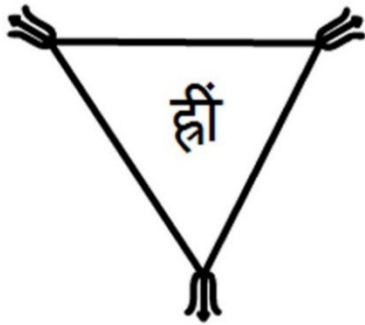




### Ashirvad Vidya ( Healing Others)

- First the Self Healing should be performed.
- Make the person receiving healing energy lays down in front of you.
- Now draw all the four symbols in the space in front of you.
- Make the hand gesture to Ashrvad gesture and send the healing energy to the person by chanting the 'Rog Nivaran Mantra'. Give healing for at least 30 minutes or as your intuition guides.
- If the place of the disease is already known give healing to that place for 15 minutes more.
- After the healing is over make the Ankush mudra near the heart in left hand and cut the silver cord from the naval point making Ankush mudra in right hand and using it like scissors.
- Now move you hand in the naval area in clockwise direction and tell inside "All the negative impressions came to me should get destroyed". Take the energy in the hand and send it to far away above the head. Do it three times.
- Repeat the same process saying "All the diseases came to me should get destroyed" and "All the negative energy came to me should get destroyed". Three times each.
- Now make four mantra symbols around you, one above, one right, one down and one left.
- Now see yourself inside a ball of white light and tell to yourself "My aura gets protected" for three times.
- In cases of need of deeper cleaning hold a rose flower in front of you, pull the full breath in, and try to exhale to the flower slowly imagining all the negative energy going from you and entering into the flower. Do it 3 times. Hold the flower only from stem and burry it in earth. Can be done 2-3 times in the whole day.
- Taking a bath with warm water with salt ( 2 handful of salt in 1 bucket of water) also cleans the negative energy from deep.



## HEALING SYMBOL

### ROG NIVARAN MANTRA

AYAM ME HASTO BHAGAWAN

AYAM ME BHAGABATTARAH

AYAM ME VISHWA BHESAJO

AYAM SHIVA VIMARSANAH