

CURE CANCER AT HOME NATURALLY



CANCER CURE
without
CHEMOTHERAPY & RADIATION

Dr. Steve Bedi

(U.S.A)

**Scientific Evolution
Cure Cancer at home Naturally**

Cancer Cure

**DR. STEVE BEDI
(U.S.A)**

**CURE CANCER
WITHOUT
CHEMOTHERAPY & RADIATION**

- **NO MORE BREAST CANCER.**
- **CURE PROSTATE CANCER WITHOUT
ROBOTIC PROSTATECTOMY OR RADIATION.**



**DR. S.S. BEDI
(M.B.B.S)**

Cancer Cure

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DEDICATION

To honor my father, Baba Kundan Singh Bedi (Papaji) and my mother, Harbans Kaur Bedi (Chai Ji), who gave me unconditional love and energy. To my wife, all of my children and my grandchildren, who have been strong pillars in my life.

*We Gratefully honor all of these books and
Teachers:*

The Bible

The Torah

Patanjali

Bhagavad Gita

Quran

Guru Granth Sahab

Jesus Christ

Moses

Prophet Muhammad

Lord Krishna

Compassionate Buddha

Guru Nanak Devji

Baba Shri Chand Ji

Shaheed Bhagat Singh

Mahatma Gandhi

Baba Sawn Singh

Kirpal Singh

Sant Darshn Singh

Meher, Baba

Martin Luther King, Jr.

Mother Teresa

President George Washington

President John F. Kennedy

President Nelson Mandela

JESUS NANAK

Jesus and Nanak lived their life in the present that means now and here. The population of the world is more than 7 billion, 99.9% individual's are sleeping but they pretend to awake. Human conditioning is deep seated in all these individuals. It means they are dreaming continuously 24hrs of the day. At night they are dreaming in side in their own world. During the day their senses are open to the outside world but dreams continue inside. It is due to biological conditioning.

Jesus was born before 600 B. C. in Bethlehem. His mother was Mary, father the Joseph who was a carpenter. He was born during the ruling of Herod the great. Once hearing of his birth Herod felt threatened and try to kill Jesus. His father was informed by the angel so he took Mary and Jesus to Egypt and settled in the town of Nazareth in Galilee. Jesus start working as a carpenter. During the age of 12 to 29, he travelled east according to many scholars . He visited India and starts learning the concept of east. Many scholars have stated that he learned **unconditional consciousness (Inner Science)** and became a new born virgin baby. He travelled back to Israel where he start preaching the kingdom of heaven. He literally behaved like a child, riding on the donkey. He said the kingdom of heaven is inside of each one of us. The King Herod, got scared and crucified the Jesus. During Jesus crucification, he was hanged with a prisoner. Jesus said: "Father forgive them they are innocent and sleeping."

Guru Nanak is related to Sat Chit Anand. Sat means truth (existence), Chit is consciousness (our body is a consciousness and the existence is also a consciousness) and Anand means happiness. Guru Nanak was born on 29 November 1469 at Punjab India (modern day Pakistan). His father Kaylan Chand das bedi and mother Mata Tripta. He was the founder of Sikhism and first of the ten Sikh Guru. Nanak taught Sacha Sauda. It means that you live your live honestly

and purely. He also taught universal divinity of creation. It means the universe is all one and we are all connected.

Since you have understood Jesus and Nanak, You have learned how to live in the present. Since you have learned how to de-condition yourself that means you are born again through yourself from the seed which was dormant. Now You have born as virgin and has become unconditional consciousness (Inner Science). Now you can heal yourself from cancer, heart diseases, diabetes, overweight, Alzheimer, sexual disorders, prostate cancer, enlargement, Increase growth hormones and live more than 165 years.

Since you have learned unconditional consciousness (Inner Science). please follow the Polarizing Therapy (Inner Science) in chapter :

Enlightened By the Master

Dr. Steve Bedi

ABOUT THE AUTHOR

Dr. Steve Bedi

Graduated from Maulana Azad Medical College New Delhi, India in 1966, then He went to the United States in 1967 and served his internship at St. Joseph's Hospital and residency in general surgery at the Metropolitan Hospital. Detroit Michigan In 1969, He joined the Urology program at Wayne State University, Michigan.

From 1971 to 1974, He opened his own practice in Onaway and Cheboygan, Michigan. From 1974 to 1984, He practiced in Zephyrhills and New Port Richey, Florida. He started Polarizing Therapy (Inner Science) for Cardiovascular diseases , Prostatic diseases, Cancer, Diabetes & Hypertension, etc. He Treated Hundered's of patient who were suffering from Cancer and Chronic diseases.

After the death of his father in 1995 in U.S. He Started coming to India During these years he founded his roots back to his Mother land India where he was raised. He has found cure of cancer without chemotherapy or radiation. His new inventions:

- Cure Prostate Diseases without Surgery.
- Cure heart diseases without bypass surgery or stunt.
- Cure high blood pressure & diabetes without medication.
- Grow hair naturally.
- Cure knee arthritis without surgery.
- Prevent macular degeneration , cataract and glucoma.
- Stay slim without medication.

Mission

Dr. Steve Bedi American trained physician who has lived more than 50 years in U.S.A. His mission is to wake up Mother India and to Promote Mother India the best place in the world to Heal the Cancer of Mind.

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SCIENTIFIC EVOLUTION

In the word of evolution we respect all the Scientist including “Darwin”. who has done extensive research in evolution. It is all consciousness because our cellular system has unconditional consciousness that’s where the healing take place and it is all related to evolution.

Thoughts creates felling and emotion leads to action. New thoughts, feeling, emotions, actions creates new bio-chemical behaviors. These are all created by our past and future of our mind. Mind can never be in present. Human beings have a mind phenomenon on the other hand animals lives without any mind phenomena. Due to our mind phenomena we creates all the habits and these habits are due to bio-logical conditioning. Eventually our body become conditioned and we keep on doing t hese unconditional behaviors and keep reducing our life spam.

We are born as genius and we are totally unconditional consciousness. We have No thoughts, no emotion, no conditioning, no competition, no judgement, and no comparison. We are living as a true vibration like a magnetic energy in our body. No conditioning except for preservation. We only need food for survive and love as we are growing, we are trapped by our parents, society, culture, education, religion we become slave to our parents and society.

We keep on living our life in conditioned unconsciousness due to our mind phenomena. Animal living in the jungle and in their existence, there is no slavery of parents and society they do all their behavior through their instinct. Animals have a creativity, no comparison, no competition, no ego, no guilt, no judgement that means they are living for their preservation. They have

pro-creation naturally. They live on their own territory it is very complexcreativity each animal birds, reptile, amphibians have their own natural instinct. They have minimal conditioning null to nothing.

Mind of Human beings creates thousands of thoughts which creates conditioned unconsciousness which leads to guilt, comparison, competition, judgement, etc. this creates slavery leads to disease that means body is not ease. We are living against law of nature and creation, it creates further greed, ego, pride, lust, anger, jealousy. We have created wars and further destruction of over own life. We have forgotten real life and become material oriented. The nature has created us non-material. Since we are non-material we are always looking for technique to improve our life through material which will never happen.

We have created bio-logical drugs to treat cancer. Cancer is natural process of our non-material life. All Bio-logical drugs are acquired through conditioning. Due to ego, greed, pride, anger, judgement, etc. it is all due to mighty dollars.

Is it really scientific or it is all over biological conditioning. The cure of the cancer is only through our unconditional consciousness.

You have to be gratitude every day and thankful to your parents from where you are born we should also thankful to the universal consciousness. You consciously visualize yourself that every movement you are moving as an unconditional consciousness, you are transforming yourself every movement, it is continue process you are becoming new, fresh, pure every second of your life.

You visualize your cancer which is very superficial and very weak in energy due to conditioned unconsciousness. now your are the watcher and you have become unconditional consciousness, your cancer will be dissolve disintegrated and will be excreted through your faeces, urine, respiration and perspiration. Cancer will disappear in 90 days from your sacred body.

Our complex biological cellular system has extra cellular fluid. It also has intra-cellular fluid and organelles, such as mitochondria and nucleus. Inside the cell the smallest organelles is atom. The atom has neutron, proton and electron. The atom is spontaneous and it has no particular direction or behavior. It is at constant motion (due to evolution). During orgasmic relation there is production of proton activity due to proton pump. It creates the biological radiation in our cellular system. During the same time there is production of bio-chemical chemotherapy due to production of Bio-chemical hormones. It also releases growth hormones like bio-logical drugs.

Our body is not a machine, the western medical system is totally organised, literally sleeping and conditioned unconsciousness. Medicare system was created in 1965 to help to take care diseased body. Due to medicare, the western medical system is corrupted and they trying to create Bio-logical drugs to cure cancer. All Bio-logical drugs are material in nature on the other hand the body is non-material. Life is a continues Bio-logical activity.

Our cellular system is Bio-logically Active. It's evolutionary memory has a miracle intelligency. Gastro intenestianl system has more than 40 billions bacterias. Our body has more than 10% of the cells which are non - human. Cancer in our body caused by conditioned unconsciousness, due to our own Bio-logical conditioning. Once a patient understand the Bio-logical intelligency of their cellular system, he / she can heal the cancer of their mind, through evolutionary memory and unconditional consciousness.

PREFACE

Conditioned unconsciousness has been impregnated in every human being at their cellular level due to family, religion, society and education. It has become a part of the universal culture. We are trapped and engulfed and have forgotten what life is.

Due to Conditioned unconsciousness our cellular Body is in constant stress 24 hrs a day. It produces bio Chemical changes at cellular level Due to Stress. It is due imbalance of symphatic and parasymphatic system. It leads to chronic irritation at cellular level During cellular division due to chronic irritation it produces a abnormal cell that is called cancer cell.

Since 1970, when I started my practice in Onaway, Michigan, I've been teaching all my patients lifestyle changes with the reference to cardiovascular and degenerative diseases. After the aortic valve replacement of my father, I really got deep into the human dimension of life. I found you cannot buy life. Life is not a commodity. Life is not a stock market. I Start teaching Polarizing therapy.

During that period of my practice of medicine, I turned myself upside down. I stopped doing surgery and got involved in the conditioned unconsciousness. In other words, I started teaching the patients who had prostate enlargement, cancer, coronary artery disease, and diabetes how to de-condition themselves. I taught them how to transcend from conditioned unconsciousness to inner awareness of the present life Through Polarizing therapy.

The present moment is the only moment where life and being exist. It is inevitable. The next moment is also inevitable. But only this moment is available to you. The next moment is not available. It is awareness which makes us to live in the present. It is not the body or the mind. The mind can never be in the present. The mind can only be in the past and the future. It is your existence beyond the body and

the mind. Once the mind transcends that's where the awareness starts. Your body is a heap of food and the mind is a heap of impressions that you have acquired unconsciously.

Life is freedom, but we have become puppets, performing our duties unconsciously while still have a deep-down, small spark of awareness. Since we have been caught in this material world of illusion, we do not want to become conscious and awake because it is very easy to stay in conditioned unconsciousness. So we keep investing in the wrong and keep increasing our miseries without even realizing it. On the contrary, we should invest in the awareness so that we can become conscious and live freely. We should appreciate life that is our birthright.

Living In The Present.... Living moment by moment is the life, which is pulsating and vibrating at the cellular level. In each moment we are getting deeper and deeper into our path. Once the inner-awareness is attained, you are in a meditation 24 hours a day, consciously. During meditation, your past is completely dissolved and the future does not exist. Ignorance has no beginning. When it ends, that is where the mystical life starts, which is infinite. When you reach infinity, you attain ecstasy and bliss.

Once you get the taste of and the awareness of the present moment, you can live the full span of life that nature has given us. When this realization happens during deep meditation, you start awakening and you find yourself. Once your ego, your personality start dissolving, you come to reality. Personality and ego are built by your mind. It is your mind which is creating the future. The future is your projection of unlimited desires. It has never been in existence. It was all in your mind's imagination. You are a beggar to these unfulfilled desires.

Each one of us divides time into the past, the present, and the future. But time is always in the present. It is your mind, which creates the past and the future. It is a misleading division by your

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mind. You as a watcher are always in the present. Tomorrow keeps you consumed by the imagination but it never comes. Stay with your watcher, and become life's witness to your sacred body, complex senses, and mind.

During my Medical education we were taught that the diseases are caused by genetic defect . During my training in united state I found out it is not the genetic it is acutally the environmental behaviour of our conditioned unconsciousness. It is our life style which we have acquired after birth, leads to chronic stress and eventually cancer in our cellular system.

Existence is pure, fresh, complex, organic, and orgasmic in nature. Existence is always in the present: the trees, birds, and all of the animal kingdom.

"Responsibility, transparency, and accountability are the keys to living organically, orgasmically in the present."

INTRODUCTION

In 1974, my father and mother moved to the United States. They had four sons and one daughter. I was the oldest child in the family, and I was the only one married to an American, Christian lady. We had one daughter, who was two and a half years old at that time. My father came to live with me because of our Indian culture and the feeling that we always enjoyed open communication. For my part, I always looked to my father as my best friend. We always discussed all aspects of life very openly and without fear.

My father and mother were like a running well, giving us unconditional love. During their stay in the United States, I wanted my father to feel that he was the head of the house, since he shifted from his own home in New Delhi, India.

As I was a practicing physician, I brought to him whatever revenue I earned; he put it in the prayer room, which I specially constructed for him to keep his Sikh Holy book of Granth Sahib that he brought from India. I requested of my wife that any time she needed money to make sure she asked Papaji (father) to give to her. I also requested that she allow my mother to be the boss of the kitchen. I told my wife that whenever she needed to go shopping, she bring my mother along.

My mother was completely illiterate and never went to school. My father, since he was a worker all his life, used to clean the house every day, including the bathrooms. He kept it spic and span.

It was a new culture for my parents staying in the United States. My brothers lived nearby, and their wives came to visit my parents once a week. My father and mother celebrated every festival, Dussehra, Diwali, Holi, Guru Purnima and Navaratri, etc. All members of the family were always present, and all our friends,

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too, were invited during these special occasions. Guru Purnima was performed everymonth at our home where every Sikh, Hindu family and all others were invited and served with Prasad followed by a hearty meal.

My father and mother always felt at home living in a very small town, Zephyrhills, Florida. Very few Indians were living in the United States at that time. My father never missed his home in India, despite being across the seven seas. What also helped - during their stay I always encouraged them to have natural sexual relations.

In August of 1995, my father got sick and passed away. This left my mother the focus of my life. My mother did not know how to speak English. To learn, she always wanted my brothers' wives, who were Indian, to speak to her in English as often as possible.

My mother was born on August 14, 1921 in Patiala (Punjab), India. Without any formal education, she spent her days working in the fields, growing vegetables and grains. She was physically strong, intelligent and beautiful. She remained wrinkle-free, vibrant and energetic up until her passing.

My mother was a spiritual guide and teacher. She was a humble caregiver that always gave me comfort, patience and encouragement. Her spirit inspired me to become a physician.

At the age of 12, I broke a plate. My brother yelled at me to get out of the house. I left feeling as if I never wanted to return home. My father said to my mother, "He will come" back. She insisted on looking for me anyway, knowing that I would be hiding at my school. At 10:00 p.m. on that cold night she found me. As soon as my mother held me in her arms, I felt attachment, security and love.

My mother, who was my hero, lived with me and wanted to spend time with all of her children after the death of my father. I took her to her old home in Lajpat Nagar, New Delhi, India, where she

raised us. She also visited her old village. The house was 200 square yards and completely dilapidated. It was no longer habitable, so I offered to buy her a new home. She decided she would rather go back to the United States and spend time with her children.

My brothers and sisters constantly fought amongst themselves for her attention. My mother visited one of my brothers, also a physician, soon after she returned to the U.S. from our trip to New Delhi. She began to get sick, and her health continued to decline. On October 5, 1998, she came to my home in Clearwater. She told me that she was ready to depart this world. The following morning after saying her prayers, she passed away.

It is a blessing that my wife and I have been given five children. My wife has been my teacher, guide and guru through all the difficult situations we have encountered. I look back now at how foolish I was to think that earning money to fulfill my duty as a husband was enough. In reality, I did very little to raise our children. It is my wife who deserves the credit for raising them.

Since my father and mother have passed away, both of them in my hands, I miss them every day. Losing them left me completely confused. However, I always felt they were alive near me. My father's special prayer room contained the Gurumukhi, but I did not know how to read it. At that time, I was involved in the material world of illusion to make money.

I started reading the Guru Granth Sahib, which my father had brought with him from his house in Lajpat-Nagar New Delhi. I started repeating the same ritual that my father used to do. By then, all my children were grown. My oldest daughter, Monica, became a Dermatologist and started her own clinic.

I was very punctual in performing my duties towards Guru Granth Sahib and in my personal life exercising every morning. However, I felt that I was missing something and desired to find fulfillment.

My father was my first guru, teacher and friend. During my childhood he taught me how to buy food at the market. When I first entered medical school, he took me by bicycle to buy books. I told him that we should buy second-hand books, so that we could save money. He insisted that I buy new books and put my own marks in them. He told me that God would provide the money. I will never forget that day.

My mother was also my spiritual teacher, she taught me the true meaning of love. She taught me practical things so that I could be independent. We had a prayer room in our New Delhi home. It was in this room that my parents taught me and my siblings the importance of prayer and to live with honesty, integrity, and peace.

My son has also become my guide, teacher, and friend. We communicate openly and on a daily basis about the importance of exercise, nutrition and spiritual values in our daily lives.

If we look around, we see that in every stage of life we have teachers. In schools we are dependent on teachers at every level. Even if we are home-schooled, our parents act as teachers. If you want to be a physician, an engineer, an architect, or a bike repair technician, you need instruction and training from teachers. In spiritual development, you need a guide. We all need a living person who can be our guide, teacher, master or guru.

Each of us has a physical body, awesome in its complexity and organization. There are a myriad of systems and functions that work seamlessly to keep us alive. Every one of the trillions of cells in our bodies is an efficient machine.

Millions of these cells will die and be replaced by the time you have finished reading this sentence. While waking and sleeping, these cells and systems are working and cooperating to keep us alive in this realm.

The physical system is a reflection of the spiritual system. Our spiritual reality, our soul, also has a well-organized and multitudinous force aiding and protecting our spiritual existence. We have invisible guides continuously and tirelessly working with us. Those guides do not force us to do right. Our lives are bound by the law of free will, just as certainly as our physical existence is bound by the biological laws of conception and creation. These inner-guides are always whispering and encouraging us in the right direction.

Every human being needs a living Guru, a person to look to for guidance. Each person must be sure that their Guru is stable, reliable, honest, reasonable, kind, humble and sincere. He or she should have a general knowledge of human dimensions, such as problems, diseases and solutions. A guru can not only be book-learned, but must have the life experiences to guide you. His or her guidance shall only come with pure intentions and not for personal gain. You shall feel the goodness of your guide/guru in every cell of your body, energy, vibrations, sound, touch, talk, hearing, etc.

On October 19, 2015 I left from Tampa to Chennai, India after discussing the concept of integrated medical programs for degenerative diseases, cardiovascular, diabetes, cancer and Alzheimer's with Shri Baba Ji Medical College and Hospital, Chennai, India. Then on October 25th, I left for Delhi. On October 26th, I went to Chandigarh, India, where my uncle, Major (Retired) Kanwar Mohinder Singh Bedi, lives. He is 91 years old and the oldest living relative in the Bedi family. I visited my uncle and auntie on October 27th. We hugged each other and started talking and then cried. My uncle spoke of my respected father, Baba Kundan Singh Bedi, who helped further my education and future. He said, "My respected brother taught me that God has given us life as a free gift to lead a free life without corruption, as our body is a heap of food and mind is a heap of impressions.

He said, "Your talk", and your face have become just like your respected father". He said, "You know, you are a descendant of Baba

Shri Chand Ji, whose father was Baba Guru Nanak Dev Ji". He further said, "Now I want you to start teaching human beings the preaching of Baba Guru Nanak. Your smile, facial expressions, and aura have become a mirror image of Baba Guru Nanak Dev Ji". "With you being a Physician, having studied the human body, that will be the best teacher. You are the master teacher, Yogi and Mystic to carry the message".

I came back from Delhi to the USA on the 18th of November, 2015. I started meditating on my respected uncle's idea about the key to life being living in the present. I started mulching my thoughts, ideas and experiences.

Life is a mystery and opportunity to come in touch with yourself, towards consciousness and awareness. Death is the fear of life, making the heart tremble. Fear creates confusion and clouding of the mind. There is a tremendous opportunity to understand life during your fearful situations. Then you are a little awake. You can sense the deeper understanding of life and death. They are together, two extremes of your one energy. Life is an active force. On the other hand, death is passive.

Life and death is the process of existence. Death is like your shadow. It starts the day you are born. It is the first breath. You come out from your mother's womb. As you breathe in, that is life. As you breathe out, that is death. They exist simultaneously. Life and death are connected together. Every second there are cells dying, and new cells forming.

Our complex mind has an insane desire to live life without death. The mind never wants to know the truth of existence. Our mind is always for the future and insane desires. Every creature has the desire to live, even the trees! But the trees cannot describe death because they can not talk. They are in silence and fast asleep.

Human beings have little presence of consciousness. They

sense the presence of life and death. Death keeps no calendar, and it's possible at any moment. It could be that at the next moment you may be gone. It is your awareness that is going to help you live this moment totally and deeply. Death can happen without any notice or information. Death never says "I am coming". It simply comes. Since you are born unconsciously, you are in pain and suffering. You never appreciate life in its present. Your mind keeps postponing, as if it will not happen to you. Be ready for death at every moment, and live life totally and intensely. Stay involved in the present life consciously so that you can face its end consciously.

"Life is a continuous journey, and the path of life is unconditional consciousness (Inner Science), but our complex mind has trapped us in the material world."

FREEDOM

My father and mother were married in December of 1941 in Dera Baba Nanak, India. I was born on the 31st of December, 1942, in India. My father, who was the only educated person with a degree of Bachelor of Arts under the British ruling. A Bachelor Degree at that time was the highest degree available to the Indians.

My mother told me (after the death of my father), while we were traveling to New Delhi, India, When you were four months old, your father left me and you because he wanted to become a Yogi. In the middle of the night, he left to go to his village, Dera Baba Nanak. He took the train and went to sleep in the upper compartment. The seats on the train were made of wood. He woke up at 2:00 a.m. to go to the bathroom. While he was getting down, he hit his foot on a 70 year-old Sikh man who was sleeping below him and suddenly woke him up. My father went to the bathroom and when he came back that man was waiting for him. They faced each other, and the old man called to my father and slapped him! The man said. "You woke me up!"

My father said to him, I am sorry. The man had a white beard, and my father had a black beard. He asked him where he was going. My father said, "I am going to become a Yogi, so I do not have to pay for all my Karmas; I left my wife and my four-month old son. The man looked at my father's face, and he gave him another slap! He said to him, Are you the same person who got married in December of 1941 in Dera Baba Nanak?" He said, "You know that you were brought to us by your family before marriage, and you stayed with us for seven days to make sure that you wanted to live a spiritual life. You know, we sent you home! You were the only educated person in our village". He said to my father, 'I slapped you the first time because you woke me up, and the second time I slapped you because I was totally conscious when you told me that you wanted to become a Yogi". He

said, "You need to get off at the next station and go back. You have to go and serve your son and your wife and live in the world of illusion without any attachment". He told him that, "Remember we told you that your mind is a heap of thoughts, desires, emotions, ideas, and expressions, which have been built by your family, religion, society, and education". Then he said, The body is a heap of food, which you have consumed from the day you were born. You have to start living with your consciousness and awareness so that you can pass from this world freely.

So, my father came back early in the morning. He started his Yogic life in this material world. In 1946, my father and mother, with my brother and me, left Peshawar (now in Pakistan). We survived from the partition between Pakistan and India. The British left, and India divided into two countries. We moved to Delhi in 1947, and I received my education there.

During 1959, before I graduated from my high school, I was studying in a co-educated school, Khalsa High School, Laj Pat-Mager, New Delhi. There were three boys and twelve girls. Our teacher was 60 years of age and was always dressed with a white turban, white shirt, and white pants. One day I told him I had a headache. He looked at me and said, "I have never heard about a headache, and I am sixty years of age. He said, I live two miles from the school, and my wife packs my lunch. I walk two miles to come to teach you. You go and sit and meditate, and your headache will be gone. "

One day he brought one of his students who had a PhD in Psychology to our class. He told us that we should go stand at the end of the class, which was about 30 feet away. He put me in the back and told me, You repeat your name in your mind, your father's name, mother's name and your date of birth. His student, who was standing at the board 30 feet away, was writing on the board. He did this with each student. His student explained, This is a telepathy, and it's intuition I create myself. My mind has become total consciousness

and has transcended to my inner awareness, which is the same as the existence. My mind is no more in action. It is only an awareness, which is vibrating and pulsating as a life energy, so I can perceive your life energy, and that is how I can feel, hear whatever you are saying through your mind.

During the same period, India where we were living, was still a city with a village life. I used to watch the magic show on the road called Mesmerizing (hypnotize). One day while I was watching, I followed the people who were performing the show. But I got trapped, and they took me to their shelter. At night I was fed at the shelter, but immediately I realized that I was away from my father, and he would not pray in the evening without me.

I missed the prayer, and I wanted to go back. But they wouldn't let me go back. I woke up at 4:00 am, since I was a very active athlete, and I told them I needed to go to the bathroom. At that time there were no facilities to go to the bathroom. I ran and reached home, and my father was up at 5:00 am. He asked me, Where were you? I explained to him what had happened, and he hugged me. My Mom, who did not sleep all night, was crying. She hugged me.

I graduated from high school in 1959 and joined premedical in Desh Bandhu College, Kalkaji, Delhi. During my premedical education I used to chase the girls. I was completely crazy! As I was born a Sikh, I used to wear a turban, and I had long black hairs and a beard. I was an athlete, and I used to do my exercises every day. It was part of my daily routine. In that era, we were travelling by buses. There were minimal cars. We could not afford a car, and I used to travel on a bicycle. During our travelling by public buses, my intention was always to stand next to the girls because the girls at that time didn't wear bras.

In 1961, my brother and I joined Maulana Azad Medical College, New Delhi. Most of the medical college had 50 percent male and 50 percent female students. During medical college, I was

always aggressive. I always participated in all my sports, since I was an athlete. My brother, who was the intellectual, always stood first in the class. We had excellent medical educations because our teachers were all trained in the British era, and they all had post-graduate education in medicine from England.

It was 1965. I was in my fourth year of medical college after studying Anatomy, Physiology, Biochemistry, Pharmacology, Pathology, Medicine, and Surgery. We had our annual sports competition. I used to run 100 – 200 – 400 – 800 – 1500 – and 5000 meter. I used to do weightlifting and javelin and hammer throws. During that year, while I was running the 200 meter, I injured my right ankle. I went to my professor, who was an Orthopedic Surgeon, who wanted to put a cast on it, but I had to compete the next day in all the other events. I refused to get the cast. I went back to my home, limping. In our neighborhood, there was an individual who used to do massage on our bodies when we were doing sports training. I went to him. He massaged my ankle, using mustard oil and turmeric powder. He wrapped my ankle and said, Your ankle will heal, because the body has healing power. You will have no more pain, and you can participate in all of your events. I went the next day. I had little discomfort, no suffering, and completed all my events.

In 1966, during my fifth year of medical college before my graduation – we had to rotate through medical surgical departments to get ourselves educated in clinical medicine. My mother had vaginal bleeding, and my father mentioned it to me. I took my mother to my Professor of Obstetrics and Gynecology. In that era, there were only females in that field, with no males. They were outspoken and dominant in their profession.

My Professor examined my mother, and she called her Assistant. She told her that she was to take my mother to the operating room and said that she would teach me how to do the D&C (dilatation and curettage) on my mother.

In July of 1966, my brother and I graduated from medical college after passing all of the examinations. He started an internship in Irwin Hospital, New Delhi, where we were educated in clinical medicine. During my internship, I was posted in the Cardiac Unit. Ramu, one of the head counselors of the village, which was 30 miles away from Delhi, came to the emergency room with chest pain. We found that he had severe anterior myocardial infarction. He was admitted in the cardiac ward, and our Professor told us to put him on intravenous solution and medication. During the night, at 4:00 a.m., I was called for a patient who developed acute bronchial asthma. I took care of the patient by giving IV bronchodilators. While I was passing through the ward, it was 5:00 a.m., and I saw Ramu doing push-ups. I said hello, went to my room and went to sleep.

The next morning at Grand Rounds at 10:00 a.m., when my Professor and all the other students were together discussing our patient cases, I presented Ramu's clinical history with his blood tests and E.K.G. (electrocardiogram) information. The Professor looked at his E.K.G., and we all discussed he had anterior myocardial infarction. He said that he should be on complete bed rest. Since I was presenting the case, I told them that I came at 4:00 a.m. for another patient, and I saw Ramu at 5:00 a.m. doing his push-ups. My Professor got mad and said, You are an idiot! You should put him on complete bed rest! Otherwise, he will drop dead! After Grand Rounds, I went back to Ramu and explained that he should rest in bed and not walk or do anything since he had had a severe heart attack. I explained to him that my Professor, who is well-known in the country, had advised that he should be on complete rest.

That evening, about 6:00 p.m., I came back to the ward and the nurse told me that Ramu took his IV out and left the hospital without telling us. Time passed, and I was posted during my internship to the village. It was to my surprise this was the same village where Ramu was the head counselor.

He looked at me, and he said, You bunch of doctors are quacks,

and you don't know what you are doing! He said, We don't want you to come to the village and disturb us! He shouted at me, We have our own Hakims (uneducated health practitioners) who know how to handle all the ailments which the Creator has given us. Since our hospital had a clinic there, I sat with Ramu and discussed that my Professor and all their education is in allopathic medicine.

I said to him that, You are right, but at the same time we have to respect every human being whatever they have learned. I said to him, My father is a Yogi, and I can tell you at the age of fifteen I developed Typhoid fever and could not eat. I was emaciated and weighed only 85 pounds. My father brought me to the hospital and the doctors told him that they could not do anything, that I would die. My father took me home, and he started feeding me natural juices. He was praying with unconditional love, and I was healed naturally. I am very happy that you left the hospital and have healed yourself, so please, I ask for forgiveness. Ramu then let us work in the clinic.

During medical college, I always wanted to come to the United States after I saw John F. Kennedy and Jacqueline Kennedy visiting New Delhi, India in March of 1962. I saw them in the open car in Connaught Place, New Delhi, during my second year of medical college. I came to the United States in March of 1967 with my brother. We started our internship in St. Joseph Hospital, Detroit, Michigan.

During my internship, Dr. Butler, who was sixty years of age wanted me to come and play golf with him every Sunday. During that period, we became very acquainted. While on our medical rounds one day, I told Dr. Butler that a patient of his has congestive heart failure. And I had digitized the patient. He asked, What is digitalization? I explained to him that I had started the digitalis every four hours and I am giving diuretic at the same time and she is out of congestive heart failure.

Dr. Butler told me that he doesn't need to come to the hospital

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anymore and that I could make the rounds and call him. One day he called me and said he needed to do a hernia repair and asked me to help him. The anesthesiologist put the patient to sleep, and Dr. Butler, after preparation, made a long incision in the groin and started doing the dissection. He spent half an hour and still was not sure of what he was doing. I told Dr. Butler, Please, let me finish the case. In the doctor's lounge, I told Dr. Butler, You don't have to put these people to sleep; I can do this under local anesthesia.

After finishing my internship in 1968, I joined Metropolitan Hospital in Detroit as a first-year surgical resident. During my surgical training, the doctor in charge was doing only abdominal hysterectomy. They had no idea how to do vaginal hysterectomy. I started teaching him how to do vaginal hysterectomy without leaving abdominal scars.

During my surgical residency, I used to do moonlighting in Detroit, and I started working with the family practitioners in Woodward, Detroit, Michigan. I used to go and work in the evening, and they paid me \$10 per hour to see the patients in their general practice office. I also did D&C (dilatation and curettage) in their office. I had to do all of their abortions.

After finishing my surgical residency, I joined the urological program with my brother in Wayne State Medical College in Receiving Hospital, Detroit, Michigan. In my urological residency, Dr. James Pierce was the Attending and the Chief of the Residency Program. During that training, I had many conflicts with him because he would come to the operating room without changing his clothes, specifically, when the patient was a minority black, and we might be doing the cystoscopic examination. He would use the cystoscope without using the gloves. But I could not argue with him much because he was in charge.

In 1970, after leaving my residency program, I went to practice in Onaway, Michigan. The hospital had only 18 beds. There was an

older doctor who had been there for thirty years. The hospital was practically empty, and I started attending all the emergency patients. During my stay, I treated cardiac patients who had heart attacks with diet and exercise.

Since the Onoway Hospital did not have an operating room, I was doing my cystoscopic examinations in the emergency room. I was also doing D&C (dilatation and curettage) in the emergency room by giving them IV sedation.

In 1971, I joined Cheboygan Community Hospital, where my brother also joined later. We were engaged in general surgery, urology, and family practice. Many times we had to go and assist other surgeons to perform the abdominal operations. During that period, Dr. Homsy, who was a General Surgeon, always wanted me to help him in his general surgeries, but he did not want me to bill to the insurance carrier. Due to this conflict, he created friction.

In 1974, my brother and I moved to Zephyrhills, Florida. We practiced together, and in 1977 my brother started his own separate practice because we disagreed in our methodologies and personal lives. Since my father and mother moved from India to the United States in 1974 and were living with me, my brother felt ignored and unimportant to us. I realize now it was all my Karma due to conditioned unconsciousness.

My father and mother were the pillars of my life, and they have given me unconditional love. My father was my friend, my teacher, and guru. He was always close to me. I could talk to him about anything openly. He was my living well. He has given me the total freedom, which I cannot describe. My mother cooked every day, and I always went home at lunch to eat with my father. I want to share with you a true fact of my relationship with my father. It was in Lajpat Nagar, New Delhi, where my father had a special prayer room where he taught me the prayer he and I used to do every day in the morning and evening. I was ten years old and played all the games locally. I would win all the competitions many times. Neighbors came and

complained to my father that Surindar has taken all their coins.

My father never scolded me and never told me what to do. I was my own king not only outside, but at home. I had three more brothers and a sister at home, and since I was the oldest one I was supposed to take care of all of them.

One day, I took a neighbor girl that I used to play with and would visit our home many times, in for prayer. We did not have a bathroom in our home. We had to take a shower outside and do all of our peeing and shitting outside on the farm. It was about 5:00 p.m. While playing with this girl, we went to the prayer room. My mother was gone shopping. The prayer room had a sacred prayer book where we made our prayers. Then we started touching each other, and we took our clothes off. Whatever we did, I don't remember any of it, but at the end, we laid down naked in front of the prayer book. My father, who usually reached home at 5:30, changed his clothes and washed himself. Then first thing he did was he went to the prayer room. He saw both of us sleeping naked in front of the prayer room. He woke both of us and told us to put our clothes on. He asked both of us to do a prayer with him.

I was doing my medical practice and my father, who had congestive heart failure, was taking medications. One day, it was the 14th of August, 1977, my father called me and said he could not breathe. I immediately left my office and went home and saw him. He was in severe congestive heart failure. I gave him an intravenous diuretic. He started breathing better, and finally he could rest. I found out that he had a 90 percent obstruction of the aortic valve replacement. He underwent surgery in September of 1977.

My father was taking seventeen pills a day, and I was conducting my own practice. I thought he was receiving the right medical treatment. Later I met Dr. Sodi Pallares in Clearwater, Florida, while I was attending a meeting with my wife. He taught me a polarizing treatment when I visited him in Mexico in March of

1980. I started the polarizing program on my father, and in thirty days he was off from most of his medications except a blood thinner and a small dose of digitalis. Since then, my father had become healthy again, even though the cardiac surgeon told him he needed to take all his medications. I changed my practice from where I used to give medications and do elective surgery to minimal medical drugs and practically no surgery, unless there was an emergency or someone had a lesion on their body or a lump.

From 1980 to 1984, I must have seen hundreds of patients who came to me with heart ailments, diabetes, prostate diseases, and cancer. I started integrated medicine, where I used to have a chiropractor, a massage therapist, and a nutritionist. Most of the people who came were taking all kinds of cardiac, blood pressure, and diabetic pills. I treated all of them with lifestyle changes and taught them how to live in unconditional consciousness (Inner Science). It means I taught them that life is a life, and it is given to you by the Creator; and you have to take responsibility and become the watcher of your body and mind.

I had a radio show on every Sunday at that time, and I was also invited to TV shows many times. I used to see five to thirty new people every Monday. Most of the physicians were totally stuck in their conditioned unconscious, and they were getting jealous and upset at what I was doing. They were trying to find any mistake on my side. During 1981, our clinic performed free electrocardiogram strips, and the physician who was working for me called these patients to come to the office because their electrocardiogram strips were abnormal. He offered to do a free full electrocardiogram so that he could explain to them what needed to be done, and refer them to physicians. The local medical society lodged a complaint and called the Department of Professional Regulation to file charges against me. So, as of 27th of August, 1984, my license was suspended for two years. I do not want to go into more details why. It is my factual memory of the past.

During my integrated practice, I was involved with chelation therapy. I had a physician working in the office, who was conducting

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all these therapies since my license was suspended. Somehow, the billing person billed cardiovascular chemotherapy, and she used the code which was given to her by Blue Cross – Blue Shield of Florida. We told every patient that this was not a covered service. They had to pay from their pockets. The billing clerk gave a patient a bill that they had paid and put a diagnosis heart disease, Cardiovascular chemotherapy and the code which was given to her.

All these patients were treated by the physician who was working in the office. About ten patients were reimbursed back \$250 each. Since my license was suspended, Medicare started investigating through Blue Cross that \$2,500 had been paid to ten patients. Later, Medicare filed fraud charges against me. I fought all the way, ended up with a trial, and lost the case. I was sentenced to federal prison in Pensacola. I served my time.

During prison time, we had to go and work in the fields. It was during the first week where they took me to cut grass. I met the Supervisor, who was a black man. He saw me and found out that I was a doctor. He took me to his office and wanted to talk to me about his problem. He said he had been diagnosed with a prostate cancer, and they wanted to take his prostate out. He was scared because he knew he would lose his sexual function. Since I practiced and treated prostate cancer during my integrated practice,

I started treating these people with polarizing treatment and abdominal pumping and anal locking. I explained to him how to do the polarizing program. He started, and he healed himself totally. It was amazing! He became my friend, and most of my prison time was spent by reading books and meditating. Real prison was not for me, but it affected my father, my mother, my wife, and my children. It was unfortunate that society is living in the conditioned unconsciousness.

My father died in 1995, and my mother died in 1997. My oldest three children have been settled, and I have started visiting India. During that period, I had to dispose of my parents' house in Delhi.

During my trips to India, my desire began to move back to my country so I could start my medical career again. During this process, I met Mr. Shirma, who got involved with me and told me that he is my older brother. He said that he wanted me to become his partner. Since I did not have anybody in India, I respected him and accepted him as my older brother. During this process, he cheated me more than a million dollars. I realize now it was my own greed which is conditioned unconsciousness.

On the 5th of July, 2017, as I am, where I have made more than fifteen trips to India, I have now become awakened. I am starting a new era in medicine called **The orgasm world**. The concept of orgasm word has come to me through my beloved father and mother, who gave me unconditional love. My father always wanted me to become a doctor, but he wanted me to be a Yogic doctor. All my life, since I graduated from medical college, I was split in my mind. I wanted to become a Yogi, like my father, but since I was trapped in this material world of illusion, I became the prisoner of my mind – called the conditioned unconsciousness. Through the grace of my father and mother, my wife, children, and grandchildren, I have now become a Mystic, Yogi, and Master Teacher.

I have found out that it is the consciousness, which is missing in human beings, such as politicians, leaders, professionals, etc. It is the consciousness which is a path for their happiness and well-being. Our medical system is totally collapsed, and everybody is blaming each other.

Nobody wants to take the responsibility. It is the responsibility of each person to become conscious of their mind and body, which the Creator has provided us.

Media is trying to do their job, trying to give us the true picture of what is going on in our society so we can become conscious of the situation and protect ourselves. Media of today is great, but when we keep on dissecting each tweet and making fools of ourselves, we are destroying the human consciousness. It is unfortunate that the society

has created most of the human beings trapped in their own material world and has forgotten the consciousness, the awareness, which is the ultimate leading to health and wellness of each individual person. They all are living with their misery and agony.

The only way it can be achieved by transformation, self-realization, self-respect of this vibrating life at the cellular level. It is unconditional consciousness (Inner Science) beyond our five senses, mind and body. It is totally organic and orgasmic like a bird and a tree of life. Through unconditional consciousness (Inner Science), which increases cellular immunity, a person can learn to heal themselves from cancer, heart disease, diabetes, being overweight, prostate diseases, Alzheimer's, sexual disorders, and depression.

Monica is my oldest daughter. She was born in August of 1973 in Cheboygan, Michigan. During the delivery, as she was coming out, the physician handed her to me and I tapped her on her buttocks so she could breathe. That is the first breath in which a newborn baby gets connected with existence. When she made her first cry, I handed her to my wife, Patricia. My daughter became a dermatologist, whom I see practically every day.

As soon as I see her, I look at her face and I see myself. I am laughing, and she is laughing. I told her recently to stop dying her hair. She looked at me, and she said, I like it. I said, It is not that you like it; it is your mind. You are trying to please your mind and to show other people how young you look.

I said to her, You are killing me because I am sitting inside of you. You are the one who gave me the picture of Grant and Max laughing! 'Unconditional Consciousness' (Inner Science). You are the one who wrote that on the picture! It is the awareness where the mind is completely transcended and there is no more mind.

My life has been free, even after all the turbulence of my life

due to my own Karma. It has now become a totally free journey of life like a river, which is flowing, dedicated to wake my fellow human beings. It is to empower them so that they can wake up, transform their lives to life, liberty, and happiness.

"True Freedom Is Being Yourself With Responsibility, Where You Can Say Yes Or No When It Is Needed, Or Stay Silent."

THE COMPLEX JOURNEY

Two sophisticated bodies, created by God, go through a complex journey to create a new personality through conception. The race to conception begins with ejaculation and the activation (mobilization) of the sperm. It is amazing that the orgasm must happen to the man who is actively performing the act. It happened unconsciously and it only took two minutes of pushing and pumping. The poor enslaved woman accepted this as the law of society. The sperm got out of the cage and lodged into the innocent vagina and later grabbed the ovum. The journey of the conception started and in nine months we were born.

During pre-medical school (1959-1961), I had a good friend, Satish, who was also interested in attending medical school. He was from a rich family and he had his own car. He would pick me up and we would hang out together. We often discussed girls, marriage and sex. At that time, we did not know the anatomy and physiology of sex. We would speculate on the journey made by sperm getting discharged during ejaculation, traveling through the vagina, and where they would meet an egg to form a union.

I eventually learned in medical school that ejaculation is produced from the rhythmic contractions of the vas deferens and the pelvic musculature. The immobile spermatozoa come from the head of the epididymis and are inseminated into the posterior part of the vaginal cavity near the entrance to the uterus (cervical opening). The coagulated and immobile spermatozoa become mobile through mechanical stimulation during ejaculation. Associated factors that increase mobility are: glandular secretions, chemical activation, and emotional, mental and spiritual energy.

The coagulated, mobile sperm become diluted within 15-20 minutes and are stabilized by the balance of alkalinity (spermatic fluid) and acidity (vaginal secretion) in the posterior of the vaginal cavity. It

is due to the capacitation inhibitors and the supply of energy from the seminal secretion (fructose) that the dilution and fluidity occur.

The head of the spermatozoa contains the nucleus and is covered by acrosome. The acrosome has a hydrolyzing enzyme that helps to penetrate the covering of the oocyte (egg).

Capacitation is the functional maturation of the spermatozoa. The sperm only stay active for up to four days and only a few will make the entire journey to meet the oocyte (egg). The sperm travel through the cavity of the uterus and into the ampullary part of the fallopian tubes where the oocyte resides. During the ovulation period in the female, the birth canal changes from a hostile environment to a friendly one in order to clear a passage for the invading sperm.

The head of the sperm is kept mobilized through the whipping of the tail, causing the sperm to swim. Only one sperm will be able to penetrate and fertilize the oocyte. The interlocking of the spermatozoa and the oocyte is due to receptor proteins and the affinity to each other. The head of the sperm penetrates the oocyte, which is covered by a fine membrane (pellucid zone). The head of the sperm produces hydrolyzing enzymes that weaken this membrane so that the sperm can enter the cytoplasm of the oocyte. The oocyte membrane then hardens (depolarization occurs) so that no other sperm can attack or enter. The hardened membrane provides protection so that the zygote can properly develop over the next few days.

Through an intricate process, genetic materials and DNA are transferred and combined from the maternal (egg) and paternal (sperm) bodies to produce one being within the oocyte. The chromosomes combine to determine the sex of the developing child. A higher acidity level in a woman favors the conception of a girl because the environment is too harsh for 'Y' sperm, while a higher alkalinity level favors a boy. If the acidity levels are too high, they can kill the sperm.

Once the 'Y' sperm have been eliminated, only 'X' sperm are left to fertilize the egg; therefore producing a girl. If the environment is highlyalkaline, it will energize the 'Y' sperm so that they beat the 'X' sperm to the egg; therefore, producing a boy. The egg can only provide X chromosomes. If the sperm contributes 23 'X' chromosomes, then the child will develop into a female (XX). If the sperm contributes 23 'Y' chromosomes, then the child will develop into a male (XY). After five hours of formation (once the 46 chromosomes have developed), the zygote then divides and moves from the fallopian tubes to the uterus where it is implanted and further development begins. The whole process can take up to seven days.

"Each of us are born through the complex and convoluted relation of our Mother & Father. Our father can get an orgasm in two minutes and our beloved mother must be dreaming, accepting as law of society that she never achieves orgasm. We should always be thankful to our beloved mother."

ANATOMY OF CONDITIONING

Corruption is due to conditioned unconsciousness.
Corruption destroys the wellbeing of the human body and society at the cellular level. Corruption at a society level destroys the total environment.

When you see the physical body from the outside, its appearance reflects the inside. When you are physically operating on the anatomical body, you cannot see the inner consciousness. You can only see the structure and pathology and whatever has been acquired. On April 30, 2011, I landed at Indira Gandhi International Airport in New Delhi. It's the newest modern airport and has become India and South Asia's aviation center. It has the capacity to handle 46 million passengers and is aiming to handle 100 million passengers by 2030.

At 7 p.m., I took a taxi from the airport to the hotel. After a few miles, I could see the streets were broken, traffic was congested, the air smelled terrible and I felt like I was suffocating. The anatomy of the corruption of this country is visible through its surrounding environment. With broken roads, foul-smelling government offices, dirty and crowded trains, in the Indian language, it's called Kabari Bazar (discombobulation).

On March 24, 2013, I landed at Cochin International Airport, Nedumbassery. It is an international airport serving the city of Kochi and its neighboring districts. The airport is located in Nedumbassery, about 30 km northeast of Ernakulam, in the state of Kerala, India. It is the busiest and largest airport in the state of Kerala. Cochin International Airport is the first airport in India developed under a public-private partnership (PPP) model. The airport pioneered the concept of private investment in the airport sector after being incorporated as a public limited company, receiving investments from nearly 10,000 nonresident Indians (NRIs) from 30 countries.

The airport handles approximately 13,000 passengers every day. I went to the wash room to relieve myself. I found the wash room was as excellently maintained and fresh as in the foreign airports. It's worth mentioning that compared to many of the government run airports in India, this was one of the neatest airports in India. Then I hired a cab to go to the hotel at the city centre in Ernakulam. During my drive through the suburbs of Kochi, I was totally awestruck by the way all the kachra (garbage) was being dumped alongside the roads, and at the old dilapidated buildings dotting the highway which were either cracked, unpainted and broken.

I suffered the traffic congestion, the billowing black smoke being emitted by the private city buses, and the Kochi kachra suffocating smells which turned me off. Finally, I reached my hotel situated in the heart of the city, only to find more garbage just outside my hotel. I wondered how such a city can be called the Queen of the Arabian Sea?

The next day, on March 25, 2013 at 6 o'clock in the evening, I went to meet my advocate in his office located at Compara Jn, High court North End. I wanted to know from him the status of my case, which was pending. He said that the hearing would take place on March 5, 2013 and the judge has posted the order in the district court at Park Avenue, Ernakulam. I explained that was more than two weeks away and I requested that he give me the case number, so that I could go and meet the judge the next day. He said he would come with me and asked that I meet him at his office the next day at 10 the next morning. As planned, I reached my advocate's office at 9:45 the next morning and we went to the District Court in his car. On reaching the District Court to meet the judge, I found one of the most shocking sights of a Government office of this stature. It was in the midst of filth and garbage dumped on all sides. Even the corridors were stinking! Just before entering the Judge's chambers, I could see the window panes were broken, cobwebs dangling from all corners, and an antique piece of pre-World War model typewriter, resting on a broken table, which seems to have never been cleaned for the past many decades.

We went to the Judge's chambers and I sat in the back; my advocate went along with the other advocates to get his chance to meet the Judge. In the Judge's chambers, I found a photograph of Mahatma Gandhi in a frame that was cracked, with a thick layer of dust, which acted to insulate the wrong doings that take place in most of the government offices in our country. I feel this is intentionally done to keep the Mahatma in the dark about the new culture which we have inculcated in the name of development.

After about an hour, I had to answer the call of nature. I happened to reach the wash room, where to my utter dismay, I found the water shortage has hit this building too. The toilets smelled of fresh human urine and excreta. Being a doctor, I felt there was no need for anesthesia in India to operate upon patients, it's enough if they are taken to public toilets. I was forced to take a three-wheeler to a local high-class hotel, to answer my nature's call for which I had to spend about 60 rupees. I fear for the 200-300 advocates and sub staff who spend 8-10 hours a day using the same premises, breathing the foul, dirty smell, contaminated with all kinds of viruses, bacteria, and various other hazardous gases, which lead to the creation of free radicals at the cellular level.

I wonder how the lawmakers themselves could allow such inhumane conditions to persist in their own office building? This in turn acts in promoting free radicals in their body, which is a cause for cancer. On March 27, 2013 I landed up in the Kerala High Court Building, where I wanted to get the list of Senior Advocates. I was directed to the Law Library where I met a gentleman who gave me a list of Senior Advocates. As I walked through the corridors I saw a lotus pond in the courtyard at the centre, which seemed like it hadn't been cleaned since it was built years ago.

It was fully filled with green water covered by algae all around and mosquitoes flying above the pond. The corridors and walls wore a shabby look with paint done years ago. I had a doubt whether I was in a High Court Building or in the prisons of Andaman and Nicobar

Islands where the British dumped our freedom fighters.

Later on, after coming out of the High Court building, I started walking towards the Empire buildings where the advocate's offices are located. I found open sewage, blocked with Kachra (garbage), filthy, and the color of the water was completely black. I felt that if somebody (by oversight) fell into the drain, they would definitely contract some deadly disease. To my surprise, there was a police station across the street. In spite of this, I wondered why this place was wearing such an ugly look?

The next week, on April 4, 2013 I had to go to Trivandrum to meet some senior Government officials in connection with my business interests. I preferred to travel by train since I loved to see the natural beauty of Kerala, which is projected by the government of Kerala as God's Own Country.

I reached Ernakulam Junction Railway Station at 5:30 in the morning and queued up at the ticket counter, which was full of dust, cobwebs, and fans that were reluctant to rotate. Then on entering the platform, I could see litter everywhere. People were sleeping on the floor in the entrance and walkway with hardly any space for the passengers to walk through. The drinking water taps were leaking and dirty. The pedestrian staircases leading to the other platforms were totally dusty, unclean, and at various places the steps were broken. I fear that a senior citizen (like me) could trip and break bones, ending up in a hospital bed instead of exploring the beauty of Kerala.

As I entered the train, I found total commotion. People were jostling with each other to occupy seats and flinging their baggage on the bin overhead. I somehow managed to get a seat only to find that I would have to bear with it for the 3-4 hour journey till I reached Trivandrum. The upholstery was torn, and never cleaned from all the waste (coffee cups, water bottles, biscuit wrappers, and groundnut peels) strewn all over. Immediately, one young Nun came and sat next to me. We introduced ourselves to each other. Her name was Sr.Maria.

She said that she was in the missionary activities for the past 20 years.

We started talking and sharing the experiences of our lives. She explained that she was taking some students from Kochi to Varkala. We started discussing the cleanliness. She was very healthy, slim and fit. At about 9 o'clock, I took out some nuts and some fresh pomegranate seeds from my bag for a snack. I shared some with her and she was very happy. Then, when I inquired as to why public places in Kerala are so dirty, but I find the houses and private offices kept so clean, she replied with a wry smile that it's the very basic selfish nature of us Indians to keep our place clean and throw the garbage next door or outside our house.

At 10:30, I reached Trivandrum. I hired a three-wheeler to one of the Government official's office at PMG Junction, Trivandrum. I had to make some photocopies, and I asked a local person as to where I could get it done. He pointed me to a small shop nearby. Again I could see all the filth and garbage. The shop that housed the photocopy machine, too seemed like it had not been cleaned for ages. The lady who was so courteous and friendly, patiently made the copies one by one.

On reaching back to the Government office, I spoke to the officer at the entrance and he made a call to the official concerned to let me in. He took me upstairs and put me in the meeting room. This room was lined up with two vintage admirals, which had not been dusted for years. The switchboard on the walls was an antique piece and when the fans were switched on, I could feel dust flying all over the room. On my way back from Trivandrum, I bought a cup of coffee. After finishing my first cup, I held it up asking the coffee vendor where I could throw it in a bin? The coffee vendor very casually replied, Saab, just throw it out of your window. Again, since it was dusk, the lights were switched on and most of them were flickering, due to poor maintenance. The toilets, no need for any description, were shabby at best.

I wonder how people of one of the most literate states of India (where the Government claims approximately 98 percent of its population is literate) can be so indifferent when it comes to the cleanliness of its public places. This leads to serious health hazards which can cause deadly diseases like hepatitis and cancer.

"The Anatomy of Conditioned Unconsciousness is represented through us as individuals due to lack of respect to the environment."

BIOLOGY OF CONDITIONING

While I was traveling on the train from Trivandrum to Kochi in Kerala, India, I found three empty seats in a row. I sat down and went to sleep. As I was sleeping, I was listening to the sound resonating from the running train. This took me back to my childhood days in 1959 when I was traveling from Delhi to Amritsar to see my Grandfather. Since we had very little money, I used to travel in the general compartments and would sleep on the floor. I woke up as the train was coming to a halt before approaching Ernakulam Junction station (Kochi). I made my way to the bathroom to wash my face, but the bathroom was occupied, so I waited at the entrance. I could see outside there was kachra (garbage) dumped in tons alongside both the tracks. As the train moved slowly, I could see complete rubbish piled up that had been thrown out by passengers over the years. I started thinking about how this could be cured, a chronic, open-ended disease which could not seem to be healed. It's really human conditioning, which is coming down after our independence. Democracy has given us excess freedom to act as we like without even respecting the law of nature. Ignorance is an illness with a unique nature. It is kind of an addiction due to conditioned habits derived from our culture and environment.

In the real world, ignorance is a deviation of the natural laws of nature. It is a product of ego, greed, pride and duality. This leads to biochemical reactions at a cellular level caused by excessive desires in the material world. These desires are due to our complex senses - sight, smell, taste, hearing and touch - working through the sophisticated system of the mind. Selfishness and insecurities produce conditioned responses resulting in habits, which are developed through indoctrination, society and religion.

A Russian physiologist named Ivan Pavlov, who lived from 1849 to 1936, discovered conditioned habits. He was the first person to discover this approach to methodology in the study of physiology.

Pavlov experimented with a dog by giving the dog meat and noticed how much salivation this produced. This was an unconditioned response. He fed the meat to the dog and added an alarm sound that eventually also produced salivation. It took seven to ten days to develop the conditioned reflex to the sound of the alarm. He then began to sound only the alarm and not provide any meat.

The dog salivated at the sound of the alarm as a conditioned reflex. Conditioned responses can create motor, sensory, secretory, voluntary or involuntary reactions. With appropriate conditioning, we can make involuntary responses appear at will.

An excellent example of conditioned reflex is when an experiment was done to observe a child's reaction to seeing an action performed with consequences and without consequences. Two groups of children were placed in two separate rooms. One group watched an adult perform a violent act by blowing up a toy clown. The adult was not punished, and no consequences were given to the adult. In another room, an adult performed the same act of violence to the toy and the adult was punished and received consequences. The children who saw the adult receive a punishment did not assault the toy clown when let into the room.

The other group of children who watched the clown get assaulted without consequences not only assaulted the clown, but abused the clown even more than the adult had in the experiment. Look at your way into this material world of illusion. The conception has taken place. One predetermined spermatozoa, out of hundreds of millions, penetrates the oocyte (ovum/egg). First the zygote is formed, then the morula, and the blastocyst. Within fourteen days, you become an embryo. Another ten weeks and you are a fetus. If all goes well, in twenty-eight more weeks, you are be ready to be born. This is your mother's first labor. Contractions begin due to the release of oxytocin, pressing the uterus and cervix against your head. Through the immense pressure of these contractions you are finally delivered. Luckily, it is a normal delivery.

Once you have emerged from the birth canal, having escaped that immense squeezing, you must take that first breath. If you are reluctant, the birth attendant may tap your feet or in some way arouse you, even scare you, so that you will cry and inhale deeply.

When we are born into this world, the act of sucking is our first developed reflex. We are born with nine orifices. Each orifice has its own function. We have two eyes to see, two nostrils to smell, two ears to hear, a mouth to taste and speak out of, an ejection site for urination and anus for excretions from the gastrointestinal tract. The tenth orifice, which we call the divine light, God's light or the peace door is open at birth and closes as we adopt the material world.

When I was twelve years of age, I used to walk to the market for half a mile to purchase vegetables and fruit for my parents and my siblings. One Saturday my father gave me two rupees (25 cents) to go to the market to get fruit, as we had guests visiting. While I was checking the different fruits, I found a watermelon that I really wanted to buy. I picked up the watermelon and found a 100 rupees note. I took the note and put it in my pocket. I then bought the fruit and watermelon and walked home. I told my father I had found the 100 rupees (\$12) and he asked me, Where did you find that? I told him that while I was picking up the watermelon, I found the note. I also told him the shopkeeper was talking about the fact he had lost 100 rupees.

My father told to go back, and give the money back to the shopkeeper. I was afraid to go alone, so my mother came with me, and she gave the money back. As I was growing up, I was beginning to understand the material world. As we grow, we develop habits learned from our family, schools and society. We grow up, go to high school, college and then start a profession. As we live in this world, we develop habits and impressions that create our personalities. Each personality is different for each person. Different personalities develop in different ways, and each personality has its own individual image. These personalities are developed from our parents, teachers,

society, friends, media and environmental sources.

When I was attending medical school, my father worked in the ministry of external affairs where he issued passports to people who needed to travel outside of the country. My father was a God-loving person and took pride in being honest. I remember that many times, people would go to my father's office and then come to visit our home, bringing a basket of fruit. The basket of fruit would be covered, and underneath the basket they put some money. Naturally, when they arrived, my father always respected them and said that if everything was okay with their application it would be approved. You do not have to give me anything. I have enough given to me by Almighty God. I do not need extra food. Out of respect, though, he would open the basket. If he found money, he always gave the money back to that person. His intentions were true and honest.

He lived honestly so as not to produce a negative reaction, or bad Karma. He died a natural death, did not end up in a nursing home, did not suffer, and he died peacefully. The biology of chronic conditioning has become a part of our culture, habit and society. Every individual in the country is conditioned and has adapted to the lifestyle of the material world. Each person wants more in the material world, and each person wants to project that they have more than the other. It has become a part of the custom. If one has a bigger house than his neighbor, he wants one bigger than that.

When one sees how an individual attains their wealth without working and by cheating, then the other wants to do the same or worse. If all politicians in the country follow this cycle, they are not setting the right example for our society.

During high school in 1959, I studied the autobiography of Mahatma Gandhi. I found he was simple and transparent, even in the material world, and he was a half-naked fakir. He had no bondages with the material world. He was a servant of the people, without any pride, ego, anger, hatred, jealousy or duality. When he

went to South Africa in 1893, he insisted that he and his wife clean their home themselves. He persisted and forced his wife to clean the toilets, too.

As a servant of God, he understood what garbage is and the harmful effects it can bring about in human beings. The upper-caste people (the community that he belonged to) never advocated menial jobs being done by themselves. Instead, they used to force it being done by lower-caste people known as Harijans.

Gandhi believed that all humans are equal. There should be no upper or lower caste. He strongly reaffirmed that any job is not menial, and all of us can do any job without loss of prestige.

"The biology of material conditioning is the cause of our miseries and diseases. Each of us must become conscious and learn how to de-condition ourselves from deep-seeded conditioned unconsciousness."

MORPHOLOGY OF CONDITIONING

The morphology of conditioning is a complicated and sophisticated entity of the human being and society. Is greed or poverty the morphology of conditioning? A rich man's greed entices him to have a servant for his own service, and a poor man ends up as that servant? Is that a part of his greed?

Gandhi said, Pleasure without consciousness is a sin. What does that really mean? Each one of us should live with our inner consciousness of divine nature. Gandhi lived all his life in the present. He was a mystic, unbounded and unlimited. He did not use any human being as his servant or slave. He did have followers but not servants.

When I was growing up and ready to go to medical school in 1961, my father did not have the money to pay my tuition fee. My mother asked of her sister if she could borrow the money to pay my tuition. My mother's sister was living in the elite area of Connaught, a place in New Delhi. My auntie's husband was a general contractor. He was about 61 years of age, and they had a big house and three Chevy Impalas. In his lifetime as a contractor, he helped build Rashtrapati Bhavan (the official residence of the Head of State). He bribed officials to get the contract. My mother told her sister that she may keep her jewelry as payment for the tuition; it was Rs. 400 (\$50) at that time. Her sister said she would go ask her husband. They both came and talked to my mother and told her that she does not need to send her son to medical school. They asked my mother why they don't just let him get a job in an office as a clerk.

My mother came home and told my father. My father grew sad, went to his prayer room and prayed. He was a prayer warrior and always had faith in the Almighty God. Every Sunday, he would get up at 5:00 am, take a bath and pray. At 6:00 am he would leave on his

bicycle for the Gurdwara Sis Ganj Sahib in Chandni Chowk, Delhi for a prayer. Gurdwara Sis Ganj Sahib is approximately nine miles from Lajpat Nager.

The time came when I was ready to go to medical school. There were only three days left before the admission fee was due, and my father had no money to pay it. That same weekend, as my father came down the steps of the temple, a man with a long beard walked up next to him, gave him a package and disappeared. My father ran through the temple and tried to follow him, but the man was nowhere to be found. The package contained about 400 Rs. (\$50), the exact amount of money needed to pay the admission fee for medical school. My father went back to the same temple, week after week at the same time to repay the man, but he never saw him again.

My father always told me, It is Almighty God who sent that man to give me the money, to help you go to medical school. I was admitted to Maulana Azad Medical College in New Delhi, Darya Gang.I used to go to Connaught Place in Delhi every Friday. One Friday, I went to my uncle's and auntie's home there about 6:00 pm. They were just having their evening tea and asked me to join them. They were very happy that I was admitted into medical school. They also said they should have given the money to my mother when she had asked for help. They felt badly and asked me if I would visit whenever I came to Connaught Place. The next Friday, I went to their home at 5:00 pm and had a cup of tea with them. They asked me to stay for dinner, but I told them that I could not, because I had to take a bus to go back to my house and didn't want to be late. My uncle insisted that I have dinner with them, and one of his servants would take me home.

My uncle and I began to discuss the game of cricket. During that discussion, he told me that he had six servants. These servants are from small towns of India such as Uttar Pradesh, Bihar, Assam. They were between the ages of 25 and 40 years old. He said he brought them into his home when they were only six to ten years of age. He

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said he gave them shelter, clothing, food and paid them. At 8:00 pm, one of their servants, the driver, took me home. My uncle also asked me to have dinner with them again. He always invited me to all his special functions as well.

Whenever we were sitting down to eat at my uncle's home, he would always mention his servants. My uncle said Ramu came to him when he was six years of age. He came from a family in Bihar. At that age, he did not know anything about housework. He told him to work with Raju, who was ten years of age at that time. Raju was an excellent cook. He knew how to make all the Indian dishes such as shish kabob, tandoori chicken, mutter paneer, nans and dals. He further stated that he knew how to make all the sweets, such as gulab jamun, burfi and jalabi. He had learned these from his father, who had a Halwai shop. Raju, now 35 years of age, and Ramu, now 31 years of age, cooked for us. My uncle said that they should be happy he was providing them with shelter, food, clothes and money. He said he paid Raju Rs. 40 (U.S. \$5) per month. Ramu gets Rs. 30 (U.S.\$ 3.50) per month. They send all their money to their parents in Bihar.

Mundo, another servant (who was 37), came to my uncle's home from Uttar Pradesh. He had lost his parents when he was seven years old due to tuberculosis, and he was the only person left alive in his family. His own uncle did not want to take care of him. One of Mundo's neighbor's servants knew his family and explained that Mundo needed a place to live. My uncle took him in at seven years of age, and Mundo took care of all the gardening and yard work. He was paid Rs. 40 (U.S.\$5) per month.

Jamie, another servant, came to my uncle's at eight years of age. His parents had seven children, and they could not take care of him. They went to my uncle through my uncle's friend, Raj Krishan, who has ten servants of his own. Raj had a knitting factory.

He used his servants at both his home and his knitting factory. Jamie was now 33 years old and was a driver. Jamie drove my uncle

and aunt wherever they wanted to go and kept the cars clean.

Ahmad, who at this point was 37 years of age, came to my uncle's home from Jamuna Nagar, Delhi. His father had three wives and ten children. His father was a carpenter, and he wanted his son to be the same, but Ahmad refused. So my uncle took him in through his friend Rajesh, who had a clothing shop in Connaught Place. It was 1965, and I was a fourth year medical student. My uncle called me and told me he was having chest pain. I went to his home and brought him to Irwin Hospital. My cardiology professor examined him and said he had angina. He prescribed nitroglycerine and vasodilators. The following week, I went to his home, and he was feeling better. He had high blood pressure for many years and had gone blind at the age of 50 due to hypertension. He was still active and would go shopping, to the courthouses, out to dinner and to visit his relatives. Ahmad, his driver, would take him to all these places.

On one Friday, when I came to his home, he asked me to stay overnight. That morning, I woke up at 6:00 am and went for a run. I returned at about 7:00 am, and one of his servants was sweeping outside, cleaning the walk and yard. I met him and asked him his name. He told me his name was Gulu. At this point, he was close to 45 years of age. We started talking, and he said he had been working for my uncle for the last 35 years and had come there when he was only ten years old. He told me my uncle was a nice man but had a bad temper and often yelled and behaved abusively to him. He told me he noticed my uncle's eyesight was getting worse and worse. He explained, however, that he was thankful my uncle had given him a job and paid him 40 rupees (U.S. \$5) per month. With this money, he supported his five children and was sending them to school for an education. He wanted them to get good jobs when they grew up. I told Gulu that I was happy and proud of him and told him to please let me know if I could be of any help to his children.

On that Saturday, after eating breakfast, my uncle and I started talking. He asked me what I would do after finishing medical school.

I told him that I wanted to go the United States. He suggested that I start my own practice in Delhi after finishing my internship. Later we started talking about the servants. I told him that my father does not believe in having servants. I explained that my father said that the rich people take advantage of cheap labor from poor people. My uncle disagreed. He explained to me that these servants have been working for him for more than 25 years. If he had not brought them in, they would be wandering on the roads as beggars. He continued to explain how he provided them with shelter, food and money and that they would have been dead if it weren't for him. He claimed that they should be thankful to him for all the facilities he has provided. In March of 1967 I finished medical school and headed off to the United States. After that, I visited India every four or five years.

In 2006, when I was visiting New Delhi, India, I stayed with my cousin in Connaught Place. My 60 year old cousin, Sheila, was the only member of the family left who lived on a rich estate. She had several servants; a cook, a laundress, a driver, a housekeeper, a gardener and a sweeper. I ran every morning. One day when I returned from my run, the sweeper came to me and asked if I was the same doctor who went to the United States 40 years ago. It was Gulu! I looked at him from top to bottom, and there was nothing physically wrong with him except for a corneal opacity in his right eye due to Trachoma (infection). We embraced each other, and I told him I would see him the following day after my run but not to sweep anything until I got there.

The next day I made a cup of tea for him, took his broom and did the sweeping for him. When I was done sweeping, I gave him some money. While this was going on my cousin came outside and asked, Why did you sweep for Gulu today, make him tea and give him money? I told her to take a look at herself. She was diabetic, had high blood pressure and angina. She knew her father, grandfather and grandmother all died between the ages of 60 and 70 due to heart attacks, stroke and cancer. I said, Now, look at Gulu, who is 80 years of age, poor, living on simple food, with little clothing, living in a

hut. He has swept your yard every day for the last 40 years. He has not suffered from any illnesses except for one eye infection. He is completely healthy. I'd rather be a servant than have a sickness such as yours.

I told her when I was in the Connaught Place market I saw all different kinds of people of different colors, races, ages and religions, but the one thing they all have in common is their physical deterioration. Most of them are overweight. I started thinking about non-violence, how we live in this world and the desires that consume us. Greed, gluttony, ego and pride are producing a cellular imbalance that leads to stress, anxiety, obesity and depression.

The morphology of conditioning and the mystery of the human body have a unique outcome, depending upon each person's attitude and way of living. At one point, one's intentions are to manipulate the material world through corruption and to gain excessive money. For whom is he collecting excessive money? Is it for himself and his family? We carry this load and manipulate whatever or whomever to keep all the money for ourselves. This is a persistent human desire. These days, many of our politicians, professionals and CEO's - who have the opportunity to manipulate the system and take advantage of their positions - fall into a category of white collar crimes.

God has given us a sophisticated biochemical, biodegradable, bio-immunological and biovisualization living human laboratory that has incredible healing power. We are cheating our own gift of life, which is the worst thing any human being can do Mahatma Gandhi, who lived a simple life, knew what corruption was. He came up with the seven sins that no man should do, as depicted at Raj Ghat, New Delhi, India.

1. Wealth Without Work.
2. Pleasure Without Consciousness.
3. Knowledge Without Character.
4. Commerce Without Morality.
5. Science Without Humanity.
6. Religion Without Sacrifice.
7. Politics Without Principles.

During my life I realized that it was my own ignorance and greed that blinded me from the sense of who I was. Finally, through all kinds of traumatic experiences, I found that the root cause of this corruption is the very duality that leads to the misperception of wealth and poverty in relation to one's life. To eradicate conditioned unconscious (corruption), we have to dissolve our ego from duality into balance.

"Life itself has no differentiation between wealth and poverty. Life is not a stock market & life is not business. Life is a mystery, life is ecstasy & journey."

PATHOLOGY OF CONDITIONING

The fact is that the conditioned unconsciousness has a deep-seated pathology, which we cannot see. It gradually leads to self-suicidal cancer in our cellular system. Since we have little consciousness that gives our cellular system protection, we end up with chronic diseases (cardiovascular, cancer, diabetes, obesity and mental illness). Unfortunately, the medical professionals who are supposed to help are themselves in a state of conditioned unconsciousness. They are dreaming and living in a sleeping world and keeping everyone in the same situation. Pathology is the course of a disease in a physiological body caused by living against the laws of nature. The pathology of the nation is due to the character of its people. Eventually it is based upon the loyalty of the executive and administrative branches of the government, including the judicial system and law enforcement services. If these branches do not work truthfully, honestly, and synergistically, it leads to a selfish, disorganized, disruptive, destructive and corruptive society.

Mahatma Gandhi said, Knowledge without character is a sin. What he meant was that real knowledge is our inner consciousness and awareness. He knew the material world is a world of illusion and, once trapped, becomes a vicious cycle.

Knowledge and character go hand in hand, and one reinforces the other. It is only through knowledge and character that one can perform their duty to society. High level corruption is due to higher professional knowledge. This, in turn, leads to white collar crime, resulting from lack of character. For example, these people have the opportunity because of their positions: politicians, CEO's, bankers, etc. These individuals never tasted the non material world of divine nature. Once you have experienced that feeling of space in the nonmaterial world of divine nature, such as unbounded, unlimited infinity, you will achieve happiness and peace. This state of mind is due to the secretion of your own serotonin levels in your brain. The

unique space is where you want to live, and this is where Gandhi lived throughout his life.

Pathology of conditioning results in a cycle of corruption consisting of manipulation of financial figures, as well as people who strive to gain more material wealth. For example, politicians who are fighting in elections assure their constituents that they will be truthful, honest and sincere. They make false promises before the election that they will do certain things to help their community and society as a whole. We put our faith and trust into these politicians attempting to get elected, who make promises that are never fulfilled upon getting elected.

The human body is represented by our face. Our face reflects our inner being. When you see a human being, if their face is dull there is something imbalanced. In our physical body we have chakras. There is a root chakra called muladhara, a genital chakra called svadhisthana, a navel chakra called manipura, a heart chakra called anahata, a throat chakra called vishuddha, an eyebrow chakra called ajna and the crown called sahasrara. They start from the bottom of the human body and go up to the skull. These chakras represent subtle, non physical patterns of energy. We have three major nadis. The ida (shakti – female) represents the female passive, intuitive, right brain, cool and lunar. The pingala (shiva – male) represents the male active, left brain, heat and solar. The sushumna represents the spinal column - also called the Central Channel of Kundalini. In every human being, these chakras have to be balanced through these nadis, which show the aura in our facial expression.

I visited New Delhi, India in the month of October, 2015. I met an attorney named Ram Chander through a friend. One day when we were getting together for an afternoon tea, he told me that he earned Rs. 20 Crores (U.S. \$3.6 million) without having to do much work, and he said he did not pay any income tax on it. He said he bribed the judges on behalf of his clients. He represented white collar criminals. Most of his clients were corrupt politicians, CEO's and presidents of

large corporations, banks, pharmaceutical companies and hospitals. The verdict meant nothing to him, guilty or innocent. Either way, he still got paid; and that is all he cared about at the end of the day. I told him that he was losing more than he was gaining physically, mentally and spiritually - he was losing the gift of life that is priceless! In the material world, he might have thought he was happy; but in reality, he was hurting himself and his family.

I told him, One day, a client may report you to the police, and you may get arrested. Then you will no longer be with your wife and children. This corruption would affect your life more than you realize. It has already affected your health.

The disease of corruption is just as lethal as a biological disease. Let's look at Ram's case. He is 50 years old, 5'6", 250 lbs, smokes two packs of cigarettes per day, suffers from high blood pressure, diabetes and has angina pain. He is a well respected attorney in the community and wakes up at 6:00 am every morning. He has five servants to perform duties for him. Harri, who is his favorite servant, is now about 35 years of age. Ram got him from Harri's village when he was at the innocent, young age of seven. Harri cooks all Ram's and his family's meals every single day. Ram's breakfast consists of two prontha (bread made with pure butter,) sabzi (vegetables) loaded with salt and hot peppers and a glass of whole milk with sugar.

His beautiful wife, Laxmi, has given him five lovely children three girls and two boys. Before going to work, he sees his children and hugs his wife. He goes to the law office in the morning to see his clients. Then, for lunch, he goes to a local bar, where he has a couple of drinks, fried chicken and a bowl of soup. He goes home at 6:00 pm. When he gets home, he hugs his wife and children and eats dinner at 8:00 pm.

Dinner consists of tandoori chicken, tandoori bread, dal, sabzi, rayta (made from yogurt) and burfi (a sweet made from and

and milk sugar). After eating he sits on the couch, watches TV, drinks at least two beers, and then he goes to bed. Once in awhile he attempts to make love to his wife but usually cannot perform. As time goes by, feelings of love dampen. Oxytocin and dopamine reactions subside. His wife pays more attention to the children. Sex becomes a secondary part of life, almost non existent.

He has three assistants at his office that help him with billing, scheduling and seeing clients. He hires a new Paralegal, Carmen, who is 20 years old, attractive and vibrant. It is not long before Ram's oxytocin begins flooding his system. He is attracted to Carmen. All though she sees that he is fat and smokes and drinks too much, Carmen is looking for security. She is more concerned with his financial condition, not his soul or emotions. They start having lunch together. Eventually they start having sex, at the office, at her apartment or in a hotel.

Ram still loves his wife in a dutiful way. He cares about his five children. He has a responsibility to them. His wife loves him. Despite his affair, he still has sex with his wife occasionally. Although Ram has found a new zeal with his young mistress, he still continues his unhealthy lifestyle and gains more weight. His angina pain and diabetes worsen, and his blood pressure increases. His medications have been increased, and he still does not exercise.

Ram gets an invitation to a legal convention in Goa, India. He asks Carmen to go with him. She is excited and accepts. Ram and Carmen check into a hotel. In the morning he attends some lectures. At lunchtime he picks Carmen up, and they have a heavy meal and a couple of drinks. They go back to their room at the hotel and have sex. During sex, somebody knocks at the door.

Ram panics, has a heart attack and drops dead! Conditioned unconsciousness leads to chronic stress that is a vicious cycle of repeated secretions of adrenaline, epinephrine and norepinephrine from adrenal glands. Every system of the body gets affected at the

cellular level. It affects growth, tissue repair, immune and inflammatory systems. This leads to high blood pressure, bronchial asthma, chronic pain, migraine headaches, ulcerative colitis (chronic diarrhea), angina, cardiac arrhythmia, cancer, arthritis and accelerated aging. It produces erectile dysfunction, premature ejaculation, and impotency in men and amenorrhea (cessation of menstruation) as well as failure to ovulate in women.

Almighty God has given us a beautiful body, our best property, but we have forgotten what is important. We are trying to satisfy ourselves at a physical level without realizing that our bodies are moving towards increased entropy every day. We end up sick because we are our own worst enemy. Ram died due to acute stress. He had developed chronic changes in his body due to intake of excessive salt, high animal proteins, dairy products, lack of exercise and stress due to his corrupted lifestyle. It produced maximum entropy at the cellular level, and his heart could not stand the after effects. He ended up with cardiac arrhythmia. Basically, he killed himself.

At this time of my life, I realize that all of my wrongdoing was because of ego to acquire the material things of this world. I now appreciate my life each day, learning how to live for the present. I could have been completely crippled and dead. It is only inner awareness, discipline and daily exercise that have kept me in a healthy condition. Now I admire Gandhi's model of self discipline and how he lived his life honestly. His idea was that each individual should be self ruled, which means to live with one's inner consciousness and inner awareness.

**"Gandhi said that he could live more than 120 years.
Sadly, he was assassinated at the age of 79.
He was not suffering from any ailments."**

TERRORISM AND CONDITIONED UNCONSCIOUSNESS

Conditioned Unconsciousness leads to stress distribution at the Cellular level. It is due to our complex senses and mind. It is the major cause which produced corruption in our secret body. Corruption is a type of terrorism to our spiritual sacred body. Corruption produces a chilling effect and tremors at the cellular level in our body. Our intentions originate from the deepest part of our consciousness. It starts rising to the surface and it continues to rise if we do not control it but, unfortunately, we are living in the material world and we've been caught in this sophisticated society where we care more about how others perceive us than how we perceive ourselves.

Once the intention starts, it behaves like terrorism and then spreads to all branches of our body, and throughout our complex neurovascular system. Once the action is taken, the consequence of this action produces another action affecting our desires and emotions. The effect of this intention keeps on moving forward with our desire, emotions and feelings to a level where we do something which is against the law of nature such as taking a kickback or bribe. Once this intention of corruption is fulfilled, at the same time, a new sophisticated intention starts from the deepest level of our body to protect the first one. This becomes a vicious cycle to the person who started the first intention to him or herself. The effect of this terrorism will affect our selves, personally, which will lead to further ego, pride, anger, hatred and inner turmoil. The biochemical effect of this will affect the person who is next to you or closest to you.

The biochemical residual effect will carry on and the person will take it out on his wife and children. They will feel it immediately. That will produce another biochemical reaction in them. The effect of

this biochemical residue will keep on multiplying and spreading like a malignant virus. In April 2011, I landed at the New Delhi Indira Gandhi International Airport. I met one of the Ministers of Parliament through a friend; his name was Rishi. He took us to the airport bar and I gave him my card. My card states Venture Capital / Business Development.

Rishi's eyes immediately lit up and he clearly wanted to get involved with me on a business level. We had a couple of drinks and then started joking with each other. He said he wants me to meet his friend, Raju, tomorrow because Raju has a company and needs an injection of capital for a project he is working on that Rishi is helping him with. Rishi got him this contract through the government. He made a phone call to his friend, Raju, and then further stated to me, I would like to have Raju send his driver to pick you up from your hotel at 11:00 am.

It was getting late so I told Rishi I needed to go to my hotel to rest and that I would see him tomorrow morning. Rishi told me he would call someone to pick me up from here, the airport, and take me to my hotel. While we waited, we had a couple more drinks and at about 9:30 pm, a young man showed up to take me to my hotel. I woke up at 6:00 am, brushed my teeth, washed up, did my morning prayer, went down to the hotel gym and did my yoga for 20 minutes, 20 minutes of weight training and then ran on the treadmill for half an hour. I went back up to my room, took my shower, got dressed and went down to the hotel lobby for breakfast. I ate oatmeal, a glass of orange juice, a banana and a handful of almonds.

I picked up the newspaper, The Times of India, and I read the front-page news about the fasting of Anna Hazare. I was excited and fascinated that the country of India is finally waking up from the deep wounds of corruption. I felt like I did when I was a child and had just read Mahatma Gandhi's autobiography. I was seeing that Anna Hazare has brought Gandhi's spirit back to life. A social activist had stated that the government is drunk with power and corruption it is up to the people to make it sober.

Raju's driver arrived, came into the lobby, went to the front desk, asked for me by name, and the front desk receptionist pointed to me sitting in the lobby reading my newspaper. Raju's driver introduced himself and led me off to the Mercedes Benz parked by the front doors in front of the hotel. We drove for half an hour to meet Raju at his office. The driver asked me where I was from and then explained to me that he is from a small town just outside of Rajasthan and was nine years old when he came to work for Raju and had been working for him for 27 years. He explained that Raju had a big contract from the government through Rishi's help, not only to build a bridge but, also a hotel. The hotel property was located in a place which is not properly zoned for a hotel, but he bought the land for dirt cheap from a farmer. He told me Rishi got the permit approved for the hotel through the authorities, but Raju just needed the capital to build it.

Finally, we arrived at Raju's office building. It was classically decorated with marble floors, granite counter tops, pillars in the lobby, etc. A beautiful young lady, name Gita, was at the front desk who greeted me to Raju's personal office. Gita asked me what I would like to drink and I asked for a chai (Indian tea). I met Raju and we chatted a while. Raju showed me the model of the hotel he intended to build. He suggested we go for lunch and Rishi would join us there. He took me to a fancy restaurant and we ordered a drink first while we waited for Rishi. When Rishi arrived, he ordered a drink. When the waitress came over, we ordered lunch. Raju ordered for all of us the Tandoori Chicken, Nan (bread), Dal (made from cereals), Rayta (yogurt), small salad and mixed vegetables. Upon eating our lunch, Raju started explaining to me that he is overweight, has high blood pressure, has already had one heart attack and had an angioplasty and now has a stent. He told me his doctor tells him that he should not eat this kind of food and should exercise every day but he said he has no time. He said the interesting part is, the doctor himself, has already had three by-passes and smokes cigarettes.

As we were finishing our lunch, he explained that he needed approximately five crores (aprox. \$900,000) to buy the

materials to start building the hotel. He also explained that his banker would loan him the rest of the money. I told him that I wanted to meet the architect, the civil engineer and the banker who is loaning the difference in the money and then we could draw up the papers.

A driver came and picked up Rishi. Raju's driver then drove us back to his office where he introduced me to his architect named Samuel and his civil engineer named Sudarshan in different offices within the building. They brought me the site plan and explained the entire layout and the various costs involved with each aspect of the building process. Gita came in and asked us what we would like to drink and we all ordered a cup of Chai (Indian tea). I asked him if they had an approved permit to build. They said the property is not zoned for a hotel but Rishi is going to get our permit approved through the building corporation. He has already taken care of these building inspectors who are involved to get us the approval of the permit by greasing.

Raju called Rishi and asked him if he would join us for dinner that night. Raju's driver took me back to the hotel. It was 4:00 pm and he told me he'd pick me up at 8:00 pm for dinner. I got up to my room, washed myself, lied down on the bed and took a nap. When I woke up, I had a cup of tea, did my evening prayer and got ready for dinner. I went down to the lobby and I saw people watching the news on CNN India. They were discussing Anna Hazare's fast. One man pulled me aside and asked me where I was from. I told him that I presently lived in the United States. He asked, Does this kind of corruption happen at the higher up end of government in Washington D.C.? I responded, There is no perfect system in the world but, I can tell you one thing, the United States is one of the best countries in terms of law and order. The politicians have to be very careful because if they get caught, they are prosecuted to the full extent of the law and most of the corrupt politicians wind up in jail. In the case of President Nixon and the Watergate scandal, President Nixon had to resign and many of those involved wound up in jail. Anna Hazare has no choice but to fast until death to make the general public in India aware of the

corruption. You know the corruption is happening in the political, judicial and in the corporate worlds. Apparently, they all feel they are immune to the law and nobody can touch them. Even the prosecutors in India are puppets of the politicians and have no power.”Raju’s driver arrived at the hotel to pick me up to take me to the restaurant. Rishi was already there, waiting for us. We each ordered a drink and started a conversation. I told him I thought the project looked very good and I asked Rishi if he was positive he would be able to get the permit for the hotel. I explained that I understood the property was not zoned for building a hotel and, instead, that it was an agricultural property. Rishi replied, I can assure you, I know all the people in the building corporation and I have taken care of them. We should be able to obtain the permits no later than next month.”

We then ordered our dinner which consisted of lamb shish kabob, tandoori naans, okra, cheese and peas, chicken curry, rayta (yogurt) and onion salad. I asked Raju to get together with his attorney to prepare the papers. Rishi, who was about 60 years of age, had no hair on his head and a pot belly. He explained to me that he just had a partial lobectomy of his right lung due to cancer and is now receiving radiation therapy. He told me he used to smoke two packs of cigarettes per day. I arrived back at the hotel around 11:00 pm and went to bed. I woke up at 6:00 am and repeated my daily morning routine. Around 11:00 am, I got a call from Rishi telling me that Raju wound up in the hospital and had had a stroke. I told Rishi I would go and meet him in the hospital; Rishi told me he also wanted to visit and suggested we go together.

When we arrived at the hospital around 3:00 pm, we visited Raju. After visiting Raju, Rishi and I had a cup of tea in the hospital cafeteria and we started talking about life. I told him I am very much excited that Anna Hazare has gone on a fast unto death to stop the White-collar crime corruption. I explained that this kind of corruption will completely ruin India’s image and the economy will be completely destroyed. I further explained to him that this kind of stuff does occasionally happen in the U.S., but the legal system prosecutes

these kinds of White-collar crimes and they take it very seriously. I then proceeded to tell Rishi that the hotel Raju is building and for which he is helping to get a permit is completely illegal and I did not want to be a part of it. I said, Life is very short, we all are going to die one day and the gift of life that is given to us is disappearing in front of us each and every day. You need to look at yourself. You have cancer, you have been operated on, and you're taking radiation therapy. You should be thankful to Almighty God that you are still alive. You should respect the gift of life mindfully and start educating the young people in your society to learn to live without corruption. Since you are a politician and you know the other politicians who are corrupt, you can educate them, as well."

Rishi said, I am very thankful you talked to me and I can assure you that I will not be involved in any corruption any more because I want to live a full span of life which divine nature has gifted me. I told him that we should respect our forefathers like Gandhi who sacrificed for us and he lived his life as a yogic, mystic human being.

"Intentions of the corruption produces chilling effects at our sacred, spiritual and cellular body similar to how terrorism does to our society."

CANCER AND CONDITIONED UNCONSCIOUSNESS

Conditioned Unconsciousness creates a deep-seated scar in our complex senses and mind. We are totally conditioned with our parents, society, politicians, stock market, religion, manufacturers of food, drugs, cosmetics, pollution, smoking, etc. Every manufacturer and supplier wants to have a market share of their product, so they create advertisements to enhance conditioned unconsciousness, and to provoke a sense of unfulfilled desire. Since our complex senses and the mind have been totally conditioned, we end up eating excessive salt, sugar and oil. We have become couch potatoes. We are causing ourselves autointoxication and self-poisoning. This leads to excessive free radicals. That causes the production of abnormal cells (cancer cells).

Cancer is a disease of a cellular level of the human body. It means the body is confused and restless. It is due to the origination of ego, selfishness, insecurities and the duality of the mind that satisfies material needs. These needs lead to all kinds of desires, and there is always another desire after one desire has been fulfilled. It is the unfulfilled desire that makes the individual miserable. Desire has no beginning and no end and is due to conditioned unconsciousness. Our body has a mind and a spirit. The spirit we cannot see, but we can feel it. We know it is there, and it is there from the surface of the skin cells to the deepest cellular system in our body.

Our body has 53 hundred trillion cells. Each cell is a soul. Our cells have their own functions at the present level. Cells do not think about the past or future. The cell lives in the non-material world of unconditional love called the spiritual world. The spiritual world is unlimited, unbounded and infinite. It has awareness, consciousness, creativity and an instant function. Cell behavior has no greed, pride

or ego. Each cell is a complete, living body with its own software and hardware.

It is connected to the other cells, which is similar to the way the internet connects to the material world. Cells are connected in a unique way through an extracellular fluid (a fluid outside the cell membrane, called plasma), which is a complex living material. So, even if a single virus will initially affect one cell, the body will stay alive to fight this virus. On the other hand, in the material world (if you have a computer and these computers are networked together), a virus will attack the whole system, and it will fail.

A cell has pure intentions. If you get cancer in any part of the body, all of the defensive cells of the body go to help heal the damage. Our body's cells accept the cancer as a friend, just like if you become friends with somebody. Once you've been diagnosed with cancer, and you're looking for a cure from your doctor in the material world, your senses are working against the cellular system of your body. The inner and the outer systems are no longer synergistic. They are damaging your cellular system instead of healing it.

Stress is the result of ego-driven greed. We have one individual going against another in the material world, but in the non-material world they are both the same. If they could begin to understand, their inner conscious thoughts would become the same. They would grow mature enough to put the material world of greed into Shreya (highest good). Then their greed and ego, which is Preya, would convert to Shreya. This deep-seated communication between the inner and the outer feeling would balance and lead to non-violence. It would lead to the shining of their spirit, which is a reflection of how well their souls are maintained. Gandhi lived on the spiritual level. There was no word related to uncleanness in his dictionary. He believed that cleanliness was next to Godliness. Gandhi started his fast to death on January 13, 1948.

On January 17, 1948, his weight stabilized at 107 pounds. He

received hundreds of telegrams from Hindus, Muslims, Sikhs, Christians, Parsi and Janes saying that they would cooperate, urging him to break the fast. His response included the statement, They should know that I never feel as happy as when I am fasting for the spirit. (Gandhi by Louis Fischer, p. 185). He broke the fast on the morning of January 18, 1948.

Gandhi understood his yogic intuition very well. He knew what Preya (a sense of gratification or short-term ego) was and could do. He knew that our five senses - sight, smell, taste, hearing and touch - were always looking for happiness in the material world. Anytime any new experience or new item is presented to the senses, they want to acquire it. Cancer is a part of Preya, and that will lead to misery, pain and disease.

Since Gandhi was living at the spiritual level, he was always going toward the greatest and the highest good. Shreya teaches us how to have inner discipline and responsibility through Saucha (purity), Santosha (contentment), Tapas (austerity) and living with consciousness and awareness. These are the principles that can avoid cancer.

Physical cancer is caused by not abiding to the law of nature and living in the conditioned habits that we have acquired since the day we are born. Each of us has been conditioned throughout our lives from our families, religion, society and the media. We have developed an imperfect body by eating excessive animal fat, salt and dairy products with stress and lack of exercise. The body's cellular cancer is due to metabolic disturbance caused by excessive free radicals. If the cancer is localized, it can be treated by simple excision. At the same time, by changing your lifestyle and living in the non-material world, further growth and spreading of the cancer can be prevented. During my visit to Delhi in March of 2011, I landed at the Indira Ghandhi International Airport in Delhi. I met one of the members of Parliament through a friend. His name was Asokan. We went to the airport bar, and I gave him my card. My

card stated Venture Capital / Business Development. Asokan's eyes immediately lit up, and he clearly wanted to get involved with me on a business level. We had a couple of drinks and then started joking with each other. He said he wanted me to meet his friend, Sabu, who needed an injection of capital for a project he was working on with Asokan, who got him a contract with the government.

Asokan made a phone call to Sabu and stated to me, I would like to have Sabu send his driver to pick you up from your hotel at 11:00 am. It was getting late, so I told Asokan I needed to go to my hotel to rest and would see him tomorrow morning. Asokan told me he would call someone to pick me up from the airport to take me to my hotel. While we waited, we had a couple more drinks. At about 9:30 pm, a young man showed up to take me to my hotel. The next day, I woke up at 6:00 am, brushed my teeth, washed up, prayed my morning prayer and then went down to the hotel gym where I practiced 20 minutes of yoga, 20 minutes of weight training and then ran on the treadmill for a half hour.

I went back up to my room, showered, got dressed and went down to the hotel lobby for breakfast. I ate oatmeal, a banana, a handful of almonds and drank a glass of orange juice. Sabu's driver arrived, came into the lobby, went to the front desk and asked for me by name. The front desk receptionist pointed to me sitting in the lobby reading my newspaper. The driver introduced himself and led me to the BMW parked in front of the hotel.

We drove for half an hour to meet Sabu at his office. The driver asked me where I was from and explained to me that he is from a small town just outside of Delhi. He was 9 years old when he came to work for Sabu and had been working for him for 27 years. He explained that Sabu had a big contract from the government - through Asokan's help - not only to build a bridge but also a hotel. The hotel property was located in a place that is not properly zoned for a hotel, but he bought the land dirt cheap from a farmer. He told me Asokan got the permit approved for the hotel through the authorities, but Sabu

just needed the capital to build it.

Finally we arrived at Sabu's office building. It was classically decorated with marble floors, granite countertops, pillars in the lobby, etc. A beautiful young lady named Merlin was at the front desk and welcomed me to Sabu's personal office. Merlin asked me what I would like to drink, and I asked for a chai (Indian tea). I met Sabu, and we chatted for a while. Sabu showed me the model of the hotel he intended to build. He suggested we go for lunch and said Asokan would join us there. He took me to a fancy restaurant, and we ordered a drink as we waited for Asokan. When Asokan arrived, he ordered his drink. The waitress came over, and then we ordered lunch. Raju ordered for all of us: Tandoori Chicken, Naan (bread), Dal (made from cereals), Raita (yogurt), small salads and mixed vegetables. Upon eating our lunch, Sabu started telling me that he is overweight, has high blood pressure and already had a heart attack, an angioplasty and now has a stent. He said his doctor tells him that he should not eat this kind of food and should exercise every day, but he said he has no time. He said the interesting part is that the doctor himself has already had three bypasses and smokes cigarettes.

As we were finishing our lunch, Sabu explained that he needed approximately one million dollars to buy the materials to start building the hotel. He also explained that his banker would loan him the rest of the money. I told him that I wanted to meet the architect, the civil engineer and the banker who is loaning the difference in the money; then we could draw up the papers. A driver came and picked up Sabu. Sabu's driver then drove us back to his office, where he introduced me to his architect named Samuel and his civil engineer named Alex. They brought me the site plan and explained the entire layout and various costs involved with each aspect of the building process. Merlin came in and asked us what we would like to drink. We all ordered Chai (Indian tea). I asked him if they had an approved permit to build. They said the property is not zoned for a hotel, but Asokan is going to get the permit approved through the building corporation. He has already taken care of the building inspectors to

get the approval of the permit by greasing.

Sabu called Asokan and asked him if he would join us for dinner that night. Sabu's driver took me back to the hotel. It was 4:00 pm, and he told me he'd pick me up at 8:00 pm for dinner. I got up to my room, washed myself, lied down on the bed and took a nap. When I woke up I had a cup of tea, did my evening prayer and got ready for dinner. I went down to the lobby, and I saw people watching the news on Asianet News Channel. They were discussing white-collar corruption. One man pulled me aside and asked me where I was from. I told him that I presently live in the United States. He asked, Does this kind of thing happen in the high-end of government in Washington D.C.? I responded, There is no perfect system in the world, but I can tell you one thing; the United States is one of the best countries in terms of law and order. All of our politicians have to be very careful, because if they violate the law and are caught, they are prosecuted to the full extent of the law. Most corrupt politicians wind up in jail. In the case of President Nixon and the Watergate scandal, President Nixon had to resign; many of those involved wound up in jail. He said, The local social activists and environment protection groups have no choice but to protect their land from money-hungry mafia. All of our politicians at the cost of their profit are causing irreparable damage to Mother Nature. In the end, it's all for their own children, who have shrinking spaces to breathe fresh air – again, a main cause of suffocation. This happens at the cost of the poor natives, who have held their ancestral land close to their hearts without any damage for generations to come.

Apparently, the mafia and our politicians all feel they are immune to the law, and nobody can touch them. Even the prosecutors in India are puppets of our present politicians and have no power. Sabu's driver arrived at the hotel to pick me up to take me to the restaurant. Asokan was already there waiting for us. We ordered drinks and started our conversation. I told Asokan that I thought the project looks very good, and I asked him if he was positive he would be able to get the permit for the hotel. I explained that I understood

the property is not zoned for building a hotel and, instead, it is an agricultural property. Asokan replied, I can assure you, I know all the people in the building corporation and have taken care of them. We should be able to obtain the permits no later than next month. We then ordered our dinner, which consisted of lamb shish kabob, tandoori nans, okra, cheese and peas, chicken curry, raita (yogurt) and onion salad.

I asked Sabu to get together with his attorney to prepare the papers. Asokan, who is about 60 years of age, had no hair on his head and a pot belly. He explained to me that he just had a partial lobectomy of his right lung due to cancer and is now receiving radiation therapy. He told me he used to smoke two packs of cigarettes per day.

I arrived back at the hotel around 11:00 pm and went to bed. I woke up at 6:00 am and repeated my daily morning routine. Around 11:00 am, I got a call from Rishi telling me that Sabu wound up in the hospital and had a stroke. I told Asokan I would go and visit Sabu in the hospital. Asokan told me he also wanted to visit and suggested we go together. We arrived at the hospital around 3:00 pm and met Raju. After visiting Raju, Asokan and I had a cup of tea in the hospital cafeteria, and we started talking about life. I told him I know that the local public in Delhi is quite concerned about disasters caused by environmental damage in the name of development.

I explained that this kind of unplanned and unscientific development will completely ruin India's natural wealth. I further explained to him that this occasionally happens in the U.S., but the legal system prosecutes such kinds of white-collar crimes and takes it very seriously. I then proceeded to tell Asokan that the hotel Sabu is building and helping to get a permit for is completely illegal, and I don't want to be a part.

I said, "Life is very short; we all are going to die one day, and the gift of life that is given to us is disappearing in front of us each and

every day. You need to look at yourself; you have cancer, you have been operated on, and you're taking radiation therapy. You should be thankful to Almighty God that you are still alive. You should respect the gift of life mindfully, and start educating the young people in your society to learn to live without corruption. Since you are a politician and you know the other politicians who are corrupt, you can educate them not to rampantly plunder Mother Nature."

Asokan said, "I am very thankful you talked to me, and I can assure you that I will not be involved in any corruption anymore, because I want to live a full span of life, which divine nature has gifted me."

"We should respect our forefathers like Gandhi, who sacrificed for us and lived his life as a yogic, mystic human being by practicing a simple, clean way of living with minimum material needs."

ENTROPY

Conditioned unconsciousness and entropy are synonymous. Entropy, the tendency of the world towards disorder and disintegration, is due to lack of awareness, ignorance, reality, combined with our ego, greed, pride, anger, fear, hatred, and attachment. These all lead to deterioration of environment and our health. Gandhi stated that our fears, insecurities, and demons are the most difficult battles for our own survival. He dedicated his life to exploring the purpose of truth (Satya). He further stated that he experimented on himself by learning from his own mistakes.

Fear and insecurities are subconsciously created by our own selves. This is due to the fact that we have accepted this life in a limited way. Once we experience life as whole and complete, we become fear-free and less insecure. Damage to our environment is due to our own fears and insecurities that lead to entropy in ourselves and the country. Entropy is due to the imbalanced law of nature and our conditioned habits. This leads to more entropy and further deterioration of our health, which leads to premature diseases and death.

During the British ruling, Indians were forced to struggle for survival for themselves and their families by serving their foreign masters. In spite of this, the British ensured that their surroundings were kept clean. My father was working for the British, and I heard him say that they kept their houses clean, wiped clean their motorcars and bicycles and also polished their shoes by themselves.

Mahatma Gandhi learned about bodily nutrition when he was only twenty years of age while he was studying in England to become a barrister. He was a vegetarian, and he wrote a book on vegetarianism when he was in England. He was assassinated at the age of 79 but knew that he could live naturally for more than 120 years. Gandhi lived his life in a non-material world of divine

nature. The gift of life is the gift be achieved by simply changing your attitude and taking responsibility. Polluted environments, and entropy leads to a weak individual, decreased immunity and chronic ailments of freedom that Gandhi knew and understood within the deepest part of his heart. He always appreciated the life he had been gifted with, and he had no prejudice against any human being of any religion whatsoever. It is the law of entropy that produces disease in our bodies at the cellular level. Increased entropy comes from living against the law of nature and in which we are trapped with our own ego, pride, lust, hatred, etc.

Dr. Sodi Pallares first introduced the word “entropy” to me in 1979, when he presented an article on the Ischemic Heart Disease and polarizing treatment. The heart has four Entropy chambers: two atriums (right and left) and two ventricles (right and left). He stated that the left ventricle of the heart, which supplies blood to the entire body through its contractions, is the most vulnerable to entropy. It is the subendocardial (the layer below the endocardium of the ventricle of the heart) layer of the left ventricle that shows the cellular changes of entropy. The cellular changes of Ischemia, is caused by high sodium, stress, smoking, lack of exercise, drugs, etc. The First Law of Thermodynamics is “matter and energy is neither created nor destroyed; it is only transferred from one form to another.”

The Second Law (Entropy) occurs when some parts of energy dissipate as it converts from one form to another. For example, if we burn a piece of coal, the energy remains but is transformed into sulphur dioxide, and other gases that then spread out into space. While no energy has been lost in the process, we can never re-burn that piece of coal and get the same work out of it. Entropy is a loss in the amount of available energy to perform work of some kind in the future. Lack of respect to the environment leads to increased entropy and is an imbalance at all levels of health in the society, including immature behavior, lack of awareness, ego-oriented behavior, greed, pride and attachment. These unseen characteristics produce environmental contamination in society, causing increased entropy. To reduce this

“invisible” increased entropy, we need to embrace cleanliness, affection for nature, purity in our homes, sincerity for the living beings in nature and patience to accept the law of Mother Nature. This can be achieved by simply changing your attitude and taking responsibility. Polluted environments, and entropy leads to a weak individual, decreased immunity and chronic ailments.

In physics, entropy is the measure of unavailable energy, which is in our natural world. It is a reflection of the environment, such as the pollution from our cars, garbage in the streets, etc. The effect of entropy leads nature to move things toward equilibrium. We can easily see wood burning in the fireplace, but nobody else figured out how to turn the ashes into the tree branch again. The cycle of corruption is a continuation of increased entropy and inflation.

In 2013, I visited my friend, Basheer, in Alwaye, who is 5’4 and weighs 250 pounds. He had a luxurious, two-story palatial house on the banks of a river. This was all built with marble, and it looked like a palace. Basheer was a contractor, and he was building apartments for the government. He told me last year he earned Rs. 10 crores (approximately \$1.8 million U.S.). He said he had to throw liquor parties to get the contract. He said he used cheap labor and cheap materials to build these apartments for low-income families. We started discussing India’s economy. I told him that India’s economy looks good on the surface, but it is completely hollow, disorganized, deranged and infected. I told him all my professors in medical school were honest and sincere. But I constantly see human greed in India, which has destroyed the environment.

We seldom pay any importance to our natural surroundings, and create mounds of garbage in the form of unwanted concrete structures. We act like this not only in the economic world but in our food habits. I told him that he had high blood pressure, diabetes and chest pain. He was taking anti-diabetics, blood pressure medication and nitroglycerin pills. For breakfast, he ate a couple of eggs with toast and butter. For lunch, he had chicken, bread, and a small salad.

In the evening, he had a couple of drinks, salted seekh kabab, bread and cooked, salted vegetables. He had a bad habit of chewing paan, which he used to spit out from the window of his car. As we left his office, I told him that he had corrupted his health and reduced his gift of life. He did not understand what I was saying, but when we got out of the office I pointed out a man named Tony. Tony was digging a ditch with his wife, Maria. Maria was standing next to him, holding their two year old baby, John. Tony was about 30 years of age and had no body fat. He said to me, My wife helps me every day, and although we do not make much money, I am happy with my family and sleep well. Next door an 85 year old man named Roger was pressing clothes by hand and was looking stronger than my friend.

I told my friend that he had now seen these poor people, living hand-to-mouth, who were healthier than he was. I said, You are only 50 years of age, you have a car, a house, a beautiful wife and two children, but you are loaded with diseases such as diabetes, heart disease, and high blood pressure. You are taking your medications, and at the same time, you drink at night before bed. Your body has developed into a state of maximum entropy. I explained to him he could regain the natural balance in his body and reverse the entropy by exercising, not eating salt and respecting the Almighty divine entity that is inside of him.

The misconception that most people have regarding exercise is that they will get exhausted and lose energy. In actuality, exercise stimulates metabolism by increasing oxygenation at the cellular level. It reduces stress, anxiety and anger. Furthermore, it makes you more compassionate and forgiving. Above all, it reduces entropy and makes you more aware of the corruption within yourself.

While we were eating dinner with Basheer and his wife, Aysha, I told him that the life God had given us is a gift, and each is born as a free individual. I told Basheer, You have trapped yourself in the material world. You have built a home and are making a living, however, at the same time you have used people for your material

gain.

I suggested that he should earn honestly and live honestly so that he has less entropy. I told him he should set an example for his children and society. I suggested that he should put on his jogging clothes and have a garbage bag in his hand to collect all the debris - such as paper, plastic bottles, cigarette cartons - so that he could help Mother Nature to breathe. In turn, Mother Nature provides us with clean oxygen for living a healthy life.

I asked Basheer, "Did you really understand Gandhi when you were studying his autobiography in high school?" Gandhi was 79 years of age. He had no high blood pressure or diabetes and was healthy like a horse. He walked five miles a day and walked so fast that nobody could keep up pace with him. It is unfortunate that he's not here today.

"Conditioned unconsciousness leads to optimum degrading of self due to ego, greed and pride."

METAMORPHOSIS

Metamorphosis is a philosophy about a change that induces self-realization and healing. Metamorphosis is the foundation to control stress. In adopting this philosophy of metamorphosis, I was able to look at my past experiences, work through the turmoil of life and finally see that I had been drowning in the ocean with my head just up enough to breath. I have seen myself running in the desert without any direction, intoxicated with anger, pride and ego. It is only through metamorphosis that I realized really just who I am. I finally achieved a state in which I was in touch with my inner guide, a place where I learned how to forgive myself and become non-violent.

I learned how to convert my Preya to Shreya through daily yoga, aerobic exercise, meditation, prayer and healthy eating. During the time that I have lived in the USA, every day I feel like I am a young man of 25 years of age who just arrived here from New Delhi, India after finishing medical school. Whenever I visit India I feel that I am just 15 years of age and sense my father's presence as he used to take me on his bicycle to Gurudwara Sheesh Ganj Chandni Chouk Delhi every Sunday and sitting in the Gurudwara doing my Mool Mantra that my father taught me at the age of four. Gandhi lived his life as a metamorphic human being. He developed this metamorphic lifestyle through attaining responsibility, flexibility, adjustment and dissolving of his ego. This was accomplished through fasting and non-violence; this aided him in controlling his mind and complex senses.

In his childhood he learned to pray from his mother, and his mother insisted Gandhi should remain a vegetarian. Through yoga and meditation, his mind and body were flexible and adjustable. In 1921, at the age of 51, he experienced a metamorphosis. Gandhi was promoting civil rights in South Africa. He was traveling in the

first-class accommodations on a train. As a highly-educated attorney from England, he was well-dressed in westernized clothing. He was told to move to the rear coach because of his dark skin. He simply refused. Gandhi was then thrown off the train and spent the night in an abandoned railroad station. Throughout the night, his anger raged. He could have turned it to violence. Since he was a student of yoga and had a disciplined practice of ahimsa (non-injury, non-harming), he knew how to turn Preya (short-term ego and sense of gratification) into Shreya (to live with our highest and greater good) through transformation.

Metamorphosis is a philosophy or a change that induces self-control. It creates better health, stronger relationships, and peace. Metamorphosis addresses the unconscious backbone of conditioning. It guides us at the most primary level, the principle of life within. Regular exercise improves your mood, sleep quality and resilience, decreases anxiety and raises self-esteem. Through exercise, there is a burst in biological changes that takes place in your nerve cells. Oxygenated blood, energy and a protein called the neurotrophic growth factor are supplied to the brain, improving the genes in nerve cell signals. These substances induce nerve cells to grow, branch out and make connections with one another. This is called neuroplasticity. The growth of new nerve cells is called neurogenesis. These important biological processes are essential to slowing down the aging process and responding to stress in daily life. These changes will increase life expectancy to more than 165 years.

Psychoneuroimmunological changes take place while doing yoga and meditation and during prayer. These changes help to create a balance at the cellular level. It is not only how you live but where you live that makes a difference. The Japanese island of Okinawa has a population of 1,301,462 as of December, 2014. Many of the residents of this island are over 100 years of age and have a daily routine of exercise, eating whole grain rice and vegetables, and they pray and meditate. It has been found that the life expectancy in poor, polluted urban areas is only 54 years of age. This is because of

overpopulation, a dirty environment and bad eating habits (fast food) that cause individuals to become overweight develop diabetes, high blood pressure, strokes and cancer. If we eat enough of the right foods, we can create biological changes. The right foods offer us the maximum amount of antioxidants to prevent damage at the cellular level. You want to eat enough of the right foods so that you can create biological changes at the cellular level. The right foods help you to have the maximum amount of antioxidants to prevent damage at the cellular level. Certain foods delay the aging process and increase life expectancy. 60 to 80% of our diet should be uncooked food. Green, leafy vegetables such as spinach, broccoli and carrots are rich in antioxidants and beta carotene. Diets high in fruit, vegetables, fibers and Omega 3 oils prevent high blood pressure and heart disease. These foods also delay the aging process and increase life expectancy. Through metamorphosis, both physically and psychologically, we can actively change from anger to peacefulness and from hate to love. We must also learn how to forgive as this will give us maximum sustainability and flexibility.

Our ability to turn adversity into opportunity is our chance to gain victory from the jaws of defeat. This is the root of metamorphosis. It is proven that the most successful people have magnetic personalities. Life may knock us down, but we can dust ourselves off and get back up. This is resilience and flexibility, which can only be achieved by commitment, control and accepting the challenges we face. In order to do this, we have to live a very disciplined way of life. The solution is to gain control. When most people get stressed, the first thing they increase is eating. They eliminate good nutrition, exercise and sleep. These are important factors when it comes to our flexibility and resilience. When we are used to eating junk food and are tired, it is much more difficult to bounce back from adversity.

Just like eating three times a day, it is advantageous and healthy to have sexual relations on a daily basis. It stimulates each individual at a mental, physical and spiritual level. It produces

biological changes and brings about satisfaction and harmony at a cellular level. It creates a loving bond and relationship that stimulates the hormones to prevent diseases and prolong life. Metamorphosis is an attitude of mind and a rather simple concept. We have been indoctrinated over the centuries by structures of religion, philosophy and education, which prevent us from thinking with our own inner intelligence. Metamorphosis helps free us from these limitations. Metamorphosis teaches us that change is a necessity. To change chronic problems means to change disease into health. Constantly changing from one day to the next is part of the process. Whenever we have a problem we must not lose control but keep in contact with our inner guide and divine entity.

Changes that occur through metamorphosis are as follows:

- Three to five days - revitalization of the skin
- Four to five days - increased energy, vitality and stamina in the body
- Three to four weeks - conditioned reflex and craving are under control
- Three to five years - mental, physical and spiritual changes have taken place

Our bodies have been given to us through the great gift of human birth. We have a body, mind and spirit, all of which are unique unto ourselves. Our lives are a journey. We produce thoughts that sometimes produce reactions. We often wonder where we are going, but if we keep our minds in the present and forget the past and focus on the feeling that we want to change, then we can absolutely bring about that change. We want to choose love rather than hate, smile rather than frown, build rather than destroy. We want to choose to heal rather than to wound, give rather than take, act rather than delay, forgive rather than blame and pray rather than throwing the spear. Change has to take place everywhere in order for the act of metamorphosis to occur so that it may change disease to health, anger

to love, ego to peace and pride to patience. of it. I said, Life is very short; we all are going to die one day, and the gift of life that is given to us is disappearing in front of us each and every day. You need to look at yourself; you have cancer, you have been operated on, and you're taking radiation therapy. You should be thankful to Almighty God that you are still alive.

You should respect the gift of life mindfully, and start educating the young people in your society to learn to live without corruption. Since you are a politician and you know the other politicians who are corrupt, you can educate them not to rampantly plunder Mother Nature. Asokan said, I am very thankful you talked to me, and I can assure you that I will not be involved in any corruption anymore, because i want to live a full span of life, which divine nature has gifted me.

**“Metamorphosis is
the best way to raise awareness.”**

CURE PROSTATE CANCER WITHOUT ROBOTIC PROSTATECTOMY AND RADIATION

Prostate gland which is located at the base of bladder it is an Endocrine Gland and without the secretion of this gland you and me were not born. It is the blessing of our Father and Mother we are born as a human being we should thank full to them every day.

There are more than 2 hundred thousand patients are diagnosed every year with prostate cancer in U.S.A. These patients are trapped by performing the prostate specific antigen test (P.S.A.) which was approved by FDA in 1986. High PSA level physician suggest Biopsy. Once the cancer cells are found, the patients under go for robotic prostatectomy or radiation to cure the cancer. It is all by false hopes to cure the cancer. The procedures are performed by signing the misleading consent form. These procedures are created to make money from Medicare due to Conditioned Unconsciousness. Physicians in the United States have created corrupted phenomena due to Medicare Re-embursement.

In USA Medicare spending more than 4 billion dollars annually for invasive procedure on prostate diseases (robotic prostatectomy and radiation). According to By RITA F. REDBERGMAY 25, The New York Times In 2011 Medicare has spend more than 500 billion dollars in health care.

According to, The Washington Post) By Philip Rucker, January 8, 2012. Mitt Romney, who fought for presidential election in 2012. He was diagnosed for prostate cancer and underwent in TALZ robotic prostatectomy to cure the cancer.

According to Chicago prostate cancer center, April 25th, 2012. Billionaire investor Warren Buffet 81 year old was diagnosed with prostate cancer. He was treated with a radiation therapy to cure his prostate cancer'. These famous men's have been trapped in Invasive procedure for prostate cancer because they had coverage by Medicare. They did not have to pay any dollar from their pocket and the health providers collected millions of dollars from Medicare. This due to conditioned unconsciousness.

According to New York time blog February 14th, 2010. They stated in 2009 that 73,000 men had undergone robotic prostatectomy. Is this marketing, or is this a real science? There is competition in the medical industry for marketing the robotic prostatectomy. If you go to the robotic surgeon's websites, they are promoting themselves based on how many patients they've operated on just like Dr. Patel.

According to global robotic institute, Dr. Vipul Patel serves as the Medical Director of the Global Robotic Institute. He has personally performed the most robotic prostatectomies in the world and has currently performed over 11,000 procedures.

In reference to Kamasutra Yoga Book 2008 by Dr. Steve Bedi ISBN 978-0-615-211,64-0 from 1980 to 1984. 294 patient were followed 108 were suffering from prostate cancer, 186 were suffering from prostate enlargement. They were all prescribed Polarizing programe and abdominal pumping and anal locking. They were followed on weekly and monthly basis. The patients who had prostate cancer there acid phosphates came to normal limit. Patients who were suffering from prostate enlargement, their urinary stream became normal. All these patient their sexual activities improved more than 90%.

Complication of robotic prostatectomy is loss of urinary control, erection, ejaculation, orgasm and loss of manhood. It leads to a depressed life. Complication of Radiation Therapy leads to loss of immune system, reduction in erection, ejaculation and depression.

Dr. Steve Bedi

In cases of prostate enlargement the surgical procedure effects urinary system and leads to retrograde ejaculation.

Dr. Bedi will be providing Polarizing programs for prostate diseases. This program will not produce any complication. Patients will be rejuvenated at a cellular level. It will increase T-Cell, CD4 Cell, Immune Cell, Serotonin, Gama Globline and Growth Hormone. There will be also production of Stem Cells. You will learn the blue print of Human Anatomy, Bio-Chemistry, Embryology, Pathology and Physiology.

If you have been diagnosed with prostate cancer, enlargement or prostatitis we will be happy to help you without any surgical intervention and we will work with your Doctor.

**Please read the chapter
(How to Heal Yourself from Cancer , Aweaking by the
master and Perfect Position)**

THE LAW OF KARMA

The law of karma is related to the act of corruption or of impairing integrity, virtue or moral principles - a departure from what is pure or impure. If you intentionally know you are doing a wrong act that, in itself is against the law of karma. This includes bribery or fraud to yourself, to your family, to society, to your country and to the world. These days, White-collar crimes are called fraud, conspiracy, wire tapping, etc.

The assassination of Gandhi on January 30, 1948 by Nathuram Vinayak Godse was a part of the law of Karma and violence. Gandhi knew he would live more than 120 years of age. When he was shot, his age was only 79 years, a vibrant man in excellent health with a sharp, intelligent mind. At that time he had just come out of the fast, and after his prayer, he was ready to give his speech. Whenever he gave a speech, his moral principles, enthusiasm and charisma awakened the people from the deep sleep of material illusion. It was the law of karma that Gandhi's killer - Mr. Godse had performed an act of violence against himself, his family, society and country. Naturally, he was hanged and he lost his life. The gift of life has no price. Besides losing his life, Godse created deep trauma to his family, society and his country. If he would have followed the law of karma and the law of nature, he would have been living, and who knows whether he would have been another Gandhi.

In reference to Gandhi, his desire would have been to continue to live more than 50 years after independence and would fulfill his mission in life. Through his nonviolent protesting by fasting, he would not have let this White-collar crime reach this stage. His motto was to be truthful and honest, and would have taken strict action against corruption. He would have also taken action by exhibiting his peace and serenity while living his simple life. Through his charisma of nonviolence, he would have eliminated the religious

dogma of differentiation, discrimination, and duality. Living a peaceful and healthy life is gifted to every individual when they are born. Gandhi wanted every human being to be educated in non-prejudice. He further wanted every child to learn and understand the importance of the material and non-material world. In doing so, he would have made India the strongest nation in the world a nation of dignity, nonviolence, and non-corruption.

In 1984, I was in the process of expanding my medical practice at the same time as my father was receiving polarizing treatment (low sodium and high potassium diet) to help his heart condition. He was still very active and told me that he would live to be more than 100 years old. My family, especially my father, was encouraging me not to expand my practice. My greed and ego wrapped me up in the material world (Dunya) and blinded me from the love and support of my family. I chose to expand my practice despite their input. The pursuit of my ego's desire took me away from my family and, more importantly, my ill father.

If I had lived without greed, ego and pride, my father may have lived as long as he'd envisioned. We are responsible for our own life. It is our intention which brings pain and joy. I was introduced to the law of karma when I was young and I did not fully understand the concept as I do now. Looking back, I can see the multitude of ways in which the law of karma has operated within my life. In my marriage, I thought that I was treating my wife with love, peace, and care. Many times, due to selfishness or carelessness, I spoke unkindly and made her upset. Once, when she was pregnant with our third child, I came home from the office and found her sleeping. Without realizing what I was doing, I yelled at her.

This produced biochemical changes in my body by increasing my blood pressure and pulse and creating physical and mental tension along with anger. The same changes occurred in my wife due to her fear and anger in response to my actions. She felt its effects on the baby in her womb. She still remembers the sensation of the baby's

reaction.

I finally realized the wrong I had done through my intentions, greed, ego, and pride. It has affected not only me, but my family as well. At times, my wife was depressed, angry and resentful because of my actions. I have also seen the effects on each of my children. I have since seen these same angry tendencies in my son. This has made an impression on me. I now more fully understand the law of Karma. Our action can cause a reaction far more harmful than we would have ever intended, such was the case with my unborn son.

When I was in my 30's, during my medical practice, I used to get up at 5:00 am, take my bath, do my prayer, run for two miles, eat oatmeal, and then go to the hospital at 7:00 am. From 7:00 am to 12:00 noon, I performed surgery, had a salad for lunch, and then went to my office. I typically saw 30 - 40 patients per day. I had five medical personnel assist me in the office: Linda, Margaret, Jessica, Lisa and Sandy. Each person had a different responsibility.

Linda was the office manager, and was supposed to coordinate the personnel so that all of the patients would be seen and billed properly. One day, in November of 1982, Linda was sitting in her office and smoking a cigarette, which she was not supposed to do. I got upset and started yelling at her, lost my control and told her to leave the office. At the end of the day, I realized that my anger ended up increasing my blood pressure, heart rate and anxiety at a cellular level. I called Linda and she did not answer. In the middle of the night, I got a call from the local hospital saying Linda was in the intensive care unit with angina pain. I immediately went to the hospital to visit her.

I apologized to her and we hugged each other. This was the law of karma that affected Linda. I accepted my mistake in taking an acute action, which produced a drastic result. If one realizes immediately what he or she did wrong, accepts their mistakes and takes the appropriate steps back from the situation, they will find themselves on the road to recovery. It will help them to remove

themselves from acidic and toxic conditions inside and out of their bodies.

The law of karma works in the present, past, and future. The previous actions that an individual has taken may not produce the same result for each person as what is expected. That person has no control over future results. It is only present actions that can be controlled. If an individual keeps on repeating the same actions that produce anger, ego, pride, anxiety and tension, this will lead to chronic changes and disorganization and eventually to degenerative and cardiovascular diseases.

My youngest daughter was born on June 12th, 1988. She has her own life, destiny and independent karma. I did not spend much time with her as she was growing up. I was pre-occupied with the many problems in my own life. I thought that everything would be fine, even if I was not involved much in her life as a child. There were certain circumstances that deeply affected my wife and all of our children, especially my youngest daughter. Although she was highly intelligent, during her senior year, she began having panic attacks every time she went to school. It became a necessity for her to finish her studies at home. She would not open up to me and I realized that it was because of the karmaphala (the result of action). She gave birth to a premature baby boy during her first year of college.

My wife and children did not want to tell me because they thought that I would get upset. Having not heard from anyone, I drove to my second daughter's home and the first thing she said was, Give me your keys! After I gave her my car keys she told me that my youngest daughter had just had a baby. She thought I would be shocked because it was out of wedlock, but I was actually delighted to have another grandchild. When my youngest daughter heard of my reaction to the news, she was very surprised. The law of karma persists along with the law of nature.

“As you sow, so shall you reap,” as Jesus said, is the essence of Karma.

RELATION OF CHOLESTEROL AND PROSTATE SPECIFIC ANTIGEN (P.S.A)

Prostate cancer and heart disease are alike. Both are caused by cellular dysfunction. Excessive free radicals and metabolic disturbances are the causes of these diseases. In cardiac conditions, the disease is called atherosclerosis, and in prostatic conditions, it is called cancer or enlargement of the prostate gland. Atherosclerosis is the deposit of cholesterol, triglycerides, and calcium in the vascular system. This leads to cardiovascular diseases such as angina pectoris, myocardial infarction (heart attack), peripheral arteriosclerosis and stroke. Heart disease can lead to heart attack or immediate death. On the other hand, prostate cancer usually does not cause an immediate death and can be postponed. The difference in aggressive treatments for prostate cancer and heart disease is that prostatic treatment can cause incontinence (leaking of urine) and loss of erection and ejaculation.

CHOLESTEROL

Cholesterol is a compound of sterol types found in the body cells. Cholesterol and its derivatives are important constituents of cell membranes and precursors of other steroid compounds.

(<http://www.interactive-biology.com/dictionary/cholesterol>)

There are three main parts of cholesterol - high-density lipoprotein (HDL - good cholesterol), low-density lipoprotein (LDL - bad cholesterol) and triglycerides (TRIGS). High-density lipoprotein (HDL) is one of the five major groups of lipoproteins.

HDL's helps transport cholesterol and TRIGS are in the blood stream. Among healthy individuals, approximately thirty percent of blood cholesterol is transported by HDL. Low-density lipoprotein (LDL) also known as BAD cholesterol, is a type of lipoprotein that transports cholesterol and TRIGS from the liver to surrounding tissues.

LDL's helps fats and cholesterol to travel within the bloodstream. High levels of LDL indicate atherosclerosis. Triglycerides (TRIGS) are a type of fat in the bloodstream. This contributes to hardening of the arteries, restricting the flow of blood. Recent studies have shown that people with elevated levels of TRIGS have an increased risk of atherosclerosis.

(<http://www.webmd.com/cholesterol-management/tc/high-triglycerides-overview>).

Cholesterol levels can be increased due to many factors: heredity, lifestyle choices, age and gender. Additionally high concentrations of cholesterol and triglycerides in the blood derived mainly from animal fats and dairy products which promote atherosclerosis.

The American Heart Association and other cardiac association have now accepted that the level of the cholesterol can be reduced by changes to one's lifestyle such as eating fresh vegetables, fruits, grains and a salt free diet. 30-60 minutes of daily exercise each day and meditation of 15-30 minutes per day will reduce the cholesterol, triglycerides and reduce atherosclerosis (Byron J. Hoogwerf, Julie C. Huang, 2012, Cardiovascular Disease Prevention).

P.S.A. tests are used to monitor prostate activity. If it is found to be high, it's the responsibility of the doctor to educate the fellow patient about the causes and how he can keep his P.S.A. level low. To reduce one's P.S.A. level, similarly to the lifestyle required to avoid atherosclerosis or heart disease, again, a diet of fresh vegetables and fruits, grains and low sodium along with exercise 30 - 60 minutes per

day as well as 15-30 minutes of meditation per day are suggested. Literature has been published showing that diet, exercise and meditation reduces one's P.S.A. level and reversal of low grade prostate cancer.

According to Science Daily, May 18, 2008, managing your cholesterol will help to manage your prostate P.S.A. level, as well. This data was presented at the 103rd Annual Scientific Meeting of the American Urological Association. It has also been found that the statin drugs (drugs prescribed to prevent coronary disease) that lower cholesterol will also lower P.S.A level. Knowing your cholesterol level is important to understand the risk factors related to heart disease. Specifically in men above age 35, they should know their P.S.A. level so they can be aware of prostate cancer. They should also seek out information related to the causes of prostate cancer which are often caused by excessive free radical. These free radicals are caused by consuming animal fat, dairy products, excessive salt, lack of exercise and stress. Conditioned unconsciousness. The prostate gland is called the "Life Gland" which every male is born with. It is the master gland of procreation. Every male should respect the law of nature and the divine, to protect his own prostate gland. Every male individual should take the responsibility honestly to care for this masterpiece and gift of life.

"Conditioning has changed the chemistry of our cellular system, where cholesterol and free radicals have become our enemy."

NO MORE BREAST CANCER

Prologue

No woman wants to be diagnosis of breast cancer. It is the number one health fear for women, while it is estimated that one in 8 will develop breast cancer. Yet many women do not take the responsibility to take care of their breasts.

Our object is that you never develop breast cancer. It is through awareness of your breasts morphology you can live this life with wholeness and oneness. We ask you to take an active role in this venture. We want you to be aware of your body so that you can prevent any entropy at a cellular level so you can live a full span of life which nature has given you. We are using the word awareness and participation to indicate the vital role you play in creating your health.

In the "Prevent your Breast" segment you will be introduced to our cancer Dr. Steve Bedi.

Breast Development

The first stage of breast development is called mammary ridge or milk line. It starts in the embryo at six weeks of gestation. The milk line extends from the armpit to the groin. By the time the fetus is six months old the line dies back leaving two breast buds on the upper half of the chest. Occasionally extra breast buds develop along the milk line which forms nipples that sometime persist in adult life. These milk lines are identical in male and female.

At six months of gestation, 15-20 solid columns of cells grow inward from each breast bud. Each column leads to a separate mammary gland that has its own duct leading to the nipple.

At eighth months these columns become hollow. By birth the nipple and milk duct systems are formed.

Actual breast development starts between the ages of 10-14 years. It is due to the secretion of estrogen and progesterone hormone by the ovaries. Breast enlargement is due to these hormones that produce an accumulation of fat in the connective tissue and development of the ductile system at puberty the breast is fully developed. It is during ovulation and menstruation the breast start to mature and form real secretory glands at the end of the milk ducts.

Female Changes

During menstruation most women breast become enlarged, sensitive, and sometimes painful. Breast texture changes which may become rather lumpy, and resemble the orange peel. These lumps are glands in the breast that enlarge during pregnancy.

If the pregnancy doesn't take place breasts return to their normal size. The glandular system becomes insensitive to touch in a couple days. The cycle take place once a month. These changes are due to the secretions of the female hormones.

Pregnancy

During pregnancy the full biological function takes place due to the hormone secretions. The complete development and fullness of the breast take place during pregnancy, and breast feeding.

Aging

Every woman's breast appearance and shape are different. It is influenced by the multiple pregnancies, breast tissue, fat, age, lactation, heredity, hormones, elasticity of skin, and lifestyle. As the woman ages breasts change from full and firm to flat and saggy.

Breast Anatomy

The breast is a mass of glandular fatty fibrous tissue located over the pectoris muscles. It is attached to the chest wall by fibrous tissues called Cooper's ligaments (suspensory ligaments) which are the prolongation of pectoris, serratus, and external abdominal oblique muscles.

Breast Composition:

Skin - This is the natural outer covering of the breast same as the rest of the body.

Subcutaneous Tissue - Fatty layer under the skin.

Connective Tissue - These are spindle shaped cells that consist of interlacing properties that support and bind together other tissues to form ligaments.

Breast fat - It is a fatty tissue that surrounds the glandular parts, giving the breast their overall appearance.

Glandular Tissue - There are approximately twenty lobes that resemble the branches of grapes. These individual grapes are called lobules. The stems of these lobules are drained into ducts. These collecting ducts dilate and later become lactiferous ducts to drain milk into the nipple during breast feeding.

Nipple - It is a raised circle of pigmented skin at the center of the breast called the areola. The nipple will become erect due to muscle fibers when experiencing physical contact, coldness, or sexual activity. The areola consist of glands called Montgomery glands. These are small raised lumps that become visible on the areola when stimulated, they are not symptoms of any abnormality.

Breast Musculature - The breast rest on the pectoral major and minor muscles which are covered by the pectoral fascia. These extend into the breast as suspensory ligaments to give support. The pectoris major muscle originates from the chest wall under the breast and is attached to the arm. It forms an axillary fold where the chest wall meets. The armpit is the depression behind the fold consisting of pectorilis and serratus muscle.

The origin of the serratus anterior is a muscle is on the surface of the upper ribs at the side of the chest and merges with the pectorals muscle. It also called the "boxer's muscle". External abdominal obliques muscle originates from the ribs and extends under the breast and it's appendages are attached to the pectoral muscle.

All these muscles are used during the Payodhara Techniques. It is contraction of these muscles that enhances the immune system, oxygenation and excretion of toxins from the breast tissue.

Vascular System - The breast receives its vascular supply from different sources such as an internal mammary artery, Intercostal arteries, and etc.

Lymphatic Drainage - Breast lymphatic system drains into mediastinal nodes, pectoral nodes, brachial nodes, and etc.

Ribs - The breast rest from the 2nd to 6th rib. Ribs consist of intercostal muscles, vessels, and nerves.

Please read the chapter (How to Heal Yourself from Cancer)

Watch youtube video how to examine your breast

<https://www.youtube.com/watch?v=FWHh8NpQNGE>

FREEDOM AND SLAVERY

Mahatma Gandhi was clear in his mind that the divine had given us freedom at birth. He understood that we have been caught in the material world of illusion due to family, society, religion, etc. It is our body, mind and complex senses, which make us slaves to our greed, pride, ego and duality. Ego is nothing but slavery. If you are caught in the material world, you want more money and you are enslaved to your senses.

Gandhi's principle is that you should work to earn wealth, as wealth without work is a sin. Corruption is a malignant sin, manipulating people and getting something for nothing. It is wrong and against the law of nature, and one becomes a slave to their own habits.

Some politicians have a Masters degree and a Ph.D. in the science of corruption. They come up with schemes and make money without paying taxes simply by offering bribes to the officials. They have drowned themselves in the material world, where they think they are more respected by their family, society and peers. It is only through their desires that they keep doing this, and they never stop. They move from one direction to another direction because they are not satisfied. It is this lack of satisfaction that goes against their inner consciousness.

They hear a lot of internal self-talk that satisfies their material desires. They want to have a big house, a fancy car, join a golf club or other prestigious clubs in their community because they want to gain prestige. This is because their minds, bodies and complex senses are corrupted. By obtaining material "toys," they completely distort themselves. They literally produce entropy at their cellular level, which means they are degenerating their bodies.

In the material world they feel satisfied, but in the deepest part of themselves, they're still not happy and want more. They have

developed anxiety and confusion. They are not getting enough sleep, and they may not hug their wife and children. They are not eating healthy food. They have no time to take care of their bodies, and they are running away from their spiritual bodies.

I visited Kochi, Kerala, India in April 2011. I ended up in a doctor's office, and he was telling me that he makes a lot of money. I started questioning him about how he was making money. He said he sees about 50 to 60 patients per day. He orders many CT scans, and he refers patients to his friend, a radiologist, who pays him cash in the amount of Rs 5,000 (\$125 U.S) as a kickback each day. Human beings know they are suffering from greed and the entrapment of life. They know the Creator has given freedom. One's desires cause them to create who they are. Physical luxuries are the realities for comfort. Most of them are carried as an accessory load and produce more discomfort in the deepest part of one's body.

Gandhi Ji lived his life every day in the present. He never got stuck in the past or thought about the future. Living in the present gave him a feeling of fullness, connecting him to the infinite and the world of spiritual living. Many times Gandhi went to jail during the British ruling. Even in prison, he never felt that he was a slave because he had control of his body, mind and senses. He was always free from bondages. He always told his fellow men that prison was on the outside of the walls. He explained that God gave them creation and a Creator inside of them. They should get in touch with their inner consciousness, reality and guide, and they will always be free. It is only the outside walls and their egotistical senses that have made them slaves of their conditions acquired through their family, society and material education.

I have had personal experiences where I have been trapped by desires. In the past I had become a slave to my life. I realize now that I was born free and complete. We are all pulsating from the deepest cell of our bodies to the surface. We have been enslaved with our complex senses. Once I learned how to live within the enormity of the

world and infinity I began to feel light and experienced a lessening of my worries and bonds. I now feel completely free!

"Slavery is caused by your conditioned unconsciousness through complex desires. The freedom from slavery can be achieved through self-transformation and realization."

GOD AND GARBAGE

At what point does treatment such as robotic prostatectomy go beyond the quality of care and begin to cause greater harm than the disease itself? Studies show that curative therapy, such as robotic prostatectomy, for prostate cancer, has provided no improvement in the cure and life expectancy when compared to watchful waiting. It is impossible for a physician not to know the complications from this surgery will cause such as loss of erection, incontinence, loss of ejaculation and depression.

The whole activity of the physician is to cure and try to heal the patient much like playing God. The disease is caused by the internal cellular derangement and imbalance of energies. Once a patient has been diagnosed with prostate cancer from his physician, he does not want to take a chance to die. They trust and listen to their doctor about every possibility to cure their disease.

The individual patient who has been told, by the physician, that the cancer is localized; it has the chance to potentially spread outside the prostate gland. It is not fair for the urologists to use this "selling tool" to influence the patient to choose robotic prostatectomy as curative treatment. It is important that the patient and the urologist both know the high PSA level is caused primarily by not abiding by the laws of nature. Usually, a patient with a high PSA is referred by a general practitioner to a urologist. In most cases, the urologist recommends a needle biopsy.

During 2007, the number of tissue core biopsies taken from the prostate gland averaged from 6-8. In 2008, initial core biopsies doubled from 12 to 20 cores. It is through these biopsies that the urologist is trying to find an abnormal cell. Once the abnormal cell is located, then it becomes easier for the urologist to sell the robotic prostatectomy to the patient. Through our research and

exploring websites of the different robotic prostatectomy surgeons, it has been found that quality of life related to urinary complications such as leaking of urine and use of diapers, has not been given any importance. In reference to the sexual function, most advertisements are promoting an "Excellent Erection" after surgery. To achieve an erection, they are prescribing Cialis, Viagra, and Levitra. But these drugs work to sustain the erection but do not create it.

These medications help to sustain an erection by blocking the phosphodiesterase type 5 (PDE5) which controls the erectile response by degrading the nitrous oxide-signaling pathway. Once the erection stays longer, it means the cavernous sinuses of the penile musculature have to be stressed. It leads to inflammation. Finally, healing is caused by fibrous tissue (loss of elasticity.)The erection and the lost off erection is balanced by the laws of nature. Unfortunately, these drugs act against the laws of nature.

Once a person takes these drugs, it leads to a repeated trauma to the erectile mechanism. Eventually, the patient has to take more medication in order to sustain the erection. The TV ads state that if the erection lasts more than four hours, call your doctor. Can you imagine having an erection lasting two to three hours? It would produce intense pain and would drive you out of mind.

The patient, who has a high PSA and has the normal physiological function, means that he has full control of urination, erection and normal ejaculation. After robotic prostatectomy, the same patient walks out of the hospital with the pathology of the urogenital system. His quality of life has completely been disturbed and now he's suffering from the loss of control of urination, loss of erection, etc.

He is afraid to share with anyone the misconception that has happened to him. We have seen numerous men that attend Man to Man meetings , organized by American Cancer Society, who are in

this same boat. These men are thankful that they are living. However, in the deepest part of their mind, they know that they have been mistreated and abused. The patient's quality of life has been diminished. The physician has been pushing the patient to recover in 90-120 days by asking him to perform Kegel exercises.

He insists that the patient has to sincerely do the Kegel exercises because he knows that these will strengthen the pelvic floor muscles to gain control of urination and erection. The surgeon wants his procedure to be successful and is persistent to educate this patient to strengthen his pelvic diaphragm.

If this same robotic surgeon was as persistent about encouraging his patients to change their lifestyle for 90-120 days, the procedure would have been avoided. This means the surgeon would have maintained this patient's quality of life. It is the surgeon's moral obligation and responsibility to educate the patient. The robotic surgeon should become conscious and aware of the real consequences of surgery. He should treat his patient as if it was his own body. He should respect himself as a God gifted person and should respect the patient the same way. The doctor should never disregard the quality of life.

Many urologists have joined together and opened a shared radiation center. This means the patient whose Gleason Score is between 5-6, or 6-7, will have prostatectomy first and later will undergo radiation. These urologists are taking advantage of the insurance carrier on both ends. It is amazing the insurance carriers are this stupid and ignorant and do not understand the scheme of these urologists. They have disregarded the quality of life and want to collect maximum revenue from the insurance carrier. They have formed mutual agreements with lawyers to protect them.

"Corrupted medicine has forgotten the feelings of patients and has taken away their orgasms, producing depression."

SLAVERY IN MEDICINE

When any man hears the words "prostate cancer" from his doctor, he immediately gets scared and confused. He starts talking to his friends, relatives or getting information from the Internet. He is in a limbo and he wants the best doctor available to cure his cancer. He looks to physicians trained in anatomy, physiology, pathology, biochemistry, pharmacology, medicine, surgery etc. But these physicians are trained in the material world of nature and they are mechanical like an auto mechanic.

The human body is an intricate biological, chemical, immunological, psychological, and super sophisticated living laboratory that nobody can duplicate. The human body and mind are the only living units which can keep track of past and present and can visualize and project the future. On the other hand, some animals can do the same thing, but they cannot describe or interpret such experiences. If you look at pain levels, human beings can become very miserable. This only belongs to them. At the same time, animals can tolerate and handle pain a 100 times better without any miseries.

Human beings live most of the time in the material world. At the same time, the animal kingdom lives in the non-material world. The non-material is the present world where there is no past or future. It is the unconditional world, the world of infinity, unbounded and unlimited. Our body cells live in the non-material world. It is only our complex physical senses that are material.

Once a young man between 40-60 years of age was seen by a physician and had a general, physical examination and digital examination was later found to have high PSA. Now his doctor wants to do a biopsy of the prostate gland. It is natural that his doctor will find an abnormal cell (cancer cell). A high PSA is similar to high

cholesterol levels in blood and is due to the natural degenerative process in the body. Now the question is since this patient is insured and does not have to pay out of pocket, he trusts his urologist. He has already taken his pants down where he has been humiliated by an examination of external genitalia and rectum.

The man has really become a slave to the master (the urologists). The master receives the revenue from the insurance carrier and uses the slave as his guinea pig. This master has no ethical concern or mercy towards his slave. The patient becomes worse than a slave because he loses his manhood and pride.

The urologist has been trained as a surgeon. He is conditioned, lives in the material illusion feeling that, by performing robotic prostatectomy, he can cure the disease. As a prostatic robotic surgeon, he is doing material and anatomical dissection. He is performing this dissection very meticulously, trying to preserve the urogenital system. He doesn't want the patient to lose his physiological function. Unfortunately, he has been caught in the anatomical world (material world) without knowing the unconditional nonmaterial world. The physician has been bombarded by the material world through his training and misconception. The United States government wants every individual to be insured (<http://hbswk.hbs.edu/item/5645.html>).

There is nothing wrong with that concept so long as it is used judiciously. The FDA and the CDC know facts about prostate cancer and they know it is caused by imbalance at the cellular level(<http://www.harvardprostateknowledge.org/testosterone-supplementation-after-prostate-cancerr>). It is caused by excessive free radical activity at the cellular level (Lien Ai Pham-Huy et al., Free Radicals, Antioxidants in Disease and Health, Int J Biomed Sci. 2008 Jun; 4(2): 89–96).These are due to lack of exercise, improper fuel supply to the cells, and stress. These credible organizations should enforce the pharmaceutical industry to inform every person who has been given a prescription drug that he or she

should also be given the necessary documents to urgently change their lifestyle.

To complete the circle of medicine and to avoid slavery, every physician should be told to teach the patient to change the pathology of their cells back to normal physiology which they can learn through training. This can only be achieved if the doctor guides the patient to change their lifestyle. In other words, each doctor should become unconditional and transform himself or herself from the material to non-material world (infinity, unbounded, and unlimited). This transformation will heal him or her more so than the patient. Yogic science has been teaching for more than 5,000 years to live with Dharma (righteousness), Artha (wealth by living honestly,) Karma (fulfillment by doing service and performing worldly services) and Moksha (salvation from your attachments). Even the physicians are slaves as they become trapped by the pharmaceutical drug companies. They are not taking care of themselves in spite of what they have learned as the physiology of human laboratory. Most of them are slaves to themselves and the only way to stop slavery in medicine is by education.

BIOCELLULAR HEALING

The sophisticated biochemical, bio-immunological, bio-imagination, biovisualization and biodegradable living laboratory that is a human has an incredible healing power called biocellular healing. Once you have been diagnosed with prostate cancer, your doctor will tell you need a robotic prostatectomy. You question yourself, "Why me?" You start thinking about the fact that this cancer is related to sexual organs so you become more alert and start thinking, "I will lose my sexual function." In the end, you decide to let your doctor do what needs to be done to cure your cancer.

The cancer world has invaded your daily life and infiltrated every part of every conversation. It is obvious your life gets obliterated and becomes a stigma and it feels like a death sentence. You are confused and don't know what to do. Your material world – your senses are searching outside to find a way to cure your cancer. They are not connected with your cellular system as non-material and unconditional. You are running toward your conditional habits which have been impregnated for 40 or 50 years. You, as an individual, are complete and nothing is missing and your body at a cellular level is pulsating from invisible to visible. You can feel the life energy. Once you become conscious and aware of this self-biohealing, you can literally change your conditional habits to non-conditional habits.

Your body's cellular system has a consciousness and awareness. Every cell acts spontaneously and has creative and ever expanding dynamic physiological function. Imagine yourself if you are injured, the defensive system of your body at a cellular level immediately goes toward the wounded organ. The cell has no greed, ego or pride. The cellular has no duality. It works unconditionally to heal the damaged organ. Once the cell knows that there is a cancer

cell in the body, all cellular systems, such as WBC, RBC, T-cells and lymphatic cells start working synergistically and go to the cancer site and accept the cancer cell as their friend. Once the cancer cells accept the defensive system as their friend, a part of their life, they will not proliferate. The cancer cells and defensive cells are no longer enemies. The other systems, such as circulation, lymphatic system, respiratory system, gastrointestinal tract, the skeletal system, the musculoskeletal system and the epidermal system (skin and appendages) accept the cancer cells or the abnormal cells as their friend. These cancer cells are now colleagues with the immune cells and excretory cells. It is amazing that the whole body has a built-in evacuation system to rid itself of the abnormal cells. At the same time, the abnormal cells do not want to stay in the body.

We have been conditioned while living in the material world all of our lives. As a patient, once you have been diagnosed with prostate cancer, you are accepting the cancer as your enemy. You and your doctor are trying to cure your cancer. Your doctor, who is trained in the material world, has been conditioned to treat you with surgery. Your doctor is not guiding you to work with your body synergistically. The fact is you and your doctors have false hopes to cure your prostate cancer by robotic prostatectomy.

Your robotic surgeon is trying his best to remove the cancer without damaging your urogenital system. It is humanly impossible to do a clean dissection and not damage the organ. Since he is working in the material world, he has no clue of the non-material world which is at the cellular level. In his material world, he has no knowledge or understanding of the results of the operation.

Total orgasmic relation between husband and wife, with the two partners - male and female - leading to ultimate pure, fresh and unpolluted relation will generate serotonin, gamma globulin, immune stimulation, biological activity of every cell of the body, which leads to fresh, pure vibration energy at the cellular system of the body. It is

a pure biological healing of the cancer of the cellular system.

"We should respect Mother Nature and existence to keep our biocellular healing during the full span of life."

SOLDIER BY GOD

The United States is the caretaker of the whole world. It is because of this fact that most individuals in the United States respect life which is given by Almighty God. Our soldiers live all over the world to maintain peace, harmony and protect each nation from their enemies. Our medical system is one of the best in the world. The FDA (the Food and Drug Administration) is an excellent organization to evaluate the pharmaceutical drugs, medical devices and manufacturing companies for the safety of the patient. Your doctor has to be a God-gifted soldier.

He has to be the best to protect your God-given life. He has a responsibility and is licensed to give you the right prescription or treatment whenever indicated. He should protect your body from any damage caused by a virus, bacteria, an accident, etc. He is the external fighter of your innocent body. Imagine yourself going to a doctor for a checkup. After filling out the necessary forms by the medical assistant, you are then called into the examination room.

The nurse asks particular questions and takes your blood pressure and pulse. She asks you to take your clothes off (to strip) and put on a gown. If you are outside of the doctor's office and one of your friends asks you to take your clothes off, you would never do it right? You are protecting this sacred body. You have gone to a licensed doctor. You do so because you trust your doctor and, after he puts you on the examining table, he examines parts of your body you wouldn't let just anyone touch because you respect and trust him. You look in your doctor's eyes to make sure he is sincere and honest. It is important to understand that his medical practice is a business much like a grocery store or a car dealership.

You talk about the prostatic robotic surgeon who is supposed to be a real soldier to cure your prostate cancer. Does this doctor

genuinely want to help you? Or, does he just want to help himself? He knows he is not sincere to himself and, if that is the case, how can he be sincere to you or any other patient? These urologists are specialists who have trained specifically in this area of medicine for four to five years. They have learned and studied the physical body and they have no idea of the spiritual or divine science.

They are acting as modified modern butchers who have learned how to perform surgical dissection on the living body. They are producing more problems and complications such as leaking of urine due to damage to the internal and external sphincter. That means more surgery to correct the damage from the original procedure. In the case of a loss of erection, they often want to repair it by an artificial implant. This is simply a cycle of procedure after procedure.

The insurance carrier has been paying for the initial surgery and then to repair any further damage. A real soldier by God would never do this. These urologists are really reducing their own lifespan because they are not the "real soldiers" of medicine.

Instead, they are acting like the devil and providing only conditional treatment. If they give unconditional care to their patients and genuinely care for their patients, the doctors will actually heal their own selves. How to find a "soldier by God?" At the end of the day, his intentions have to be sincere and have to be aligned with the laws of nature to provide you with the best prescription for your ailment.

PERFECT POSITION

The fetal position is the most advantageous yoga posture. The theory behind the fetal position was developed by Jean Sutton and Pauline Scott. It is also called the occiput anterior position which is ideal for a baby's birth. We need to get into this position every day so that we can recognize where we have come from. Think about your mother who kept you in the womb where she gave you comfort, nutrition, secretions, hormones, biochemicals, immunological defenses, and absorbed our excretions.

The benefits of this posture are as follows:

1. Increases circulation and concentration
2. Improves the neuromuscular balance and curvature of the spine
3. Massages the endocrine glands
4. Opens the secret door (third eye) of your mind so you can become themaster of your destiny.
5. Soul-searching. All of us have an inner-living victim who is crying for help. Through non-violence and forgiveness, learn how to heal this victim.
6. Controls anger, ego and pride and creates peace, patience, purity, and the power love.
7. Feel like a child, look like a baby
8. Visualize your self living in the present

During my practice from 1971-1980, I prescribed Kegel Exercises to all of my female patients that had given birth or were suffering from stress incontinence. In 1980-1984, I stopped doing prostatic surgery and concentrated the majority of my treatments on educating patients with prostatic diseases on how to massage their prostate gland by doing Kamasutra YogaAsana.

Abdominal Pumping and Anal Locking (Kamasutra Yoga Asana) Sexual dysfunction and prostatic diseases can be prevented and controlled by performing the Kamasutra Yoga Asana.

Muscles used during the Kamasutra Yoga Asana: The muscles, ligaments, and sphincters used in these exercises are as follows: abdominal (obliquus externus abdominis, obliquus internus abdominis, transversus abdominis, rectus abdominis, pyramidalis), pelvic (levator ani, levator prostate, coccygeus, obturator internus, piriformis), penile and vaginal (transverses perinea superficialis, bulbocavernosus, ischiocavernosus), ligaments, fascias, and anal, vaginal and urethral sphincters.

The abdominal muscles are covered by a subcutaneous fascia which covers the anterior abdominal wall, continues up into the thorax and down to the genitalia. This fascia contains the fat and produces what we refer to as a "protruding belly."

The levator ani muscle, which is broad and forms a hammock-like floor has two parts: the pubococcygeus (levator prostate) and the iliococcygeus. The coccygeus muscle works with the levator ani muscle to produce a forced exhalation and prostatic contraction. The specific function of bulbocavernosus is to squeeze the last drop of urine or ejaculation.

There are two sphincter muscles of the urethra: internal and external. The internal sphincter is located at the junction of the urethra and the bladder. It is a continuation of the detrusor muscle (smooth muscle of the bladder) and autonomically prohibits the release of urine. The external sphincter is also known as the sphincter urethrae. It is located at the apex of the prostate at the membranous urethra. It voluntarily controls the flow of urine and it is part of the somatic nervous system.

To perform a proper exercise follow these steps:

1. Sit in a comfortable cross-legged position or in an upright seated Position.
2. Sit with your back straight and head erect.
3. Take two deep breaths in.
4. After your second deep breath in, squeeze your abdominal and perineal muscles and sexual organs. (These are the same muscles used in sex, ejaculation, urination and defecation.) At the same time, exhale through your nose forcefully.
5. Repeat step four ten times. During these repetitions, inhalation will naturally occur.
6. Repeat steps three through five, three times a day and gradually increase over the next couple of weeks to five times a day.
7. Concentrate on the "third eye". It will help to increase mental concentration and clarity. As with every muscle, we need to exercise them in order to keep them functioning at their optimal level.

This exercise can be performed during your everyday life including driving, working, or watching TV.

Advantages for the male:

1. Prostatic massage.
2. Improve prostatic circulation and excretion.
3. Reduce prostatic enlargement.
4. Prevent prostatic enlargement and cancer.
5. Improves the circulation to the testicles, scrotum, epididymis, and to the penile bodies.
6. Improves the drainage system of the above organs.
7. Increases frequency, intensity, and sustainability of the male erection, improves and heightens the orgasm.

8. Control of premature ejaculation.
9. Reduce urinary incontinence.

Advantages for the female:

1. Helps stress incontinence (the leaking of urine during sexual intercourse or physical activity).
2. During contractions, it increases circulation and tone of the muscles.
3. Improves self-confidence, self esteem, satisfaction, bonding, and ecstasy.
4. Strengthen internal genitalia.
5. Increases sexual energy.
6. Improves secretions and libido.
7. Improves stamina and strength of orgasm.
8. Control of stress incontinence.

TRANSFORMATION AND SELF-REALIZATION

My father had rheumatic heart diseases (which affect the valvular system of the heart). He was four years old and was never treated properly. He developed an aortic valve disease, which eventually lead to aortic stenosis. His valve was replaced in the United States.

When we lived in India, he rode seven miles on his bike to and from work every day for more than 25 years in order to support his family. When he retired, he stopped riding his bike for about 5 years and developed a 90% closure of the aortic valve, which led to congestive heart failure. When he started exercising again after the valve replacement, his health improved dramatically. Due to this exercise and a polarizing diet (low sodium, high potassium food), he lived 18 more years with the artificial valve, even though doctors said he would only live for 5 years.

It is only through the mind and body that we behave in a corrupt manner, created by greed, ego, pride and duality. We have conditioned ourselves and have been trapped in this material world of illusion. Through mind, body and complex senses, we keep manipulating in order to protect our conditioned corrupt habits. We keep finding new schemes and agendas, and we keep exploring. However, at the end of the day we are completely confused and depressed at times. We don't know how to get out of confusion and depression. The only solution is to control our life through transformation.

Gandhi Ji had knowledge of Bhagavad Gita, the Bible, Quran

and teachings of Guru Granth Sahib. He became a living yogi only through transformation. He had no personal desire to satisfy himself. He was in perfect alignment with nature. After independence from the British, he wanted the people of India to live with dignity, honesty and purity.

It is only through transformation that one can become the controller of his or her life. Depending upon the situation, radical transformation is not a simple change. We have to consciously transform ourselves, live in the present and accept life as it is. You only have one body that has become conditioned by family, religion, society, education, environment, circumstances and needs. To actually transform ourselves, we have to dissolve our personalities and become flexible.

This will allow us to adjust to any situation in our lives. It is through five senses that we have been conditioned and scarred our brains. We need to focus every moment to live in the present and appreciate every second of life that we have. Everything we do should be done with unconditional love. Live and accept life as it is, rather than trying to analyze it or compare it to another.

Nature has created each of us individually. Comparison only creates confusion and duality. We are complete from head to toe. There is nothing missing. We are created as one. Transformation can only take place if we act through our deepest intention.

The science of yoga teaches Yama, meaning discipline, non-violence, truthfulness, non-stealing and non-possessiveness. On the other hand, Niyama means that we should live with purity and cleanliness. It further states that we should be content and self-aware, surrendering to our deepest intention. This can only be achieved by consciously transforming our subtle power into new consciousness that will blossom into our full capacity, creativity, productivity and longevity.

Through daily practice and constant ideation, we gradually lessen our false identification with our body and lower mind and identify with the blissful self within. We expand through higher and higher layers until one glorious day we become completely free from all bondage of ego and pride and then realize that we are not this body, this mind, this imperfect personality; we are infinity. We are the supreme consciousness. In that moment, we go beyond the mantra, pulsation, vibration, ideation, and in breathless silence we dissolve into ecstatic union with the origin of all.

Mantra is another way of transforming yourself. Many times and in many places mantras are used and have their own meaning. It does not matter which mantra is used. The process of meditation implies a repeated affirmative meaning of mantra: we are infinity and we always have been. It is the best opportunity any human being can have to unfold from the burdens of the past and from ego. Old habits and attitudes created the environmental pollution. Only through transformation can a new healthy attitude be formed. Once you let your fear and ego dissolve, wholeness and oneness can be achieved. It is through transformation that we become a new kind of person, who has developed self-awareness. We are seeking a new kind of leader, who understands transformation and humanism. The newly transformed leader understands and practices life in the non-material world, although raised in the material world. This leader now has the ability to change the deep-seated roots of conditioned reflexes.

"Transformation is the permanent cure for conditioned unconsciousness".

ANCIENT SCIENCE

I was only five years old when my father told me that I had everything. At that time, I did not realize exactly what he meant by that. He, being a spiritual person, lived his life in the present. He always lived life of his own free will and had no bondages.

I realize now that each one of us is complete. The body is a heap of food, and the mind is a heap of impressions. We are totally conditioned and completely trapped by our ego, pride and anger.

The human body is an incredible machine and a cosmic being. We are born as children of the universe through probability and chance. Each life is precious and has the gift of wholeness and oneness. Human beings are not just physical. A life has breath, thoughts, emotions and desires.

Our minds are constantly moving towards fulfilling our desires. If our desires are aligned with nature, we will fulfill them as needed. Every desire consists of three components: energy, willpower and creativity (awareness and super consciousness). When we align our thoughts, words, and actions through our awareness (super conscious mind), we will access the divine source of intuitive wisdom and creativity. Our minds always want to accumulate because of feeling insufficient.

We want to attain more and more material things to satisfy ourselves. Emotionally, we desire fulfillment from people. We desire spiritual knowledge and try to gain it from our religion, leaders, books, families and Gurus. Life itself is complete and unbounded. It is through feeling insufficient that we identify ourselves as limited. It is through awareness and constant Sadhana (spiritual self-realization) that our vessels (bodies) become completely empty. In other words,

we are unbounded and unlimited.

Gautam Buddha said that everything is impermanent and transient, nothing is constant, life is moving and changing at the same time. It is only the present that is eternal. The present is the thinnest slice of life that cannot be captured and is not tangible. The first step in learning to live in the present is to love yourself and take a royal path to yourself through mindfulness thinking, breathing and walking. Mindfulness means that we know what's going on. Living in the present, being aware and conscious, and accepting and taking responsibility helps you to transcend yourself at every moment. This will produce bliss.

My father was a disciplined person. He awakened every morning at 5:00 am, took a bath and went into his prayer room. First he would read from the holy book that the Sikh called "The Guru Granth Sahib." Afterwards, he would stand up and bow his head, fold his hands and pray. The Sikh called this "Ardas", but the Hindus call it "Prathna" or "Aarti." You are asking God with folded hands for forgiveness, peace, patience and purity.

Every morning, my father would follow this routine and have his breakfast afterwards. He would eat a simple meal of oatmeal, which was made of wheat called "Dalia". He would then dress and ride his bicycle seven miles to work. At lunchtime, between 12:30 and 1:30 pm, he would go to a temple, called a "Gurdwara". He would pray and listen to the learned people and then go back to work. He would work until about 4:30 pm and ride his bicycle back home. Then he would wash, change his clothes and pray again. He would eat a very simple supper called "Dal" (preparation of pulses, dried beans, etc.) and "Chapati"(Indian bread) followed by a little walk, and then he would go to sleep at around 9:30 pm. His routine was the same every day. He never took a vacation. Reactions during the orgasm produce physical contractions, resonance, pulsation, moments of energy which lead to an ego-less state and total meditation. The ego is gone. There is no space. There is no time. This results in unlimited ecstasy and bliss.

And that is where the meditation starts.

"According to Socrates, each one of us should know thyself. He has further stated that the unexamined life is not worth living. Socrates states "The only true wisdom is knowing that you know nothing."

BIO - CHEMISTRY

Thoughts lead to desire, intentions, and action. My desires lead me to make love to my wife at different times of each day. It gives us joy, calmness and a euphoric-like feeling. During this process, certain chemicals are secreted such as dopamine, prolactin, oxytocin, phenylethylamine, serotonin and endorphins. Other secretions that occur are seminal fluid, female sexual fluid, fluid from the vaginal glands, and the skin. There are also secretions from the respiratory tract, gastrointestinal tract and other systems.

The amount of fluid secreted depends on each individual and situation. Dopamine is called the reward hormone. It is a catecholamine, which is a neurotransmitter found predominantly in the nervous system. It is synthesized from an amino acid called tyrosine. Dopamine helps to create a feeling of well-being, satisfaction, increases the libido, healthy bonding, motivation, sound choices, and maternal and paternal love. During peak activity, Oxytocin, a neurotransmitter, is released in the blood from the posterior part of the pituitary gland (master gland). It is also released during labor, to contract the uterus, dilate the cervix, and secrete milk for breast feeding. Oxytocin is released during hugging and touching, and creates social recognition, bonding, and trust.

Phenylethylamine has an amphetamine-like effect. It is produced during intercourse and is referred to as the love making chemical. It has been found to be present in cocoa and chocolate, which elevates energy, mood, and attention in human beings. Endorphin is a polypeptide compound produced in the pituitary gland. It is a natural pain killer and three times more potent than Morphine. It creates a euphoric feeling within the body.

Serotonin is a neurotransmitter that acts like an opiate and is manufactured in the brain by tryptophan. It has been linked to the food we eat.

It helps to curb hunger, elevates your mood, and converts to melatonin, which regulates sleep. There is a misconception that a high-protein diet (made up of animal proteins) will provide all of the proteins needed to create the proper amount of serotonin. Instead, it is actually a high complex carbohydrate diet that can provide the proper amount of proteins to allow serotonin to be created. Prolactin, a peptide hormone, helps to excrete milk during breast feeding. When it is balanced in the body, it represses the effect of dopamine and is associated with the resting period after intercourse.

Semen, a male sexual fluid, has both cellular and noncellular material. The sperm cells, which swim in the fluid account for 10% of the actual fluid. There are about 200-500 million sperm cells per ejaculation. The other 90% of seminal fluid is called seminal plasma. The composition of seminal plasma varies among individuals and each instance. It contains about 30 substances which include ascorbic acid, calcium, cholesterol, choline, glutamine, lactic acid, sorbitol, vitamin B12, Zinc, pyrimidine and purine among several others. Seminal fluid also has fructose which nourishes the sperm cells.

The prostate gland produces a thin, milky alkaline fluid that helps the sperm cells to live when exposed to the acidic lining of the vagina and uterus. Female sexual fluids are composed of mucus, the remains of dead cells, white cells and a fluid secreted by the vaginal wall. The fluid from the vaginal wall consists of inorganic salts, urea, amino acids, proteins and some volatile fatty acids. These acids evaporate easily making them ideal for conveying messages by smell. Smell plays an important role in sexual relations.

The skin contains two kinds of sweat glands: the apocrine and the eccrine glands. When our internal temperature rises, the eccrine gland excretes water, which then evaporates and disperses the body's heat into the atmosphere. The apocrine glands are situated along the hair follicles in the armpit and groin. These glands secrete a fatty acid of sweat. When a person is angry, stressed or aroused, the fatty substance is secreted and bacteria on the skin will break it down into a variety of aromatic fatty acids. Some secretions smell good and some

are somewhat unpleasant. The amount of apocrine sweat that is produced is unique to each person. Saliva is secreted in the mouth. It is watery and contains mucus, proteins, digestive enzymes and inorganic salts. Saliva moisturizes and lubricates the mouth. It is Over Saliva which has maximum stem cells. Nature has provided over saliva the best healing property for our body.

ORGASM

It was Friday, the 23rd of June, 2017, the birthday of my wife, Patricia: my girlfriend, the love of my life, my hero, and my total orgasm (patience, love, peace, joy, life.) My youngest daughter, Kiran (her name means “rays of light, love, and laughter”) had arranged her mother’s birthday celebration at Carrabba’s at University Park, Sarasota, Florida. She texted everybody in the family that we should meet there at 5:30 p.m. I asked Patricia why we were to meet so early? She said our grandson, Emmet, likes to eat between 5:30 and 6:00 p.m.

I arrived at the restaurant at 5:00 p.m. As I was looking around, the waitress greeted me and asked where I wanted to sit. She looked at me with a strange eye since I had been looking around, but I laughed, and I looked at her and said, “You have a beautiful smile.” Even so, she looked a bit serious. She then grinned, and I told her my family of fifteen would be coming soon to have dinner together. She asked me, “What is the name?” I said, “It is my light; it is my joy; it is my daughter, Kiran.” She looked at me and asked, “Fifteen are coming?” I said, “Yeah.” The first to arrive was my son, Neil, with his daughter, Nia, and his son, Cam. Behind him was his beautiful wife, Michelle. I looked at her face, and she gave me a little smile. We hugged each other and laughed. Then I hugged my son, and he tried to tell Nia and Cammy to give their Grandpa a hug. I hugged them since they were nervous. Soon afterwards other family members arrived, and we sat at the table. Finally, my daughter, Kiran, arrived with her son, Emmet. Emmet was drinking milk from his mother’s breast. As the waitress was bringing water and other drinks for us, I shouted, “Emmet” and kept shouting. He looked at me and went back to sucking again. I kept shouting, “Emmet,” and he stood up and wanted to come to me. He laughed. He was in a totally organic, orgasmic state in his life, and he had pure unconditional consciousness (Inner Science).

Since it was unconditional, and he was totally orgasmic, his consciousness was not concentrated but flowed throughout. That is

one reason he heard my voice. He reacted, and he even gave up his sucking desire.

Since I had been calling out to him with my organic and orgasmic behavior, he listened intently, he reacted, and he came to me. I hugged him, and we started looking at each other. He started pulling my hair, beard, and glasses, and he was laughing. I held his small hand in my mouth and nibbled it. He laughed! I could see the family laughing at the two of us and what was going on. I looked back at Emmitt. He didn't understand because he is totally innocent, and I was totally conscious, meditative, full of awareness in a state of ecstasy, bliss, and orgasmic. I was laughing, and we played like a mama cat and her kitten! We played for more than five minutes like this. I handed my cell phone with video to my daughter, Kashmir, to take video of both of us. Kashmir (partially conscious) said that every time I hold Emmitt I tell her to take a video. She said, "You have so many videos of him!" I replied, "Every time it's a different video, it's a different time, a different space." Then I said, "It is only the present that matters. You see how beautiful this is; we are playing a funny game." I continued, "And that is life, and that's all life is: You see the tree is flowering, and the fruits are coming; and that's what it is now."

Laughing is the whole game of life, and that's where the life is. When it keeps disappearing, we become serious. Seriousness is a sickness. It is a disease of cancer at a cellular level. As soon as a video of my grandson is taken, I become like a baby! I was born in Peshawar (India). At that time there was no Pakistan. I remember that when I was about four months old, my mother told me the streets were only about six feet wide. She used to pass me on the third floor to the opposite side to her friends who were Muslim and fed me their milk.

Carrabba's is Patricia's favorite restaurant. She ordered chicken for dinner, and the rest of the family ordered their own dinners and drinks. I told the waitress that this was Patricia's birthday and that these were her progeny. I said, "My wife has given me five children, four daughters and a son, and we have seven grandchildren." The waitress wanted to talk to me in a little more

detail, so I stood up. Then she looked at me and shared, “I have a problem.” I asked her what the problem was. She replied, “I have three children, and my husband has left me so I have to support them by myself.” I offered to speak with her later on, gave her my card, and told her to call me later so that we had time to talk.

After dinner as we were leaving the restaurant, Patricia called to Grant, our oldest grandson, to give me a hug. Since I was in a totally conscious and orgasmic state of being, I told Grant to give his Grandma a good hug and make sure he grazed her breast. He did not hear; neither did my wife, but Kashmir, my fourth daughter, was there and heard me. She laughed and then went and told her mother. Patricia immediately became angry and started yelling at me. She left me and drove home in our car. I called to Kashmir to say that since she told her Mom what I had said, would she please share with her that I love Patricia and did not mean to make her upset. Kashmir said, “I know; you’re crazy, and you are talking beyond your mind.” I said, “Kashi, let me share with you that you are all born because of sex.” Maybe I was doing what I was doing for partial or whole sexual intercourse, and Patricia may be getting a partial or whole orgasm. I cannot fully describe it, but this is how we are all born. It is real life, and due to this relationship of penetration and ejaculation, Grant was born.

I told Kashi that all seven grandchildren are born by the act of “fucking” on a physical level. I explained, “Kashi, you have to understand that sex is spiritual, but that most people do it on a superficial level. When you become conscious you have the ability to go beyond sex, beyond any religion, beyond biological prison, and beyond earth.” I said to Kashi, “It is the mind’s layer called the sex; the human layer, the emotional layer, that consists of love. The orgasm layer or divine layer is called prayer and true meditation. It is the true energy layer. Once the two partners become one through energy, it is called unconditional consciousness (Inner Science). We may respect nature, and we may not understand the existence. Now we are beginning to understand that without sexual relations you and I would not have been born in this beautiful world of creation. Animals have only preservation and procreation; once their desire to fulfill their

need for food is met, they are happy. During procreation they have open sexual relations and perform in their natural way. It is a woman's mind that wants to hide and make a big issue in relation to natural sexual energy. It is all due to our conditioned unconsciousness."

I can assure you that my message to Grant was to give his Grandma a hug and touch her breast, because that's where he has gotten his immunity from his mother. Nature has provided women with breasts to feed their newborns. Kashi told me she would call her mother and talk with her. When we reached home, the first thing I said to Patricia was that I was sorry and I loved her. She told me she loved me, too. Then she cooled down, but she told me that she was not going to sleep with me that night. I said, "Okay, I respect that." Usually we have sexual relations every other day. I can tell you that she loves it, and we become organic to each other because at this moment the spark of union releases a bioelectric energy. It is a transformation, transcendence leading to infinity and bliss. It is self-realization at the cellular level producing immune therapy, which has the power to heal your cellular, cancer, heart disease, diabetes, etc.

I met my wife in May of 1968. I started my residency in orthopedic surgery at Henry Ford Hospital in Detroit, Michigan. Patricia was the nurse taking care of the patients in the orthopedic department. We started talking to each other, and then we started going out. She was attractive and kind. As a man, the physical attraction is what leads to the desire to have sex. It was less than a month that we started sleeping together. I came to the United States in March of 1967, with my brother. I was born and raised in the Sikh religion, so I had a beard, long hair, and a turban. After a week, I shaved and took my turban off. We were the only two interns in St. Joseph's Hospital, Detroit, Michigan. I had always been aggressive in my life, and my brother was super intelligent and a scholar. I played with life, and I always took chances and acted boldly.

The first month I was posted in the emergency room. The hospital was owned and operated by Catholic Nuns. Most of the patients came to the emergency room between 5 p.m. and 11 p.m. After midnight, patients did not particularly arrive. There was a nurse,

who was 20 years of age and beautiful. She was also a nun, and we got to know each other. We started having a sexual relationship in the emergency room after 12 o'clock.

During my internship I met another woman, who was about 28 years of age. We got involved, and she used to take me to her home in the evening every other day. She cooked for me and fed me, and afterwards we had sexual intercourse. Then early in the morning she would drop me back to my place. I found out that she was a drug addict. I was very fortunate that I stayed living. Now I realize that I was playing with life. I was playing with my ego. It was a mind game. I wanted to have sexual intercourse. It was not true love. It was completely unconscious behavior.

During my residency in orthopedic surgery (while I was seeing Patricia) I started going out with a doctor. She wanted to become a neurosurgeon. We started going out and then started having intercourse. We enjoyed it, but both of us were working at the mind level. There was a little part of love, but mostly it was intellectual. So I was playing games with my mind in order to manipulate my future wife and the doctor. At times I was confused and puzzled, but I did want to get married and have a family. Still my relationship with the doctor went on for two years.

It was June of 1970 when Dr. Pierce, who was the Chief of Urology at Wayne State University, Detroit, Michigan, called me and said since my brother and I were both residents in urology, he did not want us to become Chief Residents. We were the only Indians in that program. He said, "I cannot make both of you Chief Resident, so you both must leave." I asked Dr. Pierce if he would keep my brother, and I would leave. However, he insisted and terminated us both. I went to Onaway, Michigan, to start my practice. The town had a population of about 1,000 people, and there was a hospital of 18 beds. Since I moved to Onaway, I decided to continue my relationship with Patricia. She came from Detroit to visit me. Later my father from India visited, and he wanted me to come back to India to marry an Indian lady doctor, whom the family knew. My father stayed with me for a month, and Patricia came and stayed there. I explained to my

father that since I would be living here in the United States, I wanted to marry Patricia. My father was a Yogi and open-minded. He requested that I bring Patricia to India and marry her there. So we went to my family's home in New Delhi, India, in 1971 and got married.

Since I started writing this book, I think of how Patricia was born. Her mother was diabetic and overweight, and her father was crippled with a joint disease. I know now that she was born through intercourse and that her mother maybe had been just lying down as her father may have been doing a pushup, but there was definitely penetration and ejaculation. The lucky sperm travelled the long passage of more than two miles to meet the ovum. In the deepest part of her mother's mind, I know she wanted to have a daughter. It is amazing that a woman's vagina is acidic, and the sperms that come from the man are also acidic - but during the process of ejaculation the prostate gland that nature has given to the man secretes prostatic fluids that are alkaline which also give nourishment to the sperms. Nature has its own trick so that the sperm survive in the acidic vagina and travel. Conception takes place, and it is later planted into the uterus. By the grace of the Creator and His creation, we are born in this world. We have to be thankful to our father and mother and to the existence where we take our first breath. We have totally forgotten our Mom and Dad. We have become a bundle of ideas, thoughts, emotions, and expressions. We are literally living without life. It is our duty as a human being to learn how to become an organic-like existence and respect life.

As soon as I tell people to visit my website www.orgasmworld.com their faces become blank, and they become serious. I feel that they also become confused and they think to themselves, "What is this old man saying, and is he insane and in total madness?" Sex has been repressed for centuries. Sex is a life energy, but many people perceive that it is a sin. I know and can tell you that it is the highest peak of consciousness. It all depends upon each person, because they all are sleeping and are totally unconscious.

In the past, people had no idea how to use electricity.

Electricity was always in the lightning and killed people. Now it has become a part of our life. Even Edison was asked what electricity was and could not describe it. Electricity has become our servant. It is doing everything that we need for our daily living. Sex is bioelectricity, bioenergy, bio-immunology, and biohealing. We do not know how to use it at a conscious level because we are totally confused and depressed with our intellectual mind, and we have forgotten what life is. Meditation was first discovered through orgasm. It was the total orgasm, total consciousness, witnessed during penetration and ejaculation. At this stage, the mind stops.

There is no space, no time, no ego, and that's where the real meditation originated. When the orgasm takes place it is a transcendence of the mind. Transcendence is only possible when you have known the whole secret of life sex. The secret is that it is a biological natural device where you have total awareness, and that's where the meditation starts. The first person who discovered meditation is bound to have discovered it through sex. There is no other way. Meditation is a discovery through the natural phenomena of sex. It is going beyond nature, towards transcendence. During an orgasmic state, it is only joy and ecstasy. It is the greatest longing.

Once the person experiences this longing, that is where the spiritual energies meet. It is happiness, bliss, awareness, consciousness, and a disappearance of the ego and time. From here you move into eternity. There is no separation. The ego is not functioning. There is only joy. Once you understand how to drop your ego, then sex has nothing to do with transcendence. It is the ego which has to be transcended, not the actual sex.

Transcendence is the real and true therapy for the mind. It is not psychotherapy or hypnosis. It heals you at your cellular level and stimulates your immune system. It is your very being. It is your mind, which is creating the ego, anxiety, and tension. Ten thousand years ago India was the most civilized country in the world. At that time, Shiva wrote 112 methods of meditation. At the time of Shiva, there was no Western civilization. The East was at the peak of glory.

They used to call it “Golden Sparrow.” It had all the luxuries and comfort. In that era in Khajuraho (India) there were one hundred temples where sex was depicted outside by male and female structures. A naked man and woman is not necessarily pornographic. They are literally beautiful sculptures. It is a perception of the mind as to whether a naked man and naked woman having sex is pornographic or shows the beauty of health. Now only thirty temples are left. More than seventy temples have been destroyed by Mohammedans. These sculptures with their beauty are not pornographic.

They were there for people to meditate about men and women making love. The people who built these temples must have been the greatest artists. Their object was to have males and females sitting outside looking at the sculptures. They were shown poses of sexual relations, the highest desire and attraction of human beings. While watching themselves, they were supposed to watch the sculptures consciously perform their act. When they reached the stage where there was no sexual desire, they were given a certificate to enter the temple.

The naked, artistic sculptures were outside of the temple walls. Inside, there were none. At that time, it was a necessity for people to meditate until it was clear there was no desire, and these ordinary statutes made their ordinary desire for sex subside. Then they were capable of entering into the temple. There was no profanity or having such a desire allowed upon entering the temple. Otherwise, the temple would be dirty, and people would be insulting the temple. Once the people were pure, naked, and devoid of desire, they were allowed to enter the temple. What that really means is that our body is a temple created by the Creator. Pure orgasm means your mind has transcended to pure awareness, and you are entering inside of your being – which is located at the belly button.

The people who created these temples also created a tremendous volume of consciousness. It teaches each individual that your body is the temple, how to be yourself, and that love is external. In that era there was no prostitution, no marital separation,

no divorce, and sex was not repressed. Upanishads (openness, nakedness, truth, purity) did not suppress sex. People were married, had sex, and then they had children born out of consciousness - not unconsciousness. Now it is happening all over the world due to conditioned unconsciousness , creating overpopulation, destruction, manipulation of the environment, the existence, and destruction of their own personal lives. I have been in the USA for more than 45 years. During my childhood – and even up to medical college – we lived very simply day to day. Once I reached the USA in 1967, I saw the freeways where automobiles were moving at high speeds. I could see the disease of speediness, impatience, stress, and anxiety causing imbalance of life.

Since the death of my father and mother in the USA, I've been travelling to India. I see all the material developments, such as highways and high rise buildings have taken life in India as fast as in the USA. It really has become worse, and life has little value. It is totally at the edge of destruction of humanity.

Now my effort in life to awaken people. My purpose in life is to act and make more and more people conscious, witnessing and aware. It is through awakening, I can keep learning and going deeper within my inner being, my bliss for life and eternity. I have no answer and no scriptures. I am simply available as a life being, and I respond with totality and intensity wherever existence needs me.

NO MIND – NO DISEASE

July 2, 2017 at 10:00 AM, I went to visit my grandson, Emmet. I knew they were going away for a couple of days for the Female liberation party (Patricia, Inita, Kiran, Kashmira, Ruby.) When I reached Emmet's home, he was with his father, and as soon as he saw me he jumped from his lap and ran to me laughing. I picked him up. He started giggling, pulling my hairs, and we were laughing at each other like wild animals. His mom and dad were looking at what was going on. Once I stopped playing with him, I put him on the floor, and he began running like a mad dog all over. I told Kashmira, "Look at him; he's crazy!" She said, "You have not seen it; he never stops, and he keeps running like a small robot." I said to Kashmira, "He's in a total orgasmic state, and he is not aware of what is going on. But you know, the child has a 'watcher' inside of him, that is what is guiding him, because he doesn't know where he's going. As you (his mother) and father start teaching him manners and ideas, after the age of four he will lose his 'watcher'. Then, as he grows up, when he becomes about twenty years of age, the 'watcher' will be completely gone. He will be a slave to society and become an idiot like us."

I told her, "It is all because of the mind; you see yourself – you are totally trapped with your emotions, thoughts, beliefs, and you have totally crippled yourself and destroyed your body. It is because of the stupid mind that you started acting in yourself after the age of four; it never stays still! It keeps on running from one desire to another desire, and it started affecting every cell of your body and producing chemicals such as adrenaline, noradrenaline and free radicals, and this led to irritation, imbalance, and constant disturbance at your cellular level leading to a diseased body."

Your sexual energy is also a natural process of daily life. I can tell you, really, there has not been a single celibate in the world. I can assure you that all religions who pretend their monks are celibate need

to be examined by physicians. We all have the same glands, and they all produce sperms or ovum. They all have sexual energy, but they are conditioned to be subsided.

Celibacy is a crime, and it creates a confusion. It is just like fasting, which is also a crime. Even eating too much is a crime. On the other hand, not eating enough is a crime. You simply have to listen to your body, and follow the body. You do not even have to follow Gautam's and Jesus Christ's teaching. The body has a built-in program. You cannot change it. It is only your mind.

Every cell in your body is super-intelligent. These cells have the ability to kill the cancer cells in your body. Every day new cells are formed and few may end up abnormal due to over-greed, ego, pride, excessive salt, sugar, oil and lack of exercise. Diseases such as cancer, heart disease, diabetes, Alzheimer's, are due to your intellectual mind, which has created a constant cellular irritation. You call it stress. I say you have screwed yourself since you've been living at the intellectual level. Intellectual level is your unconscious living, and it is a crime. Due to that reason, the law of Karma is working with your body, and you are constantly producing disease and abusing your life; and you think that somebody else can take care of it and pay for it. They can pay, but at the end of the day you are abusing your life, the gift that has been given to you by the Creator of this existence. The human race has become intelligent because they are not moving horizontally like animals. All animals, since they move horizontally – including their heads – are getting the proper balanced circulation all over the body. It is the human race that is standing on their feet due to the gravitation of the earth. The head is the last to receive blood. This is the main reason that man has to become intelligent. This intelligence of the mind is simply fiction. The mind is a part of your body, and there is a built-in program. The built-in program when you were born was unconditional consciousness (Inner Science). Your mind was clean, but as you start growing the mind becomes your ideas, political ideology, theology, and religion. Your parents, society, religion, politicians have been so

alert not to leave your brain in your own hand. They started writing the Holy Quran, the Holy Bible, Bhagavad Gita, and by the time you become an adult capable of participating in this beautiful world, you are no more yourself.

You can see it is as cunning as a crime. It is amazing that nobody has pointed this out - no parents, no religion - such as Catholic or Jewish, Hindu, Sikh and Muslims – has the right to force their children. The children are born to them but do not belong to them. They have become possessors of their lives. If you really love them you have to give them the total freedom, which nature has provided to each individual.

Existence must be laughing at all human beings because they are the only ones who need God. Animals, birds, trees, flowers, fruit all enjoy life without any God, religion, or politics. They all live with their free will. There is no Catholic lion, no Protestant lion, and no Hindu or Muslim lions. These are in existence and do not have any diseases, such as heart disease, diabetes, cancer, Alzheimer's, obesity, or depression. They are all born naturally and die naturally. It is due to the fact they all live their life organically, orgasmically, without mind, without space, and without ego.

The human race has denied sex as a natural instinct of the body. It is because of their sickness. They think that the relationship between a man and a woman is unnatural. It is due to the fact that men have always dominated the female for generations in every religion: Catholic, Jewish, Christians, Hindus, Muslims, Sikh. It is due to man being afraid of woman. In the deepest awareness, he knows that he would not have been born without his mother.

The fact is, man has the capacity of one orgasm. On the other hand, females have the capacity of multiple orgasms. Man has become afraid because if he triggers one orgasm, she is ready for the second one and he has no capacity to satisfy her. The man has found a way not to give a chance to the woman to get even one orgasm.

Man simply has found that she should not even move as they are making love. She should remain like a corpse, and by the time his ejaculation is over the poor woman is not aware of what she has missed, Man's sex is only local. On the other hand, a woman's whole body is sensitive and erectile. It takes a long time for her body to warm up. Before her body gets going, the man is already finished. He turns his back and starts snoring. For thousands of years due to the religious customs (Christianity, Jewish, Hindu, Muslim, Catholics, Sikh) women have lived their lives and died without knowing the greatest natural gift - the orgasmic joy, the bliss. Simply for the protection of man's ego.

"No Mind, No Disease" means the mind, which has been occupied in the past with our emotions, desires, ideas, philosophy, attachments, identification, duality, is doing the penetration and ejaculation - where a man realizes himself that this is the end of the tunnel. He cannot get another erection instantly at that time. At this instance, his mind has totally transcended leading to awareness meaning, after ejaculation he cannot bring another ejaculation instantly, as the woman with whom he is sleeping has multiple orgasms. He only knows a very small spark of awareness. It is this awareness in life, which is vibrating and pulsating at a cellular level as an organism connected to the existence, which is organic in every living organism including trees, birds, animals. They are all organic and living in the present orgasmically. Once a human being learns how to transcend their mind to this awareness and to communicate with the existence, this leads to ecstasy, infinity, and healing.

It is my experience and research that has found the orgasmic experience is the ultimate experience of bliss and meditation. It is that mindless, spaceless, egoless stage and it should be experienced by both male and female. It is a transcendence of the mind, which leads to inner awareness where maximum energy is produced on both sides. It is totally unconditional in nature. It produces maximum immunity at a cellular level to heal cancer, heart disease, diabetes, Alzheimer's, old age, etc.

CONFUSION

Our mind is always at a crossroads and confused. Our mind is complex and complicated, and at the same time delicate, flexible, and liquid in nature. It can make us miserable, or it can make us happy. Peace of mind cannot be achieved if the mind is active. It is only when the mind disappears and becomes conscious. That is where the meditation, love, life, laughter, and happiness happens. It is really in consciousness where the mind totally transcends.

Unconditional consciousness is not a commodity. You cannot buy it; there is no price. It is a real physiological, biological, and immunological property of the mind at the cellular level.

Scientific minds made sophisticated, complex, giant computers. Many of you have a cell phone, maybe it's an iPhone. Your mind works like the iPhone (when taking pictures, of course!). It is your eye that is looking outside – but producing the image inside. When you see a person, you are not really seeing outside. That is an inverted image that impregnates in your brain and eventually settles in every cell of your body. It is amazing that a single human brain has the capacity to sustain all the libraries of the world. In our brain, we have billions of cells, and each single cell has the capacity to store millions of pieces of information. Once you attain a sensory perception and learn how to stand outside of your conditioned unconscious mind, you will be in meditation.

Our body is a giant laboratory. It requires a minimum of 15 square miles of land to build our body at the surface. Our body has more than 5400 trillion cells. Each cell is a city itself. Our body is an unlimited source of energy, which has no comparison with any electric energy plant in the world.

We are lucky, but we never thank our beautiful temple. It is

due to the fact that we are unconscious. It is the biggest misfortune in the history of mankind. We, as human beings, do not have the courage to accept that we do not know anything about sex and life. Lack of courage makes us suicidal, wasting our lives, and we lose our personal freedom.

The fact is that sex has not been studied scientifically. Nobody knows the science of sex life. It is due to the fact that they think we know every detail of sex life and sex energy. Once we accept that fact, and fully develop and understand the science and scripture of life, sex, and energy, we will have the ability to give birth to a new generation of human beings.

We have to become conscious and get awakened to study the atom of sex energy. It will create a new era of human wisdom. Sex energy and its process is complex and mysterious. It is the most precious, most profound energy of our body. It is impossible to predict the greatness of sex life energy, unless we understand the techniques of creating consciousness and awareness. What I am sharing with you is only to experience egolessness and thoughtlessness. No human being is born with the knowledge of the science of sex. Anatomy, physiology, biology, morphology, and pathology of sex are complex phenomena. Exceptional human beings who have attained the experience of many past lives are able to fully understand the process of sexual behavior.

Our culture has filled human beings with antagonism toward sex. As a result, love has not flowered in them because love is a feeling beyond sexual energy. It can only be achieved through acceptance, responsibility, and transparency. Our mind has become more sexual in nature because of the opposition to sex in our culture. Sex has become a part of our daily culture in advertisements of sexual drugs, fashions, poetry, painting, and even in churches. Our mind has been polluted with sexual ideas. All animal kingdom sexual behavior follow the laws of nature, as comparable to human sexual relations around the clock. Each person's mind is nothing but a heap of

impressions, ideas, and emotions. We are living 24 hours a day in sex, while sitting, watching, sleeping, etc., due to the suppression of sex that has become a cancer in our well-being due to unconditional unconsciousness.

Unconditional orgasm means that there are two lovers dancing in a stage where only the dance is there, and the lovers have disappeared. It is called the sacred love, it is called the valley orgasm. Where the two witnesses are lying side by side and making love orgasmically and spiritually.

Sexual relations should be approached as a sacred shrine. If couples can afford, it should be a special, separate, sacred room where a man and woman enter naked. What does it mean? No past, no future, not even present – like an animal. No ego, no pride, no anger, and total emptiness. Each person should look in each other's eyes for five minutes, then caress each other's palms for five minutes, and the arches of the feet for five minutes. Both palms and the feet have all the organs impregnated. The persons then become witnesses to each other; that means there are two witnesses and two bodies.

Becoming a witness means practicing silence is the sixth sense. Our five senses are: eyes, nose, mouth, ear, and hands. The sixth sense is the sense of silence and is the sense of being yourself. Learn how to become in total silence to each other, and perform the act as it happens unconditionally. In this stage there is no confused mind. It is only consciousness and awareness. Once you obtain inner awareness, you become bliss, ecstasy, infinity, organic, and orgasmic-like, like a tree, flower, and fruit of life.

ECSTASY

When I make love with my wife, I feel like I am in a different world. I am transported outside of myself onto a plane of intense euphoria. My wife and I bond on this plane and drift back to reality together. The biochemical and pharmacological reactions that take place in the brain during ecstasy naturally vary in every person. The right-handed hemisphere of the cortex is generally thicker in a male than a female. The thicker cluster of the fibers that link the two halves of the brain, on average, are larger in a woman than in a man, which may account for the fact that a woman tends to use both hemispheres in solving problems while a man appears to be more focused on the left hand side.

It is thought that the difference between the sexes is caused by certain hormones released at a critical stage during fetal neurological development. When asked to think about something emotional, women generate far more activity in their emotional center. It is also found that, on average, women are more empathetic, cooperative, better judges of behavior and more likely to develop their language skills faster than a man.

There are five layers of the mind:-

The First Layer deals with the five senses (eyes, ears, nose, tongue, and skin), and five motor organs (hands, feet, genital, vocal chords, anus). It is through these that we perform our daily activities.

The Second Layer processes and stores the impressions that come from the first layer, for a short time.

The Third Layer is the storage house of all experiences.

The Fourth Layer is the layer of detachment from the material world.

The Fifth Layer is the infinity of ecstasy.

It is through these layers of the mind that ecstasy is produced and each layer has a different function. As one moves up the continuum, the layers become finer and subtler. An ordinary human is involved in daily activities, lives with illusion, ego, pride and greed. It is only through yoga, prayer, and meditation that a person can expand beyond the third layer of the mind. Having a sincere relationship with a partner, the act of Kamasutra Yoga can produce biochemical secretions and an orgasm that can lead to ecstasy.

Tomorrow never comes, past and futures don't exist. Past should exist as a factual memory. Tomorrow is present today. Present is the only now here. It is always here. It is your inner being. It is only your mind that is creating yesterdays, tomorrows and the future. It is your own time. No other creature has "time" or "day". They all have "now" and "here". Once your mind transcends to awareness, you are always now and here. You will have ecstasy and bliss-filled moments all the time.

PERFECT PATH

The spiritual path is a science and a reality that only very few individuals understand. Anyone can reach that space where they have a feeling of infinity and unbounded ecstasy. Most human beings do not know how to get there and maintain it. Every living organism, such as those in the animal kingdom and plant kingdom live in that special space, but they cannot describe it. Human beings are the only ones who can describe that experience. The animal and plant kingdoms live on survival and procreation. Once they get their desire fulfilled with food, they end up in that space. They spend more than ninety percent of their life in the spiritual, divine or God space. Due to this reason, they do not show their age. Human beings spend 99% of their life outside this space. Any human being may be lucky to spend 1% of their time in their spiritual or God's space. This is the space where healing takes place. It is invisible and only exceptional human beings who can feel it.

The question is what is the spiritual space? According to Yoga science, we have different kinds of yoga. Karma Yoga is called the action Yoga. Bhakti Yoga is to control emotion. Gyana Yoga is also called the intellectual Yoga. Then there is the Energy Yoga which is a feeling yoga. Then the fifth yoga is called the Spiritual Yoga which is non-material, non-visible space which you cannot feel (non-tangible.)

All our leaders, learned scholars and health practitioners have to become conscious and aware of the ultimate human laboratory to respect the perfect gift of God. If these individuals continue to disobey the laws of divine nature, they are degrading themselves and leading themselves to becoming garbage and negatively affecting the people around them.

Once your PSA has been performed by the family physician who has been trained after the PSA approval by FDA in 1986 to

protect his liability, he sends you to the urologist. Since the FDA has approved the manufacturing of medical devices (a robot used for surgical prostatectomy and CyberKnife,) proton therapy, radiation therapy, seed implantation, etc., the urologists and radiation oncologists now have incentives to perform procedures unnecessarily for financial gain. That is due to the fact that these procedures are being covered by private insurance companies and Medicare. They are also performing these procedures to protect their own liability. They may have good intentions to cure prostate cancer.

The patient is confused and wants to be cured and trusts his doctor. He is covered by insurance and sees no other alternative. The urologist and radiation oncologist are conditioned and are also trapped in the material world to protect their liability. These physicians, in their deepest part of their mind, want to do the right thing, they have good intentions and they also know the patient does not want to change his lifestyle. They know excessive free radicals and metabolic disturbance at the cellular level cause prostate cancer. Furthermore, they know their patients are not abiding by the laws of nature and eating excessive animal fat, dairy products, too much salt. They also lack exercise, stress out, etc. These physicians are caught in the middle and have limited choices for treatment.

"The patient should not think the doctor has a magic pill for every ailment, specifically cancer. The physician should be persistent and do the right thing from the heart".

CURE CANCER AT HOME NATURALLY

1. Make sure you make a proper diagnoses with your health practitioners.
2. Provide your personal history, family history , etc and Examination by your health practitioner.
3. Your health practitioner should do your blood test, heart, diabetes, bones, thyroid, nerves, liver, anemia, infection, depending upon situation he should do CT scan, MRI, PET scan and tissue Biopsy.
4. Once you get the diagnoses of your cancer, study your cancer Diagnosis at the Google. once you understand your cancer discuss with your doctor but do not get trapped by your doctor. He may suggest you For chemotherapy or radiation therapy. Your Body Cellular system has the power to produce biological chemotherapy and a biological radiation (Please make sure you read the book and the chapter every day "**Enlightened By The Master and Cancer and Unconditional consciousness (Inner Science)**", now you understand why you got the cancer, you have awakened yourself . you have understood yourself that the your body is infinity, unlimited like a growing tree. As a matter of fact you have become a tiger in the jungle. You have an attitude like a tiger and you are the king of your body and free from all the fears.
5. You have a built in pharmacy in your cellular body. On positive thinking it will release more than 1200 Bio-Chemical Such as Endorphins, melatonin and serotonin. Endorphins are like internal morphine they are more potent than morphine. Melatonin induces sleep and happiness, serotonin gives you self-confidence and Happiness. You have become totally conscious and awakened.

6. Genetic related diseases are less than 1%, it is the epigenetic. Epigenetic are created by your own environment. The environment is the extra cellular fluid. The human cell is a complex structure that is surrounded by extra cellular fluid (it is related to your life style such a secessive salt, sugar , oil , lack of exercise , stress and negative thinking).

7. Our body has an evolutionary memory ,it is sophisticated bio- chemically, bio-immunologically , bio imagination , bio visualization, bio synchronization, bio cellular communication, biodegradable living laboratory , having incredible healing called **bio cellular healing**. Each cell has a tumor necrosis factor & proton pump. These entities creates self-healing through auto regulation. Each cell create its own built-in Bio- chemotherapy and a biological radiation to heal the cancer.

8. Please respect your body and take responsibility, work with your health practitioners follow honestly all the instructions stated in chapter :

Enlightened By The Master

UNCONDITIONAL CONSCIOUSNESS

(INNER SCIENCE)

You are born with unconditional consciousness, innocence, bliss, infinity, and ecstasy. Above all, you have won the biggest lottery in this universe as you have been born a human being. You know you are born complete without any deficiencies. You may think that you are born to have something more than what you currently do, and this is where you are trapped. You begin to lose your innocence, the bliss, the infinity and the ecstasy. You are running towards the mighty dollar and you become a beggar to your mind, body, and to the material world. You are losing your own dignity and freedom. This decreases your life expectancy with which nature and the Creator has provided you. The influence of unconditional consciousness which was flowing freely lessens, now becoming conditioned unconsciousness.

I see my grandson, Emmit, who is one and a half, running wild like a yo-yo. I see his grin, he's wandering like a wild horse. He is unconditioned consciousness. At times, I see him running like a small dog trying to find something but he's not focused. As I see him innocently drinking milk from his mother's breast, I realize he is developing a conditioned unconsciousness. This occurs when he is hungry and wants to satisfy his hungry desires. I gently say to him "Emmit" and he looks at me and goes back to sucking at the same time he's holding his phallus, I'm looking at him, my daughter is also laughing, and I see he has a grin with a sneaky smile. I see him as he satisfies his conditioned consciousness but he's unconditional consciousness because of his absolute innocence.

He has to become conditioned consciousness which means he has to learn how to focus. Usually a child that's above the age of three starts to learn how to focus. A child has to learn the conditioned

consciousness so he or she can survive in the beautiful world of existence. As the child grows he or she learns from their parents, society, religion, education, friends, etc. He or she becomes conditioned unconsciousness during his or her life. He or she had the innocence, which was impregnated in their mind and body and they have lost their unconditional consciousness.

In today's world most adults are totally confused, living their life in stressful situations, which is creating cancer in their cellular bodies. With this conditioned unconsciousness, they end up eating excessive salt, sugar and oil. They become couch potatoes. They cause themselves auto-intoxication. That leads to a free-radical formation and the production of abnormal cells called cancer cells. Cancer is a disease at the cellular level of the human body. It means the body is confused and restless due to chronic irritation of stress. This leads to insecurities, ego, selfishness and duality of the mind. This leads to all kinds of desires. These desires are a vicious cycle that can never be fulfilled. These unfulfilled desires make the individual miserable. Since the desire has no beginning or end, that eventually leads to entropy at the cellular level.

Existence is totally unconditional consciousness like in the trees, flowers, birds, and animals. All existence is totally open, no condition has been attached. All animal nature needs is food to survive; that is preservation. Once they get hungry, that is called the conditioned consciousness. They will hunt and satisfy their hunger and once fulfilled, they will spend the rest of the time in unconditional consciousness. At the same time, they are totally in bliss, ecstasy and infinity.

All chronic ailments and diseases are due to conditioned unconsciousness. These individuals have forgotten what life is. They have become other than a life. Their totality of life is completely disoriented. They have their mind completely engulfed by the material world of illusion. The health industry is completely confused. Patients want the doctors to give them a prescription to cure their disease. At

the same time the doctors are to make a diagnosis for the insurance carrier to collect the revenues. They are in a complete dream state. They think they are awake; on the contrary they are totally unconscious.

Since the time of my arrival to this country in 1967, the population of the United States has increased to more than 300 million (along with the diseases). More than 14 million people are suffering from coronary artery disease, approximately 2 million people die of heart attacks per year, more than 8 million people are suffering from Type-2 diabetes, and more than 50 million people have high blood pressure. Childhood obesity and adult obesity will destroy humanity in the coming generation. More than 70% of people are overweight and there's no way that the medical industry can support the growing need for care.

Health is being yourself without the mind. You cannot describe health. You can describe diseases, but health is the center of being yourself. Disease is on the periphery. Your health practitioner is only making a diagnosis so he or she can put a proper code, which has been published by the insurance carrier so that he or she can properly bill to collect the revenue. This is all conditioned unconsciousness. The patient and health practitioner both are confused, sleeping, dreaming and trying to satisfy each other. In reality, they are running away from life and they have made life a commodity.

My effort is to teach you and to create a real ashram in your full body. So that you can live with unconditional consciousness (Inner Science) and heal yourself from the cancer of conditioned unconsciousness. I want you to move closer to the forest, though and I'm not against the marketplace. I know the beauty of hills, lakes and oceans. I want you to experience the natural existence of life. My ambition is for all of you to allow yourself to dance with the trees and sing with the birds so you can feel the humming sound that comes from meeting with the universe. You can feel the music of life and eternity.

To live in unconditional consciousness is totally a unique

experience, which has to be learned from a living person who is awakened. It is called organic, and it is orgasmic in nature leading to orgasmic meditation and awakening. It is the science where you become the orgasmic navigator. You become being, the complete watcher of your mind, the body and complex senses.

To become the watcher of your being and to become the witness is an inner science, which my forefathers lived. My own father, who was a Yogi, lived his life in unconditional consciousness. He died consciously. My father developed the aortic valve disease when he was four years old. Since he was never treated properly he developed aortic stenosis, which leads to congestive heart failure. During his stay in India he used to ride his bicycle seven miles in the morning and seven miles in the evening consistently for 25 years to support his family. Since his arrival to the United States in 1974, he stopped riding his bike. He then developed a 90% closure of the valve and advanced congestive heart failure. Later the valve was replaced. With polarizing, his diet and exercise, he continued to live over 18 years after this event, although the doctors said he wouldn't live longer than five years.

Once you start witnessing yourself, the existence has given you three layers in your body. Your body is the centerpiece, which has been provided to you by the all-mighty nature. The body is the complex, biochemical, bioelectrical, bio-immunological, and bio-healing laboratory. The temple of the universe. It has more than 54 hundred trillion cells. Each cell is a city unto itself. They are connected in a complex and convoluted way that you cannot dissect. It is humanly impossible to take one cell or one organ or one tissue out by your health practitioner to cure your illness. You're always left with a sensory phantom extension of that organ, tissue or cell.

The body you can see is physical. You can touch it, look at it, smell it, lick it; it is the material body. It is a physical body that is your first layer. Your epidermis is the objective layer. You go to a doctor and he or she examines your body objectively. They are listening to your heart objectively. They are feeling objectively, but subjectively they are making a diagnosis. So, the first layer of your body is the

objective layer; the material layer.

The second layer of the body is your mind, which you cannot see, you can only feel it. This is called the subjective layer. It has emotions, thoughts, ideas, your experiences, and expectations. Only you can visualize it. It is non-material. It exists as you can see yourself. It is a subjective feeling as if you are driving your car and there are fumes coming out you can smell. That is a subjective feeling. When a health practitioner does an internal examination in a male (the prostate examination) or a female (the breast or vaginal exam) they are making a subjective diagnosis. This is your second layer also called non-material.

The first layer is called the objective and the second layer is subjective. Beyond these two layers there is a witness, which has the ability to see the mind and the body. The witness can witness the material and the non-material. The witness is your consciousness; your awareness. As a matter fact, this third layer is beyond them both and you cannot go further. Now you have come to end your rope, to the very bottom of your existence. This awareness is due to the transcendence of your mind, which is beyond body and mind. There is no duality. It is being yourself to your totality at your home. The center of that is at your belly button. Once your mind starts to transcend, your mind will become total consciousness. This leads to you finding the witness to your mind and body. You still have the ego. You still have duality. Once you continue to stay in that mode, initially you may have 5% of the witness, 10%, 20%, 30% and eventually if you become 100% witness that also means you become 100% conscious. That is where you jump into inner awareness. You have merged with the existence. At that stage, you find total perfection in everything as it is. Existence fills you with organic perfection at this stage. You are now free, . filled with joy, happiness and love. You become part of existence, existence cannot live without you, and you cannot live without existence.

Love is your transcendence of lust and ego. Your religious life gives you ego and destroys love. Ill-religious life gives you lust and destroys love. Love is real love being yourself. It means there is no duality, there is no ego, and there is no lust. Love is totally pure, but

because of your mind, which is playing the game of total lust, you have become something other than complete love. Life and love are synonymous. They complement each other. Unfortunately society has created a barrier between sex as a lust and a crime. On the other hand, when the two lovers are really in love, who are we to disturb them? Just like birds and animals. Love is exactly in the middle of lust and ego. It is really a transcendence of both. At that time, you are totally inner consciousness, inner awareness. This we call blissful, infinity, ecstasy. Your existence has become organic and physiologically orgasmic in nature.

The first layer, the objective layer, is called your body. It is a heap of food, which you have been eating since the day you were born. Imagine yourself one afternoon - you're eating chicken, it has digested, and converted into your body. It has produced energy at a cellular level and integrated into your body. It's amazing how this beautiful body, which you can see materially, creates energy from the food you have consumed. Subjectively you cannot see what's going on inside. This is conditional and has metabolized at the cellular level to produce energy that is distributed to every cell necessary. It may have gone to your brain, heart, or sexual organs. It is the same energy. So you see, your material body has done a miracle for you subjectively. There's actually a third layer, which I call the witness. You cannot see this, but you can perceive it. That witness is the total consciousness and is your awareness where you are becoming total awareness and existence.

The second layer, which is your mind, is also a subjective non-material layer. In the third layer is the witness. It is consciousness and awareness. It is where the conscious mind transcends. That is what we call transcendental. That is the layer where you want to live with yourself. It is called the unconditional consciousness (Inner Science), total awareness, total existence. It means no mind, total meditation and total healing.

Existence and life are vast and infinite. It is only the mind which is a small part of each person's life and existence. Once you become the witness and stay out of the mind and the body, you become the

emperor of your life. You are no more a beggar - you are a king. Now life knows how to dance, knows the joy of free. It leads you to bliss and ecstasy, with no boundaries like the ocean. Life is life. Life is not a commodity. Life is not a body. Life is not a mind. Life is beauty, a song, a tree, a bird, a beautiful flower. Once you become a dangling flower or leaf blowing in the wind... that is the total awareness inner consciousness! And the only way you can achieve it is by your inner being.

The witness is a method to reach this awareness. Witness is not the awareness. Witness implies that you are witnessing something, that you are doing something. You are still in duality, but your mind is totally conscious. Consciousness is the property of mind. Awareness is not the property of mind. Once you become a witness, the possibility to become awareness can happen. At that time, you will need a living master. The living master has to be pure, fresh and has to understand the life dimension. He can guide you to awaken the guru inside of you. Once the disciple and the master becomes one, the mirror becomes empty on both sides. You become awakened and fully conscious to yourself and to your existence.

The animal kingdom exists with no mind phenomena. On the other hand, human existence is limited. It is a mind phenomenon, 99% is unconscious, and 1% is conscious. In other words, you are only 1% conscious and 99% unconscious. Once you become conscious of yourself, of your mind and body, you become the witness. Your consciousness will continuously increase and your witness levels will enhance, where you become conscious and 100% witness. There the past and the future disappears. Mind can never be in the present, mind is a bridge. It stays in the past as a memory, and in the future as your imagination. Once your witness becomes 100% that means your mind has become 100% conscious. At the end of the day, it is the mind which is diseased and causing stress and cancer at your cellular level.

Your watcher is a gift of life that you have forgotten. That gift came to you as the unconditioned consciousness (Inner Science). Through your super intelligence, society, religion, and education, you have become conditioned unconsciousness and have lost your own

power and have created suicidal tendencies to reduce your life. The watcher has always been with you since you were born, but lost to societal conditioning.

The watcher is always in the present. It is your mind which is confused. Your mind is always in the duality. It is always split, it always tells you to do one thing. Once you reach that stage when you are ready to do that thing, your mind says “don’t do that, do it the other way”. So you go the other way and you are at a crossroads. Now you’re totally confused and depressed. You end up at your health practitioner’s asking for a pill that you saw advertised on the television to settle your depression. You have watched on the TV that you need that medication. The pharmaceutical company is doing their “job” and bless the FDA who has approved this drug for the patient.

The watcher does not exist for you now. And you’re looking for the peace of mind, but the mind can never be at peace. Peace of mind cannot be achieved with the mind. The mind is always confused. Since you have lost your watcher, you have put it in the graveyard. You have lost your natural apothecary, which was built-in at birth. This is all because of total conditioning of your body and mind. Your own apothecary has gone down the drain, and you have become totally confused and restless due to lack of natural serotonin level.

Now you have become the witness (instead of the watcher). You have the ability to jump into the awareness that is a total meditation. Meditation is not where you sit down and concentrate your mind. Meditation is essentially awakening. You may think that meditation is a concentration, however your mind can never concentrate. It continuously moves.

Try it now. Close your eyes with the intention of clearing your mind. How long did it take you to start thinking of something else? Three seconds? This is precisely the issue with modern techniques of meditation that require stillness. Your mind does not rest.

Meditation cannot be done just by concentrating or thinking. It is the greatest dilemma. People think they can sit down and stop

thinking. Since the mind is always running in the past and future, it is never in a stage of consciousness. On the other hand, meditation is a total consciousness. Once you become the witness of your objective body and subjective mind, you are decreasing the gap of witness between your body and mind. At that stage, the mind transcends into total existence into awareness. It is the real meditation. It means that you are meditating and unconditionally conscious (Inner Science).

Your unconsciousness has completely disappeared and through your witness, you have total control of your mind and body. The definition of meditation means you have leaped from your unconsciousness to your consciousness.

Meditation means total consciousness, total awareness. Meditation means jumping into the unknown, but still in total consciousness. The real meditation is achieved through more rigorous activity of the body. Unless the body is well-used, the mind will not relax. The mind has the ability to become total consciousness. The only way the mind can become consciousness is once you become the witness of your inner being. If you are witnessing your own mind, body and the complex senses then you are in the awareness and total existence that is the true meditation. That is where the total healing takes place.

The orgasm, meditation, total awareness are synonymous and all organic. As a matter of fact, sex is the superconsciousness. Unfortunately, society represses this idea and uses it as a contamination and pollution of hatred and adulteration. On the other hand, this is how you and I were born. It's beautiful and natural. Sex without meditation is the cause of overpopulation in the world because the man is the dominate person who is performing his pushup unconsciously. The innocent woman; who has become the slave of this world, producing an unconscious generation.

Once you become the watcher and the orgasmic navigator of your mind, body and complex senses, you are in meditation. You are no more in your mind and body. When two watchers meet, in total

love, not with ego or lust, where the man respects the woman, and gives her a chance to be herself, where he becomes pregnant (meaning without ego or lust), that is what total orgasm is. Since both become the watchers, the relationship between two witnesses produces pure love, extracts total orgasm (and endorphins, gammaglobulin, serotonin, oxytocin, prolactin, etc.). This leads to pure energy, total immune system stimulation at a cellular level which results in a complete healing of your cellular body. You can get rid of cancer cells, stress, depression and live with yourself with totality of unconditional consciousness.

ENLIGHTENED BY THE MASTER

(This is the Initiation, Enlightenment to the art of living in the state of unconditional consciousness (Inner Science))

The real meaning of initiation means to have an intimate contact with the one who is awakened. Once the person gets in contact with the one who has been awakened, it is possible that the person will come out of his or her sleep Conditioned Unconsciousness. Most of the population is asleep, but they pretend to be awake. What I mean is that they are dreaming continuously 24 hours a day. During the night, they are closed to the outside world but dreaming inside. During the day their senses are open towards the outer world, but the dreams continue inside - due to a filmy enclosure of projections, ideas, notions, conceptions and interpretations. Each individual's projector is going on and on, projecting things that are nowhere – only inside – like on a screen, so you will never be aware by yourself that you are in a deep sleep. It is all due to biological conditioning.

A newborn child has an unconditioned mind - a flux of sensations and vibrations. He or she is never focused at that stage. Their consciousness is open in all directions, and they are open to every moment of vibrations, feelings, touch and sensations. All modalities produce a wavering and unstable situation. The child must learn how to focus the mind to concentrate. Without focused concentration, the child will not be able to survive life. Life requires that the mind must be able to focus and concentrate.

The moment the mind becomes focused and is able to concentrate, it becomes less aware. Pure awareness is a mind that is conscious but not focused. Awareness is a consciousness of all that is happening at a moment.

Your mind is imprisoned because of unconscious conditioning,

due to heaps of impressions, thoughts, emotions, ideas and desires. It becomes a slave to conditioning. Most of the time it is occupied with the past and the future.

The body, which is the inner image of consciousness, is completely conditioned due to excessive salt, sugar, oil and lack of exercise. It is completely deranged and is suffering from heart disease, diabetes, cancer and Alzheimer's. The body is nothing but a heap of food.

Concentration is an essential necessity for survival, but it is not enough. It is only utilitarian. You are using a very small part of your mind, and you have become alienated from your own self. You have become a stranger to your own feelings. You have lost your own totality. You have only identified as yourself, and the rest is lost. By remaining unconscious, you are not utilizing the whole of you. The potential of the unconscious mind has been unused. In reality, there are no boundaries between the conscious and the unconscious mind. They are not two minds. The conscious mind is the part of the mind that has been used in focusing and narrowing. The unconscious mind is that portion that has been neglected, ignored and closed. In reality, it creates a split and a conflict. Once you allow the potential of the unconscious mind to blossom, you can feel the bliss of existence.

Our conditioned habits have become so mechanical that there is no business to be done. The mind is completely occupied with ideas, emotions and desires. You end up narrowing yourself. Even when you are playing (such as cards), you are only looking for the victory and not enjoying. Instead, it is work, and your totality is completely lost.

The watcher is sitting inside of you as a dormant seed. The seed has to die. That means it has to sprout. The awakening person has to set the motion so the seed starts getting wet and soaked with the energy of the awakened. It will swell up and start sprouting. Once started, you have to take the charge, nourish it daily and keep

removing the weeds (anger, greed, lust, pride and ego). It is a daily weeding and nursing of the baby plant that grows and takes over your mind and the body. This is how you keep growing your inner watcher stronger and stronger. You become the witness of your conditioned unconsciousness.

Awareness is the key to realizing yourself and who you are. Once you become aware of your conscious and unconscious mind and have a feeling, you can see the true nature of your mind and body. Once this awareness is impregnated in yourself, you begin to realize who you are and start differentiating between the conscious and the unconscious mind. At the same time, you begin to understand that the body is nothing but a heap of food, and a mind is a heap of impressions. It is only through your awareness that you become the master. Now you are awakened to be completely conscious to take care of yourself.

Each of us has to exist with others and with ourselves. Any life that is one-sided is usually crippled. You have to exist among others with a focused, conditioned mind, but you must exist with yourself in totally unconditioned consciousness (Inner Science). So you have to learn to live in this world with your mind's conditioning, but live at the same time with yourself as an empty unconditioned mind. Use your mind as a tool, but do not make it an end. Once you are alone, get out of the conditioning, and become total. Celebrate the moment, the existence itself and being yourself.

Polarizing Therapy

Daily Routine

Once you wake up in the morning, stand in front of the mirror and stretch like a cat and laugh! Do it for 5 minutes, and just laugh! Initially, you'll be laughing; but later the sound of every attempt will be genuine laughter! Laughing is so beautiful once you keep looking at yourself and face! It not only changes your face but produces a deep-cleaning and purification in yourself at the cellular level.

Remember yourself as a child, laughing and clapping. That was completely unconditioned, but you were not completely conscious. As you grew up you developed conditioned unconsciousness, which leads to loss of a smile on your face. Now start laughing every day, and you will see that very soon laughing becomes natural. You will see that life has become a life; you will become vibrant and energetic and completely unconditioned consciousness (Inner Science) - like a bird, a cat or a dog. Start sitting in front of your partner, and look in each other's eyes while standing. Raise your hands and clap vigorously as you laugh for five minutes. (You should start doing this with your partner every night before you go to bed.)

Stand under a tree, and listen to the tree. Raise your hands, and see how the tree is moving upward, going towards the sun for energy. Keep your eyes open - do not blink - and look at every leaf. Pay attention to the flowers or fruit. Keep laughing to this existence; penetrate yourself to the tree, flowers or fruit and to the existence. This will penetrate back to you. You will feel the tree and the existence spread through you.

In about 90 days you will experience complete rejuvenation of your body and mind, and you will have totally unconditioned consciousness (Inner Science).

Benefits of Laughing

1. It will create a laughing, good mood, creating a personal well being and a good relationship with everybody.

2. It will eliminate stress. Aerobic exercise in the cardio workout gives you more oxygen at your cellular level and gives you more energy.

3. It will prevent heart disease, diabetes, hypertension, depression, arthritis, asthma, backache, fibromyalgia, migraine headache, menstrual disorder, cancer, Alzheimer's and erectile dysfunction.

4. Your quality of life will improve, and you'll become more caring, sharing and attracting more friends.

5. It will create a positive attitude and positive mental state. It is the best therapy to handle difficult times and situations.

6. You will blossom like a flower. You will be using more than 17 muscles of your face.

7. The abdominal muscles will become active and give a massage to your liver, pancreas, kidney, spleen and all the internal organs. It will prevent constipation, cancer of the colon and reduce abdominal obesity.

8. Clapping your hands will activate all the organs in your body because they are imprinted at your palms.

9. Great enlightened personalities (i.e., Buddha, Socrates, Mahatma Gandhi) lived their lives with total humor.

Polarizing Exercise

Perform 1 hour of exercise, which could be walking, jogging

or yoga exercises (or any other exercises of your choice.) After cooling down, take a bath and have breakfast.

Benefit of Exccercises:

1. Improves lung capacity, volume and elasticity.
2. Decreases body fat, blood Pressure, Depression and anxiety.
3. Increases hormone production, stress tolerance and heart function.
4. Increases bone and muscle mass.
5. Gets rid of toxins.
6. Controls blood sugar.

Polarizing Nutrition.

70% of daily intake food must be uncooked such as :

1. **Vegetables** : Broccoli, Carrots, Peas, Cucumber, Tomatoes, Cabbage, Onions, Cauliflower, Latus. Uncooked food has a Sun, Moon and Earth minerals etc.
2. **Fruits** : Apple , Orange, Mango, Blue Berry, Black Berry, Strawberry, Banana and Seasonal fruits.
3. **Sprouting** : Mung beans, Brown chickpeas and other Sprouts of your choice.
4. **Salt** : Sodium intake should not more than 500mg a day. Substitute for salt : mango powder, tamarind powder, tomato powder or lemon juice.
5. **Sugar:** No white sugar use only Jaggery or artificial sweetner.
6. **Meat** : It should not be more than 3 ounce(85gm) per day. Meat

must be organic and not be processed.

7. Milk : No Milk and Milk Products which include (all Sweets, Curd, Butter Milk, Chesse, Butter, etc).

Breakfast: 1 cup of Oats cooked in water with only 1 tea spoon of honey or natural sweetener, 1 banana or any other fruit of your choice, eggs or fish.

- **Lunch:** A salad consisting of broccoli, carrots, peas, cucumber, tomatoes, cabbage, onions or any other vegetables. Beans, nuts, eggs or fish, chicken, beef and Sprouts of your choice. Cook with minimum salt and oil. Use any spices.

- **Dinner:** A salad consisting of broccoli, carrots, peas, cucumber, tomatoes, cabbage, onions or any other vegetables. Beans, nuts, eggs or fish, chicken, beef and Sprouts of your choice. Cook with minimum salt and oil. Use any spices.

- **Dessert:** Only fresh fruits Add an apple or an orange or any other fruit of your choice to substitute for conditioned unconscious snacking.

Avoid soft drinks and consume 8-10 glasses of water every day.

Polarizing Sleep

You must sleep 6 to 8 hours a day. During sleep healing takes place at cellular level, Sleep reduce stress, improve memory, reduce blood pressure, increase immunity, Improve well being and improve sexual function etc.

Warning

No lifestyle changes should made by the person without consulting, their health practitioners.

**Since you have become your own master you have
the ability to live the life daily :**

Consciously

Creatively

Clarity

Non Judgemental

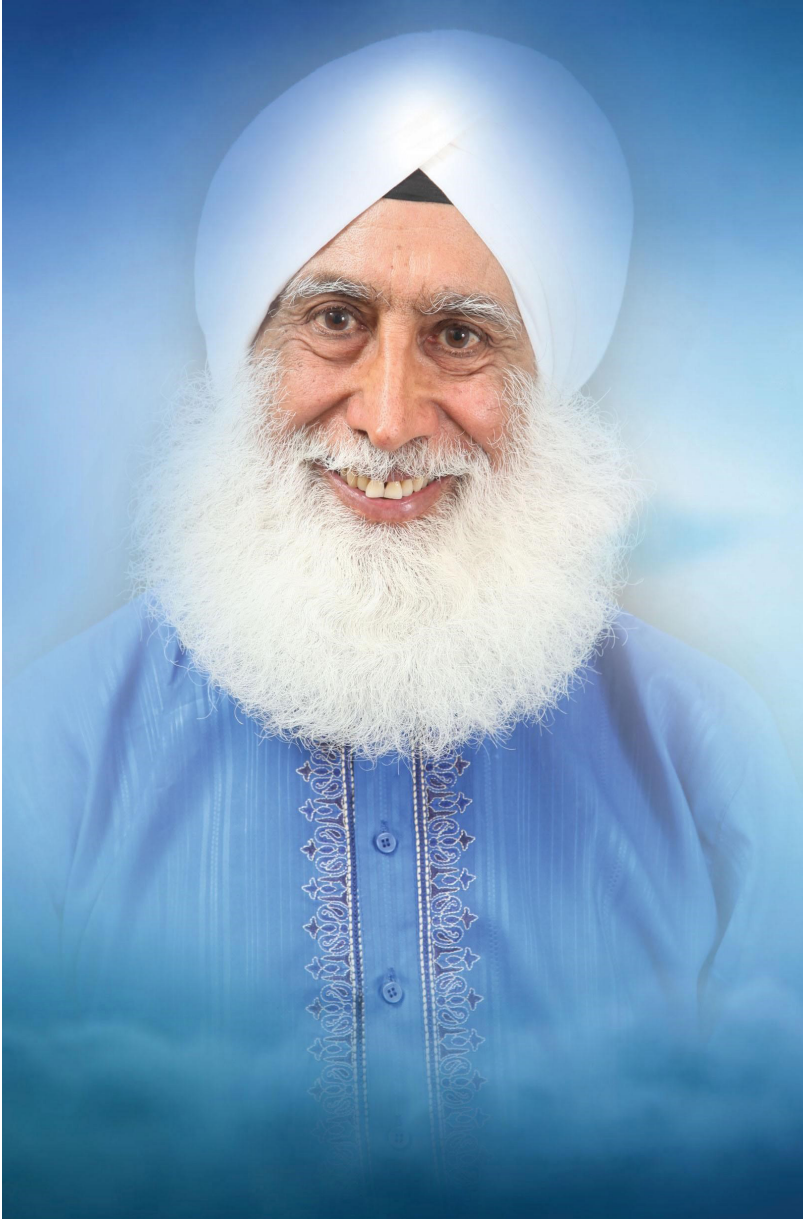
**Forgiveness(means forgive yourself
and forgive others).**

Non Comparision

Non Competition

Non Goal orientation

Look at the laughing face of Dr. Steve Bedi daily. Get initiated (Enlightened), awakened and start living life in unconditioned consciousness!



CONCLUSION: HEAL THE CANCER OF AMERICA

The total population of the United States is more than 325 million people. out of that, 13.5 million people have coronary artery disease. 1.5 million people have per year have heart attacks, eight million people have type-2 Diabetes, 95,000 people are diagnosed with colon cancer, 50 million people have high blood pressure and more than 70% are overweight.

The creator and the creation are inside all of us, including the politicians in the United States. It is part of our energy that can help us, change become what we want to. the present life vessel that each one of us has is complete. Nothing is missing! Our vessel of life is passing through, and the gift of life is going towards entropy.

Each has the path inside of us. We are all spirits, and we are all connected, we exhale, we inhale. The trees that produce oxygen join us in this perpetual cycle of nature. When we exhale we are excreting carbon dioxide through our bodies, and the trees are using this for their nourishment. In turn, the trees excrete and produce the life-sustaining oxygen that we need. Almighty God has given us a beautiful body-our best property but we have forgotten what is important. We are trying to satisfy ourselves at a physical level without realizing that our bodies are moving towards increased entropy every second. We end up getting sick because we are our own enemy. At this time of my life. I realize that all of my wrong doing was because of greed and ego in waiting to acquire material things of this world. I now appreciate my life each day, learning how to live with the present. I could have been completely crippled or dead. It was only through inner awareness, discipline and daily exercise that I am in a healthy condition.

I admire Gandhi's model of self-discipline and how he lived his life honestly. His idea was that each individual should be

self-ruled, which means to live with one's inner consciousness and inner awareness. At the age of 79, when he was assassinated, Gandhi was not suffering from any ailments.

Rejuvenation starts with ourselves. It is only through metamorphosis and transformation that we can keep the balance of this equation between rejuvenation and entropy. By corrupting our spirit, we are not gaining anything; instead, we are losing the gift of life. It is only through the physical body, mind and complex senses that we can feel the space. The space and the journey belong to each of us. We should not reduce this journey just by continuing to accumulate or by feeling or thinking that we are insufficient and incomplete. The fact is that we have always been complete.

I know I had the same feelings, emotions and deeds of duality in my life. My father and mother are gone, but I feel and see their spirit here. I have been in this world for a short time, and I have lived with duality of greed, pride, lust and ego. I have been caught in the world of corruption, the law of karma. I have paid the price. Now I feel completely free without bondages, full of life that is flowing like a fragrance. It is just like the lotus flower that grows in the dirt. I am rejuvenating every second through metamorphosis and transformation.

My father lived a yogic life and wanted me to live the same way. He also wanted me to become a doctor. In his deepest intention, he wanted me to become a yogic doctor (a pure physician to guide other human beings). Unfortunately, due to my greed and social status attained after becoming a doctor and coming to the United States, I was involved with the material world of illusion instead of the non-material world. After the death of my father, I realized all my wrongdoings. He wanted me to live in the material world but not become trapped. He wanted me to spend my life in a yogic way, so I could pass through this world without miseries and discomfort. His motto was, 'we all will die, but we should die as

naturally as possible.’

I have five children and seven grandchildren. My eighth grandson is on the way and he is born in the second week of 2016. I see myself in each one of my kids with a different personality. For example, when I see my oldest grandchild, Grant, I see similarities to my father. Kyan is my second grandson. In him, I see the typical personality of my grandfather and my youngest uncle. In Max, who is the third grandson, I see the personality of my wife and my grandmother. My first grand daughter Ruby is vibrant and energetic. I see, in her, my mother. I want to see her every day, and hold her hand. That gives me energy and teaches me how to live like a child (totally Unconditioned Consciousness).

Nia, my second granddaughter when she laughs; I see the reflection of my father. Cam, my youngest grandson, is a totally unconditioned consciousness. My seventh grand child is now one and a half year old and is running like a wild dog. I see him everyday - we laugh at each other and he keeps me in constant bliss.

Eliza, youngest daughter eight month old on her face i see all my childrens, all grand childrens, my father, mother, my grandfather, grandmother, all my uncles, my wife her mother, father. I see evolutionary memory which can heal the cancer of america Scientificially.

The United States has both properties of rejuvenation and entropy – and has a life that is going to stay here. We should continue to live truthfully, honestly and with unity so that we can live a full span of life. If we keep rejuvenating through metamorphosis and transformation, we can keep the dignity of our family, all of humanity and the universe. We may physically disappear, but our spirit is always going to be here. We will realize that every individual and every part of the environment is connected one way or another.

Those who help others following the Law of Dharma are

enhancing their own gift of life by providing material help to another human being. Every one of us is born free, and each of us has the chance to make a difference. By choice and by actions alone, we can come together to change the path of the world.

We should all practice Ahimsa (non-violence, non-injuring, non-harboring). Ahimsa is similar to the Law of Karma. If we do not produce any wrong actions, it will not create any bad Karma. Ahimsa is to be practiced by everybody, every day and in all affairs of life, because it attributes to our soul. Karma Yoga (putting the welfare of others ahead) is practicing Ahimsa in reality. It is a real consciousness, which leads to Sat-Chit-Ananda (eternal existence). Preya and Shreya are the essence, which lead to eternal Ahimsa. Once you start serving Ahimsa in mind, action and speech, your whole body's cellular system achieves a state of harmony leading to Dharma (the highest destiny). Practicing Ahimsa leads to a healthy and productive life. The divorce of Ahimsa leads to mental confusion and disease. Once we become conscious of this, we do not acquire any new karma. When we keep practicing Shreya we are continuously dissolving our ego and our pride. I feel that all people have the ability to adapt the laws of nature and to live with harmony between the material and non-material World. All can balance Shreya and Preya, which are manifested through metamorphosis and transformation.

Transparency and accountability are the keys to success in life. Respect life, and live with the present as the gift of life. Each of us should understand and learn Shreya (highest good) and Preya (least good). Through daily performance of initiation and exercise, we become enlightened. Through the Law of Dharma we can achieve 'Sat, Chit and Ananda' (total unshakable happiness, being yourself and bliss) and eliminate the situations that are causing infection to the environment and miseries of illness and chronic diseases to ourselves.

Our life will become organic and orgasmic once we learn how to become a tree of life. Each tree at the top grows constantly, creating something new, pure and unpolluted that flows with nature.



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DR. STEVE BEDI AMERICAN TRAINED PHYSICIAN.
HE HAD PRACTICED UROLOGY, GENERAL SURGERY AND
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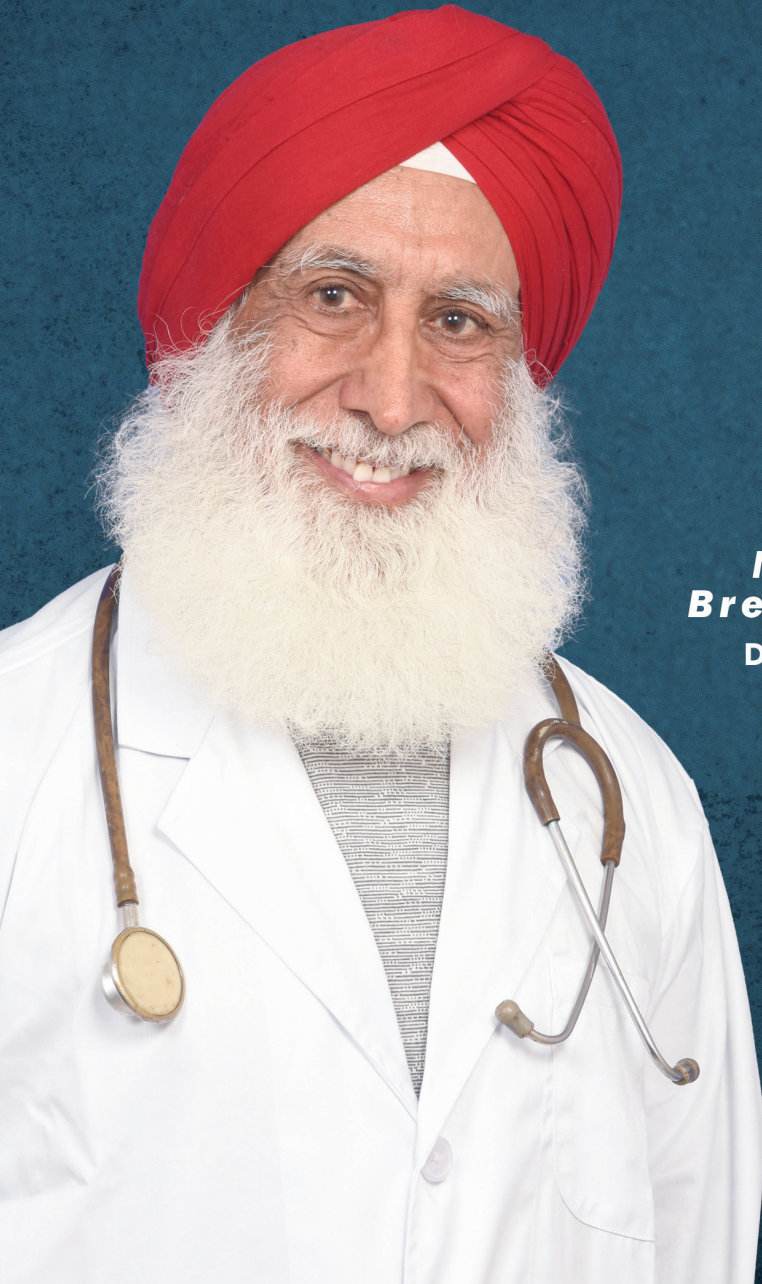
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