

AMAIDHIYUM  AAROKIYAMUM

முதுயுகத்தின் வழிகாட்டி

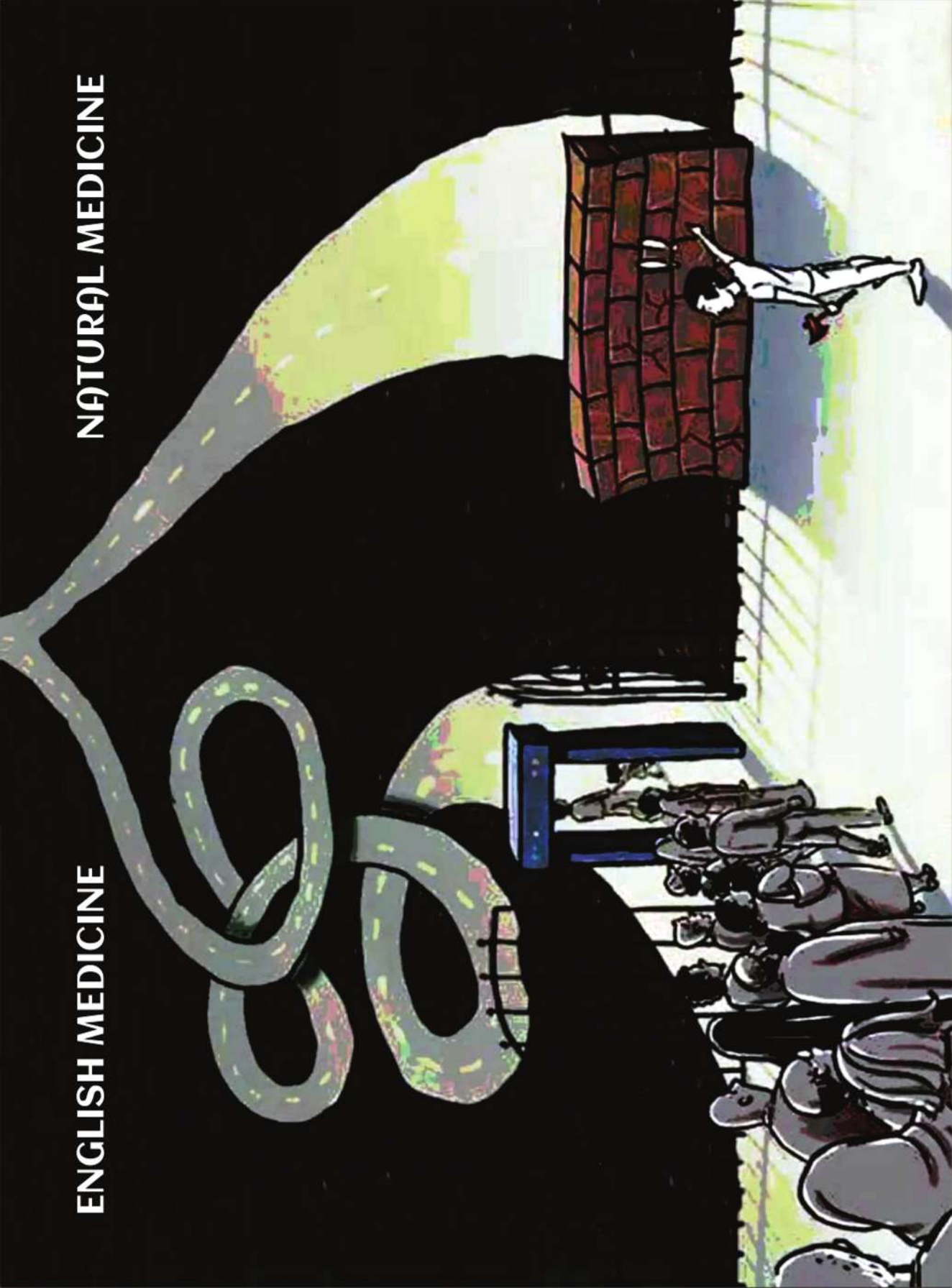
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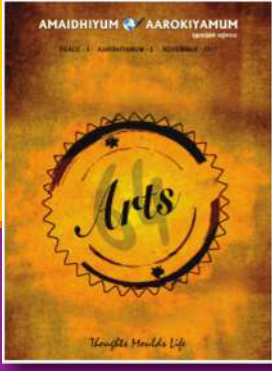


Thoughts Moulds Life

ENGLISH MEDICINE

NATURAL MEDICINE





AMAIDHIYUM AAROKIYAMUM

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AUTHOR



Endear friends,

I am Helar Baskar is going to public the article concerning the issue like Meithei scheme, Hydro carbon scheme, Kithara mangalam Problem, Neet exam confliction, Terror of Blue whale game in addition to that I am going to reveal the solution of these problems.

Most of the people are questioning me consecutively my consideration about the conflicts and problems of our country. As soon as watched the problems of our country most of the people communicating through the sap, E-mail, Telephone and consecutively asking the questions and expecting my answers.

Endear friends try to understand one thing that I am not ready to exaggerate either issue. I am here to explore, experience, and clarify every matters decisively I would speak such problems after I am clarified. That is the reason why I do not commend anything with regard to the issue of jallikattu whatever happened after the issue of jallikattu.

Now only I have got the solution for so many subjects. Therefore in coming months I am going to mention either topic or describing the side effects and the solutions of the problems. So please use to read our Magazine `Amaithiyum Arokiyamum` and be benefitted. On other hand I wish everyone to share your experiences and knowledge with me either a telephone or letters, E-mail's would dedicate to the public.

உறவினர் பாஸ்கர்

64 Arts

Part -1



**Healer Baskar, Founder,
Anatomic Therapy
Foundation.**

Generally when we speak about the 64 Arts everybody understand wrongly that is mentioning the sexual relationship. Endear friends really the word 64 Arts does not mentions about the sexual art on the contrary these 64 Arts which exist in our traditional educational system.

On course of time learning the lessons through the curriculum educational system was in our ancient usage. Our ancestors only have designed this curriculum educational system. Our ancestors only had been educating the 64 Arts as the syllabus of their students in the curriculum.

We are going to analyze elaboratively about these 64 Arts through the serials of Articles. We mention an important information before we apprehend about these 64 Arts that when we in search of these 64 Arts through the Google Internet we come to know they have wrongly tabulated and uploaded.

For example we happened to see brown color tabulation, someone have tabled wrongly and uploaded. So please neglect this whoever happened to see this chart through the internet. We have illustrated that list which you should refrain.

The real list of 64 Arts has been

enclosed for your vision. You may see this.



Subscribers are requested to understand gradually by way of reading this book. Only two Arts should be learnt above 8 years old among the below mentioned list of 64 Arts and we May start to learn another 62 Arts before 8 years.

2. The Grammar of letters

The Art of writing is the first art out of 64 Arts .It means that art of writing is the first and foremost of children`s teaching. Nowadays every children start to learn like A for Apple, B for Boy for cat. Not only Indian but also all other countries.

You should understand definitely children can live in this world hygienically and peacefully which are educated by A, B, C, and D as the first and foremost. The Alphabet of Mother tongue should be the first and foremost of the children education. Already I have published one of our Articles that ` through our Magazine.

Therefore we are here to know another remaining subjects instead of explaining and discussing elaborately

about the topic ` .Meanwhile I request the readers to watch and understand the documentary film ` ` whoever did not read the previous part of that Article.

As well as whoever want to get the D.V.D by approaching or communicating our office. You would understand the significance of the mother tongue Education.

The mother tongue is not only a language that is our knowledge but English is not knowledge it is a language. Definitely the parents would be benefitted who they understood as well the children also would be benefitted who they are learning.

Having understood the significance of mother tongue and learning would be more beneficial to children as well as the parents also would be so proud who they have understood the value of mother tongue education.



So we should teach the Alphabets of the children`s mother tongue. After wards we develop the words thereafter

THE LIST OF 64 ARTS

1. Etymology	35. Wrestling
2. Writing skill	36. Attraction
3. Mathematics	37. Articulation
4. Vedic Knowledge	38. Diversity
5. Scripture	39. Sexology
6. Grammar	40.
7. Justice	41. Enchanting
8. Astrology	42. Alchemy
9. Manu dharma	43. Music
10. Yoga	44. Knowledge of creatures language
11. Chanting knowledge	45.
12. Omen theory	46. Pulse checking
13.	47.
14. Ayur Veda	48. Perception of lost
15. Anatomy	49. Skill of finding concealed
16. Ethics	50. Space access
17. Glimmer	51. Space practice
18. Decoration	52. Body to Body shifting
19.	53. Changing appearance
20. Drama	54. Magic of Anima
21. Dance	55. Magic of Mahima
22. Audiology	56. Fire Domination
23. Veena	57. Water domination
24. Flute	58. Air domination
25. Thabela	59. Air domination
26. Claps	60. Blind-fold
27. Archeology	61. Speech –Band
28. Gold Apprizing	62. Sperm control
29. Chariot riding	63. Treasury band
30. Elephant riding	64. Sword –Band
31. Horse riding	Black magic
32. Gemology	
33. Vashtu	
34. Battle practice	

we can teach the children the usage of the words. I mean that we should teach how to use about the tense like present, past, future of the words.

Moreover we should mind many important notes while we learn the language. For example we should teach the children how to use the Small `r` and Capital `R` small n and capital N `whichever places they are used .Meanwhile we should teach to pronounce those letters appropriate.

Therefore it is more infrastructural to apprehend about the letters of everybody`s mother tongue. Therefore first of all let us educate the mother tongue education to children. We should teach the other language education above 8 years old including the English too.

The letter is the Infrastructures of every language .This are the reason why the writing Art is consider as the first art out of 64 Arts.

We come to realize the significance of the language when our ancestors have registered the Art of language as first art out of the list of 64 Arts, because our ancestors have understood the importance of language.

2. Skill of Writing

What the word skill of writing refers that now intellectually a child writes one subject in the letter format as soon as the child is educated to write, read, listen and speak. For example the great sage Thiruvalluvar has abbreviated the great perceptions and rendered in well designed manner by way of the Holy Scripture Thirukural within 3 forth of lines. So we appreciate him as an expert of writing as well as the greatest poet kannadasan song the great philosophy of human life through his lyrical lines.

Veedu varai uravu
Veethi varai manaive
Kadu varai pella
Kadasi varai yaro
So we praise him as the great personality of Tamil language.



Hence having extracted many intensions and how consistently and simply we expose is the skill of writing.Hence having extracted many intensions and how dynamically Rhythematically meanwhile how abbreviatively we expose is the skill of writing.So it is not enough to our children that they had been knowledged to write and read but also we should teach them to write the great subjects in an intensive and

simplified manner.

For instance I am inadequate of writing skill but I have more speaking skill. An expert of writing skill can abbreviate my 10 pages of Articles into just half-page. I would record these articles in an audio manner and hand over to my assistants because of my inability of writing skill.

All of my Articles have been written and delivered to you in such a method. So we should teach to our children that what is the skill of writing. In addition to that we should teach the lyrical lines of the legends like Thiruvalluvar, Ramalinga vallalar, Siddhars, Thiurmular, Kannadasa n, Pattukotai kalyana sundaram, vairamuthu etc.

We should motivate the children to write the lyrics very simply and acoustically as well as the above mentioned musical legends.

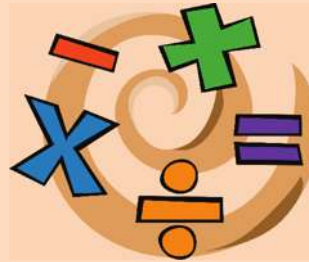
3. Mathematics

First of all Mathematics starts from teaching the number learning from the counts 1,2,3, to lakh and crore is the Mathematics.

There after learning the basics like adding, Subtracting, Multiplying and dividing in addition to that teaching

several kind of diplomatic salvations and technical calculations of Mathematics.

There is no either black-board and chalk pieces in the curriculum teaching methods rather than in that course of time they have taught through the objects.



For example they have taught through the pebble stones, fruits ,seeds, paddy also trees .In that course of time we had had the

ability of solving the very complicated sums in an easier manner by way of the curriculum education on account of the false educational system.

The absolute truth is that we completely ignorant of the Mathematics and the benefits of the mathematics in spite of learning the mathematics since our early ages.

So we have to facilitate our children to learn the mathematics in an easier manner. Nowadays the abacus training classes are familiarized in every place and they have been handling the classes to our children.

These entire syllabuses are already what we had in our curriculum



education. But we have demolished completely the method of curriculum educational system by way of criticizing.

Nowadays the strategy of the business men is that commercializing the same curriculum education in different name by leading an educational organization.

Our ancestors have educated us the technique of finding the answers of sums through our fingers. Somebody may raise the questions how to confirm this information.

Here there is an example to explain our ancestor's Mathematical knowledge.

There is no counting above millions and Trillions in Anglican's mathematics but Tamilians have the ability of extending various calculations like kalpam light year and beyond that. In addition to that our ancestors only predicted the Astronomy, Time,

Distance, Planets and stars accurate.

Teaching the knowledge of mathematics to our children is an important one. Now the book Vedic Maths is available. We have to introduce this to our children. Our children would shine through educating this.

If you had known about the book which would explain more belongs to the Vedic Maths. Please inform me I would introduce to the Global people.

Toy Making

In that course of time the toys were made of wood for the children. First and foremost the child's father would prepare one toy from the particular tree called marapachi to the child in order to play.

What is the specialty of this toy making is that the child's father won't do this toy a lonely in either place on the contrary he could complete the toy by having made the child to sit nearer him.

Having left the habits of instructing the child to do this do that making the child to listen what we do would motivate child to report our activities, this is the truth.

Likewise the child`s father would give the toy made wood with the baby and ask to play the child.

After a while the child would start to make a toy spontaneously which was mocking during his father was making the toy.

In due course of time having learnt to make toys the child would start to create the toys itself through other objects in free of cost.

As well as they are matured to create the elegant hand-craft objects by way of learning the technique of converting the useless and ruined house –hold articles as needful things and instruments in due course of time.

The motivation of this Toy making is teaching the technique of These things are called hand-craft Articles .Nowadays it is called as Fine Arts. The child is manageable of any circumstance which is learning to create it useful instruments from having useless objects.



The child will create the necessiable accessories itself without adamanting that it will do only any activities if there is an appropriate instruments.

For example there will be powerful of creating their required weapons instead of saying that I would fight if I had had the knife in a battlement.

Most of the people wish to give as sophisticated in this modern life particularly I would live unless If I had this thing. I would sleep only at a luxurious places.

The children who learn this art would have been capacitated to live according to the circumstances and situations with their available things and reinforce themselves.

Instance we may see such kind of scenes in Jackson's pictures.

Generally the scenes would have

been organized as if he protects him from the enemies by way of fighting with the available things whichever in that situations.

Those fight scene allure us which have been directed in a intellectual and advanced manner.

Likewise when we utilize the events with an intellectual manner that would benefit give peace us.

I had published an Article on the Topic `Fine Arts` Some months later and I had mentioned about the Artist Mr. Rajesh.

Please organize him to teach your children the Fine Arts. The children should try to do different kinds of cultural article lest those should be spectacted by your parent's eyes.

Right now you should start out of these fine arts; the children may avoid watching T.V Playing mobile and computer games.

Demonstrating in front of the children what to do what not to do is the best method instead of instructing don't do this don't do that.

In that course of Vedic period our ancestors have ordered this Toy



making in a third place.

4. VEDHA

The Vedas is respected as the holly –book of every religion. The holly Quran belongs to Muslims, Bible belongs to Christians as well Rig,yajur,sama,Adharvana these four Vedas are belong to Hindus.

Therefore right from the childhood we should teach to our children the fourth Art Vedham.Vedha is a gift which has demarked the path and the moral scene of human's life.



The concept of Veda is teaching up to Atom till existence. Every message is very Transparent on all religious Vedas .But nobody read this completely. Of course they read they do not understand that although they understand they do not follow in accordance to the Vedas. These are the reasons for happening different kind of quarrels and conflictions of this Globe.

So chanting Vedas is not just finishing mechanically. We should chant Vedas in a conscious manner. Having understood and implement in our life.

So every religious person should study completely and understanding their religious Vedic book is the fourth art of the Veda Art. Hindus also have the Vedic books like Rig,yajur,sama and adharvana as well as the Christians have the bible Muslim have the Quran. But I do not know who had seen these four Vedic books.

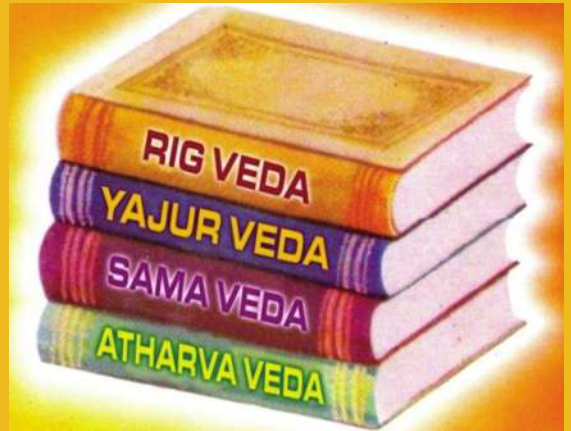
Even I have not seen this book and where are those I do not know .Several years ago the miscreants and businessmen had stolen these four Vedas who they have understood that there are more mysterious subjects in Hindu Vedas.

Those abductors modified their life style in accordance to the valuable notes whichever mentioned in Vedic books .O n other hand they had concealed the devices of the humanity who rendered that Vedas. Please help me to have these Vedas in Tamil if anyone who had had these Vedas having studied those Vedas and we may dedicate to the Globe.

Nowadays those books have been exhibited to be sold in various stalls as

little parts on the name of Rig,yajur,sama,Adharvana.

In this current time let us purchase and understand the perceptions which are in those books. Let us try to understand what are in those Vedas rather than living ignorant of those Vedas.



As far as we known and received they contents of the books would he very useful to us. Even though we have not known who had written those nooks and how far those books would be explainable. It is advisable to read and understand those books.

Something is better than nothing. Hence art of Vedic books is that everyone should study their Veda book and they should implement in their life. The elders should teach to children after they studied.

5. Scripture

The Scripture are the story of

Vedas which was written by the sages who they have understood Vedas completely. All these stories have been written by way of centralizing on God, King or humanist would be blended with truth or fiction.

The aim of these stories are to make the people to be understood the perceptions of Vedas which were written by the saints who they learnt and understood the juice of Vedas.

These kind of stories are existing not only in Hindu religion but also all religions, all countries and all societies. All the sages have written their experiences in a story mode within a view of making the people to be understood the significance of Vedas after they have realized the realistic Vedas.

But these stories are named differently according to their society and religion. In Tamil we call these are puranas in other religion they do not call as puranas .Generally every religion has these kind of books.

Those have been written in the base of making the people to understand the good things.

In Hindu religion the 18 puranas are considered most important out of

1000 more puranas.

1. Vishnu purana

This is based on lord Vishnu

2. Naradha puranam

This is based on lord Naradha

3. Padma Puranam

This is based on lord Rama

4. Karuda puranam

Making us to understand the Vishnu shahasra namam

5. Varadha puranam

This is based on lord Vishnu

6. Bhagavatha puranam

This is based on lord Vishnu

7. Brahama purana

Making us to understand to Adhi kalpam

8. Brahmaa vaivartha puranam

Making us to understand the Rasaleela between lord Radha and Krishna

9. Margandaya puranam

This is based on lord Rama and Krishna

10. Pavishya purana

This is based on lord Saithanya

11. Vamana purana

This is based on lord Thiruvina mala

12. Brahma puranam

This is based on purusothama mala

13. Macha puranam

Based on the Architecture of temples.

14. Koorma puranam

The conversation between Lord Krishna and Lord surya marayana

15. Linga purana

Based on Goddess Gayathri

16. Shiva Maha puranam

Based on Lord shiva

17. Kanda puranam
This is based on Lord Muruga
18. Agni purana
Narrated by Lord Agni about Lord
Rama and Krishna.

These putanas are consisted with
1,000 more pages .So Nobody have time
to read this books moreover it is
unknown who do have these books.

So if anyone has these original
puranas we should study and
understand then we should design very
simply and abbreviatively in agreeably to
the current performances.

I am going to learn each and
every Vedas thereafter I go to deliver for
the people in a simplified articles
manner. If either of our followers do
have either of these puranas please send
to me.

We have shared only five arts. We
may deal another remaining 59 arts in
forth coming magazines.

My cordial thanks
to Mr.Manikandan who
made me to understand
about 64 Arts.



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The Kind of Rice are Five

Healer Baskar

Endear friends there are five kinds of rice which we use in our day to day life.

- 1.Raw rice
- 2.One time boiled Rice
- 3.Two time boiled rice
- 4.Stream boiled rice
- 5.Basumathy rice

1.Raw Rice

The raw rice means splitting the paddy and removing the barn then convert as rice for our usage is Raw rice. Mostly the people of Andhra state use this kind of raw rice.

2. Single time boiled rice

Drowning and boiling the paddy into ordinary water for Ten to eleven hours thereafter converting as rice is called one time boiled rice .Mostly this kind of rice is used in Tamilnadu.

3. Two time boiled rice

First of all drowning the paddy into the boiling water which is boiling up 55 to 60 degree Fahrenheit after wards again boil through the steamer up 90 to 99 degree paranheat is called two times boiled rice. This kind of rice is called rice or mattai rice .Mostly kerala state and west Bengal are use this kind of rice is used by the people of kerala state and west Bengal state.

4.Strem boiled rice

keeping the paddy up 8 minutes to 20 minutes in stream pressure and converting our rice is called steam boiled rice.

Generally the people of Karnataka use this kind of stream boiled rice .The Rice is produced as well as how we pressurize the biriyani.

5.Basmathy Rice

Is driven from one sort of paddy

which is cultivated a panchap. This kind of rice will be maximum 18mm length. These kind of basumathy rice are cultivated particularly panjab and hariyana and 99 percentage of basumathy rice is exported to foreign countries out of 100 percentage. It is true that the original basumathy rice is not available in India.

These basumathy rice is manufactured as Raw rice, boiled rice and steam boiled rice. Let us understand basumathy rice also one of the other rice. According to the survey of September, 2017 one kilo basumathy rice is cost by up Rs 90 to Rs 120. But no rice are genuine which are advertised on T.V and which are in shops to be sold, Those kind of rice are belong to the high-breed variety 11-21 that is why they sold this rice for Rs 60.

According to the current situation Basumathy rice can not be sold less than 90 Rupees.

Let us analyze about these five kinds of rice what is the quality of this rice? Whether that rice is good or bad? What type of rice we can use?

The raw rice is so good so using the Raw rice is more advisable. Only the people of Andhra state are mostly using this rice.

This kind of raw rice is agreeable to Andhra people because right from the childhood they are accustomed to eat raw rice. But this kind of Raw rice is not agreeable to Tamilians on account of they

have been habituated to eat only the one time boiled rice. So suddenly our body does not accept to change towards eating raw rice. This is the real reason.

Of course if we had been accustomed to eat raw rice that would be agreeable to our body.

So here after if we habituate the growing children to eat the raw rice that child would grow hygienically. Let us see the difference between the boiled rice and raw rice. Once when we boil the rice the whole Nutrition is omitted as the grain. So it is not bad we may consider that the little energy is decreased.

The raw rice is contented with more vitamins than the boiled rice. But don't change to raw rice suddenly who have been eating the boiled rice 50 to 60 years. Because that may not agree to your health here by let us use the one time boiled rice.

The two times boiled rice would have inadequate nutrition than the one time boiled rice. It would be very difficult for the people of Kerala and Punjab state in order to



convert towards the other different rice in consequence of usage.

It would be advisable for them firstly recover from eating the two time boiled rice later practicing to eat one time boiled rice ,decisively transforming to raw rice. They may change gradually instead of making the conversion within a single day. The steam boiled rice is the best. This kind of rice is equal to idles. Everybody has accepted that only idles the most energetic food. This is the truth else. As well as the steam boil food is the best. So the steam boiled rice food which is boiled from steam would give more hygienic to body.

In most of the hotels the businessmen sell only the ordinary boiled rice food as the steam boiled food. So we



advocate you to scrutinize and have the foods.

Basmathy is a kind of rice which is cultivated at Punjab and Haryana. There is an illusion prevalently with everybody that the basumathy rice would be more potential than one time boiled rice which is cultivated

at our region but that is not the truth. That basumathy rice is slim and long more over that is cultivated only at those states .We have been utilizing this by the reason of the elegance of basumathy rice that is all. Please delete the thought of course If you are imaging that the basumathy rice only more nutrition than the rice which is cultivated from our region..

In Tamilnadu we use to call the beaten rice as avil but the same avil is called as oats at Australia. If anybody says that drinking oats is good for health I feel like to laugh.

One kind of rice is pressurized which is available at Australia and this avil is called as oats. How ridiculous it may be if we sell the avil in Australia that it is good for health and which is manufactured from India. As well as it is mire ridiculous selling the Australian avil in our country on the name of oats. It is quite similar that selling the basumathy rice that is good for health. Let us understand that basumathy rice is quite similar to the rice which is available at our village. Having understood that the original basumathy rice is not sold anywhere in India on other hand please stop to purchase the counterfeit rice which is sold on the name of basumathy hereafter.

Instead of that please follow my below mentioned perceptions. It is advisable to use the raw rice if you are the resident of Andra state, Meantime boiled it is beneficial eating one time boiled rice if you are resident of Tamilnadu as well as eating two

time boiled rice is more useful if you are the resident of Kerala and west Bengal ,If you are the resident of Karnataka state please have only the steam boiled rice. There is a method of consumption that starts to consume the five kinds of rice alternatively .later chooses to have consecutively which is agreeable to your body.

Spontaneously you would like to have the rice which has the medicine that



which would cure the disease of your body. In due course of time realize that the rice which shines our eyes and enhance the strength in our body is the relevant rice to your body.

During consuming the above mentioned several of rice alternatively. Nowadays there is no traditional rice of our country available to us. Let us describe the benefits of our traditional rice by means of activating that traditional rice. The traditional rice food is only Robotic to body. Let us enhance health through the Rice.



HICCUP

An easy solution for Hiccup

1. Do not try to stop the Hiccup.
2. Wait till count of Hiccup.
3. Afterwards keep the mouth widely till 2 to 3 minutes automatically it would stop.



Regards
James Raj
Perikanur.

VIVEGAM

BELIEVE IN YOURSELF

- Healer Baskar

The illuminates are dangerous. The illuminates would terminate If whosoever activate against to them. But so many persons arise the question that why illuminates did not harm against Helar Baskar who has been criticizing on illuminates.

The film vievegam which was acted by ajith and this film has been executed as if it is answering to these questions.

Recently so many persons shared with me respecting the film vevegam .They encouraged me to watch that movie because more scenes are appearing in that movie as you mentioned. I too watch that movie.

They directly has described very explainable about the secret society and illuminates ,Moreover more positive in formations had been motivated as if motivating the generous hearts who are against to illuminates.

I believe so strongly that they would have executed this film after watched all our videos.

Mostly exhibiting the heroes in a negative manner, on other hand exaggerating the villains was the usual positive manner.

Few scene of this film is reflecting about the courses secret and Ranga Ratinam which we train in our classes. They have demonstrated clearly how we should think positively during the dangerous time.

So we may instance this picture for understanding our prudency is important than the enemies strength.

The following story would explain you now this Helar Baskar can activate against this illuminates who are dominating this world.

There is a kind of bird Barn swallow which is flying from Argentina to California

in order to the incubation every year the month of February it start to fly 8,300km and reaches California on the month end of March.

Having boarded at the premises of the church kabistrano then fly back the same 8,300 km of distance back on October back to Argentina along with that new generation As soon as completed the Incubation.

It is nature of birds flying to some kilometer of distance for sake of the Incubation. You may think what sort of wonder this? There is wonder in this. It takes near about 16,000 km distance to those kinds of bird Barn swallow from Argentina to California.

There are no either earth plains or mountain space among that distance. It has to fly on the surface of ocean, ofcourse if it feels like hungry how it would take rest if it is tired.

Having a stick with it beak and flying from Argentina. Whenever it feels like hungry and tiredness during that time it flies down to the ocean and keeps that stick as it is sustainable for taking rest and searching food.

When a small stick is a life source of a bird Barnswallow in order to fly 16,000 km distance, Won't a man get an opportunity to

take his life forward who has hands, legs, and six senses. Everything is belief what we should understood out of this story is that a small stick and courageousness enough us to cross these illuminates.

Having held a little stick for crossing that 16,000 km distance is only by means of the intelligence and the prudence of that bird.

Hereby we too across that the ocean like illuminates' If we travel with two sticks called unity and Group prayer.



So again and again I am pressurizing the same subject her that instead of differentiating us either muslim, Christians or different community cost we must be unified. Then only we would get that stick. We should have the habit of both praying together for 24 hours and practicing the course of Rangaratinam and secret. By means of this we

too can succeed as well as the little bird Barnswallow .

Notes:

The books and the DVD of recent and Rangaratinam would be available at our office.





To witness us ourselves

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GINGER CHUTNEY

How to prepare

Ginger chutney first of all we should take a finger size matured Ginger thereafter we should peel the ginger and make into several pieces as will add one teaspoon of black-gram.

Fry both the black –gram and pieces of Ginger within one teaspoon of gingili oil. Finally add some salt and grind then taste it.



PLAIN SOUP

How to prepare plain soup

The ingredients

Salt	- 1
Turmeric powder	- 3
Pepper powder	- 2
Gingili oil	- 1spoon

- Mithra Sri yatharthananda

Demonstration: -

Boil two tumblers of water .We should add the above mentioned ingredients one b one into the boiling water.

After we should add the ingredients again the water should be boiled then unload with less heat then taste it chip by chip. It is good for health.



How to drink the stench of the mouth

The stench of mouth is that does not come from the mouth. That acidity taste of the hear come . As soon as awoke up we should gargle our mouth with water without brushing the teeth. If we do like this the excrement would be exhausted spontaneously without drinking water. Then only the digestive system will ne strengthen in addition to that the mouth smell will disappear. You may be fasting for a whole day, but you should have at least some food before 10am.If we do like that

teeth will be so strong the hair also would grow more.



LEAN PERSON BECOME FAT?

Should the lean person become fat?

If the lean body person are drinking the butter milk with the blender of salt and asafetida the body will be strengthened. This is a best way to strengthen the body.

We would have more administrative power and we can organize huge institutions definitely meanwhile we would have and adequate for calcium and iron.

More informations

Read

suddha

vaithiyam book

Contact:8098279405



Mithra

Sriyatharthananda



How to develop the corporate knowledge?

The managing directors who execute the work through more employees should appoint an administrator .If we do like this it is enough to think till the administrator level. Especially such kind of persons should eat date fruits and country jiggery.

We would have more iron in our body if we have been eating one handful of country jiggery and date fruits after offered to god at our house every Tuesday.

TO DEVELOP THE CORPORATE KNOWLEDGE?





The Linga bathing

When men take bath first of all they should give bath to the sex organ afterwards only we should shower with water on our whole body.

By means of this kind of bath the body health and sexual potentiality is increased. The males who take bath through cold water firstly wash the male sexual organ thereafter shower the water on head

first. later only we should take bath by pouring water on other parts of the body.

The persons who have the habit of taking bath through hot water firstly pour the water on sexual organ then pour the water on legs thereafter give bath to the total body gradually. An important note is that we should care lest the water should be hotter when we wash the organ.



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08
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With Regards
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