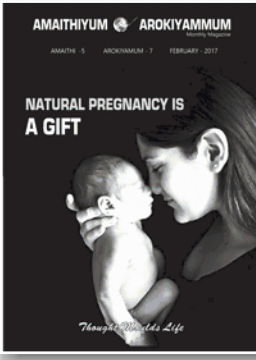


NATURAL PREGNANCY IS A GIFT



Thought Moulds Life





AMAITHIYUM AROKIYAMMUM

Monthly Magazine

✉ amaidhiyumaarokiyamum@gmail.com
🌐 www.amaithiyumarokiammum.com
Helpline : + 91 88838 05456



FEBRUARY 2017

CONTENT

04

The Natural pregnancy is a Gift of God

23

The Most Important Announcement
There is a little change in the soap manufacture

AUTHOR



My dear friends,

Most of my friends are frequently enquiring me that when I would start the prayer congregation in favor of the peace of this world?

Endear friends you all should understand one thing is that the prayer congregation is not that which is inaugurated by someone at one place and praying together in particular time. Actually the prayer congregation is that which is practiced together from their convenient place in agreeable to their convenient time.

Whenever everyone thinks that the world has been contaminated right now they should pray, likewise let the Agriculture grow! Let the administration should be reformed! Let the smile appears at the universal public. Let grow the spirituality live a long life.

It is advisable to pray together in accordance to their time convenient at their convenient places as if the good people create the constructive thoughts that should prevent the world by means of the charitable congregation. We can convert this earth as the peace land. So instead of waiting for me that when I can ask you to pray it is advisable to pray according to their time convenience the friends should spread their good thoughts through the prayer congregation .Through this prayer our generation would live long life.

Shortly I am going to write an article about the Prayer Congregation through our Magazine.

Let us support the prayer congregation!
And let us change this world as the peace land.

Published

Giri Iyya Publications

No. 69, NSK Street, Selvapuram,
Coimbatore - 641 026. Tamilnadu,INDIA.

✉ giriiyapublications@gmail.com

🌐 www.giriiyapublications.com

வந்திரி பால்கார்



Healer Baskar, Founder
Anatomic Therapy Foundation

THE NATURAL PREGNANCY IS A GIFT OF GOD.

contempt of the phone calls, or his inability of visiting to your house you would be scolding him. Not only you but the whole family members would be developing a big story as if no one should come forward to give birth through the Natural pregnancy.

This is a question from everybody that would anybody help us during the time of the pregnancy at our house? Generally the natural pregnancy is that giving birth to the child house itself at their premises only through the assistance of husband, own mother or Mother –in-law and without any assistance like doctor, or Mid wife.

When a person is asking a question can anyone help me for giving birth to baby through the natural pregnancy? That person is not deserved enough for giving birth to a baby through the Natural pregnancy. Of course if anybody told you that he may help you for the Natural pregnancy by coming to your house. You would have left the responsibility on their head and you would be totally free.

As soon as you have the pain of pregnancy you would communicate through the phone and call them. Of course if there is any obstruction to help you for the pregnancy on account of either reasons like

Therefore it is most important that teaching to the pregnant lady and her family how to give birth to a baby through the Natural pregnancy.

The Actual pregnancy is that giving a birth to a baby at their own premises without meeting the doctors, any tablets and medicine ,Blood Test ,Vaccination assistance more over As soon as the baby is born not disconnecting the novel thread and prevent till it disconnect itself. This method of child birth is called the country child.

I think the child would be called as the Gercy child which is given birth by way of undergoing cesarean with a fearful heart. As well as under going through the vaccination scan, blood, sugar Test and finding the result of having sugar, pressure and Thyroid etc, Meanwhile consuming the miscellaneous of tablets like Iron deficiency tablets, Nutritionals deficiency tablets,

Calcium deficiency tablets and drinking different kind of syrups.

Having left our Employment for so many days and We all throughout Tamilnadu protested against the Jallikkattu prohibition with a view that the Country bullocks should be conserved .The people who struggle for saving the country bullocks and cows are not struggling for saving the children. You yourself decide that whether your child is a country child or Jercy child.

You decide yourself unless give birth only to the Country child otherwise do not need the child. Having given birth to the jerky child and you cannot digest the torments of the Jercy children. Instead of repenting about the activities of the children you can be calm and quiet without the children.

So the Natural delivery is one of our ancestor's easier methods which have been following by our ancestors. The children which are received through the Natural Pregnancy are the Gift of Natural pregnancy.

The Natural delivery is not a Magic .It is an easy job and it is natural. It is a truth that we have been enrooted with the unnatural products as if we are astonishing about the Natural and try to learn everything new.

So we all are necessitated to learn about the Natural delivery. The persons who want to through the Natural delivery should follow the below mentioned objectives.

• The first capability is that you should participate in the Five days training Camp which is conducted by me. Every Month this practice is conducted at the Nistai International at Kovaipudur. Either the participants may participate directly or contact through the Telephone.(88706 66966).

• The persons who they not able to come directly can receive and listen the Video and CD through the courier and benefit.(9629032767)

• Moreover the public can down load the five days camp videos by the free of cast and watch one by one. At any cost do not watch the videos disorder.

• We have organized one more opportunity that just if you send a request mail to the below mentioned ID all of my videos, books, would be send to your E-mail address in 9 languages for the free of cost.

• Therefore I request to participate in the five days training camp who they want to give birth through the Natural delivery. The persons who not able to come directly should have watched all my videos and audios completely. If you follow my instructions that would be beneficial to face all the difficulties of Natural delivery.



- Through this five days camp so many subjects will be taught. Just I tabulate the 90 objectives which should be noticed for the Natural delivery. The most important note is that nobody can implement these 90 objectives completely. Even though we should try to know maximum objectives as possible as we can apprehend. If we follow all those objective the Natural delivery would happen sophisticatedly.
- Having apprehended all those objective and practice as possible as you can. Neither you proud that you follow more nor the despondency that you follow less.
- I order those 90 objectives here. let us glance shortly because if want to write elaborative that would consist of more than 300 pages the same time these may be so extensive in the five days training camp.
- First of all read all these objectives one by one. Later we may know through this article how to grow the child without disconnecting the novel thread. More over we go to know elaborative how to prevent the novel thread.
- The 90 objectives which should be followed
- We should take percolation monthly once. It is more advisable to have the percolation yearly thrice before improve the pregnancy. If we follow like that baby would be healthier.
- Do not take percolation during the time of pregnancy. It is exceptional to the pregnant ladies to have the percolation during the time of pregnancy who they have stored the energy in the physic. Even though why I advice not to take percolation means nowadays no pregnant ladies have that much energy in their physic.
- It is more advisable to have anima weekly once. Even during the time of pregnancy we can take anima. It is not necessary to take anima daily.
- It is advisable to follow the fasting by way of drinking only the water .There is an opportunity to have best embryo if we follow the water fasting before propose for the pregnancy. We may follow the water fasting during pregnancy, but we should have that much strength in the body. So it is advisable to follow the fasting before propose for pregnancy.
- It is advisable to wash the eyes once or thrice through the cold water.
- Similarly it is advisable to clear the nose through the nose clearing machine weekly once.
- Whenever you have the time then you can practice with your bare eyes by way of seeing the sun both morning and evening.
- We can receive the sun power by practicing minimum.

- It is advisable to keep silence fasting weekly once or monthly once.
- It is more advisable to undergo the treatment of plantain leaf bath before propose for the pregnancy. It will associate for the embryo to grow well.
- It is more advisable to pour neem oil and clear both ear monthly once.
- Similar it is more advisable to gargle the mount by the gingili oil which is ground by the refinery. This can be followed before propose for the pregnancy or after given birth to the baby.
- The pregnant lady should eat the food unless she feels hungry. The pregnant lady can be following this method before proposing for the pregnancy, and during the pregnancy or after the pregnancy. Monthly how many times we have the food after felt the hungry as much as the child will be hygienic.
- We should chew the food thoroughly as it is ground nicely.
- We should keep our total concentration in the food during the time of eating.
- We must pray before eat the food.
- When we eat the food we should chew the food like gear and eat. We should not swallow the food as particles.



- During the time of eating the water consumption should be adequate in accordance to the requirement. We should not drink inadequately; meanwhile we should not be without drinking water.
- It is more advisable not to watch the TV apart from that we should not watch the TV during the time of eating. When we watch the TV during the time of pregnancy it is developing the bad effects by means of the negative events of the programs.
- When we watch the negative programs those unwanted dramas and news are registered inside of the growing children. So it is advisable to avoid watch the T.V during the time of pregnancy.
- It is advisable to view and listen your favorite music or cinema or the legends speech through the Hard-disks or pen-drive. When you allocate the time for watching the program continuously without the interruption of the advertisement that embryo would grow well. We can allocate the time for learning the yoga practices, yoga Asana, as well hearing the spiritual speeches similarly learning different languages.

- Simply it defines that whatever you want to teach to your children, you can register those subjects by way of watching that respecting audios and videos into the growing babies.

- We should not speak when we eat. We should not use the blue tooth and ear phone. We should not speak nearer persons especially we should not speak during eating.

- While we eat we should concentrate only the food and we should not involve in any other activity.

When we are eating along with the children we should concentrate our food .rather than when we are caring about the children we will have to miss our food and it would develop so many diseases.

The Fast food should be avoiding completely because those foods are manufactured by means of the chemical composition.

So many food items are being advertised through the Media. We should not buy this and eat this.

We should not eat the refrigerated food which has been stored for a long time. Mostly we should avoid the refrigerated food otherwise we should use very short time.

It is very advisable to avoid the hotel food before the pregnancy or during the

pregnancy. Rarely shall we take the food from the hotel for the desire sake.

We should not eat the food which is blended with Agene motto and the soda salt. We should not even use in the home.

We should not consume the drugs ever.

The woman who is going to give a birth to a baby should eat only the delicious food which is dainty to her tank during the time of pregnancy and after the pregnancy.

Generally the pregnant woman tank would like only the food which would contend of vitamins and minerals and which would provide the strength to the growing part of the Embryo.

That is the significance of the traditional Bang ling function where the guests are providing miscellaneous food to the pregnant lady. That is the reason why the pregnant women are requested to have such delicious and nutritious food. Eating only the desirable food would make the way to give birth to a hygienic baby.

While we are eating the food when we feel the food is tasteless at the movement we should stop to eat the food. For an Instance when we eat the Idles first four idles we would eat deliciously but when we eat the fifth idle we won't feel the taste .so thence we should stop to eat the food. Whenever we eat the food when we do not realize the taste we should stop the food.

It is advisable to avoid the non –vegetarian food during the time of pregnancy and before propose for the pregnancy.

It is advisable to eat sprouted grains. It is good for pregnant ladies to take the natural food and favorite food. We should not drink the boiled water. If it is required we can heat light.

You should not use any kind of water filter in order to purify the water. Of course if it is necessary use only the economical water filter. Instead of purchasing the costly water filter which is sold for the highest price through the Advertisement. Mostly it is advisable to avoid the water filter ever. It is advisable not to drink the water which is filled up in the plastic containers and pockets. So please use to drink only the naturally filtered water from home itself. Whenever you go wherever only take that naturally filtered water. Of course if you not able to take the natural water you may drink occasionally.

It is advisable to drink the pot water after stored 6 hours. Only 4 hours is enough to store the water in the copper vessels. We can use the filter seed which is available at the country medicals to filter the water. There is an another option to purify the water that buying the herbals from the herbal shops and drowning into the water after bound with a white cloth and drinking water would be very hygienic.

We should not drink the water upside down we should drink the water by chip by

chip. Of course when we are necessitated to drink the water upside down we should not swallow the water as soon as poured in to the mouth. First of all we must pour the water into the mouth and keep gradually we should drink.

There is no any measurement to drink this much quantity of water. Whenever you feel like thirsty then you drink water profusely again when you feel thirst you drink water.

We should not close the windows and doors and sleep into that arrested air. If wherever we live and whatever rooms like kitchen, bed room, or office we should have facilitated the rooms as if the air travels profusely whether inside of the room or outside of the room. Every time we should breathe only the fresh air. We should not breathe the contaminated air.

Never should we use the Mosquito coils, Liquid replants or the preventable creams which would drive the mosquitoes. It is not advisable to the pregnant ladies. While sleeping we should not cover our head through the blankets or bed sheets totally as if the fresh air prana enters towards the face.

We should not use the Air –Conditioner .of course if we are necessitated to use the A.C we should we should keep the temperature of the A.C in agreeable to our physical temperature on other hand we should use the A.C machine which cooling both exterior Air and the



Interior Air.
Whenever we have the time we should practice for sleeping in the sitting position. This kind of sleep is very

convenient to both mother and the Embryo.

Never the pregnant women should take the sleeping tablets during the time of pregnancy. The pregnant women should not sleep upside down. They should sleep only on one side position.

It is more beneficial to teach the pregnant ladies the treatment of DUWA SLEEP which would bring the deep sleep to the pregnant women. The friends may know about the DUWA SLEEP through our magazine Amaithyum Arokyamum elaborative. Otherwise you may watch through you tube on the Topic of The DUWA SLEEP by Healer baskar.

It is more advisable to practice the 9 connecting practice every day. Out those 9 practices we may avoid the practice like pressing the stomach.

We may get the child through practicing many Meditations. During the time of pregnancy and after the pregnancy we may practice the yoga Asana except the asana which are pressing the stomach. Generally the pregnant ladies can be doing all sort of works .I have seen so many pregnant ladies had been participating in

the road making process while I was working as the Civil Engineer on behalf of the Road forming scheme. They would have been doing so many hard works like carrying the boulders beside of the unbearable heat and sprinkling dust air.

They all had given birth through the natural delivery. So the pregnant women can do all sort of jobs during the time of pregnancy except standing upside down, fast work.

The pregnant women would given birth through the Natural pregnancy as much as they practice the walking practice. We should watch the documentary film SECRET often which would energize the mind.

By learning and practice the Art Ranga Ratinam which would transform the sub-conscious tapes as the positive.

The pregnant women should follow and keep their mind peacefully by purchasing my audios and videos which are on the Topic of Smell of Mind.

Unless we increase the duration of the life time as favorable as there is a chance of getting the country baby through the Natural pregnancy.

We can live peacefully and keep the mind peacefully by way of studying one of my articles on the Topic of live as Questions. It is available even in you tube.

Please study the Article 'speak with the soul' that would be very helpful you during the pregnancy.

The pregnant women may participate in the Inter silence Meditative class which is called Vipassana. It is more advisable to participate in the Inter silence Meditative class before the proposal of Pregnancy. Do not go during the pregnancy time.

Please study the Article "Karma Theory" which I had written .Through that article you may come to know that how our life plan is demolished meanwhile we should prepare us to implement the new plans. I have explained in that Theory that we should not accept all the pains and problems as the name of Karma. We should not conclude negatively everything when we embark in the activity on the contrary we should believe that everything would happen positive. Meantime we should not proud whether we are defeated or succeeded.

Please study the Article "Anahatha Meditation" which I published. Therein I have mentioned to say word "I LOVE YOU" whenever our favorable friends come to our memory. As well as we should say the word "lord bless them" when our unwanted friends who they have offended us, similarly we should say the word 'Please forgive me "when the victims of our unwanted activities. Likewise we should say the word "Thank you" during the time of our well-wishers appeared.

Both husband and wife should understand the book "Tantra through sex" The training class called "Tantra through sex" has been conducted at our international center at Coimbatore.

"The Topics kadal mukthi" and "kadhal kalai" are in the form of videos. When both husband and wife who have watched this two hours video would understand each other well and their love would increase and there will be no confliction each other. More over the embryo at mother's womb would grow well. The pregnant ladies should watch thoroughly video which I spoke on the topic of "Mukthi". I would have explained through these videos about the "Karma Yoga" how we can work without the expectation, as well about the "Bakthi Yoga" which teaches you to live along with divine memory. Similarly I have explained about the "Kirya Yoga" which educates us to do the day to day activities sincerely.

Everyone should have learnt different kind of Arts, because during the time of pregnancy only the Breathe Exercise would benefit him. Hence please follow the breathe practice ceaselessly wherever or whoever you have learnt the Art of Yoga. The cooking oil which is used in the catering should be only the refinery driven oil. No oil is genuine which are sold through the bottles and pockets are not the original. More over these kinds of oils are being extracted from the petroleum liquid called Farah Fine. So it is advisable to consume

only the original coconut, Ground, gingili oil which is driven from the traditional Refinery.

The bathing soaps of the familiar companies which are being sold through the advertisement are harming to the human body. Those are manufactured by the wastage of the Palm oil. Those soaps are only genuine which are made through the coconut oil. More over it is advisable to manufacture soaps yourselves at your house.

We can prepare every food as well as preparing the biriyani. We should not eat the Rice food after extracted the gaur. We can eat the food either pressurized by the cooker or hot pressure. Concerning that Topic you read through my Article.

I have written an Article on” Tham Sappadu ”Through that Article I have explained elaborative about the difference between the gaur extracted rice and the rice made of Rice cooker and pressure cooker, as well the rice prepared through the earthen pot.

Therein I have mentioned the method of preparing Pressure Rice and the benefit of that. Please try to follow to eat the rice food according to the above mentioned preparations due to the child health. Please avoid listen the F.M radio daily, because when we hear their embarrassing speech, negative speech would dispense a bad effect to our mind system. Especially it is not good for the Embryo.

The pregnant ladies should not go for the scan check-up because during the check-up the rays would cause danger to the Embryo.

We should not eat any (Food Supplement) like Calcium tablets and Iron tablets or any energy Tonics. The vitamins and minerals which are not available in our day to day food is not available any food of the world. So we should understand that food is only the medicine rather than other food supplements.

It is not necessary to meet the doctor and take the treatment from the doctor during the pregnancy time or before the pregnancy. Because when we meet the doctors during the time of pregnancy they would threaten us by saying any grievances. They cause some danger to the growing embryo .Therefore you go for the counseling towards your family doctor. It is not necessary to meet the doctor when you believe the GOD.

The doctors would always alarm to go for the experiment often. Frequently the doctors would to your house from the Government Hospital and health centers for the general check -up. Please chase them away when they come to your place, during that time if you need any assistance you call us we would help you.

There should not be conflicts among the husband and wife. We should only the good words before the pregnancy or during

the pregnancy or after the pregnancy .definitely we should avoid to speak the negative words.

During the time of pregnancy we should be only with the melodious and good moods .we should not be along with the negative moods.

We should dream only the good subjects not the bad subjects. We should live happily as possible as we can. We should live peacefully as possible as we can. We should keep the mind cool and simple as possible as we can. As well as we should live along with the divine mood.

Always we should be so simple and casual. Let us live agreeably with the nature. We should train us to live according to the movement feelings movement to movement as well as the animals how they live movement to movement without remembering the past.

Nowadays the superstitious belief has been increasing by the habit of giving the birth to the child violently having the knife with hand and operating the stomach and take out the child through the cesarean process in accordance to the calculation of the Astrologer.

Not only these kinds of children are controversial to the God and the nature but also those children would not be hygienic. First of all absolutely it is wrong bringing out the child through the surgery. More over it is too offence of obstructing the growth of

the child by means of the surgery in accordance to the advice of the Astrologer. There is a difference receiving the mark list after wrote the Exam and receiving the result before write the exam. Generally the GOD believers would be waiting till the child is brought spontaneously .This is the proper way of Natural pregnancy.

When some special food is being prepared for you and someone is coming forward to serve you before it is boiled completely how you would feel? It is similar giving birth for a baby through the cesarean an.

Similarly when we have brought out the baby on the date of 5th which should be born on date of 25th through the caesarean what about the remaining 20days of growth .who would complete those 20 days of growth? Who is the responsibility of those effects on the child?

Therefore the GOD believers should be waiting till the baby is born naturally on its own accordance, instead of undergoing caesarean according to the astrologer's prediction.

Definitely there is a chance of the Natural delivery of course a pregnant lady is understood and following abovementioned 90 tips. So the effort making persons can be benefited as much as they effort.

Neither proud that you have been following all my above mentioned persuasions not you repent that you were

not able to follow those Tips. Please implement as possible as you can, thereafter leave with GOD sake.

It is advisable to follow my abovementioned 90 subjects before giving birth to a baby. Of course some of the current pregnant ladies who they have been pregnant for 3, 6, 7 months also can be following those 90 tips. You can profusely follow those persuasions without repenting that if we had begun preliminarily that would be better.

Hereafter let us see the persuasions to be followed;

During the time of pregnancy one incident would happen before the child comes out. We call this the Amnion Breaking. Suddenly one day that pot would break and the liquid would leak. We can understand according to the color of that liquid whether it is red the child may be female, or the liquid may be white the child may be male.

Generally everybody say that we should rush to the hospital as soon as the Amnion Pot is broken, but that is not true. No child can born in this world without breaking the Amnion pot. why the Amnion pot is breaking only after 10 months instead of breaking before that time. Because if the delivery should happen naturally the Amnion pot should break and the child would be born flexibly. Patience silence, confidence and divine belief is required for

the Natural delivery.

Generally the doctors would say that the child should come within 2 hours or 4 hours after the Amnion pot broken ,Other wise there is danger for the baby .It is not like that. There is no any rule that a baby should be born as soon as the Amnion pot is broken.

I want you to explain through an example which happened to a pregnant lady recently. That lady given birth to a baby 52 hours later after the Amnion pot broken. So when we are with patience there may be the Natural delivery.

There is a proverb that the more educated cannot have the treatment ,because they would have studied from either book that the baby should be born within 5 hours as soon as the Amnion pot is broken. If the child is not born within 5 hour they would start to fear. Again I say that how long we wait for the delivery is not a problem any way the child would be born as soon as the Amnion pot is broken within some hours.

The pregnant lady should be doing all sorts of exercises at their house 3 months before the delivery. During the time of delivery you may be doing all your domestic works casually. This is the beginning of the Natural delivery.

As soon as the Amnion pot broken they would feel the pain. Generally we all believe that during the time of delivery they

would have pain. Naturally during the time of delivery they won't get pain. We have stored at our brain that during the time of pregnancy they would have the pain by way of watching so many films .that is why we feel like pain .some time there may be pain or not.

There may be the chance of painless delivery without any negative delivery. Let us see why there is pain during the time of delivery? Naturally there is special path called "Garpa Vasal" with the measurement of 2 to 3 inches. Unless this path is extended 5 to 6 inches then only the baby would come outside. I say you approximately .when the back bone is stretching the path of child delivery would be extended in order to release the baby out.

There may be the chance of pain in the first delivery .definitely during the second time the pain may be less. When the back bone is extending the pregnant lady is screaming because of the pain the back bone stops that work. But after a while again the back bone is extended when the pregnant lady is calm. So the time of the back bone extending time is the delivery time.

Some pregnant women would give birth to a baby within 10 minutes but some pregnant women would need 10 hours to give the birth. The back bone would be extended flexible according to the strength of the pregnant lady.

When the pregnant lady is with fear, despair, and without worshipping god would delay the delivery, more over we can avoid the delivery pain by way watching three things during the time of delivery.

1. The Breathe Exercise Breathe is most important for the child to come out. If the pregnant lady had practiced the breathe practice she can give birth to the baby without pain. Suppose if they had not been practicing since from their pregnancy they can practice even during the time of delivery. They should breathe the breathe through the nose and release through the mouth. When they are doing continuously the back bone would be expanding and it would facilitate the delivery easy.

2. The body Temperature is very important for the delivery There must be sufficient body temperature for the mother to give birth to the baby. So during the time of delivery pain the attendee should give the fomentation on pregnant lady's back, stomach, through the wet Towel which was drenched form the hot water. When the pregnant lady's body is warmed through the hot water that would be convenient for the Natural delivery.

3. by widening the legs and practice We have to hang one cradle from the rafter towards the pregnant lady as if she should be leaning the robe by stretching the legs. Even she has to slightly hang with the support of the robe by her toe.

This is the method which has been following by our ancestors traditionally. Suppose if the pregnant lady feels like the delivery pain our ancestors would hang a cradle and make the lady to balance the cradle by stretching her legs .when the lady is in that position her back would be expanding and the baby would come out. We can make this cradle either a robe or the sari. This is the method what our ancestors were practicing once. But now they have complicated the pregnancy because of doing the mistakes during the pregnancy.

Nowadays the doctors asked to lie towards the ceiling of the room and they join both of the legs and ask the lady to force the anus .If they strain only the tools would come out not the baby. So the pregnant ladies are afraid of the nurse compulsion because of not knowing what to do. More over the Reproductive system also obsessed. This kind of approach is reason for such kind of disaster during the pregnancy. Mean while the allopathic doctors are utilizing the opportunity and force to the cesarean.

Generally the health and the hygienic are lost to both baby and the mother on account of forcing the pregnant lady for the cesarean instead of the Natural pregnancy. All the allopathic doctors and public should understand through reading this book. In addition to that I request you all to assist for the Natural delivery.

The most important note is that you should be practicing either breathe practices whatever you know or whatever breathe practices I taught for you. The Second note is advising the pregnant ladies to support the cradle. Third notification is giving fomentation through the hot water either by the cotton towel or the hot bags which are available at the shops. When the pregnant ladies follow the above mentioned notifications those would be good for the Natural pregnancy.

LOTUS BIRTH

Giving birth into the water is called Lotus birth. Already we have seen that proper temperature is required to the body to give the birth. Likewise sitting into the warm water and giving birth to a baby is called Lotus birth. If you search through the internet you would come to know so many videos and you can understand out of those videos.

The pregnant ladies who they want to give birth through the method of Lotus birth should make some preliminary concerts for that. First of all you have to organize one huge bathing tub as if it is convenient she stretches the legs. Suppose if you have such kind of tub already at your house you can use that. The persons who they do not such kind of tub can handle this method.

We can purchase the kids rubber tub and use that. As soon as the delivery pain begun we should start the hot water

fomentation and the breathe practice. As soon as got the delivery pain when the pregnant lady sits into the warm tub the baby would come easily.

Nobody should worry that the baby would die by drowning into the water. Because already the baby has been inside of its mother's womb and as soon as born it does not start to breathe. Suppose if the baby born into the water we are going to take away the baby .so do not worry. There are some important notes to be followed consciously:

By sitting into the cold water and giving birth to the baby would delay the delivery. On other hand it is not the proper way for delivery. Because already we have seen that the heat is essential for the delivery. On the contrary if we try to give birth through the cold water the total body would be cooled thereafter the back bone would not expand easily. The pain would increase so it is not advisable to sit into the cold water to give birth for the baby.

Similarly you should not sit inside of the more boiled water. More over delivery is not a predictable one any time that may happen. So you should prepare yourself for bring that much hot water simultaneously. For example instantly we can use the water heater, Gas stove, or for boiling the water. Therefore you should prepare yourself strong that in need of the surplus of hot water would be required during the time of delivery. You cannot depend upon the

ordinary Gas –stove and that is not strong enough to boil much water instantly.

Just try to understand that it is necessary to give birth through the Lotus birth .It is an option only. As well as it would delay to prepare for the lotus birth through the kids water tub because we should pump the air and effort much. Also there is a chance of breaking through the rubber tub. We should analyze so many angles and perceive merits and demerits before give birth to a baby by way of watching so many videos. Especially the family members should know all the techniques of the delivery.

QUESTION: if the novel tubes span the baby during the time of pregnancy what we can do?

Sometimes there is chance of spinning the novel tubes around the baby during the delivery. In that kind of crucial situation the scan and force us to undergo cesarean. But it is not necessary.

During such kind of situations they should be doing Aswinee Mudra continuously. When they are doing continuously those knots and spins are extricated automatically. So the pregnant ladies should learn how to do the Aswinee Mudra.

Aswinee Mudra is a kind of practice abbreviating and expanding our anaus. If you go to the vethathri iya yoga center you may know more. So it is more advisable to practice the yoga during the time of

pregnancy and delivery.

If you want more clarification concerning the novel tube spinning you can clarify through Baslur Rah man's books. As well we can watch his videos through the internet.



Question: what we can do when the child's head, hand or leg is emerging first during the time of delivery?

Generally it is casual emergence of the child's head, leg or hand during the time of delivery whether we drag out or it itself .Some time either the hand or leg would come first ,but doctors would fear us that we should undergo for the cesarean otherwise that would harm both mother and the baby. Actually that is not the truth.

In that course of time our ancestors have extricated the baby by means of handling some strategic techniques. Let us learn those techniques we too. When the part of head is coming out slowly drag the head the baby would come out. Suppose if the hand or the leg comes out side first that would be very difficult.

During that time we should make the child to lie towards upside and anoint some

giggle oil or custard oil and apply the head of the baby to turn towards the delivery passage. If we apply this application continuously that would help for the Natural delivery. Just you ask about this technique along with your grand ma or grand pa they would say yes.

Previous 50 years back our ancestors were giving birth through these techniques. But the Allopathic medicine had intruded each and every country and forced the paradoxical methods along with the public about the Natural delivery. The media is so support to this.

When 100 more mothers are giving birth to babies through the Natural Delivery. Out of that only 5 or 6 children would have been affected. During that time the media, T.V, magazine are establishing as ginty issue. The Medias are doing these kinds of propagandas by force of the Allopathic.

Particular place one child has died on account of not going to the hospital likewise they would be repeating the same news and register in the public mind.

They have motivated us if we do not go to hospital would that happen even to our child. No one should believe the media. The persons who believe the media do not believe the Natural delivery. Moreover do not say that you knew me because you are living the world which media news only true.

There is an example that only the Medias are cheating. Recently the Medias were spreading the news about the Dengue fever. They had been spreading the news that somebody has lost their life in that village and this village. But they won't publish about the news of the recovery news of Dengue fever.

Never have they published the news that so many persons have been recuperated from the Dengue fever by way of hearing Helar Baskar speech. Have you ever read the news that so many persons have been recovering from the sugar, blood pressure without taking the treatment and tablets. Please try to understand that purposely they have created the negative prints in your sub-conscious mind.

They have been doing the unreal propaganda in order to develop the fear inside of the public that the children would die if they did not have the vaccination. I am necessary to write an article more than 100 pages in order to announce you how the media is disappointing you. Please try to understand that we are in need of writing an article for this kind of things. Do not believe the media, believe only the GOD. The Natural delivery is a gift. Unless both the father and mother are happy the child would born through the Natural delivery. When we are afraid of the dangers along with the negative thoughts such kinds of difficulties happen to the Natural delivery. So believe the Nature and the GOD.

Suppose if the hand or leg come first during the delivery the associate should apply the custard oil or the gingili oil and turn the child's head towards the delivery passage. As soon as the child comes outside that would be covered by the mucus, blood, water and the white layer. We have to wash these wastages clean. Some time they use the hot water to wash .washing these wastages through the cold water is better than washing by hot water.

First of all if the cold water touches the baby would be so preventive life –long without any kind of cold disease. On the contrary if we wash the baby through the hot water life-long the baby would undergo all kind of disease like fever, cold and cough. Those kinds of people would hesitate to take bath in the cold water, well –water, river water and they would be afraid even wet in the rain.

On account of taken the bath in the cold –water as soon as born from the mother's womb the person would be living hygienically without fall in any disease. As soon the delivery we should give bath to both mother and the baby. When that time the novel would have stretched just one or one and half feet. The remaining part of the Novel tube and the Amnion pot would be inside of the mother's stomach.

After took the bath mother can feed to the baby. when the mother feeds first of all there may be the saturated milk. The total part of the immunity force of their heredity



like mother, Grandmother is contended in this saturated milk.

After the mother fed to the baby, the mother should wait for the second delivery. During that time the poisonous novel tube would come out. The mother may need the rest on account of given the birth to a baby after a long time struggle.

The mother can take tea, soup or milk anything thereafter she can take a rest a while. The body, mind, soul would be energized after the rest. Now she can do the breathe practice, balancing with the cradle, Fomentation for the stomach, back whatever she did before the delivery. These practices would be convenient for the second delivery which I above mentioned.

When power in the body, happiness in the mind, all the novel tubes would have come out. If those do not come through the first delivery the remaining part would have come in the second delivery. When both mother and the baby are separated we should wash the novel tube, because there may be the stain like blood, mucus and water.

Nowadays after the delivery by leaving some distance of novel tube and

they would make a knot. But it is not natural. We should not disconnect like that if that should be disconnected they would have disconnected before the delivery.

Disconnecting the novel is unnatural, because all the knowledge, philosophy of the life, different civilization, and language is hidden in that novel tube. We should be waiting till all those before mentioned knowledge are uploading in each and every cell of the body. Hereafter I do not want to explain more because already I have explained on the topic called Maruti Sugaprasavam.

If you search through the goole(the delay cut of the amblicable cord) you may have more information. Now only the countries like German, America are delaying to cut the amblicable cord because of the benefits .when both the mother and the baby are benefitted by delaying the cut of the amblicable cord after only 2 minutes .When they delay for only two minutes the benefit is surplus as well when they delay for 2,5 days of delay to cut the Amblicable cord how much benefits they would have received. This is the significance of the Country child. So when you browse the topics like Lotus birth, Maruti delivery you would understand so many truth.

How to conserve the Novel tube
We should pulverize the salt and mix the turmeric powder thereafter we should add the lavender oil, neem leaf powder through the white cotton cloth. We should spread

these 4 ingredients on the white cotton cloth for one inch thickness. Now we should keep that novel cord again we should spread on the novel cord as if it is concealed by these powders later we should conserve along with the baby.

We should be waiting for the novel tube to be disconnected spontaneously; after that is left from the baby we should separate that through the knife. Thereafter we should make the novel tube as powder and fill-up in the locket and tie with the baby.

This novel tube is so valuable .you can conserve this novel tube in four ways

1. Save through the bottle.
2. Save through the locket
3. Save at your house
4. Save at your relative house.

Nowadays the hospital authorities are receiving the novel cord on the name of “stem cells conservation” and they sale to foreign countries for more cores. At any cost do not sale the novel thread .That is invaluable and that would be more helpful one day if the child is in any dangerous situation. During that serious time if we mix that powder in the milk and dispense to the child that would reinstate the whole cells. This is called stem cells.

Those fellows made us to refrain all those scientific habits as the name of superstitious belief and now they sale the same subjects in different name. The whole novel cord of all children is being conserved



at an experimental center at Antarctica. They expect that there is a great disaster to the world during that time they have planned to regenerate the new babies through those conserved D.N.A and R.N.A. In addition to that they have planned to slave those conserved children.

It is advisable to bury the novel cord at the south side of your house along with your kith and kinds. So be prepared for the Natural delivery suppose if any bad incident happened you during the time of delivery do not worry .Again you practice my above mentioned notes and be prepared for the Natural delivery. Let GOD bless you.

The persons who they want the Natural delivery may study Mr.Basloor Rahman's books like “women only for you” “The Natural Delivery through the divine way”

If you want more information concerning the clarification of the Natural delivery please contact the below mentioned Telephone numbers.

- | | |
|------------------|----------------|
| 1.Mrs.Gayathri | -91 9443040660 |
| 2.Mrs.Saideve | -91 9790602414 |
| 3.Mrs.Alageswari | -91 9942118080 |

4.Mrs.Manimolzhi -91 9600779081
5.Mrs.Gomathi -91 8883332768

This is the first part of the Natural delivery, here after I would continue with so many in formations. More over we are going to deal about mentality of the family members and what sort of difficulties they envisage. As well as what sort of conflixtions are developing when you go to the hospital for the delivery. How to face all those difficulties? How to get the birth certificate suppose if the child is born at house?

As well as we are going to know about the victims Mr.satheesh and Mrs.Nandhnee who they have been afflicted by the Government officials .How they could escape from those brutal persons?

Let us have the country child,
Let us live happily
Let the agriculture grow,
let the reform the Administration.
Let the smile on the universal persons
Let the spirituality grow. Live the long life.



THE MOST IMPORTANT ANNOUNCEMENT

There is a little change in the soap manufacture

I am helar baskar had published an article how to manufacture of 10 soaps at house itself. We should use the caustic soda to manufacture the caustic soda .it would take 30 days to reduce its power. It is advisable to use that soap after that 30 days. Using instantly the caustic mixed soap would develop some itching problems. So it is advisable to use after 30 days. I have missed to say about this information through the videos while I was speaking also in article. I heart fully I excuse everybody to forgive me for that mistake which happened without my knowledge. Hereafter I would be so aware not to make such mistakes.

There is reason for speaking about the soap manufacturing because I have been speaking since this 8 years you not to use the soap for the bath instead of that please use the natural herbals like sekkai, herbal powder and green gram powder.

But there is no chance of reducing the usage of soap so when I was thinking what is the solution to change this trend .i met one soap maker at Madurai. He explained me elaborative through an experiment about the demerits of the soap usages.

Then I decided to develop an awareness in to the society due to that I have been preaching throughout India and some foreign country not to use the

chemical soaps believed that the public would have an awareness not to use the soaps but on the contrary they started to purchase the soaps from the soap makers and became the dealer for them instead of producing themselves from their house. I do not say you to purchase particular brand soap contrary I say you to produce yourself.

Try to understand the concept of the self-oriented life .Cannot you start an own company and produce your day to day needs yourself. There are so many persons are producing and selling the soap but they do not teach anybody how to make the soap. I have approached so many persons but nobody has taught me anything except Mr.Prasanth from Tirpur. His method of teaching was very good. We can produce all sorts of soaps like bathing, washing and vessels cleaning soaps.

Nowadays I happened to hear some good news that so many persons are producing the soaps themselves. Some persons are raising the cross questions ask those questions persons why you cannot speak about that soap manufacture. So everybody speak towards the society whatever you know .That is why Vethathri Maharishi established one world yoga center at Aliyaru, Pollachi.

Again I request you not to use the caustic soda made soap before 30 days.

NOTIFICATION TO SUBSCRIBERS

After Fill- up the Application completely in order to receive the magazine `Amaithiyum Arogyamum` After Subscribed by paying the annual subscription the magazine would come to your door step.

Inform immediately us in case the delay or undelivered of the Magazine.

The Magazine would be send to your change of Address if you inform during the change of your address.

On other hand inform to your friends and relatives with regard to this magazine and help to become the subscribers to this.

When the renewal of your subscription, please mention the number, date, of the subscription without fail.

Editorial Board

Writer

Thiru. Healer Baskar

Anatomic Therapy Foundation, Cbe.

Editors

Thiru. Sukumar, Pollachi.

Thiru. Mahalingam, Pondicherry.

Thirumathi. Manimozhli, Trichy.

Thiru. Sundarrajan, Srivallipurur.

Thiru. Premkumar, Cbe.

Design

Thiru. Vijay, Cbe.

Office Team

Thiru. Anandraj, Manager, Kovai.

Thiru. Boopathy, Asst. Manager, Kovai.

Thiru. Srinivasan, Reporter, Chennai.

Thiru. Ravi, Reporter, Kovai.

Thiru. Nandhagopal, Reporter, Kovai.

Printed : **Shanmuga Process**, Sivakasi.

AMAITHIYUM  **AAROKIYAMUM**
Monthly Magazine

No. 69, NSK Street, Selvapuram, Coimbatore - 641 026.

✉ amaidhiyumaarokiyamum@gmail.com

🌐 www.amaithiyumarokiamum.com

Helpline : + 91 88838 05456

For Your Vision

All the associates of our Magazine Amaithiyum Arogyamum` are praised. The receipt has been affiliated along with this month edition for the subscribers who they have received their receipts.

In addition to that the subscribers may fill up the applications who have not submitted can submit either courier or e mail to our office address.

With Regards

Thanks You...



Owned Published and Printed by : S.S. Baskar Published from No. 191, Ramamoorthy Pathai, Housing Unit, Selvapuram North, Coimbatore - 641 026 and Printed at Sri Aathi Lakshmi Graphics, 14/33 Sivan Koil Cross Street, Kodambakkam, Chennai - 24.

Post Reg. No. CB/133/2016-18

RNI No. TNBIL/2013/58540

Dated : 5th August 2013

20 | FEB 2018

www.amaithiyumarokiamum.com



AN IMPORTANT ANNOUNCEMENT

TO THE SUBSCRIBERS



I have been leading the magazine “Amaithiyum Arogyamum” since so many years. I have been leading the magazine with a view that I should deliver many new subjects after researched without receive any tributes and advertisements from the business industries. We have changed some amendments so I want to inform you.

Every month i use to speak through the Medias like you tube, T.V, Face book about the Articles which I go to write in the Magazine by the reason that it should reach the public fast.

We send all my magazines to the public with the free of cost through E-mail, whatsapp as the form of pdf file. During the time of 5days camp we down load through the pen drive, hard –disk by the free of cost to public. More over we send all my audios, videos by the free of cost if the participants give us the request to the below mentioned E-mail address.

On account of the information are reaching to the public shortly through the medias like internet my subscribers have been reducing .Even though I do not bother about that because my knowledge is reaching to millions of public through so many ways rather than the printing magazine.

Even though the subscribers are less for the Magazine on other hand when we send those magazines through the expenditure of printing, courier, postal are so high, more over there are more complaints that the subscribers do not receive the magazine.

So we have come to the final conclusion that we are going to stop that printing and publishing work within APRIL 2018. Meanwhile we have decided to send the magazine through the E-mail in the form of pdf till 2019.you can take print out. On the contrary if any one who wants to object this reformation can get –back their money back.

The new subscribers can receive their magazine through the E-mail on the pattern of pdf. Every month up to 15th they may receive the magazine. You may take the print out either color or black and white.

Further

Contact: 91 8883805456

www.amaithiyumarokiammum.com

Thank you

Yours lovingly
Healer baskar



THE ART OF HUMAN TO LIVE AS HUME

THE FIVE DAYS CAMP

Entry Fees
Rs. **5000/-**
Food &
Accommodation




Medicineless Medicine,
The smell of mind,
Yoga, Meditation, Breathe Exercises,
The natural food, The Art of Love,
Self-Employment Art,
The world politics, Neuro Threphy,
The banu house education,
The plantain leaf bath,
more usefull topics.

APR 13 to APR 17 (2018)
MAY 09 to MAY 13 (2018)

Programme Venue

NISTAI The International
Life Style Centre

No.1, Lakshmi Nagar, Near Paripoorna Estates, Kovaipudur, Coimbatore - 641 042.

+91 88706 66966  www.anatomictherapy.org

Anatomic Therapy Foundation

Presents

NATURAL PREGNANCY IS A GIFT

Special Guests

Mrs. Manimolzhi, Mrs. Gomathy, Mrs. Sai devi,


The one day special one day program
to which direct us for the Natural Pregnancy.

DATE: 06.05.2018 - SATURDAY | TIME; 9.30AM TO 5.30PM | ENTRY FREE

Venue :

NISTAI The International
Life Style Centre

No.1, Lakshmi Nagar, Near Paripoorna Estates,
Kovaipudur, Coimbatore - 42.

+91 88706 66966  www.anatomictherapy.org



ATF 182