

Spiritual Guide to Heal your Health

Through this PDF letter, we wish to guide you on how you can heal your health problem with practise of Swamaan Abhyas and RajYog, as explained here.

(Read this message with Attention. Save the PDF with you & follow it)

Firstly, we would show you the path of "spiritual healing" through daily "Swamaan Abhyas" and "RajYog" meditation, through which many souls have been benefitted.

Wisdom to Remember

A) Spirit/Atma (Soul) is the MASTER of this body. We souls are living, operating through this physical medium (body) which is created by 5 elements of nature (*air, water, fire, soil, space*)

B) Whatever illness happens to our body, is indirectly caused as a result of our own past **Karma** OR because of a weakness or vice present in the soul. This is the spiritual side, the real cause of bodily illness.

Knowing this real cause, we can now find the **REAL SOLUTION**. Follow 1 & 2 first. Watch useful **Videos** given on **Page 3** of this PDF.

1. **RajYog meditation**

The spiritual solution is to first clear the soul's past karmic bondage **AND** to **empower the Soul** by connecting our mind/intellect to God, the Supreme Soul, the spiritual powerhouse. This precisely is called **RajYog** aka *RajYoga meditation*.

★ Learn RajYoga meditation ► www.shivbabas.org/rajyoga-meditation

(with purpose, method + guided audio commentaries to practise daily)

2. Swaman/Affirmations

We recommend doing **Swamaan Abhyas** (practising **affirmations**) to empower the self from within, reminding our-self of our original virtues, our original powers.

► For this, please read on **What is Swamaan and How to practise it** on this PDF

<https://files.shivbabas.org/uploads/Swaman-Abhyas-Guide.pdf>

3. GHRC hospital

We may also suggest you to go visit our **GHRC hospital** at **Mount Abu, Rajasthan** (only if needed, if you are in a serious condition). **At GHRC**, treatment is given using both scientific (*allopathy, naturopathy*) and spiritual approach (*meditation, positive atmosphere*)

Visit GHRC **website** for all info www.ghrc-abu.com (*get address, contact*)

This is our advise & guidance for you. Please follow and see the positive results within a few days or weeks.

> So there are total **3** suggestions for you: *Swaman Abhyas, RajYog abhyas, and visiting GHRC (optional)*

• Useful Videos on Healing Health

Speakers: BK Sister Shivani, BK Suraj bhai

1. (Hindi) **Thoughts to Heal your Body** ~
<https://www.youtube.com/watch?v=YJeL9jOPnKg>
2. (Hindi) **How to control Mind?** ~
<https://www.youtube.com/watch?v=GZNnEKJCTb4>
3. (Hindi) **Heal other Souls (people) with God's energy** ~
<https://www.youtube.com/watch?v=gyLGfi8shT8>
4. (Hindi) **Create perfect Health** ~
<https://www.youtube.com/watch?v=4TRgzvWELLM>
5. **Har Bimari ka Ilaaj / Samadhan** (BK Suraj)~
<https://www.youtube.com/watch?v=agywbtkXJo>
6. (English) **'healing' guided meditation 1** ~
https://m.youtube.com/watch?v=_qTVq-S-9qc
7. (English) **'healing' guided meditation 4** ~
<https://m.youtube.com/watch?v=ICq6vAF9tSQ>
8. **Guided meditation for Health & Happiness** ~
<https://www.youtube.com/watch?v=2zhCY0Pfk9U>

Please watch all **8 above given videos** one by one to get maximum guidance on healing any health condition with practise of RajYoga meditation, right diet, power of our sub-conscious mind, and daily Swamaan / affirmations.

On Godly World Service

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Website: www.bkgsu.org