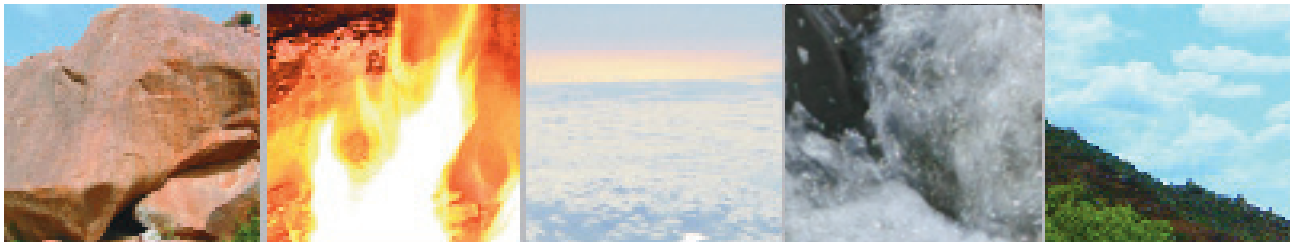




THE FIVE ELEMENTS PROCESS AN INTRODUCTION BY SRI KALESHWAR

Excerpted from the 'Gifts of Sri Shirdi Sai Baba'



When God created the universe, he took five pillars. Those five pillars are the five elements. He built the entire planet using those five basic pillars. If any one pillar is lost, there is no planet. There is no Creation at all. Nothing—only emptiness. Using these five elements, he built up the universe from the emptiness.

Even God, Jesus, came in a human body. He was also born under the umbrella of the five elements. Mohammed also came in the five elements. Mother Divine, She also came that way. Shiva also came the same way. Every energy in the entire universe is contained in the five elements. Our body, or any creation of God, is a piece of the five elements. You are completely purified when you go through the process of becoming one with the elements. For many, many hundreds of lifetimes, until you reach God, there is no chance that negative forces can come and touch you.

Meditating on the elements is very helpful. They make you grow powerful. You should first meditate using the earth element mantra, while thinking of God. You should think, "God created me through five elements. All the five elements are in me. Please God, I am concentrating on one element in my body. Right now, I am purifying one element right now in my body. I am purifying that energy. I am purifying that element completely, 100% perfectly."

After you finish with an element you should open your heart and think, "Okay, I purified one element in my body. God created my body through five elements and one part I have now purified."

If you purify the five elements, choosing one at a time, then you gain power over yourself. Then, if any person has fear or any problem with negative energy you can help that person through your prayers, using the elements. They will automatically receive huge benefits. Even if you are not ready to heal anybody, you can feel huge results from the elements.

We're using the five elements wherever we go in the entire universe. We are connecting with those elements when we're using holy water or a holy flame in a temple or church. If you can absorb the power in the five elements, then you can connect with them wherever you are in the universe. Then, your body is completely filled with the vibrations of the five elements. Automatically, your mind and your thoughts, your heart, and your soul are opening like a flower, starting to sing like a lovebird.

With God, anybody can do anything, even be a big healer. Without God's help, he's a big zero. Even a big hero, if there is no God's grace, he is a big zero. So we need God's grace, God's love, God's blessing. We do not need to be desperate to find Him. He's in us. 'In us' means in the five elements. That's why we need to purify that. We need to charge the five elements.

NAMASHIVAYA

Wherever you go in the universe you can find the earth element, you can find the fire, you can find the air, you can find the water, you can find the sky (space or ether). We must learn the five elements; how to heal the human body through the five elements; then, how to command on the five elements.

Throughout these five elements Shiva's energy is flowing. He's everywhere; his energy is everywhere. The elements are filled with his energy—Namashivaya. In 'Namashivaya' there are five letters: NA-MA-SHI-VA-YA—earth, fire, sky, water, and air.

We have five fingers on each hand, these are the five elements: NA-MA-SHI-VA-YA. The Indian tradition says the thumb is the 'earth'; the first finger is the 'fire'; the big one (middle finger) is the 'sky'; the ring finger is the 'water'; and the little finger is the 'air'. We can find the five elements in our hand. After communication with the angels, through the elements you can do whatever you want. You can command the five elements from your hand.

ELEMENT	Earth	Fire	Sky	Water	Air
SOUND	Na	Ma	Shi	Va	Ya
FINGER	Thumb	Index	Middle	Ring	Little

THE EARTH ELEMENT

What is the greatness of earth? There is an energy, a huge energy in this universe, and earth has a certain type of that energy. The earth has huge magnetic power, different types of magnetic power. Enormous energy is there.

Naturally, certain types of huge vibrations flow by the earth's radiating energy. When you go through this practice of meditation using the mantras, automatically your soul can hook this energy—can connect to this energy. It makes human life very happy and successful.



The earth is so beautiful. Creation is so beautiful. When we look at the mountains or any nature, seeing beautiful things, our heart is completely softened by the divine energy. When this happens, it is easy to attract the earth's energy. Whoever connects to the earth energy, automatically they receive huge happiness and peace. They can live on the earth with huge joy. Even though they have big problems, they receive that type of strong braveness. Even though they have problems, without their notice they no longer care about their problems and their problems will decrease. Such type of happiness will take care of that. That happiness comes through the earth vibrations. The earth energy and the soul energy connect to each other. Then, the earth energy automatically protects them, making big happiness.

SACRED LANDS

The Earth element refers to all physical matter. Within Creation you find different types of energies, vibrations. These are naturally occurring. The energy radiated by the earth is magnetic and has magnifying capacity. Some places or substances have higher or more intense energies than others.

Some land, some places like Sri Sailam, Tirupati, Shirdi, Penukonda, Israel and Mecca have huge earth energy. If someone goes there, without your notice—without even thinking about it—they're feeling huge vibrations. There, the earth is highly powerful, that air is powerful, that wind is powerful, the clouds are powerful. That land is giving high electric energy. Electricity vibrations.

Why is it like this? A powerful soul, a holy person who meditates on the land for a certain period—who even walks on the land, or one time if he kicks that and, or one time touches that land—that land, for some hundreds, thousands of years, radiates the energy. It starts to produce the energy vibrations. It becomes a powerful place.



Shiva Sai Mandir, Penukonda, India

Suppose I wear my dress (Indian kurta). I give it to one person. This dress, for a thousand years has huge energy from my body. It still has vibrations, energy waves. So, certain people who meditated on earth, who walked on earth, that land became very holy, very powerful. When you walk on those places because you're in the middle of the energy, whatever negative energy you have in you, if you just enter that land and walk on it innocently, it purifies you. If you notice the vibrations when you walk, same result. Even if you don't notice, if you walk there, same result.

RADIATING ENERGY

All Creation radiates energy. Throughout the cycle of birth, life and death, energy is always radiating. One day everything is going into the earth. All Creation, all human beings, birds, animals, trees, everything has to change like sand, like dust. Finally, it's going into the earth. Billions of soul houses (bodies) have already dissolved into the earth, dissolved into the form of the God Creation.

Everybody radiates energy. That is the God Creation. When a soul has been in a body after a certain time that body starts to give huge energy. When a person is walking and enjoying their life on earth, automatically their body is strongly connecting to the earth energy. Then after the soul has left from the body, still some energy stays there in that body giving off high energy vibrations. Even though the soul has left the body it still has energy. The dead body has energy—the bones, the ashes, whatever is there.

A human will walk on earth say 60 or 80 years. Without his notice, throughout his life he has connected to the energy. Everybody connects to this energy. And whoever practices these mantras every day, they purify and become completely charged with the earth energy. Then, when the soul leaves the body, the charged bones, the charged bodies dissolve in the earth.

HOLY SAMADHI

The remains of an ordinary person put out a certain amount of energy. But in the case of saints, there is an especially high vibration that comes from the body's remains. In India, this is called holy samadhi. In the Indian tradition, at the place of the samadhi where the remains of the saints are located, certain rituals are used to honor the saints and receive their blessings and energy. A fire ceremony (puja) might be held or there may be an offering of flowers, incense or fruit.

There are thousands of holy saints' samadhis that we are still worshipping. Of course, their souls have left. Even though they have left their bodies, we are giving offerings to their samadhis. We are doing some pujas, putting some flowers, and then we're touching their samadhis and we're receiving the energy. It means their bones are automatically giving higher radiation power, high positive vibrations. Our souls are completely open to that; we're asking, begging we need some help. Then automatically, our body is getting charged. These radiating energies are all coming from the earth element.

My own soul is sucking huge cosmic energy. The energy also comes to my body, my bones, my nerves, my hair—everything becomes huge energy. Then when my bones are in the earth, that earth piece will turn like a huge magnet, like a radio station they'll receive this energy and they'll get the healing. Where my bones are placed, that earth will turn like a magnet. Even if you cover them with sand and mud, there will be electric vibrations, like an electric shock.

Why are we going today and touching Shirdi Baba's samadhi? His soul is gone, buy why are you going and touching his samadhi? The samadhi is a huge magnet. That place, those rocks, that land, that sand—huge magnet. Who comes in that area can get that energy. He commanded that earth to have very high radiating and magnetizing power vibrations. The earth has that type of magnifying capacity; it can multiply the energy some millions of times.

EARTH'S MAGNIFYING & MAGNETIC ENERGY

The magnifying energy of the earth refers not only to its capacity to magnify energy in a place, but also to its effect on the energies within a person. Under certain circumstances when someone comes in contact with the earth, whatever they are feeling at that moment their emotions or thoughts can be magnified, they can be increased one hundred fold by the power of the earth. The earth is reflecting back and magnifying the emotion, the energy. The earth has that kind of power.

The enormous magnetic quality of the earth is also very powerful. This type of energy can be found not only in a holy place but in other places as well, especially in nature. Generally, any place in nature has some amount of magnetic energy, which can be used in powerful ways.

DE-CHARGING NEGATIVITY THROUGH THE EARTH ELEMENT

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The magnetism of the earth can suck negative energy. It helps people de-charge (discharge) their stress. Without our notice we can de-charge our soul. We can be healed. And, the earth can easily transform the energy (from the negative to the positive).

Anyone who uses the earth mantras, who charges them, will become magnetized. A channel is created to the earth energy. Through this channel or connection, negative energy will automatically be pulled into the earth, or can be intentionally de-charged into the earth. This process of charging the earth element automatically creates strong, positive energy protection circles. Once charged, this higher magnetic energy can be used with positive intent, to pull negativity from others, to heal their emotions and mental sicknesses. Becoming charged with the earth's magnetism by using the earth mantras is a natural energy process.

Suppose you take a big magnet and you take a small iron needle, rubbing these together a few minutes. It becomes like a magnet, magnetized. If you take another needle, it is attracted to the magnetized needle.

It is the same if you go on putting your thumb to the earth, perfectly pronouncing this earth mantra. This is highest supernatural energy formula which has highest energy. The highest energy. If you touch someone to heal them, any negative energy comes to you. After that, you must put your thumb to the earth to decharge with the same mantra.

The earth mantra removes mental stress, mental sicknesses and psychiatric problems. It works on emotions 100%. It pulls, it sucks different types of terrible mental sicknesses and stress. Suppose you did three days non-stop hard work and you have huge stress, you're using sleeping pills and it's not working, you're using different stuff, it's not working. You just simply need to meditate on the earth mantra, taking some sand in your hands, some dirt or some clay and meditating. Holding the earth, meditating, then putting the soil back to the garden. The stress is gone.

When you start meditating on the earth mantras using the earth element, concentrating on the earth element, first think on God. Each part of the soil is created by God. Your body is also created by God. If you have perfect magnetism power with the mantra, you can attract that energy to your soul. After getting the energy our soul becomes a divine, elevated soul. Elevated. This is the beautiful power of the earth.

THE FIRE ELEMENT



In the temples in India, the priests perform the Arati (waving of the light) in front of the eyes of the deities. This connects the light of the small flame to the light and energy of the huge soul or God power. Then the priest passes the flame to all the people. They receive the flame, seeing it with their own eyes, connecting the light of God's power to their soul.

The flame is the tiny symbol of the huge light of God. It's a piece of God's light, burning in every part of Creation. Candlelight is symbolic of the energy of God.



Suppose you put a candle in your dark room in your home—no electricity, only a candle—when you see the candlelight automatically you feel love in your heart. Suppose if you see a hundred candles. This is gorgeous. When I was in Los Angeles, in the hall (inside the church), everybody was waiting. Hundreds of candles were around me, and I just came and sat there. What happened? For five to ten minutes everybody was completely in pin drop silence. The energy is like that. With those candles there, it created a huge opening in their hearts.

It is the same when you see the fire. Seeing the fire with our two eyes gives us a huge benefit. The eyes are very powerful in the universe. Suppose there are one hundred Jesus statues, but one statue you like so much. Why is that? The eyes are looking at you very straightly with a peaceful melodious look. When you see that, even if you aren't aware of it, automatically your heart channel is opening. Then whenever you see that statue you start to cry. It is a rock, a statue, but his eyes are completely hooking you.

That energy in the fire is coming automatically to you. The eyes are the number one receiver in our life. They receive automatically: 'sudarshana' and 'adarshana'. When you watch the fire you are sucking that energy through your eyes. You are getting the benefit and it is going to your heart, which means it is going to your soul.

FIRE CEREMONIES

In India, the people have been using the power of fire for thousands of years. The priests perform sacred fire rituals, called yagyam that specifically work to heal and to give blessings. In these rituals, they offer things to a ceremonial fire, such as in this picture. Throughout history, the emperors of India spent huge fortunes to have these yagyam performed to protect their kingdoms from plagues, drought, and enemies.

Since ancient times they have done yagyam. Still it's working, it's continuing; millions of people are doing them. The yagya works for each human being there. They see a lot of benefits. To do the yagyam, five to six priests sit around the fire purifying it. They send the person's problem into the fire to wash it, to burn it, using Vedic mantras, prayers.

The priests channel these mantras through specific deities, gods and goddesses (energy forces) according to the specific problems. They continue chanting and chanting and chanting using ghee (clarified butter), flowers and fruits to feed Agni, the god energy of fire.

They are putting all the person's karma in the fire, purifying it. That's why they say, 'deepam jyothi parabrahmham, parabrahmham jyothi deepam, mayam deepam, prakasha vantum, prakasha vantum'. Prakasha vantum, prakasha vantum—it's the dazzling of the light, it's the light of the dazzling. Through these mantras the priests are saying to the fire (about God), "He is everywhere but even though I am foolish (ignorant), I am seeing Him in a small fire. I am creating a small fire here and I am offering all the karmas to Him. I am using some ghee, some flowers, some fruits. I am feeding Him. Right now, He is in the fire. He came in the fire. The fire has the huge capacity to burn anything. Whatever obstacles are around me, right now, I am sending them into the fire. I am helping this person, sending his karma into the fire. Oh God, I know you are here inside, in this fire, please help this person." They say all the great things about God in front of the fire.

In previous days, if you did the fire to bring rain, the rain would come. That happened many, many times. It worked because of the strong faith the people had on the fire. Still it continues, it works to fulfill all desires. Today the yagyam are used for all purposes. They see a lot of benefits: curing of diseases, problem solving, bringing success in business, spiritual growth, mental strength, healing broken hearts, washing out depression and other forms of personal failure, or bringing happiness and prosperity to one's family and protection around his property.



For example, one man does a yagya for the purpose of making protection circles around his property for one hundred years. It works to give the highest protection against disease or tragedy for his family, his children, for the entire hundred years. The yagya's power is like that. How much time you want the request to last depends on the number of priests and the time they're spending on the fire.

They can also work over long distances. If one person asks to have a yagya done, then wherever he lives in the world, the fire purifies and the energy vibrations are sent to him. It works automatically to send him the highest positive energy. It's like the highest radio (transmitting) dharmic energy. It can go anywhere; that is the power of fire.

Indirectly that's why Shirdi Baba kept the fire burning in his Dwarkamai (temple). He made a big order to make the fire there. Still it is burning, burning, burning for over one hundred twenty five years. Baba simply sat in front of his dhuni (fire pit) continually purifying and purifying the negative energy of the people. He had huge commanding on the fire through his soul—huge energy. If a person came there, automatically that fire energy affected on their soul without their notice. It sucked their negativity. He cured diseases and illnesses by sitting in front of the fire, taking the smoke from the fire and blowing that smoke in people's faces. That smoke had the burning heat energy from the fire.

In the five elements, fire has the highest burning nature. This mantra burns negativity. It has the capacity, when used properly, to bring the highest positive energy, to give the prosperity and your complete heart's desire.

THE SUN AS FIRE ELEMENT

Our sun is the big healer. You can heal yourself through the sun immediately. You don't need to consult any healer. He's the big healer coming every day. You can use him. Just watching him in the early morning and evening hours. But, you have to open your heart to receive that energy.

In the Indian tradition, most of the people in the early morning hours go to the water, the river, to take the water (in a vessel or in their hands) to take a bath. When the sun is rising they start chanting the 'Vedic Bhaskara' mantras, the sun prayers. They release the water, they take a bath, then they come out. They are saying through their sun prayers that God is directly the sun. You don't need to see God. The sun is God; the God is the sun. That's why in the early morning hours they see the sun.

What I recommend to everyone who is doing the five elements is to simply sit watching the rising sun for one hour to receive the highest positive energy. Automatically you will get a huge healing; you'll receive the energy.

Then, again at sunset, there is a lot of energy in the sun's rays. Open your heart to God, to the sun, to receive its energy. You have to think you're receiving the energy from the sun. Whatever negative circles are around you, the sun's rays can wash them out. They bring huge positive energy to wash out all your negativity.

THE SKY ELEMENT

Through the sky you can connect to the angels. You can get the highest healing power. You can prepare yourself, change yourself, to be a big healer through the nature, through the sky. You can command directly on Shiva. Through the Shiva energy can you make it. The sky mantra belongs to Shiva, to the Shiva energy. It is the prayer of Shiva. He completely covers this galaxy and all the galaxies beyond with the huge energy, huge cosmic energy. It has no limit. That's why the Vedic tradition compares the Shiva energy to the sky. It's unlimited, infinite.

In the sky creation, in the sky nature, there are completely unbelievable things. There are other galaxy beings that have no human body forms, only energy forms. These other galaxy beings are very, very strongly related to the Shiva energy, strongly hooked. They sucked huge cosmic energy and became very, very powerful supernatural souls. They can lift any object. They can move in a fraction of seconds, like astral bodies. Their souls



have huge capacities. All comes directly from the Shiva energy.

But among the many galaxies, this earth planet the people on this earth, have huge jealousy, ego and pride. It was not always like that. Seven hundred, eight hundred years back, on this planet, 40% of human had capable souls. And 5,000 years back, this planet had huge powerful souls. Rama, Krishna, even Shiva came directly with a human body to take care on one level. That's why we can see, especially in India, many supernatural energy miracle things. The kings and their fathers, their kings and their fathers, they recognized the energy. They built huge forts, huge temples. They never built big palaces. They built temples. Most of the people lived in the temples. At that time, there was not much population; each village had

maybe only 60 people. First, they built huge temples. Then, they started to live in small huts. Everybody was going doing their duties, cultivating food and vegetables, then coming back to sleep and connecting to Shiva.

They practiced huge mantras. They received the highest energy. From some thousands of years back, the holy saints discovered the Gayatri mantra, all the Vedas, the secret formula mantras, the energy angels. Each village, each king, everybody, sacrificed their life to connect to God. That's why nowadays we can see the power in the ancient temples in India.

After that period the population grew huge and the natural conditions went down. The negativity rose and the robbery, cheating, and egoism came up taking a strong hold on the people. Before that, there was a huge unpopulated land. Even in the Krishnadevarayafort in Hampi (the capital of the Vijayanagar kingdom), you can see thousands of temples. They made each rock into a sculpture. Millions of sculptures were made from these rocks. If you walk through, step-by-step, each rock is a sculpture. They completely dedicated the sculptures to specific energy forms: Brahma, Krishna, angels, dancing ladies, elephants, Lord Ganesha, Shiva. They completely dedicated their whole life, from childhood until their last breath, to God. They dedicated their worship to sculpturing on the rocks. Just they ate and worked, ate and worked, ate and worked. They never cared about getting anything, about money or anything. They just simply did it; making a beautiful temple—putting a Shivastatue inside, putting a Krishnastatue there. At that time, on the mountains, they built their statues one huge rock by one huge rock—there were no cranes—in small places; not the elephants, or anyone could walk up there. It's deadly hard. How did they do that? It's really amazing. Even with elephants, how did they lift the rocks? Completely with their devotion, sacrificing their life to God, they started to lift. Certain energy they knew and they're using the power, commanding on the rock. Nowadays we are taking a

rocket and we're going to the moon. Our scientists are using technology. Previously, 700 to 2,000 years back, they had huge connections to the angels and they had pure, devotional hearts.

From the beginning the energy came from Shiva. He is the main person to connect to infinity. The sky is completely huge. There is no explanation to that. That's why I say, if you start to concentrate on the sky, to Shiva, you have to satisfy him. You have to touch your heart to him. You have to connect to him to suck his energy. You can't say exactly Shiva is here...or here...or here. If you start to meditate and meditate and meditate, you can feel the light inside start to grow. When your soul starts to pull the energy to itself like a magnet, then you will automatically be able to suck the cosmic energy, the Shiva energy.

When you start to suck that energy, you will feel in a trance, drowsy. The huge sixth sense is growing up. After that, if any person comes with an illness, he can feel a strong energy looking on him. Through your eyes he can feel a strong capable energy. Even though the people around you are not recognizing your power, by way of your touching and giving the energy, you can make them feel so great, so happy. It's only possible through a strong, direct hook to Shiva connecting to the Shiva Mantra through the sky.

We don't need to do huge things. A small seed of the energy is enough to make it grow. Like in the Sky Mantra, 'Saha Mogatay'. It means, "In the entire universe, this entire planet there is only one person, Shiva, that we can depend on. I'm completely depending on you." 'Shivayna Saha Mogatay'—'Saha Mogatay'—'Gatay' means, "You are the final person to go to. You are the final person to ask to give some help. I need it. Before I die, please make me happy, make me feel better, try to wash out all my illusion nets."

If you go through the Sky Mantra deeply, these are all meanings you will find. The sky is like a huge unbounded energy. Why I am talking to Shiva means, sky is Shiva—Shiva is sky. It means He's the sky indirectly. There is no limit. The sky and the earth are the two we can see like two plates, Shiva and Shakti. In the middle, all the mechanism is running. The fire created from the earth. And in the water, it is completely having huge miraculous energy.

In the future, 3000 to 5000 AD, the people are going to find incredible miraculous things through the science—the God powers, the God energies. They are going to find many, many miracle things. That is the future astrology. They are going to find some more galaxies. They are going to find some more information to bring to this planet, whenever it is needed. That is going to happen. Some other galaxy people will also be coming to this earth. They are going to help hugely. Whoever comes in a human body, who is born on this planet, they can't help like that. The other galaxy people are going to help like that. The day is coming, and it is going to happen. It's Shiva's cosmic energy.

Shiva is a very straight master, straight god. Easily you can satisfy him; easily you can suck him to fulfill your desires. What I recommend is to ask Shiva, ask him for the beautiful things. If you do meditation for ten years to Krishna or if you meditate for ten months to Shiva, you get same benefit.

USING THE SKY ELEMENT FOR YOURSELF

What I recommend is to keep and enjoy the sky energy for yourself. Keep it. Make it higher and higher and higher. The other elements you can suck, you can purify and you can use to heal the people. You don't need to use the unbounded, unlimited energy of the sky on others. It's a huge incredible power, the Shiva power. No need to suck that and give it to the people. It affects on you. The sky is unlimited, so if you try to heal with this unlimited energy, then, again you will have to purify and charge the Shiva energy. That's why I don't recommend to anybody to heal with the sky.

COMMUNICATING WITH THE ANGELS

What are angels? They are vessels—'pots'—of energy. There is no single structure to the energy. The energy is God. The energy is full of light. Light is God. Angels are like a whirlwind or vortex of energy in the nature. When it comes in front of you, you will feel some heaviness. Even if you can't see the vortex, you can feel the magnetic power. It's the heat that attracts the energy to your body like a magnet. In nature, you can experience lots of 'pots' of angels.



These cosmic energy vibrations circulate like a ball. Most of us have seen a whirlwind—the air making round circuits, rolling and whirling, up into the sky. Like that, in the cosmic energy, these vibrations roll. These energetic rolls come and run in nature. When we meditate, sometimes angels come and disturb us—we can feel pressure or distraction. It can happen when we are awake with eyes open, as well. When it comes, that energy makes the body shake.

When you are sitting calmly, meditating on this mantra, your soul can magnetize those circles of energy to come in front of you. You already have the earth energy and the fire energy charged in you, and with the help of the sky mantra you can suck those circles of energy to your soul. Automatically, you feel full of energy in your body. You touch its vibrations. After you get one circle in your body, then the second circle automatically comes. That meditation depends on your hard work—making your soul like a magnet. When you get that energy in your soul, your body becomes full of excess energy. When you sit in meditation again, automatically thoughts will flow and you can hear the voice from nature. This is a deep, deep meaning. Everybody must be thinking about this deeply.

When you get that energy from the circles of energy one time, it helps you to talk to different kinds of energies. 'Talking' means passing on soul knowledge. 'Talking' means not from our words, not like these words. It is telepathic thoughts. I will tell once more. When one pot of energy comes to your soul, your body becomes full of energy. It means your soul is purified. When your soul is purified and in that state, when you are meditating again using the sky mantra, you can magnetize a lot of souls, a lot of energies. It all depends on your hard work.

THE WATER ELEMENT

Every element has an inner secret, why you open your heart to that element and connect to the energy. The inner quality of the water is creating the energy. It creates energy in a person. It creates huge vibrations very easily. It can also balance the energy. It can settle down the energy easily, within seconds. It can make the energy balanced and calm.



Whoever knows the water mantra, who does it one time, purifying in their body, even if they are drinking water one time, one day, one minute, it helps the entire water system in their body—it starts giving the highest healing vibrations. The vibrations work on the water in them and start to heal. If you use the water mantra, you no longer need to go in the temple to take the holy water. You can purify any water as a holy water. Then you can drink that holy water then the holy water is inside you. And suppose you're drinking water, if you are chanting that mantra, all of the water inside your body can heal you. If you're chanting the mantras, the vibrations start in your body. It only comes when you have the strongest faith on this process. You should do the water

mantra every day in the shower. You're purifying, you're washing out, you're discharging. You're chanting the mantra; you're taking shower. Everyday you can heal yourself when you're taking a shower, chanting this mantra. Like a God prayer, "Oh God, please heal me. Please help me." Chanting the mantra I have given to you.

POWERFUL HEALING FOR MIND & BODY

The water heals the physical problems, body pains, mental depression and psychiatric problems. Fire and water are best for healing these things. The water washes negative emotions very powerfully. Suppose I have nervousness, I'm too tired, I have depression, my body is aching, if I take a hot shower or bath, after 30 minutes when I come out, the angry feeling, nervousness, all the stuff—the crazy stuff, simply I've just washed it away; I come out with a fresh mood. In India, people go to the rivers; everybody goes in the water. Me, sometimes, I sit in the water at my farmhouse. I'll sit in the well, in water up to my chin. Many times I sat.

MOTHER DIVINE ENERGY



Water is also Mother Divine, the nurturing energy. This energy flows in the oceans, lakes, and rivers—channels of energy. In India, the great rivers are considered goddess energies. In the water mantra, Durga, Mother Divine, is called upon.

Mother Divine, she's always taking bath, using the rose water like a fragrance, making peace and calm. She has huge depth, but still very calm and peaceful. Even though she's the huge shakti (energy), she's very peaceful. That's why in the Vedic tradition, usually Mother Divine is very much more powerful than Shiva.

THE AIR ELEMENT

The air is our most basic connection to life. Our bodies can only live because the breath is circulating. We can go five days not eating food, two days with no water. Even our bodies, when we are so cold, in the high cold, we can adjust. But if the breathing stops, in five minutes there is no Swami Kaleshwar in the universe. The wind, the air, it is so important. So is our breathing system. But if someone is smoking cigarettes it injures their self-healing capacity. Smoking cigarettes, or anything else, makes their self-healing capacity go very, very, very badly—every day, day by day. Temporarily it makes them feel strong emotionally, but they are discharging the self-healing vibrations, the energy, through the smoke. If you stop smoking, it is possible to get that capacity again.

The air feeds life, it feeds the fire, it affects the water, it affects the earth. It's energy can come in the form of the natural disaster, but it can also help human beings to receive the highest cosmic power immediately—like that. Then you can use the air to do incredible things, to heal people over the long distance and to send your thoughts or energy over any distance.

All of the angels are living in the wind. All the angel's energy is in the wind. When you start to chant in the wind, in the air, all the angels are around you and you can suck in that energy. Wherever you go the angels' protection is with you. All the positive energy is completely with you. You can breathe in the angel power, you can breathe out the angel power. It makes you so much relaxed and happy and relieved. You can feel the very strong happy breath when you purify the air in yourself. That is beautiful.

WIND IN NATURE

There are different types of air and wind energy. Each type affects human beings in a different way. The element of air can be very gentle, carrying the soft smell of a rose, or extremely destructive. It is a very powerful force. Through the air, people can receive powerful cosmic energy.

How do the tornadoes happen? What is the inner secrecy in the tornadoes? When two strong winds come from different angles, when they hit each other, they start to rotate. When it starts, the wind is a little weak. Then as it rotates it gets stronger. That rotating energy automatically sucks the highest cosmic energy. When it starts rotating faster and faster, it starts to suck the energy like a huge magnet from the earth, from the sky, from the wind. It creates a huge energy, air energy. Sometimes the holy saints receive the energy at that time, from that wind. That is one type of wind.

Second, suppose some persons start to meditate and meditate and meditate in the open nature. Natural angels, divine angels, come. When we meditate the angels come in the form of the wind, like a small whirl- wind flowing like a bird, creating a huge pot of energy, of light. Then it comes and it hits you. It can happen when you are in highest mountains. Why is Mount Kailash (in the Himalayas) so powerful? Why do the highest mountains have huge energy? Because of the wind capacity, the wind energy is the highest, most powerful there because of the vibrations in the wind. Natural energy from the earth, from the sky, it comes to the air through the wind. It starts to create a lot of vibrations. The vibrations circulate in the form of energy circles. They are angels. That energy is a different type of angel. That's why highest mountains wind is so powerful.

The winds can be very powerful. In a story from Shirdi Baba's life, there was a huge rain coming with a huge wind. For two days the rain and wind was not stopping. Everybody was crying; their houses were going to be destroyed, their family was going to be destroyed. Because of the huge wind all the trees and all the birds died. Then everybody was crying. They came to Baba, "Please Baba, what is this disaster?" Then, Baba simply came out from his Dwarkamai (old temple where he lived). He was looking at the sky. "Can you stop or you want my punishment?" At the final moment he said, "Can you stop or do you need my punishment? I'm commanding right now stop the wind and rain." In minutes, the rain began to stop. The wind began to stop.

PRACTICING THE FIVE ELEMENTS PROCESS™ MANTRAS

Choosing to practice these powerful vibration mantras I am giving is a purification process for your soul. Purifying your soul through these mantras gives the very highest peace and connects you to the cosmic energy. 'Cosmic energy' means connecting to God. When you purify through the elements, your aim becomes aligned with the elements. Suppose you choose the earth mantra, the perfect vibration mantra. You keep on chanting and chanting and chanting. A certain period later, your soul automatically sits right; it is aligned with the earth energy. Then, you have huge capacity in your soul. You have very strong positive energy to not receive any negative energy.

Purifying the elements has enormous benefits. Number one, it creates strong willpower. You'll have full command on sucking highest positive energy. You'll create around you the highest positive divine circles. You can heal yourself very easily. You can heal other people who are having big troubles with negative energies. If someone is using their energies in a negative way—like with black magic powers—you can remove those energies and stop them. You can make your mind very peaceful for concentrating on meditation. Your knowledge automatically will improve to make your life successful. It creates beautiful wonderful thoughts in your mind. It helps your everyday life, your business life, whatever it is. You can also heal your family members and your children. You can bring the good fortune in your life.

If you do this process, without your notice, your soul receives a lot of benefits—the peace and the divine love energy from the cosmic. These benefits are received only by those who have complete faith and a strong, devotional heart—those who have their heart open to God. It only works for them. Who has no faith on God, even if they do the mantras, they are wasting their time. No need for them to do the mantras. Faith is God; God is faith.

When you meditate with these mantras, start with the earth, concentrate on that element and think on God, “God created me through the five elements. All the five elements are in me. Please God, I am picking up one element in my body. Right now I am purifying one element in my body; purifying that energy. I am purifying that element completely 100%.” Taking that aim and starting the mantra—chanting, chanting and chanting.

After you finish your mantra, say with your open heart, “Okay, I purified one element in my body. You created my body through the five elements. I purified one part. Second part I am jumping to fire element.”

If you go over all the five elements choosing one by one by one, you will have huge commanding on all the elements. Then, if any person comes to you with sickness or fear or is suffering from problems with negative energy, you can heal them through the elements, through your prayers. Picking any prayer, you can start to heal them. They will receive huge benefits automatically. Even before you are ready to heal anybody else, you can feel great results within you.



THE FIVE ELEMENTS PROCESS™ MANTRAS

Please listen to the downloadable audio version of Swami Kaleshwar chanting the mantras as you study them (www.kaleshwar.org). Try to match his pronunciation.



First Earth Mantra

Om A-eem Kleem Saum
Sera-ha-na Bhava
Say-a-noli Bhava
Tree-pura Bhava
Tee-ga-yoli Bhava
Wa-ree-pura Bhava
Bhava-noli Bhava
Pari-pura Bhava
Bhava-noli Bhava
Om Aa-dee-tiru Murugaa
Om Guru Guru Paramaguru
Om Kuu-maara Rana-kalam
Om Shaanti Shaanti Shaanti-hi

Second Earth Mantra

Om Sraa Nam Bhuum
Bhuu-taysh-vari
Mama Kuru Sva-haa

Third Earth Mantra

Om A-eem Kleem Sreem
Om Mahaa-lakshmi A-ayna Namaha

Fire Mantra

Om Hreem Hes-rye-eem Hreem
Om Dheem Dheem
Kleem Kleem
Saum Saum
Mahaa-agni Swaruupa-nyay-na Namaha

Sky Mantra

Om Ling-aas-ta-kam Need-dam Puun-yam
Yah-pa-tay Shee-va San-nee-dhau
Shee-va-lo-ka Mavaap-noti
Shee-vay na Sahaa-mo-ga-tay

Water Mantra

Om Kluum Dluum Jam
Kanaka-Durgaamba
Om Kluum Dluum Jam Hum
Kanaka-Durgaamba
Durgaa-day-vi Prasan-nam

First Air Mantra

Om Sarvam Brahma Mayam
Om Sarvam Brahma Shak-teem
Bhaja Hanuu-manta Manasa Smarami
Neeja Bhagavanta Sir-asa Smarami

Second Air Mantra

Om Brahm-ham Vishnuum Maa-haysh-
varam
Om Dheem Kleem Saum
Mahaa-shaak-ti A-ayna Namaha

Third Air Mantra

Ram Ram Ram
Ra-may-mi Raa-maam

After you complete all of the mantras and are fully charged, you only need to chant **Guru Guru Paramaguru** to do healings with any element.

PRONUNCIATION KEY

The most important point in practicing the pronunciation of the mantras is to perfectly emulate the sound or vibratory character of the original language. For example, the 'literal' transliteration of the first line of the *Gayatri* Mantra reads, "Om Bbur Bhuvah Swah". But, when transliterated according to the way the mantra sounds when chanted, it reads, "Om Bhuur Bhuva Suu-vaha". The spelling of the mantras and the descriptions below regarding pronunciation are meant solely to help facilitate proper pronunciation.

In this transliteration, the 'word-sounds' of the mantras have been rendered phonetically, with an eye to breaking up some of them into 'sound syllables' for greater ease of recognition. As you can see by the key below, the main concern is with vowel sounds. An additional note: when the same vowel appears twice, side-by-side—like 'ee'—along with properly pronouncing it, also hold the sound a little longer.

a = sounds like the vowel sound in 'the'

aa = sounds like the vowel sound in 'watch'

ai = sounds like 'I'

au = sounds like the vowel sound in 'cow'

ay = as in 'say'

e = occurs in the Fire Mantra, twice in one word—first "Hes-" sounds like the vowel sound in 'mess'; second, "-rye" literally, as in the word 'rye' in English

ee = sounds like the vowel sound in 'seen'

i = at the end of a syllable sounds like the vowel sound in 'seen'

i = within a syllable: occurs in the 1st Earth Mantra and the 1st Air Mantra—"tir-" and "Sir-" respectively—sounds like the vowel sound in 'clear'; and, in the *Ganesha* Mantra and *Guru* Mantra—"Vig-" and "Vish-" respectively—makes the vowel sound as in the English word 'fish'

o = sounds like the vowel sound in 'holy'

u = sounds like the vowel sound in 'the'

uu = sounds like the vowel sound in 'moon'

w, v = interchangeable sounds, or as a combination of both sounds

h = when with a consonant—such as in "Bhava-" in the 1st Earth Mantra—"h' is an added aspiration to the sound of the consonant; it does not transform the consonant into another sound as in English

Correct pronunciation is key. The mantras come to us from ancient palm leaf manuscripts written in Telugu. Many of the sounds of the Telugu language are certain to be strange to the western ear. To help ensure your success with the processes, it is highly recommended that you learn the mantras and the practices with the help of a teacher certified by Swami to teach the Five Elements Process™. During the process of learning from someone who has already charged the elements, an energy transmission occurs, which enhances your experience of the process. And, of course, a teacher can help adjust or correct mispronunciation on the spot. Again,

as a further help, an audio version of Swami chanting the mantras can be downloaded from this website. Swami's native language is Telugu, the language of the ancient manuscripts. When practicing the mantras, try to match his pronunciation perfectly. The English transliteration of the mantras is included as an additional guide and reference tool. However, the main point is to "follow your own ear," as Swami says. For best results, follow the guidance of a certified teacher and practice with the audio-download.

INSTRUCTIONS FOR THE FIVE ELEMENT PROCESS™.

First you 'charge' yourself by repeating the mantras for the prescribed period. This heals you and purifies the element in you. Once you get the 'symptoms' that the element has been charged, you are aligned with the specific energy of the element and can use it to heal others. This process requires that the mantras be used in a very particular way in order to gain their benefit.

Each mantra has a diksha, a set of rules to follow. Each mantra is repeated a specific number of times per day for a specified number of days and, in some cases, at a certain time each day. Most are done for 41 days, 108 times each day. Unless otherwise noted, early morning or nighttime hours are best. Bedtime is a good time for doing the mantras because it is part of an established routine. It is recommended to do the mantras at the same time everyday, whether a particular time of day for doing the mantra is specified or not. When you are on a set schedule, it is easier to remember to do the mantras.

RULES FOR CHARGING MANTRAS

It is very important to establish a quiet place for this practice, and to set a time when you will not be disturbed while doing the mantras. In most cases, the mantras are repeated with the eyes closed. Make sure you will be comfortable during the entire process, either sitting or laying down (be careful not to fall asleep). Additionally, burning a candle and incense purifies the meditation area and sets the divine energy.

NO INTERRUPTIONS

Once you start the mantra cycle you cannot be interrupted, i.e. going to the bathroom, answering telephone calls or stopping to talk to anyone. If for any reason you are interrupted, you must start again from the beginning of the 108 repetitions. Using these mantras is a process that builds toward an end result. If you miss a day, you must start that particular process over again. If you are doing more than one mantra during the same period and one of them is missed, you must start that group of mantras over again.

CORRECT PRONUNCIATION

When you begin a new mantra, it is advisable to say it out loud until you feel confident you are pronouncing it correctly, which may take a few days. Saying it aloud actually helps establish the energetic connections. Once you are comfortable with the mantra you can say it internally, silently. Until you have the mantra memorized, it is best to keep a written copy of the mantra in front of you.

USING A MALA

For counting the number of mantras, the Indian tradition recommends using a mala—a strand of 108 seeds or beads 'plus one' called the guru bead, which is used to mark the start and end of your mantra repetitions. The guru bead is distinguished by its separation from the other beads on the strand and usually has a tassel hanging from it. A mala is very helpful—since the repetitions of the mantras are always a multiple of 108. Also, the circuit of beads actually holds the energy of the mantras. So, it is highly recommended that you wear the mala throughout the day to keep that energy close to your body. A rudraksha or lotus seed mala is recommended because these actually boost the energy of the mantra, but any type of prayer beads or rosary may be used. The mantra is repeated one time per bead—staying on the same bead until the entire mantra has been pronounced perfectly, from beginning to end.

The traditional way to use the mala is to use the middle finger (sky) and thumb (earth), moving the mala across the 'top' side of the middle finger with the thumb. When using the mala, never use the index finger. This is the finger for the fire element and should never touch the mala. If you use this finger, you are 'burning' or stopping the energy. In other words, you are charging and de-charging, charging and de-charging.

NOTICING SYMPTOMS

There are general 'symptoms' which you will experience for all of the elements: extra heat in the body, drowsiness, a huge trance with beautiful dreams, good appetite, hunger (good digestion), a clearer mind. And, there are specific symptoms for successfully charging each mantra, which are discussed later in detail, when we look at each individual mantra. If you do not get any of the general or specific symptoms, you should repeat the charging process.

Charge the elements in the order that they are presented. Do all of the earth mantras first, then fire, sky, water and air. All of the elements can be completed in four or five months.

It is possible to charge all of the mantras for one element during the same period, but it is best to do the elements one by one—completing one element before starting the next one. This allows you to focus on the quality of each element's energy. Also, in this way, you avoid confusion regarding your personal experience of going through the process—the charging symptoms will be clear.

SETTING YOUR INTENT

Set your intent before beginning the practice each day. The charging and healing capacity can successfully be gained by repeating these mantras, these prayers, with an open heart.

The direct understanding you gain through the Five Elements Process™—the intellectual understanding along with the direct experience of charging your soul with the fundamental energies of the cosmos—form the basis for further spiritual growth through Swami's teachings.

BEGINNING

Whenever beginning any meditation practice, healing session or teaching practice, Swami Kaleshwar strongly advises every student to begin by reciting the Ganesha Mantra, followed by the Guru Mantra and then the Gayatri Mantra. **A NOTE ON HEALING WITH THE MANTRAS:** before you can begin healing others, you must first successfully charge the earth and fire elements, and complete 41 days of the sky element.

Each of the mantras below connects us to the Guru Parampara—the Guru and the Guru's lineage—or to the deity directly.

Their blessings are there. Further, whatever negativity you absorb while giving a healing or teaching is passed on to and purified by the Guru Parampara.

Ganesha-Mantra

Om Suuklaam Bhara-dharam
Vishnuum Seshi-varnam
Chatur-bhujam Prasanna-Vadanam
Dhyai-Yay Sarva
Vig-no-pa
Shanta-Yay

Ganesha, the son of Mother Divine and Shiva, is Vigneshwara—the Remover of Obstacles. A heartfelt prayer to him initiates and opens the auspicious energy channels. The image of walking behind a huge elephant that clears the path ahead is a metaphor Swami Kaleshwar has used to describe the benefit of invoking Maha Ganesha. By reciting this mantra you connect to the Guru, the Guru's lineage and your own inner Guru.

Guru Mantra

Om Guru Brahm-ha
Guru Vishnuum
Guru Day-vo Maa-haysh-vara-ha
Guru Saak-Shaat Parabrahm-ham
Tas-mayi Sree Guru-vay
Na-Namaha

By reciting this mantra you connect to the Guru, the Guru's lineage and your own inner Guru. Their blessings are there. Further, whatever negativity you absorb while giving a healing or teaching is passed on to and purified by the Guru Parampara.

Gayatri Mantra

Om Bhuur Bhuva Suu-vaha
Tat Sa-vee-tur Var-ayn-yam
Bhargo Day-vaas-ya Di-Mahi
Dhi-yo-yo Naha
Pracho-da-yat

The Gayatri mantra is said to be equal to the four Vedas. It has been written about extensively, but still the essence of its power eludes all but the most highly evolved souls. Swami recommends chanting this mantra to burn negative karmas and fulfill our soul desires. When practicing the Five Elements Process™ this mantra helps to remove huge negative energy blocks and smoothes the process of purification and soul charging.

First Earth Mantra

Om A-eem Kleem Saum
Sera-ha-na Bhava
Say-a-noli Bhava
Tree-pura Bhava
Tee-ga-yoli Bhava
Wa-ree-pura Bhava
Bhava-noli Bhava
Pari-pura Bhava
Bhava-noli Bhava
Om Aa-dee-tiru Murugaa
Om Guru Guru Paramaguru
Om Kuu-maara Rana-kalam
Om Shaanti Shaanti Shaanti-hi

CHARGING THE MANTRA

Recite 108 times for 41 days, at the same time everyday. The best time is before bed or early in the morning. While reciting the mantra, press your thumb on some earth. The earth outdoors is best, but a pot of dirt can be used. If these are not available use the floor. Keep your thumb on the earth during the whole 108 recitations of the mantra. In the beginning, it's best to recite the mantra aloud to become familiar with the language and to check yourself to make sure you are pronouncing it correctly. When you recite line eleven of the mantra think especially on 'Guru Guru Paramaguru' (Guru is the master; 'Guru Guru' is the master's master; and 'Paramaguru' is the highest master, is God). After saying this mantra for 41 days your soul is purified with the earth element.

NOTE: If two or more persons in a household are charging the 1st and/or 2nd earth mantras during the same period, each person must hold a flower or leaf while reciting the mantras. Following each session of reciting the mantra(s), each person should put their flower or leaf aside for one day, and then throw it into the bushes.

SYMPTOMS WHEN YOU ARE CHARGING

- Your thumb on the earth gets hot.
- Your thumb feels magnetized to the earth; you feel you can't pull your thumb away from the earth.
- You may have a tingling sensation.

BENEFITS

- It is used for relieving stress, depression and all types of mental sickness and psychiatric problems.
- It is used against negative energy. This mantra has the highest magnetic power to heal anyone disturbed by a negative spirit. It removes negativity.

PREPARING YOURSELF AND THE PERSON FOR HEALING

Before starting every healing, wash your hands with pure rose water. If you do not have any rose water, then put some fresh roses or other flowers in a bowl of water and wash your hands, to purify yourself. Then, give the person you are healing some rose water to wash their hands, face, and neck (the whole thing). If they are allergic to the rose water then they can use plain water instead. It automatically purifies and prepares the person for the healing. Also, by doing this, they are offering their body to the healer to receive the energy. This procedure is very useful when healing with any of the elements.

HOW TO HEAL WITH THE FIRST EARTH MANTRA

Two methods:

- 1) Put your thumb pointing *downward* on the center point between or just above the person's eyebrows (the 3rd eye) and recite the mantra 108 times. Following the healing you need to de-charge by going outside and putting your thumb on the earth, reciting the mantra again for 108 times.
- 2) This method is specifically used for some disturbed by a negative spirit: Sit in front of the person and recite the mantra one time, then blow air on the person's face once. After 108 times—reciting the mantra and blowing air onto his face—take two hairs from the person's head and put them in a bottle and close the bottle. Then, as soon as you can, throw it in a natural body of water—any lake, stream or ocean. Once you've thrown the bottle into the water, the negative energy disappears. After either these methods of healing, the soul of the person being healed becomes elevated

DE-CHARGING YOURSELF AFTER HEALING

To de-charge, put your thumb on the earth for 15 to 20 minutes or 108 times following the healing. It's important to remember to *de-charge immediately following each healing* to release any negativity you receive from doing the healing. If you are doing more than one healing at a time, you can de-charge following all the healings but it's *essential to de-charge within that same day* immediately following the last healing session.

The rule of thumb is: if you did a healing for 30 minutes, decharge for 30 minutes. However, *in any case, always decharge for 108 times or 15 to 20 minutes, minimum.*

NOTE: If two or more healers are healing in the same house at the same time, each healer must tie a thread around his/her own wrist and knot it three times. Following the healing session, each healer then removes his/her own thread and throws it in a bush or in a fire. This protects against any magnetic interference from the earth energy.

Second Earth Mantra

Om Sraa Nam Bhuum
Bhuu-taysh-vari
Mama Kuru Sva-haa

CHARGING THE SECOND EARTH MANTRA

Recite 108 times for 41 days, same time each day. Press your thumb on the ground, on the earth or in a pot of dirt, or indoors on the floor while reciting (same as with 1st earth mantra). Also, if two or more persons are doing the process in the same house, each should follow the same procedure mentioned for the 1st earth mantra: each person must hold a flower or leaf while reciting the mantras; following each session of reciting the mantra(s), each person should put their flower or leaf aside for one day and then throw it into the bushes.

SYMPTOMS WHEN YOU ARE CHARGING

- Your body will become very light, weightless, or warm.

BENEFITS

- Same benefits as the 1st Earth Mantra:
- Relieves stress, depression, all types of mental sickness and psychiatric problems.
- This mantra has the highest magnetic power to heal anyone disturbed by a negative spirit.
- It removes negativity.

HOW TO HEAL WITH THE SECOND EARTH MANTRA

If you use the 1st Earth Mantra and the person is still not feeling better, then use this 2nd Earth Mantra. It is a second 'arrow' to use for healing. With this mantra, put your thumb *upward* (the opposite direction when used with the 1st Earth Mantra) on the person's 3rd eye and recite the 2nd Earth Mantra 108 times.

DE-CHARGING YOURSELF AFTER HEALING

Again, always de-charge after all healings, by placing your thumb on the earth, reciting the mantra another 108 times (or about 20 minutes). Still, remember, the rule of thumb is: if you did a healing for 30 minutes, it is best to decharge for 30 minutes.

NOTE: If two or more healers are healing in the same house at the same time, each healer must tie a thread around his/her own wrist and knot it three times. Following the healing session, each healer then removes his/her own thread and throws it in a bush or in a fire. This protects against any magnetic interference from the earth energy.

Third Earth Mantra

Om A-eem Kleem Sreem

Om Mahaa-lakshmi A-ayna Namaha

CHARGING THE THIRD EARTH MANTRA

Recite 108 times for 21 days, at dusk. This mantra can be charged anywhere. On the 21st day, draw the Lakshmi yantra (see instructions below) while reciting the mantra.

NOTE: This mantra belongs to Lakshmi, goddess of wealth and prosperity. Lakshmi is 'the Light' and, doing the mantra at dusk, you're inviting the light to come into your house.

BENEFITS

This mantra is useful for anyone suffering with money problems or mental suffering due to being unable to hold onto money.

DRAWING THE LAKSHMI MANTRA

This process is to be done as a focused meditation. The entire process must be completed in one sitting, in privacy and without interruption i.e., phone calls, talking to family members.

On a large piece of white paper, draw nine concentric circles in different colors (any color except black). Around the outside of each circle, in a clockwise direction, write the 3rd earth mantra, repeating it as many times as you can to fill all the space around the circle. The beginning point of writing the mantra is at the 12:00 position on each of the nine circles. Assign each word a unique color, which is used each time that word is written. Do not worry if, for any given circle, you cannot complete the entire mantra the last time you write it; however, each concentric circle must have at least one full repetition of the mantra.



Although it is not a strict requirement, try to write the mantra in the same size print on every circle. In this way, it will be more likely that the individual words of the mantra will remain aligned around the circles. Also, there is no particular order required regarding the colors used for the words or the circles, but you might consider making the circles like a rainbow with red on the inside graduating to violet on the outside.

After you finish writing the mantra on the innermost circle, draw the 'Om' symbol in the center of the inner circle in orange or red.

REMINDER: recite the mantra continuously while drawing the circles and writing the mantra, from the moment you start drawing until the yantra is complete. In this way, you charge the entire process with the Lakshmi energy.

If possible, make more than one drawing of the Lakshmi yantra, if you can. Put one drawing over the entrance of your house and hang the other over your bed, so it can be seen immediately upon waking. Or, you might choose to give one or both to a family member or a friend.

Fire Mantra

Om Hreem Hes-rye-eem Hreem
 Om Dheem Dheem
 Kleem Kleem
 Saum Saum
 Mahaa-agni Swaruupa-nyay-na Namaha

CHARGING THE FIRE ELEMENT

Recite 108 times for 41 days. Do this mantra at night in a closed room—no fans on or open windows. Light a candle and while reciting the mantra, watch the flame without blinking until 2 or 3 tears come to your eyes. Afterwards, blink as little as possible until you are finished with the 108 repetitions. When the tears come from your eyes, water comes to your retina and causes blurring to your sight creating a vision of 'three' flames.

SYMPTOMS WHEN YOU ARE CHARGING

- During sleep or while driving, the candle flame will come in front of your 3rd eye.
- You will 'hear' an inner noise, like a buzzing.

BENEFITS

- It burns negative energy. If any person has a negative desire to harm someone, this mantra will destroy that desire.
- It works powerfully against negative souls and black magicians, as well as for burning negative karmas.
- You can send and receive strong, positive energy through the fire.

HOW TO HEAL WITH THE FIRE MANTRA

When doing this mantra, light a candle and burn some incense near the person. Put your fire finger (index finger) into the smoke of the incense and touch the person's 3rd eye. Then, focus your eyes on the person's eyes until 2 or 3 tears come (from your eyes). Continue the healing—all the while silently reciting the mantra and touching the person's 3rd eye with your fire finger—until the person becomes drowsy or tired. That's the sign the healing is working. Do this for 10 to 15 minutes maximum.

DE-CHARGING YOURSELF AFTER HEALING

To de-charge, press your fire finger to the earth and recite the fire mantra 108 times. It's not necessary to charge prior to the healing, but absolutely necessary to de-charge immediately following the healing.

A TECHNIQUE FOR HEALING NEGATIVE SOULS & BLACK MAGIC

Make a circle of candles. In front of each candle put one rose. Make sure none of the flames burn out during the healing. The healer and/or person being healed should sit in the middle of the circle, surrounded by the burning candles, chanting the fire mantra and washing out all negativity. After the process is over, throw the flowers in the bushes.

Sky Mantra

Om Ling-aas-ta-kam Need-dam Puun-yam
Yah-pa-tay Shee-va San-nee-dhau
Shee-va-lo-ka Mavaap-noti
Shee-vay na Sahaa-mo-ga-tay

CHARGING THE SKY MANTRA

Recite the mantra for a minimum of 108 times and a minimum of 41 days, anytime of day. It is best to do it in the nature, while sitting alone, quietly. There is no limit for doing this mantra. You can go months or years, however long it takes for the angels' souls to come in front of you. This mantra commands directly on Shiva. This is the prayer of Shiva. It gives powerful energy for healing and for communicating with the angels. When sitting calmly in nature meditating with this mantra, the energy will come in front of you. You can suck the circles of energy to your soul, then you can feel the circle of energy coming into your body. When you get the energy, your body starts to shake. That is the symptom that you've got one circle of energy. Once you get one circle of energy in your soul, your soul is purified with the sky element. After that, your soul can magnetize many souls, any divine angels in the sky. It takes six months to two years, maximum.

BENEFITS

This mantra is used for communicating with the angels and for sending messages or objects long distance. The angels can assist you in manifesting and transporting objects. If you chant the mantra perfectly in nature, the energy comes to your soul. After that, you can hear many things through telepathic thoughts. It manifests like a voice from a phone.

NOTE: It is best not to use this mantra for healing others. It is best to do it only for your own enjoyment. The power of the sky is unlimited; if you use it directly for healing others it's possible all of your sky energy will dissipate and you will need to recharge the energy all over again.

Water Mantra

Om Kluum Dluum Jam
Kanaka-Durgaamba
Om Kluum Dluum Jam Hum
Kanaka-Durgaamba
Durgaa-day-vi Prasan-nam

CHARGING THE WATER MANTRA

Recite 108 times for 41 days anytime of day in the shower, bath, lake or swimming pool. Do not do it in the ocean, because it has no boundaries. 90% of your body needs to be in the water. If you do it in the open air and it starts to rain, *absolutely stop chanting immediately* and get out of the water. Resume when the rain stops.

SYMPTOMS WHEN YOU ARE CHARGING

- You will feel very drowsy, sleepy.

BENEFITS

- It is used to relieve psychiatric problems, depression and all types of psychological problems.
- Also used for physical problems, body pain, severe headaches and bone pains.

HOW TO HEAL WITH THE WATER MANTRA

The energy needs to be passed from one body to another body through the water. Therefore, healing must be done in either an outdoor swimming pool or any large quiet body of water that can accommodate people: the healer, the person being healed and two assistants to help with the person. *At no time during the healing should the person being healed be able to touch the healer.* The healer and the person being healed must be able to sit comfortably in water, with at least 90% of their bodies immersed. From your seat, recite the mantra 108 times while looking into the person's face.

USING THE WATER ELEMENT

The person will feel an electric shock. He might even become hysterical or out of control. This is why you will need two assistants to help hold the person during this time. *Remember: do not touch the person or let them touch you, but keep reciting and looking into the person's face.* Continue the mantra for about 15 to 20 minutes. The person will become calm and drowsy; then the assistants can pull him out of the water. After the healing, go to the opposite side of the pool or natural body of water to de-charge with the mantra for 15 to 20 minutes. If you are doing the healing in any indoor swimming pool or body of water, you must completely drain the water and refill with fresh water before doing the de-charging. If done in an outside pool there is no need to drain it; the sun purifies the water naturally.

Swami says, "If you do the mantra in the rain you will lose a lot of commanding on the water element. If you are doing the mantra in heavy rain, the energy circles you're creating at that time, whatever energy you're sending at that time, is not very strong or effective and it causes you to lose commanding on that element in the future."

"Anytime you are charging the mantra or using it to decharge and it starts raining, you have to stop. When you are healing somebody and the rain starts, stop immediately. If the rain comes when you are chanting, the rain makes you lose the boundaries to your water. It goes to the sky. There are no boundary limits. If you are in your bathtub you have boundaries, if you are outside in the water and the rain comes, you can lose your boundaries."

"When you are meditating in the water and the rain starts to come, it means it's taking your energy. You have no control on balancing that energy because there are no boundaries. You can't control that huge rain. Suppose a huge wind comes, bringing huge rain. You're doing the water element, healing. Still the rain is coming. You're chanting and chanting. Still the rain is coming. If you keep on chanting, you are trying to go against the element. Don't do it."

"You have to obey the energy of the elements. You have to bend your consciousness to the elements. You have to surrender. Then, you have to sneak in and you have to come out treat the elements carefully. Don't dominate too much. In the future, if rain is coming, if huge wind is coming, do not sit in the water! No need to waste the energy. No need to waste the time. No need to waste the attention. No need to play the games with the five elements. Respect the elements."

"The water element fills your body with the highest healing vibrations. This can calm you and make you peaceful, or it can give the highest energy of all the elements. If anyone touches your body after you charge the water mantra, they feel it—like electricity. It gives you highest energy connecting to your soul."

NOTE: When charging or healing with the water, *do not drink one drop of the water or do this mantra if it's raining.* If it starts to rain, STOP, get out of the rain/water and wait until the rain completely stops before beginning the process again.

First Air Mantra

Om Sarvam Brahma Mayam
Om Sarvam Brahma Shak-teem
Bhaja Hanuu-manta Manasa Smarami
Neeja Bhagavanta Sir-asa Smarami

CHARGING THE FIRST AIR MANTRA

Recite 108 times for 41 days. This mantra must be done during the day, between sunrise and sunset.

Second Air Mantra

Om Brahm-ham Vishnuum Maa-haysh-varam
Om Dheem Kleem Saum
Mahaa-shek-ti A-ayna Namaha

CHARGING THE SECOND AIR MANTRA

Recite this mantra 9 times for 9 days. This mantra must be done at dusk (no sun, no moon, no stars). You can do it anywhere.

Third Air Mantra

Ram Ram Ram
Ra-may-mi Raa-maam

CHARGING THE THIRD AIR MANTRA

Recite 108 times for 41 days. You must begin the mantra on the Full Moon night. When you start this mantra, go outside and look at the Full Moon, then begin reciting. If you wish, after seeing the moon and beginning the recitation of the mantra, you can move indoors to complete the 108 repetitions. Also, do the mantra exactly at midnight for each of the 41 days. Then, on the 42nd day recite the 'Concluding' mantra.

BENEFITS FOR ALL THREE MANTRAS

- They are used for sending your energy and blessings anywhere.
- You can work through your dreams.
- You can call any soul to you from any place.

The Concluding Mantra

Guru Guru Paramaguru

CHARGING THE 'CONCLUDING' MANTRA

On the 42nd day recite the 'concluding' mantra, "Guru Guru Paramaguru", continuing each midnight until the New Moon (no moon). So, on the 42nd, 43rd and 44th midnight hour (until the New Moon day, which is usually the 45th day) recite only the 'Concluding' mantra, "Guru Guru Paramaguru". Arrange the timing for completing the air mantras so that they are all finished before starting "Guru Guru Paramaguru", so you can continue right into this from the finish of the 3rd Air Mantra. All other elements must have been completed as well, before starting this.

NOTE: Due to the irregular number of days per month, the New Moon (no moon) might go over or under 45 days. After completing the 41 days of the 3rd Air Mantra, continue chanting—now, only "Guru Guru Paramaguru" until the New Moon (for a minimum of 3 days). After you complete all of the mantras and are fully charged, you only need to chant, "Om Guru Guru Paramaguru", to do healings with any element.

Om Guru Guru Paramaguru

