

# S. H. F.

(Selfless-services for Happiness Formation)

## UNIVERSAL WELL-BEING EXERCISE

(Vishwa Kalyan Sadhana)

Human, every living and non living things are collection, combination and coordination of several energies forming that body's, thing's own energy field. The energy field ultimately reflects happiness in case of human beings. As long as energy field is at it's 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** : 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.

1. **UNIVERSAL WELL-BEING EXERCISE :** It comprises of four steps namely exercise for (1) Universal health, (2) exercise for universal well behavior (virtuousness), (3) universal well-being and glorious life (4) exercise for happiness.

### 1. Universal well-being part

It comprises of three steps namely exercise for universal health, exercise for universal well behavior (virtuousness), exercise for glorious life and exercise for universal happiness.

#### Procedure :

##### Step 1 : The person / persons should -

- i) Sit, lie down or stand in comfortable position. Their body should face towards the direction of 'Shaktidata' centre at Pune.
- ii) Close the eyes and breath normally and concentrate on self breathing.
- iii) Feel in mind (concept / wish) that - **'Everybody in the universe should be healthy'**.
- iv) Imagine that Conceptual Creative Positive Energy is coming from 'Shaktidata' centre, Pune and spreading with speed in the universe in all directions and causing to make all healthy.
- v) Feel that all living beings, creatures, plants, etc. are becoming healthier.
- vi) Do it for about 30 seconds, then keeping eyes closed follow step 2 :

##### Step 2 :

- vii) Change the concept/wish & have a feeling that - **'Everybody in the universe behave cooperatively & virtuously'**.
- viii) Imagine that Conceptual Creative Positive Energy is coming from 'Shaktidata' centre, Pune and spreading with speed in the universe in all directions and causing to make all virtuous.
- ix) Feel that all living beings, creatures and plants, etc. are becoming virtuous.
- x) Do it for about 30 seconds, then keeping eyes closed follow step 3 :

##### Step 3 :

- xi) Change the concept / wish and have a feeling that - **'Everybody in the universe is living gloriously'**.
- xii) Imagine that Conceptual Creative Positive Energy is coming from 'Shaktidata' centre, Pune and spreading with speed in the universe in all directions and causing to make all lives glorious.
- xiii) Feel that all lives of human beings, creatures, plants, etc. in the universe are becoming glorious.
- xiv) Do it for about 30 seconds, then keeping eyes closed follow step 4 :

##### Step 4 :

- xv) Change the concept/wish and have a feeling that - **'Everybody in the universe should receive well-being and live happily'**.
- xvi) Imagine that Conceptual Creative Positive Energy is coming from 'Shaktidata' centre, Pune and spreading with speed in the universe in all directions and causing to make all lives happy.
- xvii) Feel that all human beings, creatures, plants, etc. in the universe live happily and continue to live happily forever.
- xviii) Do it for about 30 seconds, then slowly open the eyes.

All the steps should be immediately followed for Self well-being exercise as follows :

## 2. Self well-being part

It comprises of (A) Universal charging and (B) Self charging.

### A. Universal charging :

**Procedure : The person/ persons should -**

- i) Sit 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) Have a feeling (concept / wish) and say three times that- 'all in the universe having the similar problem as brought in mind should get 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 the universe.
- v) Feel that your wish for solving the problem of all in the universe is being fulfilled and solved.
- vi) After about 1 minute open the eyes and continue next step of self charging.

### B. Self charging :

**Procedure: The person should-**

- ii) Sit, 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) Have a feeling (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 minute 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. **This is for solving major problems.**

### **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.

---

### **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.

---

## **S. H. F.**

**(Selfless-services for Happiness Formation)**

Shaktidata, S.No. 50/7, Siddha Nagar, Behind State Bank of India, Wadgaonsheri, Pune - 411 014, Maharashtra (India)

**Contact No. :** 020-66117934, 09860964323, 09527997149

**E-mail :** [contact@shf.net.in](mailto:contact@shf.net.in) **Web :** [www.shf.net.in](http://www.shf.net.in), [www.universalwellbeing.info](http://www.universalwellbeing.info) / [www.vishwakalyan.info](http://www.vishwakalyan.info)