## Om Shanti



## Most Most Beloved Avyakt Bapadada Mumma



Cleaning & Charging Energy Points of the Soul		Body Organs/Parts and Their Related Illnesses
Peace, Sky Element, Throat Energy Chakra		Thyroid Glands and Lungs
Energy Point no: 10 Colour: Sky Blue		<b>Related Illnesses</b> - Breathing Disorders, T.B., Pneumonia, Asthma, Thyroid Gland Diseases, Vocal Cord Diseases, Esophagus (Food Pipe) Diseases, Tracheal Diseases
Swaman Practice: Lam a peaceful soul.		
Purity, Water Element, Sacral Energy Chakra		Blood, Ovaries, Testes and Immune System
Energy Point no: 11 Colour: Orange	-	<b>Related Illnesses</b> – Infectious Diseases, Skin Diseases, Reproductive Organs Diseases and Blood Diseases
Swaman Practice: <u>I am a pure soul.</u>		
Joy, Fire Element, Solar Plexus Chakra		Pancreatic Gland and Hormones
Energy Point no: 1 Colour: Yellow	$\bigcirc$	Related Illnesses – Gallbladder Diseases, Diabetes and Hormonal Imbalances
Swaman Practice: <u>I am a joyful soul.</u>		
Love, Air Element, Heart Chakra		Heart and Thymus Glands
Energy Point no: 2 Colour:		Related Illnesses – Heart Related Diseases, Heart Attack, Hole in the Heart, Heart
Green		Palpitation, Blood Pressure, Cardiovascular Diseases and Blockages in Blood Vessels, etc
Swaman Practice: <u>I am a loveful soul.</u>		
Power, Earth Element, Root Chakra		Adrenal Glands, Bones, Muscle, Skin, Hair and Nails
Energy Point no: 12 Colour: Re	d 🔴	Related Illnesses – Bone and Muscle Diseases, Calcium Deficiency, Knee Pain,
Swaman Practice: I am master almighty authority.		Inflammation, Muscle Pain, Hemorrhoids, Rheumatoid Arthritis, Increased Uric Acid, Knee
		Erosion, Skin Diseases, Hair Disorders and Nail Diseases
Bliss, Crown Chakra		Pineal Gland and Digestive System
Energy Point no: 13 Colour:		Related Illnesses – Stress, Insomnia, Blood Pressure, Depression, Indigestion, Gastric
Violet		problem and Digestive Problems etc
Swaman Practice: I <u>am a blissful soul.</u>		
Intellect, Third Eye Chakra	-	Pituitary Gland, Brain and Nervous System
Energy Point no: 16 Colour:		Related Illnesses – Brain Related Disorders, Headache, Migraine, Nervous System
Indigo	-	Disorders, Eyes Diseases, Ears Diseases, Nose Diseases and Teeth & Gums Diseases.
Swaman Practice: I am master sun of knowledge.		

## Clean & Charge Energy Points For Mental, Financial, Relationship and Astrological Problems

Improve Mental Strength	Improve Financial Situation	Improve Personal Relationships
Mind, Power to Withdraw, Conscious Mind: Point no 14 <u>Practice</u> – Bliss is the religion of my mind.	<b>Power, Root Chakra, Earth Element:</b> Point no 12 <u>Practice</u> – I, the soul, am the child of the Supreme Soul, endowed with the wealth of all powers.	Mother, Mother-in-law: point no 10Practice – I am child of the ocean of peace, I am a peacefulsoul.Father, Father-in-law: point no 12Practice – I am the child of the Almighty authority, I ammaster almighty authority.
Intellect , Knowledge, Power to Judge, Aether Energy, Subconscious Mind: Point no 16 <u>Practice</u> – Knowledge is the religion of my intellect.	Intellect, knowledge, power to judge, Aether Energy, Third Eye Chakra Point no 16 <u>Practice</u> - I, the soul, am endowed with the wealth of knowledge, I am master sun of knowledge.	Teacher, Guru, God: point no 11   Practice – I am the child of the ocean of purity, I am a pure soul.   Brother, sister, relatives & colleagues: point no 1   Practice – I am the child of the ocean of happiness, I am a happy soul.
<b>Resolves, Power to Adjust, Unconscious Mind:</b> Point no 15. <u>Practice</u> – Purity is the religion of my resolves.	<b>Purity, Water Element, Sacral Energy Chakra</b> Point no 11 <u>Practice</u> - I, the soul, am endowed with the wealth of Purity, I am pure soul.	Spouse: point no 2   Practice – I am the child of the ocean of love, I am a loveful soul.   Children: point no 13   Practice – I am the child of ocean of bliss, I am a blissful soul.   Self: point no 16   Practice – I am the child of the ocean of knowledge, I am master sun of knowledge.

Planetary Period (ग्रह्में की दशा)	Planetary Period ill Effects	Improve Astrological Planetary Period Effects (ग्रहों की दशा)
Sun	Stubbornness, dominating nature	No. 8 Power to Cooperate; No. 15 Resolves; No. 1 Fire Element
Moon	Up and down changes in mentality/psyche	No. 14 Mind; No. 10 Peace; No. 11 Water Element
Mars	Getting very angry easily	No. 12 Power; No. 6 Power to Face
Mercury	Lose ones reasoning power, unable to take good decisions	No. 7 Power to Discriminate; No. 16 Intellect; No. 2 Love
Jupiter	Behave badly with others	No. 4 Politeness; No. 5 Introvertedness; No. 13 Angelic State; No. 1 Joy
Venus	Pleasure seeking mentality, increased indulgence in sex-lust	No. 11 Purity; No. 12 Power; No. 1 Joy
Saturn	Remain stressful always	No. 9 Power to Tolerate; No. 3 Determination; No. 16 Intellect
Rahu	Loss of health, wealth and mental state	No. 14 Mind; No. 15 Resolves; No. 16 Intellect
Ketu	Changed mentality and degradation of qualities (sanskar)	No. 14 Mind; No. 15 Resolves
Neptune	Increased mental peacelessness	No. 10 Peace; No. 15 Resolves
Uranus Destructive mentality		No. 15 Resolves; No. 16 Intellect