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## RESEARCH ARTICLE

### AN ANALYSIS OF EFFECT OF ACUPRESSURE 14 POINTS EXERCISE COMBINED WITH THE CONCEPT OF BIOMAGNETISM DESIGNED BY SRI VETHATHIRI MAHARISHI, A NON-PHARMACOLOGICAL METHOD TO CURE HEART PROBLEMS AND TO IMPROVE THE QUALITY OF LIFE STYLE ON A 38 YEAR OLD WOMAN HEART PATIENT – A CASE STUDY

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#### Abstract

The current research article concentrates on the application of effect of Acupressure 14 point exercise in combination with a novel concept coined by a south Indian born savant Sri Vethathiri Maharishi, so called Biomagnetism. The combined effect of these two yogic practices culminated in the invention of a treatment which involves no drug, no side effect, an inexpensive curative method. To find out the effectiveness of these two, the research scholar searched and found a suitable heart patient who was a 38 year old, active sports woman who was suffering from Mitral valve prolapse which led her to lead a depressed, dejected and sober life and so tried an experimental trail method on that patient. The patient co-operated with clear cut rigorous instructions of continuous and unintermittent yogic practice, for a period of six months with determination and with a fervent hope of full recovery from the heart problem. After the exposure of these two exercises, her quality of life style has been completely uplifted to a higher level and now the patient is leading a peaceful and blissful life.

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## INTRODUCTION

Man is a crown of creation. He is a Schizophrenic and a split personality. Today life has become never ending process due to advancement of science and technology has resulted in the infusion of various diseases like Hypertension, Insomnia and Cardio related problems. Hence to eradicate this problem in day to day life and to lead a peaceful life void of all this man killer diseases, Swamiji designed Acupressure 14 points exercise (Vethathiri Maharishi, 2012). Which is a part and parcel of Sky yoga. By performing the exercise, any short circuit or temporary stoppage of electric supply around the body can be rectified. In every human being, the bio-magnetic intensity and strength depends on the quantity and quality of the life force particles. (Anton Jeyasuriya, 2001).

### GENERAL MECHANISM OF ACUPRESSURE EXERCISES AND ITS FUNCTIONING:

Acupressure exercise is a simple exercise which involves application of mild pressure with the help of either thumb/index finger. By doing so, it ensures free flow of electrical energy without any short circuit by removing air bubbles in the nerves and helps in free flow of blood circulation. Prana Shakthi (Cosmic energy) is spreaded all over the body from universe, this prana is known as Uvir Sakthi (Life energy). The general theory of acupressure is based on the fact that bodily functions are regulated by energy called chi (Vora, 1999) which flows through the body, disruptions of this flow are believed to be responsible for diseases.

### CONCEPT OF BIO-MAGNETISM:

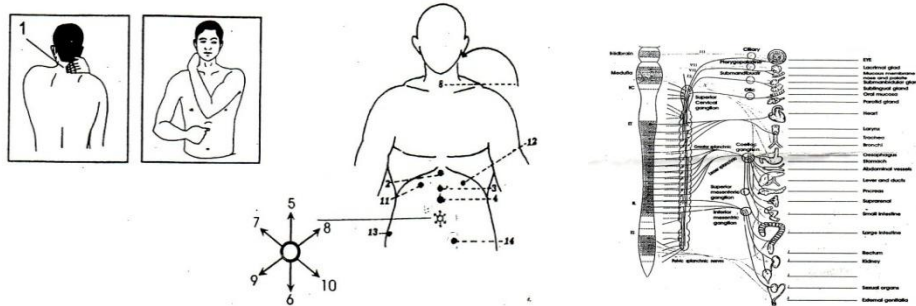
Innumerable life-energy particles are circulating inside the body. These particles are also rotating, i.e. spinning. Due to their spinning nature, waves are being emanated from each one of the life-force particles and the

aggregate of these waves is called 'bio-magnetism'. It is a known fact that whenever electricity flows in copper wire electromagnetism is produced around its path. Similar to that whenever life force particles circulate inside the body produces the Biomagnetism. (Vijayalakshmi 2013)

This concept of bio-magnetism is a new phenomenon explained very clearly by swami Vethathiri maharishi. According to him, the bio-magnetism is a fundamental vital force which determines the Physical health of the human being, depletion of which below a critical level will result in the development of various kinds of diseases including hypertension and insomnia problem and also anxiety with mental depression. The bio-magnetism thus depleted below certain minimum critical level can be enhanced to above the minimum critical level by strictly regulating the quantity and quality of food, work, sleep, sexual gratification and thought force which is otherwise called as five factors limit and method. In addition to the above, the Biomagnetism (Nagarjuna 2012) can also be boosted to above minimum critical level by a continuous practice of Acupressure 14 points exercise. (Refer Questionnaire attached)

### THE ACUPRESSURE 14 POINTS EXERCISE CAN BE EXPLAINED AND INTERPRETED AS FOLLOWS

To start with, we should use our index finger and thumb to apply pressure on particular meridians in our body. At the same time we should concentrate every point for 1 a minute till the exercise is completed as shown in the following picture.



**Point1:** The placing of the left hand across the nape and holding static there, over the 7<sup>th</sup> cervical spine area, which lies over on a fixed point which underlines parasympathetic ganglia via, the superior, middle and inferior cervical ganglion. By applying pressure on this fixed point with the help of either moving index finger or thumb finger to complete the bio magnetic electric flow by pressing specific points, concerned with different will be completed in the respective organs\nerve fibers. Thus energy flows through the body and the organs are stimulated and regulated.

**Point 2:** This point just which is lying below the Xiphisternum is very important point called "Nabi Chakra" or "Solar plexus". Here thousands of sympathetic nerve fibers form a plexus, supplying nerve fibers to organs below the diaphragm. Anatomically this is the "Coeliac plexus" woven around artery called "Coeliac Axis". The correction of solar plexus and its importance is well known to every Yoga and naturopathy teacher.

**Point 3:** In between 2 and 4, the point rests over the stomach with its nerve supply through both the anterior posterior nerves of later jet which controls the acid secretion of the gastric juice. The pressure here regulates in the digestive process of the stomach.

**Point 4:** Pointed pressure here directly rests on the organ pancreas as well as the superior mesenteric nerve plexus. The secretion of insulin and glucagon secreted by pancreas might be effected by applying pressure on this point.

**Point 5, 6,7,8,9 and 10:** (Denotes various positions) Application of pressure on these points around the umbilicus denoting specific points. Anatomically, in the embryonic stage or in the later stages, elements of anatomic structures related the concerned systems exist, which might be the reason that these pressure points are given importance:-

**Point: 5 -12 O' clock position:** Liver point: This point underneath have the falciforms ligament, with the obliterate foetal umbilical vein, attached to the liver.

**Point: 6 – 6 O' clock position:** Bladder point: the partially obliterated remains of urachus persist as median umbilical ligament. Sometimes some remnant cysts may also be found at sub umbilical level called "urachus cysts".

**Point: 7&8- 11\2 and 10 1\2 Clock Positions:** Adrenal Point: Pressure over here goes a little deeper to the glands of suprarenal's which secrete epinephrine\ nor epinephrine group and corticosteroids, all of which control the stress management system.

**Point: 9&10 -4 1\2 and 7 1\2 Clock Positions:** Inguinal points: Here the inferior epigastria vessels from the hernia orifices end along with lateral umbilical fold and the obliterated round ligament of uterus. Hence this position is called as hernia point.

**Point 11:** This point lies below the right coastal margin, and when deep pressure is applied the liver takes the pressure and energy. Liver functions get regulated.

**Point 12:** Similar point on left controls the functions of the Spleen.

**Point 13:** This point is called as 'Gall bladder' point. (Where Murphy signs may be elicited during gall stone disease syndrome) Proper practice with concentration on these points will streamline the working liver, regulating the chemical processes therein.

**Point 14:** The last point is situated somewhere near the inferior mesenteric plexus Supplying the sigmoid and rectum. Hence it may be called 'Rectal point'. Herein absorption of fluids takes place, motion may be regulated and a good diet habit can be brought out. **(Raman 2004)**

#### **A CHRONOLOGICAL REVIEW OF CASE STUDY**

Mrs. S.Ramani is a 38 year old married and a very distinguished sports woman. She tied the knot at the age of the 28 and she gave birth to a hale and healthy baby boy in the following year .One year after first delivery, she got conceived for second time .Three months after 2<sup>nd</sup> conception, she underwent Echo – cardiogram to find out the nature of foetus, which showed that the developing embryo virtually had no heart beat. Immediately, the cardiologist advised her to undergo abortion and she agreed to. One month after abortion, she had the problems of over bleeding (profusely), palpitation, shortness of breath and ultimately got fainted. On further examination by a gynecologist, it was found that some residual foetal waste remained in the uterus. Hence she was advised to undergo abortion for second time to remove the same.

Under these circumstances, the cardiologist further suggested to perform another echo cardiogram. To his dismay, the echo cardiogram showed that Mitral Valve had shrunk in size to 1.96sq.cm and so she was advised to take tablets for some time to avoid further shrinkage. She followed the advice sincerely and continued taking tablets for eight months. Even after consuming the tablets for eight months, showed no improvement and her health was deteriorating day by day. Periodical visit to the cardiologist helped her to find out that the valve had further shrunk to a size of 0.98csq.cm. Hence she was again advised to undergo open heart surgery to correct the size of the valve.

She happily agreed to the surgery and after surgery, there was a remarkable increase in size from 0.98sq.cm to 3.5sq.cm In order to maintain the size of the valve intact, she was instructed to take an injection at interval of 21 days once. In spite of surgery and periodical administration of injection there was no improvement in size, but the valve size gradually diminished from the report of echo- cardiogram 3.5 sq.cm(2005), 2.21 sq.cm(2008), 2.22 sq.cm.(2009), 2.17 sq.cm(2010), 2.15 sq.cm(2012), 1.96 sq.cm (2013) (vide tabular Column)

Under this prevailing situation, a heavily depressed, dejected, panic stricken and sober lady, poured her woes to her close confident friend and sought for a permanent remedy to get relieved from this perennial problem. **(Cady S.H 1997)**

Her confident friend suggested to her about the functioning of world community service centre, name of Manavalakkalai Sky Yoga nearby and its active functioning and the various activities like Simplified exercise, Meditation, Kayakalpa and Introspection going on in the centre by the sky professors ,with love and compassion and the guidance rendered to relieve the pain and to continue to maintain good physique, to rejuvenate the mind and ultimately attain peace, pleasure and ecstasy in day to day life.

On hearing the suggestion made by her friend she approached the centre and narrated the entire episode and prayed for help. Then she was suggested to practice Acupressure 14 points exercise and also observe the concept of bio-magnetism level by strictly regulating the quantity and quality of food, work, sleep, sexual gratification and thought force which is otherwise called as five factors limit and method designed by Swamiji Vethathiri maharishi. She listened to the instruction given by the centre on these two exercises and she took note of the main and finer points on Acupressure 14 points exercise and the concept of Biomagnetism very carefully. She then started performing these two exercises rigorously, unintermittently and cautiously for six months duration.

Mention should be made at this point of time, that even though Sri Vethathiri Maharishi had instructed to apply a pressure of half a minute at every point with either thumb/index finger and to perform Acupressure 14 points exercise **(Vijayalakshmi 2014)** one time per day, now taking cognizance of the patient's health condition and for a speedy recovery from heart problem, she was advised to apply pressure at every point for a minute's duration and three times a day. This modified instructions helped her to recover from the heart problem at an early date. At this juncture, it is submitted with much humbleness that, it is not our intention on any account to violate swamiji's concept of half a minute duration and performance of this exercise one time per day and this modified version is adopted to help her to recover very easily from the problem.

After six months of continuous practice of this exercise, she went for a review and took Echo – cardiogram which showed that the size of the valve has attained a size of 2.17 sq.cm (2014). (6).The cardiologist was surprised to see the result and recommended her to continue the Acupressure 14 points exercise regularly to maintain the same

level to avoid further shrinkage. In addition to the performance of Acupressure 14 points exercise, the patient strictly adhered to the concept of Biomagnetism of five factors limit and method and her quality of life has been increased beyond her expectations. Hence she is jubilant and she is able lead a tension free, anxiety free life to have peaceful and blissful life. (Littman 1999)

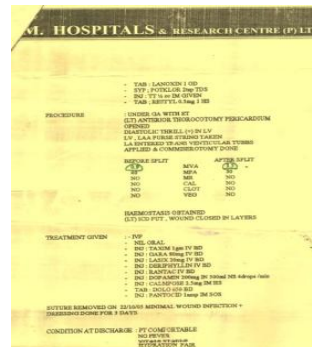
**TABULAR COLUMN I**

Mitral valve size	Month	year	status
In the beginning	August	2005	0.9 sq.cm
After the Surgery	August	2005	3.5 sq.cm
Again it shrunk to	October	2008	2.21 sq.cm
Again it size	December	2009	2.22 sq.cm
Again it shrunk to	December	2010	2.17 sq.cm
Again it shrunk to	January	2012	2.15 sq.cm
Again it shrunk to	September	2013	1.96 sq.cm
** By practicing Acupressure 14 points exercise regularly, now the valve size showed	September	2014	2.17 sq.cm

\*\* Indicates an Excellent improvement in the size of valve after performing the exercise. All the reports are enclosed herewith for your kind reference:



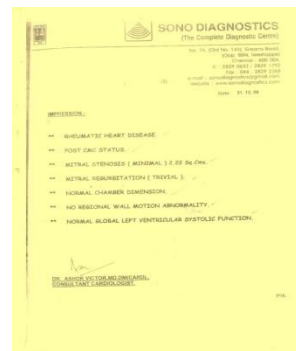
1. In the beginning (August 2005) Mitral valve size 0.9sq.cm



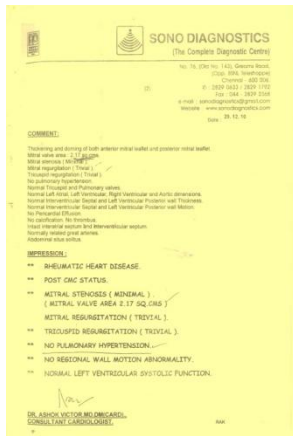
2. After the surgery mitral valve size 3.5sq.cm (September 2005)



3. Again it shrunk into the size 2.21 sq.cm (October2008)



4. Again its size into 2.22 sq.cm (December 2009)



5. Again it shrunk into the size 2.17 sq.cm (December 2010)



6. Again it shrunk into the size 2.15sq.cm (January 2012)



7. Again it shrunk into the size 1.96sq.cm (September 2013)

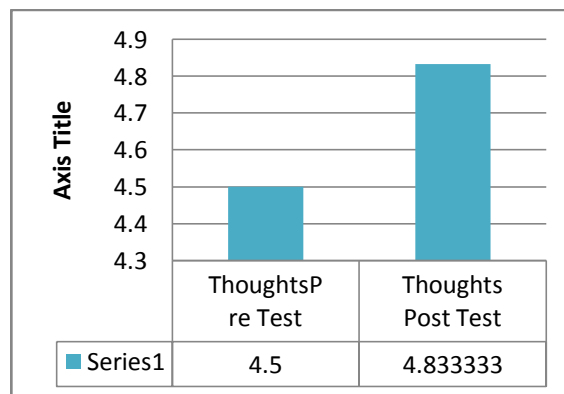
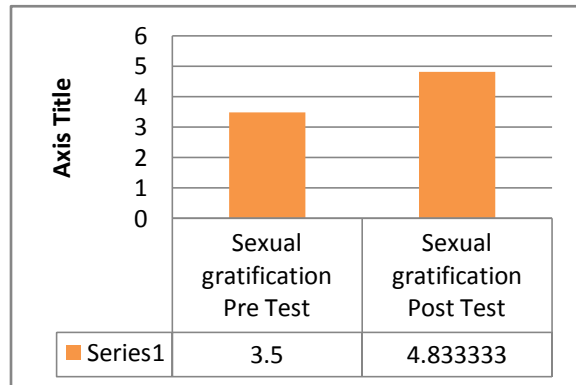
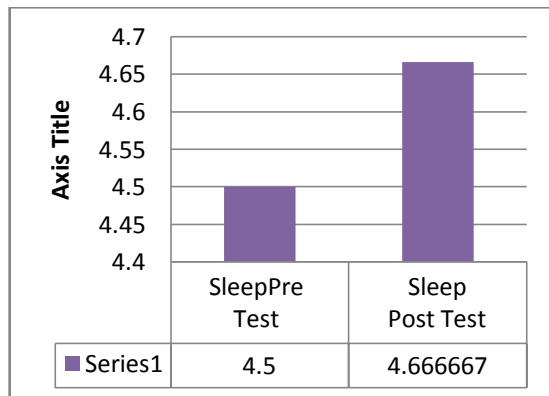
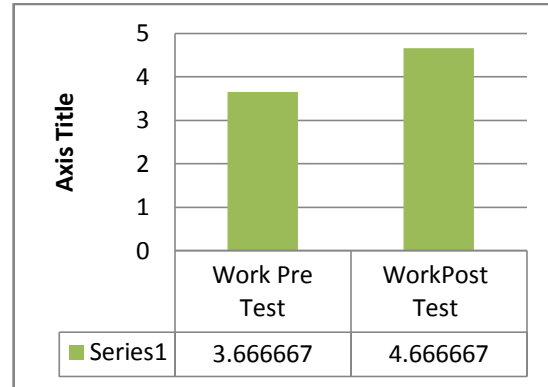
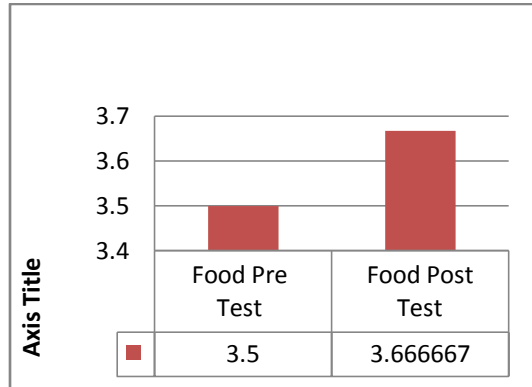


8. Thus, we are able to see the gradual improvement in the size of mitral valve from 0.9sq.cm to 2.17 sq.cm by practicing this exercise regularly (September 2014)

**Table 2 PAIRED SAMPLES CORRELATION FOR BIOMAGNETISM INVENTORY QUESTIONNAIRE METHOD**

S.NO	PARAMETER AWARENESS	PRE AND POSTTEST	DURATION (MONTHS)	CORRELATION	SIG.
1.	FOOD	FOOD	6	0.982	0.001
2.	WORK	WORK	6	0.943	0.005
3.	SLEEP	SLEEP	6	0.962	0.002
4.	SEXUAL GRATIFICATION	SEXUAL GRATIFICATION	6	0.968	0.002

5.	<b>THOUGHT</b>	<b>THOUGHT</b>	<b>6</b>	<b>0.960</b>	<b>0.002</b>
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**DISCUSSION ON THE FINDINGS OF BIOMAGNETISM ON FIVE FACTORS**

To substantiate the fruitfulness of these two yogic practices, a statistical analysis involving paired correlation evaluation's test for pre and post test performance was under taken. The results obtained from the

analysis, showed a  $P < 0.05$  value. This  $P < 0.05$  value of Food 0.001, work 0.005, sleep 0.002, sexual gratification 0.002 and thoughts 0.002 strongly suggests that a continuous Sky yoga practice involving Acupressure 14 point exercise combined with Biomagnetism (**questionnaire on five factors limit and method**) proved to be very effective not only to enlarge the shrunken mitral valve but also to improve the quality of the life style of the patient involved in the Sky yoga practice.

## CONCLUSION

It is very clear from this research analysis, that anyone who wants to lead a disease free, anxiety free, tension free life and to lead a very peaceful, meaningful, happy and blissful life one must have an insight about the concept 'yogic principles' and its significant role it plays in every body's life. The research scholar considers that she will be failing in her duty if she does not recommend the fruits of practice of not only two concepts namely Acupressure 14 points exercise and the concept of Biomagnetism but also the various useful aspects of Yoga. To highlight the importance of yoga, we are aware that June 21<sup>st</sup> of every year has been declared as "International Yoga Day" by United Nations, wherein 192 nations around the world celebrated the Yoga day with much enthusiasm. This clearly shows the important role that Yoga plays in lives of people around the world. Thanks to Honorable Indian Prime Minister.

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### APPENDIX: Biomagnetism Questionnaire Assessment.

#### A QUESTIONNAIRE ASSESSMENT FOR IMPROVING THE BIOMAGNETISM THROUGH FIVE FACTORS OF VARIABLES FOR LIMIT AND METHOD

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### OBJECTIVE

The concept of bio-magnetism is a new phenomenon put forth by Swamiji Vethathiri Maharishi. According to him the bio-magnetism is a fundamental vital force which determines the physical health of a human being. Every individual is blessed with bio-magnetism by divine power. If the existing level of bio-magnetism is maintained as such to meet routine metabolic activities of the body, then it is said to be a balanced sensation felt as peace. On the other hand if bio-magnetism is depleted below critical level results in the development of various diseases. The main reason for depletion of bio-magnetism are due to neglect or over indulgence or improper use of five factors i.e. Food, Rest, Sleep, Sexual Gratification and Use of thoughts. If these five factors are scrupulously followed by limit and method process, one can lead a disease free life. Hence to assess to what extent the patients suffering from various health diseases follow these five factors, a questionnaire was prepared and distributed to the patients.

On scrutinizing the answers given by the patients it was clear that they are convinced of the benefits of following the five factors limit and method process, to lead a disease free happy and contented life and expressed their whole hearted willingness to undergo twelve weeks rigorous treatment of Simplified Physical Exercise, Kayakalpa yoga, and meditation and introspection method.

On the other hand the answer given by the other patients clearly showed that they are not convinced of five factors limit and method process and were highly reluctant, to undergo yoga treatment and they went without any treatment.

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
 Date \_\_\_\_\_ Place \_\_\_\_\_

### Using the worksheet

Patients are assigned a single score for each numbered group. For visual ease, we have designed the worksheet so that this score is entered next to the corresponding symptom severity level.

#### FOOD

1. Are you aware that only nutritious food should be taken in a limit and method scale?  
 YES  NO
2. Are you aware that insufficient amount of intake of nutritious found will not supply required energy to the body?  
 YES  NO
3. Are you aware that an excessive intake of food results in indigestion and leads to short circuit and ending in various, types of diseases?  
 YES  NO
4. Are you aware that one should not indulge in cycling, sexual act, or hard work Immediately after eating which will ulcer incur formation?  
 YES  NO
5. Are you aware that slaying of animals and eating their flesh for flattening of his/her body is against law of nature?  
 YES  NO
6. Are you aware that imbalance in the intake of 6 tastes (salty food, hot chilly items, and sweets, bitter and sour taste) is one of the major factors for the diseases to creep in?  
 YES  NO
7. Are you aware that food should be taken only after the food taken already was completely digested to avoid gas formation which leads to short circuit and gives way for the diseases to develop?.  
 YES  NO
8. Are you aware that moderate amount of eating is the way to a prolonged life of an embodied soul?  
 YES  NO
9. Are you aware of the fact that a disturbance in blood circulation is due to the formation of acidity from the food that is taken?  
 YES  NO
10. Are you aware that one should not neglect to eat adequately and timely to maintain a disease free, mind, and health?  
 YES  NO

#### WORK

1. Are you aware that either neglect of work or over indulgence or improper work disturbs your bio-magnetism?  
 YES  NO
2. Are you aware that one should take care to work in moderation which has its special value?  
 YES  NO
3. Are you aware that lack of work makes a person lazy?  
 YES  NO
4. Are you aware that lack of work makes limbs to lose their efficiency and blood, air, heat circulation ,slows down disturbs bio-magnetism resulting in a variety of disease?  
 YES  NO
5. Are you aware that no proper movement or improper movement of limbs results in stagnation of unwanted molecules/toxins in your body?  
 YES  NO
6. Are you aware that stagnation of improper molecules/toxins in your body obstructs the flow of blood, air, heat circulation which disturbs bio-magnetism and leads to diseased life?  
 YES  NO



7. Are you aware that movement of body muscles due to moderate work will result in congenial, harmonious feeling which is essential for leading a disease free, happy and peaceful life?  
YES  NO
8. Are you aware of the fact that due to overwork or excessive hard work, some molecules leave the body and results in wear out of bones and joints?  
YES  NO
9. Are you aware that the negligence in limit and method in action or work with result in the development of various problems in life due to disturbance of bio-magnetism?  
YES  NO
10. Are you aware that if proper care is taken to maintain limit and method in movement of muscles /limbs, then there would be no more sensual intoxication or ill effect in life or diseases in your body?  
YES  NO

#### **REST**

1. Do you know that the physical systems that are exhausted or weakened are refreshed energized and repaired during deep or sound sleep and also you know that if one feels sleepiness constantly then it is a sign of ill health, which needs a treatment?  
YES  NO
2. Do you know that oversleeping slows down the body functions and retards excretion of toxins in our body and weakens the central nervous system?  
YES  NO
3. Do you know that neglect or overindulging and improper act in sleep deplete the stock of bio-magnetism and paves way for all types of diseases to enter the body?  
YES  NO
4. Do you know that performing acupressure 14 points exercise and relaxation techniques half an hour before going to bed gives one a sound, and deep sleep?  
YES  NO
5. Do you know that long hours of awakening during night hours with induce sleepiness during day time and lessen your longevity of life?  
YES  NO
6. Do you know that 8 hours of sleep for children, 7hours for adults and 6 hours of elderly people are essential to maintain good physique?  
YES  NO
7. Do you know that one should not cultivate the habit of reading excessive story books, detective novel book ,which induce sensory organs to get activates to an hour before going to bed which will induce sensory pleasures that might disturb a sound sleep?  
YES  NO
8. Do you know that one should avoid long hours of awakening during night time or watching TV program for prolonged hours or continued travel for several days?  
YES  NO
9. Do you know that insufficient hours of sound sleep results in loss of efficiency of man?  
YES  NO
10. Do you know that a sound sleep provides enough rest to body and assists in energizing the body again?  
YES  NO

#### **SEXUAL GRATIFICATION**

1. Are you aware that an excessive use of sensory organs in the long run causes pain, misery, disease and ultimately death?  
YES  NO
2. Are you aware that sensory pleasures should be deal with full awareness of limit and method scale?  
YES  NO
3. Are you aware that sex should neither are neglected nor indulged in excess?  
YES  NO
4. Are you aware of the fundamental fact that one should not indulge in sexual coitus during full moon, dark moon day and birth of Tamil month etc?  
YES  NO
5. Are you aware that one should not indulge in sexual act immediately after intake of food?

- YES  NO
6. Do you know that irrelevant thoughts and unwanted fear, false belief about sexual act will lead to mental dissatisfaction and diseased life?  
YES  NO
7. Do you have ever felt at any point of time that you are in captive of satisfying you life partner, and then he will depart you?  
YES  NO
8. Do you know that one should not indulge in sexual act at mid-day or mid-night?  
YES  NO
9. Do you know that to have a peaceful and contented life, to one should have sexual act in two weeks or even better an interval of one month?  
YES  NO
10. Do you know that for a noble life to lead and as a moral behavior a husband and wife should indulge in sexual act to quench the thirst and realize the meaning of life?  
YES  NO

#### USE OF THOUGHTS

1. Are you aware that the positive thinking will assist you to maintain good physique?  
YES  NO
2. Are you aware that refinement of six bad temperaments via introspection will pave way for attainment of easy meditation?  
YES  NO
3. Are you aware that Maintenance of harmonious relationship among fellow human being in your own family will result in development of cordial relationship, joy happiness and peaceful life?  
YES  NO
4. Are you aware that to realize DIVINE STATE one should purify his or her own GENETIC CENTRE devoid of blemishes?  
YES  NO
5. Are you aware that the thoughts play a major role in regulating the functioning of mind?  
YES  NO
6. Are you aware that the anger, fear and disappointment etc decrease the Biomagnetism resulting in the development of diseases?  
YES  NO
7. Are you aware that a practice of creative, harmonious and positive thinking will lead to a peaceful, disease free life?  
YES  NO
8. Are you aware that a negative thinking decreases the potential body, mind and soul due to certain chemical changes in the body?  
YES  NO
9. Are you aware that a quality of noble thought, forgiveness and perseverance in achieving the main aim and purpose of life. ?  
YES  NO
10. Are you aware that Instead of struggling over petty things, one has to introspect and understand the purpose of life, proper method to attain that goal and to act in such a way in broad mindedness and awareness?  
YES  NO

