

SELF WELL-BEING EXERCISE

ALTERNATE METHOD OF UNIVERSAL WELL-BEING EXERCISE

Human, every living and non living things are collection, combination and coordination of several energies forming that body's, things own energy field. The energy field ultimately reflects happiness in case of human beings. As long as energy field is at its natural, ideal and positive state, body is healthy, peaceful and happy. The moment, field gets disturbed this state is lost. The same original state can be restored back by converting the surrounding energy in the universe in required form and transfer the same to the body are things.

In case of the present project, the conceptual, creative, positive, strong energy is being generated, amplified and relayed from Shaktidata centre at Pune. Certain disciplined exercises are being used to tap and use this energy for attaining happiness.

The main element of Conceptual, Creative, Positive Energy is the concept or wish or desire of a human being for solving any actual problem in life. However, the concept essentially needs to be pure and has to be of constructive or positive motive (which is termed as 'satvik' in Indian language).

Universal Well-being exercise : The exercise is divided in 2 parts (1) **Universal Well-being part** charging exercise consisting 4 sub parts and (2) **Self well-being part** which is further divided in two sub parts (a) **Universal charging** and (b) **Self charging**.

Self well-being exercise : It comprises of Universal charging and Self charging.

A. Universal charging Procedure : The person/ persons should -

- i) Seat or lie down or stand in comfortable position. His/her body should face towards the direction of Shaktidata centre, Pune, Maharashtra (India).
- ii) Close the eyes and breath normally and concentrate on self breathing,
 - i) Bring the problem of self or of others in his/her mind,
- iii) Make in mind (concept/wish) and say three times that- 'all in the universe having the similar problem as brought in mind are getting rid of this problem'.
- iv) Imagine that Conceptual Creative Positive Energy is coming from Shaktidata centre, Pune spreading in the universe in all directions and reaching to problematic bodies/things and causing to solve this problem of all in universe,
- v) Feel that your wish of solving the problem of all in the universe is being fulfilled and solved.
- vi) After about 2 minutes approximately open the eyes and continue next step of self charging.

B. Self charging Procedure : The person should -

- ii) Seat, lie down or stand in comfortable position. His/her body should face towards the direction of Shaktidata centre, Pune.
- iii) Close the eyes and breath normally and concentrate on self breathing,
- iv) Bring the problem of self or of others in his/her mind
- v) Make in mind (concept/wish) and say three times that- 'I am or he/she is getting rid of this problem or the problem is being solved', depending upon the concept or wish selected.
- vi) Imagine that Conceptual Creative Positive Energy is coming from Shaktidata centre and spreading in all direction in his/her own body or at the place where the problem exist (as per the concept) and imagine to bring this energy to the problem which causes to cease down the problem.
- vii) Imagine that the energy is moving around the problem to solve it.
- viii) Feel that the problem is solved.
- ix) After about 2 minutes approximately open the eyes.

Alternative procedure of selfless service for happiness formation:

The alternative procedure is to use only self well-being exercise (excluding universal well-being exercise). For this, first decide a particular problem and do universal charging (as explained here above) for this problem for a duration of 2 minute (instead of 1 minute as mentioned here above) followed by adopting exercise of self charging based on the similar problem for a duration of 2 minutes as explained here above.

ENERGISED WATER

- 1) Take water in a glass. Take quantity as per your requirement.
- 2) Hold it in hand, face towards Shaktidata, Pune, Maharashtra, India.
- 3) Feel that Energy coming from Pune is charging the water and converting properties of water such that those who will drink this water will get health and his disease will be eradicated and will get complete health.
- 4) Do this for 30 second (half a minute).
- 5) Like this one can repeat for other desires. This can be repeated along with Universal Energy Exercise for better results.

Important Note :

- (1) If we continue to repeat Universal Well-being part you will become strong, capable and creative.
- (2) For one desire after doing Universal Well-being part once we can repeat 3 to 4 times self well-being part for the same desire. Similarly for other desires one has to repeat exercise accordingly.
- (3) At 9.00 pm (IST) one can perform these exercises along with energised water. One will get better and faster realisation for solving problems in family and establishing peace and harmony in family.

S. H. F.

(Selfless-services for Happiness Formation)

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