

# Om Sri Sai Ram



## ***Sanathana Sai Sanjeevini .....healing fragrances***

A SPIRITUAL HEALING SYSTEM TO AWAKEN THE BODY'S OWN HEALING POWER

### **Healing with Prayers**

**If...**

*If you are unwell, suffering disease,  
With drugs and doctors, your pain does not cease -  
If you feel helpless with modern day treatment -  
If your heart has all but contentment -  
If you believe good health is your birthright  
And you are deprived this delight -  
If you wish to understand your body,  
Your heart, your mind, any malady .....  
If you wish to experience the Power of Prayers,  
The Power of Surrender, of Love and of Care -  
If you wish to be healed and wish to heal others .....  
Then read on, dear sisters and brothers .....  
For with Faith, Hope and Felicity true,  
We share this Gift of Love with you.*

**Sai Ram**

## A GIFT OF LOVE

**"Prayers can move mountains"** is a teaching which is common to all religions. Saints, sages and seers have boldly made this assertion since aeons - but how many of us truly believe it?

If prayers are sincere and built on faith, mountains **DO** move. This has been our experience at the Sai Sanjeevini Foundation.

A fervent and ardent prayer went out from us to the Lord seeking a way of healing naturally, simply, effectively, inexpensively, quickly - a very big mountain - we might say!

But the mountain moved! Sai the Ever Compassionate Divine Mother answered our prayer by revealing the knowledge of the Sanjeevinis.

Six short months ago the SS- Sanjeevinis were introduced to healers. Since then healers have "grown" by leaps and bounds - both in numbers and in scope. We have been overwhelmed by the response from healers. Most certainly, we were not the only ones praying! Bhaktas of the Lord all over the world, motivated by an intense desire to serve His Creation as part of their Sadhana, were praying for a simple way to alleviate suffering.

The Sanjeevinis are obviously an answer to their prayers. They "fit the bill" beautifully!

With the Lord's Grace, the system has evolved in its simplicity - becoming easier to use and easier to reach the masses. Initially, the Sanjeevini remedies were "prepared" in a wooden Frangencer, and now our cup of joy really brims over because we have moved into the book form of the kit - which makes it easier for the system to reach far and wide at a fraction of the original cost.

In the last six months a great deal of knowledge has flowed to us through the experience of healers using the SS - Sanjeevinis all over the world. This has resulted in many new Sanjeevinis being included in the system - 54 Sanjeevinis were added in April '95 and twelve later.

Coming back to prayers - if prayers can move mountains - surely they can heal! As healers from all over the world, from all faiths and religions, are telling us - the results with the Sanjeevinis are often "astonishing", "amazing", "instantaneous", "miraculous". And, often, the sick person has not even taken the Sanjeevini orally - just keeping a photocopy of the relevant Sanjeevinis under the pillow has worked; "thinking" of the Sanjeevinis has worked; holding the bottle in the hand has worked.

The Sanjeevinis are prayers - highly focussed prayers - how they work defies explanation at the physical level. The healers know that it is not "they" - it is the Lord Who is healing. a spirit of surrender on the part of the healer instantly opens up channels of God's Love. God's Love knows no limitations, It knows no bounds - when we understand this then we will recognise the Sanjeevinis in their true form - they are a Gift of Love - from the Lord.

Each day has been a "miracle" at SSF - people phoning in and writing their experiences - all brimming over with the joy of having discovered that "yes, prayers CAN move mountains!".

" Sanathana Sai Sanjeevini ..... Healing fragrances is a system of "healing with prayers." It is a Gift of Love for all to share. The "system" comes in a book " Sanathana Sai Sanjeevini .....healing fragrances - A Healer's Guide" (about 300 pages).

The Sanjeevinis are subtle (spiritual) vibrations of all of Mother Nature's own healing forces. These vibrations have been "harnessed" through highly focussed prayers on to cards as patterns.

Each Sanjeevini is a focussed prayer to the Lord to heal a particular body part or a disease using His own Healing Energy which of course includes all known and unknown healing forces in Nature (including all systems of medicine and healing).

A very important aspect of the Sanjeevinis is the spirit of surrender - "Thy Will be done" is the yearning with which a healer is best able to use the Sanjeevinis without allowing the ego to interfere.

There are a total of 246 Sanjeevinis - 60 Body Part Sanjeevinis ( common body parts from abdomen to Whole body) and 186 Disease Sanjeevinis ( Acidity to Whooping Cough). The diseases range from the simple Cold, Fevers, Injuries to chronic conditions like Asthma, Psoriasis, Cancer, AIDS, Leprosy, Parkinsons Disease, Multiple Sclerosis, Osteoporosis etc.

Most other diseases which are not listed can be healed by combining various Body Part Sanjeevinis and Disease Sanjeevinis.

Using the Sanathana Sai Sanjeevini system is extremely inexpensive. Remedies for virtually any ailment are prepared by keeping a medium of your choice - water, food ( including tea bags and spices), vibhuti (holy ash), blank homoeopathic globules etc on the desired Sanjeevini patterns for 15 seconds each. Repeating an affirmation, a mantra or a prayer from any religion or faith, while preparing the remedies certainly adds to the positive vibrations going out to the patient besides doing immense good to the healer and the planet in general.

The medium thus charged with the healing prayers becomes the remedy to be taken frequently in acute cases and 3 times or more daily in chronic cases.

Once a remedy is prepared for a particular ailment, it can be easily multiplied for refills by using the Multiplication & Broadcasting Card without having to go back to the Sanjeevini Cards.

Healing with the Sanathana Sai Sanjeevini .....healing fragrances is very simple - no prior medical knowledge is required to use prayers for healing. A selfless, loving desire to relieve suffering with prayers is the only prequalification needed.

If there is an injury on the leg - use the Injury Sanjeevini(DS 71) and the Leg and Foot Sanjeevini(BPS27).If you were to add Infection Sanjeevini(DS68) to this although there is no infection - you could do no harm- only good - because Sanjeevinis can be used as preventives too.

Since the Sanjeevinis are prayers they do not have any side effects. The Sanjeevinis do not interfere with other systems of medicine that the patient may be using - either Allopathic, Homoeopathic, Ayurvedic or any other healing method including naturopathic, herbal or spiritual e.g. Reiki, Mahakari, Pranic healing, Hands-on healing,Vibronics.

Individual and group distance healing is done with the Multiplication & Broadcasting Card.

Sanjeevinis are extremely effective on animals and plants too.

The system provides a simple, effective,inexpensive way of doing selfless loving service for the community we live in as well as for the under-privileged.

Part of the Sanathana Sai Sanjeevini healing fragrances system is the awareness that Diet and Lifestyle play a crucial role in preventing disease as well healing the body by bringing it back to balance. Section 2 in the book is dedicated to this aspect and includes some healing recipes as well.

**[For complete details](#)**

## Introduction

**Sanathana Sai Sanjeevini Healing Fragrances** (the **SS-Sanjeevinis**) is a system of **Spiritual Healing**. Before trying to explain what the system is and how it works it would be appropriate to explain what the name of the system - **Sanathana Sai Sanjeevini Healing Fragrances** - means, and what it is meant to signify.

One of the Holy Books of India, is the Ramayana, which tells us the story of Lord Rama. In this Holy narrative, during the final battle between Lord Rama and the evil forces (commanded by Ravana), Laxmana, the younger brother of the Lord, was fatally wounded. Lord Hanuman (the deity with the form of a monkey) was charged with the responsibility of bringing by day-break the herb called Mrutsanjeevi, which, as the name signifies, brings back the dead. This herb was to be found on a hill near Mount Kailash deep in the Himalayas.

Lord Hanuman flew swiftly over sea and land (the battle was taking place in Lanka), but alas! when He reached the designated hill, He could not recognise the healing herb. Since nothing is impossible for our Worshipful Hero, He picked up the entire hill and flew back with it! As soon as the **fragrance** of the Mrutsanjeevi reached Laxmana and all those dead on the battlefield, he and the others came alive!

Sanjeevini signifies eternal health at the physical level and symbolises the Eternal Knowledge of Liberation (Immortality) at the spiritual level.

Healing of any kind is possible only with the Grace of the Lord - what we can do is - serve. In a spirit of total surrender, when seva (service) is offered at the Lotus Feet of the Lord, **WE** are purified. **Maanava seva** is truly **Madhava seva**. But, surrender is the key word if our seva is to be truly "Nishkama" (without desiring the fruit i.e. motiveless). In the course of thus serving the Lord's Creation, Eternal Knowledge flows - and thus we pray that the dual (physical and spiritual) purpose of the "Sanjeevini healing fragrances" will be served.

Hanumanji of course, is the "Presiding Deity" of this system. He is the ideal Servant of God, the ideal Devotee of God and following from this, the ideal "role model" that we so desperately need in today's environment.

Sanathana is a Sanskrit word meaning "valid for all time" or "timeless". There is present within each one of us THAT Sanathana Energy which is the cause of all cures. This Energy, this Shakthi is lying dormant within each one of us. Only when this Shakthi is awakened, can true healing take place. For this, more than anything else, the mind of man has to revert to its pristine purity. This can only be achieved if we live by "Sanathana" values i.e. Compassion, Love, Tolerance, Forbearance, Self-sacrifice, Faith, Non-Violence, Righteousness, Truth and

above all Contentment (which is exemplified by surrender-in-action through the unshakeable faith that "Thy Will be Done").

Sai means "**Divine Mother**"- that **Shakthi, that Cosmic Power, that God Power**, which is the Knower of All, the Moving Force behind All, and the Doer of All in this Creation.

The **Sanathana Sai Sanjeevini Healing Fragrances** are therefore focussed prayers to the **Divine Mother**, in total surrender, to awaken the timeless healing force within each one of us.

For specific formulas:

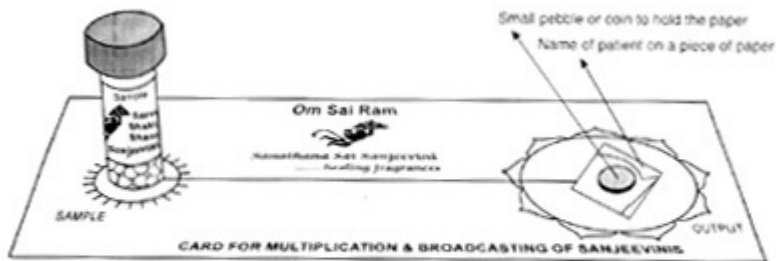
## Multiplication and broadcasting card



To multiply a remedy, place a sample of the remedy on the 'sample' side of the card and place the carrier (glass of water, homeopathic pills etc) on the output.

Transmission takes about 15 seconds.

## BROADCASTING OF SANJEEVINIS TO A PATIENT AT ANY DISTANCE



Broadcasting of Sanjeevini to a patient at any distance

Prepare the required Sanjeevinis for the patient in a bottle or a paper bag.

Place this in the circle marked "sample" on the Multiplication and Broadcasting card.

Write the name of the patient on a small piece of paper and place it on the circle marked "Output" - place a small pebble or coin to hold the paper.

Leave it there as long as required in a spirit of surrender. This could be a few minutes in some cases where the response is almost instantaneous or several days in other cases.

## Neutralising Card



Place prepared remedies on this card to neutralize and clear the vibration of a remedy, so that the carrier can be recharged with a new vibration or combination. Leave on Neutralizing card for 1 minute.

## **How to use the SSS Cards**

- Choose the image you wish to use, print it and then put it in plastic or have it laminated. It will not affect the healing vibrations.
- Put a glass of water on the symbol for at least 15 seconds.
- Then sip throughout the day.
- Each sip is like one dose.
- You cannot have too much. If you drink the whole glass of water at one go, it will be considered one dose.
- The other option is to put the water in a glass eye dropper bottle and then have 4 drops x 3 times a day.
- Much like Bach Flowers. Body Parts Sanjeevinis

## **ABOUT THE SSS HEALING FRAGRANCES**

### **What are the Sanathana Sai Sanjeevini Healing Fragrances ?**

The SS-Sanjeevinis are subtle (spiritual) vibrations of all of Mother Nature's own healing forces.

These vibrations have been "harnessed" through focused prayers on to cards as printed patterns (See Exhibit 1). Each Sanjeevini card is a focused prayer to heal a particular body part or a disease.

### **How have the SS-Sanjeevini cards been prepared?**

The Sanjeevini cards have been prepared using the science of Radiesthesia. We have prayed to the Lord in total surrender for guidance to arrive at a pattern which represents the Lord's Own Healing Energy.

The prayer to the Lord has been, that He provides a pattern, using "His Own" Sanathana Healing Energy - which of course includes all known and unknown healing forces in Nature, which will "heal" a particular Body Part or Disease at all levels of existence. This includes the physical, astral and causal (or mental) levels; waking, dream and sleep levels; and body, mind and spirit levels; which will heal causes, symptoms, and repercussions manifesting as Diseases in individual Body Parts. Since the repercussions of ill health and disease go beyond the body and could include amongst other things - financial repercussions - the prayers include these too.

The prayers include all this and much more.

A very important aspect of the SS-Sanjeevinis is the spirit of "surrender" in the prayer i.e. healing should take place only if the Lord wills. Constant awareness that "Thy Will Be Done " has been the sum and substance of the attitude or "bhava" in which these Sanjeevinis have been prepared.

### **How many SS-Sanjeevinis are there?**

There are a total of 246 Sanjeevinis at present :

60 Body Parts Sanjeevinis

186 Disease Sanjeevinis.

Description of the Body Parts and Diseases Sanjeevinis

(a) Body Parts Sanjeevinis:

These are healing forces directed to specific body parts or body systems (regardless of the name of the disease) e.g. Leg & Foot Sanjeevini, Respiratory Tract Sanjeevini, Heart Sanjeevini, Circulatory System Sanjeevini, Immune System Sanjeevini, Lymphatic System Sanjeevini.

(b) Diseases Sanjeevinis : These are healing forces directed towards :

healing specific diseases or symptoms e.g. Cold and Sinus Sanjeevini, Diarrhoea/Dysentry Sanjeevini, Cancer Sanjeevini, or Pain Sanjeevini, Numbness Sanjeevini, Shock Sanjeevini. (The "epidemic" Sanjeevinis like Cholera, Malaria, Chicken Pox, Fevers & Flu etc. can be used as "prophylactic" Sanjeevinis as well as "treatment" Sanjeevinis).

Improving or developing certain very important mental and spiritual attributes like Shakthi Sanjeevini, Shanthi Sanjeevini; completion in a natural and healthy way of important processes like Pregnancy Sanjeevini, Childbirth Sanjeevini, Puberty (boys) Sanjeevini, Puberty (girls) Sanjeevini.

How are the Sanjeevinis prepared for giving to a patient?

The Sanjeevini healing prayers (vibrations) can be easily transferred from the Sanjeevini cards (for a list of the Healing cards please select Body Parts Sanjeevinis/ Disease Sanjeevinis Healing cards from the index alongside) into whatever medium the healer chooses - sugar globules, vibhuthi, water - even juices, soups, daals, bread and rice. Each medium is equally potent and effective.

The process of transferring the vibrations i.e. "charging" the medium with the Sanjeevinis is very simple. Simply put the globules, water (or whatever you choose) into a bottle or glass or bowl (bread or rice in a plate) and place this container on the relevant Sanjeevini card for 15 seconds.

If more than one Sanjeevini is required just move the bottle from one card to the next, taking care to keep it on each card for 15 seconds. It is perfectly alright to keep it for longer - 15 seconds is the minimum required. It is good to chant a prayer, mantra or affirmation while this is being done.

### **Different ways of healing with the SS-Sanjeevinis**

The Sanjeevinis are used to transfer the healing forces into whatever "medium" the healer chooses - water, alcohol, sugar globules, Vibhuthi - even juices, soups, daals, bread and rice. Each medium is equally potent and effective.

This is done by simply putting your chosen "medium" in a glass or plastic bottle or any other container eg. a bowl or a glass and placing this container on the chosen Sanjeevinis.

The "charged" medium is then given to the patient in one or more of the following ways:

To be taken orally,

To be applied locally (use only water for local applications),

To be held in the hand a few minutes each day,

Broadcast at a distance (Using the SS-Sanjeevini Multiplication and Broadcasting card - Exhibit 2).

Other ways of healing with the Sanjeevinis include :

Thinking of the relevant Sanjeevinis - we find a number of healers are using this method on themselves - because through usage they have discovered the power inherent in thought.

Giving photocopies of relevant Sanjeevinis to patients to:

just hold reverently in their hands;

put under their pillows at night;

make up their own "remedies" by putting their food/water etc. on these photocopies.

Any other way : each user is innerly guided by God. (e.g. a few healers have been inspired to print a few important Sanjeevini patterns like Shakthi, Shanthi, Mind, Ahimsa, Fitness, on coasters, cushion covers, T-shirts and stickers.)

### **What is the Dosage for the Sanjeevinis?**

This can be very flexible. In chronic problems 3 doses a day. One globule, one pinch of vibhuthi, one sip of water is one dose. If you take 10 globules together it is still only one dose.

In acute problems (like diarrhoea, pains, injuries, fevers etc.) a dose may be taken every 5 - 10 minutes. In acute emergencies, make the Sanjeevinis in a glass of water and allow the patient to sip constantly - as in an asthma attack.

### **How to decide which Sanjeevinis to give to a patient**

First of all understand and list out the symptoms and disease(s) of the patient (see example under instructions)

Then go through the list of Body Part Sanjeevinis and select the relevant body part Sanjeevinis for the patient.

Next go through the list of Disease Sanjeevinis and select the relevant Disease Sanjeevinis.

Note: It is important to remember that you can select as many Body Parts or Diseases Sanjeevinis as you feel are required for the patient.

Healing an ailment would therefore mean combining the relevant (one or more) Body Part Sanjeevini (BPS) with the relevant (one or more) Disease Sanjeevini (DS).

### **What does the Sanathana Sai Sanjeevini Healing System Consist of?**

The system consists of :

The SS-Sanjeevini healing cards.

The SS-Sanjeevini "Multiplication and Broadcasting" card for quick and easy multiplication of Sanjeevini combinations, broadcasting healing at a distance, preparing nosodes, preparing vibrations of allergens. etc.

The SS-Sanjeevini "Neutralisation" card which is used for neutralising "prepared Sanjeevinis.

The SS-Sanjeevini labels.

The SS-Sanjeevini Guidelines on Diet & Lifestyle for Health & Harmony. Wrong diet and lifestyle are often the root causes of most ailments. Unless a patient becomes aware and brings about corrective changes in his or her diet and lifestyle, permanent cures to several chronic ailments are going to be very difficult.

### **What do we need in order to prepare the SS-Sanjeevinis?**

Preparing the SS-Sanjeevinis is extremely simple & economical. Following items are required for preparation :

The SS-Body Parts and Diseases Sanjeevinis Cards.

The SS-Sanjeevinis "Multiplication & Broadcasting Card".

Water or Vibhuti or Sugar globules or any food item like soup, juice, bread.  
Both 1 & 2 are included in the download SSS Cards.  
The choice in (c) would depend on you. As a healer you will be able to intuitively decide the medium you should use for dispensing the Sanjeevinis.

Water may be given in a glass or in a plastic bottle (dropper type).  
Vibhuti may be given in a small plastic bottle or in a small paper packet.  
Sugar globules may also be given in a plastic bottle or in a paper packet or bag.  
Availability of Vibhuti, sugar globules and plastic bottles.

Vibhuti is available in abundance from Bhagawan Baba's Ashrams at Prashanthi Nilayam in Puttaparthi and White Field in Bangalore or any of the Sai Seva Centres in several cities all over the world. It is also available from several other temples all over India.

Sugar globules are available from any Homoeopathic Pharmacy. These come in sizes 20, 30, or 40. All sizes are equally good, however size 30 is convenient to give as a dose. Usually sold in ½ Kg. packet.

Plastic bottles are also available from any Homoeopathic pharmacy.

If you choose Broadcasting as a way of healing, your requirements are obviously minimal. The subtler your choice of treatment, the simpler it is.

### **INSTRUCTIONS**

This Chapter is the "How to" chapter of this book. It gives you step-by-step instructions for :

Preparing a combination of Sanjeevinis from cards with examples of two different ailments.

Preparing Sanjeevini refills for patients, with the Multiplication and Broadcasting Card.

Preparing samples of "Selected Sanjeevini Combinations" for easy dispensing (details of "Selected Sanjeevini Combinations" are given in the chapter by the same name).

Adding single Sanjeevinis (from cards) to Sanjeevini Combinations.

Dispensing "Selected Sanjeevini Combinations" using the samples with the Multiplication and Broadcasting Card.

Preparing vibrations from a given gross substance (eg. foods or substances a patient is allergic to or the patient's own discharges eg. urine, phlegm etc.).

Broadcasting the Sanjeevinis to a patient at a distance.

Neutralising prepared combinations for the purpose of reusing the globules (or whichever medium you have chosen).

## **1. PREPARING A COMBINATION OF SANJEEVINIS FROM CARDS**

Example 1 : Leg injury.

First carefully understand and list out the symptoms to be treated.

Symptoms : An injury on the leg with minor bruising.

Next decide what Sanjeevinis you wish to use and list them out. Any number of Sanjeevinis can be given to one person simultaneously. In this case you would use

Injury Sanjeevini - DS 71,

Infection Sanjeevini - DS 68,

Leg & Foot Sanjeevini - BPS 27.

Next choose your medium from water, vibhuthi, sugar globules; put it into a glass or plastic vial or bottle (the quantity would depend upon your requirements).

Globules and vibhuthi can be put into a paper or plastic packet if a bottle or other suitable container is not available. For this example let us choose globules.

Place the bottle or packet of globules on the selected cards for 15 seconds each i.e. place the bottle or packet of globules on the circle of BPS 27 (Leg & Foot) for 15 seconds. (See Exhibit 5).

The globules are now charged with Leg and Foot Sanjeevini.

Repeat the process with DS71 (Injury Sanjeevini) and DS 68 (Infection Sanjeevini) , using the SAME bottle.

Your Sanjeevini combination for this case is now ready.

This example has been illustrated in a simple way. For a better understanding see the next example and also study the Injury combination (SSC 26) in the chapter "Selected Sanjeevini Combinations".

Example 2: Cold and feverishness

Symptoms - A feverish condition with a heavy full blown cold (sinusitis).

Next, decide what Sanjeevinis you wish to use and list them out. Remember, any number of Sanjeevinis can be given to one person simultaneously.

In this case you would give:

Sinus & Cold Sanjeevini - DS 116

Sinuses (all) Sanjeevini - BPS 43

Fever & Flu Sanjeevini - DS 50

Infection Sanjeevini - DS 68

These are the Sanjeevinis that "logically" apply to this problem. While these alone would suffice and bring about healing, there are some others that would also help.

Blood Sugar Imbalance Sanjeevini - DS 19

This Sanjeevini is to be used for many disorders. Although we do not all suffer from Hyperglycaemia or Hypoglycaemia (high or low sugar conditions), Blood

Sugar does fluctuate frequently within each of us - during mental stress or during physical distress. This example would have both of these - mental and physical stress.

Shakthi Sanjeevini - DS 113  
Mind Sanjeevini - BPS 31  
Immune System Sanjeevini - BPS 24  
Thought Management Sanjeevini - DS 128  
Antitoxins Sanjeevini - DS 9  
Shock Sanjeevini - DS 115  
Shanthi Sanjeevini - DS 114  
Fitness Sanjeevini - DS 54

Nos. 6 to 13 Sanjeevinis listed above make up the "Sarva Shakthi Shanthi Combination" which is the Selected Sanjeevini Combination No.1. We recommend this combination be given to every patient - no matter what the disease.

To summarise, in this illustration we are required to use :  
Body Parts Sanjeevinis Nos.: 24, 31, 43.  
Diseases Sanjeevinis Nos. : 9, 19, 50, 54, 68, 113, 114, 115 116,128.

Next, choose your medium from water, vibhuthi, sugar globules etc.; put it into a glass or plastic bottle (the quantity would depend on your requirement).  
For this illustration let us choose sugar globules.

Select BPS 24 (Immune System) and place the bottle containing the sugar globules in the circle for 15 seconds. The globules are now charged with the Immune System Sanjeevini.

Next, select BPS 31 (Mind Sanjeevini), place the SAME bottle of globules in the circle for 15 seconds and proceed to BPS 43 (Sinuses Sanjeevini). Repeat the process, using the same bottle.

Next, from the Diseases Sanjeevinis select DS 9 (Antitoxins Sanjeevini). Using the same bottle continue the process of charging the globules with DS 9 and subsequently each of the other Diseases Sanjeevinis listed above i.e. DS 19, DS 50, DS 54, DS 68, DS 113, DS 114, DS 115, DS 116 and DS 128.

Your Sanjeevini combination for the ailment in this illustration is now ready. It is as simple as that.

Label the bottle with the patient's name and the date on which the combination is being prepared.

Note 1: While preparing the Sanjeevinis, chanting your favourite prayer or affirmation from any religion or faith, or the Gayathri Manthra, the Mahamrutyunjaya Mantra, the Sai Gayathri Manthra, would further enhance the value of the Sanjeevinis, besides purifying the healer at the same time. Visualising your favourite Deity helps concentration.

Note 2 : It is perfectly alright to keep the bottle on the relevant Sanjeevini Card for more than 15 seconds.

Note 3 : When the bottle is placed on a Sanjeevini Card, the vibhuti or the globules in the bottle are charged only with the vibration of that specific Sanjeevini. The Cards on the pages below do not interfere in the charging process.

**CAUTION :** Under no circumstances must anyone be asked to discontinue any allopathic or other medicines they are having. These Sanjeevinis do not disturb the action of those medicines. Please remember that the Sanjeevinis are focussed prayers and can do no harm. At a subtler level, a deeper healing will be effected by the Sanjeevinis through the awakening of the body's own healing power.

## **2. PREPARING SANJEEVINI REFILLS** for patients, with the Multiplication and Broadcasting Card

Having prepared the Sanjeevini combinations for the above 2 cases, you now have the convenience of being able to provide a quick refill should it be required by the patients (See Exhibits 6, 6A, 6B, 6C)

For this you will need:

A sample of the combination you have originally dispensed. You can either make it a practice to keep samples of everything you give out or ask your patients to bring back a few globules (6 to 8 globules are more than adequate) of the original combination given to them.

The Multiplication and Broadcasting Card - Exhibit 2 is the Multiplication and Broadcasting Card. If you need more copies of this card, feel free to make photocopies from Exhibit 2. Photocopies are as good as the original! Place the "sample" in the small circle marked "sample" on the Multiplication and Broadcasting card.

Place the bottle containing fresh pills or vibhuthi in the circle marked "Output" on the Multiplication and Broadcasting card.

Leave for half a minute. Remember, chanting a prayer, mantra or affirmation while the Sanjeevinis are being prepared is good for the patient and the healer.

The medium in the "Output" circle is now ready, having been charged with all the vibrations that were in the original sample.

### **3. PREPARING SAMPLES OF "Selected Sanjeevini Combinations"**

Combinations for several basic diseases are given in the chapter "Selected Sanjeevini Combinations". It is extremely convenient to dispense Sanjeevinis for even the most complicated remedies if the combinations are kept ready in small bottles as "samples".

As an example let us take Selected Sanjeevini Combination No.1. This is the Sarva Shakthi Shanthi Combination. It is made up of Shakthi Sanjeevini (DS 113) + Mind Sanjeevini (BPS 31) + Immune System Sanjeevini (BPS 24) + Thought Management Sanjeevini (DS 128) + Antitoxin Sanjeevini (DS 9) + Fitness Sanjeevini (DS 54) + Shock Sanjeevini (DS 115) + Shanthi Sanjeevini (DS 114)

Pills or vibhuthi are the best media for storing samples for a long period. Fill your bottle with vibhuthi or pills.

Place your bottle on the Sanjeevini cards selected above, for 15 seconds each.(See Exhibit 5).

Your Sarva Shakthi Shanthi Combination is now ready.

Clearly label the bottle "Sample - Sarva Shakthi Shanthi Combination - SSC1". In this same way you can make up all of the 54 combinations details of which are given in the chapter "Selected Sanjeevini Combinations". This makes dispensing very simple for even complicated cases.

Note : Remember to store your samples carefully for future use. The sample can be repeatedly used for the process of multiplication, therefore it is a good idea to always retain a sample of complicated combinations for quick multiplication as and when required. The sample should be clearly marked "sample" and the details of the combination should be clearly noted. A sample could be a few globules, a few drops of water, or a pinch of vibhuti. However, vibhuthi or sugar globules are the best media for storing samples.

### **4. ADDING SINGLE SANJEEVINIS (from cards) to Combinations**

Let us say you wish to dispense Sanjeevinis for Malaria. You should have a sample of the Fevers Combination (Selected Sanjeevini Combination No.21) ready with you.

To the Fevers combination, you will have to add remedies for Malaria. Remember, you CAN give all the Sanjeevinis that a person needs in ONE BOTTLE ONLY. For the sake of clarity we will call this bottle the "larger bottle".

Follow this process:

Multiply the Fever Combination into the larger bottle.

Place the "sample" in the small circle marked "sample" on the Multiplication and Broadcasting card.

Place the bottle containing fresh pills or vibhuthi in the circle marked "Output" on the Multiplication and Broadcasting card.

Leave for half a minute. Remember, chanting a prayer, mantra or affirmation while the Sanjeevinis are being prepared is good for the patient and the healer. The medium in the "Output" circle is now ready, having been charged with all the vibrations that were in the original sample.

For Malaria, you will need to add to this the Malaria Sanjeevini (DS 78) and Spleen Sanjeevini (BPS 46). See SSC 21(a).  
(The Spleen is affected by the malarial parasite, so we would include it in the combination for Malaria.)

Note: Along with each combination, the chapter on Selected Sanjeevini Combinations also gives you details on subsidiary combinations. The information on the Malaria combination is given under Fevers Combination as SSC 21(a).

From the Diseases Sanjeevinis select the Malaria Sanjeevini (DS 78). Place the larger bottle on the circle of this Sanjeevini for 15 seconds.

Next from the SS-Body Parts Sanjeevinis select the Spleen Sanjeevini (BPS 46). Place the same bottle on the circle of this Sanjeevini for 15 seconds. Your remedy for treating Malaria (SSC 21a) is now ready.

**5. DISPENSING "SELECTED SANJEEVINI COMBINATIONS"** using the samples and the Multiplication and Broadcasting Card.

For this function you will have to use the SS-Sanjeevini Multiplication and Broadcasting card.

We strongly recommend keeping samples of the Combinations ready for rapid and easy dispensing.

Let us say you have prepared a small sample of the Sarva Shakthi Shanthi Combination (SSC 1). You now wish to multiply this into a larger bottle. Follow this simple process and also refer to Exhibit 6, 6A, 6B & 6C.

Place the "sample" in the small circle marked "sample" on the Multiplication and Broadcasting card.

Place the larger bottle containing your chosen medium in the circle marked "Output" on the Multiplication and Broadcasting card.

Leave for half a minute.

The medium in the "Output" circle is now ready, having been charged with all the vibrations that were in the original sample.

Note: It is possible to dispense more than one Combination in one single bottle. Simply charge the medium in your larger bottle with the different Combinations using the same procedure given above.

### **Storage of samples**

It is important to have an efficient retrieval system for the sample bottles. The simplest one is to use cellophane packets (zip types) putting a few samples in each. Packet No. 1 could have combinations 1-10, packet No.2 could have combinations 11-20 and so on.

A more professional retrieval system would be to store the samples in a box with 54 slots. This could be a cardboard or plastic box. (See Exhibit 8).

**6. PREPARING VIBRATIONS** from a given gross substance using the Multiplication & Broadcasting Card

It is possible to prepare vibrations of samples of food, drugs, allergenic substances like house-dust, pollens, or a patient's personal sample being used to prepare a "nosode" (eg. blood, urine, faeces, sputum etc.), beneficial herbs and leaves which may be difficult to obtain in your part of the world and which have known therapeutic effect:

Put a small quantity of the gross substance you wish to use (eg. urine etc.) in a small glass or plastic bottle and place it in the circle marked "Sample" on the Multiplication and Broadcasting card.

Place the larger bottle containing your chosen medium in the circle marked "Output" on the Multiplication and Broadcasting card (Exhibit 2).  
Leave for half a minute.

The medium in the "Output" circle is now ready, having been charged with all the vibrations that were in the original sample of the gross substance.

Note: In the case of samples of food, or a patient's personal sample being used to prepare a "nosode" - please safely dispose off the original sample i.e. the food

item or sputum etc. Instead retain a few globules of the "prepared" sample for future multiplication should it be required. (Sugar globules are most convenient for storing samples for future use).

### **7. BROADCASTING THE SS-SANJEEVINIS at a distance**

When a patient is not able to take the Sanjeevinis orally - for example when a person is unconscious, in a coma, in intensive care, or away in another city or country (the distance is immaterial), it is possible to broadcast the Sanjeevini vibrations at a distance (See Exhibit 7).

Distance healing by broadcasting or transmitting the SS-Sanjeevinis is a dynamic way to heal. This way of healing is the "first choice" of many healers even in situations where the patient is able to take the Sanjeevinis orally. It is not necessary to opt for this method only when the patient cannot take the Sanjeevinis orally.

Follow this simple process :

Prepare the required Sanjeevinis for the patient in a bottle or a paper bag. Place this in the circle marked "sample" on the Multiplication and Broadcasting card(Exhibit 2).

Write the name of the patient on a small piece of paper and place it on the circle marked "Output"(Exhibit 7).

Leave it there as long as required in a spirit of surrender. This could be a few minutes in some cases where the response is almost instantaneous or several days in other cases.

Note 1: In order to prevent the paper with the name from flying off you may weigh it down with an ordinary pebble or coin.

Note 2: In order to keep many broadcasts going for different patients simultaneously, please make photocopies of the Multiplication and Broadcasting card.

**8. NEUTRALISING PREPARED COMBINATIONS** for the purpose of resuing the globules (or whichever medium you have chosen).

For this function you will need to use the Neutralisation Card which is provided as Exhibit 3. You can take photocopies of this Exhibit if you need more copies.

Sometimes we may make up Sanjeevinis in large quantities (during epidemics etc.) in vibhuthi or globules and later find we are left with substantial unused quantities of Sanjeevinis. These need not be wasted.

They can be neutralised and reused.

We find that a number of healers are also "neutralising" any negative vibrations that may exist in fresh globules too.

For "neutralising" globules, alcohol, vibhuthi, water etc., place your bottle on or in the circle in the "Neutralisation" card. Leave for 1 minute. The medium in this bottle is now ready for re-use.