

Certificate in Integrative Palliative Care – 3
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Week-04
Lecture 34: Pranic Healing Five Elements

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Pranic Healing
FIVE ELEMENTS

Lecture:- 3

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NAPCAIM

Namaste. Today we are going to discuss the five elements. How we are supposed to take the energy from the five elements is something we will know in detail. So before going over the five elements, we will discuss what prana is. So prana is the element inseparable from the soul. When the Prana stays in the body, the soul resides in the body.

Once the prana leaves, everything is finished. Our identity, our status, our relationship—everything is associated with this Prana. As we have the Prana inside our system, that's the reason we call it Pranic. So the quality of the prana is affected by the consciousness of the people surrounding the image.

Suppose a child is living with the parents; if they have high consciousness, their consciousness definitely helps the children's evolution. The development of the prana is influenced by the past life's samskaras. In day-to-day life, we come across many children

who are child prodigies. They do extraordinary things at a very young age. I came across a child who was three years old and able to recognize all the ragas.

His mother was a musician, and she used to sing the ragas, and we immediately told the names of the ragas. So how is it possible at the young age of three? It is not at all possible for the child to recognize the Raghas. It is the past life knowledge that he is carrying in this life, in this incarnation. That's the reason he is able to do this miraculous thing. Prana manifests itself as thought, emotion, and awareness in human beings.

So, first of all, we should know about the thought. There are three levels of thought. One is a higher level of thought, the second is middle, and the third one is a lower level. A higher level of thought was given by the great sages, saints, and great individuals. So their thought supposes Swami Vivekananda says, "Arise awake and stop not till the goal.

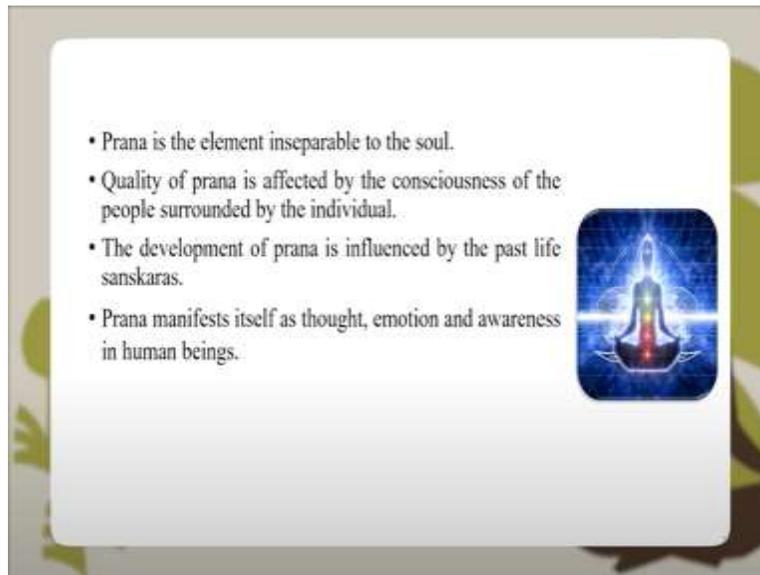
" That thought will remain in this generation and in the coming generations together. Because that is the truth. The truth prevails irrespective of the changing eras. So that comes under a higher level of thought. The second one is the middle level of thought.

Suppose we want to accomplish something. Until and unless we accomplish that thing, that thought will revolve in our mind. Once we achieve the goal, the thought subsides. This comes under the middle level. The third level of thought is the highest level.

Comes and goes. Quite a number of times, many thoughts come. According to psychologists, a person has 60,000 thoughts will come. So, among these 60,000 thoughts, some are at a higher level and some are at a middle level. And some are at the lower level.

So this Prana, when it is completely elevated, is only in the higher level whenever the thought comes.

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- Prana is the element inseparable to the soul.
- Quality of prana is affected by the consciousness of the people surrounded by the individual.
- The development of prana is influenced by the past life sanskaras.
- Prana manifests itself as thought, emotion and awareness in human beings.



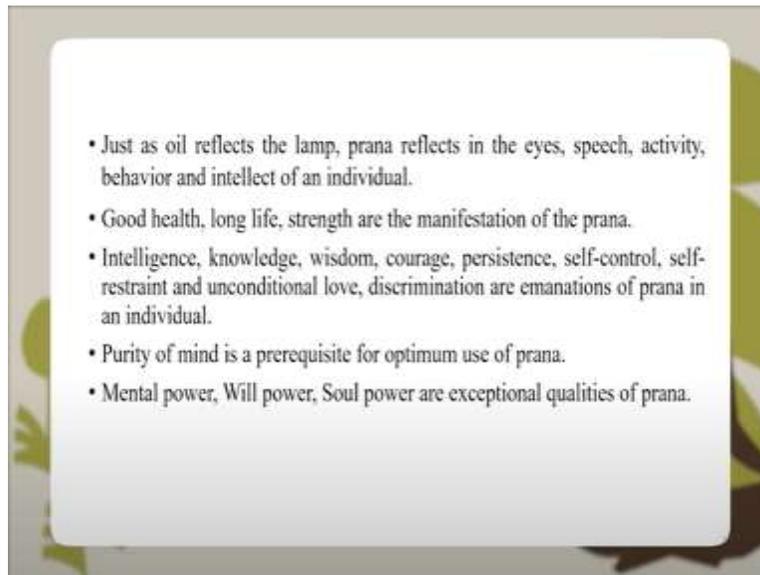
Next, we will discuss the emotion. There are two types of emotions. One is a higher emotion; the second one is a lower emotion. A higher level of emotion means loving kindness, empathy, sympathy, forgiveness, and generosity.

These all come under higher emotions, which we will express for humanity. What are the lower emotions? They are like anger, hatred, leg-pulling, backbiting, jealousy, and envy. So depending on the elevation of the prana, sometimes we are at a higher level of emotion. We are very compassionate. We feel that the whole world is our family.

Vasudhaiva Kutumbakam. And sometimes we are very selfish and are only concerned with ourselves. So when we are confined to ourselves, the thoughts that come are at a lower level. So depending upon the nature of the prana, the thoughts and emotions vary. And the third one is the awareness.

Awareness also varies from person to person. Some people are more aware than others. They always think about other people. They always have knowledge about the environment, about the city, about the current scenario, and the happenings that are going on in their lives, in the world, and in the country; they are more aware. So depending on the level of the prana, this thought, emotion, and awareness vary from person to person.

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Just as oil reflects in the lamp, prana reflects in the eyes, speech, activity, behavior, and intellect of an individual. So, some people, if you see, have very attractive eyes because the Prana reflects in them. Normally, we know about Gandhiji, also known as Mahatma Gandhi. The British people, they say, don't look into the eyes of Mahatma Gandhi. If you look into their eyes, into his eyes, he will have that mesmerism.

He will definitely be influenced by his personality. So don't look into his eyes and speak to him without looking into his eyes. Prana also reflects in speech. Some people's speech is such that it is very, very attractive. You feel like listening to them for hours together.

That prana is only reflected in the speech. Prana reflect in the activity. Some of the people, if you see them from 6 in the morning until 11 o'clock, are always energetic and active; in their presence, you also feel the energy. Some people's behavior is very down to earth and humble, so you want to imbibe their qualities and intellect. Some people are very intellectual from a young age; they are very intellectual when compared to their fellow beings.

This is all because of the level of prana. Depending on the development of the Prana, these changes vary from person to person. Good health, long life, and strength; these are all the manifestations of the Prana. Everybody wants to lead a very good life. They want to maintain their health.

Nowadays, people are more concerned about their health. And everybody wants to lead a long life. That's the reason many researchers are conducting research on increasing the

longevity of human beings. And everybody wants to be strong, always wanting to be energetic. So these all depend upon the manifestations of the prana.

And intelligence, knowledge, wisdom, courage, persistence, self-control, self-restraint, unconditional love, and discrimination—these are all the good qualities; these are all because of the emanations of the prana in the individual. That also varies from person to person. Depending on their degree of evolution of the prana, it varies from individual to individual. So, purity of mind is the prerequisite for the optimum use of prana. So we have to be pure, not only in speech but in actions.

So the purity is higher, we can use the prana at the maximum level. Mental power, willpower, soul power—these are all exceptional qualities of prana. Some people are mentally very strong, irrespective of difficult circumstances or situations in life; they are bold and strong because they have strong mental power. Some people have strong willpower. They say, "I will do it at any cost.

" Even the sun may rise in the west, but I will. So it shows their strong willpower. And then, soul power. In Hindi, we call it Atmabal. The soul power coming from the soul and within.

So, the person who is on the spiritual path has a very, very strong soul power.

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Now, let us discuss the five sources of Prana. So, how do we get energy from these five sources? We will discuss it in detail. We will also do the practical. First, what are the five sources? Let us first understand.

Earth Prana, Water prana, sun prana, prana from air, prana from ether, prithvi tatva, jala tatva, agni tattva, vayu tatva and akash tatva.

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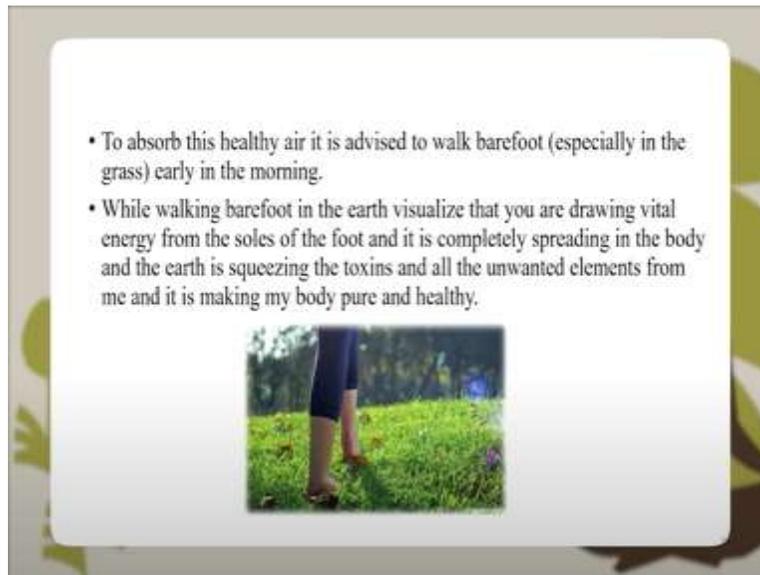
- Earth is having the natural property to absorb the toxins.
- In the ancient times the great sages and saints of India, dig the caves and used to reside there.
- In the Brahma Muhurt the healthy air emanating from the earth.



First, we will understand the earth's prana. Earth has the natural property to absorb toxins. That's the reason why, if you go to a doctor, they say to just walk early in the morning barefoot. So that you will absorb a larger amount of air.

Especially on the grass. Our saints and sages of India are very well aware of this fact. And they used to dig the caves and reside in them. So that they can absorb a larger amount of earth. Why? Because they eat a very small amount of food and do a lot of sadhana. In the Brahma Muhurtha, healthy air is emanating from the earth.

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The slide contains two bullet points and a photograph. The first bullet point states: "To absorb this healthy air it is advised to walk barefoot (especially in the grass) early in the morning." The second bullet point states: "While walking barefoot in the earth visualize that you are drawing vital energy from the soles of the foot and it is completely spreading in the body and the earth is squeezing the toxins and all the unwanted elements from me and it is making my body pure and healthy." The photograph shows a person's legs from the knees down, walking barefoot on a lush green field of grass. The person is wearing dark shorts.

- To absorb this healthy air it is advised to walk barefoot (especially in the grass) early in the morning.
- While walking barefoot in the earth visualize that you are drawing vital energy from the soles of the foot and it is completely spreading in the body and the earth is squeezing the toxins and all the unwanted elements from me and it is making my body pure and healthy.

So when you walk early in the morning, you can take in this prana. And especially if you walk in the grass and do pranayama and deep breathing, you can absorb a greater amount of earth. So we will do the practical job of how to absorb this prana from the earth. So wherever you are sitting—whether you are in the office or in your room—wherever you might be.

You just sit and relax for a while. Gently close your eyes. Do deep inhalations and exhalations. Inhale very slowly and gently.

Exhale very slowly. Inhale the peace. Inhale happiness. Inhale the bliss. Inhale the stillness. With this state of mind, gently inhale and visualize that you are drawing prana from Mother Earth through the soles of your feet, and that prana you are absorbing into your system is penetrating each and every cell, each and every particle, each and every chakra, and each and every organ.

completely regenerating and revitalizing. Gently hold the breath for three seconds. One, two, three. Exhale very slowly and gently visualize all the toxins all the unwanted elements, disease causing elements are going away from your system deep deep inside mother earth through the soles of the feet 10 to 20 feet deep inside once again inhale visualize you are drawing the prana from mother earth through the soles of the feet there are two manager class that is called soul manager class the soul manager class you are drawing the prana the prana is entering into your system That is going through the meridians. You are completely regenerated and revitalized. The prana is completely circulating in all your 72,000 nadis.

Now gently hold your breath for three seconds. One, two, three. Exhale slowly and gently all the unwanted emotions; all the bad emotions, this is the only one. Inside Mother Earth with the presence of the deep, deep, deep central body. Once again, you visualize that you are doing the prana of Mother Earth. Absorbed each and every cell, each and every particle, each and every atom, each and every alcohol.

You are completely filled with new energy. You are filled with vitality. Now gently hold your breath for three seconds. One, two, three. Gently exhale. All the toxins, all the disease causing energy, and all the unwanted elements are going deep, deep inside Mother Earth with the souls of the people.

Now resume normal breathing, with deep inhalation and deep exhalation. Inhale very slowly and gently exhale. Inhale and exhale; just be aware of your body. Observe, don't expect, don't assume, don't visualize anything; just observe, just be aware of your body.

Observe the planet. You can do this in the grass if it is easily available to you. There is grass nearby. You can walk on the grass barefoot. But quite a lot of times it is not possible to go separately to any park or any area where it is greenery is there. The act of taking prana from the earth can be done by simply sitting in your room or in a place with good ventilation; you can sit where there is a free flow of air, especially if you sit on the ground, as it is quite possible for you to absorb more ground air.

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- Water is one of the important source of prana. It is said that water is life.(Jal hi jeevan Hi)
- Every cell in our body is having 72 to 75% water.
- Bathing is not just meant to cleanse the body, but it is a means of energizing the body through the electrical energy called vishwa and also to absorb oxygen, nitrogen and other essential elements required for the body.

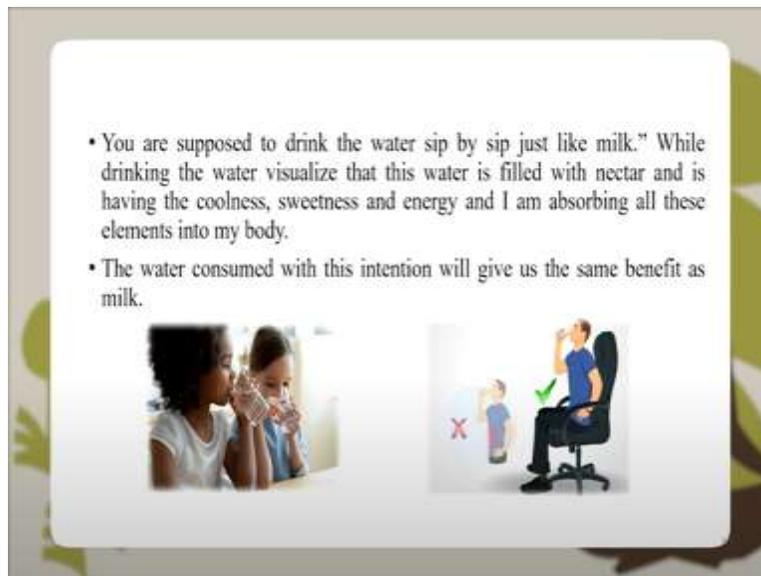


Now, let us talk about the prana from the water. We will discuss how to absorb the prana from the water. So we all know water is one of the vital elements, one of the important sources of time. Jal hi jeevan hi. Because water is life. Without food, we can stay, but without water, we cannot stay.

For a longer period of time. So every cell in our body has 70 to 75 percent water. Early in the morning, after waking up, we will brush our teeth and then take a bath. So once you take a bath, it does not mean only to cleanse the body. Water has electric energy that is called Vishwa. Through this electric energy, we are completely energizing our bodies.

And water also contains important elements that are essential for our body, such as oxygen and nitrogen, which are absorbed while taking a bath. So before taking a bath, we feel lethargic. Especially in wintertime, we feel like staying in bed for more time. Once we take a bath, we feel the freshness. Why? Because that electrical energy that was entering into our system.

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After taking a bath, we drink some water. Some people just have empty stomachs, and they also drink water. that we call it Ushapan. So whenever you drink the water, you drink it sip by sip while sitting in a chair or in a crowd.

Don't drink the standing water. That is not ideal. Whenever you drink the water, visualize that this water is filled with nectar, having coolness and sweetness, and containing all the energy required by me, and that I am absorbing all these elements into my system. When you consume the water, when you drink the water with this intention, it

will give you the same benefits as water. There is one researcher, one scientist; his name is Dr. Masaru Emoto He did a lot of experimentation on water.

He has written a book, "The Miracles: The Hidden Messages in Water." In this book, he mentioned the experiments that were done by him with the water crystals. In his experimentation, he came to know that water crystals absorb our emotions and our thoughts. Before the crystallized water, he made certain positive statements. When he made certain positive statements, he said, "You are looking very beautiful.

" The water crystals look very graceful. Really, they are looking very, very attractive. Before the water crystals, he said certain negative words like, "You are looking very ugly; you make me sick." When he sees the crystallized water after saying negative words, he feels a lot of negative emotions.

The crystallized water looks very dirty and very ugly. Not in good form. That means our water has the property of absorbing our emotions and thoughts. So here we have to entrust the whole day to what we are thinking about ourselves and about other people. If we are thinking positively, if our emotions are positive, the water is completely absorbing this positive energy. If we are thinking negatively, we are having negative feelings about other processes, then what happens? Our water is disturbed. Later, these disturbances that were in the water, because our body has a water percentage of 70 to 75 percent, absorb these negative emotions and thoughts, and these negative emotions and thoughts will not stay inside the water; they will go to the organs, they will go to the chakras, and later they will manifest as chronic disorders.

Like arthritis, cancer, diabetes, heart ailments, etc., we will go to different doctors, super-specialty and multi-specialty hospitals, and no doctor or specialty hospital will inform you that you are only responsible for your diseases and problems. So we have to do our own self-introspection, and whenever negative thoughts and emotions arise, we try to switch them to positive ones for our own good health and well-being.

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- Sun is the major source of energy for all the beings on earth.
- Try to absorb the sun prana in sufficient quantity.
- While giving jal (arghya) to the Sun, visualize that " Lord Surya's divine light is entering in each and every cell and particle of my body and my body is completely recharged by this energy. I am filled with vital energy, happiness and bliss".



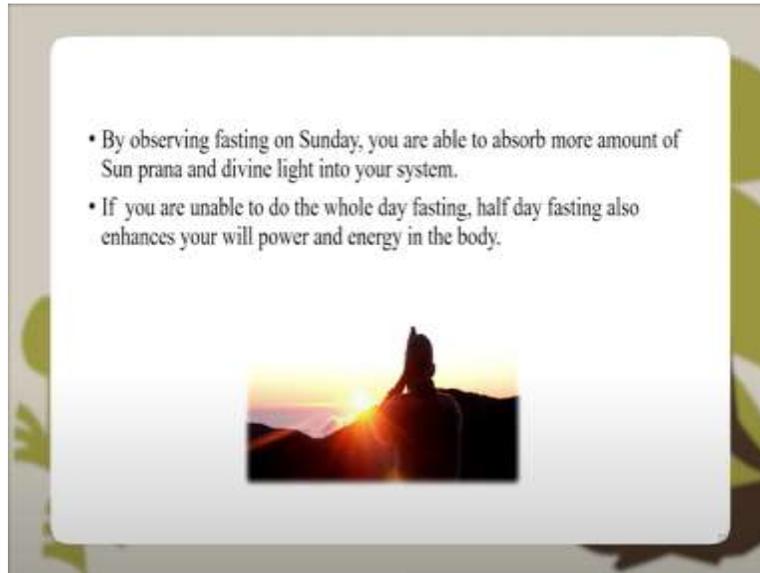
Now we will talk about the sun, which is the major source of energy for all living beings on this world. The sun is called the Pratyaksha Devata, the God, the deity whom we can see directly.

He is giving an enormous amount of energy to all the beings on this earth. We should try to absorb more amount of sun power from Lord Surya. Nowadays many people are talking about vitamin D, vitamin D3 deficiency. In order to increase vitamin D3 levels in the body, people are using vitamin D capsules and other supplements. So instead of taking all these supplements, we can directly absorb the energy. In our ancient Indian system, our ancestors has given us various techniques through which we can absorb more amount of sun power.

So one of the technique is giving Arghya, giving water to the Lord Surya. After taking a bath, we do the worship of God. While doing the worship, after finishing the Puja and the Sadhana, we give the Argya, the water to Lord Surya. So at the time of giving the water to Lord Surya, what we are supposed to visualize is that Lord Surya's divine light is entering each and every cell and particle of my body, and my body is completely recharged by this energy. I am filled with vital energy, happiness, and bliss because the sun has that enormous potential to penetrate each and every cell of us.

This visualization is very important.

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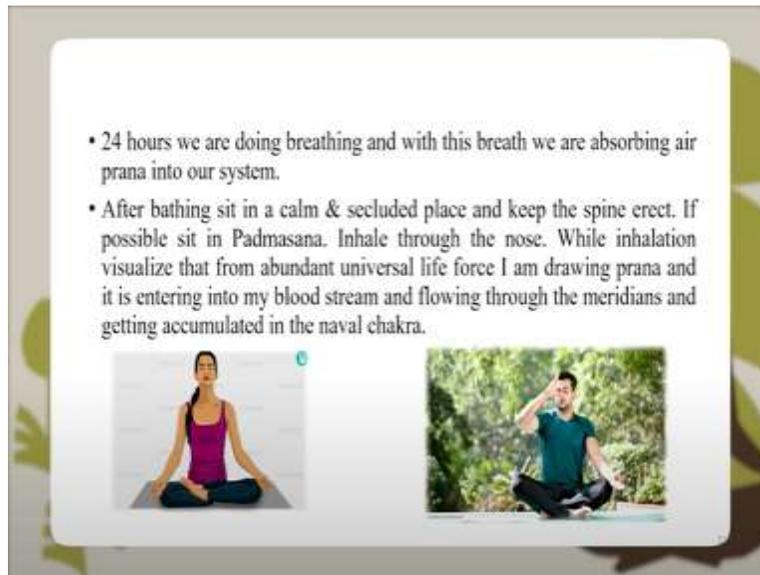


What are the other techniques for taking prana from Lord Surya? So you can observe faster on Sundays. If you are able to fast for the whole day, you can absorb a greater amount of sun prana and divine light into your system. If you are unable to do it, at least you can do half-day fasting. And after 12 o'clock, you can eat solid food.

Before 12 o'clock, you can depend on fruit and salads. Some more techniques for taking energy from Lord Surya are walking in the sun, especially during the winter. You can lie down on the ground where the sunlight is coming in. And you can sit in the sun for some time. These are all things are practice that are recommended, especially in times of winter, not in summers. And some people do sunbathing, especially on beaches, to absorb a greater amount of sun prana.

But whenever you absorb sun prana, it should be in moderation. Don't absorb a larger amount of sun prana. Because an excess amount of sun prana is also not good for the body.

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Now we will talk about air prana.

So we can stay without food. Without water, we can also stay for some time. But without air, we cannot stay. Not for a single second. Because it is an involuntary process that goes on from birth until death. So, while doing the breathing, we are absorbing prana from the air.

So the ancient saints and sages in India know the importance of this air prana. They used to do advanced levels of pranayama techniques so that they could absorb a greater amount of air prana. And they should rely less on food and water. That is the reason they can stay for many years without taking much food and water. Today, we are going to discuss and practice one such advanced technique.

So now, without wasting time, we should practice this advanced technique. So wherever you might be, gently relax and focus on your health. Sit in a comfortable position. If you wish, you can sit in padmasana.

Otherwise, you can sit in Sukhasana or Vajrasana. Which asana are you comfortable with, sit. And spine erect. Sit straight and then gently close your eyes. Do deep inhalations and deep exhalations.

Inhale very, very slowly and gently; exhale very slowly. Inhale and exhale. Deep inhalation and deep exhalation. Wherever your mind and emotions are going, just bring them back to the practice.

Focus on your breath. Be aware of your breathing. If thoughts are coming, just observe them. If they fade away, it will fade away. Deep inhalation and deep exhalation: inhale very, very slowly and gently; exhale very slowly. Inhale the happiness, exhale all the sadness; inhale the peace, exhale all the stress and tension; inhale the love, exhale all the negative feelings; inhale the peace, inhale the happiness, inhale the love, inhale the stillness, inhale the bliss. In this state of mind visualize you are drawing prana from the universe, and it is entering your system through your nostrils and through the pores of your skin; it is flowing inside your blood, going through 72,000 meridians, and it has accumulated in the Navel Chakra.

Now gently hold your breath for five seconds. One, two, three, four, five. Gently exhale, visualize all the toxins, all the disease-causing energies, and unwanted elements. Coming out from your system, going far, far away once again, inhale and visualize the universal life force, the prana you are absorbing inside your system. It is going deep, deep inside your blood, flowing through the meridians, and it is accumulated in the navel chakra.

Gently hold your breath for 5 seconds. 1, 2, 3, 4, 5. Gently exhale. All the pain, all the discomfort. All the disease-causing energies, bad energies, are coming out of your system, going far, far away. Once again, we will visualize the universal life force, the prana, that you are drawing deep, deep inside your system, going through your blood, flowing in the 72,000 meridians, 72,000 nadis, and accumulated in the navel chakra. Now feel that each and every cell, each and every particle, each and every chakra, and each and every arc are filled with this energy.

Now gently hold your breath for 5 seconds. 1, 2, 3, 4, and 5. Now gently exhale slowly and gently. Visualize all the energies which are not at all required by the body on all the unwanted elements all the toxins expelled from your body going far far away now resume the normal breathing just observe the aware of your body. Observe the blood is flowing very fast. And your meridians are completely regenerated and revitalized by this vital energy.

Just be aware. Don't expect; don't assume anything. Just be aware. Gently open your eyes.

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- While doing this you completely immerse yourself and visualize as if it is happening exactly in your system. When the lungs are completely filled with the air then hold the breath for 10 seconds and visualize that "Prana is completely filled in my organs. Then exhale the breath very slowly and visualize that all the toxins, diseases, negative elements are coming out from my system.
- Do it 10 rounds. After few days increase this practice up to 1 hour. After finishing practice you feel like the blood is flowing very fast, all the meridians are filled with new energy, freshness and current is flowing inside.
- By doing this practice for few days your physical and mental health will improve tremendously.

So, starting from 5 minutes to 10 minutes, gradually increase up to 10 rounds. After few days, if you increase this practice, for a while you feel your blood is flowing very fast, all the meridians are filled with new energy. The freshness and current is flowing inside your system. By doing this practice for a few days, your physical and mental health will improve tremendously.

You observe this is happening inside your system.

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- Akash Tatwa being the subtlest among all the tatwas is the most potent form of energy.
- Speech is of 4 different types:
 - 1) Vikhari – it is a form of speech which is spoken and heard. It is called "word".
 - 2) Madhyama – it is a form of speech which is expressed through sign language, facial expression and emotional expression through eyes. This is called bhava.
 - 3) Pashyanti – It is a form of speech emerges from the mind which can only be heard by the mind itself. This is called thought.
 - 4) Para – It is a form of speech which is coming from antahkarana in the form of ambition, desire, determination, motivation, boon and curse etc. It is called sankalp.



Now we will talk about Akash Tatwa, the ether. Akash tatwa, being the subtlest among all the tattvas, is the most potent form of energy. The thing that is subtle is having a greater amount of energy. So in order to understand the Akash tatwa, we should know about four types of speech. What are they? Vaikhari, Madhyama, Pashyanti and Para.

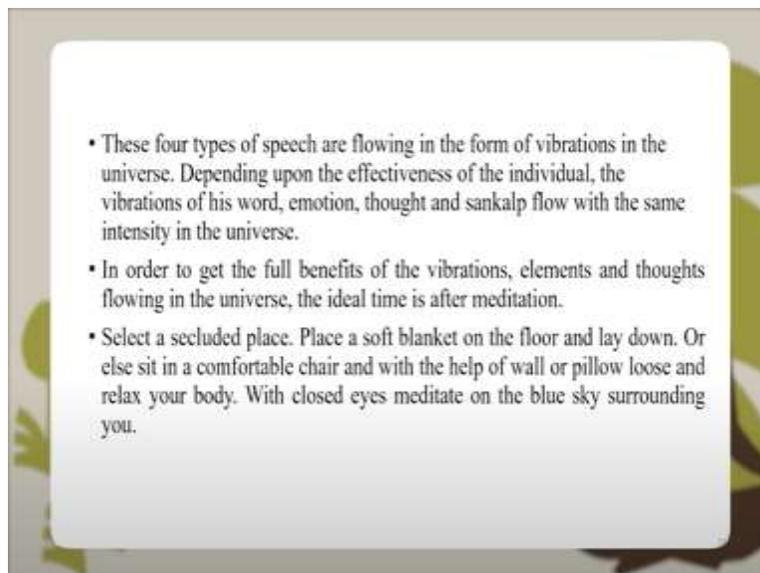
Vaikhari is a form of speech that is spoken and heard. That means I am talking, and you are listening. This is Vaikhari. Madhyama is a form of speech that is expressed through sign language, facial expressions, and emotional expressions through the eyes. This is called bhava. The third one is the Pashyanti Vāñī.

It is a form of speech that emerges from the mind and can only be heard by the mind itself. This is called thought. Quite a number of times with thoughts, we travel through the world. Suddenly we remember, oh, I have to come back. So it is; the thought is coming from within, and we are only understanding that the thought is going here and there.

So withdraw the thought and just be; try to be in the present moment. So, this is the Pashyanti Vani. The fourth one is Para vani. It is a form of speech that comes from Antakrana. Like ambition, desire, determination, motivation, it is both a boon and a curse.

It is called Sankalpa. So these four types of speeches are Vaikhari, Madhyama, Pashyanti, and Paravani.

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They are flowing through the universe in the form of subtle vibrations. Depending on the elevation of consciousness of the individual, he is able to attract and feel the words, emotions, thoughts, and sankalpa with the same intensity that is flowing in the universe. So, in order to get the full benefit of these vibrations, elements, and thoughts flowing in the universe, the ideal time is after meditation. And for this, in order to get the benefit from these thoughts, these four types of speech are flowing in the universe in the form of subtle vibrations.

In order to get the benefits of these subtle vibrations, we are supposed to do Akasha Tattva Dhyana. The meditation on the sky. So before doing the meditation, we should try to understand these four types of speech through some simple examples. Suppose we have the transistors. If we change the station, we are able to listen to the songs; just switch on to another station, and we can listen to sports commentary.

Once again, we can listen to the news, so as the station changes, the content also changes. In the same way, the thoughts, the emotions, the words, and the sankalpas that have been in the universe since time began. Because the words, the thoughts, and the emotions that were spoken by the people for ages were there in life and were lying in the universe. So the greater the thoughts, the greater the sankalpas taken by the great saints and sages of India, great individuals, we can benefit from these thoughts. But depending on the consciousness of the individual, they are able to connect with those higher levels of thought, higher levels of emotion, and higher levels of sankalpa. So in order to connect with these higher levels of subtle vibrations, we are supposed to do Akasha Tattva Dhyana for the sky meditation.

There is no need to sit with your spine erect; you can relax completely. You can lie down on your bed or on the mat. You can also take the help of a pillow and lean on a chair or against the wall, whichever is convenient for you. You can do this according to your comfort, and then gently close your eyes. Let us do this. Akash Tattva Dhyana, close your eyes gently, completely relax yourself, take a deep inhalation and a deep exhalation, bring your mind from outside, and ready yourself for the inner journey.

Inhale very, very slowly and gently exhale very slowly. Deep inhalation and deep exhalation are important. Inhale the peace. Exhale all the tension, all the anger; inhale the happiness.

Exhale all the sadness; inhale the love. Exhale all the envy, jealousy, and feelings; all the hatred. Inhale the stillness. Inhale the bliss. Completely relax yourself. Now visualize that you are surrounded by the blue sky. When you meditate on the blue color, you feel the coolness and the peace within yourself.

Meditate on the blue sky; to make the meditation easier, go back to your childhood days. In childhood, we would lie down on the top floor of the terrace, looking up at the blue sky from the bed or the mat. Moon, we are counting the stars. Just remember to recall those golden memories; then it is very easy for you to meditate on the sky.

You and the sky become one—Advait Ka Bhav. There is no duality. To become one with the sky, meditate on the blue sky in the clear blue sky, the higher level of thoughts, the positive influence. The satsang kalpas, the positive energy coming from all directions, are entering my system in the form of subtle vibrations. Visualize. With the influence of these subtle positive vibrations, my antahkarana is filled with a lot of empathy, sympathy, generosity, forgiveness, compassion, humbleness, and wisdom.

All the virtues are awakened and implanted in the system, and all the vices are plucked off. Visualize and meditate on the blue sky. You and the blue sky become one. From the clear blue sky, visualize the positive thoughts, the positive emotions, and the higher level of Sankalpas coming from all directions, entering my system in the form of subtle vibrations.

With the influence of these subtle vibrations, all the virtues are awakened and implanted, and all the vices flood out. Visualize. Meditate on the blue sky. In the clear blue sky. The thoughts that have the ability to transform you completely, the higher level of emotions, the positive influence, and the satsang kalpas coming from all directions, entering my system in the form of subtle vibrations. With the influence of these subtle vibrations, all the virtues are awakened, and all the vices are plucked out.

I am able to connect with my guru, with my master, with my deity. I am able to receive their blessings and their messages. I am becoming an instrument of the Divine. I am living my life for a purpose. Inhale very slowly and gently, exhale very slowly, and meditate on the blue sky. Try to feel the connection with the Master, the Guru, the higher beings, and your deity.

Feel the energy inside your system, absorb the energy, absorb the blessings by doing deep inhalations and exhalations. Be aware of your body; just observe your body. You might be feeling the subtle vibrations inside your system.

You are feeling that happiness and that interconnectedness. Inhale very, very slowly and gently. Exhale very slowly. Deep inhalation and deep exhalation. Convey your gratitude to your master, your guru and higher beings and your deity for all the divine energy and blessings. For their unconditional love, mercy and compassion.

For making you as an instrument for the divine. Gently open your eyes with a big big smile. Today we have discussed about the five elements and their importance and how to

take the energies from these five elements. And we also came to know about the meditation and the Akasha Tattva. Whenever you find time, you just practice this valuable methods so that you can get get enormous benefit of this energies. Thank you, namaste.