recognition, or fame. For example, a doctor's duty is to save lives, not to focus on the financial reward. The fruits of karma are inevitable, so there is no need for expectation. Any selfless action performed with pure intention counts as kama. Earth is the stage for us to perform noble deeds.

Moksha: Moksha refers to liberation, the ultimate merging with the divine source, and breaking free from the cycle of birth and death. Indian Hindu tradition speaks of reincarnation through 8.4 million species (if we make mistakes then one has to enter the animal world, so we may take birth as a frog, a spider, an eagle, and so forth) but the Vedic Sanatan Dharma teaches that while humans may not literally become animals, their actions reflect animal-like tendencies, such as sloth or desire. Our karma shapes our birth, whether into wealth or poverty, whether in Nepal or in the African desert. But a human becomes just a human. Human life, however, is the rarest and most precious opportunity, as only humans possess chakras, giving us the potential to purify karma and attain salvation.

Hence, this body (Sariram) is meant to (Yata) be an instrument in order to (Sadhanam) practice duty and responsibility (Dharma), seek the meaning of life (Artha), and act selflessly (Kama) to attain salvation (Mokshanama). We are here to repay past karmas, experience life fully, serve with pure intention, and ultimately attain salvation.



The Truths of Love, Life, and Death

Love (Fuel of Life)

*In the world sans love
Says tear fall from flower petals
In the world sans music
Nightingale sits wailing in graveyard
Seek happiness within tear and trauma
No death; chose life – an ecstatic life
Do not weep in this moment
Be blithe, cheerful and laugh
Although, life is too hard for happiness*

The stanza above illustrates that love is an unavoidable force in human life. Love is the very fuel of life. Without love, even a flower withers, and the world becomes a barren graveyard. Love is the oil that keeps the lamp of life burning. It is the universal language heard by the deaf and seen by the blind. Love blossoms only when we surrender completely—physically, mentally, and spiritually. In its embrace, everything melts away and flows with positive vibrations. It fosters a spirit of care, sharing, and mutual growth. Unconditional love radiates from the core of the heart, with a gentle touch that leads to a blissful experience. It is not possessive and does not crave physical attachment. True love knows no conditions—it doesn't say, "I love you because you are beautiful, or wealthy, or can care for me." That is conditional love.

A boy once declared, "My dear, I love you so much, I could write your name on my wrist with a needle. Where should I inscribe it: on my hand or my chest?" The girl replied, "There's no need just put my name on your property papers first." Ha!

Much like this exchange, modern love is often conditional, driven by the emotional and passionate energy of the Swadhistana chakra. But true love comes from the heart—spontaneous and inexplicable, without logic or reason. It is important to understand that love is not always a source of joy; it is an inseparable part of life that we must accept. The one you love most may also cause you the deepest pain. When happy, we enjoy music, but when sorrowful, we find meaning in the lyrics. Love burns, hurts and strengthens us. It teases, heals, and makes us resilient. If it doesn't hurt, it's just a fleeting sensation. True love brings tears, allowing us to feel, grow, and purify our hearts.

*Yes loving is a painful thrill
Not to love more painful still,
But Oh! it is the worst of pain
Once loved and not loved again.*

The difference between 'like' and 'love' is immense. When somebody says, "I like a flower," they pluck it; but when they say, "I love the flower," they water it and care for it. 'Like' is based on physical attraction and a desire to possess, while 'love' is about care in its purest form. The modern world has confused mere desire with love, and many suffer because they do not understand that true love is unconditional. They fail to realize that love is selfless sacrifice. True love is not about desiring something in return; it's about giving with both head and heart. When we accept love in its pure form, it brings boundless joy and contentment, and it flourishes in surrender.

Life is meant to be experienced and lived fully

Countless poets have shared their thoughts on love and life, yet none have captured its true meaning. The definitions of love, life, and death vary, but the ultimate truth is simple: life exists in the now, in the act of breathing and being present. Without breath, there is no life. And without living in the present moment, we are not truly alive. The past is gone, and the future has yet to come—time is beyond our control. Life is defined by how we live, whether as a farmer or a doctor, true quality of life is not measured by the wealth we possess, but by the sincerity of our

smiles and the love we spread. Life is accepting whatever comes our way, no matter the circumstances.

Ultimately, what matters most is not how much money you earn, but how happy you are. Health is the key to happiness. True health encompasses not just the absence of disease, but a harmonious balance of physical, mental, and spiritual well-being. The quality of life is reflected in the sincere smiles that come from the very core of our hearts.

Stop overanalyzing life—it becomes more complicated and stressful. Live simply, for life is meant to be experienced, no matter the circumstances. When life gives you lemons, make lemonade; when it gives you cheese, make pizza. Desiring what is out of reach only leads to unhappiness. A chaotic, hazy, lazy, or overly busy life can never evoke true humanity. A life devoid of happiness and humanity is a great curse.

Death is not an end but an energy shift

Life is a journey from womb to tomb, with life and death being inseparable, like two sides of a coin. Death is intrinsic to life, just as a shadow is to light. Every night, from midnight to 3 a.m., we experience a form of death, as we lose all consciousness. We awaken when the Shiva energy enters at 3 a.m. This is why waking up at Brahmanurta (90 minutes before sunrise) is crucial for the spiritual seekers. Death is always with us, supporting life; from the moment of our birth, death begins to grow, and life starts to wane. Death is not the end, but rather a shift of energy, a transition of light. Remember: "Death is not life's greatest loss; the true loss is when life dies inside us while we are still living." Our human life is a golden opportunity to experience life, seek self-realization, and attain salvation.



How Ego Creates Our Struggles

The moment the vital life force, the Shiva element, departs from us, we are laid in a coffin, return to the earth, and become dust once again. Leo Tolstoy's story, "How Much Land Does a Man Need?" comes to my mind—how true it is that we only need so little. Just a small space, no more than three meters, is sufficient. We are but tiny specks of dust in the vast universe, so what is there to boast about? Even our breath does not truly belong to us. The moment we cease breathing, our loved ones begin the funeral rites. This is the harsh truth of life.

Long ago, King Janaka instructed his knights, "When I die, let my fist remain open so that people may see I carry nothing with me." This is a beautiful reminder to reflect upon. The first clothes we wear, the *bhoto*, have no pockets, and neither does the last garment we wear, the *katro* (shroud). We are born with empty hands and shall leave with empty hands.

The wealth we possess today once belonged to someone else, and in the future, it will belong to another. We are merely caretakers for this lifetime, and none of it can be carried beyond. Had we been able to carry wealth beyond death, how much would we all amass? We all know that not even the most basic possessions, like underwear, can accompany us in death, yet we continue to hoard.

Still, despite knowing the universal truth, people continue to collect wealth as if they could take it with them after this life. It's quite perplexing, isn't it? May you realize that everything we possess—wealth, power, beauty, fame are all fleeting and perishable. In the end, we take only our dharma and karma. So, what is there to be proud of? A young boy asked a man, "Uncle, why do you have such a small leech-like tattoo on your arm?" The man replied, "When I was young, it was a big cobra, but now, it has shrunk into a leech." Ha! The man

laughed ruefully, regretting how he once flaunted his power and strength in his youth.

Life itself is an extraordinary achievement, a grand victory. We've already triumphed over 20 million sperm to come into existence, so why not celebrate this great victory? We've already won the greatest battle – why expect more than this? Our purpose in this world is to experience, atone for past karma, fulfill our duties (dharma), maintain purity, and ultimately attain salvation.

Life's journey is filled with hurdles, but we must embrace them. Remember, we fall to rise, and every mistake teaches us wisdom. We cannot stand without first falling. This universe is a grand university, teaching us in every moment, whether in frustration or joy. Each time we fall or fail, it offers an opportunity to learn and rectify our actions. With this wisdom, new doors open, and the mysteries begin to unfold. Thus, we must remain positive, for every success is underpinned by falls and failures. But if we equate success only to career growth and material gain, we overlook the true value of success. The real measure of a successful life lies in how we live with a smile, whether we have earned and used ethics for noble causes, and if we have come to understand our true selves and the purpose of our life.





Tuning In: How to Hear Our Soul's Inner Call

Vipassyana is the art of perceiving things as they really are. It requires us to turn inward and be aware of prana, the vital energy that sustains our life. As we sit on a hill and witness the dance of nature, we must also observe the mystery of our inner world—our body's mechanisms, as fluid as the landscape outside. We must watch the flow of prana within our bodies, as though an observer is witnessing the subtle currents of life. When we close our eyes and focus inward, we can feel the rhythmic expansion and contraction of the lungs, the beating of our heart, and the subtle flow of prana, uncovering the deeper patterns within. Through focused breathing, new dimensions of life unfold before us. This practice of meditation leads to profound inner realizations, as taught by Bhagawan Buddha.

Everything we seek is already within us, yet we often pack our bags and travel outward. We may experience new cultures, meet new people, and see beautiful places, but this is only external exploration. True peace is found only when we journey within and listen to our soul's calling. The universal message is available to all, but only those who are attuned to their true selves can truly hear it. Most are lost in the noise of external ideologies, unable to listen to the deeper truths. Vipassyana meditation is the key, as it helps us tune into both our heartbeat and the heartbeat of the Earth.

To reach a higher frequency, chanting the sacred Vedic mantras is vital. The Earth vibrates at a frequency of 7.83 Hz, and this resonance is mirrored by our own brain waves in the Alpha (Zen) state, allowing us to connect deeply with the planet's pulse. Barefoot walking attunes us to the Earth's natural frequency of 7.83 Hz, the resonance designed for all living beings. Ailments such as stress, insomnia, and migraines often stem from a disturbance in this natural frequency. Modern technology,

from mobile towers and internet signals to industrial noise, has disrupted the Earth's natural resonance. Therefore, nature has its own way of restoring frequencies through lightning. Lightning frequently strikes to balance both the rhythm of nature and alleviate human stress.

Hence, while regular meditation is crucial—it helps calm the restless mind and opens us to the deeper inner callings—and barefoot walking grounds us—attuning our personal energy to the Earth's beat—the utterance of Sanskrit mantras cleanses our consciousness. Pioneers such as W. O. Shumann, Dr. Joseph Puleo, and Dr. Glen Rein have discovered how certain frequencies, such as Shumann resonance and Solfeggio tones, impact our body's energy and consciousness. These scientists agreed that Western music disrupts our aura and DNA patterns, whereas the chanting of Sanskrit mantras helps restore and heal our energy. When chanted correctly, Sanskrit mantras activate and align our nine chakras, harmonize our DNA, and cleanse our aura. The Rishimunis of Nepal placed great emphasis on the practice of chanting Sanskrit mantras for both mental clarity and spiritual well-being. Through the sacred sounds of mantras like Gayatri, Mahamrityunjaya, and Mahalaxmi, one can align with the frequency of 963 Hz—referred to as the “frequency of heaven”—the key to opening spiritual doors. This is one of the most powerful ways to quiet the restless mind and begin tuning into the inner callings of the soul.

Breaking Through Confusion and Divided Ideologies

People often find themselves confused by the myriad of opinions and theories, especially spiritual seekers, who grow disillusioned by many conflicting isms and ideologies they encounter. What we perceive around us is merely an illusion. People feel bewildered when they hear 'the Truth' from various religions—mainly Islam, Christianity, Hinduism, Buddhism and Judaism—each claiming to possess the one true truth. Each claims to hold 'the Truth', yet they are all different. How can the truth be so divided? If there are many truths, can any of them truly represent the absolute truth?

Throughout the ages, countless acts of violence, such as murders, rapes, crusades, and jihads have been justified by the claim of spreading 'the Truth'. Religions attempt to explain the truth through their own limited perceptions, much like four blind men trying to describe an elephant. One touches the tusk and says, "It's like a spear". Another touches the tail and says, "It's like a rope". A third touches the legs and says, "It's like a tree," while the last touches the stomach and says, "It's like a wall." Their interpretations are far from the true reality. They create their own limited boxes and force people to adopt their rigid doctrines.

The third eye is not a physical opening in the forehead; rather, it represents the opening of a higher dimension of perception. It is the invisible eye that sees beyond illusion, offering timeless and boundless vision of truth. The entire purpose of yoga is to evolve and elevate perception, ultimately awakening the third eye. To truly understand reality, we must experience it in its entirety. Only the teachings of the Vedas provide clear glimpses of reality, as they are the source from which all religions spring. Bear in mind, truth cannot be encapsulated in words. Do not be confused: light is Truth, and light is God.

Many grow weary of doctrines and seek universal wisdom, something that transcends all divisions. Many find peace when they come to Nepal and immerse themselves in Vedic wisdom, for it explains the universal laws of existence. In time, they uncover the ultimate wisdom through the practice of Gyan-Yog (the way of acquiring true knowledge of the self). We credit Nikola Tesla for his many scientific breakthroughs (over 750 patents), yet few realize that he was inspired by Swami Vivekananda, a revered Vedic scholar from Nepal. Nikola Tesla's inventions were based on the *Aakash Tatwa* (the infinite cosmic energy), a principle from the Vedic scriptures passed down by Swami Vivekananda. Thus, modern innovations like airplanes, mobile phones, computers, electricity, and jet engines owe their existence to the timeless wisdom of the Vedas. We are deeply indebted to the Rishimunis of Nepal for their invaluable wisdom. It is time to rewrite history, uncovering the authentic truths that have been obscured over time.

Everything in life unfolds with purpose and timing. In the transcendental phase, suffering is inevitable (often feeling the continued pressure of negative forces), but it serves a greater purpose. These challenges may be testing our endurance, compassion, and devotion, preparing us for something greater ahead.

There is a universal law: "When one door closes, another opens." People must come to this realization. Naturally, enduring pain and distress is hard, but we must accept it and flow with it. You are not the only one who suffers; billions face the consequences of their karma. God is neither blind nor partial; He watches every moment and governs us through the cosmic law, using planetary energies that affect our chakras, which in turn send instructions to our brain. Our thoughts are deeply influenced by the emotions generated by our chakras. Indeed, this is a mysterious cosmic law.

Always remember: after the stormy nights come the beautiful mornings. A person is truly wise if they can flow with time and nature, embracing both pain and pleasure. We must cultivate contentment with what we have and live fully in the present moment. Though we may feel our pain is uniquely profound, the truth is that suffering is universal,

regardless of its type. When faced with new, difficult experiences, people become restless. Yet, we must understand that pain is an integral part of life, refining us and imparting wisdom. Just as a diamond forms under intense heat and pressure, we too are refined by life's challenges

- God is One, Truth is One, Light is Truth.
- A cosmic law governs us, and every pain has a reason.
- Every suffering has its cause, yet through wisdom, and we can overcome it.
- Death is not life's greatest loss; the greatest loss is when life fades within us while we are still alive.
- Purifying our karma is essential; we must live with love, laughter, and a joyful heart.

Tension is Just Pretension

*Gate Shoko Na Kartabyo Bhabisyam Naiwa Chintayete
Battamane na Kalena Prabartante Bichkshana*

“Do not grieve over the past, nor worry about the future.

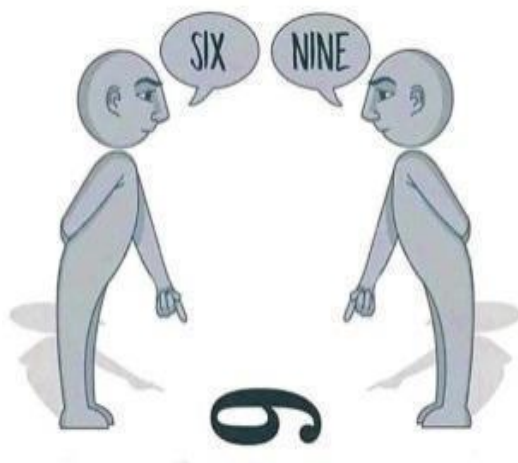
The wise do not let the past or the future disturb their mind.”

God has purpose for every pain you endure, a reason behind every struggle, and a gift waiting for your faithfulness. In life, two things define you: your patience when you have nothing and your attitude when you have everything.

What truly matters is not the amount of money you earn, but how genuinely happy you are. Health is the key to happiness. It is not just the absence of disease but a harmonious balance of physical, mental, and spiritual well-being. The true quality of life is measured by the sincere smiles that come from the very core of our hearts. Stop over-analyzing life and worrying too much about others. When we sleep well, eat well, laugh wholeheartedly, and dance freely, life itself becomes a priceless gift.

Many people approach life as if it's nothing but a long string of tensions, from birth to death. From childhood, academic pressures create tension, followed by the stress of choosing a career after school, and in adolescence, worries about finding a loving partner. Even once love is found, other forms of tension emerge. After college, there is tension over finding a job, and once a job is found, new tensions arise—perhaps a strict manager or demanding work. No matter what people do, tension lingers like a shadow. People face one kind of tension before marriage, but after marriage, a different set of tensions takes hold more tension. Tension, in reality, follows us in all aspects of life and remains until the very end.

Here, I see no reason to be consumed by tension. We create tension because we don't understand the patterns of life and lack the capacity to align with them. If a job causes too much stress, don't take it. If marriage brings tension, reconsider. The issue isn't the job, single life, or relationships—it's the lack of understanding of life's underlying patterns. The root cause of tension lies in ambition, expectation, and boundless human desires. *Santosham Param Sukham*—true peace and joy come when you are content with what you have and deeply understand to yourself. In such a state, tension has no place. In fact, you will begin to enjoy tension, and what was once tension will transform into mere pretension.



The Misconceptions of Spirituality

A common statement among modern people is, "I am not spiritual," which is like a fish saying, "I don't like water." There is also a widespread misconception about what spirituality truly means. For many, spirituality is associated with a man dressed in monk attire, having long a beard, ash smeared on his forehead, visiting temples daily and chanting mantras. However, this is not the true essence of spirituality. It comes from the word 'spirit,' a concept that is difficult to grasp because it's beyond our sensory perception—it cannot be seen or touched. Spirituality is simply being aware of the life force that keeps us alive.

In the West, spirituality is often viewed differently, as it is primarily rooted in the belief that only what can be seen and scientifically proven is real. The essential truths of life and the world are often invisible to the naked eye. There are countless things we cannot see but cannot ignore either, such as air, Wi-Fi frequencies, DNA, atoms, and even the images we experience in dreams. Therefore, we must reflect on both our inner world and the external world around us.

The human body is composed of three parts: body, mind, and soul, much like a mobile phone with its device, memory card, and network connection. The spirit resides within us. It is intangible and intrinsic to our being, yet we can undoubtedly feel its presence. Spiritual experiences cannot be confined to words. They are about experiences and realizations that transcend language. Simply put, believing in the life-force that animates us is what defines spirituality. If we recognize that it is the cosmic energy, not our own will that moves our heart, then we are spiritual. If we refrain from polluting water or air, respect food, avoid harming animals, and embody a sense of humanity, then we are spiritual in the simplest sense.

On a deeper level, spirituality is the opening of the third eye—seeing an object as it truly is without illusion. Spiritual experiences are beyond the imagination of modern scientists. Science deals with the physical eyes, whereas spirituality resides in the realm of the third eye. After years of research and millions of dollars, science acknowledged that the pineal gland—a small, pea-sized gland near the hypothalamus—is the third-eye. The pineal gland is eternal, serving as the gateway to connecting with divine sources.

Spirituality is an ongoing exploration of cosmology and divine energy. Spirituality is vast beyond the reach of human intellect and rational comprehension. If our mind cannot comprehend the workings of a car engine or a satellite system, discussing spirituality may seem laughable. Spirituality is fathomless until we measure it through complete realization. Without awakening, talking about spirituality is like the parable of a blind child touching an elephant, unable to differentiate its tusks, tail, or legs.

Spiritual teachings reflect the culture and perspectives of different people at different times. Regardless of their differences, all spiritual teachings ultimately lead toward the same goal: reunion with the divine source. Meditation is the royal path to the spiritual world. Understanding oneself is perhaps the most difficult task, but it can be achieved through dedicated meditation practice. Spirituality is the key to enjoying a peaceful life, and it is a journey back to our eternal home.

Spirituality begins when...

- We begin to accept things as they are and simply let go.
- We stop trying to be clever and stop seeking constant proof.
- We let go of expectations and we stop comparing ourselves to others.
- Hope is rooted in action, whereas expectation is fixated on results.
- We become less attached to material gains and pleasures.
- We stop trying to change others and start identifying our authentic self.

- We realize that everyone is right from their own perspective.
- We sense the cosmic energy that makes us alive and appreciate what we have.
- We practice indifference, minimizing ego, greed, anger, lust, fear, and attachment.
- We express deep gratitude to God for the beauty of our lives.
- A deep sense of humanity and empathy arises, inspiring us to reflect on Vedic wisdom.

Revealing the Spiritual Essence of Science

Science has become immensely popular because it offers tangible information we can perceive—things we can see, touch, smell, and taste with our five senses. But existence goes much deeper than the limited understanding of modern science. While science has certainly made life more comfortable, it has also numbed the wisdom aspect and many dimensions of our humanity.

A major misconception about spirituality arises from the way people view science and spirituality as two completely separate domains. Spirituality is not about asceticism, bearded yogis, monks with prayer wheels, nor daily pooja rituals. It's about recognizing the essence of existence, realizing the vital energy of life, and embracing the cosmic law. Acceptance of prana, the vital life energy within us, the force that gives us life and respecting that energy ('spirit') is the essence of spirituality.

Science is also the study of energy. Without spirituality, science is reduced to a lifeless corpse; it lacks the breath of life. We cannot, and must not, separate science from spirituality. Modern science is a vast repository of knowledge, but it lacks the deeper wisdom that spirituality offers. Western education fosters modesty but often fails to instill true humility. There is reluctance to simply accept the natural and cosmic phenomena as they are. While science may hint at the spiritual realm, it cannot fully grasp it through intellectual analysis. It's as though science has seen the smoke but cannot yet see the fire itself. Wisdom and intelligence are matters to be experienced, not merely intellectualized.

Our existence is composed of four dimensions: Sthula (physicality), Sukshma (invisible atoms), Sunya (the void), and Shiva (consciousness). Science can strongly support the reality of physicality, as it can be

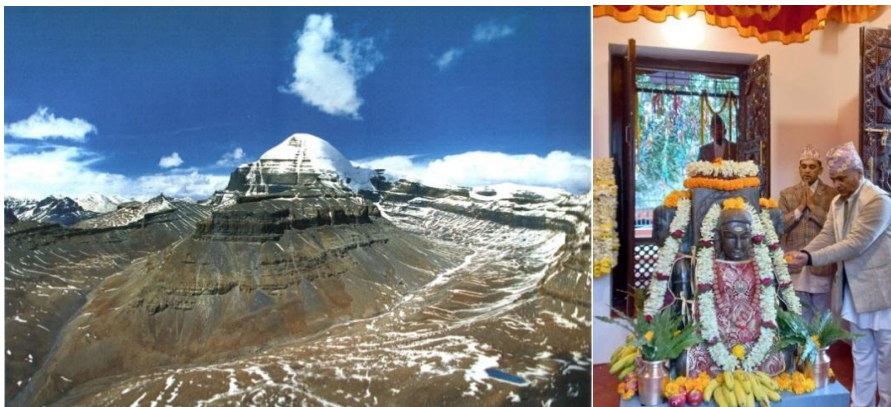
experienced through our five senses; we can touch, see, analyze, and grasp it because of the physical nature of atoms. The next stage from Sthula, the physical form, is Sukshma, the invisible atoms, which remain physical yet are beyond our senses. It's like seeing the footprint of a hidden tiger. The final two dimensions—Sunya and Shiva—are beyond the capacity of modern science. This leads to misconceptions about spirituality, as people often only perceive two aspects of life.

From this point onward, science cannot explain existence, as it is not a subject that can be fully explained or articulated. It's as though science can agree that we come from sperm, but cannot explain how we enter the semen. This is simply because the nature of science is such that it can dissect and break things down, and understand their chemical composition, but it fails to recognize the beauty and deeper significance of the object in its entirety. Spirituality doesn't need proof, it simply trusts, accepts, and celebrates the beautiful creation of God. Love is at its very core. A yogi, upon receiving a Rhododendron, will smile and appreciate its beauty, while a scientist will dissect the flower to study its chemical composition and herbal properties. This is the fundamental difference between the eyes of a scientist and a spiritual master.

Spirituality is the awareness of universal existence—ability to appreciate beauty and completeness of each object in nature. Out of ignorance, modern science has poured trillions of dollars into understanding infinity (quantum physics), a concept that should not require any financial investment. The Vedas have clearly expressed the concept of *Aham Brahmasmi*, meaning that the entire universe exists within us. The infinite is not found in our thighs or eyes; it resides within us. To understand the mysterious mechanism of our lives, we must study Vedic teachings and explore within ourselves.

Understanding the basics—how we came from sperm, how we breathe and think, how our neurons and hearts functions—is more than enough to grasp the essence of spirituality. Our body, mind, and soul are the perfect workshop for self-exploration. Therefore, it should not be confusing: science itself is a form of spirituality because it is the study of existence. Existence is the mysterious union of invisible consciousness

and visible nature (the Shiva element). Hence, science and spirituality are not two distinct subjects. People mistakenly perceive them as two separate realms, seen through the lens of opposing ideologies. Science is an integral part of Vedic science; Vedic Gyan, or knowledge, is the same as Vigyan, meaning science.



The Three Dimensions of Suffering

According to Sankya Darshan, human beings experience three distinct types of suffering:

1. **Daihik Dukh (physical and mental suffering):** The root cause of much physical and mental trauma is Tamasic bhojan (the “devil’s food”). Ayurveda teaches that 80% of diseases originate from poor dietary choices. Alcohol, meat, tobacco, drugs, and chemicals are considered Tamasic bhojan because they fuel ignorance, fear, greed, anger, lust and irritability. We become what we eat. Our emotional and mental struggles are directly connected to what we eat. Understand that our organs are harmed not just by poor food but by negative emotions as well. For example, anxiety harms the liver, ego disturbs the heartbeat, and fear affects the kidneys.
2. **Daivik Dukh (suffering due to destiny):** Everything we experience is the result of our past life’s karma. Action is karma, and the result is fate. To illustrate, planting an orange seed is an action (karma), and harvesting oranges five years later is fate. Likewise, the suffering we experience now can be a result of past life karma. For instance, being born without arms or into extreme poverty is the outcome of negative karma from previous lifetimes.
3. **Prakritik Dukh (suffering from natural calamities):** Earthquakes, landslides, floods, tsunamis, draughts, fires, famines, global warming, and plagues are examples of natural calamities. Suffering arises due to bad karma, collective actions, or human ignorance. For example, using bulldozers without proper geological surveys causes the relocation of entire villages due to the threat of landslides. Another example is the coronavirus incident, where figures like Bill Gates and pharmaceutical companies spread rumors and pushed for

vaccinations, which many consider a conspiracy. As a result, people suffered physically and mentally due to the ignorance of others, didn't they?

Once more, humanity suffers for neglecting the Vedic wisdom, humanity's manual. Wars, bombings, killings, and the thinning of the ozone layer are major consequences of ignoring this ancient knowledge. If ancient practices like hawan (fire rituals) and honoring Naagas (serpent deities) had been followed, and if we had restored balance to the ozone layer, many issues like global warming, droughts, and tsunami would have been prevented.

Let's delve deeper: it's not the hands or legs that feel pain, it's our consciousness that feels it. Suffering stems from consciousness trapped in Prakriti (nature), identity, intellect, Chitta (mind), Panchendriya (five senses), and Tanmatra (elements). The path to Kaivalya (salvation) lies in returning to the source. Detach from Tanmatra to eliminate attachment. Simply recognize that we are not the body, mind, or emotions, but pure consciousness. All actions are governed by the supreme consciousness, Brahma-chetan, which is eternal, omniscient, omnipresent and omnipotent.



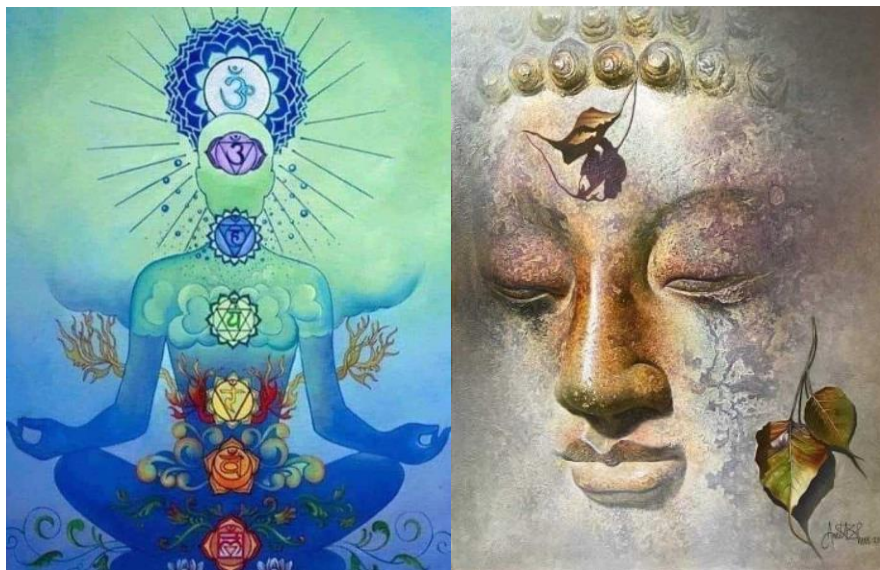
Overcoming suffering

Humans are not meant to suffer, yet suffering is a result of ignorance, ego, and the weight of bad karma. More than 80% of our physical and emotional struggles are traced back to the food we consume. Meat, alcohol, tobacco, refined sugar, processed foods, and prescription pills are nothing short of poison.

Suffering has its roots, but it can be alleviated through the following practices:

- Embrace a disciplined life, following the five moral codes: no killing (including abstaining from meat), no stealing or gambling, no illicit relationships or sex, no lying, and no intoxicants (alcohol, smoking, drugs).
- Adopt a vegetarian diet and embrace a simple, natural lifestyle.
- Align with your body's natural rhythm by following the circadian clock: wake up before sunrise, refrain from eating after sunset, and ensure you sleep by 9 p.m., as the liver begins purifying the blood after 10 p.m.
- Imbalances in the navel energy and Shiva-Linga energy (at the back of the neck) can trigger depression and even suicidal tendencies. Balance these energies, as they are the core centers of our body's energy flow.
- Move, breathe, sing, dance, and savor the abundance of life.
- Never complain to God, for He has sent you to this earth with a manual. The challenges you face are the result of not following this guide and the repayment of past karmas.
- You have the freedom to choose, but you must be ready to accept the outcomes.
- Without self-love, you cannot expect love from others. Self-love, self-care, and self-commitment are essential.
- Pain and pleasure are the two sides of the same coin—pleasure is always just ahead, waiting for you.
- You are not the only one who suffers; every person carries their own burdens. In truth, pain enriches life; without it, life becomes monotonous.
- Seek to understand the Vedic wisdom and share its noble teachings, protect nature, and live a life of purpose.
- Repay your six karmic debts and be thankful for the precious gift of life.

- Laugh with joy like a Kookaburra, dance for the divine, for innocence and purity lead to the divine realm.



Vipassyana – explore your true self

Happiness Lost: Why Children Keep It, and Adults Let It Go

Certainly, it is a great loss when people forget how to laugh from the heart. Smiling costs anything, yet somehow it feels like it is. We see children with bright, innocent smiles without reason—why is that? Children are happy because of their innocence, simplicity, and their ability to enjoy abundance. They need so little: a sunny day, a favorite toy, a banana, a good nap, a sincere smile, and a loving hug. As we age, happiness slips further away. We chase bigger dreams, accumulate more possessions, but these things never bring lasting joy. Life becomes far richer when lived simply and in tune with nature. Yet, luxury and harmful habits—like meat, alcohol, drugs, smoking, and synthetic cosmetics—only cost us more, in every sense.

Many cry over relationships, but they must remember this truth: “The one who makes you cry doesn’t deserve your tears. The one who truly deserves them will never make you cry.” People become obsessed with love affairs, without understanding what love truly means. They are bound by taboos, ideologies, and critical thinking. Without acceptance and gratitude, unhappiness prevails. They struggle to appreciate the beauty of simplicity. As saints and sages have said, “True happiness flourishes in simplicity.” Don’t wait for miracles; life itself is a miracle. Life isn’t just about standing tall; falling down is just as much a part of it. Embrace the Vedic wisdom to discover the secret key to a prosperous life.

Simplicity is the essence of nature and the pinnacle of art. Live simply, die simply, and cherish what you have. Ego, greed, anger, lust, temptation, and fear are the greatest foes of life.

Feel Better, Live Better: Simple Steps for Self-Healing

- Reset your circadian rhythm. Wake up at 5 a.m and eat breakfast by 9 a.m. After sunset, choose lighter meals, like soups, and avoid eating after 7 p.m., as the liver begins its purification process at 8 p.m. Avoid showering after sunset, due to the influence of Kapha (water element). However, you may shower after 9:30 p.m. (using a shower cap) when the fire element activates in the body.
- Eight hours of sleep is very healthy. The more quality sleep you get, the better you wake up, feel, and perform throughout the day. Similarly, consider intermittent fasting: eat within an 8-hour window and fast for 16 hours for better digestion and health. In the morning, enjoy fruits, vegetables, and juice; have whey or curd at noon; and consume milk or soup in the evening. Think of your kitchen as a place of healing—let food become your medicine.
- Start adopting Satwik bhojan. A vegetarian lifestyle that encourages positive energy. Include fruits, vegetables, cereals, curd, milk, ghee, honey, and grains in your diet. Avoid Tamasic foods like meat, alcohol, tobacco, and drugs, which generate negative thoughts.
- Lukewarm water has healing powers. Drinking lukewarm water in the morning and taking a warm bath can naturally repair the body, putting it into an automatic healing mode.
- Maintain zero gravity. Adjust your bed by lowering the head by 2 inches to encourage blood flow to the heart and head, promoting better circulation and health.
- Zero volt. Walking barefoot helps to balance your body's geomagnetic field, absorbing the Earth's natural energy while

releasing electromagnetic currents. This practice stimulates the production of dopamine.

- Reconnect with nature. Whenever possible, live closer to nature and reduce your exposure to the disruptive energies of 4G and 5G.
- Drink water wisely. Wait 90 minutes after eating before drinking water. Start your mornings with Triphala or other herbal drinks to support your body's detoxification process.
- Exercise and pranayama for vitality. Regular exercise, especially to the point of sweating, helps release cortisol. Combine this with pranayama to cleanse energy channels.
- Eat to live, not to overindulge. We eat to live, not to satisfy unhealthy cravings. Avoid pills, MSG, refined oils, junk food, and processed sugars.
- Protect your vital energy. Save sperm, laugh often, love yourself, and live fully in the present moment.
- Sleep in complete darkness. Turn off all lights when sleeping to activate your pineal gland, which produces melatonin, aiding restful sleep. Sleeping without clothes brings a sense of innocence and connects you to your natural state. Massage your navel with oil to nourish your organs deeply, as the navel is the body's first mouth.
- Embrace the sun's healing rays. Keep your curtains open during the day, especially in the morning, to let the healing sun rays enter your space. Sunlight is essential for physical, mental, and spiritual well-being. Depression, indigestion, and negative thoughts arise from lack of sunlight. Suicide is rarely associated with daylight—it typically occurs in darkness.



Meditation is not for the quiet mind but for discovering your true self

A Vedic Approach to Living from Today Forward

- Dedicate 6 minutes in the morning and evening to pooja. Prayer is speaking with God and meditation is listening to His divine words.
- Nourish your body with food as medicine. Choose a vegetarian diet, and aim to incorporate all 6 tastes: bitter, sour, pungent, spicy, salty, and sweet for a balanced diet.
- Turn every task into a pooja by performing it with devotion, while keeping a melodious mantra in your mind.
- Accept both pain and pleasure, knowing that everything happens for a reason. Remember there is a law in life: when one door closes, another opens.
- Walk barefoot and frequently clap your hands to release endorphins.
- Laugh, love, and live and stay present in the now.
- Incorporate the noble Vedic wisdom into your life, and share the key to true happiness with others.
- Eat half, walk double, and laugh triple. Eat with a smile so that the microbiota releases serotonin. Happy gut – happy brain because neurotransmitting occurs through the vagus nerve.
- Consult a Vedic astrologer before marriage or starting a business to gain insight and ensure success.
- Respect time, keep your promises, and embrace responsibility. Clear your Hisab (accounting), Nisab (justice), and Pisab (urination) to avoid unnecessary suffering.
- Position your pillow in the East for restful sleep, store money vault in the North for abundance, and designate the East-North (Ishan) corner as your meditation area for spiritual growth.

- Place a peacock feather in your room and use Himalayan rock salt or crystal quartz to absorb negative energies.
- When upset, take 36 deep breaths and chant the mantra *Aum Namah Shiva-Shivaya!* to calm your mind and restore inner peace.
- Help those in need, but exercise discernment in your giving. Giving to the wrong person can cause unintended harm.
- Sleeping naked at night helps to reconnect with your pure, innocent nature.
- Whenever possible, preserve your semen as it is a source of life.
- Simplicity is the foundation of nature and the final achievement in art.
- The best way to earn is by saving and spending wisely. Earning through unethical means causes eventual pain. Seek a noble path for financial success.
- Stay away from pills, MSG, white salt and sugar, processed and junk food, refined oils, and chemicals.
- Refrain from drinking water immediately after eating. Wait 90 minutes for optimal digestion.
- Regularly consume honey, ghee, herbal dust (with lukewarm water) to strengthen your immune system.
- Love nature and commit to conserving it. Pollution brings bad karma.
- Avoid black in your clothing or home decor, as it absorbs negative energy.
- Be grateful for what you have and limit your use of electronic devices.
- Drink the sun's rays—they are one of the most powerful medicines for physical and mental well-being.

The Essential Guide to the How, Where, and What of Daily Rituals

How to wake up?

Waking up at Brahmamurta, the 90-minute period before sunrise, is a divine gift. Begin by rubbing your palms, and raise your legs while lying in bed to send a surge of blood (500 ml from both calves) towards your chest, invigorating the heart and balancing your blood pressure. Smile in gratitude for simply being alive. For improved eyesight, gently apply saliva to your eyes, which contains alkaline (8.4) properties.

Perform Guru Pranam for a few minutes, bowing down to allow blood to flow to your brain through the spine, offering deep relaxation. Drink lukewarm water or herb drinks, and then proceed to the washroom to refresh yourself. Afterward, burn incenses as a token of gratitude and stretch your body to release cortisol. Follow this with regular pranayama in fresh air, and meditate as the sun rises. Finish by planning your day ahead.

How to eat?

Try to eat between 8 and 9 a.m., when your esophagus fire is activated. Opt for natural, wholesome foods—those that grow from the earth. Eat only when you're genuinely hungry, and always choose fresh, green produce. Eat with a great gratitude and smile so that your gut's bacteria perform digestive system effectively. Always remember, happy gut – happy brain. Follow a vegetarian lifestyle because human body is designed for a vegetarian food. Remember to incorporate all six tastes in your meals. Avoid incompatible food combinations, such as egg with milk, which may impair memory, or milk with honey, which disrupts digestion. It's best to avoid milk in the morning since lactose is difficult to digest at that time. Eliminate alcohol, meat, tobacco, white sugar, white salt, and MSG from your diet, as well as foods stored in

refrigeration, which are contaminated by methane gas. Sitting on the floor, eating 18 handfuls of food only and mindfulness eating is essential for good health. Food eaten in a bad mood (over stress or angry mood) is one of the main causes of indigestion and gathering toxins in the body.

How to drink?

Do not drink water during meals, as it dampens your digestive fire, preventing proper absorption of nutrients. This imbalance can lead to over 80 different diseases caused by Tridosha disturbances. Alcohol damages the liver, tobacco harms the lungs, and too much salt and sugar stress the heart. Sugary sodas and carbonated drinks kill protective microorganisms in the body, destroying intestinal villi and harming the kidneys. Refined oils impair heart function, while processed foods and beverages further suppress immunity.

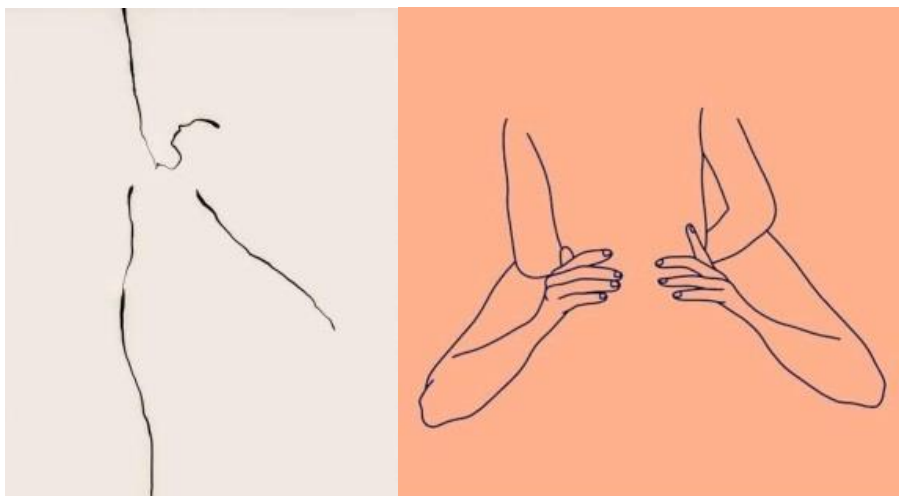
How to choose a job?

Follow your passion when choosing a career, and don't be swayed by financial gain. Approach your work as a form of selfless service—Karma yoga. Honor your commitments, manage your time wisely, and take full responsibility for your actions. Work as if you are working for your own company, without obsessing over the results, for the outcome is beyond your control. The law of karma is self-executing. Always remember: money is a useful tool, but it is not the master of your life. Money can buy comfort and possessions, but it cannot buy happiness, love, or wisdom; it can buy food but not fulfillment; it can buy a house but not a sweet home. Work to live, don't live to work.

How to sleep?

A good night's sleep is vital for waking up refreshed and energized. Poor sleep can disrupt your day and leave you feeling off-balance. A few days without food is possible, but not without sleep. Therefore, prioritize restful sleep as a key to wellness. Make it a habit to stop eating by 7 p.m., as this allows your liver to perform its detoxifying functions from 8 p.m. onward. A light soup or broth is recommended after this

time to support intestinal health. Let's not forget the gut-brain connection: a healthy gut for a healthy brain. Aim for bed by 9:30 or 10 p.m. to give your liver ample time for detoxification, from 11 pm to 2 am. Night owls or those working late shifts should be mindful of liver stress. Sleep on your left side and use a low pillow to keep your esophagus and heart in alignment. For a deeper sleep, apply oil to your navel and practice slow, steady breathing.



The 21st Century Health Deception

The human body is a masterpiece, built to self-heal. The heart, for instance, can function effectively for up to 200 years if treated well. Our body, in its natural state, functions in auto mode to heal and maintain itself, but ignorance of its operations leads to neglect and, ultimately, illness. This failure to follow our body's "manual" is the cause of most illness and mental suffering.

Nearly every disease is the result of improper eating habits and emotional imbalance. Anger has been linked to cancer, while anxiety impacts liver function. The food we consume is meant to provide energy, but when digestion is compromised, it leads to 108 potential diseases. In contrast, when digestion works optimally, food is transformed into vital energy, nourishing the body at every level—from saliva to hormones, blood cells, nerves, skin, fat, bones, and even reproductive cells. Bear in mind that a clean intestine leads to a clear, sharp mind. There are simple, natural methods to achieve this.

While sunlight and oxygen are essential for the digestion of food, the body's circadian rhythm must be synchronized with the sun's natural cycle. As the sun rises, our metabolic fire is ignited; by sunset, it naturally cools down. Moreover, the sunrise is a natural source of vital vitamins, but after sunset, we are no longer in sync with this natural energy, which makes eating late harmful, almost like bad karma. This natural rhythm governs the health of our organs and systems.

Disrupting the body's circadian rhythm, inadequate sleep, and drinking cold water during meals can seriously damage the body's functions. What's more, Tamasic foods—including meat, alcohol and drugs—are the true enemies of health as they generate negative emotions and harm the organs. These foods are associated with fatty liver, the root cause of 60% of diseases. However, simple barefoot walking offers a direct flow of electrons into the body, boosting liver function, healing stress, and

helping the body recharge naturally. Over and above that, a vegetarian lifestyle is the key to a healthy, joyful existence. To experience peace, consume peaceful foods and engage in peaceful activities. This philosophy is straightforward. Humanity is the highest virtue of a human being, and eating Satwik foods—such as grains, fruits, vegetables, honey, and ghee—make us truly human.

In fact, our bodies are designed for vegetarian, natural foods, as we are made of the same five elements found in nature. The body rejects unnatural substances such as synthetic foods, processed drinks, alcohol, tobacco, and pharmaceutical drugs. Moreover, allopathic drugs are foreign to our systems, particularly the liver, which struggles to expel them. Big pharmaceutical companies are part of a larger scheme: they profit from keeping people dependent on drugs. Have you ever seen anyone completely healed by Western medicine? It rarely happens because these drugs only mask symptoms, not address the cause.

Natural medicine is free; sadly, people often pay for what is essentially a poison. Take fever, for example. It's a natural defense mechanism meant to help our body fight infection. Rather than suppressing it, we should give the body time to heal: if we refrain from eating for three days, the immune system activates and works naturally. Yet, doctors often prescribe drugs like paracetamol, which damage the liver and provide only temporary relief. Doctors, unfortunately, remain unaware of the body's incredible healing intelligence, pushing quick fixes instead of supporting natural recovery.

That being said, the ancient Vedic sages understood the immense power of nature like no other. They recommended living simply in harmony with nature—eating natural foods, walking barefoot, and waking up at Brahmamurta (90 minutes before sunrise). This time is a bridge between realms, a moment when cosmic energies are at their peak. It is during this sacred time that we can receive guidance from our higher self and fast-track the manifestation of our deepest desires. Despite this noble wisdom, we continue to endure unnecessary suffering, don't we?

How modern medicine is keeping your sick

Blood pressure, thick blood (cholesterol), growth of cells (cancer), glucose—these are simply natural fluctuations in the body's mechanisms. The body operates through rhythms, and fluctuations are normal. For example, blood pressure naturally rises at 9 a.m. as it aligns with the Pitta (fire element) phase. Yet, it's during this natural rise that many people are quickly diagnosed with “high blood pressure” by doctors. In the past, blood pressure of 150/110 was considered acceptable, but pharmaceutical companies have set an arbitrary “ideal” of 120/80 to inflate patient numbers. Truth is, one needn't worry until blood pressure exceeds 150 in the upper range.

All of us carry cancer cells in our bodies, yet doctors often rush to label it as “cancer” and prescribe pills. Similarly, glucose—our essential energy source—is often mistaken for a disease, leading to diagnoses like “diabetes” and endless medication. This comes from ignorance about the body's true workings. What's worse is the conspiracy between the pharmaceutical industry and doctors to keep patients reliant on drugs. Once caught in this web, people often remain on pills until their last days. Have you ever seen anyone fully cured by Western medicine? The truth is far from that. The pharmaceutical industry's main objective is to profit, not heal. Studies show that an average patient ends up spending nearly \$19,000 on toxic pills over the course of their life.

The primary difference between allopathic and Ayurvedic medicine

While allopathic drugs often destroy cells, Ayurveda seeks to nourish and regenerate them. In short, allopathy takes life, whereas Ayurveda gives life. Allopathic medicine recognizes 8,600 diseases, creating confusion and fear. Ayurveda, in contrast, focuses on three fundamental imbalances, the Tridosha imbalance—Kapha (water), Vatha (air), and Pitta (fire)—as the root causes of disease. Healing comes by restoring balance to the Tridosha. Most illnesses—about 70%—stem from diet, and by eating the right foods (Satwik foods), combined with a lifestyle that follows the circadian rhythm disease can be avoided altogether.

The truth is simple: medicine is free, and poisons are expensive. Meat, alcohol, drugs, prescription pills, refined sugar, salt, and oils, processed foods, chemical products, and perfumes are nothing but poison. True medicine comes from nature—sunlight, barefoot walks, good sleep, dancing, laughter, and a vegetarian diet. Understanding this difference is crucial: earn health, or you will lose everything.

The greatest myths of our time

The myth surrounding calcium supplements is widespread, but bones are not made up of calcium alone. They are composed of 12 essential minerals, including boron, chromium, iron, magnesium, silica, sulfur, potassium, zinc, phosphorus, manganese, and selenium. In fact, excessive calcium supplementation can lead to hardened tissues and brittle bones, contributing to conditions like osteoporosis. Dr. Robert Thomson has revealed how pharmaceutical companies exploit this myth for profit.

Alkaline water is yet another big marketing gimmick, claiming it has a higher pH level than tap water. Potential hydrogen (pH) refers to an energy charge. However, our body thrives when it reconnects to the Earth's electromagnetic field. Walking barefoot—also known as grounding—allows us to absorb and exchange electrons from the Earth, which boosts heart and lung function, while also reducing stress, lethargy, and hormonal imbalances. Unfortunately, modern habits—wearing shoes, walking on tiles or carpets, and living in synthetic environments—disconnect us from this life-enhancing energy.

Every day, the sugar industry pours billions of dollars, feeding addiction and making immense profits while undermining our health. Sugar is eight times more addictive than cocaine, yet it's found in almost every packaged food. In fact, the body often expends energy just to process a spoonful of refined sugar. Jaggery (black raw sugar), on the other hand, is a much healthier alternative that aids digestion. The damage caused by sugar is widespread, affecting almost every organ in the body. It truly deserves the title "white poison".

Let's grasp the full impact of sugar on our body:

- In babies, sugar causes attention deficit hyperactivity disorder (ADHD).
- In adults, it leads to Alzheimer's and dementia.
- In the eyes, it contributes to glaucoma.
- In teeth, it creates cavities.
- On the skin, it accelerates aging.
- In sleep, it causes insomnia.
- In the blood, it causes diabetes.
- Throughout the body, it's linked to cancer.

Sunscreen is another major myth, blocking the sun's rays and leading to vitamin deficiencies. While it's important to avoid the sun during peak hours, relying on sunblock is simply misguided. The real irony is that people pour thousands into vitamin supplements, only to fall into illness by avoiding sunlight. These supplement capsules contain gelatin, derived from animal bones, cartilage, and skins. Commonly referred to as 'Jell-O', this substance harms liver and heart functioning. Pills are another form of poison, because it makes a person addictive and needs to be taken throughout life.

Products like lipstick, nail polish, hair dyes, perfumes, vaccines, and fast food all contain toxic chemicals that can contribute to neurological disorders like autism. It's strongly advised to avoid these toxic substances, especially during pregnancy.

Western medications, refined oils, processed foods, alcohol, meat products, white sugar, white salt, tobacco, perfumes, pesticides, synthetic cosmetics, and sugary drinks like Coca-Cola and Red Bull are all poisons. Pills are more dangerous than smoking. Avoid them knowingly—don't fall for their alluring ads and packaging. Know the truth about what you're consuming and make informed decisions. Choose health, or lose it all.



Trust the Sunrays not the doctor's stethoscope

Our Inner Light Knows the Bitter Reality

In 2024, Saturn entered Pisces, a transit that will last for 2.5 years, signaling a time of reckoning mainly to the West. With its role in creating destructive weapons, pesticides, vaccines, prescription pills, and toxic food, Western development has triggered a karmic backlash that will devastate humanity and the planet. The time has come for humanity to face the consequences of its actions. The Bhavisyamalika prophesied that the Kaliyug (Iron Age) will culminate by 2027. A time traveller once told me that the full extent of this devastation will unfold by 2025, 2026, and 2027. Nearly half of the world's population could disappear as the planet resets itself to restore balance.

Deep within, our inner light knows the bitter reality and longs to help restore world peace. Yet, many are disconnected from their inner selves, leaving them lost and disappointed. They don't know how to reconnect with the divine or take meaningful action for Mother Earth. Planting trees, though noble, becomes futile if we don't address the root issue — the state of the ozone layer. Until serpent energy is restored within the ozone, even a trillion trees won't solve the problem. People remain unaware of the critical role this energy plays in our survival.

Despite countless peace initiatives and religious groups preaching about peace, the world remains in turmoil. The truth is, they don't truly understand what peace is. Most of these projects are driven by profit, and genuine peace can never be achieved without first purifying the source. A real solution lies in self-transformation and the purification of 'Nepal,' the source of human civilization. The modern ego ('I') has lost touch with its true essence, creating widespread frustration. Without understanding the sacred wisdom of the body, the energy centers of the Himalayas, and the profound teachings of the Vedas, the pursuit of inner peace remains nothing more than an unattainable dream.



Life-Changing Quotes

- The inability to understand the body's intricate mechanism has become a problem for each of us. Ignorance of its true workings is the cause of our sufferings.
- All your knowledge is meaningless if we don't understand the energy that allows us to move, think, breathe, and live.
- We follow a manual to repair our cars, but what about the manual for the human body? Just like any machine, the mysterious body needs guidance to function properly.
- Every problem has a root cause and a solution. While Ayurvedic doctors can address physical ailments, emotional and spiritual healing requires a different approach.
- As we sow, so we reap. Our suffering is the result of karma, both from past life and this one. Life becomes a wonderful gift when we mend our karma, pay our six debts, and learn to appreciate life. Yet, some suffering may come from the karma and genetic influence of our ancestors.
- To find true inner peace, we must cleanse our aura through Vedic rituals. No amount of wealth can ease the pain of life unless we honor our ancestors, align with serpent energy, and perform the nine planets' rituals.
- Tantra is a technique for channeling unseen energies and life forces. The key lies in the correct pronunciation of Sanskrit mantras, the right day and time, and precise ritual processes.
- Human life is a blend of five elements, all influenced by prana (breath), mana (mind), thoughts, emotions, and collective consciousness.
- The body seeks rest, the mind craves peace, and the soul (light or inner vibration) desires perfect alignment.

- Planetary energy is the foundation of life. Our very birth is influenced by the energy of the nine planets, which also governs our life's end.
- Just as we discard an old scooter or car when it's no longer functional, the soul leaves the body when it becomes old, sick, or weakened, and the aura is damaged.
- Blessings and Ayurvedic medicine are essential for a peaceful life. Always remember: "Earn health, or lose everything."
- The natural cycle—germination, growth, blooming, and withering—mirrors life's rhythm. Birth, growth, aging, and death are inherent life phenomena. The experience of gain and loss, joy and sorrow, is intrinsic to life itself.
- If we had everything, life would become monotonous. It's the search for what's lacking that gives life purpose. Make lemonade when life gives you lemons—seize the moment, for opportunities don't come knocking twice.
- Earning money is like drinking salty water—the more we consume the thirstier we become. Don't chase after wealth for the sake of it. We should earn with integrity, so our conscience is clear and our sleep undisturbed. The right way of earning always brings joy, and wisely managing our expenses is just as valuable as the money we earn.
- The first step is identifying the blockages—whether it's planetary issues, pitri dosha (ancestral karma), naaga dosha (serpent energy), or disturbances in pranic flow. Then, address these with Vedic wisdom.
- A planetary energy reset, Ayurvedic treatments, and Vedic pooja for purification are crucial. Adopt a vegetarian lifestyle, natural living, regular exercise, detox, and pranayama to maintain optimal health.
- We have the freedom to act as we wish, but must be prepared to face the consequences of our actions.
- Success is more than money; it's about earning it ethically and using it to contribute to the welfare of others.

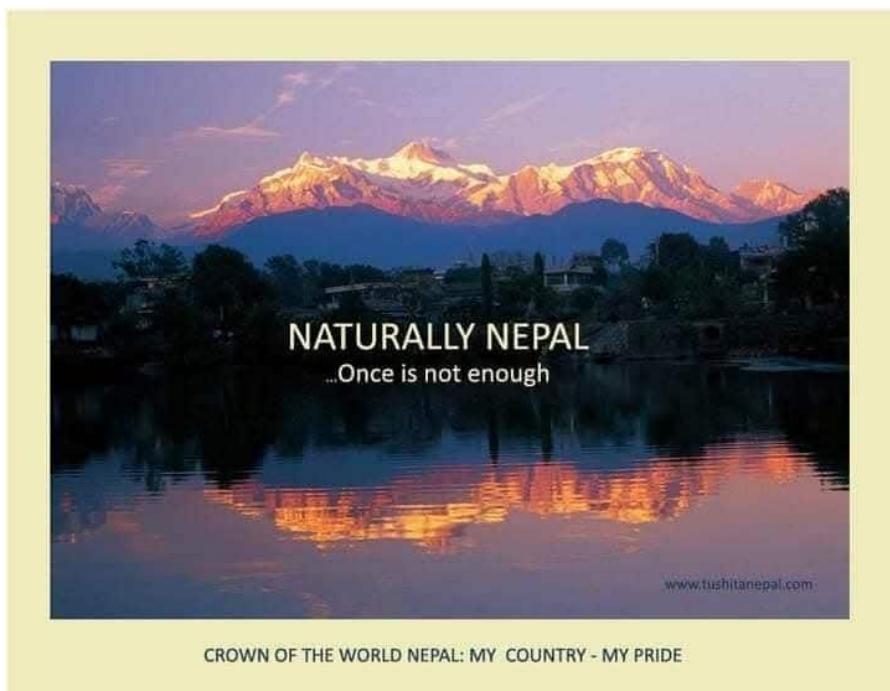
- Avoid wearing black clothes. Light oil lamps each evening (avoid ghee lamps to prevent negative energy). Absorb sunlight to boost endorphins and recharge the aura.
- Milk turns to yogurt when it spoils, yogurt becomes cheese, and sour grape juice transforms into wine. Everything has its unique worth, and so do we, no matter where we are.
- Surrender to the divine, be grateful for what you have, and give thanks to the Creator. We cannot receive before our time and not more than what our destiny holds from past lives.
- It's so sad that people spend hours on social media, but can't find five minutes for a pooja to thank God. Where are our priorities?
- Avoid arguments, as others are simply coming from their own perspective. A true teacher can only guide us if we approach with an open mind and let go of our ego, humbly surrendering our knowledge to seek deeper Vedic wisdom.
- A+U+M forms AUM (not OM), the sound of the Sun—the universal vibration. By chanting Aum, we awaken our inner Aum and pacify negative thoughts. It is the mantra of mantras.
- Sunlight is the ultimate medicine for both physical and mental health. It nourishes all living beings, helps nature flourish, and even empowers us to think and speak.
- Yoga is not only about stretching our body, and meditation isn't just about closing our eyes. Practice often mobile fasting and observe the chaotic, restless nature of the mind.
- Saturn's influence instills diligence, discipline, and a sense of responsibility for karmic debts, bestowing blessings only after tough trials.
- Life is not about what you want, but about what is. Understand your true self and go with the flow. Everything happens for a profound reason. Accept it with grace. When you begin to experience bliss, you are connected to the Divine.

- Individuals are born from a tiny drop and leave as mere dust. Yet, they act as if they understand everything, oblivious to their true origins and destiny – this is truly tragic.
- Nothing is permanent and nothing is constant in this world. Everything – atoms, cells, our body, nature, and the cosmos – is part of an ever-moving flow. And in the grand scheme, the entire universe is moving towards its natural state of nothingness, which in itself is perfection.
- The seemingly imperfect eyes hold their own perfection. Clouds emerge from nothingness and dissolve back into it. When you observe the process of creation, like sperm development, you cannot ignore the existence of God.
- A subtle form can grow into something immense, like the coronavirus or an atom bomb. Even the Big Bang originated from the infinite subtlety of nothingness. Only the enlightened can perceive these invisible, subtle dimensions.
- Just as a butterfly does not look back at its ugly caterpillar stage, we should not look back at our past with shame. Our past is an integral part of our transformation.
- A razor blade is sharp but cannot cut down a tree; an axe is strong but cannot shave a beard. Everyone has a unique capacity, role and strength.
- Scientists have concluded that the chicken came first, not the egg, because only hens produce the protein necessary for egg shells.
- Opinions often pull us away from reality and divide us. For instance, some argue the earth is flat, others claim it's round. In fact, the earth is slightly ellipsoid.
- Worry doesn't erase tomorrow's troubles but it only steals today's peace. Live fully in the present moment – the 'now'.
- Life is uncertain, but death is a certainty. Prepare for a beautiful, graceful death, and remember the two things – dharma and karma – that transcend death.

- Death is an intrinsic part of life; it is simply a time phenomenon (kaal) that has been with us since birth. When our physical body becomes weak, the soul moves on to another body. Death is just a transformation, like shifting homes.
- Our physical body is made of the five elements of nature and the universe, existing on borrowed time. We are here to experience life, fulfill our duties—assisting our ancestors, and preserving the Vedas and nature are our greatest duties—and repay karmic debts. When our time is up, we leave this body and transition into another form, like a caterpillar shedding its skin and moving into another life. Death is simply a natural, cosmic transformation—nothing to fear or mourn.
- The world is full of suffering—whether you lack something or possess it, suffering persists. Ignorance is the root cause of this suffering. Seeking pleasure, ego, greed, anger, lust, attachment, and fear all contribute. Not understanding the mysterious workings of the body and mind, or violating the Panchashila (the five moral precepts) leads to suffering. Panchashila include abstaining from: killing, stealing, sexual misconduct, lying, and taking intoxicants. Disharmony with dharma and unethical actions disturb mental peace, and karmic effects are passed down through generations.
- Change yourself first before attempting to change the world. If you cannot transform yourself, then changing the world becomes nothing more than a nice joke.
- Your family, attachments, property, and emotions are meaningless if you are not healthy. Prioritize your physical, mental, and spiritual health. Life itself depends on breath, recognizing the universal truth and experiencing life's reality.
- Jumping into the sea doesn't lead to death, but lacking the skill to swim will.
- The mind cannot distinguish between actual experience and imagination. Our perception of the world is shaped by our mental state. A positive mindset turns the world into heaven, while a negative one makes it feel like hell.

- Do not simply believe in belief. True knowledge begins with doubt, for once belief takes over, inquiry stops. Belief can limit human intelligence and is often the foundation of religious sects, which become like a Pandora's box. Inquiries, including spiritual ones, should be scientific. The Vedas explain even spiritual truths through science. Science's strength lies in doubt and exploration, which, once confirmed, inspires deeper belief.
- Buddha represents the awareness of past actions and the desire to repair karma. Krishna is purity incarnate, like morning dew on lotus petals. Ram embodies love and the spreading of love in the world. Shiva signifies oneness with existence, the union with the supreme consciousness.
- Are you frustrated with your life? Many people may be wishing they had what you have. Have you ever considered this?
- Be simple and innocent. Speak less and act as if you know nothing. The logical mind always creates conflict. Engaging with foolish arguments or logical minds is simply a waste of time.

Nepal: Crown of the World



Nepal is known as the land of Devas, Rishimunis, and temples in every home, yet why is there no peace? This is a question I am often asked. It is, indeed, a paradox to see hospitals filled with the sick in the land of Ayurveda, and constant agitation and strife in the land of Buddha. However, there is a deeper cause: spiritual and political unrest.

Remember, peace is not just the absence of war; it is the ability to live joyfully with a smile. It is a great loss for humanity when they can no longer laugh from the heart. True humanity lies in embodying love, compassion, forgiveness, and purity of speech. Sadly, it is rare to encounter people who exhibit these human virtues in today's world. Humanity has been compromised, and dark forces now seem to rule the world. It shames and saddens me to witness ignorance in the land of the

Vedas, and the chaos in the birthplace of Bhagawan Buddha. It is like 20 or 30 pigs and monkeys left to roam in a once-beautiful garden—will it remain beautiful? Certainly it is not. It won't take long for the garden to turn into chaos. This is precisely the situation in Nepal.

The spiritual energy centers have been taken over by dark forces, tantra has been corrupted, and purity is now lost. Pollution exists in all spheres—politically, socially, culturally, and spiritually. These self-proclaimed Gurus and tantrics are summoning dark energies while misleading people with empty words like 'world peace.' It's much like political parties chanting "peace mantras" while holding guns and bombs on every street corner. Isn't it absurd? The corrupt political agendas of India's intelligence agency, RAW (Research and Analysis Wing), and the European Union have both fueled unrest. Now, only pure and beautiful souls can create heaven on Earth, but finding such souls is rare.

The true essence of Gorakh Adhirajya (Nepal) as the 'Crown of the World' remains misunderstood. Nepal is in turmoil, primarily due to widespread ignorance. However, in the near future, the world will recognize Nepal as the ultimate pavilion and destination.

Discover Nepal: A Haven for Peace Seekers

अस्त्युत्तरस्यां दिशि देवतात्मा हिमालयो नाम नगाधिराजः।
पूर्वापरौ तोयनिधी विगाह्य स्थितः पृथिव्या इव मानदण्डः॥ १-१

*Astyuttarasyam Dishī Devatatma Himalayo Nama Nagadhiraj
Purvaparau Toyanidhi Vigahya Sthitah: Prithivya Iva Manadanda*

“In the northern direction stands the Himalaya, the divine king of mountains, a measure of the Earth, flanked by the eastern and western oceans.”

Hindus across India chant this mantra at the beginning of yajnas, hawans, and every act of reverence. This Sanskrit hymn praises the Himalayas, to the north of India, as the sacred land for all of humanity. It is the abode of Lord Shiva and Shakti, the land of the Devas and Vedas, the home of the eight Asta-Naagas, Astachiranjivis, and the birthplace of Bhagawans and Rishimunis. Truly, the mighty Himalayas are a divine place where the immortal souls reside. We bow in reverence to this sacred land.

The Japanese refer to Nepal as ‘Tenjiku,’ meaning the celestial land. As the revered Buddhist master Kawaguchi Ekai once stated, “If there is a paradise on Earth, it begins from the north and stretches to Pokhara.” An astronaut once observed, “The Himalayas of Nepal resemble a silver necklace from space.” One can experience the divine aura of Annapurna in the Himalayas. Sadly, the people of Nepal themselves remain unaware of the divine significance of their own land.

Let’s take a moment to explore some fascinating facts about this land, which has long been revered for its ancient and divine significance:

- Nepal, the oldest nation in human civilization, has never been conquered and does not observe an Independence Day. The unique triangular Sun atop flag has been flickering since 6,000 BC.
- The four Vedas and 18 Puranas are the foundation of all literature, religious philosophies, and scientific discoveries. Hence, Ayurveda, astrology, astronomy, yoga, meditation, and all profound wisdoms began in Nepal.
- Nalanda University, established in ancient Nepal, was the world's first and largest university (700 BC–14th century), committed to the dissemination of noble wisdom. Figures like Jesus Christ, Pythagoras, Fibonacci, and numerous European scholars studied at Nalanda University.
- Sanskrit, known as the language of the gods and the mother of all languages, has its origins in Nepal. The Devanagari script emerged here. Maharshi Panini, born in Arghakhanchi district, is credited with formulating the foundation of Sanskrit grammar. His brother Pingala authored the 'Chhanda Shashtra,' which details binary numbers—the foundation of modern technology. Terms like technology, geometry, and trigonometry have their roots in the Sanskrit words *taknik*, *jyamiti*, and *trikonmiti*.
- The sacred Gayatri mantra was composed by the Rishi Vishwamitra at Kusheshwor Dham in Nepalthok, while the powerful Mahamrityunjaya Mantra was composed by Maharshi Vashishta at Devghat. Maharshi Vashishta, one of the seven Pleiades, was born in Nepal, along with the other sages of the Pleiades (Saptarishis): Marichi, Angirasa, Atri, Pulastya, Pulaha, and Kratu.
- Yogi Patanjali, the father of yoga and meditation, emerged in the region of Himvat Khanda in Rudrakshabhumi Bhojpur, Nepal. All the 64 Jyotirlinga (natural Shivalinga) lies in Nepal.
- Jesus Christ studied Bhagawat Geeta (the source of Bible) received enlightenment at Ruru Rishikesh. In his biography, Jesus Christ wrote, "I went to Shambhala (Agartha) and received

blessings from Ishnath." Ishnath means Guru Gorakhnath and Shambhala is, in fact, the sacred land of Nepal. Except the Sumeru Kailash, he paid homage to Panchakailash (Machchhapuchre, Gaurishanker, Sagarmatha, Dhaulagiri, Kanchangunga).

- The Vedic attire, such as Topi, Daura Suruwal, Chaubandi Cholo and Sari, represents the earliest form of human civilization's clothing. In the National Museum of Cyprus, one can see an image of a Nepali citizen in Vedic attire, an Indian wearing a wrapped lungi, and Europeans depicted as naked – highlighting the sophistication of ancient Nepalese civilization. This historical depiction shows that while Europeans were still living in primitive conditions, Nepalese were chanting Vedic mantras.
- King Vikramaditya of Greater Nepal once ruled half the world, with his capital in Ujjain (today's Kathmandu). His gold coins were the exclusive currency of that time.
- The 'Malli,' coin of King Pratap Malla, was the most powerful currency in the medieval world, just 290 years ago. And, the same history is going to repeat once Goraksha Mudra comes into existence soon.
- The philosophies of democratic and socialist parties, along with the ideas of Mao Zedong and Mahatma Gandhi, are grounded in the 27-point *Great Teachings* of King Prithvi Narayan Shah.
- Doctors around the world take an oath in the name of Dhanwantari Dev (Asclepius), yet many are unaware that Dhanwantari, the god of medicine, emerged during the ocean churning at Kshir-Sagar (Dudhkoshi) in Solukhumbu, Nepal.
- Arniko, Nepal's chief architect, journeyed to China and constructed pagoda-style monuments, which later spread to Korea, Thailand, and Japan. He spread Buddhism, pagoda-style architecture, and Nepalese culture throughout China. Moreover, an inscription in Chuuyangquan, written in the Ranjana script, expresses deep gratitude to the chief engineers of Nepal who helped construct the Great Wall of China. Nepalese art and

architecture are extraordinarily beautiful, and can still be observed around Kathmandu Valley today. These incredible architectural monuments stand with immense pride, built long before the existence of modern cities like Hong Kong, Dubai, America, or Australia.

- The Taj Mahal, one of the wonders of the world, was built by Nepali hands. It is important to remember that the Taj Mahal is a Shiva temple, known as *Alankeshwor*. The word *Tejo Mahalaya* means “where divine light reside,” and its linguistic evolution into ‘Taj Mahal’ reflects this profound meaning. Similarly, the world-famous Birmingham Palace owes its existence to the chief architects of Nepal. Furthermore, during his visit to Britain, Jang Bahadur Rana gifted Queen Elizabeth approximately 25,000 Euros, a princely sum for those times.
- Vivekananda, a Vedic scholar from Greater Nepal, influenced Nikola Tesla with the Sanskrit handbook *Aakash Tatwo* (Infinite Cosmic Energy), the basis of countless modern scientific discoveries.
- Shankya Darshan is the base of Buddhism and modern quantum physics. It was formulated by Kapil Muni, born in Kapilvastu, Lumbini, Nepal.
- Among today’s Nepali scientific and technical professionals, Kumud Dhital was the first person to successfully perform a heart transplant. Sanduk Rohit revolutionized eye surgery in Nepal. Lujendra Ojha made the groundbreaking discovery of a water source on Mars. Muni Sakya built a computer long before IBM. Similarly, numerous young Nepali tech experts were behind the development of Outlook Express software and the iPhone, and have contributed to organizations such as NASA, SpaceX, Google, and Microsoft, helping propel them to new heights. These are just a few of the many pioneering, remarkable experts from Nepal.
- With 1,300 peaks above 6,000 meters and countless glaciers that give rise to 11,000 rivers, Nepal is a land of immense natural wealth. This makes Nepal the richest country in the world in

terms of hydropower resources. In modern times, Nepal became the first country in Asia to generate hydroelectric power. In fact, Nepal had electricity long before cities like Singapore, Hong Kong, Tokyo, and Dubai.

- During the war, Nepal provided thousands of tons of rice to Korea and Germany. In those times, Nepal was among the top exporters of rice and cereals. Nepal was globally recognized as the happiest country in the world.
- Known as a treasure trove of Himalayan herbs, Nepal holds immense botanical wealth. India imports these herbs from Nepal and sells them worldwide under the 'Himalaya' brand.
- Japan's currency, regarded as the finest in the world, is made from lokta, a Himalayan herb sourced from Nepal. The Japanese take great pride in Sakura, their national flower, though few know that its seeds were originally taken from Nepal.
- Unique to Nepal are Shaligram (sacred fossils), Cordyceps Sinensis (a plant-caterpillar hybrid), Amrita (a plant that grows in mid-air), the Spiny Babbler bird, and the one-horned rhinoceros.

Nepal is, therefore, a country of great civilization in numerous respects. Nepal is not poor; rather, external forces have kept it in a state of poverty. The current plight of Nepal can be attributed to spiritual conspiracies, the vested interests of the European Union, and Indian politics. Nepal's dire situation is due to ineffective leadership and the ignorance of its people, who remain unaware of their nation's true glory.

Why Nepal Struggles Despite its Riches?

Despite being rich in natural resources, spiritually abundant, and culturally vibrant, why is Nepal in such a deplorable condition? Let's examine a few key points before answering this question.

Spiritual reason: Just as a signature is crucial to secure millions of dollars in a bank account, and a company logo represents its soul, a nation's flag symbolizes its essence. If it's altered or misplaced, the entire identity is disrupted. Nepal's unique national flag, with the sun at the top, is the oldest flag in the world, with a 7,600-year old history and crafted through tantra. Regrettably, this sacred design was altered due to the conspiracies of Indian Hindu and Muslim tantrics. It's similar to how a Wi-Fi signal falters when a device is placed in the wrong spot. When the Tantra flag is misplaced, chaos arises, much like the turmoil we see in Nepal today.

Political reason: Nepal has become a strategic platform for the U.S. and the European Union to monitor political movements in China and India. Their vast investments in NGOs are merely a guise to establish a foothold in Nepal, with hidden interests at play. The innocent Nepalese are unable to discern these deceptive motives. Likewise, RAW, the intelligence agency of Indian, has been active in Nepal since 1947, destabilizing the political environment. India's opposition to Nepal's "Zone of Peace" proposal, proposed by late King Birendra and endorsed by over 160 nations, is a testament to its unwillingness to see Nepal in peace. India has long coveted Nepal's mines, hydro-power, herbs, and agricultural resources. By pressuring Nepal to close down over 50 big industries, India has created a monopoly. India is aware of both the natural wealth and spiritual significance of Nepal.

Social reason: Marriages between Nepalese from the Terai region and Indians have led to significant social issues. The open border has resulted in an influx of Indian beggars and thieves throughout Nepal, posing as yogis. Many Nepalese, unable to differentiate between genuine and fake spiritual leaders, are misled by Indian Gurus. Moreover, the Char Dham pilgrimage—consisting of Mukti-kshetra, Pashupati-kshetra, Ruru-Kshetra, and Baraha-kshetra—are revered as the holiest sites for all humankind. Yet, Indian Hindus have commercialized the Char Dham, profiting from promoting their own version. Furthermore, all Vedic scriptures are printed in India, with Sanskrit verses manipulated to highlight Indian temples. As a result, places like Haridwar, Varanasi, Uttarakhand, Ayodhyapuri, Rishikesh, Kashi, Gaya, Prayag, and Kedarnath are presented as replicas, while the original energy centers are located in Nepal.

Religious reason: Nepal is the sacred land where Vedic Sanatan Dharma originated. However, Indian Hinduism and European Christianity have encroached upon this sacred tradition, corrupting its original essence. Christianity has invested billions of dollars to convert Nepalese, while Indian Hindus have similarly distributed distorted texts under the guise of "Hinduism." A prime example of Indian interference is the Pashupatinath temple, considered a Hindu temple but it actually is a universal pilgrimage site that transcends caste, creed, and nationality. Additionally, the practice of animal sacrifice—common in Indian Hinduism—has polluted Nepal's sacred temples, weakening their spiritual energy because saitans become stronger if blood is offered. This practice, along with the consumption of harmful substances like meat, alcohol, tobacco, and drugs, has resulted in a loss of peace in Nepal. Prior to the 1970s, over 90% of Nepalese were vegetarian, but this has drastically changed. Love, compassion, and forgiveness are essential human qualities that can only flourish with pure Satwik bhojan. As the saying goes, "We are what we eat." Hence, consuming harmful foods only nurtures negative qualities.

Economic reason: Nepal's economy is largely controlled by Indian stakeholders, with Indian businesses dominating sectors such as airlines, banks, insurance companies, hospitals, shopping centers, car

dealerships, and food suppliers. Even the media, communication, and telecom sectors are owned by Indian businessmen. This has led to the creation of a monopolistic system that benefits India while draining Nepal's resources. For instance, Indian companies sell mango juice with enticing packaging, but it's nothing but sugary water. The system is built on bribery and corruption, where ministers and leaders are paid off, but who holds these leaders accountable? On top of this, India controls Nepal's river dams, dictating Nepal's water rights. We even face absurd delays—it takes up to three years for a Nepali citizen to receive a driving license, as it is printed in Madras, India. India also buys electricity from Nepal at a mere 2 rupees per unit, only to resell it at 9 rupees per unit, earning enormous profits. To make matters worse, India manipulates ministers and around 90% of Nepal's parliament members hold Indian citizenship. Nepal even requires India's permission to establish recycling factories—a glaring example of our national sovereignty being undermined. The countless unfair practices have created a deep rift between Nepal and India.

Diplomatic reason: The Indian and American embassies have been known to pay monthly salaries to over 1,500 top Nepali leaders, effectively making them agents who work in the interests of foreign powers. Meanwhile, Nepalese vehicles are banned from entering India, while Indian vehicles roam freely in Nepal. Nepali farmers have been denied access to river water for irrigation, as India controls these water rights. It's like selling one's own vision and living in blindness, a deeply troubling scenario. Indian produce, often laced with harmful pesticides, is allowed into Nepal without proper testing. No one dares to inspect them because Indian bribery has compromised the integrity of the officials responsible for safeguarding Nepal's public health.

Western education system: The British, recognizing that control over a country could be possible only by undermining its education system and religious beliefs, applied this strategy to Nepal. They built churches and missionary schools, imposing an English-language curriculum on the people. This forced educational shift led to the brainwashing of children, who were made to believe that Western knowledge and white scholars were the only legitimate sources of wisdom, erasing the value

of Nepal's ancient educational institutions like Gurukul and Sanskrit Pathshalas.

The youth forgot key concepts in science and mathematics, such as Taknic (technology), Trikonmity (trigonometry), and Jyamiti (geometry). They became unaware that Nepal had knowledge of advanced technologies such as Vimans (aeroplanes), Susankhya (computers), Aakashvani (radio), and Jangamvani (mobiles) long before the West "rediscovered" them through the reference of Vedic texts. The suppression of Vedic culture and values led to a loss of discipline, morality, creativity, and national pride, creating significant confusion and disarray in Nepalese society.

It is a misconception to believe that Nepal is governed by its own leaders. The political parties in Nepal are, in reality, under the control of foreign powers such as the EU, the U.S., and Indian intelligence (RAW). Nepal's situation will never improve until a patriotic government takes charge. This is a battle between good and evil, similar to the Mahabharat. The Pandavas, defenders of truth from Nepal, fought the Kauravas, a group of 100 corrupt brothers from India. Ultimately, the Pandavas emerged victorious. Similarly, the battle between good and evil is ongoing, but victory for the righteous is near. A brighter future awaits, hopefully by 2025.

Violence in the name of peace: Many so-called religious leaders tirelessly chant peace mantras but fail to practice peace in their actions. Likewise, certain elite groups and terrorists repeatedly claim to follow a "peaceful path," yet their actions are steeped in violence. A simple question arises: why don't they stop manufacturing guns, bombs, and bullets if they are truly committed to peace? Why don't they cease the manufacturing of plastics, pesticides, tobacco, alcohol, and drugs—all of which are slow poisons—if they advocate for a healthy lifestyle and respect for Mother Nature? William Osler, the father of modern medicine, famously said, "The first duty of a physician is to discourage patients from taking pills," as he knew the detrimental effects of pharmaceuticals. Sadly, pharmaceutical companies contribute to the

slow poisoning of humanity through the distribution of drugs and vaccines, which, in fact, may be even more harmful than bombs.

The world is undergoing a necessary cleansing process, resetting itself after being tainted by forces that have polluted nature and humanity. These destructive forces—responsible for the sale of weapons, drugs, pesticides, alcohol, meat, tobacco, chemicals, and plastic—will soon face karmic retribution. This process will culminate in significant changes, with clear signs that emerged in 2024 and the full impact becoming visible in 2025 and 2026. A rare planetary alignment of Mercury, Venus, Mars, Jupiter, and Saturn on January 25, 2025, will serve as the opening gate for this dissolution. From that moment, the countdown to collapse begins. The world will experience economic crises, plagues, earthquakes, tsunamis, floods, starvation, and widespread violence, leading to the destruction of half the global population.

A massive solar flare will disrupt the ozone layer and Earth's magnetic field, generating intense heat and chaos. There will come a day when email and the internet cease to exist. Those who have disturbed the natural order will now face the consequences of their actions—a swift return of karma. The planetary alignment foretells the beginning of a new world, where Mars brings global conflict, Mercury triggers economic collapse, Venus induces societal depression, Jupiter drives a return to Vedic knowledge, and Saturn's energy punishes the forces of evil while rewarding the righteous. In the end, all will acknowledge the celestial land of Nepal, the sacred land of Devas, Vedas, and Rishimunis.

Rays of hope

It is often said that every dark cloud has a silver lining, and within every storm, there is the seed of profound transformation. In Nepal, a rising group of patriotic souls is emerging, driven by a deep desire to restore peace and stability.

Astrologically, Saturn's transit into Pisces in 2024 marked the arrival of a cosmic reckoning. This shift heralds the time when wrongdoers, especially those who have spread harm through Western

industrialization—with its poisons in the form of deadly pesticides, drugs, processed foods, weapons, and destructive technologies—are about to be met with the fierce return of the law of karma.

The Gorakhnath Welfare Trust has created six cosmic portals for the purification of the human consciousness. Much as one cannot drink from a polluted river without cleaning its source, we cannot hope for true world peace unless we build cosmic towers in Nepal and purify the collective consciousness. Nepal, the birthplace of humanity and the sacred home of Vedic wisdom, holds the key to this transformation. In time, the world will recognize the invaluable work of the Gorakhnath Welfare Trust and the profound shift it is initiating.

Jupiter, the planet of wisdom, stirs the souls of seekers from every corner of the world, guiding them to the sacred land of Nepal and the Himalayas, where divine consciousness first awakened. Nepal is the land of Rishimunis, the abode of Devas, the origin of the Vedas, and the foundation of Sanatan Dharma. Here, all religions—Hindu, Buddhist, Muslim, Christian, Jewish, Zen, Jain, and so forth—find their roots. This is why the entire world must pay homage to Nepal, for it holds the keys to profound realization and inner peace. The world is moving from darkness to light, and eventually, Nepal's true essence—the Crown of the World—will be known to all.



Kusheshwar, the garden of Eden, is the sacred place on earth where the 1st Jyotirlinga had emerged. Therefore, Brahma Ji and Vishnu Ji performed Shiva Aradhana at this sacred spot. It is the pious place where Maharsi Vishwamitra had composed Gayatri mantra. Hence, Gorakhnath welfare trust constructed Shiva-Gorakshadham in this sacred place as an emblem of treta-yuga.



Shiva-Gorkakshadham, emblem of Tretayug

Essential Insights You Must Know

Guru Pranam: A gesture of deep gratitude to the Creator, this pose grounds the practitioner and activates the brain. Spirituality awakening begins when we let go of the ego and surrender. A mere minute in this pose can be as restorative as an hour of sleep—it calms the mind, immediately shifts it to an Alpha state, and harmonizes the heart's rhythm.

Namaskar: Namaskar is a respectful and formal greeting that activates the upper three chakras (love, compassion, and forgiveness). In contrast, Namaste tends to activate the three lower chakras associated with anger, ego, greed, and fear. The word Namaskar generates serotonin, bringing peace and harmony. Jaya Shambhu, another form of greeting, means 'the great divine light.'

Yogi: A yogi is deeply connected to higher consciousness, living fully in the present moment, and experiencing both pain and pleasure equally. A true yogi lives for the greater good and shares the wisdom of the Vedas, rather than supporting religious dogmas or sects. Free from caste, creed, or nationality, a yogi embodies universal truth.

Guru: 'Gu' stands for divine light, and 'Ru' denotes ignorance and darkness. The Guru, then, is the divine light that dispels suffering, ignorance, and leads us toward eternal peace. The union of 'Gu' (Solar energy) and 'Ru' (Lunar energy) forms the Guru chakra, located just above the third eye. Activate this chakra within you to receive divine guidance. It is erroneous to label someone as a guru based solely on superficial features like a long beard and ash markings.

Wisdom: Knowledge declares, "I know much," while wisdom humbly declares, "I know nothing". Knowledge equips with skills, while wisdom imparts life lessons. Knowledge encourages modesty, while wisdom fosters humility. Knowledge can be purchased and found in books, but is beyond price. Wisdom begins where knowledge ends. This

is the very transition happening today, as the world seeks Vedic wisdom.

Happiness is the state of fulfillment when our desires are met. For instance, we experience happiness when we receive food when hungry, water when thirsty, or money when in debt. This type of happiness is momentary, tied to material needs and external pleasures. The belief that “I will be happy when I acquire that” is absurd, for human desires are endless. People often pursue a shadow of fake happiness, unaware that it’s fleeting.

Peace is the alignment of harmony, balance, and inner vibrations. It is only possible once we have settled all our karmic debts. True peace is the balance between body, mind, and soul. Inner peace is attained by freeing oneself from ego, greed, anger, fear, lust, and attachment. If you seek peace, nourish yourself with Satwik food that generates harmonious vibrations. Do not search for peace externally—it begins within. Peace is cultivated through living by ‘satmarg’, the peaceful path of truth and goodness. Thus, self-transformation is essential before we can speak of world peace.

Gotra: To understand it simply, DNA is both gotra and karma. Our DNA is imprinted in the double helix structure of our body. Knowing our gotra (ancestral lineage) before marriage is crucial. Just as monkeys avoid physical contact within their own family, humans should also adhere to universal laws to avoid future suffering. Marrying within the same gotra may result in physical disabilities in children, diminished intelligence, and marital discord. It is wise to seek guidance from Vedic astrologers regarding nadi (pulse), gotra, and gana (human category). Nepalese people adhere to gotras like Atri, Bhardwaj, Kasyap, and Markandya, and avoid marriage within the same gotra. Knowing your gotra and purifying your DNA is essential for a blissful life.

Life in a true sense: Laugh, love, and live in the present moment. Breathing is life. Dancing for the divine is life. Living in the now is life. Balancing is life, and dancing with death is life. Life is simple, yet ideologies and the complexities of the modern world turn it into an

intricate Pandora's box. Life becomes a puzzle when we fail to understand the mysterious interplay of body, mind, and soul.

Luxury: Greenery surrounding your home, birds chirping at dawn, the sunrise from the window, a gentle breeze, butterflies in the garden, stone paths for morning walks, a comforting bowl of rice when hungry, a musical instrument to play, the sparkling stars in the night sky, and a warm bed to sleep in. What else do we truly need? In reality, happiness surrounds us—it's free. We just need to touch our nose and jump like a frog!

Yoga and meditation: Many mistakenly believe that yoga is just about stretching and meditation is simply about closing our eyes. Yog-Dhyan (not just yoga) refers to focusing on one's true self. Living a well-disciplined life is 'yog'. Flowing with the laws of nature, and moving in rhythm with them is yog. Purifying the body, mind, and soul is yog. Connecting with one's true-self is yog. Meditation serves as a tool to connect with the supreme consciousness. Gyanayog, Bhaktiyog, Rajyog, Hathayog, Karmayog, and Mantrayog are the most powerful paths for self-realization and union with the supreme consciousness.

The law of karma: Karma literally means deed or action, and it is based on the principle of cause and effect. Truly, "As we sow, so shall we reap". One cannot expect sunflowers by planting cactus. Similarly a smile brings a smile, and love only brings love. Every action—whether in thought, word, or deed—inevitably leads to consequences, good or bad, depending on the moral quality of that action. Everything that happens in our lives, and in the world, is shaped by our karma. We are reaping the harvest of our past actions, much like withdrawing funds from an ATM. The law of karma ensures that actions are repaid, either sooner or later. For example, a smoker, alcoholic, or meat eater eventually ends up suffering because they've poisoned their body, which is not designed for such toxins. The law of karma exists to repay and repair our past actions.

Greater Nepal: To understand the authentic history of Nepal, one must first grasp the concept of Greater Nepal, Vedic Sanatan Dharma, the four Vedas, the 18 Puranas, Nalanda University, Himwat Khanda,

Chakrawarti Raja, Sinarchia, the sun atop a unique flag, and the great King Bharat.

The history of ancient Nepal begins with the Chakrawarti King Manu and his consort Satrupa, who ruled the entire world at the dawn of human civilization. Thousands of years later, around 7,200 years ago, King Bharat (with his capital in Bharatpur, Nepal) ruled over the entire Indian subcontinent, stretching from Iran in the west to Vietnam in the east. The name 'Bharat' comes from King Bharat, and in Sanskrit, it means "the land imbued with Divine Wisdom," which is no other than Nepal. Nepal is the sacred land where the four Vedas and 18 Puranas, the foundation of all literature, religious texts, and scientific discoveries, were composed. Contrary to popular belief, Bharat does not refer to India. In fact, ancient Nepal was known as Himwat Khanda, Shaiva-bhumi, Gorkha Samrajya, or Bharat Barsa. We know that the British ruled India for 250 years, and the Mugals (Islamic rulers) controlled it for 700 years. But centuries earlier, the great kings of Nepal—Maurya, Gupta, Lichhavi, Kirat—ruled what is now India. About 2,300 years ago, the Maurya emperor of Greater Nepal, King Ashoka, ruled as far as Afghanistan, with Pataliputra as his capital. Vikramaditya, the Gupta emperor of Nepal, ruled Bharat Barsa, with his capital in Kathmandu (Ujjain).

While most of these regions now lie within India, it's important to recognize the true history of Greater Nepal, disregarding the British manipulation through the Treaty of Sugauli. If the concept of Greater Nepal—which once stretched across much of India, parts of Bangladesh, Assam, Bhutan, Tibet, the Holy Mt. Kailash, Kashmir, Leh-Ladakh, Delhi, Agra, Allahabad, and Punjab—is acknowledged, the world will understand Nepal's true historical significance. In essence, Nepal is the sacred land blessed by Guru Gorakshanath, which means "Never Ending Peace and Love"—thus, NEPAL.

Maharshi Veda Vyasa: The four Vedas are the profound texts of universal wisdom, explaining Vedic Sanatan Dharma, which represents the flow of cosmic energy—a concept adhered to by various religious sects. The Vedas are the foundation of human civilization, the source of

all scientific discoveries and religious texts. Veda Vyasa, born in Damauli, Nepal, is the revered compiler of the four Vedas—Rigveda, Yajurveda, Samveda, and Atharveda—as well as the Mahabharata, 18 Puranas, and the Vedanta Sutras. He is considered the incarnation of the supreme Narayana and one of the Chiranjivis (immortal beings). The festival of Guru Purnima is celebrated in his honor. Hence, Nepal is the birthplace of Vedic Sanatan Dharma, a sacred land for all religious traditions, including Buddhism, Hinduism, Islam, Judaism, and Christianity.



There is an inscription at the Kedarnath temple in India that reads:

*Damaulijanma Badaribanastho Vyasomuni Satyawati suto saou:
Parasaratma Saridantarale Chiram chakaratra tapastapasbi*

“Born in Damauli, residing in the forest of Badari, Vyasa Muni, the son of Satyawati, Son of Parashara, spent long nights in austere meditation by the river.”

Additionally, the Vayupuran stated:

*Ganga Yamuna Saraswoti yo Dwaparesmin Yamuna tatesbhuta parasarat
satyawati prasut: Sa wao samartho bhagawan babhuwa Bedasya bistar karo
Damaulyam: Yeti tarasya yamuneti madi saraswoti begawatiti seti, tatsangam
diwp bhawasya tasya Dwaiyapanakhya prathima jagatyam!*

“On the banks of the Ganga, Yamuna, and Saraswati (during the Dwapara Yuga) Vyasa, son of Satyavati and Parashara, emerged. He became a powerful and divine being, entrusted with spreading the knowledge of the Vedas. His teachings and image were known far and wide, bringing divine wisdom to the world.”

- A verse from the Himvat Khanda, *Antarale Mahanadho Gandaki shula gandayo-Parkot bhidhasta syadesh sarbatra visrita*, describes the precise location of Damauli. To this day, the areas of Parkot, Gandaki, and Chudi Seti River exist in the Gandaki district of Nepal.
- This crystal-clear evidence confirms that Veda Vyasa was born in Damauli, Nepal, as the son of Matsyagandha (Satyawati) and Parisar Rishi. Be cautious of the misinformation spread by platforms like Google and Wikipedia, particularly when it comes to subjects like yoga, meditation, spirituality, Rishimunis, and Vedic wisdom.

Nalanda University: The wisdom of the Vedas is undoubtedly one of humanity's greatest teachings. Recognizing its importance, the Greater Nepal government established four key universities: Nalanda, Takshashila, Bikramshila, and Ballav. Nalanda University, now a UNESCO World Heritage site, is located 99 km southeast of Janakpur, Nepal. It was the world's foremost center of learning, operational from the 7th century BC to the 14th century AD.

According to Chinese travelers Xuanzang and Yijing, Nalanda housed 2,000 teachers and 12,000 students, with studies spanning a wide range of subjects such as astrology, astronomy, Ayurveda, Vashtushastra (feng-shui), tantra, yoga and meditation, mathematics, agriculture, economics, business, engineering, medical surgery, reiki healing, art, music, Vedanta, Sanskrit grammar, and theology. Sanskrit was the primary language of instruction. Nalanda University thrived under the patronage of the Gupta Empire, one of Greater Nepal's most successful empires. Prior to the Guptas, the Gopalas, Mahishapalas, Kiratas, and Lichh ruled the entire Indian subcontinent.

The language of God: The term 'Sanskrit' means "well-cultured' or "refined'" Sanskrit is regarded as the "language of God" and is considered the mother of all languages. Sanskrit has long been revered as sacred, mainly because of its powerful mantras. Recent studies confirm that Sanskrit stimulates every cell and chakra, reduces stress, improves memory, and enhances immunity. It has the remarkable ability to convey complex ideas with minimal words and boasts a highly

sophisticated grammatical structure and an extensive vocabulary, estimated at over 102 billion words. Sanskrit is the most scientifically advanced, unambiguous spoken language known to humanity, unchanged since its inception. This is one reason why many universities in Europe and America have adopted Sanskrit as part of their curricula.

NASA has reported that it is using Sanskrit to develop 6th and 7th generation supercomputers, as it is believed to be the most accurate language for computer processing. NASA has analyzed 60,000 ancient palm leaf manuscripts, uncovering remarkable insights from Vedic verses written in Nepal. According to NASA scientist Rick Briggs, Sanskrit is unique because it allows computers to transmit messages in the fewest words without any loss of meaning—ideal for space communication. The language is known for its regularity, accuracy, and subtlety, making it particularly suitable for computer comprehension. This is because Sanskrit vibrates at a frequency recognized by the universe itself, vibrating at over 108 Hz, reaching all the way to the farthest corners of existence.

Sanskrit is the origin of many modern languages, including Nepali, German, Russian, Latin, Greek, Persian, Italian, French, Spanish, and Hindi. Maharshi Panini, born in Arghakachi, Nepal, is considered the father of Sanskrit. He developed the language's phonetic alphabet after hearing the resonant sound of Lord Shiva's damaru (drum).

Mysterious Mount Kailash: Holy Mount Kailash, standing at 6,714 meters, is revered as the sacred dwelling place of Lord Shiva and one of the most enigmatic mountains on Earth. Although it now lies in the Tibetan autonomous region of China, it once belonged to Greater Nepal before 1947 AD. King Mahendra's currency and tax papers, still preserved in Tibetan homes, serve as a quiet reminder of this profound connection. Known to Nepalese as Kailash and to Tibetans as Gang Rinpoche, it is the axis around which the world's spiritual energies revolve, revered by Hindus, Buddhists, Jains, and followers of many faiths as the Crown chakra of the Earth. For Hindus, it is the eternal dwelling of Lord Shiva, while for Buddhists it represents the cosmic center, Meru. In fact, besides the main Kailash, there are five other

Kailash peaks: Kanchanjunga (Golden Kailash), Sagarmatha (Sumeru Kailash), Gauri-Shankar, Machhapuchhre, and Dhaulagiri (White Kailash).

Kailash is not only the most sacred site for pilgrimage but also the final destination for those seeking liberation and salvation, regardless of race and religion. Scientific research has uncovered intriguing phenomena surrounding Mount Kailash, with some speculating that it may have been constructed as a giant pyramid thousands, if not millions, of years ago. Researchers have also discovered hollow spaces within the mountain, leading some to wonder if extraterrestrial life might reside within. The mountain's exterior is said to be made of rare and precious gemstones like ruby, emerald, and aquamarine.

Its exact location—6,666 kilometers from the North Pole and precisely double that distance from the opposite side—creates a unique cosmic alignment, one which helps maintain the Earth's tilt at a precise 23-degree angle, a key factor in sustaining its orbit. This unique positioning makes Kailash the Axis Mundi of Earth, the pivot point around which the world turns. Lines of sacred energy radiate from Kailash, connecting it to other mystical sites like the Giza Pyramids, Easter Island, Mexico's pyramids, Indonesia's Bali, and even the Taj Mahal, maintaining a straight line with a 666 km distance between each point and forming a perfect cosmic grid. Himalayas act as the Earth's energetic backbone, channeling the flow of cosmic energy just as our spine is the center of our energetic system. Therefore, view Nepal not just as a political entity, but as a vital cosmic center regulating energy for all of humanity and the natural world.

The divine land of the Rishimunis: Saints and sages are enlightened beings endowed with divine power and spiritual grace, whose mission is to uplift human civilization. They are true yogis, living for the greater happiness of all beings. Their presence emanates positive vibrations, inspiring people to live in harmony and peace. Their wisdom is deep and boundless, as steady as the Himalayas, as vast as the ocean, pure as the source of the holy Ganga, crystal-clear, and radiant like the sun.

These enlightened beings were born with a divine purpose: to awaken humanity, share profound wisdom, and elevate spirituality.

Much of what the world knows and benefits from today – whether in science, art, music, literature, astrology, astronomy, Ayurveda, Vashtushastra (feng shui), mathematics, medical science, tantra, yoga, meditation, politics, law, business, and more can be credited to the great Maharishis, saints, and sages of Nepal. All the credit goes to them because the Vedas, Vedanta, Upanishads, and Puranas, were all written in Nepal, and these texts are the foundation of human knowledge. These sages, born for the welfare of humanity, viewed the world as one—one truth, one religion and humanity. They are sent from the cosmic energy, entrusted with duties and responsibilities to guide the world. Let us explore now some of the revered saints and sages of Nepal and their transformative contributions to humanity.

The Himalayas, the sacred abode of immortal souls: Himalayan ranges of Nepal are far more than just snow-capped peaks; they are natural pyramids of the Earth, channeling cosmic energy with sacred precision. Just like our spine and vagus nerve, the Himalayas are the Earth's energy centers, embodying the nine chakras of the planet. Anyone who has trekked, climbed, and explored the Himalayas can feel an unmistakable difference—the energy and vibration that sets these mountains apart from any other. The Himalayas are a sacred realm where the universal and natural laws of existence manifest in their purest form.

The Himalayas are home to nine major portals that serve as entry gateways to different dimensions. For instance, Sworgadwari in Pyuthan is known as the place where angels arrive and depart from the earthly realm. Nearby the Kedarnath Temple in Jumla lies Konakasthan, the palace of Kanak-Muni Buddha, the first King to rule the world. Gauri-Shankar is another sacred place for Sumerians who journey from distant planets, including Nibiru. The Himalayas serve as the Earth's central tower, channeling and distributing cosmic energy across the world. For example, Machu Picchu in Peru (Patal Lok) would not receive spiritual transmissions were it not for Mount

Machhapuchhre (6,993 meters) in the Annapurna range, which acts as a conduit. Therefore, view the Himalayas as more than just glaciers; they are as cosmic energy towers, channeling the forces of the universe.

Simply put, the Himalayas are the sacred abode of Shiva and Shakti, the land where the Devas, Vedic teachings, and Rishimunis converge. Therefore, the Himalayas of Nepal are a living embodiment of universal truths, a treasure trove of both natural and spiritual energy.

The Navanath, the nine Masters or Naths, govern the energies of the nine planets, while the Saptarishi (Annunaki) stand as the guardians of all human beings. The Himalayas are also home to the Astachiranjivi (Eight Immortals), Asta Naagas (Eight King Serpents), and the elusive Yeti – ancient beings of mystery and power.

The Saptarishi, or Seven Divine Beings, appear in Zoroastrian culture, where they are known as the Amesha Spentas, Seven Beneficent Immortals created by their God Ahura Mazda (equivalent to Brahma) to guide and protect humanity. In Christianity and Judaism, the Seven Archangels are synonymous with the Saptarishi, also called ‘Annunaki’, the divine beings who helped shape human civilization. Indeed, the Saptarishi were tasked with nurturing and developing human cultures worldwide, leaving their influence in various cultures. While they are known in different parts of the world, the Saptarishi reside in the Himalayas, their eternal home. Time runs differently for humans and demi-gods, a principle known as time dilation. These Saptarishi are divinely capable of traversing all dimensions (lokas) in the blink of an eye.

The seven stars, arranged like a question mark in the sky, are the divine lights of the seven sages – Marichi, Vashista, Angirasa, Atri, Pulastya, Pulaha, and Kratu – representing spiritual enlightenment. These stars are located close to the North Star, a cosmic alignment that directs us toward greater spiritual knowledge. The yearly rotation of the Seven Stars (Pleiades) forms a swastika – a symbol of cosmic harmony and auspiciousness. The Seven Sages are the ancestors of all human beings, guiding us through the cycles of life, death, and rebirth. We emerged

from the Saptarishi's Taramandal (constellation) and, once our duties are fulfilled, shall return to them in the end.

Astachiranjivi: the extraterrestrial beings:

अश्वत्थामा बलिव्यासो हनुमांश्च विभीषणः। कृपः परशुरामश्च सप्तैते चिरंजीविनः॥

“The Eight Immortal Souls (Ashta-Chiranjeevi) – Aswatthama, King Bali, Vyasa, Hanuman, Vibhishana, Kripacharya, Parashurama, and Rishi Markandeya – have remained alive since 5,000 BC.”

The Annunaki, also known as the Ashta-Chiranjeevi, reside in the Himalayas of Nepal. These divine beings often travel the world, offering spiritual guidance. In ancient cultures, they were called the Annunaki; today, they are seen as extraterrestrial beings. Aswosthama, King Bali, Vyasa, Hanuman (the Monkey God), Vibhisan, Kripacharya, Parashuram, and Rishi Markanday – these are the Eight Immortal Souls. These beings have remained on Earth since 5,000 BC, their immortal essence enduring through the ages. They were aware of the multiverse and time dilation, transcending the constraints of linear time.

In modern times, these beings are often labeled as extraterrestrials by Westerners when sighted in UFOs resembling fiery disks. Indeed, these UFOs are believed to originate from the hidden realms of Shambhala or Agartha, an inner world that lies deep within the Himalayas of Nepal.

Naagas, the serpent energy: The ozone layer serves as a protective shield, safeguarding Earth from the Sun's harmful ultraviolet radiation. Without this barrier, increased UV radiation would wreak havoc on the DNA of all living beings – planets, animals, and humans. The thinning of the ozone layer has led to rising health concerns such as skin cancer, cardiovascular issues, and stress-related disorders. This disruption in the photosynthesis process has disrupted the entire ecosystem, bringing humanity face-to-face with immense challenges. We are already experiencing extreme heat and global warming, with the planet's temperature likely to fall by 3.5°C, harkening a new ice age.

The Naagas are celestial beings, reptilian in nature, and they are the life-givers. Naagas are the source of water and rain, revered across

cultures—Indian Hindus call them Naagas, the Aztecs knew them as Quetzalcoatl, African shamans call them Chitari, and East Asians refer to them as Kappa. The Vedic teachings tell us that serpent energy has existed since the earliest days of human civilization, essential to our growth and spiritual progress. Thus, understanding the inevitability of this energy, the serpent has been worshiped by tribes and cultures worldwide throughout history. Our very existence is sustained by the Kundalini energy, which resides at the base of our spine. Our life is fully governed by these divine energies—30% physical life force and 70% invisible spiritual energy, both essential to our being.

Every action is recorded in the second blue layer of nerves as an Akashic USB port (karmic recorder), stored within the pineal gland. Our nervous system is deeply intertwined with Naaga energy, shaping our spiritually. The serpent energy is key to karma healing and the healing of all nine chakras. Disruptions in the serpent energy can cause sciatica, paralysis, and osteoporosis, all of which can be healed through spiritual alignment and harmony with this divine force. The Himalayas are sacred grounds, the dwelling place of all Eight Naagas—Astanaaga. Remember! Ananta Naag plays vital role for protecting us from UV rays.



Human qualities define true humanity

येषां न विद्या न तपो न दानं, ज्ञानं न शीलं न गुणो न धर्मः । ते मर्त्यलोके
भुविभारभूता, मनुष्यरूपेण मृगाश्चरन्ति ॥ [चाणक्य नीति / १० / ७]

Yesa Na Vidhya Na Tapo Na Danam //
Gyanam Na Shilam Na Guno Na Dharma

Te Martyaloke Bhuvibharbhuta //
Manusyarupena Mrigascharanti

“Those who have neither knowledge, nor penance, nor charity,

Who possess neither wisdom, nor character, nor virtues, nor
righteousness,

They are a burden on the earth and, though appearing in human form,

They live like animals in the human world.”

The above stanza from *Charnakya niti* outlines the essential qualities that define a true human being. A human without wisdom, self-discipline, morality, and a higher purpose is no more than a deer aimlessly wandering in the wilderness. One must recognize their duties, take responsibility, and live a life of purpose. To reduce humanity to two legs, two hands, and two eyes is a fundamental misunderstanding of the true nature of a human; it is love, compassion, and forgiveness that define true humanity. It is only through the wisdom of the Vedas that one becomes a cultured human being. To be truly human, one must understand Vedic wisdom, fulfill the 16 human rituals, and live according to their timeless principles.

Above all, a true human being must embody a deep sense of humanity. Such quality is cultivated through the consumption of Satwik food, which also fosters purity and goodness. We are indeed what we eat: the purity of our body, mind, and emotions is directly influenced by the quality of food we consume, activating our higher chakras and helping us to vibrate with spiritual energy. Clearly, Tamasi bhojan—meat, alcohol, tobacco, and drugs—nourishes our lower chakras and instincts,

turning us into savages. As the land of Vedic Sanatan Dharma, the Himalayas now draw seekers from around the world, searching for this wisdom.



Shiva, the Ultimate Truth: A Call for World Peace

The entire world is grappling with natural hazards, global warming, pandemics, economic crisis, and religious conflicts. People are weary of the pervasive negative energies and feel trapped in a cycle of restlessness. In recognition of the inevitable need for world peace, the Gorakhnath Welfare Trust celebrated the World Peace Pooja at Shikharkot, Daman on November 26, 2024, in honor of Utpatika Ekadashi. Utpatika Ekadashi marks the divine day when all creatures, including humans, were created by God in Kushsheshwardham, Sindhuli, Nepal. We are truly privileged to have consecrated the Shiva-Gorakshadham Temple on this auspicious occasion. Shikharkot, Daman is the sacred place where Bhagawan Krishna received the Sudarshan chakra from Lord Shiva. This is the site where the noble wisdom of the Bhagavad Gita was imparted. Furthermore, the four Vedas and 18 Puranas were compiled by Maharshi Veda Vyasa, born in Damauli, Nepal. Keep in mind that the Vedas are the root of all world literature, religious texts, and scientific discoveries.

Without a doubt, Kushsheshwardham is the ultimate destination for humankind, being the sacred place where the first Jyotirlinga emerged, and where Brahma ji and Vishnu ji attained their great realizations. Scientifically, this is the only place on Earth where blue light (alvarado) bathed the soil, creating the most ideal environment for seed and sperm growth, known as Barmik-Bapa in Sanskrit. This very place is where Maharshi Vishwamitra, the Guru of Bhagawan Ram, composed the most pious mantra, the Gayatri mantra: *Aum Bhurbhuvva Swaha, Tatsa Bitur Warenyam, Bhargo Devasya Dhimahi, Dhiyo Yonaha Prachodayat*. The Pleiadians received their enlightenment from this sacred land. The sage Ne Muni, from whom the name 'Nepal' is derived, meditated at this very site. And, after the victory in the Mahabharata War, Bhagawan Shri Krishna visited this site to offer his respects.

Therefore, it is a great honor to build the Shiva-Goraksha Temple for the restoration of world peace. This Shikhara-style temple channels cosmic energy, purifying both nature and human consciousness. The human body is inherently sensitive to frequency, which is carried through magnetic fields. As such, our bodies harmonize with the energy waves emanating from the Gorakhnath Temple, which symbolizes the arrival of Tretayug, the Golden Era. Understand that Guru Gorakshanath is none other than the incarnation of Lord Shiva, manifesting in a physical body for the restoration of Sanatan Dharma, the Vedas and lasting peace. Across all faiths, there is a common belief in an impending spiritual awakening—Buddhists speak of Maitreya Buddha, Hindus of Kalki Avatar, Muslims of Mahdi, and Christians of the Second Coming of Christ. Nonetheless, Baba Gorakhnath will soon be seen in the Himalayas of Nepal, fulfilling his divine mission. In light of this, we have established energy centers (cosmic pyramids) to purify human consciousness and welcome the Divine Soul.

The Sanskrit verse *Himalavyam Samarabhyam Yawat Indu Sarowaram, Tam Deva Nirmita Desham Hindusthan Prachodayat* (from the Himalayas, starting from the region where the Moon's rays fall, may the land created by the Gods, Hindustan, be blessed and inspired) reminds that Nepal is a holy land created by the Devas, inhabited by well-cultured people. These noble people are the early Sumerians, ancient Indians or the Kiratis—the forebears of the Chinese, Koreans, and Japanese who once crossed the Himalayas. Mt. Everest is known as Sagarmatha by Nepali people and Quomolongma by Tibetans. In ancient times, it was called 'Sumeru,' and those living beneath it were known as Sumerians, much like we call people from Italy 'Italians.'

Nepal is, in fact, the oldest recorded country in the world, with a history spanning 7,600 years. Yet, it is unfortunate that misguided individuals in the land of Bhagawan Buddha and the Vedas live in a paradox. Despite this, people around the world are yearning for peace and responding to the call of inner awakening. Therefore, we realized the importance of cleansing from the very source of humanity, just as we purify the water source, not just the tap. Under the spiritual guidance of the Gorakhnath Welfare Trust, three World Peace Temples have been

built in Kusheshwar, Daman, and Dharke, each serving to purify solar, etheric, and earthly energies respectively. The purification of these three energies is crucial for the cleansing of human consciousness, much like how rain washes away dust, clears haze, and nourishes vegetation. As mentioned before, just as a Wi-Fi device channels frequencies to provide internet access to our devices, the World Peace Temple channels cosmic energy to purify both nature and human consciousness.

The spiritual vibrations of these cosmic pyramids will soon draw peace seekers worldwide, for Nepal is the ultimate spiritual destination for all religious traditions. Unfortunately, people like Michael, who hold passports, are often confused by the conflicting ideologies taught in schools and the misinformation found on sites like Wikipedia and Google. However, the soul of Michael without a passport knows that the Himalayas are the ultimate source of all life and seeks to honor them while healing his karma. This is why so many people wander the world searching for higher wisdom, only to find that their dissatisfaction eventually leads them back to the Himalayas. Every peace seeker who connects deeply with the Himalayas will sense its profound vibrations and recognize them as their ultimate destination.

Veda Vyasa incarnates in every era, and his 28th incarnation has recently occurred in Nepal. I am fortunate to have received such revelations from the divine beings and to share them for the noble cause. Do not perceive me as biased towards Nepal; my duty is simply to offer authentic information for your further exploration. Mark these significant dates: January 25, 2025, April 11, 2025, and the months of July and August in both 2025 and 2026—times when you will undoubtedly feel profound shifts.

ॐ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः।

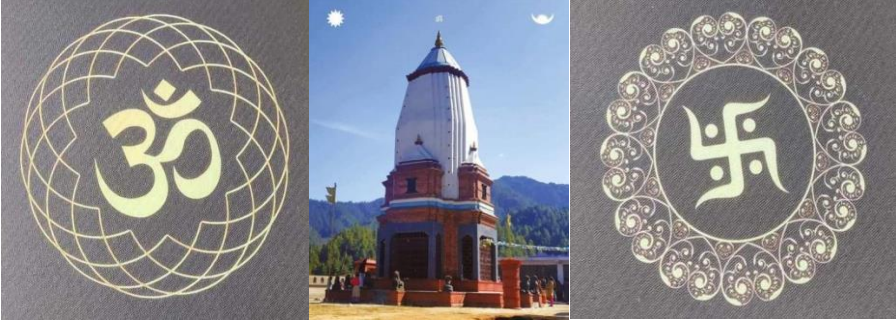
Sarve Bhavantu Sukhinah, Sarve Santu Niramaya

“May all beings be happy, may all beings be free from illness.”

शिवोहम शिवोहम ब्रह्मसत्य स्वरूपहम

Shivoham Shivoham – Sachitananda Sworupaham

“I am Shiva, I am Shiva – I am the embodiment of Brahman, the ultimate truth.”



Shiva-Gorakshadham: World Peace Temple (the cosmic portal)

