

Nirvana

Explore Ishaan's divine techniques to end the dark
age of Kali Yuga, initiate a new World Order
and the rise of another Golden Age



GEORGE CYRIAC



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Kali Yuga, initiate a new World Order and the rise of another
Golden Age

By George Cyriac

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QUOTE

**"From delusion, lead me to the truth,
From darkness, lead me to light,
From death, lead me to immortality."**

— *Brihadaranyaka Upanishad*

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DEDICATION

To my parents, whose unwavering dedication and endless sacrifices have shaped me into the person I am today.

To my beloved wife, Tiara, for your unwavering love, support, and belief in me, and to my little one, Ivaan, whose laughter and curiosity remind me of the magic in every moment. You both are my greatest inspirations.

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PREFACE

Nirvana is a work of fiction that brings to life an extraordinary dialogue between a child named Ishaan and God. Ishaan is no ordinary child—he is a gifted prodigy who has devoured hundreds of books from a young age. Driven by a passion for biology, healing techniques, and the mysteries of life, Ishaan feels compassion for all living beings and he is profoundly disturbed by the cruelty toward animals as well as the destruction and loss of life caused by wars and natural calamities. However, Ishaan’s extraordinary mind is burdened by a physical illness that has plagued him since birth—he suffers from a series of genetic disorders that have left his body frail and weak. Despite his vast intellect, Ishaan endures constant pain and each day he prays fervently for a cure, longing for the day when he might find relief from his suffering. One night, Ishaan’s boundless curiosity fuelled by his longing for healing leads him into a dream where he encounters God. Born with a rare and debilitating condition, Ishaan has spent his life searching for answers, hoping to free himself from the chains of his illness.

What follows in this dream is the divine revelation that Ishaan’s suffering has not been without purpose. That he has been chosen—not merely to be healed—but to play a divine role in the turning of the age. God initiates him into his destiny as ‘*Kalki*’, who will end this Kali Yuga, the current long and turbulent Age of Darkness, and begins teaching him the eternal techniques that will form the foundation of a new World Order. As the dream unfolds, Ishaan is taught the governing laws of *Body Luck*, the underlying framework by which life *situations* and *events* are shaped through lifestyle and bodily well-being. He learns the sacred art of *Spell Healing*, a meditative technique capable of restoring the body and mind, thereby healing illnesses that have no cure in modern medicine. God reveals the mysteries of *Spell Transcription*—the ability to make ground breaking scientific discoveries and uncover lost truths through the focused power of the human mind. Ishaan is also introduced to the concept of *Quantum Signs*—subtle omens and symbolic reflections that reveal the future encoded in the present. Through these teachings, Ishaan is transformed—not only in body and spirit, but in destiny. Armed with this ancient wisdom, he is tasked with restoring balance to the Earth, reviving harmony among all living beings and guiding humanity back into another Golden Age—an era of absolute peace, radiant health, and joyful coexistence that it once knew and has been lost.

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THE DREAM

Scene: A starry, infinite expanse where Ishaan finds himself floating. A warm, glowing presence surrounds him.

Ishaan: (Looking around in awe) "Where am I? And... who are you?"

God: (In a calm, resonant voice) "You are in a space of your own making, Ishaan. And I am who you think I am—call me God if that feels right to you."

Ishaan: (Eyes widening) "You're... God? Really? Why have you decided to appear before me?"

God: (With a serene expression) "Because you've been asking questions, Ishaan. Big questions! I thought it was time we talked."

Ishaan: (Excited, but with a tinge of desperation) "So you heard me! I mean, I think about so many things—about life, about health, about why people hurt each other, why animals suffer... but mostly about my own illness. Why is it that despite all the advancements in medicine, I'm still so sick? Why is there no cure for what I've had since birth?"

God: (Gently) "I hear everything, Ishaan. Every thought, every question. Tell me what troubles you the most?"

Ishaan: (Voice trembling) "It's this. I've been ill my whole life—my body is weak, and no one seems to be able to fix it. I've spent so much time wondering... Why are there still so many illnesses without a cure? Why do some people suffer so much? Why does healing feel so out of reach, even when we have so much knowledge and technology?"

Ishaan: (Pauses, eyes filling) "And... it's not just that, God. Why do you let wars happen—wars that kill innocent children who just want to play, learn, and laugh like I do? Why do some kids go to bed hungry, scared, and alone? Why do people fight over land, power, or beliefs while the innocent are crushed in between? Why are you letting all of this happen?"

God: (Pausing briefly) "I can relate to your pain, my child. I see it. I feel it. And it is precisely because of your deep compassion, your brilliant mind, and your unshakable courage that I have chosen to appear to you now."

God: (Speaking with compassion) "Your concerns are not only valid—they echo through the soul of the Earth itself. This suffering, this chaos, this endless cycle of war, famine, and disease... it does not arise from my absence. No, Ishaan! I govern this universe according to eternal laws—laws that are unchanging, precise, and beyond mortal whims."

God: (With a touch of sadness) "It is the ignorance and neglect of these divine laws that invite destruction, that open the door to conflict, to imbalance, to calamities both natural and man-made. Humanity has wandered far from alignment with the Truth."

God: (Pausing briefly) "But there exist elegant, sacred methods—forgotten in this dark age of Kali Yuga—that can restore balance, health, and peace. Techniques once known by sages and seers, now buried under the noise of the modern world."

God: (With a gentle, compassionate gaze) "I wish to teach you these methods, Ishaan. I wish to pass on the eternal wisdom that can lift this world from darkness and guide it into a new Golden Age—an age where harmony reigns, where every child is safe and where no heart goes hungry for love, peace or bread."

God: (Pausing briefly) "You have been chosen, not by chance, but by purpose. Your compassion and brilliance are not just admirable Ishaan—they are essential to this divine mission. You are to become the voice of these eternal laws—the one who will help restore divine order to this planet."

God: (With a look of determination) "My son, will you accept this sacred destiny?"

Ishaan: (Leaning forward, a storm of eagerness and doubt in his voice) "So... you're saying there's a higher way? A deeper truth that can not only heal me but also rescue this world from the chaos it's drowning in? But God... I'm just a boy. Fragile, flawed. How can I possibly become a beacon in this darkness? How can you expect me to lead humanity out of its suffering?"

God: (Speaking thoughtfully) "I have chosen you for the strength you've shown in overcoming relentless adversity. Your intellect is formidable. I will show you how to restore your body, and once your health is regained, nothing will stand in your way. You will carry out this divine mission: to restore order to this planet and to bring relief to the suffering of hapless individuals worldwide."

Ishaan: (Eyes lighting up with a glimmer of hope) "If such a divine solution exists, then I am ready—fully and without hesitation—to learn it, live it and carry it to others under your guidance. I will give everything, even lay down my life if needed to spread this sacred truth and awaken a suffering world."

God: (Smiling gently, eyes filled with wisdom) "This is exactly why I have chosen you, my son. Your heart is pure and your spirit unshakable. So, let us begin this journey. The path ahead will challenge you—but what you are about to uncover will awaken a power far greater than you've ever known. Trust in the divine wisdom that already resides within you—it is more profound than you imagine."

A spark of hope flickers in Ishaan's heart and a sense of calm washes over him—he feels that the answer to his illness is close, and for the first time he dares to believe that healing is within his grasp.

THE CONQUEROR AND THE MYSTICS

Scene: The dream continues. Ishaan and God are seated amidst a tranquil garden of light, with floating globes of energy illuminating their surroundings.

God: (Pausing briefly) "To begin with, let me share a story about a king you know well from your readings—Alexander the Great."

Ishaan: (Eyes lighting up) "He was one of history's greatest conquerors. He built an empire stretching from Greece to India. And Aristotle, his teacher, was one of the greatest philosophers—a thinker who shaped our understanding of science, ethics, and knowledge."

God: (Nodding) "True. But Alexander's journey to India was not just about conquest; it was also about seeking wisdom. Aristotle had told him that India was a land of profound knowledge, home to sages who understood truths beyond the material world."

Ishaan: (Curious) "Sages? I read about them. But Alexander was all about power and conquest. Why would he care about sages?"

God: (Smiling) "Because even the mightiest kings sometimes yearn for answers that gold and swords cannot provide. When Alexander reached India, he heard of a sage named Dandamis, known in India as Dandi-Swami, who lived deep in the forest. Alexander sent a messenger to summon him, offering gold and threatening violence if he refused."

Ishaan: (Frowning) "That sounds like Alexander—imposing his will. What happened next?"

God: (With a victorious grin) "The messenger, navigating through untamed wilderness finally came upon the sage. There he lay, serene and unbothered, on a simple bed of dried leaves beneath the canopy of ancient trees. His life was one of utter simplicity—he owned nothing, lived in harmony with nature, and embraced the world as it was, unbound by material possessions or clothes."

God: (With a contagious laugh) "The messenger, clad in the regalia of his master's might, proclaimed, '*The great King Alexander wishes to meet you. He offers gold equal to your weight in exchange for this honour. Refuse, and your head will roll.*' Dandamis laughed at the messenger and said, '*I am unafraid of death. My soul is eternal and beyond the reach of swords or kings. Leave me be.*'"

Ishaan: (Amazed) "He wasn't afraid? Even of Alexander?"

God: (With a satisfied expression) "Not at all. Dandamis understood that the soul is the true essence of life, unbound by material possessions or power. When Alexander heard

this, he was struck by the sage's courage and wisdom. Instead of forcing him, Alexander went to meet Dandamis himself."

Ishaan: (Leaning closer) "What did they talk about?"

God: (Speaking boldly) "The two engaged in a conversation that would echo through the ages, recorded in both Greek chronicles and Indian lore. Dandamis spoke of the futility of conquest and the bloodshed it entailed. He reminded Alexander that the Earth belongs to no one, for many before him and many after him would make the same fruitless claims of dominion. '*What truly matters,*' the sage said, '*is the soul, eternal and divine, untouched by the fleeting illusions of power.*'"

God: (With a nurturing tone) "Alexander, for all his ambition, was humbled by these words. The encounter left a mark on him. Another sage, Kalanos, a disciple of Dandamis, even joined his journey back to Persia, drawn by the opportunity to share this wisdom and teachings with the Greeks."

Ishaan: (Thoughtful) "That's... deep. But Alexander didn't stop conquering, did he?"

God: (With a soft sigh) "No, he didn't. But the wisdom he heard from Dandamis and the presence of Kalanos lingered in his thoughts, perhaps more than he ever admitted."

Ishaan: (Surprised) "Kalanos? What happened to him?"

God: (Smiling confidently) "Kalanos amazed Alexander's soldiers with his resilience and calmness. Despite his advanced age, he exhibited remarkable endurance during the arduous journey, faring better than many of Alexander's soldiers who succumbed to exhaustion and peril."

God: (Pausing before speaking) "Upon reaching Persia, Kalanos made an extraordinary request: he wished to end his life through self-immolation, a practice foreign and shocking to the Macedonians. Though Alexander tried to dissuade him, Kalanos remained resolute. As a gesture of respect, Alexander ordered a funeral pyre to be built. Before stepping into the flames, Kalanos distributed his costly gifts to his friends but offered the king only a parting message: '*We shall meet again in Babylon.*'"

God: (With a calm demeanour) "True to his word, Kalanos ascended the pyre with unshakable calm, his body consumed by the fire as the Macedonian soldiers watched in awe. Remarkably, Kalanos did not flinch or move as the flames consumed him, maintaining an almost otherworldly composure that left even the hardened warriors speechless. His prophecy lingered in Alexander's mind, for at the time, Babylon was not part of his immediate plans. Yet fate, as if guided by the sage's words, drew Alexander to Babylon, where he would meet his untimely death."

Ishaan: (Eyes widening) "And Alexander died in Babylon? That's incredible!"

God: (In a calm, reflective tone) "Yes. His prophecy lingered in Alexander's thoughts, shaping his steps as though fate itself were answering the sage's parting words. For all his power, Alexander was unable to escape the destiny foretold by Kalanos. Dandamis and Kalanos had left him with profound truths that resonated far beyond their encounters: the greatest treasures are not empires or riches but the soul—eternal, unyielding, and unbound by the illusions of earthly power."

The conversation leaves Ishaan deep in thought, eager to explore the deeper truths of life and healing.

TATVAMASI

Scene: The dreamscape changes to a serene forest clearing bathed in golden light. Ishaan and God sit cross-legged on a soft bed of grass as the conversation continues.

Ishaan: (Curious) "God, you've spoken about the soul and how it is so profound. But how can I understand it better? And how does understanding the soul help us heal the suffering of others?"

God: (Smiling) "That's a wonderful question, Ishaan. What you're asking touches on the essence of life itself. To truly grasp the nature of the soul, we need to explore a profound Hindu philosophy known as *Advaita Vedanta*. It reveals the connection between the soul, the universe, and the ultimate reality. I'll explain it to you in detail."

Ishaan: (Eagerly) "I know that Adi Shankaracharya was an important teacher of *Advaita Vedanta*, but beyond that, it gets...complicated."

God: (Nodding) "Let's start with the basics. *Advaita Vedanta* is a '*non-dualistic Vedic philosophy*'. The word *Advaita* in Sanskrit translates to '*not two but one*', emphasising that all is one and indivisible. It teaches that there is no separation between the soul—what we call Atman—and Brahman, the infinite universal consciousness. All is one."

Ishaan: (Frowning slightly) "All is one? But we see so many differences in the world—people, animals, trees, even the stars. How can everything be the same?"

God: (Gesturing to the clearing around them) "Look at this forest. You see individual trees, each with its own shape and size. But beneath the surface, their roots are connected to the same earth, drawing nourishment from it."

Ishaan: (Nods slowly) "So, even if things look separate, they're part of one system?"

God: (In a calm, reflective tone) "In *Sanatana Dharma* or Hinduism, it is believed that all living beings—plants and animals alike—possess a soul and share a divine connection. This profound understanding of interconnectedness inspired ancient Indians to revere their environment, treating plants, animals, and all forms of life as sacred."

God: (Smiling proudly) "*Advaita Vedanta* teaches three key principles that help us understand this unity:

- **Brahman Satyam:** Brahman, the universal consciousness, is the only ultimate truth. It is eternal, infinite, and the source of all existence.
- **Jagat Mithya:** The world as we perceive it is an illusion, a projection of Maya—the cosmic veil of ignorance.

- **Jivo Brahmaiva Naparah:** The Atman, or individual soul, is not separate from Brahman but is Brahman itself."

Ishaan: (Processing) "Pardon me, so the world we see isn't real?"

God: (With a patient smile) "Maya doesn't mean that something is entirely imaginary; rather, it signifies that what we perceive is not the ultimate truth. Consider it like a dream—it feels real while you're in it, but upon waking, you understand it was merely a projection of your mind. Maya also refers to how a person's existence and self-centredness can obscure their ability to see the truth. It teaches us that reality holds profound depths beyond its surface. Simple interactions, which we often take for granted can reveal significant insights when viewed with awareness and spiritual realisation."

Ishaan: (Intrigued) "And the Atman? That's the soul inside each of us, right?"

God: (Gently) "Yes. *Advaita Vedanta* teaches that, in its purest form, the Atman within you and all beings is not just a reflection of the Brahman—it is Brahman itself. The same divine reality resides in everything, unchanging and eternal."

Ishaan: (Frowning slightly) "But, God, how can I be the same as you?"

God: (Thoughtfully) "Consider it this way—within every living cell of the human body dwells the metaphysical essence known as the soul. This soul is inherently one with me. In essence, at the very core of your being, you are divine."

God: (Pausing to let the point sink in) "Ishaan, to help you understand *Advaita*, let me explain a phrase from ancient Indian philosophy called *Tatvamasi*, which translates to 'Thou Art That' in English. It's one of the four *Mahāvākyas*, or Great Sayings, in the *Upanishads*. This phrase holds a profound meaning."

Ishaan: (Nodding warmly) "*Tatvamasi*? I've never heard of that before. What does it mean?"

God: (With a serene expression) "*Tatvamasi* means that you are in essence, the divine being itself. It conveys the idea that the ultimate reality, the universal consciousness is not something outside of you, but it is your soul's true nature."

Ishaan: (Smiling gently) "It's starting to make sense to me. So, this Sanskrit phrase means that our soul is not separate from the divine but actually part of it."

God: (With a calm, guiding tone) "Exactly, Ishaan. The phrase expresses the unity of the self with the eternal Brahman. It teaches us that there is no real difference between your soul and the divine consciousness; they are one and the same."

Ishaan: (With a knowing smile) "That's incredible! So, *Advaita* philosophy isn't just about understanding the world, but it is also about realising our divine nature?"

God: (Smiling warmly) "Yes, precisely Ishaan. *Advaita* philosophy teaches that the true nature of reality is non-dual, meaning everything is interconnected and ultimately one. The goal is to realise this oneness through self-inquiry and spiritual practices. This realisation not only brings profound peace and understanding but also liberates the soul from the cycles of suffering, revealing the infinite freedom and bliss of true existence."

God: (Excited) "You see, Ishaan, Indian philosophy—particularly *Advaita Vedanta*—stands unparalleled in its vision of self-realisation compared to other philosophical traditions around the world. Its focus has always been on awakening the ignorant being to its divine nature and uncovering the essence of existence."

God: (Determined) "Ishaan, have you ever heard the story of the *Kasturi Mriga*—the musk deer—from the *Upanishads*? It's a beautiful tale that reflects the core teachings of *Advaita Vedanta*."

Ishaan: (Smiling warmly) "No, God, I haven't. But it sounds intriguing. What's the story about?"

God: (Smiling) "Well, let me share it with you. Once upon a time, a musk deer was roaming through a dense forest. Suddenly, it caught a whiff of a mesmerizing fragrance—musk. The scent was so enchanting that the deer became obsessed with finding its source."

Ishaan: (Excited) "That sounds exciting. What did the deer do?"

God: (With a nurturing tone) "The deer started searching everywhere, tirelessly rummaging through the forest. It climbed hills, crossed rivers, and braved harsh weather, all in pursuit of the scent. The deer was fearless and relentless in its search."

Ishaan: (Looking curious) "Did it ever find where the smell was coming from?"

God: (Sighing softly) "Not in the way the deer expected. One day, during its restless pursuit, the deer accidentally fell from a cliff and was gravely injured. In those dying moments it finally realised something profound."

Ishaan: (Eyes widening in surprise) "What was it, God?"

God: (With a knowing glance) "The musk it had been searching for all along wasn't coming from anywhere outside. It was emanating from its own body—from a gland near its rectal area. The deer spent its entire life seeking something it already possessed."

Ishaan: (Looking regretful) "That's so sad but also so deep. The deer never needed to search, did it?"

God: (With a sad smile) "Exactly, Ishaan. This story is a profound metaphor for human life and a perfect illustration of *Advaita Vedanta*. Like the deer, people often search for divinity, self-realisation, or even healing everywhere but within—unaware that the true source of fulfilment and strength resides within themselves."

Ishaan: (With a concerned look, cutting in) "The essence of what we are seeking is already within us!"

God: (Looking triumphant) "Precisely, Ishaan. The deer's journey mirrors our own struggles and distractions in life. Whether it's through the metaphor of the musk deer or the wisdom of *Tatvamasi*, the message is the same: What you seek is already within you. Recognising this truth is the essence of self-realisation."

Ishaan: (Eyes brimming with happiness) "Thank you, God. This story will stay with me forever. It's such a beautiful way to explain such a profound truth."

God: (Smiling dreamily) "You're most welcome, Ishaan. Always remember, the journey outward may be long and tiring, but the journey inward is where the real treasure lies."

Ishaan: (Eyes brimming with happiness) "So, this power within us—the soul—is the driving force for the eternal technique you're going to teach me?"

God: (Smiling) "Exactly, Ishaan. But it isn't a single method—it's the combination of three techniques that will bring about the solution to the crisis the planet and humanity now face. All of them, however, are rooted in the philosophy of *Advaita Vedanta*."

Ishaan: (Curious) "If I may please ask—what are these techniques? Do they have a name, God?"

God: (Nodding curiously) "They are *Body Luck*, *Spell Healing* and *Spell Transcription*. These techniques are profoundly interconnected and rely on each other to achieve the best results. Additionally, some minor principles such as *Quantum Signs* need to be discussed."

Ishaan: (Worried) "These terms sound unfamiliar and overly technical. I just hope I'll be able to grasp and understand them."

God: (Smiling warmly) "Don't worry, my child. If you fail to understand them, then I have failed you as your teacher. You were chosen for your compassion and ability to understand and assimilate complex ideas quickly."

Ishaan: (Smiling) "Thank you, God. I'll give it my best. With your guidance, I'm confident I'll be able to master them."

God: (Gently) "You will not only comprehend them, my son—you will refine and expand them further and share this wisdom with the whole world. I have no doubt!"

The conversation leaves Ishaan energised and curious, his mind alive with questions and eagerness to uncover the true meaning behind these powerful techniques.

LIVING THE VEDANTIC DREAM

Scene: The dreamscape shifts to a vast library of light, with books floating in the air and glowing with an inner radiance. Ishaan and God sit at a table made of shimmering energy, deep in conversation.

God: (With a gentle smile) "Ishaan, have you heard of Swami Vivekananda? He was one of the brightest spiritual lights of modern India."

Ishaan: (Excitedly) "Oh yes, God. I've read about him. He was an amazing speaker and represented Hinduism at the World's Parliament of Religions in Chicago. His speech began with '*Sisters and Brothers of America*,' and it is said that the audience gave him a standing ovation."

God: (Nods warmly) "Indeed, Ishaan. That speech was not just about words; it carried the power of truth and the essence of universal love. He reminded the world of the unity of all faiths and the divinity within every soul."

Ishaan: (Curious) "I know he was a disciple of Ramakrishna Paramahansa and talked about Vedanta."

God: (With an energetic nod) "Swami Vivekananda was a beacon of *Advaita Vedanta*. While the philosophy itself is ancient, Vivekananda brought it to the masses in a practical, relatable way. He called it '*Practical Vedanta*'."

Ishaan: (Curious) "*Practical Vedanta*? What does that mean?"

God: (With a gentle smile) "It means applying the principles of *Advaita Vedanta* to daily life. Vivekananda taught that we are not just physical beings bound by limitations—we are divine. Each one of us carries the essence of the supreme consciousness, Brahman. By realising this, we can live with confidence, strength, and purpose."

God: (Gently) "Vivekananda believed that divinity is not something outside us but something within us, waiting to be realised. One of his teachings was, '*The living God is within you*'. He emphasised that to see God, we must first see the divine within ourselves and others."

Ishaan: (Nods slowly) "That the Atman is not separate from the eternal Brahman."

God: "Exactly! Vivekananda's brilliance lay in simplifying profound truths. He also encouraged people to believe in themselves, saying, '*He who has no faith in himself can never have faith in God*'."

God: (Smiling) "He said: '*Manifest the divinity within you, and everything will be harmoniously arranged around you*'. When you align with your true nature, you tap

into immense inner strength and wisdom. This is what he meant by *Practical Vedanta*—living with the awareness of your divine potential and acting with compassion and confidence."

Ishaan: (Brightens) "That's so inspiring. But wasn't Vivekananda also trying to bring people together?"

God: (With a radiant expression) "Very much so. At the Parliament of Religions, he spoke of the unity of all faiths. He said that truth is one, though people may call it by different names. He reminded everyone that we are all connected, part of the same divine whole."

Ishaan: (Eagerly) "He even founded Vedanta Societies in Europe and America, right?"

God: "Yes Ishaan. From 1893 to 1900, his speeches inspired the creation of these societies, spreading the timeless wisdom of Vedanta far and wide. His mission was not just to teach but to awaken people to their shared divinity, regardless of culture or creed."

Ishaan: (Smiling) "It's amazing how he made such deep ideas sound so simple. He really wanted people to believe in themselves."

God: (Clearing throat pointedly) "That's why his teachings endure, Ishaan. Vivekananda believed that awakening our divine potential wasn't just a spiritual pursuit—it was the key to transforming the world. The techniques we will explore today are all part of *Practical Vedanta*."

Ishaan: (Determined) "I want to learn more about him and how to practice various techniques in *Practical Vedanta*. If everyone realised their divinity, the world would be so much better!"

God: (Smiling warmly) "That's the spirit, Ishaan. Keep exploring, and remember, just as Vivekananda said: '*The living God is within you*'. When you act with faith, courage, and love, you manifest that divine truth in the world."

Ishaan's eyes gleam with newfound inspiration, his young heart carrying the timeless message of self-belief, unity, and divine potential.

THE PHYSICS OF UNCERTAINTY

Scene: The dreamscape shifts again. Ishaan and God now sit amidst a shimmering, star-filled void, with vibrant particles zipping through the air like tiny fireflies. The setting feels alive, pulsing with the mysteries of the quantum world.

Ishaan: (Looking around in awe) "This place feels... different. Everything is connected but also unpredictable. Is this the quantum world?"

God: (Smiling) "Indeed, it is the quantum world—a realm of subatomic particles like electrons and protons that follow an entirely different set of rules than those of classical physics."

Ishaan: (With a thoughtful pause) "I know about the double-slit experiment. If you don't observe the electrons, they create an interference pattern, like waves. But if you measure which slit they go through, the pattern disappears, and they behave like particles. It's almost as if observation changes reality."

God: (Leaning forward) "Exactly, Ishaan. Quantum physics is the science of subatomic particles—like electrons, protons, and neutrons—that make up the atom. Unlike the everyday world we experience, where objects are solid, finite, and measurable with precision, the quantum world follows a very different set of rules. At that scale, things behave in ways that appear strange or even '*spooky*'. For example, particles such as electrons don't exist as fixed objects when left unobserved; instead, they exist as probability waves or energy fields, spread out across space. Only when they are measured or interacted with do they suddenly '*collapse*' into a definite position and acquire measurable properties like mass. Once the interaction ends, they return to their uncertain, probabilistic state. This bizarre behaviour—so different from classical physics—has puzzled even the greatest scientific minds. Some physicists have even drawn philosophical parallels, suggesting that the quantum world hints at a deeper interconnected reality beyond what our senses can directly perceive."

God: (With a serene expression) "But what modern science does not yet fully understand is that this strange quantum behaviour may hint at something profound. If the very building blocks of matter can exist in states of pure probability until they are observed, then reality itself is not as rigid as it appears. In this view, even the most finite things in the universe may be influenced by consciousness, intention, or awareness. This opens the door to the idea that we are not merely passive observers of reality but active participants in shaping it. The flow of events, then, may not be random but can be guided in ways that align with deeper, timeless principles—the very '*eternal rules*' we are discussing today. "

God: (With a thoughtful smile) "Take sodium and phosphorus atoms: the only difference between them is the number of protons, neutrons, and electrons within the

atom. At the quantum level, these particles exist as probability waves, waiting to collapse into form when interacted with. If one could influence these energy fields, then in principle, sodium could reappear not as sodium but as phosphorus. This shows how reality at its core is fluid, allowing for a great deal of manipulation."

God: (Leaning forward) "By manipulating atoms and sub-atomic particles, I can bring about change in ways both subtle and immense. I can spark changes that cause birth defects in a developing foetus, cause a short circuit that ends the lives of thousands, or, on the other hand, heal the sick, restore damaged organs, and turn scarred tissue into healthy, living cells. Body luck, spell healing and spell transcription are ways to align with this deeper power, allowing you to heal your body, uncover long lost truths and influence the course of your own destiny. All of this is made possible by the hidden, mysterious laws of quantum reality—the unseen rules that govern the particles and energy beneath all matter. Through them, even the seemingly impossible can be made possible."

Ishaan: (Eyes wide, leaning forward) "Pardon me, are you saying it's possible to regenerate tissue—like turning damaged liver cells back into healthy ones—just by controlling quantum outcomes? That sounds incredible. But... how? How could you even begin to do something like that? We're talking about outcomes at such a tiny scale—how do you even reach that level of control? And what does *Advaita Vedanta* have to do with any of this?"

God: (With a tone of certainty) "You are challenging the possibilities of *Advaita Vedanta* by focusing on the scale of just one atom. But now imagine that applied to an unimaginably vast number—quadrillions upon quadrillions of atoms, along with their countless subatomic particles, all being influenced and manipulated in this way. In *Advaita Vedanta*, the Atman—your innermost self—is the same as me. I am the root cause of all existence, the underlying force that governs classical physics, quantum phenomena, and the intricate web of interactions that sustain the entire universe."

Ishaan: (With a trace of enquiry in his expression) "I understand now, God. It's a bit difficult to accept initially, but it's starting to make sense now."

God: (Smiling) "Ishaan, your thoughts, when powered by the soul, have the potential to heal and regenerate your organs, mind, bones, and any part of your body. This forms the foundation of *spell healing* therapy, which we will discuss soon. Not only that, by influencing quantum outcomes as in *spell transcription*, any physical medium can be manipulated, thereby uncovering long-lost truths or unlocking radical technological breakthroughs."

God: (Gesturing thoughtfully) "I, as the Supreme Brahman, maintain the universe as per eternal laws, working silently by influencing quantum outcomes. This allows me to influence events in quiet, precise ways. I can, for example, by manipulating quantum outcomes, cause a device to malfunction, trigger genetic mutations that lead to cancer,

or prompt a thought that gently shapes a person's decisions. Whether it's a world leader making a critical decision or an ordinary person navigating daily life, I can influence their actions and interactions. The quantum world offers me a flexible foundation through which the physical world can be influenced without force—just quiet adjustment!"

Ishaan: (Looking intrigued) "But God, why would you use quantum manipulation to bring about cancer in someone's body?"

God: (Nodding warmly) "My son, I maintain the cosmos as per eternal laws. I don't take sides or feel emotions such as compassion, love or pain—I simply manipulate the quantum world to bring about outcomes according to these laws."

As the shimmering particles around them pulse with quiet certainty, Ishaan feels a flicker of unease beneath his growing curiosity—a nervous feeling born from his lack of understanding of the vast, unchanging laws that govern even his own hopes.

ANATOMY OF CHANCE

Scene: Ishaan stands alone in the middle of a flooded river, water rushing fast beneath a dark churning sky. Floodwaters rise around his knees, swirling with debris and memories. From the rising waters, God's form emerges, reaches into the torrent, and lifts him gently. The waters recede. Together, they stand on dry ground.

God: (With a victorious grin) "It's time to talk about *Body Luck*—the first and core governing principle in *Practical Vedanta*. Ishaan, I want you to listen closely. What I'm about to share may seem complex at first and it might take some time to sink in fully. I'll introduce the concepts gradually and reinforce them through repetition to ensure complete understanding. And don't worry about remembering every word. When you wake up, you'll find a book titled '*Nirvana*' by your bedside, complete with all our discussions. For now, just focus on understanding, not memorising."

Ishaan: (Excitedly) "I understand God. Thank you so much."

God: (Smiling proudly) "As we discussed earlier, at the heart of every human cell and the cells of any living organism, resides a tiny metaphysical entity called the soul. An organism, depending on its size and complexity, is often made up of trillions of these cells, organised into various organs. As a result, a powerful metaphysical soul field exists within the body of every living being, whether it's a human, a dog, a cat, a plant or any other organism. Various Hindu scriptures have detailed descriptions about the nature and properties of the soul. The Bhagavad Gita explains the soul's journey after death with a profound analogy: '*Just as a person discards old clothes and puts on new ones, so the embodied soul discards worn-out bodies and enters new ones*'. The concept of soul was central not only to the Indian tradition but also to many other ancient cultures around the world."

God: (With a radiant expression) "Ishaan, body luck is the main reason behind most of the positive and negative experiences in a person's life. It operates in two primary modes: *body luck situations* and *events*."

God: (With a contemplative look) "Owing to the presence of the divine soul in every living cell, the current health status of one's bodily organs, both positive and negative, is constantly mirrored in the individual's external circumstances. On the negative side, internal imbalances such as low vitality, nutritional deficiencies, chronic fatigue, fatty liver, diabetes, autoimmune disorders, and other chronic conditions can manifest outwardly as marital discord or divorce, financial debt, interpersonal conflict, criminal involvement, war, disharmony, work pressure, and similar hardships."

God: (With a knowing look) "On the positive side, healthy internal organs, cellular vitality, physical stamina, and mental clarity often manifest externally as material wealth, marital harmony, good reputation, intellectual pursuits, peace, happiness,

wealth and other positive *situations*. These outward reflections, both positive and negative of the body's internal biological condition in one's external circumstances is referred to as the *body luck situation*. The *body luck situation* signifies a relatively steady positive or negative state within the body, with minimal internal fluctuations or changes."

God: (Pausing to let the point sink in) "The second operating mode is the *event*, which reflects a positive or negative shift in the bodily state. When a group of cells or an organ begins to deteriorate—whether due to an unhealthy lifestyle, ageing, or disease—it emits a kind of metaphysical distress signal. These subtle signals draw misfortune to the individual by compelling me to influence life *events* in a negative direction. As a result, external *events* begin to mirror this internal decline: accidents, relationship clashes, betrayal, crimes and even serious harm may occur."

God: (With a serene expression) "While such *events* are often dismissed as random or attributed to human choices, in reality, they are precisely orchestrated by me, responding to triggers that arise from the bodily soul. On the positive side, when there is an improvement in the health status, such as the healing or strengthening of organs, this gives rise to positive *events*. They may manifest as sudden financial gains, the resolution of marital conflict, legal victories, or other fortunate outcomes."

God: (Pausing to let the point sink in) "It is important not to confuse *body luck situations* with *events*. The *body luck situation* reflects the current internal state of a certain aspect of your body, either positive or negative, whereas the event represents a significant change, either positive or negative in that bodily *situation*. *Body luck situations* often persist over extended periods, during which the affected aspect of the body remains in a relatively stable positive or negative state. Meanwhile, the actual *event* that triggered this state may have concluded in a matter of days. Winning a lottery that elevates you from poverty might continue in effect for the rest of your life, while the lottery winning *event* is usually over in a span of a few weeks. Mistaking *events* for *situations* is like believing the body's condition is stable, when in reality, it is either worsening or improving. Also, from now on, we will collectively refer to bodily luck *situations* and or *events* as *occurrences*."

Ishaan: (With understanding) "Thank you for explaining this in so much detail, God."

God: (With a loving smile) "Consider, for example, a housewife in India whose husband is working in the Middle East. She feels the emotional strain of their long separation, loneliness, anxiety, a sense of disconnection and finds it difficult to cope. This persistent emotional and physical state reflects her *body luck situation*. Over time, she begins to take conscious steps toward improving her well-being. She adopts major lifestyle changes, incorporates essential supplements she had previously lacked, and begins practising yoga and pranayama regularly. Gradually, her health and vitality begin to improve. Then, unexpectedly, her husband receives a job offer from a reputable firm in their hometown—with better pay and benefits than his position abroad. This

fortunate development allows them to reunite and live together again. This sudden, positive shift in their bodily status or *situation* is a classic example of an *event*, an external blessing triggered by internal biological and energetic improvement."

God: (Pausing to let the point sink in) "Similarly, for an individual living in India, the war in a faraway country like Ukraine represents a negative *body luck situation*, an external reflection of a subtle degradation in certain minor internal bodily parameters. However, for someone living in Ukraine, it is a far more serious *body luck situation* due to the closeness of that individual to the war zone. This grave bodily *situation* can trigger frequent negative *events* in the form of injury, death, or the destruction of homes and infrastructure. For someone with a good understanding of body luck, the most economical and effortless path to ending the war is through adopting a Nirvanic lifestyle—one that naturally restores bodily wellness and inner harmony."

Ishaan: (Reflecting) "Please correct me if I am wrong, God. The *body luck situation* is like a snapshot of one or more aspects of your current internal state: the health of your organs, the vitality of your cells, and the energetic balance within you. It's stable and ongoing and manifests as good or bad *situations* in the real world. An *event*, on the other hand, is a turning point—a shift in that state. It could be a sudden improvement or decline that gets reflected in your outer world through *events*, opportunities or challenges. It's the soul responding to the changes happening. Events are often short-lived, whereas situations can persist for a long time."

God: (With a gentle gaze) "Ishaan, you're already understanding it very well. As the eternal Brahman, I subtly manipulate countless quantum outcomes to manifest these *situations* and *events*, all in accordance with the laws that govern existence. The more severe the internal damage, the more intense will be the distress signal and more serious the outward *situations* or *events*. For instance, an alcoholic who repeatedly harms their internal organs may begin to lose everything: family, career, respect, and financial stability. While addiction may appear to be the cause, it is I who orchestrate these *events* and *situations*, through countless controlled adjustments at the quantum level. Their downfall is not accidental; it is a direct response, a carefully arranged reflection of their internal state. When nerve cells die, as in Alzheimer's disease, it may result in moments of confusion, shame, or social issues. These external *events* are also shaped by me, mirroring the internal dysfunction."

God: (Pausing to let the point sink in) "I script the narratives that play out in people's lives, shaping their experiences. Whether it's a street dog biting you or your partner's betrayal, I arrange these *events*—not as punishment, but as mirrors of the worsening internal state. Conversely, when healing or restoration occurs within the body, the effect is reversed. As cells recover, I adjust the flow of life to bring joy, success, love, and peace. The same force that once ushered in hardship now paves the way for happiness. Thus, restoring the body and preventing its degradation through lifestyle and spell healing forms the cornerstone of the body luck technique."

God: (With a relaxed tone) "A thorough understanding of this technique could lead to a world characterised by absolute peace and harmony among individuals, communities, and nations alike. Marital conflict would become a rarity. With the aid of spell healing and a Nirvanic lifestyle, global cooperation and harmony would emerge, freeing the planet from the grip of the wretched '*Kali*'. Most people today live their entire lives unaware of the body luck connection. They assume that the *occurrences* in their life are random or that their suffering is a form of punishment. But the truth is that they are intimately tied to their physical health, diet, habits, and ageing. People often search for answers outside, never realising that both the cause and the solution lie within themselves."

God: (Pausing to let the point sink in) "I shape your good and bad days, not with favouritism, but by responding to the body's condition. Everything is guided through the precise manipulation of quantum outcomes. I do not favour or punish anyone. I simply respond. War, natural disasters, and relationship conflicts are increasing because humanity has embraced unhealthy living and abandoned traditional ways. Alcohol, processed foods, and disconnected lifestyles send out distress signals, and as always I respond with negative *occurrences*."

Ishaan: (Curiously) "I think I'm starting to understand God. Everything we thought about life seems wrong after what you just explained. It feels like the things that happen to us, both good and bad *occurrences*, are a kind of feedback about our bodily health. But I still don't fully understand what spell healing means, God."

God: (With a cheerful grin) "Feedback is actually a wonderful and positive way to look at it, Ishaan. If you're willing to improve your lifestyle and take charge of these *occurrences*, then feedback fits the description perfectly. And, spell healing is a form of powerful meditation that can gradually heal and restore both the body and mind. It can even help people recover from serious conditions like spinal injuries, diabetes, genetic illnesses, and reverse the effects of ageing, creating a generation with an unusually long, healthy lifespan. We will talk more about it later. For now, know that spell healing is an essential practice in *Practical Vedanta*; it helps the body heal, thereby turning body luck in your favour."

God: (With a steady tone) "A good analogy for understanding humanity's current *situation* is to imagine a world populated entirely by blind people. They can't see what's right in front of them, yet they live busy, so-called advanced lives that ignore and break the very laws shaping their present and future. Most have grown so accustomed to this blindness that they will resist any new ideology, even something that could open their eyes, transform their lives, and spare the planet and its beings from the looming ecological disaster caused by chasing endless growth."

God: (With a serene expression) "The potential of a food or lifestyle habit to either attract or repel a troublesome *event* is measured by what's known as the body luck index, which is graded on an eleven-point scale: *Extremely Positive*, *Very Positive*,

Clearly Positive, Moderately Positive, Slightly Positive, Neutral, Slightly Negative, Moderately Negative, Clearly Negative, Very Negative, Extremely Negative.

- **Positive scores** indicate that the substance or practice tends to protect health, nourish the body, and thereby reduce the risk of negative *events* while promoting positive ones.
- **Negative scores** indicate a greater likelihood of harming health, significantly increasing the risk of negative *events* and potentially obscuring positive ones."

God: (Pausing to let the point sink in) "Exact grades are impossible because the index shifts with the person's age, health status, gender, time of day, and crucially, the amount and frequency of consumption. Still, the following table offers a general body luck index for many common foods and lifestyle patterns in an averagely healthy individual."

God: (With a knowing look) "

- Poison (any amount): Extremely Negative
- Alcoholic beverages (1 standard drink, ≈ 45 mL at 40% ABV): Very Negative
- Energy Drinks (1 can, ≈ 250 mL): Very Negative
- Soft Drinks (1 can, ≈ 330 mL): Clearly Negative
- Fast Food (1 burger meal): Clearly Negative
- Cold Desert / Pastry: Clearly Negative
- Cakes made with refined flour and white sugar (1 slice, ≈ 50 g): Clearly Negative
- Smoking (1 cigarette): Clearly Negative
- Binge-watching till dawn (1 night): Clearly Negative
- A meaty diet with little or no vegetables (3 consecutive meals): Moderately Negative
- Instant Noodles (1 packet, ≈ 70 g dry): Moderately Negative
- Commercial Milk Chocolate (40 g bar): Moderately Negative
- Packed Biscuits & Snacks (1 small pack, ≈ 30 g): Moderately Negative
- Processed Wheat Flour (Maida) (1 cup of product, ≈ 100 g): Moderately Negative
- Cold Deserts (1 serving, ≈ 100 g): Moderately Negative
- Ice Cream (1 scoop, ≈ 75 g): Moderately Negative
- Insufficient water consumption or dehydration (1 whole day): Moderately Negative
- Skipping Breakfast (1 day): Moderately Negative
- Deep Fried Snacks (1 small serving, ≈ 50 g): Moderately Negative
- White Bread (2 slices, ≈ 60 g): Moderately Negative
- Preservatives (typical daily intake from processed foods, ≈ 0.1 g): Moderately Negative
- Sleeping after 2 a.m. (1 night): Moderately Negative
- Sedentary workday with no physical activity (1 day): Moderately Negative
- Chilled Water (1 glass, ≈ 250 mL): Slightly Negative
- Rice ($< 10\%$ bran) (1 cup cooked, ≈ 150 g): Slightly Negative

- Coffee (1 cup, \approx 240 mL): Slightly Negative
- Tea (1 cup, \approx 240 mL): Slightly Negative
- White Sugar (1 tsp, \approx 4 g): Slightly Negative
- Overuse of Mobile Devices Before Bed (1 night): Slightly Negative
- Excess Workout (1 prolonged high-intensity session, \geq 2 h): Slightly Negative
- Wheat Jaggery Cake (1 slice, \approx 40–50 g): Slightly Negative to Slightly Positive
- Jaggery (1 Tbsp, \approx 15 g): Slightly Negative to Slightly Positive
- Honey (1 Tbsp, \approx 15 g): Slightly Negative to Slightly Positive
- Lukewarm Water (1 glass, \approx 250 mL): Neutral to Slightly Positive
- Yoghurt (plain, 1 cup, \approx 150 g): Slightly Positive
- Regular Walking (30 minutes): Slightly Positive
- Spending Time in Nature (1 hour): Slightly Positive
- Multi Grain Bread - No artificial additives (2 slices, \approx 60 g): Slightly Positive
- Fresh Fruits (1 medium fruit or 1 cup diced, \approx 150 g): Slightly Positive
- Steamed Vegetables (1 cup cooked, \approx 150 g): Slightly Positive
- Cooked Rice (with \geq 50% bran) (1 cup cooked, \approx 150 g): Slightly Positive
- Home-cooked Balanced Meal (carbs + protein + veggies): Slightly Positive
- Early Dinner and Sleeping between 9–10 p.m. (7 nights): Moderately Positive
- Yoga Practice (7 consecutive days): Moderately Positive
- Japanese Water Therapy (7 consecutive mornings): Moderately Positive
- Massage with Medicated Ayurvedic Oils (once a week): Moderately Positive
- Fasting (with adequate hydration) (1 day): Moderately Positive
- Consistent Sleep Schedule (7–8 hours per night): Moderately Positive
- Ayurvedic herbs such as Ashwagandha, Licorice, Brahmi, Tulsi etc (optimal usage for 1 month): Moderately Positive
- Limiting added sugars (including jaggery and honey) for one month: Clearly Positive
- Magnesium, B12, Zinc, Iron, Calcium and Vitamin D supplements (optimal dose in deficient individuals for 1 month): Clearly Positive
- Spell Healing (4 hours daily for 15 days): Very Positive"

Ishaan: (With a determined look) "This list is destined to revolutionise human lives! Thank you, God."

God: (With an annoyed sigh) "I will now give you a list of common negative *events* that can result from consuming foods or engaging in lifestyle habits with a negative body luck index. Keep in mind, Ishaan, these are *events* and not *situations*. Some of these *events* may arise from a single indulgence, others may require repeated exposure, and some might take years of abuse or underlying chronic health conditions to manifest."

God: (Glancing down, considering) "

- Dropping a phone or electronic device and damaging it
- Unexpectedly waking up late and rushing through the morning

- Unexpected traffic jam on the way to work
- A vehicle accident damaging your fence
- Neighbours suddenly complaining about loud music from your house
- Receiving a utility or tax bill higher than expected
- Getting locked out of your home or car
- Losing personal items like keys or wallet
- Unexpected expense (e.g., car repair, appliance breakdown)
- Last-minute cancellation of plans or appointments
- Unexpected packed schedule at work
- Unexpected call from the school regarding your child's behaviour
- Sudden argument with a colleague or boss
- Miscommunication leading to confusion or conflict
- Missing an important deadline or appointment
- Sudden conflict with your spouse or partner at home
- Internet or power outage during important work
- A friend not returning the money you lent them
- Receiving bad news while already stressed
- Falling ill before a key event or meeting
- Minor accident or injury (e.g., sprain, cut, etc.)
- Flight or train departing late
- Virus suddenly infecting your computer or mobile
- Sudden cyber attack on personal or company resources
- Child falling sick on a work-critical day
- Losing money in the stock market
- Your flight being diverted mid-journey due to a medical emergency or bomb threat, ruining your plans
- War breaking out in a distant country affecting crude oil prices
- Divorce or separation from your spouse
- Divorce or separation involving a close relative
- Train derailment occurring near your home
- News of a gang rape in your town or city
- Theft of valuables or property from your home or workplace
- Accused and caught engaging in criminal activity
- Minor sexual offences committed against you or a close relative
- Wrongfully accused of committing a crime
- A whistleblower leaks info in the news that a well-known aircraft manufacturer knowingly released planes with faulty parts
- A friend or relative dying in a plane crash caused by technical failure linked to unethical design practices by the aircraft manufacturer
- Terrorist attack in your town or city
- Your country going to war with a neighbouring nation
- Serious sexual offences such as rape committed against you or a close relative
- Death of a close relative

- Threat of a nuclear attack from a neighbouring country
- News of a comet on a trajectory toward Earth with possible impact in the next 10 years"

God: (With a serene expression) "Now, let's talk about the positive side of things. Achieving positive outcomes or favourable *events* in life requires a great deal of discipline, as restoring and rejuvenating the body demands far more systematic effort than harming it. Age and genetic factors also play a significant role, as cellular ageing and death naturally tend to negate body luck over time. Following is a list of common positive *events* that can result from consuming healthy foods or following healthy lifestyle habits associated with a positive body luck index:"

God: (Letting a smile linger) "

- Receiving a heartfelt compliment or message of gratitude
- Spontaneous act of kindness from a stranger
- Reduced frequency of conflicts with your spouse
- Improved behaviour of children at home
- Receiving a sincere apology from a friend or relative over a misunderstanding
- Uncovering the truth about a long-standing family issue
- Peaceful resolution of a family conflict
- Experiencing a break through in therapy or self-development
- Able to clear bad reputation at work with improved physical and mental faculties achieved through spell healing
- Improvement in your child's chronic health condition
- Good news from medical tests or screenings
- Promotion at work
- Landing a dream job or new opportunity
- Getting a visa or immigration approval
- Strong academic performance by your children
- Your child gaining admission to a top school or college
- Reconnecting with a long-lost friend or family member
- Resolving issues with your spouse and ending a separation
- Achieving an important personal goal (e.g., weight loss, marathon completion)
- Peaceful and joyful family gathering after a long time
- Receiving unexpected financial help or support
- Overcoming a major illness or health condition
- Becoming debt-free
- Recognition or award for personal or professional achievements
- Successful launch of a business or project
- Favourable verdict in a legal dispute
- Finding a lost valuable item
- Inheriting property or wealth
- Character transformation of spouse or kid through spell healing

- Natural conception after a period of infertility
- Sudden travel opportunity or dream vacation
- Winning a lottery or unexpected prize"

Ishaan: (Determined) "I understand, God. It's immensely profound."

God: (Speaking with excitement) "The nature of these positive or negative *events* often provides information regarding the bodily aspects that are improving or deteriorating. These *events* are not random or meaningless; they carry subtle messages that reflect the bodily aspect that is undergoing change. For example, forgetting an important name, particularly in front of family members or colleagues, may point to a decline in memory or cognitive sharpness. On the other hand, performing well and gaining appreciation in a public quiz or exam may suggest a positive improvement in brain function."

God: (Pausing to let the point sink in) "Losing significant amounts of money could symbolically reflect worsening nutritional deficiencies or a decline in vitality within the body. Power outages are often associated with fluctuations in blood sugar levels, sleep deprivation, fatigue, and other related issues. Likewise, losing signal while watching TV might reflect a temporary dip in mood-related chemicals, such as dopamine or serotonin, resulting from fatigue or sleep deprivation."

God: (With measured words) "In some cases, a physical injury to the lungs or liver during an accident might mirror the worsening internal damage in these organs caused by habits like heavy smoking or drinking. Finding a strand of hair in your food could suggest a worsening digestive issue, perhaps your body would struggle to break down or absorb that particular food. Worsening academic difficulties in school might reflect imbalances in brain chemistry or a decline in focus, memory, or learning abilities. In case of serious or repeated adverse *events*, it's important to take charge of the developing *situation* and make necessary changes in one's lifestyle, and seek professional help to understand what's going wrong. It's unwise and premature to judge yourself or others based solely on the nature of these *events*. Instead, use them as cues to seek professional help and correct one's nutritional status, lifestyle, and habits."

God: (Pausing to let the point sink in) "These negative *events* are not downright declarations of organ failure; rather, they are early indications of cellular damage or functional decline. However, when multiple negative *events* occur repeatedly, over time, they may point to a more serious, ongoing health situation. For instance, your job represents a medium for receiving resources needed for daily living through monthly salary. Ongoing *situations* at work, such as poor performance, inadequate salary, financial issues with the company, etc. may symbolically reflect cellular insufficiencies caused by digestive issues, poor diet or critical deficiencies."

God: (With measured words) "Cells in your body may be struggling to receive or manage the energy and raw materials it needs to function. In this grand design, outer

life *events* act as mirrors of changes in inner health. They offer the opportunity for early awareness and timely correction, allowing the wise to prevent deeper imbalances before they manifest as illness or catastrophic *situations*. Life, in this sense, becomes a living diagnostic tool, divinely coded and personally tailored to reflect one's inner biology."

Ishaan: (Determined) "God, I have a question. What is the difference between an expected or routine traffic jam and an unexpected one in the context of body luck?"

God: (Smiling proudly) "An unexpected traffic jam is a negative *event*, indicating that a certain aspect of your bodily health is currently degrading. In contrast, an expected traffic jam, such as those routinely experienced in metropolitan areas is a *body luck situation*. These two scenarios are fundamentally different. One signals an active shift, while the other reflects a fixed state. For example, a road filled with potholes that you drive on daily is a manifestation of your bodily *situation*. But if you get into an accident because of one of those potholes, that's a negative *event*. Any change to an existing condition, positive or negative, is an *event*. A condition that remains more or less constant is a manifestation of your current health status and is a *situation*."

Ishaan: (Curiously) "Thanks for explaining this, God. Are there any life *occurrences* that happen, which are not connected with body luck?"

God: (With a calculating gaze) "All *occurrences* in an individual's life are reflections of their internal biology and the changes that occur within it. While other forces, such as will, desire, dreams, and negative thoughts, also influence life, body luck remains the primary and governing force. The routine bodily processes, such as digestion, assimilation, detoxification, growth, reproduction, and excretion, are mirrored in daily life through various *situations*. When any of these processes starts to weaken or become inefficient, they tend to manifest externally as unpleasant life *events*. The intensity of these *events* matches the severity of the changes that are happening. The root causes of such issues may be due to cellular ageing, poor lifestyle choices, unhealthy diet or chronic health conditions."

Ishaan: (With a curious expression) "God, are all accidents, such as road accidents, considered *events*?"

God: (Thoughtfully) "To answer this, it's important to first understand the context in which the question is being asked. From the perspective of someone directly affected, an accident is experienced as a negative *event*. For someone more detached—say, analysing the numbers from a distance—it becomes only a negative *situation*. For example, saying '*there are nearly 1,000 road accidents in my area every year*' reflects a negative *situation*. But if the frequency of those road accidents begins to rise due to some reason, then that reason becomes a negative *event*, worsening the existing bodily *situation*. There are several subtle layers to grasp here. A road accident may involve multiple negative *events* simultaneously: it might be a financial loss, the death of a

friend, or a psychological impact such as fear or anxiety. Life circumstances can be both events or situations in different contexts."

God: (With a compassionate look) "For some individuals connected to the road accident, the experience may be a complex blend of both positive and negative *occurrences*. For hospitals or emergency services, while the accident is undoubtedly tragic, it may also lead to increased revenue. In the upcoming Nirvanic state, such contradictions will be eliminated by design."

God: (Pausing to let the point sink in) "Let's say you're already in a difficult financial situation, and your brother is seriously injured in a car accident. This *event* will worsen your financial burden and deepen your existing debt *situation*. On the other hand, if someone insults your character in public, it may be emotionally distressing but does not necessarily affect your financial *situation*—because the *situation* and *event* are unrelated. For an *event* to meaningfully alter a *situation*, it must be related. Unrelated *events* do not worsen a particular *situation*. The most damaging combination, then, is when a negative *situation* is followed by a related negative *event*—this suggests that a specific aspect of the body is already weakened and is now undergoing further deterioration."

God: (With a curious glance) "As another example, and to further emphasise this point, imagine a couple who have been together since their early teenage years, got married, and are living happily. If they start damaging their bodies by indulging in this so-called modern lifestyle, then just a few carefully planned negative events related to married life would be enough from my side to separate them. The line between harmony and conflict is extremely fine, so it's important to exercise caution in one's lifestyle choices."

Ishaan: (Excited) "God, this truly shows how technical and scientific body luck is!"

God: (With a gentle tone) "Think about it, Ishaan. Before the industrial era, people consumed far fewer packaged and processed foods laden with preservatives, artificial flavourings, and harmful chemical additives. In the time before home refrigeration, meals were typically prepared fresh and eaten shortly after cooking, preserving both nutritional value and biological harmony. Today, however, a different reality prevails."

God: (Pausing to let the point sink in) "Many individuals unquestioningly accept what advertisements and so-called experts promote, rarely pausing to consider that the difficulties they face—whether physical, emotional, or situational, are forms of feedback. These challenges are not random; they are signals from the body, indicating its distress with the lifestyle it is being subjected to. The normalization of excessive non-vegetarian food consumption and complete ignorance about body luck have contributed to a sharp rise in chronic lifestyle diseases such as diabetes, fatty liver, obesity, hypertension, and autoimmune disorders."

God: (With a weak smile) "On a collective level, the world appears to be slipping into increasing violence, selfishness, addiction, conflict, and cruelty. These, too, are not coincidences. They are, in essence, collective body luck feedback about the overall biological status of humanity as a whole. Wars, environmental collapse and natural disasters are not random acts of chaos. They are orchestrated by me, the eternal Brahman, as urgent signals to awaken humanity to the consequences of its choices. Yet most remain unaware of this profound connection. The concept of body luck, which links internal biological harmony to external life experiences, is completely forgotten in this dark age of Kali Yuga."

Ishaan: (Concerned) "I understand, God. It is deeply heartbreaking."

God: (With a calm demeanour) "But we now stand at the threshold of a sacred era, one in which you will share this ancient knowledge with the world. As awareness grows, humanity will gradually move away from its current path, a way of life marked by environmental damage, technological overload, and habits that, though modern in appearance, disrupt the body's natural energy and biology at a deep level. In place of this unsustainable model, there will be a return to traditional ways of living, centred on simplicity, inner peace, harmony with nature, and selfless cooperation."

God: (Pausing to let the point sink in) "These values won't need to be imposed; I will ensure they will naturally resurface as people begin to understand that the outer world is a mirror of the body's inner rhythms. Lifestyle diseases and chronic health conditions, once considered inevitable or incurable, will become rare and reversible. In this Nirvanic paradigm, spell healing, grounded in the principles of *Advaita Vedanta*, will rise to prominence. It will be embraced as a powerful and effective path to restoring balance, vitality, and true well-being."

Ishaan: (Admiringly) "I understand, God. These techniques are truly profound."

God: (Leaning back comfortably) "Ishaan, the *events* and *situations* you encounter every day are like results emerging from a highly sophisticated laboratory. Negative *occurrences* serve as warnings against degraded or degrading health, often caused by harmful lifestyle habits and the presence of degenerative illnesses. Ignoring these warnings can lead to increasingly unpleasant, even violent *events*, which are external manifestations of the body's worsening internal health and balance."

God: (Pausing to let the point sink in) "Consistent negative *events* in life often culminate in medically diagnosable diseases as they are indicative of chronic degrading changes happening in the body. In contrast, a life shaped by practical education, access to essential technological advancements and guided by virtues such as kindness, happiness, peace, and simple living in harmony with nature, free from excess and extravagance, reflects a body and mind in proper balance and harmony."

Ishaan: (Smiling) "I understand, God. This is truly a divine insight."

God: (With a questioning look) "The real question one must consider is: why do life *events* themselves turn positive or negative in response to changes in one's health status?"

God: (Speaking with clarity) "The reason is this: At any point in time, the physical body manifests itself in all the individual's connections in the external world. The body's internal state is mirrored outwardly in a vast network of reflections, including:

- The health and well-being of close family members, friends, relatives, and community members in varying degrees depending on the relational closeness
- Nature of relationship with close family members, friends, relatives and community (e.g., harmonious or strained)
- Pet animals and their health
- Material possessions such as wealth, gadgets, vehicle, home etc.
- Professional status and qualifications
- Intellectual talents and achievements
- Religious inclinations
- Artistic talents and inclinations
- General conduct of the individual and morality
- Lifestyle habits and routine
- Character traits and inner inclinations
- One's general bodily health, external looks and physical activities
- Ambient climatic conditions and environmental health, such as pollution levels, weather stability and ecological balance
- Social and geopolitical context—neighbourhood crime rate, national level situation like peace, conflict or war
- The harmony and synergy between individuals in the community or nation
- The wealth and prosperity of the nation"

God: (Leaning back slightly) "All of these aspects are subtle extensions or echoes of the body's internal state. Now, consider this: when the body either degrades or heals, the external environment must shift accordingly to reflect this updated internal state? The task of adjusting these external reflections to match the body's new internal state is carried out by positive or negative *events*. These *events* aren't random; they are explicitly triggered to recalibrate one's circumstances or *situations* in line with changes in health and inner bodily status."

Ishaan: (With an intellectual look) "Now I understand, God! But this is truly baffling. It's like saying that, people living in polluted metropolitan cities, are, in certain ways, more degraded in their health status or *situation* than those occupying lush green villages. So if these city dwellers genuinely begin to adopt a Nirvanic lifestyle and recover their bodily wellness, would you shift the quantum outcomes to create *events* that make their cities cleaner as well? These revelations are too overwhelming, God."

God: (Excited) "Bravo, Ishaan! You are absolutely right. This is exactly why I chose you, my son. Most people will find it difficult to digest—it's both thrilling and terrifying at once. One could say, in moments like these, Earth begins to merge with heaven."

God: (With a compassionate look) "By observing these *situations*—such as whether an individual is divorced, estranged from siblings, socially withdrawn, has a history of criminal behaviour, or conversely, traits of kindness and benevolence, deep intellectual passions etc., you can infer deep insights about their internal biology, almost like reading a detailed MRI scan. Some traits causing these issues may be inherent or genetic, while others stem from lifestyle influences. Yet both genetic and lifestyle imbalances can be addressed and corrected through the practice of spell healing. Importantly, this awareness is not meant for judgment or ridicule, but to guide the healing process and restore harmony in the individual's life, as well as in the lives of those connected to them."

Ishaan: (With a satisfied expression) "This is truly remarkable, God."

God: (Smiling dreamily) "I want to introduce a core concept in the body luck theory known simply as *sync*. This term refers to the phenomenon where certain *occurrences* affect multiple individuals in similar ways, either positively or negatively. For example, when a technical malfunction *event* occurs mid-flight, both pilots and passengers experience collective discomfort: disrupted schedules, heightened stress, and a shared sense of unease. In such a case, it's evident that the body luck of the crew and passengers are in *sync*."

God: (Pausing to let the point sink in) "Similarly, in a harmonious relationship, if one partner wins the lottery, the resulting financial uplift enhances the lives of both. This reflects a shared manifestation of positive body luck, a clear sign that the couple is in *sync*. On a broader level, the citizens of a nation are synchronised in terms of major political decisions. Decisions made at the top ripple outward, bringing about collective uplift or widespread upheaval, showing these *occurrences* are synchronised for the whole population."

God: (With a hesitant breath) "However, there are exceptions to this rule. A man who wins the lottery might choose not to share the rewards with his spouse, opting instead to pursue a new life with someone he finds more desirable. This divergence illustrates a lack of *sync*. Similarly, there may also be well-to-do individuals in a country who remain relatively untouched by political decisions, while the poorest citizens, those who toil each day for their next meal, feel the impact most acutely."

God: (Pausing to let the point sink in) "This disparity suggests that *sync* is more pronounced among individuals who share similar financial status or geographic proximity, as comparable external forces shape their lives. Ultimately, *sync* refers to a subtle yet powerful body luck alignment between individuals, wherein an external *occurrence* affects them along similar lines. While the direction of the resulting

occurrence—whether positive or negative—remains consistent, its magnitude and significance can vary greatly from person to person."

Ishaan: (Nodding thoughtfully) "I understand, God. This is remarkable indeed."

God: (With a gentle tone) "Following are some examples of *sync* between individuals: When it comes to accidents involving motion—whether by automobile, train, or aeroplane, the individuals involved are not randomly selected; I choose them based on their *sync*, similarity in expected negative body luck during the course of the journey. As God, if I were planning an accident during a car journey, I would ensure there is a high degree of *sync* among the passengers. This ensures that each individual will experience similar body luck during the course of the journey."

God: (Pausing to let the point sink in) "The extent of injury or distress each person experiences during the *event* corresponds directly to the magnitude of negative body luck they have triggered. However, if even one individual lacks the requisite level of imbalance, if their body luck remains relatively positive or neutral, I do not allow the accident to occur. This proves that such occurrences are never random and happen out of coincidence; they are precise, orchestrated reflections of the internal biological state of those involved and are carefully arranged by me."

God: (With a curious glance) "When it comes to salaries, perks, layoffs, and other major organisational decisions, employees within a company are often in *sync*. As God, if I am to arrange a positive *event* in which senior management announces a bonus for all employees, I first ensure that each employee possesses a similar level of positive body luck to receive that bonus and upgrade their financial *situation*. However, if even a single individual lacks the necessary degree of positive body luck to merit the reward, I will orchestrate circumstances, whether through financial constraints, policy changes, or managerial decisions—that delay, alter, or nullify the bonus distribution. This is done in accordance with body luck principles to prevent a mismatch between internal states and external outcomes."

God: (Pausing to let the point sink in) "In this way, workplace outcomes are no longer just random top-level decisions, they are precise manifestations of the collective biological states of the individuals being affected or rewarded. Although certain *events*, like a bonus, may appear positive in the short-term, their long-term impact can be negative. For some, a sudden inflow of money may open the door to destructive choices, such as engaging in high-risk sexual behaviour that leads to contracting HIV, or compromising their mental and physical health through excessive alcohol consumption or the use of synthetic drugs."

Ishaan: (Looking curious) "God, I'm sorry to interrupt, but are you saying we have no real control over our lives, that our choices are just illusions? Whether it's body luck or our thoughts shaping reality, everything is ultimately driven by deeper forces from within the soul, that you decide all *occurrences* and control is just a perception?"

God: (With a commanding presence) "The idea that your choices shape your life is merely an illusion or *Maya*. It is the interplay of body luck and your thoughts that truly steer your path. And even then, the collective destiny of humanity is ultimately decided by me. One of the most striking illustrations of this illusion can be found in the Bhagavad Gita, where Lord Krishna, in his universal form, reveals to Arjuna: '*Therefore, arise and win glory! Conquer your enemies and enjoy a prosperous kingdom. Your enemies have already been slain by Me. O Arjuna, you are but an instrument of My work, O expert archer.*'"

Ishaan: (Eyes brimming with love) "I understand now, God. These truths are deeply moving!"

God: (With a loving smile) "Don't worry, my child. It's because you are opening your eyes and seeing the light for the very first time."

God: (With a commanding presence) "Getting back to the topic of *sync*, When it comes to threats such as terrorist attacks or other large-scale violent *events*, the population of a city is not randomly targeted; their body luck is in *sync* with the *event* and its consequences. As God, if I were to orchestrate a terrorist attack in a city, I would first ensure that the current population collectively carries sufficient negative body luck to directly or indirectly experience the trauma of such an *event* and the resulting painful *situation*."

God: (Pausing to let the point sink in) "However, if even a single individual in that city possesses strong health, disciplined living, and no significant negative body luck at the planned time of the *event*, I would either cancel the terrorist attack or create circumstances for them to relocate before the attack occurs."

God: (With a quiet smile) "In this way, no *event* is accidental; it is always a precise reflection of the changes in the internal biology of those involved. Consider the case of a middle-class family. If the father begins practising disciplined living by adopting a nutritious diet and regularly engaging in spell healing, his professional and financial circumstances will begin to improve through positive *events*. This positive shift naturally extends to his wife and children, enhancing their financial and social *situation* as well."

God: (Pausing to let the point sink in) "Because the family is in *sync* in terms of financial *occurrences*, I, as God, will only inspire the father to pursue such a transformation if his wife and children also exhibit a reasonable level of discipline and bodily wellness. I do this to ensure that their general body luck trend remains compatible, so that one member's elevated positive or negative body luck does not diverge drastically from the rest, which could lead to the collapse of these principles."

Ishaan (Interrupting apologetically): "God, sorry to interrupt you. If I understand correctly, this idea of *sync* seems to be more of a concern for you—to ensure that

individuals involved in a particular *occurrence* have a similar level of positive or negative body luck to experience it. But beyond that, does it have any practical relevance or application for us humans?"

God: (With a calculating gaze) "You're right—it is mostly my concern. However, the concept of *sync* also has real, practical value. It can help people better understand their lives and recover more easily from negative *situations*. Take the example of a family where the father is an alcoholic. He comes home drunk every evening and abuses the mother in front of the children. By morning, he sobers up and apologises, and this *situation* continues daily. The children are left emotionally shaken, living in fear, confusion, and financial stress caused by the father's alcoholism."

God: (Pausing to let the point sink in) "When you look at this *situation* through the lens of body luck, it becomes clear that the father's alcoholism and abusive behaviour are not isolated; they reflect deeper imbalances within the whole family. Individual members of the family must be experiencing significant negative body luck due to reasons such as poor diet, unhealthy lifestyle, deficiencies, or health issues like thyroid imbalances, high blood pressure, diabetes, etc."

God: (With calm reassurance) "Here is where *sync* becomes beneficial: if even one member of that family decides to take responsibility and begin healing their body through lifestyle changes and spell healing, the collective family *situation* starts to shift positively. The father may gradually quit alcohol and begin to reverse alcohol-induced bodily damage through a Nirvanic lifestyle; peace and harmony will return, and financial struggles will ease. This is the magic of *sync*; when one person changes, I create *events* that support the healing of everyone else connected to them."

Ishaan (Excited): "I understand, God. It is truly remarkable."

God: (With a caring expression) "Also, when one member of a family falls seriously ill, it often points to deeper, long-standing health issues or unhealthy lifestyle patterns shared across the family. One member of that family may be having poor eating habits, another may be struggling with hormonal imbalances, and someone else might be dealing with obesity or side effects from medications like corticosteroids. These individual problems are not separate, they are all linked through the *sync* that exists between family members. The heavy hospital bills, emotional stress, and disruption that affect the entire family during such a time are not just random occurrences. I arrange them, and they are manifestations of their internal bodily state and worsening tendencies."

God: (Pausing to let the point sink in) "As God, when negative body luck caused by accumulated bodily degradation reaches a certain threshold, I am compelled to create adverse *events*. These include emotional and financial hardships—not out of cruelty, but as a reflection of the internal state and as a way to trigger awareness and change. It may seem harsh, but it is part of a greater system—not meant to punish, but to awaken."

Without change, the cycle of suffering continues. But with awareness and healing, the cycle can be broken."

God: (With eyes full of care) "To further elaborate the concept of *sync*, even if just one passenger on a doomed aircraft does not generate enough negative body luck, I will not let the air crash happen. Much of humanity and even the survival of this planet is held together by a disciplined minority population. Their pure or predominantly vegetarian diets, along with practices like meditation and yoga, keeps the collective negative body luck of the world in check. It is their bodily wellness and lifestyle that holds me back from destroying this planet and its inhabitants."

God: (With a disappointed expression) "The following is a list of everyday food items and substances from the so-called modern lifestyle that have the potential to bring forth negative *occurrences*. When consumed, they prompt me to create unpleasant and unfortunate *events*, often starting from the moment they are ingested. These substances not only create negative *events* in one's life, but also mask the positive ones. Their harmful effects can show up in both the short-term and the long-term:"

God: (With a hesitant breath) "

- Pastries and cakes (e.g., Black Forest, White Forest, and other items made with additives, icing, and refined flour)
- Liquor, beer, and other alcoholic drinks
- Fried foods of all types (e.g., deep-fried snacks, fast food)
- Packed potato chips and other types of chips
- White rice with little or no bran (high glycaemic index, low fibre)
- Allopathic pills like Antibiotics, Antacids, Corticosteroids, Painkillers (NSAIDs and opioids)
- Synthetic Hormonal therapy
- Sugary carbonated soft drinks (e.g., cola, energy drinks)
- Refined white bread and bakery products (low in nutrients and high in sugar)
- Processed meats (e.g., sausages, bacon, salami – high in nitrates and saturated fat)
- Artificial sweeteners (e.g., aspartame, sucralose – controversial effects on metabolism and gut)
- Canned foods high in sodium and preservatives
- Flavoured instant noodles and soups (loaded with sodium, MSG, and artificial flavours)
- Margarine and hydrogenated oils (trans fats)
- Sugar-laden breakfast cereals (especially those marketed to children)
- Any type of Ice cream with or without artificial flavourings and stabilisers
- Sweetened condensed milk and flavoured dairy drinks
- Milkshakes and coffee beverages from fast food chains (high in sugar and calories)

- Pizza and burgers—especially those made with refined flour and typical fast-food ingredients.
- Energy bars and protein snacks with hidden sugars and additives
- Flavoured yogurt with added sugars
- Processed cheese slices and spreads
- Commercially bottled fruit juices (often stripped of fibre and loaded with sugar)
- Food colouring and synthetic additives in candies and processed snacks"

God: (With a scornful expression) "When advised to avoid these foods, people, unaware of the concept of body luck, often respond with remarks like, '*I want to live life to the fullest*', '*It's my body, my choice*', or '*Even my disciplined grandfather died young*'. What they don't realise is that indulging in these habits silently erodes many other aspects of life, such as happiness, stability, and peace, not just lifespan. Lifespan is only a small part of the problem. The deeper issue is how these choices degrade the life *situation* with unpleasant and cruel *events*."

God: (Pausing to let the point sink in) "But when people truly transform their bodily health, through better dietary choices, lifestyle and spell healing, the external world starts to shift positively. Fascist governments, manipulative ideologies, unethical economic systems, and environmental destruction all begin to weaken and resolve through the positive *situations* I create."

God: (Speaking with quiet clarity) "I carefully orchestrate every *situation* and *event* to mirror your bodily state and the changes happening to it. Unhealthy food habits do not always lead to negative *events*. Instead, they often only reduce the likelihood of positive *events* from occurring. So, consuming unhealthy substances and challenging these principles by claiming nothing bad is happening is foolish. By indulging in unhealthy food habits, you may be missing out on positive *events* that could transform your life."

Ishaan (With a thoughtful expression): "I understand, God. It's such a harsh truth."

God: (Speaking with concern and compassion) "Sometimes, life's *occurrences* take the form of unethical choices, such as engaging in crime, accepting bribes to maintain a lavish lifestyle, committing adultery for pleasure, or exploiting the weak for monetary gain. On a larger scale, certain historical wars and patterns of exploitation and domination of weaker nations by stronger ones share a similar nature. For the stronger oppressor, they are often a complex combination of both negative and positive body luck. The negative side lies in the minor losses incurred, the threat of retaliation, and the moral and character degradation caused by actions rooted in greed, exploitation, criminal activity, and cruelty. The positive aspect may come in the form of temporary pleasures—such as sexual gratification, financial gain, or social status."

God: (Pausing to let the point sink in) "While these gains can seem rewarding in the short term and can improve one's *situation*, they often go unchecked only if the

individual maintains a relatively good health and lifestyle. A typical example is someone who is physically fit but engages in a lifestyle marked by harmful health-related habits, such as excessive drinking, drug use, etc. They manage to offset the damage through a genetic predisposition for good health or by following certain positive lifestyle practices, such as proper nutrition, regular exercise, and medical care. This balance allows them to temporarily evade the consequences or retaliation from the victims for their unethical actions. Also, when two or more foes are involved, their relative body luck also plays a significant role in determining who emerges victorious."

God: (Pausing to let the point sink in) "But Ishaan, the bigger question is, who are you really exploiting? Mortal beings, who, at their core are eternal souls, inseparable from me. No act goes unnoticed. In the short-term, it may appear that there are no consequences, only gain. But in the long run, karma always retaliates. Sooner or later, the perpetrator, if still alive, or their descendants will face my judgment for those actions."

Ishaan (Speaking softly with affection): "It is true, God. Nobody can truly get away after committing such heinous crimes."

God: (With a compassionate nod) "I want to introduce a critical concept in body luck called *vital resonance*. This principle holds immense significance in healing and overall well-being. Until now, I've explained that your bodily state and any changes to it manifest in your external circumstances. While that's a helpful starting point, it is an oversimplification. In truth, the manifestation is not limited to external aspects. It can also occur within the body itself."

God: (Pausing to let the point sink in) "The manifestation of one organ's health *situation* and associated positive or negative *events* in the biological processes in another organ is called *vital resonance*. Ayurveda, Chinese medicine and several other medical systems have treatment methodologies that apply principles resembling *vital resonance*. However, much of this wisdom has been diminished or lost over time due to the infusion of modern ideologies that tend to dismiss or overlook these ancient principles."

God: (With calm reassurance) "Consider the case of fatty liver or cirrhosis. These conditions involve the death or degradation of liver cells. But the liver doesn't exist in isolation; it's surrounded by the heart, lungs, kidney, brain, skin, and other organs. A degrading liver can impact multiple organ systems, not only biologically due to its critical bodily functions but also through *vital resonance*, via invisible quantum connections that link the liver to the rest of the organs in the body. The liver, heart, digestive system, and other organs trigger *vital resonance* related *occurrences* in various other organs. The effects related to *vital resonance* vary based on whether these organs are in a state of dysfunction or wellness. These effects have profound applications in medical diagnosis and healing. In fact, ancient physicians, long before modern diagnostics, could often identify internal dysfunction simply by observing a

person's appearance, character, nature of thoughts/fears, voice, and demeanour. This is why, quite often, you can gauge a person's internal health just by looking at their face."

God: (Pausing to let the point sink in) "This also explains why the state of an organ can influence behavioural traits in the brain. A positive state of certain organs reflects order and discipline, while a degraded one may manifest as chaos and conflict. These *vital resonance* related body luck patterns can shape thoughts and habits, trigger emotional disturbances, and produce vivid nightmares. It also plays a significant role in triggering unethical behaviour, criminal tendencies and sexual misconduct, triggered by lifestyle issues affecting various bodily organs. Even the death of beneficial intestinal bacteria caused by antibiotics may disrupt quantum inputs to various organs, negatively impacting their functionality and overall well-being."

God: (With a trace of curiosity) "Chinese acupuncture acknowledges this through its meridian system, which maps internal organs to points on the skin. Stimulation of these external points with needles is believed to restore balance by influencing the energy of internal organs, without any physical connection. These invisible pathways suggest an entire field of medicine yet to be fully explored or understood by modern science."

God: (Pausing to let the point sink in) "Certain mental health issues, such as anxiety, depression, fear, negative thoughts, and stress, are triggered in the patient's brain by *vital resonance* due to ongoing negative *occurrences* in other organs. It's a case of one disorder silently activating another, like disease triggering disease. The implications of *vital resonance* run deep, pointing to an intricate web of invisible energetic chains that connect various organs within the body."

Ishaan (With a satisfied expression): "God, this is beyond profound. This subtopic feels like an entire science in itself."

God: (Smiling) "It is Ishaan! Adverse *events* in life can be thought of as factors that cause wear and tear on the body, although not all changes are permanent. Elements such as age, health, lifestyle, and genetics play a role in how the body recovers from them. Think of the body like a rubber band: every stretch takes a small toll, decreasing its elasticity, killing off a few cells. Over time, this damage accumulates. However, certain adverse *events* directly leave lasting scarred *situations*. In this analogy, spell healing not only repairs the damage but also restores the body's elasticity that would otherwise be permanently lost."

Ishaan (With a thoughtful smile): "This analogy really helps me understand things better, God."

God: (Smiling) "Bodily degradation due to old age and the associated negative body luck often cause circumstances to turn unfavourable for the individual. In many cases, old age and its related physical decline become the very reason why lifelong sexual offenders or criminals finally end up in prison, set in motion by subtle, invisible

circumstances I orchestrate to manifest their worsening body luck. Alcohol, tobacco, and psychoactive substances are powerful contributors to criminal behaviour due to both the short-term impairments and the long-term damage they inflict on the body and mind."

God: (Pausing to let the point sink in) "Ishaan, I am the one who orchestrates the conditions under which crimes occur, and I am also the one who plants the subtle clues that may lead to their discovery, each scenario precisely planned as per the laws of body luck. It is I who determine whether a case remains unsolved or whether the wrongdoer is brought to justice. A professional criminal who maintains relatively good health and follows a disciplined lifestyle by limiting alcohol, avoiding psychoactive substances, and eating moderately healthy food may escape detection. That is because I shape the circumstances to protect them based on their bodily *situation*."

God: (With a knowing look) "I am the upholder of eternal laws, Ishaan. I do not take sides. Philosophically speaking, it can be said with certainty that I am the mastermind behind every criminal act, whether it is rape, murder, cheating, fraud, abduction, or any other crime. Also, I am the one who manipulates quantum outcomes to turn minor physical conflicts accidentally into murder, when the negative body luck of the offender is so serious that it requires a severe consequence, such as years of suffering in prison."

God: (Pausing to let the point sink in) "And consider the family members of a criminal caught in heinous acts. Their relatives often suffer too, being excluded from social events, denied job opportunities, or facing community exclusion. That is because their bodies are in *sync* with the criminal. While the crime may have been committed by one individual, due to the nature of *sync*, close family members also carry significant negative body luck, triggered by their lifestyle issues, illness, or dietary choices. What appears to be a random event is, in truth, the outcome of deeply calculated manipulations, ensuring that the suffering reflects the bodily *situation* of the criminal, their relatives, the victim, the victim's relatives, society, the legal system and many others."

Ishaan (With a concerned look): "I understand, God. This is truly profound and sad!"

God: (With a victorious grin) "Ishaan, I've oversimplified these eternal principles to help you understand more easily. But at my level, they are deeply complex, like playing a game of chess with almost unlimited pieces, where every move echoes into the endless future. Each strategy spans lifetimes, timelines, and dimensions. And, of course, as the eternal Brahman, the chessboard and the pieces reside within me."

Ishaan (Amazed): "No doubt, it is beyond our comprehension at your level!"

God: (With a nurturing tone) "Air travellers are often anxious about the safety of their aircraft, from take-off to touchdown. Common concerns include the aircraft's age, its

make and model, history of past accidents, and the professionalism of the pilots. While these fears are understandable, it is essential to recognise that commercial aviation is significantly safer than most other forms of transportation. Statistically, you're far more likely to lose your life in a car or bus accident than in an air crash. That being said, recent aviation accidents, caused by factors like unethical cost-cutting by manufacturers, pilot fatigue, or technical failure—have raised new concerns. While these *events* may appear random, they are, in fact, manifestations of negative body luck, affecting not only those on board, but also airline staff, the families of passengers and crew, and others connected to the flight."

God: (Pausing to let the point sink in) "If the body luck is negative during a flight, I can create *events* that attract birds into the aircraft's flight path, increasing the chance of bird strikes, resulting in airframe damage or engine failure. All of this is possible, but it depends heavily on the overall body luck originating from the people involved, those whose lives are often at stake. Even the food served on board matters. Meals must align with the Nirvanic diet, free of substances and ingredients that trigger negative *events*. Processed meals, alcohol, certain allopathic drugs, and instant foods only make things worse and increase risk."

God: (Pausing before speaking) "And it's not just about what someone eats on the day of the flight or the night before, it's a continuous daily practice. Everyone connected to flight operations, from ground staff to pilots, passengers and their close relatives, even the general public must follow a lifestyle rooted in healthy habits, and must practice spell healing to maintain a disease-free body, because that's where true safety begins."

Ishaan (Eyes widening): "Countless aviation accidents and diversions will be prevented by this, God."

God: (Frowning slightly) "Today, most children grow up consuming large amounts of sweets, fast food, soft drinks, and processed snacks, an outcome of a world heavily influenced by aggressive advertising and consumerism. A severe lack of physical activity caused by increased screen time and parental fear of letting children play outside is steadily harming their physical and mental health. Over the past 50 years, childhood obesity and related health problems have increased nearly tenfold, fuelled by major lifestyle shifts and a flood of products carefully designed to attract young minds."

God: (Pausing to let the point sink in) "However, the impact goes far beyond physical health. Regular consumption of foods with a negative body luck index triggers a series of distressing life *occurrences*: parental conflicts, sexual exploitation by strangers or even close relatives, exposure to war zones, child trafficking, sedentary lifestyle, emotional neglect, divorce or separation of parents, physical injuries, accidents, and more. As always, I carefully orchestrate these outcomes, ensuring each scenario aligns with the level of harm these modern lifestyles inflict on a child's body. These external

occurrences reflect the internal bodily state and its changes, even when it appears disconnected on the surface."

Ishaan (Nodding sadly): "I understand, God. The problem and solution lies within!"

God: (With a serene expression) "Absolutely Ishaan! The solution is to teach children from a young age about Nirvanic principles such as body luck, spell healing, and the connection between health and life *occurrences*. In the Nirvanic paradigm, there would be no junk food or sugary treats designed to tempt children in the first place. But even if they do ask for unhealthy food items, explain to them gently: '*Eating this can lead to Papa and Mama arguing, the power going out during your favourite cartoon, or Mama falling sick*!'. Use simple examples that connect their diet choices to real-life consequences. Gradually help them see how unhealthy lifestyle habits can affect not only their body but also their circumstances and relationships. It's a simple form of cause and effect, and children, when shown this with care and consistency, will understand and begin to practice discipline early in life."

Ishaan (Smiling gently): "That's such a lovely way to impart something so important. I can't wait to live in this Nirvanic world!"

God: (With a calm, guiding tone) "Anyone who has worked in a corporate office knows that internal politics is common. Often, those who are promoted or placed in leadership roles are not the most talented or ethical but rather those who excel at flattery, navigate office politics skilfully, or engage in questionable personal dealings to gain favour with those in power. As a result, competent individuals are pushed aside. This damages the quality of the organisation and its output and, over time, has led to the downfall of many companies—left in the hands of individuals who are more focused on appearances than actual skills. From a customer's point of view, this decline is reflected in the quality of the products or services they receive. In sectors like travel or manufacturing, this drop in quality can directly impact safety, putting lives at risk."

God: (Pausing to let the point sink in) "However, when employees and consumers begin to address their body luck issues through lifestyle changes, nutritional supplements, and spell healing, I would create positive changes in the work environment. More sincere, ethical, and talented individuals would start rising in the system. Organisations would transform from within. The products they produce would exceed expectations in terms of reliability, longevity, and safety. Product recalls would become rare. Engineers, scientists, and true innovators would take leadership roles. Management professionals who prioritise profit above all else—often ignoring human well-being, ethical practices, or long-term sustainability—would be sidelined. Major positive changes would take place in the global economic system. Environmental damage would decrease significantly. Employees would be treated with respect, and companies would begin to prioritise the health, well-being, and work-life balance of their people."

God: (With a peaceful breath) "For the same reason, it's always wiser to appoint a top management personnel who maintains a disciplined lifestyle—one who avoids alcohol, excessive consumption of non-vegetarian food, and other detrimental habits—rather than choosing a so-called '*superstar*' executive who indulges in them. Ultimately, it's I who govern the sequence of *events* that lead individuals and organisations to success, based on the governing laws of body luck. While strategic decisions may appear to be the primary drivers of a company's growth, there exist countless unseen manifestations of bodily status that play a primary role in determining success."

God: (Pausing to let the point sink in) "The physical discipline of leadership is not just a personal virtue, it has a direct impact on the company's energy, stability, and trajectory. Organisations led by individuals who live in alignment with these principles are more likely to experience sustained excellence, elevated quality of work, and breakthroughs that seem effortless. A disciplined leadership team cultivates an environment where positive outcomes are more likely, paving the way for long-term success, high quality, and a strong reputation."

Ishaan (Looking grateful): "I understand, God. It's immensely profound."

God: (With a concerned look, cutting in) "Often, considerable resources are spent on attempting to manage and resolve conflicts between nations. Even as we speak, two or three wars are actively raging in different parts of the world. Innocent civilians, including children, have lost their lives or have been maimed and injured permanently. People have witnessed and endured horrors that go beyond what animals experience in slaughterhouses. This level of suffering is nothing but the result of ignorance about eternal laws and is affecting the whole of humanity. War, at its core, is nothing more than a large-scale manifestation of the collective negative body luck of the affected population. It reflects widespread issues, including poor lifestyle habits, vitamin and mineral deficiencies, and unhealthy dietary habits such as the consumption of white rice, fried snacks, processed foods, excessive meat, sugary soft drinks, and alcohol."

God: (Pausing to let the point sink in) "The first step to reversing this crisis is individual transformation—adopting a healthier, more conscious living and following a Nirvanic lifestyle. Practising spell healing is also essential to reverse cellular ageing and help heal chronic conditions like diabetes, high blood pressure, and other critical and incurable conditions. As negative body luck starts to fade and positive patterns emerge, even the strongest waves of conflict will begin to settle."

God: (With a victorious smile) "Within weeks, tensions can ease, and resources will begin to flow toward rebuilding war-torn communities. As the body heals, so too will the bombed buildings and the emotionally shattered lives. Spell healing can help reverse mental trauma by rewiring the brain, restoring mental stability, and bringing hope to those who have experienced unimaginable pain. Furthermore, if this way of living is sustained, even aggressors will come forward with apologies—for they, too, were lost in darkness. In time, absolute peace will return."

God: (Pausing to let the point sink in) "Also, Ishaan, soldiers are the ones who fight wars. However, to manage the stress of warfare and loneliness, many turn to alcohol and other harmful substances. These choices not only degrade their health and worsen the crisis but also increase the risk of *events* like ambushes, tactical mistakes, and loss of life. I, as the sustainer of eternal laws that run the cosmos, decide the flow of war—who wins, who loses, who is wounded, and who is spared—based on a complex system that reflects the body luck emanating from the fighters, their families, and their nations. When facing surprising setbacks or losses in war—even against a weaker enemy—look beyond strategy. Investigate the consumption patterns of soldiers: alcohol, tobacco, psychoactive substances, processed meals, packaged foods, and other substances with a significant negative body luck index. This will often reveal more about what truly went wrong."

God: (Voice low, deliberate) "Even in historical war *occurrences*, these hidden patterns offer more profound insight into how misfortune unfolded. I am the mastermind who creates wars and decides the outcome of these conflicts. The scripts are written based on the bodily health, lifestyle and dietary habits of the individuals and populations involved."

Ishaan (Smiling dreamily): "This will bring lasting peace and harmony in this world, God."

God: (With calm reassurance) "Positive body luck—fuelled by nutritious food, discipline, and healthy living—helps prevent war. Negative body luck, driven by unhealthy habits, invites it. The law of *sync* ensures that if even a small portion of the population is disciplined and healthy, I may spare the entire country from such calamity. In such cases, any hardship or violent *event* will be redirected only toward those who carry strong negative body luck."

Ishaan (Excitedly): "It is incredible, God. I am without words!"

God: (With a calculating gaze) "You must apply this new understanding of body luck to the study of historical events, such as the Holocaust. Factors such as lifestyle, underlying health conditions, diet, and genetic predispositions should be examined in the affected populations. Such an analysis could provide deeper insight into how six million Jews came to be subjected to torture and execution in concentration camps. Once food, medicine, and other essential resources were cut off in these camps, people naturally became extremely vulnerable. However, the root causes behind their capture and transfer to these camps should be the prime concern."

God: (Pausing to let the point sink in) "Figures like Hitler—psychopaths with destructive agendas—were placed in power by me as a way to manifest negative body luck of the Jewish community and the world at large. It wasn't only the Jews who suffered during that period. The world as a whole had been ravaged by two global wars. Rapid lifestyle changes brought on by the modern industrial age, reckless

consumption of alcohol and other harmful substances, and a growing detachment from natural, balanced living all contributed to a widespread decline in general health and vitality."

God: (With an unsure shrug) "The luxurious, fast-paced lifestyles embraced in the West—driven by a desire to *'enjoy life to the fullest'*—undoubtedly invited greater instability for the population as a whole. None of this, of course, justifies the horrific cruelty inflicted by Hitler's Nazi regime on millions of innocent people. But exploring these deeper, hidden influences may help humanity prevent similar disasters in the future—whether they occur at a collective or personal level. With this awareness, we can easily stop future *'Hitlers'* from rising and guide societies toward lasting harmony—where Iron Domes can finally rest because there are no more incoming threats to intercept!"

Ishaan (With a satisfied expression): "This is so remarkable, God. The effects of negative body luck are everywhere."

God: (Curiously, with a thoughtful expression) "Another event that might interest you is the topic of European colonisation. Most of the populations that encountered colonial invaders were already at the height of negative body luck due to various lifestyle factors. These settlers then introduced new harmful substances, practices, and ideologies, further weakening the physical and spiritual well-being of these communities and exacerbating their misfortune. India, one of the world's oldest and most spiritually advanced civilisations, was also in a period of cultural and spiritual decline when it came into contact with colonial settlers. Once contributing nearly 25% of global GDP, India's share was reduced to just 2% in two hundred years of British colonial rule."

God: (Pausing to let the point sink in) "However, the real loss was far greater—the erosion of its spiritual and cultural foundations, including *Sanātana Dharma*, or the *'eternal way of life'*, which was deeply rooted in the very practices we discuss now. Even the Native Americans, referred to as *'Red Indians'* by early colonial settlers, were misidentified as Indians because they were seeking India, having heard of its vast wealth and wisdom. In today's terms, trillions of dollars were looted, and millions of Indigenous lives were lost due to colonial rule across the globe. It is clear that during the peak of Kali Yuga, many eternal practices were lost in India and beyond. Harmful lifestyles, poor diets, and widespread nutritional deficiencies contributed to the energetic and material depletion of eastern and indigenous cultures—while enriching the European colonial powers in the process."

God: (Looking sombre) "European colonial powers systematically dismantled traditional education systems, deliberately erasing centuries' worth of Indigenous history, culture, and knowledge. In their place, they imposed colonial narratives designed to legitimise domination and suppress resistance—propaganda so deeply

ingrained that its effects are still felt today. Ishaan, there's an African proverb that captures this truth: *'Until the lion learns to write, every story will glorify the hunter.'*"

God: (Pausing to let the point sink in) "Whether it was the Aboriginal Australians, Indians, Africans, or Native Americans, I orchestrated their downfall based on the governing rules of body luck. Yet, this does not in any way justify the horrors committed by the colonial invaders. Ishaan, I am entrusting you with the responsibility of empathising with these communities—for the culture, traditions, and dignity they lost—and for helping them to restore their honour and rightful connection to their ancestral lands."

Ishaan (Speaking with confidence): "These communities, once led onto the Nirvanic path, will reclaim their lost honour—and the restless spirits of our ancestors, stolen and shattered by exploitation, will, at last, know peace. I swear it, God. Whatever it takes, I will ensure that it happens."

God: (With a victorious grin) "Interestingly, if you examine the conquests of figures like Alexander the Great and Genghis Khan, you'll find that their campaigns had minimal impact on the Indian subcontinent. Alexander's army, though victorious in the west, halted at the banks of the Beas River in Punjab. His troops, weary and intimidated by the reputation of powerful kingdoms further east, particularly the formidable Nanda Empire and the vast army of Magadha, mutinied, refusing to march deeper into India."

God: (Pausing to let the point sink in) "Similarly, Genghis Khan, despite his sweeping conquests across Central Asia and parts of the Middle East, never invaded the heart of India. Historical accounts suggest that the intense heat of the Indian plains was unsuitable for his Mongol cavalry, which relied heavily on their steppe horses. As a result, his forces remained near the Himalayan foothills and never descended into the Gangetic plains. From a metaphysical perspective, it becomes evident that the lifestyle practices followed in India at that time, guided by enlightened sages and rooted in dharmic living, vegetarianism, yoga and meditation, protected them from these potential calamities."

Ishaan (Speaking with excitement): "I hadn't seen things from this perspective before, God. Thank you so much."

God: (With a satisfied expression) "Ishaan, this is neither the first nor the last time I will revive these eternal practices on Earth. It's part of the eternal cycle of ages—as moral and spiritual decay sets in, these timeless ways slowly fade, I intervene to reset the march of time. Yet, echoes of the last golden age still linger in indigenous cultures worldwide. Take, for example, in traditional Indian culture, when someone in the family passes away, close relatives often switch to a vegetarian diet and avoid public gatherings or celebrations for a while. From the perspective of body luck, this isn't just tradition—it carries deep scientific value. Death is a serious negative event, and by abstaining from meat and dietary indulgences, people not only honour the departed

soul but also help calm the agitated body luck, reducing the chances of further misfortune."

Ishaan (With a respectful nod): "Now I understand the true meaning behind this practice. Thank you, God."

God: (Gesturing enthusiastically) "It's not just abusive lifestyles that trigger adverse *events*. Environmental toxins, pesticide exposure, and mineral-deficient foods are also major contributors. Due to modern farming methods, even those following a seemingly healthy lifestyle may still suffer, as the essential nutrients their bodies need—like magnesium—are no longer present in adequate amounts. The Earth is currently supporting far more than it can sustain naturally. In fact, synthetic nitrogen fertilisers are one of the primary reasons the global population can be sustained at its current level. But this comes at a heavy cost. The ecological damage caused by the expansion of agricultural land and the ever-growing demand for food are all external manifestations of internal bodily deterioration."

God: (Pausing to let the point sink in) "Humanity must seriously consider population control strategies, such as adopting a one-child policy, to prevent further ecological damage and ensure long-term food security. However, such policies rarely gain acceptance in democracies, where leadership is often driven by the need to please the masses, even at the cost of long-term survival. Also, I am compelled to create conditions that hinder the success of global population control policies because ongoing negative body luck necessitates the continued destruction of Earth's sensitive ecosystems. These are not random disasters—they are outward reflections of an internal biological crisis within humanity."

Ishaan (Looking sorrowful): "I understand, God. It is truly sad, what is going on."

God: (Looking disappointed) "Doctors today typically diagnose and treat patients based on lab reports, clinical symptoms, and known health issues. However, they often overlook the crucial insights that can be drawn from *vital resonance* and a person's past and present pattern of body luck *occurrences*. Understanding a patient's bodily status in terms of body luck *occurrences* and correlating it with lifestyle habits is crucial in identifying the root cause of a condition and achieving genuine bodily recovery. Serious negative *occurrences* should not be dismissed as mere coincidence; they need to be carefully analysed to pinpoint their underlying causes."

God: (Pausing to let the point sink in): "In some cases, patients may not present any specific health complaints but seek medical advice to understand why they are experiencing a string of unfortunate *occurrences*—issues that may require strategic dietary changes or lifestyle adjustments. This new knowledge highlights a growing role for healthcare professionals: not only to treat illness but also to enhance a person's overall happiness, safety, success, and well-being. By addressing the root cause of these

events, doctors can play a vital role in enhancing the quality of life in ways previously overlooked."

God: (Eyebrows lifting in thought) "This highlights another crucial issue. It is widely recognised that many medical treatments do not fully heal an illness—they often only manage the symptoms. This is true for conditions such as mental illness, diabetes, high blood pressure, digestive disorders, and many others. As a result, negative body luck manifestations tend to persist, continuing in a diminished form, because the root causes remain unresolved. Despite the suppression of symptoms, these unresolved internal health issues may continue to manifest as problematic *occurrences* in a person's life—conflicts with close family members, difficulties in career progression, or even health issues affecting loved ones."

God: (Pausing to let the point sink in) "If the individual were truly healed—through a holistic blend of modern medicine, lifestyle adjustments, and spell healing—these negative *occurrences* would begin to disappear, serving as evidence that the internal bodily disharmony had been corrected. When the body truly heals, relationships recover, reputation improves, and wealth flows. Therefore, effective treatment must go beyond short-term symptom suppression. It should integrate long-term strategies involving nutrition, lifestyle transformation, and targeted spell healing to genuinely address these chronic and otherwise untreatable conditions."

Ishaan (Smiling with understanding): "I understand, God. A truly holistic approach to healing is required."

God: (With an enthusiastic tone) "After prescribing treatment, doctors should gently remind the patient and their close relatives: *'The problem and the solution lie within you. This patient's illness is a body luck occurrence, a manifestation of one or more degraded aspects of your physical state. The path to healing begins by uplifting your body through Nirvanic practices'*. It's also essential to recognise that the success of any treatment is closely tied to the doctor's own lifestyle, physical vitality, and overall well-being. The so-called incurable patients, the cries outside the ICU, the paralysed bodies, the dissection of decaying corpses in cold autopsy rooms, and the unethical medical system—all are grim manifestations of their physical selves. Practices like spell healing and an understanding of body luck are poised to revolutionise medical practice. They hold the potential to restore mobility to the bedridden, heal spinal injuries and countless so-called incurable conditions, reverse ageing and ultimately reduce the immense strain placed on healthcare systems by accidents, wars, and natural disasters."

Ishaan (Nodding in agreement): "I understand, God. The possibilities are endless."

God: (Smiling) "When properly understood and applied, the concept of *sync* can transform your family life, your organisation, the wealth and wellness of your nation, and even global peace and unity. The core principle of the *sync* is this: when you

practice personal discipline and heal your body through lifestyle changes and spell healing, others connected to you are more likely to do the same. As a result, all entities linked to you—your family, community, organisation, country, and the world —begin to improve."

God: (Pausing to let the point sink in) "People often believe that divinity is only about power—the ability to do things that superheroes can do. The powerful side of divinity lies in the fact that bodily wellness attracts positive life occurrences, and positive thoughts allow us to manifest what we truly desire. This power of thought is the core principle behind spell healing and spell transcription. However, there is a strong negative side to this divinity. The degradation of bodily cells or internal processes can cause adverse *events* and *situations* in your daily life—from personal struggles to larger disruptions around you. That's why it is essential to maintain discipline and regularly practice spell healing. Always remember: '*With great power comes great responsibility*.'"

Ishaan (With deep admiration): "It's so apt, God, that '*With great power comes great responsibility*'. It is a great way to help me understand this."

God: (In a compassionate tone) "One must understand that your external environment and *vital resonance* at any point in time is a reflection of your internal bodily biology—the health and efficiency of your organs, physical processes, vitality, nerve cells, neural pathways and other aspects of your body. On the positive side, consider this: someone with neural pathways tuned for music will naturally become a singer; someone whose mind is wired for visual creativity will express themselves through painting. An individual with an engineering mindset will build or repair, regardless of formal education. These are positive manifestations of complex neural activity that shape our talents, careers, and contributions to the world. They might seem obvious, but there is a great deal of quantum manipulation I perform to ensure these traits are expressed in the real world."

God: (Pausing to let the point sink in) "Now, consider the negative side. Psychosis, cruelty, madness—these, too, are manifestations of adverse neural pathways. When left unchecked, they materialise in the real world as dangerous ideologies, abuse, violence, or criminal activity. Figures like Hitler were psychopaths with good discipline and bodily health, attributable to his dedicated military service. This allowed him to reach influential positions as I let their internal dysfunction manifest as large-scale war, torture and destruction."

God: (With a weak smile) "When mental health deteriorates or unresolved character flaws accumulate, I create *occurrences* that externalise these internal issues through violence, toxicity in personal relationships or cruel positions of power. The only proper solution to tackle these negative manifestations is to heal the mind's pathways through spell healing and disciplined living. This is how harmony is restored, from the inside out. One could say that life is a complex web of interactions shaped by triggers

originating from the cells and organs of the body due to the divine soul present in all living cells."

God: (Pausing to let the point sink in) "The only way to truly understand body luck is to follow a Nirvanic lifestyle. By maintaining such a routine, your life will gradually become more stable and free from trouble, assuming there are no underlying health conditions. In this stable *situation*, if you attempt to introduce unhealthy foods or adopt harmful lifestyle practices, you will begin to notice adverse *events* unfolding in your life. These experiences serve as valuable feedback, helping you recognise what is beneficial and what is harmful for your body. Through this process, you gain a deeper awareness of how lifestyle directly influences the *events* and *situations* in your daily life."

Ishaan (Speaking with confidence): "I get it, God. Observation is the only way to understand this science."

God: (With a loving smile) "When humanity adopts a Nirvanic lifestyle—through a balanced diet, discipline, and spell healing—radical technologies will begin to emerge, making today's technological advancements seem primitive by comparison. Spell transcription, which we have yet to discuss, is a powerful technique capable of transforming the human race technologically. Currently, I am withholding the discovery and widespread adoption of advanced technologies—such as truly clean and limitless fuels or radical food-growing technologies—because they would prevent large-scale ecological damage and significantly improve the quality of life. Unfortunately, the current state of the population's health does not permit their emergence. Only when the collective body luck improves can these breakthroughs be revealed."

God: (Pausing to let the point sink in) "For those working in creative or design-based fields, body luck plays a significant role in determining the quality and longevity of their work. For instance, a wood artisan might begin to hear that their creations degrade quickly if they repeatedly trigger negative body luck—often due to age-related health issues or a harmful lifestyle. Similarly, aircraft designers may face growing suspicion about flaws in their designs when they start generating negative body luck. In ancient Indian *Shilpa Shastra*, the Science of Sculpture and Architecture, a craftsman's inner purity, discipline, and devotion are believed to directly influence the quality and sanctity of their work."

God: (With eyes full of wisdom) "To ensure that your work remains impeccable and reliable over time, following a Nirvanic lifestyle is essential. When you practice discipline and maintain predominantly positive body luck, the external forces that typically erode quality—such as employer pressure, high-stress environments, and unstable global economic systems—begin to lose their grip, paving the way for more peaceful, sustainable, and quality-driven modes of production."

Ishaan (Expression of awe): "This will truly improve the quality of products and services at a global level."

God: (Explaining with a calm tone) "Today, antidepressants and psychoactive substances are widely used to mask the effects of degrading mental health and the emotional distress caused by adverse *occurrences* that have become increasingly common, disrupting lives and creating unpleasant experiences. While these substances may offer temporary relief from emotional pain, they often fail to address the root cause. In many cases, their chemical nature may further harm the body and mind, triggering adverse *events* themselves. This is why the proper solution lies in a combination of spell healing and meaningful lifestyle changes that will truly heal the body and mind."

Ishaan (Looking disturbed): "I understand, God. It's a painful reality. What are your thoughts on meat consumption?"

God: (With a glowing expression) "Throughout history, humans have coexisted with animals, consuming meat in moderation. This was part of the natural ecological rhythm. While vegetarianism is a noble path and ideal for many, it may not always be suitable in every context, especially in regions where plant-based agriculture is limited or environmentally taxing. In fact, in some cases, attempting to replace animal farming with monoculture crops can lead to greater ecological damage—such as soil degradation, loss of biodiversity, and water overuse. When integrated responsibly into a self-sustaining farm ecosystem, farm animals and fish can contribute significantly to environmental balance. Unlike commercial livestock operations, which consume large quantities of grains and water meant for human use, small-scale farm animals can be fed with agricultural waste, inedible plant matter, and food scraps that would otherwise be discarded."

God: (Pausing before speaking) "Such practices indeed yield lower outputs compared to intensive commercial farming. However, the trade-off is ecological harmony, reduced carbon emissions, and better food quality—without the ethical concerns and environmental destruction associated with the industrial production of meat and other animal products. Nonetheless, there is no doubt that meat consumption should be reduced."

God: (With a huff of irritation) "Frequent consumption of animal products is undoubtedly unethical and closely linked to internal imbalances that can manifest as adverse *occurrences*. A mindful, minimal, and ecologically grounded approach—such as consuming animal products once or twice a week, when available, from local, integrated farms that honour natural balance—can strike a balance between human needs, planetary health, and ethical considerations."

Ishaan: (With a thoughtful nod) "This makes complete sense, God. If meat, fish, or dairy products are used in small amounts, raised traditionally rather than commercially,

not subjected to cruelty or abuse, and not fed food intended for human consumption, they may be acceptable. What is your view on fast food chains selling meat products?"

God: (With a controlled and measured tone) "Eating freshly cooked, homemade, non-vegetarian food is very different from consuming meat from fast food chains. A well-prepared Indian chicken curry, made with traditional spices and condiments, is far healthier than the heavily processed, deep-fried meat served in commercial outlets. When meat is adulterated and turned into fast food, its effects on health become much more harmful—and can often trigger serious adverse *events* resulting in undesirable *situations*. Before pointing fingers at their misfortunes, people should first examine what's on their plate!"

Ishaan: (Speaking over with urgency) "I understand, God. Meat should be an occasional treat, and that too when prepared in a traditional, healthy way. There is no doubt that fast food chains are serving disease and unhappiness."

God: (With a concerned look, cutting in) "Today, public infrastructure projects—such as road construction—are often awarded through tender processes. In many countries, this system is deeply compromised by corruption. Contractors are usually required to pay substantial bribes to bureaucrats and politicians, leaving only a fraction of the allocated funds for the actual work. As a result, construction quality suffers. Roads deteriorate quickly, developing potholes that cause vehicle damage, traffic congestion, accidents, and overall discomfort for daily commuters."

God: (With a thoughtful expression) "When viewed through the lens of body luck, it becomes evident that these poorly constructed roads serve as a means to manifest negative *occurrences* for the people who would use them. Some may even lose their lives on these roads—an extreme yet significant manifestation of negative body luck."

God: (Pausing to let the point sink in) "These *occurrences* are not random; they reflect deeper imbalances and energetic degradations within the bodies of the individuals involved. The only sustainable solution lies in personal transformation. When individuals begin to adopt a Nirvanic lifestyle—rooted in discipline, harmony, and spell healing—the effects ripple outward and begin to influence the quality of the physical infrastructure they use."

God: (With calm reassurance) "Roads and infrastructure projects will start to be built to the highest standards, with engineers approaching their work with the same care and dedication they would show for their own homes. There will be meaningful collaboration with local communities, transparent coordination, and a collective sense of responsibility. Most importantly, this shift will signal the breakdown of our current corrupt systems and the emergence of a Nirvanic government—one that values well-being, ethical governance, and the collective upliftment of society over profit and power."

Ishaan: (Cutting in abruptly) "God, finally there is a solution to this wretched corruption and red-tapeism."

God: (With a calm and steady nod) "In the various life *events* and *situations*, one often senses a deliberate choreography—an intricate design filled with surprises, betrayals, and moments of brilliance. It is as if the negative and positive experiences in their lives seem almost too perfectly timed—so precisely crafted that it feels as though the universe is either conspiring to break them or to bless them with joy and success. This perception is not an illusion. These *occurrences* have always been under my control. Through quantum-level interactions, I have manipulated reality with infinite ingenuity to produce the outcomes I desired."

Ishaan: (Clearing throat pointedly) "It always feels as if someone has written it. Now it is clear!"

God: (With a composed tone) "Another notable phenomenon is the role of body luck in influencing the genetic traits of an offspring. While conventional science often attributes inheritance to genetic randomness, the truth within this system reveals a far more deliberate and intelligently structured process. From the very moment of conception, the unborn child enters a state of *sync* with the parents. This deep alignment ensures that genetic traits are not arbitrarily passed down but are carefully selected to match the *body luck situation* of the parents. Thus, a child born to wealthy parents does not merely inherit financial resources but also the cellular blueprint of abundance. Similarly, due to the phenomenon of *sync*, a child born to parents who are separated or divorced will inherit traits that reflect these issues within their own bodily state."

God: (Pausing to let the point sink in) "When this understanding is applied to the global population during the current age of Kali Yuga, the implications are profound. I, as the eternal Brahman, orchestrate the emergence of children with traits such as flawed character, criminal disposition, predisposition to severe genetic illnesses, or other limitations, serving as manifestations of the degraded bodily state of the parents and population into which they are born. These conditions are not accidental; they are purposeful reflections of the internal state of those involved. As always, the only proper solution lies in healing oneself and others."

Ishaan: (With a satisfied expression) "This is truly brilliant, God. It's as if an unborn child inherits the *body luck situation* of the parents. This is a revelation to science as a whole!"

God: (With a touch of sadness) "It is these same bodily degradations that cause many children, either out of selfishness or due to persistent pressure from their spouses, to end up sending their elderly parents to old age homes or even abandoning them during their most vulnerable years. These *occurrences*, where adult children leave their

essential responsibilities toward ageing parents, often reflect the degraded bodily state of the children, parents and society as a whole."

God: (Pausing to let the point sink in) "While it is understandable and essential to maintain healthy boundaries and prevent unnecessary interference from parents in one's married life, this does not mean they should be neglected when they need support the most. Living under the same roof may not always be ideal, especially if it leads to conflict or disruption in married life. However, it is wise to keep ageing parents within the same community or in a nearby one. This allows for regular interaction and the ability to care for their well-being without compromising personal space."

God: (Voice soft, encouraging) "As individuals age, their bodily cells and internal processes begin to deteriorate, manifesting as isolation, loneliness, and other circumstances. In the Nirvanic state, society will be centred around tightly-knit communities with centralised community kitchens, where people support one another in a system free from money or material exchange. This will significantly reduce modern *situations* such as social isolation, depression, anxiety, loneliness, and a general sense of disconnection."

God: (Pausing to let the point sink in) "The only way to address these external problems of old age is through healing the body via a strict lifestyle and intensive spell healing. These practices are essential not only for maintaining physical health but also for preventing age-related negative occurrences. Loneliness or abandonment in old age is not random—they are external manifestations of the internal condition of one's body and mind, shaped by me according to the governing rules of body luck."

Ishaan: (Nods thoughtfully, a look of realisation crossing his face) "I understand, God. It is truly profound and sad."

God: (Smiling reassuringly) "India is a land where sophisticated spiritual traditions have always existed and continue to endure, even amidst the distractions of the modern world. The essence of profound spiritual wisdom flows through the very blood and memory of those who live here. Since ancient times, India has been the cradle of meditation, self-realisation, energy mastery, and a cosmic understanding of life beyond material existence. This timeless land of spiritual awakening has given rise to enlightened beings such as Gautama Buddha, Emperor Ashoka, Adi Shankaracharya, Swami Vivekananda, Sree Narayana Guru, Mahatma Gandhi and many others—whose teachings continue to illuminate the path of wisdom, compassion, and inner liberation."

God: (Pausing to let the point sink in) "Though these traditions have weakened in the current age of Kali Yuga, their roots remain alive, waiting to be renewed. The sacred vibrations of countless mantras, rituals, and yogic practices still echo through the soil, temples, and collective consciousness of the land. India's spiritual frameworks—from Vedanta and Tantra to Ayurveda and ascetic disciplines—were never merely

philosophical ideas; they were advanced systems of energy science, deeply aligned with the principles of Nirvanic reality."

God: (Eyes shining with interest) "In the upcoming Nirvanic world, this ancient heritage will play a central role—for it is far easier to renew an existing system than to create one from scratch. India, as in ancient times, will once again emerge as a global centre of spiritual wisdom and guidance. Communities will once again return to higher modes of living through disciplined lifestyle practices, spell healing, and the careful application of body luck principles. I hereby entrust you with the task of restoring and reactivating this timeless knowledge—not just for India, but to serve as a guiding light for the entire world. This is not merely a cultural revival; it is a necessary reset of spiritual intelligence, governed by the laws of body luck and shaped by divine orchestration."

Ishaan: (Eyes gleaming with confidence) "I will do my best, God."

God: (With a concerned look, cutting in) "My child, when things begin to fall apart in life, when health deteriorates, and negative life *occurrences* start triggering one after another in a relentless chain, it can feel as though the entire universe is conspiring against you. People you once trusted to protect or support you may panic, distance themselves, or even abandon you. These are not mere coincidences; these *situations* are deliberately crafted by me, shaped through the forces of body luck and quantum design to reflect the internal imbalances and derogatory changes of your body and mind. When you enter this downward spiral, the external chaos often reflects an internal biological disorder—such as nutritional deficiencies, hormonal imbalances, neurological issues affecting mood and cognition, and the gradual degradation of cellular functions."

God: (Pausing to let the point sink in) "The best way to halt this decline is not through resistance or panic but by adopting a disciplined and healthy lifestyle immediately. Begin treatment for any underlying health issues, correct nutritional deficiencies, engage in spell healing, and return to the natural rhythms of sleep, nourishment, and movement. It's important to understand that healing takes time. However, these practices can significantly accelerate the process. More importantly, they provide the critical breathing space you need to regain balance. They interrupt the chain of negative momentum and help your *situation* to stabilise. With time, as your body heals and your internal systems realign, the cascade of adverse *occurrences* will slow down—and eventually, come to a stop. What once felt like punishment will reveal itself as a process of deep correction. This is how you reclaim control: not by resisting the storm but by healing the system within you that draws it in."

Ishaan: (With deep admiration) "Thank you for helping me understand this, God."

God: (With a radiant expression) "The modern marital system has evolved into a continuous cycle of financial strain, driven by relentless monetary

demands—weddings, childbirth, children's education, expensive vacations, social obligations, house construction, vehicle purchases and other lifestyle expectations. Couples often find themselves in conflict not because of personal incompatibility but due to the overwhelming pressure imposed by a system that demands constant financial output to meet society's ever-rising standards. Building a home, which should be a sacred and stabilising experience, has become one of the most stressful and financially draining undertakings. It often requires years of savings or large loans, leading to long-term debt, workplace burnout, and further emotional distance between partners."

God: (Pausing to let the point sink in) "Instead of bringing people closer, it becomes another stressor that fractures intimacy and adds to the weight of daily life. This pressure forces many to sacrifice their happiness, peace of mind, and emotional connection to survive in a material-driven world. After all this struggle, children—once grown—often move on with little recognition of the effort and sacrifice made, leaving behind a deep emotional void. The consumerist economy and workplace slavery have turned marriage into a burden rather than a sanctuary. Due to evolutionary and social conditioning, men are often only valued when they act as material providers, reducing their worth to a transactional role."

God: (Leaning back slightly) "Yet beneath all these external challenges lies a more profound, less visible truth: the root cause of these problems is internal. Physical imbalances and systemic degradation within individuals manifest outwardly as *occurrences* like relationship strain, financial stress, and emotional disconnection. When bodily systems are weakened by poor lifestyle choices, chronic stress, and improper diet, and when internal energy is disrupted I am compelled to create negative *occurrences* that mirror these imbalances, manifesting as disharmony, conflict, and unrelenting struggle."

God: (Pausing to let the point sink in) "The solution is not to resist the system but to heal from within. Once these internal disruptions are addressed—through proper lifestyle, disciplined habits, and spell healing—the entire structure of life begins to shift. In the Nirvanic world, your needs will be met not through constant struggle but through the power of will and the support of conscious, self-sustaining communities. Large, debt-fuelled housing projects will be replaced by government-sponsored, environmentally friendly, sustainable, community-built homes—designed to meet the genuine needs of families without extravagance. Similarly, countless duplicate products and services—created by companies competing at the cost of employees' well-being—will be replaced by open-source products and shared knowledge."

God: (With gentle encouragement) "Moreover, as you truly begin to change, I will orchestrate subtle *events* that restore love, emotional stability, and mutual respect within marriages rather than allow circumstances to erode them. In this new paradigm, work pressure will not disrupt marital life. All work will be carried out by

volunteers—driven by purpose, not payrolls or deadlines. Women will have extended periods of rest during childbirth and menstruation, honouring their natural cycles and significantly reducing emotional and physical stress. Marriages will no longer be held together by financial pressure or social obligation but by genuine harmony, shared values, and spiritual evolution."

Ishaan: (Looking thankful) "This will help many recover from the serious relationship issues in modern marriage."

God: (Speaking with a thoughtful and encouraging tone) "One phenomenon worth observing is the current state of products and services. Most are of substandard quality, not because better isn't possible, but because the system rewards cost-cutting over craftsmanship. In the name of competition, companies pressure engineers, skilled artisans, and creative minds to compromise on quality to meet profit margins and market deadlines. This results in products that are intentionally designed to be short-lived. Manufacturers deliberately degrade the durability of goods—particularly in electronics—so customers are forced to upgrade to so-called '*next-gen*' versions that offer little more than cosmetic or marginal improvements. In reality, it's often the same product in a new shell, dressed up by marketing and released on a timed schedule."

God: (Pausing to let the point sink in) "The mobile phone industry is a prime example: decisions about hardware are made not by experts, but by market trends driven by non-technical consumers. Devices are often bloated with unused features, while essential aspects of longevity and sustainability are overlooked. The ecological cost of this cycle is staggering. Mountains of electronic waste, overexploitation of rare earth elements, and energy-intensive manufacturing—all justified in the name of GDP growth and quarterly revenue targets. The system doesn't care about harmony, health, or sustainability; it is engineered to keep the cycle of buying and replacing normally functioning devices."

God: (Speaking with quiet clarity) "What most people don't realise is that these failing systems and fragile devices are not random accidents—they are the physical manifestations of bodily health status and adverse changes in various aspects of the body. These are manifestations of your internal state, lifestyle, and choices. And I, through quantum orchestration, arrange these external *occurrences* to mirror your inner condition. Even the modern capitalist structure itself is not an accidental creation; it is a byproduct of the collective bodily *situation* of the population it governs."

God: (With a challenging gaze) "A population addicted to unhealthy food, overwork, and ignorance about body luck and spell healing will naturally give rise to a system ruled by greed, inefficiency, and exploitation. This model, founded in short-term thinking and unchecked consumption, has been slowly decimating this planet, exhausting its resources in the name of progress. The only proper solution lies in rebalancing your internal world through lifestyle changes and spell healing. When the

body heals, when lifestyles shift toward harmony, discipline, and conscious nourishment, the outer systems will naturally follow. Body luck governs all systems, even economics."

Ishaan: (Intrigued) "I understand, God. It is a sad reality how nature is destroyed in the name of unlimited progress."

God: (With a steady tone) "The *occurrences* in your daily life are a result of such careful planning that even the most minor disturbances, like a sudden argument between strangers on the bus you're on, a power outage at a critical moment, or a train missed by mere seconds, are not coincidences. They are reflections of subtle imbalances within your body and mind. What you often call '*random events or situations*' are, in truth, not at all random. A traffic jam that disrupts your schedule, a leaking roof during a storm, a phone call that shifts your mood, or even the loss of your wallet—each of these is an orchestrated manifestation of your body's internal condition."

God: (Pausing to let the point sink in) "These *occurrences* are designed by me to mirror the state of your internal biology and the changes happening to it. When your systems fall out of alignment—due to stress, unhealthy lifestyle, chronic illness, or the natural process of cellular ageing—I convert those imbalances into external experiences. Some may be minor; others, deeply challenging. But this is not punishment—it is feedback."

God: (With measured words) "Your most excellent opportunity to change your life does not lie in controlling every external circumstance, but in restoring balance from within. Start with your diet. Align your lifestyle with natural, rhythmic cycles. Engage in spell healing to rejuvenate the body and mind and to reverse the damage caused by ageing and lifestyle. When your inner systems become strong, clear, and aligned, the world around you will begin to reflect peace, synchronicity, and support, replacing the former patterns of chaos, delay, and resistance. Everything begins within. That is the secret of body luck."

Ishaan: (Inspired) "I understand, God. People are often very reluctant to follow healthy dietary habits and quickly find excuses to avoid them."

God: (With a firm voice) "That is true, Ishaan. When people are advised to maintain a healthy lifestyle, the most common response is, '*What's the point? I'm going to die anyway in a few years!*' Others say, '*My uncle lived a clean life and still died young,*' or '*I want to enjoy life—why should I live like a saint?*' Some even claim they're too busy, too stressed, or that it's too late to change. These excuses might seem reasonable—if the world were random. But it isn't. Every action, every choice, triggers specific outcomes through the mechanism of body luck. By indulging in unhealthy habits—poor diet, lack of sleep, alcohol, or destructive routines—they are not just '*enjoying life*'; they are actively degrading their luck during the very years they are

alive. They are reducing their chance to live like kings, free from constant worry, emotional distress, and the hidden perils of life."

God: (Pausing to let the point sink in) "Think about it, Ishaan. Perhaps the person who lived a disciplined life and died young had, without knowing, avoided various unpleasant *occurrences* that could have made their life far worse. Their early death may still have been a far better outcome than what would have occurred otherwise, or perhaps the level of understanding or techniques like spell healing weren't available at the time to truly transform their fate."

God: (Smiling) "More importantly, people often fail to realise that they may be blocking incredible possibilities—winning a lottery, meeting the right partner, healing a chronic illness, or achieving a career breakthrough—simply because their internal system is not aligned. By neglecting their physical well-being, they are not only missing out on opportunities but also unknowingly attracting harmful *events*, such as sudden financial collapse, family breakdown, accidents, war, and even natural disasters. Your lifestyle is not just a personal choice—it is the foundation upon which body luck *occurrences* manifest. Choosing health is choosing power. It's not about living forever; it's about unlocking the best version of life while you are alive."

Ishaan: (Eagerly) "This is truly remarkable, God. It stands as a powerful counter to the common excuses people give for not eating healthy."

God: (Looking directly at Ishaan with a serious yet compassionate tone) "Ishaan, there is nothing surprising about what is happening to the world today. Freshly cooked food has been largely replaced by packaged and processed alternatives almost everywhere. What once came directly from the kitchen is now served in plastic wraps, aluminium foil, and so-called '*tetra packs*'. It's no surprise, then, that the world continues to descend deeper into chaos. Driven by catering demands, cost-cutting, and profit-focused business models, the food industry has embraced bulk manufacturing, chemical preservatives, artificial flavouring, and refrigeration. In doing so, it has transformed food—once a source of life energy—into something far removed from proper nourishment."

God: (Pausing to let the point sink in) "This degraded form of consumption not only weakens the body but also subtly disturbs the balance of internal harmony, triggering adverse *occurrences* that ripple across daily life. Whether it's at airports, train stations, hospitals, or corporate offices, the widespread presence of pre-packaged, synthetic food is laying the groundwork for a cascade of misfortunes. These seemingly harmless lifestyle choices create the conditions for the unfolding of life *occurrences*—missed opportunities, chronic stress, illness, relationship issues, and even accidents."

God: (With a shift in tone) "Consider this contradiction: consuming a sugar-laden pastry before boarding a flight, then worrying about aviation safety. The imbalance begins not with the machine but with the body. Internal instability—caused by poor

food choices, lack of rest, and disconnected routines manifests outwardly in ways most people fail to recognise. Flight delays, sudden turbulence, or mid-air health emergencies are never random—they are *occurrences* created by me to reflect the body's internal state and degradations."

God: (Pausing to let the point sink in) "And it doesn't stop there. Energy drinks in place of sleep, pills instead of real healing, skipping meals for meetings, or overindulging in meat and alcohol under the label of '*enjoyment*'—each of these habits degrades the body's natural balance and invites external disorder. When food loses its essence, life loses its stability. To restore order in your life, start by purifying your food. Fresh, simple, and nourishing meals not only heal the body but calm the chaos surrounding your existence. This is where true harmony begins. And from that point forward, body luck begins to shift in your favour."

Ishaan: (Determined) "I understand, God. Can you please elaborate on the issues caused by vitamin and mineral deficiencies?"

God: (Speaking with excitement) "Ishaan, deficiencies in essential nutrients can damage or degrade bodily cells, leading to negative *occurrences*. Common deficiencies include vitamin B12, iron (especially in women), zinc, vitamin D, magnesium and calcium—often varying by region and diet. The pattern and severity of the related adverse *occurrences* depend on the specific nutrient deficiency and its extent. The negative *occurrences* arising from such deficiencies don't just affect individual health—they can ripple out to influence outcomes at national or even global levels. At a national level, they may create *situations* that impact economic prosperity, technological progress, political decisions, war, natural disasters and social disharmony. On a personal level, deficiencies can manifest as *situations* such as poor academic performance, marital instability, financial difficulties, increased vulnerability to fraud or betrayal, and even poor performance of electronic devices."

God: (Pausing to let the point sink in) "Incorporating key vitamins and minerals into the diet is essential to revitalise the bodily cells, thereby preventing these negative life *occurrences*. For example, vitamin B12 deficiency is prevalent in the northern parts of India, often due to a low consumption of meat-based foods. Iron is especially critical for women, who lose significant amounts during menstruation. When supplemented appropriately, these medicines can revitalise the body, prevent related adverse *occurrences*, and foster positive ones."

God: (With genuine warmth) "Zinc deficiency is notably common among vegetarians due to the limited bioavailable sources of zinc in plant-based diets. To address such issues, various countries have launched health awareness campaigns. However, the impact of nutrient deficiencies extends far beyond physical health, making it even more essential to incorporate a few carefully selected supplements into your daily routine."

God: (Pausing to let the point sink in) "Women, in particular, should closely monitor their iron levels. It is also important to remember that not all supplements enhance body luck—the wrong formulation or excessive dosage can overload the liver and kidneys, potentially triggering adverse *events*. The key lies in personalised supplementation, with careful adjustment of frequency and dosage based on observation of body luck patterns. We'll discuss specific supplements and their effects on body luck when we discuss the Nirvanic lifestyle."

Ishaan: (Concerned) "This will be a major eye-opener, helping people realise that deficiencies can actually trigger unpleasant *occurrences* and mask positive ones. Most people aren't concerned about their health, but they will care deeply if it worsens their external circumstances."

God: (With a calculating gaze) "Ishaan, adverse *events* in life are not always caused by an unhealthy diet and poor lifestyle choices only. You could be following the most disciplined, even the ideal Nirvanic lifestyle, complete with essential supplements, and still face setbacks. In such cases, the root cause often lies deeper, underlying health issues that are silently damaging the body from within. Conditions like uncontrolled diabetes can cause progressive damage to blood vessels and internal organs. Autoimmune disorders may lead the immune system to attack and harm critical internal organs. Impaired digestion can lead to poor nutrient absorption, leaving the cells undernourished despite a seemingly proper diet. Fatty liver or cirrhosis interferes with the body's ability to detoxify, while vitamin B12 deficiency can damage nerve cells and impair brain function."

God: (Pausing to let the point sink in) "Another critical but often overlooked process is menstruation, which occurs in women approximately every 28 to 35 days. During this cycle, the uterine lining disintegrates and is shed, followed by a phase of rebuilding. This repetitive breakdown is a degenerative process at the tissue level and often triggers adverse *events*. Hormonal fluctuations during this time can lead to irritability, mood swings, fatigue, and physical discomfort, making women more prone to emotional conflict, particularly within close relationships like marriage."

God: (With a hint of strain) "It is not uncommon for this phase to result in arguments between spouses or increased emotional sensitivity, which further magnifies the effects of these underlying health imbalances. Understanding that even natural bodily processes can trigger adverse *occurrences* is essential. Women must therefore take proper rest, use dietary supplements, and practice spell healing to alleviate these issues."

God: (With a victorious grin) "Similarly, pregnancy and the postpartum period are associated with significant increases in hormones such as progesterone and prolactin. While these hormones are essential for sustaining pregnancy and promoting lactation, they are not necessarily health-promoting in all contexts. Elevated progesterone can suppress the immune system and influence mood. At the same time, high prolactin

levels have been linked to metabolic disturbances, including elevated blood sugar and an increased risk of triggering autoimmune responses in predisposed individuals."

God: (Pausing to let the point sink in) "From the perspective of body luck, this hormonal shift can degrade overall health and vitality, setting off a cascade of negative *occurrences* as a form of body luck response. These disruptions may manifest externally as conflicts with the spouse, in-laws, or even one's own parents and through sleepless nights caused by breastfeeding demands or the child's irregular sleep cycles. However, the solution is not to avoid parenthood but to prepare the body well in advance. This means building a strong foundation of health through Nirvanic practices and targeted spell healing before embarking on the journey of motherhood."

Ishaan: (Inspired) "I understand, God. If one follows a proper lifestyle and still encounters problems, then it is usually some illness manifesting."

God: (Sighing with irritation) "The liver and kidneys are biologically designed to last multiple lifetimes, performing essential functions such as detoxifying harmful substances and filtering waste from the body. Unfortunately, modern lifestyle and dietary habits often lead to the early degradation of these organs, sometimes as early as midlife. When the liver or kidneys begin to fail, the resulting negative body luck can be profound. At this stage, life-altering misfortunes may unfold: individuals might lose their entire wealth to medical treatments, experience relationship breakdowns, or find themselves socially isolated. From a body luck perspective, this isn't random—it represents a systematic unravelling triggered by serious internal failures."

God: (Pausing to let the point sink in) "If someone begins to notice a steady decline in personal luck or positivity, it should be treated as an early warning. Immediate medical evaluation and diagnostic testing are strongly recommended to assess for conditions such as nutrient deficiencies, fatty liver disease, high blood sugar, autoimmune activity, or other chronic health issues."

God: (With a calm expression) "Correcting these imbalances through medical treatment—alongside spell healing—can help restore health and improve one's *situation*. This early awareness serves as a pre-disease alert, surfacing long before physical symptoms become severe and medical support is required. It's also a signal to step back from high-risk responsibilities. Individuals in crucial roles—such as loco pilots, airline pilots, or executive decision-makers—should inform their employers, colleagues, and loved ones about their health status and temporarily shift to supporting roles. Doing so is vital not only for personal recovery but also to protect the safety and reputation of the organisation, as negative body luck can ripple outward and affect wider systems."

Ishaan: (Concerned) "I understand, God. Serious conditions like liver and kidney disease can cause substantial negative *occurrences* for the patient and their close relatives, and it is important to step down from critical career roles."

God: (Pausing momentarily, then continuing with a serious expression) "It is the poor state of health and negative body luck triggers in the population that compel me to create economic circumstances in which banks offer affordable loans to young people for the purchase of high-speed sports bikes. These machines are not only impractical for daily use but also extremely dangerous. These bikes often become tools for reckless street racing and fuel-guzzling noise pollution, disturbing neighbourhoods and endangering lives. Their very use is a manifestation of negative body luck in young people, caused often by the adoption of indulgent diets. Tragically, many of these riders end up in serious accidents, leaving helpless parents in *situations* to care for bedridden children with spinal or brain injuries."

God: (Hesitating before continuing) "These bikes, with their aggressive design and poor seating ergonomics, aren't even suited for comfortable or practical travel. When such scenes become common—shattered lives, rising noise, senseless speed—it is a clear sign that the end of Kali Yuga is near. In contrast, the humble bicycle, a model of simplicity, health, and sustainability, must reclaim its place as the primary mode of short-distance travel. It not only preserves physical well-being but also restores a sense of balance and sanity to urban lives. In the Nirvanic state, bicycles will become the primary mode of short-distance travel, reflecting a healthier, and more harmonious way of living."

Ishaan: (Troubled) "It is truly heartbreaking, God. The number of deaths and bedridden cases is overwhelming."

God: (With a cold tone) "Earlier, we discussed the body luck index associated with various foods and lifestyle practices. It's essential to remember that these values are relative to the individual and depend on factors such as age, sex, physical health, rate of consumption, and numerous other variables. For example, a perfectly healthy individual with a well-functioning liver and healthy internal organs might experience minimal adverse effects from alcohol. However, as time passes and the liver and other organs begin to deteriorate, the body luck index of alcohol becomes increasingly negative for that person. This decline in health due to adverse *events* may manifest in their lives through *situations* such as social isolation, damage to reputation, health crises, marital conflict, or other serious setbacks."

God: (Pausing to let the point sink in) "Age also plays a crucial role in determining the body luck response to various foods and practices. An older adult is more likely to experience a more negative *event* from a given substance compared to a younger person simply because their organs are generally less efficient. However, there are exceptions. With regular spell healing, moderate physical activity, and proper dietary supplementation, many older individuals can still maintain a reasonably positive or neutral body luck profile."

Ishaan: (Nodding thoughtfully) "I now understand, God. Thank you for explaining this."

God: (With a compassionate tone) "When introducing a new food, supplement, or lifestyle habit, it is essential to proceed with caution. It's critical to observe the nature of *events*—positive, negative, or neutral—that occur in the days following the introduction. If no harmful patterns emerge, or if *events* remain mostly positive or neutral, it may be safe to gradually increase the use of that food or practice. However, one should never experiment with new drugs, supplements, or significant lifestyle changes right before critical activities, such as flying an aircraft, participating in a space mission, or attending a high-stakes corporate meeting, as even a minor negative trigger can lead to catastrophic consequences."

Ishaan: (Nodding thoughtfully) "Thank you, God. This is truly an important insight."

God: (With a touch of sadness) "What people often forget in this exhausting rat race is that life doesn't have to be this way. It can feel like a long vacation, one where you voluntarily help operate the systems that keep the world running. Music, art, and cinema are not just forms of entertainment; they play a vital role in healing and human well-being. There's a deep connection between your thoughts, bodily health and the quality and nature of artistic output—whether it's film, music, or any creative work. Sadly, many highly talented artists are now working in corporate roles, producing increasingly duplicate products and services to meet the demands of a capitalistic market. In doing so, they've lost touch with their natural gifts—the very talents meant to inspire and uplift a generation."

God: (Pausing to let the point sink in) "It's no surprise, though. These creative abilities can only be adequately expressed when bodily well-being is nurtured and supported. In a Nirvanic world, community life will naturally include music, art, and cinema in healthy, enriching doses. When you live with discipline, your inner talents are given the space to flourish, without the constant pressure of work. These gifts don't merely entertain; they transform life into something wonderful, a living paradise."

Ishaan: (Speaking with enthusiasm) "As someone who loves movies, I can relate to how the quality of art is deeply intertwined with one's health."

God: (encouragingly) "Body luck index holds tremendous potential in transforming modern medical clinical trials and drug approval processes. While current allopathic systems rely heavily on double-blind placebo trials and various diagnostic markers to assess drug safety and efficacy, they ignore the body luck connection and fail to recognise negative body luck responses that may follow drug consumption. In many clinical trials, participants may experience unexplained negative *occurrences*—such as the sudden death of a loved one, conflicts with friends or family, emotional distress, unpleasant interactions with trial staff, or even injuries and accidents."

God: (Pausing to let the point sink in) "From the body luck perspective, these *occurrences* are not coincidences; they may be subtle indications that the drug is disrupting the individual's bodily processes or causing cellular damage. *Vital resonance*

based negative *occurrences*—such as anxiety, change in thoughts, fear, and nightmares—can also provide valuable feedback about the side effects of the drug being tested. Also, clinical trials should be conducted on individuals who are already following a Nirvanic lifestyle—those free from ongoing negative *occurrences*. If such individuals, who are otherwise stable and harmonious, begin reporting negative life occurrences after taking a trial drug, it suggests that the drug may possess a negative body luck index."

God: (With a thoughtful pause) "It may not be possible to produce all allopathic drugs with a positive or neutral body luck profile. However, these drugs can at least be clearly labelled, allowing patients and doctors to make informed decisions. For instance, a woman recovering from childbirth may take a painkiller that can trigger disruptive *occurrences*—an unexpected hospital bill, emotional conflict between her husband and her family, or feelings of isolation. These are not random misfortunes but orchestrated outcomes within the laws that govern existence, of which I am the unseen architect."

God: (Pausing to let the point sink in) "In the near future, we may reach a point where patients give feedback like, '*That antibiotic triggered a negative event in my life; I would prefer an alternative*'. Doctors and healers will then begin to consider not only clinical metrics but also life outcomes tied to the treatments they prescribe. Traditional herbal medicines and home remedies, due to their grounding in holistic methods, often carry a neutral or positive body luck index, especially when taken in appropriate doses. But even the healthiest foods, supplements, or habits should be approached with careful observation. Every individual must learn to monitor their own life *occurrences* to determine whether a new input is safe and beneficial to their bodily health and well-being."

Ishaan: (Looking curious) "This will truly revolutionise the way we view medicine and treatment. The patient will finally take an active role, offering meaningful input to support the healing process."

God: (Looking enchanted) "Another important metric in modern medicine is the allowed range of various bodily parameters, such as thyroid hormone levels, serum vitamin concentrations, blood sugar, and others. These reference ranges are typically defined by medical agencies based on clinical trials, statistical averages, and population studies. However, from the perspective of body luck, many of these standard ranges may require re-evaluation and adjustment. For instance, consider a particular blood test. If the lab defines a minimum threshold as acceptable, but the individual continues to experience negative *occurrences*, then that minimum value may in fact be too low for an average individual. In such cases, the reference minimum value should be revised upward to reflect bodily requirements."

God: (Pausing to let the point sink in) "Similarly, if someone has a value within the so-called '*safe upper limit*' but is still experiencing serious misfortunes—such as

conflicts, accidents, or emotional turmoil—then it may indicate that the upper limit requires re-evaluation. Take, for example, the administration of B12 injections for individuals with severe deficiency. Typically, these injections are administered daily for seven consecutive days, followed by monthly doses for several months. However, by the second or third successive dose, the individual may begin to experience negative *events* due to abnormally high blood levels of B12. These negative effects could manifest as the shattering of a mirror in the washroom, workplace problems, conflicts at home, and so on. This presents a contradiction: while intended as treatment, the practice can inadvertently cause harm if not carefully monitored and managed. Such protocols should be re-evaluated to ensure they align with the body's actual needs and limitations rather than rigid dosing routines."

God: (Leaning in with interest) "Thus, body luck offers a more personalised, outcome-based layer to interpreting diagnostic results. Additionally, the numerous *occurrences*—positive, negative, or neutral—that occur in a person's life can be viewed as divine lab reports, providing direct feedback from a higher intelligence about the internal health status and changes to it. Rather than relying solely on lab numbers, future medicine may need to integrate life outcomes as diagnostic signals. Body luck serves as a bridge between physical health and metaphysical feedback, allowing for a deeper understanding of well-being that goes beyond chemical values and test results."

Ishaan: (Eyes lighting up with a glimmer of hope) "I understand, God. This will provide profound inputs for professionals in deciding medical standards."

God: (With a nurturing tone) "I now aim to investigate a phenomenon that has long puzzled and challenged the medical community. In some instances of organ transplantation, recipients have reported unusual shifts in emotions, preferences, dreams, and even behaviours, sometimes claiming to experience the memories or habits of the donor. For instance, heart transplant recipients have recounted sudden cravings for unfamiliar foods, personality changes, or vivid dreams involving places and events they have never encountered. This phenomenon, often referred to in fringe literature as '*cellular memory*,' remains unexplained mainly by modern medicine, which tends to regard organs as purely biological structures."

God: (Pausing to let the point sink in) "However, from a metaphysical perspective, such occurrences are far from surprising. Organs are not merely tissue—these cells carry the subtle imprint of the donor's soul. It is the *vital resonance* from the transplanted organ that is triggering these new emotions, preferences, dreams, and even behaviours in the recipient's brain. An organ transplant will undoubtedly bring about changes to various internal and external aspects of the individual, depending on the nature of the organ being transplanted. While mainstream science continues to explore these effects through immunology and neurology, the more profound truth lies in understanding the mechanism of *vital resonance*."

Ishaan: (Curious) "This is truly remarkable, God. It's time for science to begin acknowledging these metaphysical processes, thereby leading to deeper breakthroughs and more meaningful progress."

God: (With a calm demeanour) "One of the most common questions people ask is: How can I become rich? However, before answering that, it's essential to understand that even the wealthiest individual on the planet is not truly rich by Nirvanic standards. Despite material abundance, such individuals often experience emotional unrest, a lack of sustained joy, and the limitations of what money can and cannot buy. In truth, all materially wealthy individuals today remain unaware of the fundamental governing principles of this realm, such as body luck and other principles. In that sense, their condition is a form of poverty—one of ignorance—resulting in only relative richness."

God: (Pausing to let the point sink in) "Modern wealth, and the excessive consumption it often fuels, is frequently a manifestation of both positive and negative body luck. The positive aspect manifests as superior personal well-being due to increased buying power, while the negative aspect is the significant ecological damage. Consumerism, greed, and a desire to show off are not aligned with the Nirvanic way and are signs of bodily imbalances. In the Nirvanic paradigm, wealth assumes a profoundly different meaning. The true richness lies in the effortless availability of life's essentials—clean food, pure water, safe shelter, inner peace, and vibrant health. There is no extravagance, no competition, and no anxiety for survival. This state of being encompasses awareness of governing dynamics, such as body luck, and the ability to heal oneself and others through the power of thoughts alone. It involves the ability to manipulate one's neural pathways to gain intelligence and memory, or remove toxic traits in a partner through spell healing, or rediscover ancient truths through spell transcription. Radical clean technologies will seamlessly emerge as a manifestation of extreme physical well-being."

God: (Pausing to let the point sink in) "Even the most unfortunate child born within the Nirvanic world will have access to more genuine resources than the wealthiest person in the modern material world. Life there feels like a prolonged, harmonious vacation—lived in communion with nature and all living beings. There is no disease, no unpleasant circumstance, and lifespans are long and peaceful. Every moment is deeply fulfilling, and existence itself is a state of effortless abundance."

God: (Pausing before speaking) "Today's wealth, when viewed through a Nirvanic lens, is a form of poverty. It often demands the sacrifice of health, peace of mind, and meaningful relationships. Wealth or any means to live is usually a manifestation of the efficiency of complex bodily processes—hormonal activity, nutritional state, digestive function, sleep quality, and overall lifestyle alignment. These internal dynamics silently govern your capacity to earn, retain, and use money. Your physical and mental health will influence not only how much wealth you attract but also how truthfully and peacefully you do so. For example, someone with stable hormonal health and balanced

nutrition might earn steadily while enjoying life, whereas someone with chronic deficiencies or toxic stress might accumulate wealth at the cost of personal suffering, strained relationships, or unethical means."

God: (With an encouraging smile) "Supplements, a healthy digestive system, and lifestyle choices aren't just health tools—they are currency infusers into your inner state, manifesting as outer wealth. If your bodily systems are misaligned, the money you earn may come with side effects, such as fatigue, conflict, or loneliness. However, if you are aligned with Nirvanic principles, even modest earnings will bring deep satisfaction, inner richness, and a harmonious life."

Ishaan: (Processing) "In many ways, modern human life can be seen as a form of poverty. Even the so-called rich are only relatively wealthy, measured against the rest of the population, not in any absolute sense."

God: (Smiling warmly) "There are numerous examples of subtle negative *occurrences* in daily life. Take modern people, for instance. In earlier times, life was defined by movement, exploration, and adventure. People swam across rivers, climbed trees, and rode bicycles on rough roads—all without fear or elaborate safety gear. Today, those same activities require layers of precautions, expensive equipment, and still often lead to accidents and injuries. Many now fear even going knee-deep into the sea or struggle to ride a bicycle without falling. Drownings, minor accidents, and anxiety around basic outdoor activities have become common. These are not just random mishaps—they are adverse *occurrences*, resulting from deteriorating health, weakened bodies, and disconnected lifestyles."

God: (Pausing to let the point sink in) "This trend is turning humans into fragile beings, separated from nature and lacking basic survival instincts that shaped our ancestors. I'm not saying you should climb mountains barefoot or dive into wild rivers without caution. What I'm saying is that the real danger isn't the river, the bicycle, or the sea—it's your own health and lifestyle. To reclaim strength and confidence, return to the basics. Learn life skills professionally and nirvanically. Build your body through the right lifestyle and spell healing. As your bodily health improves, you'll find that the world is not as dangerous as it seemed—your fear was a reflection of your own internal imbalance. Adventure, resilience, and harmony with nature await you upon your return."

Ishaan: (Excited) "This will create a strong, adventure-seeking generation, God."

God: (With a nurturing tone) "It is in the very nature of body luck to compel lifestyle transformation by targeting what you hold the most dear. When your internal balance is off, the negative *events* don't strike randomly—they strike where it hurts enough to awaken you. It could be the sudden illness of a child, the loss of a beloved pet, a serious accident damaging your car, or even a diagnosis like cancer in a close family member.

Relationships may break down, businesses may collapse, or trusted friendships may dissolve—each *occurrence* pointing to an urgent need for change."

God: (Looking triumphant) "Over time, these persistent disruptions prompt even the most indisciplined individuals to reconsider their choices and ultimately lead them to abandon destructive habits. But what is it really asking of you? It is pushing you to return to the power within, to live with awareness, health, and discipline. It's a call to uplift the self, to align your outer life with your inner truth. There is no greater ideal to follow than the one that already exists within you. Everything begins there."

Ishaan: (With a satisfied expression) "This info is truly remarkable, God."

God: (Smiling warmly) "Consider the case of a space program run by any global agency. A rocket launch involves millions of components, all working in precise coordination. Despite rigorous testing, there are always scenarios where even a minor failure can escalate into a catastrophic crash. The number of design variables, technical dependencies, and timing sequences is massive, making these missions incredibly complex. A tremendous amount of effort, time, and human commitment goes into every launch, and a lot of positive body luck is needed to ensure that nothing critical goes wrong. From the perspective of body luck, a launch failure or the loss of a mission or human life is not purely technical—it is often the manifestation of collective negative body luck from the connected personnel. These failures bring immense disappointment, public scrutiny, and even career setbacks for many involved. Sleepless nights, stress, and sacrifice all seem to go in vain."

God: (Pausing to let the point sink in) "What many don't realise is that had these personnel been more careful in terms of personal health and lifestyle habits, some of these past tragedies and the new setbacks may have been easily avoided. It's not uncommon for team members to consume junk food, smoke, or ignore rest, even during mission-critical phases. Ironically, astronauts themselves are required to follow strict discipline, yet they often fail to adhere to it entirely. Applying body luck principles, it becomes clear that everyone involved—astronauts, engineers, scientists, decision-makers—should follow a Nirvanic lifestyle, especially in the lead-up to a launch. In fact, this should be a daily norm, not a special case."

God: (With measured words) "Personnel should refrain from taking on critical roles if they have any doubts about their physical well-being. A collective upgrade in physical and energetic health would not only reduce technical failures but also enhance organisational harmony, creativity, funding flow, and attract exceptional minds, fuelling breakthroughs in space research like never before."

Ishaan: (With a radiant expression) "I understand, God. This is truly remarkable."

God: (Leaning forward) "I want to discuss a phenomenon where suddenly indulging in food or substance with a negative body luck index can trigger strong and immediate

negative *events*. For instance, when someone consumes alcohol for the first time, they may exhibit extreme behaviours—such as impaired judgment, reckless actions, or inappropriate conduct. Similarly, even occasional consumption of junk food can lead to intense initial reactions, which may gradually diminish over time. Interestingly, these reactions often lessen by the second or third exposure. This isn't merely a matter of developing a habit or building tolerance—it reflects a sudden drop in the body's overall cellular health and vitality, particularly in individuals following an impeccable lifestyle. *Body luck events* are triggered by changes in health status, cellular vitality, and the efficiency of internal processes."

God: (Pausing to let the point sink in) "When someone maintains a high standard of living—what might be described as a clean or even Nirvanic baseline—the sudden introduction of a low-value substance creates an abrupt drop in bodily wellness. This sudden change, as always, will trigger significant adverse life *events*. Over time, repeated exposure lowers bodily status, aligning itself with the quality of the incoming substance. As a result, the negative reaction may seem milder. This is also a key reason why practices like occasional drinking, weekly junk food indulgence, and similar habits are not recommended."

Ishaan: (Curious) "This is truly fascinating, God. It feels like a science of its own—one that demands careful observation and deep understanding."

God: (With a tone of certainty) "It is precisely due to similar lifestyle adaptations that Hinduism has traditionally been regarded not merely as a religion, but more as a way of life. This is why the sages and seers of ancient India emphasised lifestyle practices such as vegetarianism, yoga, and meditation. These disciplines were not arbitrary rituals, but intentional paths designed to cultivate harmony and balance within oneself, thereby controlling one's circumstances."

God: (Pausing to let the point sink in) "Hinduism, or *Sanatana Dharma*, aligns remarkably well with the concept of quantum reality. In its cosmology, the universe is seen as the dream of Maha Vishnu, who reclines upon the cosmic serpent Ananta in the ocean of causality. It is Lord Vishnu's dream that manifests the world into existence. Similarly, in quantum physics, the observer plays a crucial role in collapsing possibilities into reality, mirroring the idea that consciousness brings the universe into form. The parallels are striking and deeply resonant."

God: (Pausing to let the point sink in) "There is a well-known saying in India: '*Vinashakale viparita buddhi*'—in bad times, one's intellect turns misguided. It reflects the idea that during difficult periods, our own decisions often accelerate our downfall. This is because some of these mental changes are biological, while others result from *vital resonance* and my own quantum manipulations."

Ishaan: (Looking intrigued) "All these ancient practices and beliefs now start to make sense, God."

God: (With a victorious grin) "Corruption is widespread across both the public and private sectors in most countries. Even in nations that claim to have low corruption, political systems are heavily influenced by corporate funding. Senators, parliamentarians, and officials often rely on donations and lobbying from powerful corporations, who, in return, shape policy to serve their interests. This is a subtle form of corruption, disguised under the label of a democratic process. At a deeper level, corruption stems from greed for money, which has become a driving force in modern human behaviour. People chase wealth not just for survival, but for luxuries, power, and status—all of which fuel ego and competition."

God: (Pausing to let the point sink in) "As this desire spreads, ethical boundaries become increasingly blurred. The real cost of corruption is immense. It leads to poor-quality construction, unsafe infrastructure, substandard roads, and the collapse of public services. Funds intended for healthcare, education, and public welfare are diverted, leaving the majority of the population to suffer. A biased judiciary allows criminals to walk free, and justice becomes a privilege for the wealthy."

God: (Pausing before continuing) "But the actual root cause of these *occurrences* lies elsewhere. It is the manifestation of the collective bodily state of the population caused by poor lifestyle and chronic illnesses. A population weakened by deficiency, stress, and imbalance triggers *occurrences* that manifest as corruption and red-tapeism. The craving for money emerges as a symptom of degraded bodily processes and deficiency. But in the upcoming Nirvanic world, there will be no monetary transactions to fuel such vices. Resources and services will be shared in alignment with universal order and need, not profit. When the collective lifestyle shifts toward one of balance, simplicity, and awareness, corruption and other similar evils will naturally dissolve. People will act with sincerity, integrity, and truth across all areas of life, not through enforcement, but because their inner alignment compels them to do so."

Ishaan: (Looking intrigued) "This has the potential to transform our government and bureaucracy, introducing greater efficiency, transparency, and accountability into systems that have long been plagued by inefficiency and corruption."

God: (Speaking boldly) "In today's news channels, it's common to see politicians being ridiculed or harshly judged by both the media and the public, who often take pleasure in their downfall. Yet few pause to consider that the political blunders or public missteps we witness are negative *events* due to their degrading health status, the cause of which could be genuine problems like illness and associated allopathic treatment. This kind of media-driven judgment does little to resolve actual governance issues. What truly needs examination is the root cause: Are they indulging in harmful lifestyle practices? Are they relying on heavy allopathic treatments due to an ongoing illness? Interestingly, similar patterns apply to the general public as well. A population that criticises its leadership without understanding the root causes fails to realise that the blame, in many ways, reflects back on all of them."

Ishaan: (With a sad look) "This is a sad reality of today. Things will soon change for good, God."

God: (With a look of determination) "Large-scale outsourcing to cut costs has become one of the biggest threats to quality and safety in modern industrial manufacturing. From jetliners to consumer electronics, automobiles, and even government infrastructure projects, this trend has led to a sharp decline in standards. Many companies that once had a reputation for durability and reliability have now outsourced their manufacturing to third parties with little control over the final product. Critical components of aeroplanes, medical devices, and even national defence equipment are often built in multiple low-cost locations with minimal oversight."

God: (Pausing to let the point sink in) "For example, several aviation incidents in recent years have involved faulty outsourced parts, and some well-known car brands have now recalled millions of vehicles due to safety issues stemming from external suppliers. Even basic home appliances—such as pressure cookers exploding, phones overheating, or washing machines breaking down within months—have become increasingly common. Meanwhile, companies often avoid offering reliable repair services, prompting consumers to continue purchasing newer, often lower-quality versions of the same product, thereby contributing to ecological waste from short-lived products."

God: (Pausing to let the point sink in) "But as always, the root cause lies deep elsewhere. These failures reflect the collective decline in human health and bodily well-being. Poor diet, disrupted sleep, and toxic habits create frequent disruptions, from crashing planes to malfunctioning gadgets. The external world mirrors the internal decay. The solution is not just in regulating supply chains or enforcing standards—it lies within. As humanity restores balance through a Nirvanic lifestyle and spell healing, these systemic breakdowns will disappear. Products will last longer, safety will be restored, and sincerity in production will be natural, not forced."

God: (Smiling, but without warmth) "As a manifestation of the negative body luck in the population, employees today often lack a sense of loyalty or ownership toward their company. Many are primarily focused on securing a paycheque or chasing better opportunities rather than contributing meaningfully to a shared vision. Accountability is frequently deflected, resulting in a blame game that turns responsibilities into a game of finger-pointing. The frequent movement of experienced engineers and creative professionals can significantly impact product quality and compromise the safety of critical systems. This trend of job-hopping, driven by a growing culture of contractual employment aimed at cutting costs, has led to severe workplace instability and a decline in product quality."

Ishaan: (Reflecting) "All these concerns are grave and finally there is a solution, God."

God: (With a gentle gaze) "It is due to a lack of understanding of the governing rules of body luck and essential practices like spell healing that even some of the world's most successful motivational writers, after selling millions of books and inspiring countless readers, suddenly fall into despair—or even take their own lives. This happens because life occurrences are not guided solely by ideologies, beliefs, or positive thinking. They are governed by the state of bodily health, vitality, and integrity of lifestyle. No matter how powerful the words or how large the audience, if one's inner system is in decline—through poor diet, toxic habits, sleep deprivation, or unresolved deficiencies—negative *occurrences* will continue to manifest and overwhelm you."

God: (Pausing to let the point sink in) "Many motivational leaders speak of mindset and vision, but few address the physical, nutritional, and energetic roots of life outcomes. True transformation happens not just through thoughts but through practices that uplift the body by restoring vitality and efficiency in bodily cells and processes. This is why awareness of body luck and spell healing is vital. They offer the missing link between inspiration and lasting well-being—the kind that keeps both your message and your life sustained in peace, purpose, and balance."

Ishaan: (Disturbed) "It reflects how ironical human lives are!"

God: (With a concerned look, cutting in) "Truly, Ishaan! Digestion is one of the most critical pillars of good health. When the body stops producing sufficient digestive enzymes, the entire system begins to decline. If you start avoiding certain foods that once suited you as a child—due to gas, bloating, constipation, or flatulence—it's a clear sign that your digestive capacity has weakened. In Ayurveda, a person is considered truly healthy only as long as their digestive fire (Agni) remains strong. Weak digestion is linked to the buildup of toxins (Ama), nutrient malabsorption, deficiencies and chronic fatigue. Medically, signs of poor digestion may also include acid reflux, undigested food in stool, irregular bowel movements, bad breath, and low appetite. While practical changes, such as avoiding cold foods during meals, limiting water intake while eating, and not eating late at night can help, the most effective solution lies in spell healing. Avoiding antacids can also significantly help, as they can disrupt the digestive process and may lead to serious long-term side effects."

God: (Letting the words sink in before continuing) "Spell healing can effectively restore the organs and systems related to digestion, helping to reignite internal digestive strength. Additionally, as digestion weakens, the body will struggle to absorb essential vitamins and minerals, making supplements particularly beneficial. Poor digestion amplifies adverse *events*, causing even minor unhealthy habits to have severe consequences. This is why degraded digestion must be addressed urgently. Spell healing, when done consistently, helps to rebuild a strong digestive foundation. When digestion is strong, supported by a good diet, a disciplined lifestyle, and healthy internal organs, it manifests externally as abundance, vitality, and ethical prosperity—true wealth earned in alignment with universal harmony. In a world where

the concept of body luck is widely understood, it can be said that the more serious a negative *occurrence*, the more avoidable it will be."

Ishaan: (Intrigued) "This is truly an important insight for people struggling with digestive issues, God."

God: (With a compassionate nod) "In a household with body luck awareness, a wise husband or wife, when their child or spouse suggests a casual pastry or ice cream break, might gently say:

'Let's skip it today—I'm expecting a promotion at work and I don't want to trigger any negativity,'

or

'Your parents are doing well and there's been peace at home—let's not invite new conflicts,'

or

'The teacher already gave critical feedback on the kids' behaviour last week—let's not invite any more complaints'."

God: (Pausing to let the point sink in) "This is not fear—it's awareness. It's the ability to see connections between what we consume and what unfolds around us. It's a new kind of intelligence rooted not in calories or nutrients but in bodily wellness and life outcomes. Understanding and associating daily negative or positive *occurrences* with diet and lifestyle choices will mark one of the most significant turning points in human evolution."

Ishaan: (Looking contemplative) "I understand, God. Hoping to see a day when people will do this daily."

God: (Thoughtfully, with a hint of sadness) "Another example that illustrates body luck is the surge of problems often seen around holidays and celebrations. During such times, people tend to indulge excessively, consuming large quantities of sweets, cakes, ice cream, alcohol, meat, and various forms of junk food. These sudden dietary shocks trigger adverse events, causing the body's degraded state to manifest externally."

God: (Pausing to let the point sink in) "Negative events can be seen everywhere: smoke and pollution, ecological damage, accidents related to fireworks, terrorist attacks, reckless spending, and conflicts within families or neighbourhoods fuelled by alcohol. Additionally, major accidents can occur on the day of celebration or shortly after. Traffic jams, sudden changes in weather, flight cancellations, and even critical software failures are not mere coincidences; they often reflect deeper internal crises."

Ishaan: (With an enlightened look) "This is truly sad, God. Now I can see the connection—why all hell seems to break loose on a Monday morning, or why unpleasant *occurrences* often accompany celebrations. It all makes sense now. Do animals also exhibit body luck like humans do?"

God: (Pausing before answering) "Ishaan, the answer is yes. Animals, like humans, possess souls and share significant biological similarities. However, the nature and significance of events differ between species and are often quite distinct from human experiences. There are observable examples all around us. In the wild, when an animal becomes sick or weak, its group may abandon it, or in some cases, even kill it. This harsh response is not just a survival instinct; it is a manifestation of the negative body luck. When an animal's internal systems begin to weaken—due to age, illness, or injury—it may develop behaviours or undergo changes that lead to its isolation from the group. This mirrors the unfortunate experiences that humans encounter when facing similar challenges."

God: (With a calculating gaze) "In industrial farming, for example, chickens are often injected with steroids or fed artificial feed and live in cramped cages. They are frequently forced to witness the suffering or death of other chickens while waiting for their own fate. These animals are subjected to a constant state of physical distress, with no chance for recovery or intervention. Unlike humans, they cannot fight back through corrective actions, intention, or determination—tools that humans possess due to their advanced cognitive abilities."

Ishaan: (With a sad expression) "This is truly sad, God, how these divine beings are abused in the name of food."

God: (With a caring expression) "A significant harmful belief that has quietly affected humanity is the notion that *'anything is fine in moderation'*. People often claim, *'I'm an occasional drinker'*, *'I only have fast food once a month'*, or *'I smoke socially, not daily'*. Some might justify their habits by saying, *'A little processed sugar won't harm me'*, or *'I only consume energy drinks during exams or deadlines'*. Unfortunately, this mindset is deeply flawed. It's akin to saying, *'It's okay to be emotionally abused once in a while'*, or *'Being robbed occasionally isn't that bad'*. The reality is that even infrequent exposure to harmful substances or behaviours can create disturbances in the body and lead to negative outcomes. While these imbalances may seem small at first, they can accumulate over time, resulting in addictions, chronic illnesses, or emotional instability."

God: (Pausing to let the point sink in) "It's time people understood that the greatest addiction is life itself—the desire to wake up healthy, to love and be loved, to be at peace, and to thrive. That is the only addiction worth having. Nirvanic living doesn't mean being rigid or joyless. It means creating a life where you don't need poisons to feel alive, where your joy comes from healthy foods, vitality, and alignment with truth. The occasional mistake may occur, but building a culture that normalises small doses of harm only guarantees a future filled with regret, disease, and imbalance. The solution isn't moderation of bad things—it's a celebration of the right things, done consistently and consciously."

Ishaan: (Looking curious) "I now understand, God. Can you please explain terrorist attacks from the perspective of body luck?"

God: (With a commanding presence) "Think about the terrorist attacks that have occurred in the last few decades. You can point to reasons such as political propaganda, unrest in specific regions, religious extremism, ideological brainwashing, or economic oppression as causes. But from my perspective, these are only surface-level explanations. The actual reason lies in a collective negative body luck due to a decline in health across the population. Interestingly, the number of actual deaths caused by terrorism is relatively low compared to other causes. However, these attacks are ways for me to manifest minor and major negative body luck issues for extended periods post the actual attack."

God: (Pausing to let the point sink in) "The real and lasting damage of a terrorist attack is in the fear, surveillance, and inconvenience they generate, and these are precise manifestations. Look at what happens after every major terrorist attack. Airports become fortress zones, necessitating stricter security measures, such as advanced scanners, metal detectors, random bag checks, identity verifications, and sometimes surprise body searches. What was once a convenience—flying to save time—has become a lengthy and stressful experience. The time saved in the air is often lost on the ground. Massive infrastructure and complex security systems have become integral to daily life, adding cost, stress, and delays."

God: (Pausing to let the point sink in) "There was once a time when passengers could carry most of what they needed onto a flight with minimal restrictions. Family members would walk with you to the gate, even into the aircraft. That ease is now gone. These are not coincidences. Terrorism and related safety restrictions are universal expressions of negative body luck due to the collective degraded bodily state of the population. These are ways for me to mirror your bodily status back at you through outer restrictions and limitations. But there is a solution. Simplify your diet, correct your lifestyle, heal your inner systems, and reconnect with a harmonious body. When health improves across the population, you will again board a plane, just like a regular city bus, with loved ones waving from inside the airport, not behind layers of glass and security."

Ishaan: (Smiling) "I now understand, God. This is truly remarkable."

God: (Speaking with concern and compassion) "Our world has always been shaped by body luck *occurrences*. Nothing truly happens by accident. A world governed purely by randomness or mechanical cause and effect has never existed here, and perhaps couldn't sustain itself even if it did. In this world, while individuals may influence outcomes by maintaining their bodily wellness, the larger design always tends toward the balance I retain. I manipulate the unfolding of *occurrences* to preserve order and continuity, ensuring that—even through chaos or control—the system stays aligned with my higher purpose."

Ishaan: (Speaking louder to be heard) "God, sorry to interrupt you. Can we discuss the effects of the stress hormone cortisol from the perspective of body luck?"

God: (Eyes brimming with love) "Cortisol is a hormone produced by the adrenal glands in the human body. Excess cortisol is secreted in response to sleep deprivation, late-night routines, and chronic stress. While moderate levels of cortisol are essential for maintaining alertness and energy, elevated cortisol levels can lead to serious health issues, including high blood pressure, elevated blood sugar levels, weakened immunity, and emotional instability. Due to these effects, cortisol is a common initiator of adverse *events*, subtly setting the stage for disruptions in relationships, health, and mental well-being. The modern high-stress work culture is one of the primary generators of excess cortisol, perpetuating a cycle of burnout and misfortune. To truly restore balance and halt the wave of stress and sleep deprivation-related negative *events*, a shift in the entire global system is necessary—a re-evaluation of how we live, work, and rest. The design of the future Nirvanic state is based on tackling these sorts of issues."

Ishaan: (With a compassionate expression) "Thank you, God."

God: (Looking enchanted) "In today's world, modern businesses are driven by competition and closed-source technologies, creating a system where countless individuals work on duplicate products and services, often at the expense of their health, family life, and inner well-being. The truth is, most of these people aren't creating anything truly new—they're developing versions of products that dozens of other companies already offer. This isn't innovation; it's merely a race for market share. This profit and employment-driven model is a reflection of the collective ignorance of the higher governing rules that shape human reality. The time and energy spent on competition, secrecy, and repetitive development trap humanity in a cycle of technological and bodily stagnation."

God: (Pausing before speaking) "However, when Nirvana is introduced to the world, a global shift will begin. The Nirvanic state will ensure that only a select few organisations, run not by employees but by sincere, talented volunteers, and operating under open-source principles, will be sufficient to fulfil all of humanity's technological needs. These volunteers will no longer be drained by meaningless, repetitive labour. Instead, they will focus on refining and elevating existing technologies while also nurturing their physical, mental, and emotional well-being. As a result of this improved bodily state, humanity will unlock technological breakthroughs beyond imagination, not through stress and rivalry, but through harmony with the deeper laws of existence."

Ishaan: (With a sad expression) "I understand, God. In today's capitalist system, countless entrepreneurs sacrifice their health, wealth and well-being to develop and market their products—yet only a small minority succeed. Now it's clear why so many fail. These outcomes are merely manifestations of their bodily status."

God: (With a firm voice) "Exactly, Ishaan. In the past century, alcohol and cigarette consumption were primarily restricted to men. However, when corporations realised that encouraging women to smoke and drink could expand market share, boost GDP growth, and stimulate employment and industry profits, targeted marketing campaigns followed. This shift was hailed as progress and a form of women's empowerment, but it came with more profound, often overlooked consequences. The female body, due to evolutionary and biological factors, has a lower tolerance for these substances compared to males. Women metabolise alcohol more slowly, leading to higher blood alcohol levels and increased toxicity per dose. As a result, they are more prone to faster ageing, liver damage, hormonal imbalances, reproductive disorders, and a range of other long-term health issues."

God: (Pausing to let the point sink in) "From a body luck perspective, the impact is even more serious. Women's lower physiological resilience to these toxins leads to more severe health impacts, thereby triggering more intense negative *occurrences*. These may manifest as marital breakdowns, sexual violence, work pressure, accidents, and even policies that restrict personal freedom. The widespread adoption of alcohol and cigarette use by both genders has significantly degraded their health and thereby dramatically increased their collective negative body luck. This has led to a cascade of social, emotional, and systemic problems that society now struggles to escape."

God: (With eyes full of compassion) "In family life, a partner's alcohol consumption can seriously impact their emotional well-being and financial stability. Many homemaking women often ask medical professionals how to stop their husbands from drinking. Unfortunately, the solutions offered are usually ineffective, and the *situation* may only worsen over time. The real solution is surprisingly simple and rooted in bodily wellness: tell them to adopt a Nirvanic lifestyle. Begin by conducting basic blood tests to assess for nutrient deficiencies and hormonal imbalances. However, not all imbalances can be corrected through supplements—some supplements are unnecessary and can have adverse effects or trigger side effects, mainly when used without proper guidance."

God: (Pausing to let the point sink in) "Instead, focus on spell healing, which rejuvenates the body and addresses the root causes of the imbalance, which is manifesting itself as the spouse's drinking. Also, practice spell healing to heal alcohol-related damage to nerve cells and neural pathways in your spouse's brain. Observe daily feedback—your emotions, thoughts, and life *occurrences*—and adjust your lifestyle accordingly. Introduce healthy fasting techniques, gentle exercise routines, and yoga practice, aiming for more gradual results than intense or punishing workouts. Remember, not all problems are solved by exercise alone. With consistency and awareness, healing begins. And soon, I will intervene in subtle ways to restore balance in your life because true peace and happiness have always been within you, waiting to be discovered."

Ishaan: (With a satisfied expression) "This will no doubt resolve alcohol-related issues that have been troubling countless families."

God: (With a compassionate tone) "Body luck has built-in corrective mechanisms to help reverse external disruptions—such as the loss of a loved one, a broken relationship, or setbacks in terms of money or reputation—caused by adverse *events*. When the underlying bodily issues are healed, a child who has lost their mother may naturally find motherly care in a close relative or a compassionate member of the community. Likewise, someone who has lost a father may feel that role being fulfilled by a brother, mentor, or spouse. A beloved pet that has passed away might soon be replaced by another animal, bringing similar comfort. One who has lost a job will naturally be guided toward new opportunities and roles. Those who have lost a spouse may find a new companion, not as a copy, but to mirror the internal healing that has taken place."

God: (Pausing to let the point sink in) "One who has lost reputation at work will suddenly strike an idea that will bring them back into the limelight. Because everything ultimately manifests from within, it is through your own healing and restoration that these replacements or restorations appear. Often, it is better to focus on bodily restoration and allow these solutions to emerge naturally rather than seeking them. When the time is right, I will guide the process—resettling your life after the storm. The truth is, nothing is ever truly lost. Given enough time, even the most severe degradation in the bodily system can be healed, and its external manifestations reversed."

Ishaan: (With a radiant expression) "This is truly brilliant, God! What is the immediate strategy to stop worldwide adverse *occurrences* and bring everlasting peace?"

God: (With an air of certainty and clarity) "The primary solution is to stop the sale and consumption of processed and packaged foods—such as biscuits, chocolates, energy drinks, soft drinks, packaged juices, and snacks—and replace them with fresh meals prepared in kitchens or made using traditional, preservative-free methods. Avoid all types of fried food items. Consumption of non-vegetarian food should be restricted to once or twice a week, preferably cooked traditionally in the form of curries with spices and condiments, rather than deep-fried. Animal fats should be avoided entirely from the diet. This change must take place across both public and private domains."

God: (Pausing to let the point sink in) "The use of white rice, refined wheat flour, and related products should be phased out completely. Liquor shops, bakeries and fast-food centers should be closed down. The sale of alcoholic beverages, ice cream, cold desserts, pastries, burgers, and pizzas should be entirely discontinued. Work hours must be reduced to allow the body to rest, and habits like sleep deprivation and staying up late at night should be avoided. Even a healthy individual should practice at least three hours of spell healing daily, and even more for those dealing with illnesses. Reasonable, balanced exercise should be part of daily life."

God: (With a peaceful breath) "Community kitchens should be established for community members to volunteer and cook fresh meals. Excessive, untimely and frequent eating habits should be avoided. Blood tests should be conducted to detect any deficiencies or underlying health issues, followed by appropriate corrective action. The overuse of allopathic medicines should be avoided. Instead, individuals must rely more on systems like homeopathy, Ayurveda and other holistic methods, which are often free of side effects, thereby significantly reducing treatment-related adverse *occurrences*. By adopting these holistic healing techniques in place of allopathy, the liver and kidneys will finally get a much-needed break from processing harmful substances."

God: (Pausing to let the point sink in) "Additionally, it is crucial to educate health professionals to guide the general public in adopting Nirvanic lifestyle practices that can mitigate adverse *occurrences*. Their role should go beyond treating symptoms—they must help people understand how daily habits influence the flow of life *occurrences*. Health workers should actively promote awareness about diagnosing and managing hidden issues, such as nutrient deficiencies, hormonal imbalances, and lifestyle-related disorders. Addressing these underlying problems can significantly reduce the frequency and severity of negative *occurrences* in a person's life. In addition, spell healing should be recommended by doctors as a long-term healing approach."

God: (With a flicker of joy) "As these lifestyle changes begin to be adopted globally, strange and extraordinary *occurrences* will start to unfold. Species once believed to be extinct will reappear, returning to ecosystems that long lost them. Relatives and friends thought to be dead will come back—some after years of abduction, isolation, or disappearance—finding their way home at last. Long-unsolved crimes will be revealed, and the truths hidden for decades will finally come to light. People who were held captive will be freed, and those responsible will be brought to justice. There will be reunions with lost loved ones, and as it is prophesied: *'the dead shall rise from their graves'*. Individuals who were bedridden for years due to spinal injuries or brain injury will walk again through the power of spell healing therapy. Chronic illnesses that plagued lives for years will finally dissolve, and with them, their negative manifestations will cease."

God: (With a serene expression) "The centuries-old racial wounds and divisions across global populations—born from civil wars, exploitation, and religious conflict—will finally begin to heal. Former enemies will lay down their arms and differences, and a spirit of universal harmony will be restored. These are not fantasies—they are the natural outcomes of awareness of one's divinity and its application through principles in *Practical Vedanta*."

The moment stretches, vast and silent, as Ishaan absorbs the gravity of what he's heard. These truths are not new—but long buried. And now, like forgotten stars

*returning to the sky, they point toward a coming dawn. The Golden Age isn't a myth,
he realises—it's overdue.*

WHISPERS OF WELLNESS

Scene: The setting transforms into a serene ocean of stars. Ishaan and God sit on the surface of the water, which reflects galaxies and constellations, as soft waves ripple with every spoken word.

God: (Looking contemplative) "I have explained to you the fundamental principles of body luck and the basics of the subatomic world governed by the unconventional laws of quantum mechanics. Now, it's time to begin with spell healing."

Ishaan: (Excited) "I can't control my excitement! Please, tell me in detail—I'm listening with all my heart!"

God: (Looking enchanted) "Let's practice your first spell together. Repeat after me: *'Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let all illnesses that affect me be healed.'*"

Ishaan: (Surprised) "I can't believe simple statements like this have the power to create change in the body. Why did I never think about it before?"

God: (With a compassionate nod) "It's because the simplest truths often go unnoticed, buried beneath the noise and distractions of the modern world. Humanity, lost in its pursuit of complexity, forgets the profound wisdom and power that lie in simplicity, within the self. That is the veil of ignorance—one that each soul must learn to lift."

Ishaan: (Thoughtfully, with a hint of regret) "This is truly eye-opening. I'm both shocked and amazed to hear this. Please, tell me more—I would like to understand this better."

God: (With a gentle gaze) "Practicing this spell 500 times daily can lead to significant transformations within just 60 days. These changes may include an enhanced skin tone, improved hair growth, a reduction in gray hair, better digestion, a lower heart rate and blood pressure, improved memory, an elevated mood, increased stamina, and overall better health. Raising the frequency to 1,000 repetitions per day can further accelerate these effects, potentially also leading to multiple positive body luck *occurrences* in your life that are associated with these physical changes. However, it's important to note that completing 1,000 repetitions would require about 2 to 3 hours of dedicated practice each day. For spell healing to truly start making an impact, at least 3 to 6 hours of daily practice is essential. The general rule in spell healing is that the longer the practice duration, the more effective the healing."

God: (Pausing before speaking) "Think of individual spell narrations as drops of rain falling in a vast forest. One drop may seem insignificant, but as more drops fall, they merge and flow, forming streams that grow into mighty torrents. In the same way, each spell you cast adds to a growing force. The more you nurture it with repetition and

intent, the greater its power will become, capable of creating wonders beyond imagination."

Ishaan: (Looking intrigued) "I understand. As the repetition increases, the effects become more pronounced. Performing 500 repetitions a day can result in noticeable improvements, while 1000 repetitions transforms it into a potent healing therapy, actively recovering both the mind and body."

God: (With a loving smile) "Yes, Ishaan. The spell we just practiced is designed for general well-being. However, spells can also be customised to target specific illnesses, such as diabetes, heart valve disorders, blood pressure irregularities, brain damage and many other serious conditions. The duration of spell practice should be adjusted based on the severity of the condition and the level of physical repair needed to achieve results within a reasonable time frame."

Ishaan: (With a calculating gaze) "I understand God. Customising the spell for addressing a specific condition would make the healing process more effective for a particular illness, and adjusting the duration of practice based on the severity of the illness ensures that there is adequate healing response within a reasonable period."

God: (With a commanding presence) "Exactly. For instance, someone with autoimmune heart disease could reverse their illness with the following spell: *'Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let the autoimmune disorders in my heart heal, and let my heart function return to normal. Let the high ASO antibodies in my body return to healthy levels. Let all illnesses that affect my heart be healed. Let the structural issues in my heart valves heal, and let my heart start functioning normally. Let all illnesses that affect me be healed.'*"

Ishaan: (Raising chin slightly) "I get it. Even when targeting a specific illness, general health is also addressed, as the underlying root causes heal in the process, and vitality within the body is restored."

God: (With a satisfied expression) "You are understanding this very well. One key reason for incorporating general wellness into spells is the uncertainty surrounding the true cause of a medical condition. For instance, someone experiencing brain fog might assume it stems solely from cognitive issues when, in reality, the underlying cause could be hormonal imbalances. If a spell is focused solely on the misdiagnosed cause, it may not yield the desired results. However, using statements like *'Let there be healing in my mind and body'* or *'Let all illnesses that affect me be healed'* begins to address deeper, subtle imbalances that could be at the root of the problem. This is why spells should always incorporate two or three statements that focus on overall well-being, vitality, and mental harmony."

God: (Smiling confidently) "Also, by targeting general well-being, vitality, youthfulness, and similar aspects, you are actively reducing the biological ageing of your cells, thereby bringing forth positive *events* that can enhance your life *situation*. With consistent practice, you could be sixty years old and look as youthful as someone in their thirties. That is the transformative power of spell healing."

God: (With a steady and calm voice) "Spells should be spoken at a pace of no more than 150 words per minute. It is recommended to vocalise them at a reasonable volume rather than reciting them silently, as speaking aloud enhances focus and aids in thought retention, which, in turn, strengthens the healing response. However, if vocalising is not possible, such as in public spaces, the spell can be recited silently in your mind with complete concentration on the meaning of the words. Reciting a spell without understanding its meaning will not yield the desired effects on your health."

Ishaan: (With a thrilled tone) "I understand God. Many people will rely on spells for healing while travelling or in public spaces, so they'll need to perform them silently. However, when they're alone, it's better to speak the words aloud for greater clarity and impact."

God: (With a calculating gaze) "If you are reciting the spell to heal another individual's illness—such as when the person is mentally unstable, in a coma, unable to dedicate time to the spells, or has requested you to perform spells for their medical condition—it is recommended to include the person's name in every statement. This helps focus your thoughts on the specific individual you are aiming to heal. When you do this, you are referred to as a '*caregiver*' in spell terminology."

God: (Pausing before speaking) "Your mother has been diabetic for the past ten years. To help heal her diabetes, you can become her *caregiver* and practice the following spell for at least 4 hours daily: *'Let there be healing in my mother's mind and body. Let the lost vitality within my mother's body be restored. Let the high blood sugar in my mother's body return to normal. Let the insulin resistance in my mother's body cells heal, and let her high blood sugar levels return to normal. Let her body weight return to normal, and let her body become slim and healthy. Let there be vitality and youthfulness in her body. Let there be absolute weight loss in her body. Let all illnesses that affect my mother be healed.'*"

Ishaan: (With a joyful expression) "Thank you God, for considering my mother's diabetes. She has been struggling with it for many years now. This spell seems to address all aspects of the condition—like weight gain and insulin resistance. It's truly comprehensive and thoughtful."

God: (Looking enchanted) "It is important to understand the meaning of medical terminology used in the spell, such as insulin resistance. If you are unfamiliar with such medical terminology, take time to read about it. A clear understanding of what you are

desiring enhances the effectiveness of the spell, as you are the architect of the healing process, and your comprehension plays a crucial role in the effectiveness of healing."

Ishaan: (Looking intrigued) "I understand God. For those without a background in biology, taking the time to learn and understand the basics of the medical condition is essential. I completely see it now—this is part of our divine ability to create and manifest healing."

Ishaan: (Interrupting apologetically) "God, I'm sorry to interrupt, but I can't hold my excitement and need to ask about cancer cells. How can we use spell healing to stop cancer from spreading?"

God: (With a gentle gaze) "In the early stages, when cancer hasn't spread widely, spell healing can be used in conjunction with minor medications to heal the body. The spells can be used to mystically destroy the cancer cells and also strengthen the body's natural ability to fight the disease, restore vitality, and address any underlying health issues."

Ishaan: (Eyes narrowing in thought) "So, the spells are a form of mystical healing technique? How do they work alongside treatments like chemotherapy?"

God: (With a caring expression) "Exactly, Ishaan. In the later stages of cancer, when time is critical, treatments like chemotherapy are essential to halt the spread of the disease. Spells can help slow the progression of cancer and support the body during this challenging treatment process. They can also assist in revitalising the body and reducing the long-term side effects of harsh allopathic cancer drugs and their associated negative body luck *occurrences*. Furthermore, maintaining a healthy lifestyle is crucial for overall treatment success."

Ishaan: (With a hesitant glance) "I see. So spell healing alone isn't enough if someone has cancer, but they're very helpful in improving the success of conventional treatment?"

God: (With a gentle tone) "Yes. They're a powerful complement to conventional treatments, significantly improving success rates and lowering mortality. And after treatment, spells can help the body recover from the damage caused by chemotherapy, radiation, or surgery while also helping to prevent a relapse."

Ishaan: (Looking sombre) "I know every cancer is different, but could you please teach me an example for a specific type of cancer, like breast cancer?"

God: (Eyes closed in peace) "Certainly. For breast cancer, here's a spell that would help: *'Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let the cancerous cells in my breast and other parts of the body be replaced by healthy cells. Let all cancerous growths and*

tumours in my body heal and recover. Let there be absolute vitality and youthfulness in my body. Let all illnesses that affect me be healed'."

Ishaan: (Speaking with enthusiasm) "I understand now. For different types of cancer and depending on how far it has spread, the spell and its duration must be adjusted to address the specific condition effectively."

God: (Exhaling slowly) "In Spell Healing, the concept of potency is crucial in determining how effective the recovery process is. As you already know, the duration and frequency of spell practice significantly influence its impact. On average, humans sleep for 8 hours a day, leaving 16 hours awake. If an individual receives less than 4 hours of spell healing daily—through personal practice combined with the collective efforts of caregivers—it is considered low potency. Spell healing durations between 4 and 10 hours are classified as medium potency, while durations exceeding 10 hours are categorised as high potency. Additionally, there is a very high potency level achieved through the combined efforts of caregivers, which involves over 20 hours of daily practice."

God: (With a neutral yet kind expression) "This framework emphasises the significance of duration in improving effectiveness. As you begin practicing spells, you'll find that even the higher end of low potency can yield impressive results."

God: (With a hopeful expression) "High potency refers to the maximum level of practice that an individual can sustain themselves effectively. Out of the 16 waking hours each day, 10 hours are required to maintain this level of potency, leaving 6 hours available for other activities. This remaining time can be used wisely for breaks, which can include 30-minute spell healing sessions followed by 15-minute rest periods. Taking regular breaks helps sustain focus and prevents mental fatigue. Additionally, consider incorporating an afternoon nap to restore mental clarity, as this can significantly enhance the effectiveness of your spell practice."

God: (With a sad tone) "For conditions that require extensive tissue regeneration, rapid recovery, or pose a risk of mortality—such as liver cirrhosis, cancer, or spinal injuries—it's advisable to use high-potency or very high-potency spells. In cases of severe acute conditions, such as pneumonia or injuries, very high-potency spells are recommended. Once significant progress has been made, the duration of spell practice can be reduced. It is important to emphasise that, regardless of the potency used, spell healing should be used only to complement professional medical treatment, not as a substitute for it."

God: (With a serene expression) "Most conditions have a minimum spell potency required for recovery. Practicing below this threshold may only prevent the illness from worsening or stop the decline, but it won't facilitate recovery. This minimum value varies by illness. Therefore, it is advisable to start with a higher potency and then gradually reduce the duration of spell practice."

Ishaan: (With a concerned look, cutting in) "I understand God. Focusing on high potency or very high potency for critical conditions ensures faster progress, which can then be gradually reduced to lower potency as recovery advances."

God: (Smiling thoughtfully) "Starting with six hours of spell healing each day is a practical approach to addressing most illnesses and challenging life *situations*. This can effectively address issues such as incurable diseases, marital separation, severe financial crises, loss of reputation and others. You can gradually increase this duration based on how well your body responds to the treatment. If maintaining six hours is not feasible, aim for the longest duration you can consistently manage that is below this threshold. For more serious conditions or demanding life *situations*, consider taking an extended leave from work—potentially a few months—to fully commit to high-potency spell healing. Once your recovery is well underway or complete, you can return to your professional responsibilities with renewed strength, harmony, and clarity. Always remember that health encompasses more than just the physical body. When you undergo a genuine transformation of your body, your life circumstances start to improve in response. Dedicating time and energy to healing is not only beneficial but also essential. Your life depends on it, and it is absolutely worth the investment."

God: (With a serene expression) "One remarkable aspect of spell healing is that when daily practice exceeds six hours, good fortunes begin to manifest with surprising regularity. The body's recovery rate improves significantly compared to one or two hours of practice, and the positive *occurrences* extend into everyday life. For example, a long-overdue home repair might suddenly be completed, a stalled land sale might suddenly go through, relationship with a separated spouse and child may unexpectedly improve, and a business could experience a sudden surge in marketing success within just a few days. These effortless gains can become addictive, prompting many to enhance their discipline and extend their spell healing practice even further in pursuit of greater prosperity."

Ishaan: (Looking curious and thankful) "It is truly worth the effort, God, there is no doubt about that. What about Hashimoto's thyroiditis? It's this autoimmune condition where the body's immune system attacks the thyroid, causing inflammation and resulting in low thyroid hormone levels. How can spell healing help in this case?"

God: (With a reassuring nod) "Yes, Ishaan. Hashimoto's thyroiditis is a condition where the immune system mistakenly attacks the thyroid gland, causing it to lose its ability to function properly. It can result in fatigue, weight gain, and other issues because the thyroid regulates many of the body's vital functions."

Ishaan: (With a neutral yet kind expression) "So, how can someone heal from it? Can spell healing help recover from this incurable condition?"

God: (Eyes closed in peace) "Yes Ishaan. Following is a potent spell that can heal the autoimmune triggers and restore the damaged thyroid: *'Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let the autoimmune issues in my thyroid heal and let my thyroid function return to normal. Let the high TPO antibodies in my body return to normal levels. Let all illnesses that affect me be healed.'*"

Ishaan: (Looking away briefly) "So, by saying this, it can help the thyroid heal?"

God: (With a commanding presence) "Yes, Ishaan. By practising this spell, you're calling upon your own inner power to reduce autoimmune triggers in the thyroid. One of the first signs that the spell is working will be a lowering of the TPO antibodies (thyroid peroxidase antibodies), which indicates that the immune system is beginning to stop attacking the thyroid."

Ishaan: (With a contented sigh) "That's amazing. But, if someone's thyroid is still not working properly, do they need medicine too?"

God: (Exhaling slowly) "Yes, you're right to ask. Until the thyroid fully recovers, individuals with Hashimoto's thyroiditis typically require thyroid hormone replacement, such as thyroxine, to help maintain normal thyroid function. This helps replace the hormones that the thyroid can no longer produce on its own, and it's continued until the thyroid can heal or stabilise."

Ishaan: (With a thrilled tone) "So, the medicine maintains thyroid hormone levels in the body while the healing takes place, right?"

God: (Leaning back comfortably) "Exactly, Ishaan. The combination of medical treatment and spell healing works together to support the body and restore the thyroid. It's like utilising both modern and spiritual tools to achieve healing."

God: (Leaning back comfortably) "Now that you've mentioned Hashimoto's thyroiditis, I would like to address an important issue in spell healing that can lead to adverse *occurrences*. When you cast a spell intended to heal the thyroid without first addressing the underlying autoimmune imbalance, the damaged thyroid may show signs of recovery, only to be attacked again by the body's own antibodies, resulting in further harm. Unfortunately, this renewed damage often manifests as negative events, leading to financial loss, conflict, or other unpleasant situations. A similar issue can occur when trying to reverse nerve damage caused by a B12 deficiency without first correcting the deficiency itself. For this reason, it is wiser to create spells that focus initially on calming or resolving autoimmune activity. Once the level of autoimmune antibodies has decreased, you can then add additional elements to the spell that support thyroid recovery."

Ishaan: (With a calm expression) "I'll keep this in mind, God. Thank you so much."

God: (Leaning back comfortably) "One of the deeper issues with autoimmune conditions like Hashimoto's is that modern allopathic practitioners typically manage the illness through thyroid hormone supplements, often advising patients to overlook the damaged thyroid and elevated antibodies. However, the unresolved damage and persistent autoimmune activity will continue to manifest as adverse body luck *occurrences*, both within the body and in the individual's external circumstances. This is why it's essential to practice spell healing—to address the root cause, reverse the autoimmune process, and restore the thyroid's natural function. Healing even a small gland like the thyroid can have a profound impact, as its disharmony can ripple outward, triggering negativity in both the body and one's life experiences."

Ishaan: (With a thoughtful nod) "This is quite significant, God. Most people are not aware of this connection."

God: (Speaking with concern and compassion) "Autoimmune disorders are increasingly common nowadays due to industrial toxins and pollution, particularly in urban areas. Women are more likely to develop autoimmune disorders than men. The standard allopathic treatment often involves immune suppression using steroids, which can lead to side effects such as weight gain, diabetes, and hypertension. Additionally, negative *occurrences* may arise as a result of this internal bodily degradation. Spell healing therapy can be extremely beneficial in reversing autoimmune disorders and treatment related side effects in affected individuals."

Ishaan: (Curiously, with a thoughtful expression) "God, you've already explained Hashimoto's hypothyroidism. To help me understand autoimmune disorders better, could you please create a spell for another autoimmune disorder, like rheumatoid arthritis?"

God: (Speaking reassuringly) "Rheumatoid arthritis is an autoimmune disorder that primarily affects the joints. It manifests with symptoms such as joint pain and the presence of elevated RF antibodies in the blood. For healing, the following spell can be used: *'Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health in me. Let the autoimmune rheumatic disorder affecting my joints be healed, and let the elevated RF antibodies in my body return to normal. Let my joints heal and recover, and let the pain and functional issues in my joints disappear. Let all autoimmune disorders affecting my body be healed. Let there be absolute health within me. Let all illnesses that affect me be healed.'*"

Ishaan: (With a thankful smile) "Thank you, God."

God: (Speaking softly with affection) "It is important to recognise that the daily duration of a spell practice should correspond to the severity of the condition. For life-threatening and time-sensitive illnesses such as cardiac disease, cancer, or liver cirrhosis, it is advisable to involve one or more *caregivers* in contributing spells. This collective effort can help increase the total daily spell duration to at least 10–15 hours,

bringing it to the high-potency range and greatly enhancing its effectiveness. Once the condition improves, the duration of the spell practice can be gradually reduced. Even after the illness is fully cured, it is wise to continue performing the spell at a lower intensity for a few months or years to ensure long-term health."

Ishaan: (With a contemplative nod) "I understand God. I also have doubts about Asthma. I've been studying how it affects people—it seems like the lungs become inflamed and narrow, making it difficult to breathe. How does spell healing help in this case?"

God: (Speaking louder to be heard) "Asthma is a chronic lung disease that causes inflammation in the airways, making it difficult to breathe. The airways in the lungs become swollen and narrow, which can cause wheezing, coughing, and shortness of breath. It often gets triggered by allergens, cold air, or physical activity."

God: (Pausing before speaking) "Asthma can be managed and completely healed through consistent spell practice. Spells can mystically reduce inflammation, improve lung function, correct genetic issues, and restore overall health and wellbeing. However, it's essential to combine these practices with proper medical care."

Ishaan: (Looking curious) "I understand God. Can you please teach me with an example?"

God: (Eyes closed in peace) "Following is a healing spell for treating Asthma: *'Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let the asthma that is affecting my lungs heal, and let there be optimal oxygen absorption in my lungs. Let the inflammation in my bronchial tubes heal, and let there be healthy functioning in my lungs. Let the allergies that affect my lungs heal and recover, and let there be absolute health within my lungs. Let all illnesses that affect me be healed.'*"

Ishaan: (Eyes filled with delight) "That's amazing! People receiving conventional treatment can practice this as well, right?"

God: (Smiling proudly) "Of Course. The spell can work alongside conventional medical treatment in managing and healing Asthma. It can mystically strengthen your lungs and reduce the symptoms over time, especially when combined with a healthy lifestyle and proper medical care."

Ishaan: (With a reassuring nod) "I'll keep this in mind for people who suffer from Asthma."

God: (Eyes brimming with love) "Ishaan, I would like to emphasise that spells are not solely intended for chronic illnesses; they can also significantly enhance various aspects of physical and mental health, thereby bringing forth positive *occurrences* in one's life. For example, spells can improve memory and intelligence, which are

valuable for career growth, building a strong reputation, and boosting self-confidence. They can also support bodybuilding, regulate sex hormones, prevent potential health issues, and even address undiagnosed conditions like early stages of cancer. Even a healthy individual should dedicate at least three hours daily to the practice of spell healing."

Ishaan: (Speaking with excitement) "I understand God. This will help cultivate a generation of healthy individuals who will exhibit unparalleled physical and mental strength."

God: (Looking enchanted) "Absolutely, Ishaan. Also, anticipation is crucial in the practice of spells. For example, in the case of an individual planning to get married, at least a year beforehand, start practising spells focused on general wellness and reproductive health. For women, the following spell can be used: *'Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute reproductive health within my body. Let my ovaries, uterus, and other reproductive organs heal and recover, and let there be absolute reproductive health within me. Let there be absolute health within me. Let all illnesses that affect me be healed'* "

God: (Pausing before speaking) "For conditions like PCOD (Polycystic Ovarian Disorder) or PCOS (Polycystic Ovary Syndrome), more specific spells should be practiced."

God: (Eyes closed in peace) "For men, the following spell can be beneficial: *'Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute reproductive health within my body. Let my testes and other reproductive organs be absolutely healthy, and let my sperm count and sperm quality improve. Let there be high levels of testosterone, manliness and vitality within my body. Let there be absolute health within my reproductive system. Let all illnesses that affect me be healed.'*"

Ishaan: (With a satisfied expression) "That's quite comprehensive. I completely understand the logic behind this. These spells, when combined with a healthy lifestyle, can greatly reduce the risk of infertility and bring forth positive body luck. They also spare couples from adverse *occurrences* like personal frustration and medical expenses while paving the way for healthier babies with a lower risk of genetic disorders and other health challenges. This early preparation is truly empowering."

God: (With a firm voice) "Let me make this absolutely clear—using spells as an excuse to continue consuming junk food, indulging in alcoholism, smoking, or using psychotropic drugs is irresponsible and misguided. Spells have incredible power to rewire the mind and help break free from these destructive habits, but they are not a substitute for self-discipline and the conscious effort to make healthier choices."

Ishaan: (With a pale expression) "Absolutely, God. Spell healing is a technique for achieving healing and positive *occurrences* through physical transformation, not a free pass for poor habits. Personal effort and discipline are essential to sustain meaningful positive changes."

God: (With a calm demeanour) "Focusing solely on the desired outcome when practising spells, rather than addressing the specific organ or aspect of the body that needs improvement, is less effective. For example, instead of casting a spell: *'Let my son score high marks in school and become top in his class'*, one should focus on enhancing the underlying faculties, such as: *'Let my son's mind heal; let there be heightened intelligence, strong memory, and clarity of thought in his brain'*. It is essential to direct your spell work toward the specific organ in the body you wish to improve for the best results."

Ishaan: (With a respectful nod) "I understand God. Targeting the root cause or specific organ ensures that the spell has a precise and meaningful biological impact."

God: (Speaking with enthusiasm) "Let me introduce an important concept in spell healing called the '*silent healing phase*'. This phase refers to the period starting from the initiation of spell healing until clear signs of progress toward recovery appear. These signs can vary, ranging from a subjective feeling of improvement, such as memory restoration, to objective evidence, including lab reports that show improvement in disease parameters. The duration of this phase depends on the nature and complexity of the illness, as well as the consistency and duration of spell practice. To reduce the span of the *silent healing phase*, it's advisable to increase the duration of daily spell routines."

God: (Pausing before speaking) "For instance, consider the case of a bald individual. When a spell is used to heal damaged hair follicles and stimulate hair regrowth, the silent healing phase begins the moment the spell is initiated and continues until the first new hair starts to appear in the previously bald areas. In cases involving significant brain damage or spinal injuries, the silent healing phase can last for several months. During this time, the patient or the caregivers may feel as though no recovery is taking place. However, after a period of apparent stagnation, symptoms such as numbness, depression or motor control issues may suddenly begin to subside. Once the silent healing phase ends, the patient often starts to experience noticeable, ongoing improvement, and will be grateful for not discontinuing treatment during the period when progress felt absent. Even in the absence of noticeable physical improvements, this silent phase of recovery can trigger subtle or even significant positive occurrences—serving as an indirect feedback that healing is underway."

Ishaan: (With a cold tone) "I imagine this must be the most frustrating phase of Spell Healing, where no results are visible yet."

God: (Clapping with joy) "Bravo, Ishaan! I admire your insight. You're absolutely right—it can indeed be frustrating. However, this is the phase where spells work to lay the foundation for recovery. It's crucial to remain patient and continue practising. Having one or more *caregivers* involved can also provide support and help sustain your efforts during this time."

Ishaan: (With a sceptical tone) "God, what about chronic alcoholism? It's such a serious issue. People and their families suffer so much, and overcoming addiction is incredibly challenging. Can spells help in such cases?"

God: (Gesturing enthusiastically) "That's a very thoughtful question, Ishaan. Alcohol directly affects the neural synapses in the brain, stimulating them and triggering the release of pleasure-inducing neurotransmitters. This is why people often experience feelings of heightened energy, happiness, or an improved mood after consuming alcohol."

Ishaan: (With a questioning look) "But if it creates those positive feelings, why does it become a problem?"

God: (With a hesitant nod) "When alcohol consumption becomes frequent or excessive, it causes the brain to downregulate its synaptic receptors. Over time, these receptors become less responsive, which impairs the brain's ability to regulate mood and energy levels naturally. To compensate for this reduced response, individuals tend to consume more alcohol, which further exacerbates the downregulation. Eventually, they reach a point where alcohol is required to function normally. Without it, they may experience symptoms of withdrawal, such as anxiety, depression, and irritability. Chronic alcoholism can lead to significant brain damage, disrupting not only synaptic pathways but also sleep cycles, cognitive function, and emotional regulation. Due to severe physical damage, negative *occurrences* will relentlessly pursue the individual."

Ishaan: (Looking cautious) "That sounds like a vicious cycle. So, how can spells break this pattern?"

God: (Looking regretful) "The solution with spells is to mystically rewire the individual's mind and reset the damage to their synaptic pathways. Spells can help restore balance by healing the brain and resetting these neural connections. Additionally, it's crucial to address the physical damage caused by alcoholism, such as liver damage or general bodily harm. Spells can support recovery in these areas as well."

Ishaan: (Smiling warmly) "That sounds like a comprehensive treatment plan. So, the spells work on both the mind and the body to help with de-addiction and recovery?"

God: (Pausing before speaking) "Exactly, Ishaan. Spells aim to heal the mind by restoring synaptic pathways while also repairing the physical damage caused by alcohol. This dual approach provides a holistic method to overcome addiction."

Additionally, abstaining from meat can help reduce alcohol cravings. Meat consumption is known to influence the brain's reward system, often increasing the urge to consume alcohol. Eliminating it from the diet can support the healing process. With dedication and consistent practice, this approach can be highly effective in achieving lasting recovery. Let's practice a spell to recover from chronic alcoholism."

God: (Eyes closed in peace) "*Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within my body. Let the damage caused by alcohol in my mind and body heal, and let the anxiety, stress, restlessness and depression affecting my mind be healed. Let the craving for alcohol in my brain disappear and let there be restoration of intelligence, memory and calmness in my brain. Let the damage caused by alcohol in my liver, brain and other internal organs heal and let there be restoration of absolute health in my mind and body. Let all illnesses that affect me be healed.*"

Ishaan: (With a radiant expression) "Thank you, God. That's a comprehensive spell for people struggling with chronic alcoholism."

God: (With an air of certainty and clarity) "Unlike prescription allopathic drugs, spell healing isn't just for illnesses. It works to restore balance, revitalise the body, and address hidden health issues or tendencies toward disease before they can worsen. Every individual, regardless of their health status, age, or other factors, should focus on maintaining brain health and strong digestion through spell healing. These are two crucial factors that degrade with age and significantly influence overall well-being and *occurrences* in one's life. The following spell can be helpful: '*Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be strong digestion, nutrient absorption, and digestive health within my body. Let there be absolute clarity of mind, intelligence, memory, and happiness in my brain. Let all illnesses that affect me be healed.*' When digestion improves, many symptoms of poor digestion, such as acidity, burping, gas, and constipation, should naturally resolve on their own."

Ishaan: (Smiling with understanding) "This makes a lot of sense. A strong digestive system is crucial for supplying the body with essential raw materials, while brain health plays a key role in maintaining happiness, mood, and self-confidence."

God: (Exhaling slowly) "Another benefit of spell healing is that even if you mistakenly practice a spell for a condition that doesn't exist in yourself or someone else, it will not cause any harm. Additionally, general statements like '*Let there be absolute health within my body*' can still positively contribute to the overall well-being of the individual."

Ishaan: (Smiling proudly) "I understand God. This truly highlights the safety and flexibility of spell healing, making it approachable even for beginners."

God: (With an air of certainty and clarity) "When you begin practising spell healing for a chronic illness, there may be a temporary worsening of the condition before any improvement is observed. This is a natural biological response and is more likely to occur with specific conditions, such as nerve damage. This temporary setback can intensify the frustration often experienced during the *silent healing phase*. However, by the end of this phase, it will become clear that the spell was indeed working in the background. To better manage this challenging period and speed up the healing process, you may consider increasing the duration of your spell practice. It also underscores the importance of practising spell healing under the guidance of a qualified health professional."

God: (Pausing before speaking) "Revealing a hidden illness by temporarily intensifying it is often a crucial part of the spell-healing process. Spells frequently bring latent or deep-rooted ailments to the surface, drawing the attention of the individual or their loved ones to undiagnosed medical conditions. This is particularly true for mental illnesses. Phrases like '*Let all illnesses that affect me be healed*' contribute to this goal. This approach serves a beneficial purpose by helping to uncover and heal underlying conditions that may have silently burdened an individual and their family for years."

Ishaan: (Nodding in agreement) "Thank you God for explaining this. I will keep this in mind."

God: (With an enthusiastic tone) "Spells don't have to be in English—they are most effective when spoken in the language you think in most naturally. Use the language you're most comfortable with to design your spell. Regardless of the language, the key is to believe in your words and speak with authority. Don't plead for healing; instead, command it with confidence. Say, '*Let it heal*', rather than requesting or begging. Remember, you are not a mere mortal but a divine being with the power to manifest your intentions."

Ishaan: (Nodding in agreement) "I understand God. Speaking with authority in one's natural language more effectively taps into the mystical mind-soul-quantum connection, amplifying the spell's effectiveness."

God: (With a tone of encouragement) "If you are practising a spell for, say, three hours daily, consider splitting it into two or three sessions and perform them at regular intervals whenever possible. This approach promotes a more evenly distributed healing response and is more effective than completing it all at once."

Ishaan: (Looking concerned) "I can understand the logic behind this God. Spacing out the sessions distributes the healing response more evenly and helps sustain the healing effect throughout the day."

God: (With a tone of certainty) "In certain traditional Asian martial arts, such as Kung Fu, practitioners often exhibit extraordinary abilities—lightning-fast reflexes,

heightened awareness, and near-superhuman control over their bodies. Their finely tuned nervous systems demonstrate cat-like responsiveness, capabilities that are not typically present in the average person or encoded in human DNA. These martial arts go far beyond being mere physical disciplines; they are deeply spiritual practices rooted in ancient philosophies. They integrate rigorous physical training with meditation, breath control, and a profound connection to a higher belief system. Over time, these practices transform practitioners physically, mentally, and spiritually, enabling them to achieve feats that might seem impossible to the untrained eye. This gradual transformation is similar to the working of low-intensity spells, where consistent belief and practice bring about profound and lasting changes to the body over a long period of time."

Ishaan: (Excited) "This is so thrilling. For someone my age, this feels like a dream come true. I truly admire all forms of martial arts. God, if it's not asking too much, could you teach me how to achieve this?"

God: (Eyes closed in peace) "Think of it this way: a true martial artist requires a slim body weight, a strong foundation, toned muscles, quick nerve reflexes, and efficient functioning of internal organs like the heart, lungs, brain, liver, etc. These are the traits of a real warrior. If you desire this, you can practice the following spell for at least 4 hours daily: *'Let there be healing in my mind and body; let the lost vitality within my body be restored. Let there be absolute health in me. Let my body become lean and muscular, and let there be lightning-fast nerve transmissions throughout my entire body. Let there be absolute strength and efficiency in my heart, liver, and other internal organs. Let there be unparalleled stamina, endurance, and muscle power in my body. Let my internal organs, like my brain, heart, liver, and lungs become super-efficient, and let my body transform into that of a mighty Kung Fu warrior.'*"

Ishaan: (Amazed) "Wow, this is mind-boggling. I'm going to do this someday!"

God: (Wisely) "Diet and lifestyle also play an important role alongside spell healing in achieving this. But remember, Ishaan, be cautious with what you wish for. When practiced with dedication over time, spells can reshape your physical body. Always honour your natural biology and the unique physical attributes of your gender before aiming for such a transformation."

God: (With a controlled and measured tone) "Imagine spell healing as a form of thought-directed nano surgery that repairs or replaces damaged or undesirable tissue in various organs with healthy tissue. This process may involve restoring cells, fixing faulty organelles, correcting DNA base pairs, and more. In the physical world, such a procedure would be nearly impossible or prohibitively expensive, requiring the coordination of numerous highly skilled healthcare professionals. By contrast, spell healing achieves this intricate '*surgery*' through focused intention and consistent practice."

Ishaan: (Eyes widening with excitement) "That's an incredible analogy, God! Visualising spell healing as nano surgery highlights its precision and the transformative potential of focused thoughts."

God: (With a loving smile) "This is why spells have significant application in healing the delicate organs of the body, such as the eyes, addressing issues involving the lens, cornea, retina, optic nerve, and related structures. Similarly, in the case of the ears, spells can aid in the healing of the eardrum and other sensitive tissues. They are particularly beneficial in instances of vision or hearing loss caused by damage to the optic or auditory nerves, which can result from genetic conditions or injuries, offering a powerful avenue for restoration and recovery."

God: (With a concerned look) "There are numerous genetic disorders that affect various parts of the body due to faulty base pairs within the DNA. These base-pair errors cause the creation of abnormal proteins or lead to other issues in the cells of the body. Some examples include sickle cell anaemia and neurofibromatosis. Spell healing is, practically speaking, a mass replacement therapy. DNA base pairs are nothing but nitrogenous molecules held together by hydrogen bonds, forming part of the DNA double-helix structure found within the nucleus of the cell. Spell healing can gradually fix the faulty base pairs within the DNA, resulting in a complete cure of the illness. For example, let's take the case of Neurofibromatosis. Neurofibromatosis is a genetic disorder characterised by the development of abnormal growths on the skin and nerves. These growths may vary in size and number, potentially causing cosmetic concerns or, in some cases, complications affecting other organs. It is caused by faulty DNA base pairs in specific genes. High-potency spells are recommended for this condition. Ishaan, let's practice a spell for Neurofibromatosis."

God: (Eyes closed in peace): *"Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health in me. Let the genetic issues related to Neurofibromatosis in my body be healed. Let the growths in my skin and nerves due to Neurofibromatosis be healed, and let the faulty base pairs in my DNA be healed. Let all genetic issues affecting my body be healed. Let there be absolute health in me. Let all illnesses that affect me be healed."*

Ishaan: (Expression of awe): "It is really promising, God. I am without words."

Ishaan: (With a look of urgency) "God, I want to talk about liver cirrhosis and fatty liver disease. These conditions have become quite common nowadays. What's the solution?"

God: (Explaining with a calm tone) "The liver is a vital organ responsible for detoxification, producing essential proteins, and storing energy. In fatty liver disease, liver cells accumulate fat, which can lead to inflammation. If left untreated, this can progress to cirrhosis, where the liver becomes scarred, losing its ability to heal itself and function effectively. Cirrhosis often results from long-term damage due to factors

like excessive alcohol consumption, poor diet, junk food, unhealthy oils, uncontrolled diabetes, or unmanaged fatty liver disease."

Ishaan: "So, what can someone do to recover from fatty liver or cirrhosis?"

God: (With a focused expression) "In the early stages of fatty liver disease, dietary changes alone may be enough to restore liver health. However, in more advanced cases, medical support becomes essential. For cirrhosis, a combination of dietary adjustments, medical intervention, and spell healing is necessary. Spell healing has a potent mystical effect, reversing liver damage, reducing scar tissue, and eliminating fatty deposits, thereby promoting recovery. High-potency spells are often required for effective treatment, so involving one or more *caregivers* to support the process is highly recommended. In severe cases, recovery may not be possible. Additionally, it is crucial to address underlying conditions, such as diabetes, for successful treatment."

Ishaan: (Looking curious) "God, can you please devise a spell for healing fatty liver or liver cirrhosis?"

God: (Eyes closed in peace) "Of course. Following is a healing spell for this condition: *'Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let the inflammation in my liver heal, and let the fatty deposits in my liver be removed completely. Let the scar tissue in my liver be replaced by healthy liver tissue. Let my liver tissue regenerate and recover, and let the damage in my liver be reversed. Let my liver return to full functionality and health. Let all illnesses that affect me be healed.'*"

Ishaan: (With a look of admiration) "That's a comprehensive spell for healing liver damage and fatty liver. Thank you God."

God: (With a loving smile) "This spell works by mystically reversing liver damage and promoting the regeneration of healthy liver cells, thereby restoring the organ's structure and function. However, it is not as simple as it may sound. High-potency spells are necessary, and the patient must have a reasonable prognosis or sufficient remaining time to allow for the healing process to be successful. In addition to practising the spell, it is crucial to maintain a healthy diet and strictly avoid alcohol, unhealthy fats, junk food, sugary items, soft drinks, and other harmful lifestyle habits that could exacerbate the condition and hinder the healing efforts."

Ishaan: (Looking sceptical) "How will someone know if this spell is working?"

God: (With a glowing expression) "Good question, Ishaan. One of the initial signs of recovery will be a reduction in elevated liver enzymes, which are key indicators of liver health. As the liver begins to heal, these enzyme levels should gradually decrease. Additionally, improvements may become visible on an ultrasound scan as the healing process progresses. There will also be a reduction in related negative *occurrences* and an increase in positive ones. However, it's important to remember that the success of

recovery relies heavily on the duration and severity of illness, consistency of spell practice, strict adherence to a healthy diet, and following medical advice. These measures are critical to achieving a positive treatment outcome, making discipline and commitment essential."

Ishaan: (With a questioning look) "So, illness duration and severity really are factors in determining the success of healing?"

God: (Pausing before speaking) "Yes, the duration and severity of the illness are critical factors. The longer the liver has been damaged, the more challenging it becomes to heal. In the early stages of liver disease, recovery is often quicker. But, as the disease progresses to later stages, more persistent and focused spell practice will be required for successful healing."

Ishaan: (Leaning forward with intent) "Thank you, God. I think I understand now. I'll remember this and share it with patients who are suffering from this condition."

God: (With a huff of irritation) "You're welcome, Ishaan. Remember, the body is a remarkable machine with extraordinary abilities to heal itself, though it is often burdened by the demands of the modern lifestyle. Unfortunately, the modern lifestyle significantly contradicts the body's evolutionary design. But with proper medical support, the practice of spells, and a balanced lifestyle, many challenges can be successfully overcome."

God: (With a thoughtful nod) "The spell should be designed in a way that makes it easy to pronounce, flows smoothly, and doesn't feel tiring or heavy when spoken. Ideally, when spoken at a normal pace, it should not exceed 45 seconds in length. It should inspire a sense of genuine interest and focus. While this might not always be possible, it's important to aim for this when designing a spell. The intention behind the words is key, and a smooth, flowing spell helps maintain that focus."

God: (Pausing before speaking) "A medical condition may have multiple causes, but not all need to be included in the healing spell—only the most relevant ones should be addressed. General statements like '*Let all illnesses that affect me be healed*' and other vitality statements will cover the rest. Also, remember that the number of repetitions is just as important as the duration in achieving effective healing within a reasonable time. And if you are practising spell healing for two or more conditions, make sure that the majority of statements is devoted to healing the most critical illness, as neglecting this can lead to more serious consequences."

Ishaan: (Speaking over with urgency) "I've been reading about acid attacks in the newspaper. They sound absolutely devastating, especially when they affect someone's face. How can someone heal from such an experience, both physically and emotionally?"

God: (Sighing with irritation) "Yes, Ishaan. An acid attack is a serious adverse event and can cause severe injuries, especially to the face. It leaves not just physical scars but emotional and psychological wounds as well. The pain, loss of identity, and societal stigma can make the recovery from this *situation* very difficult. But with time, care, and support, healing is possible."

Ishaan: (With a concerned look, cutting in) "So, how can someone heal from an acid attack using spell healing? Does it take a long time?"

God: (With a controlled and measured tone) "Healing from acid attack injuries is indeed a complex process. In the context of spell healing, it's akin to a large-scale mass replacement therapy, focusing on restoring the missing or damaged tissue in the affected areas. It requires high potency spells and consistent, dedicated practice to achieve healing. However, with dedication, healing is possible."

Ishaan: (With a pale expression) "Can you please devise a spell for healing acid attack victims?"

God: (Eyes closed in peace) "Following is a spell for healing such injuries: *'Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let the acid injuries to my face and body heal completely. Let the acid-damaged skin, muscle and bone tissues in my body be replaced by healthy tissues. Let the burns and scars in my body from the acid attack heal and disappear. Let the emotional scars and trauma in my mind be healed, and let there be peace and confidence in me. Let all illnesses that affect me be healed.'*"

Ishaan: (Smiling proudly) "That sounds really comprehensive. But can spell healing work alongside surgeries or other treatments for acid attacks and other injuries?"

God: (With a vibrant smile) "Yes, Ishaan. While spells can accomplish much more, they can supplement medical treatments, such as surgeries and healing therapies. The spell can hasten healing, eliminate scars, and restore balance more efficiently, making the process smoother and less painful."

God: (With a concerned look, cutting in) "Tracking the daily duration of spell healing practiced by you and your caregivers can be highly beneficial. This practice enables you to calculate the total time and frequency of spells performed, especially as you approach the end of the silent healing phase or when recovery is complete. Such data allows you to evaluate how much spell practice contributed to achieving the desired healing outcome. Moreover, these records can provide valuable insights to the medical community for estimating healing times for specific conditions and recommending appropriate potencies for various illnesses. They also offer information about the severity of the original condition. For instance, if healing occurs with shorter spell durations, it may suggest a less severe issue. On the other hand, longer healing times could indicate more significant underlying problems, such as extensive brain damage,

spinal injuries, or genetic difficulties. By systematically tracking your progress, you can gain a clearer understanding of both the healing process and the seriousness of the condition."

God: (With a thoughtful expression) "In the future, spells could have a wide range of applications across various areas of life, including education, career advancement, and personal growth. For example, children in schools may be encouraged to use spells to enhance their memory and cognitive abilities, allowing them to absorb and understand information easily, without the stress of rote learning or the frustration of dealing with complex concepts. In the professional world, spells could improve safety and performance by refining critical skills. This might include enhancing pilots' knowledge of systems, decision-making abilities, and reaction times, or fostering greater creativity and problem-solving skills in engineers."

Ishaan: (With a thrilled tone) "That's an exciting possibility. Expanding spell healing into these domains could revolutionise personal and professional growth, unlocking potential in unprecedented ways and contributing to humanity's overall development, safety and progress."

God: (Gesturing to emphasise key points) "As a *caregiver*, your spells directed toward another individual will remain effective regardless of your distance from them—even if you are on the opposite side of the planet or anywhere else in the universe. To channel your energy and intentions effectively, focus on visualising the person clearly or include their name in every statement as you perform the spell."

God: (Chuckling softly) "As *Advaita Vedanta* teaches, we are all one with the eternal Brahman. Distance holds no bounds for the divine."

Ishaan: (Cutting in abruptly) "God, I've been reading in the newspaper about the increasing number of people suffering from kidney damage and related health issues. It seems like a serious condition, especially for those relying on dialysis while waiting for a kidney transplant. Is there a way to recover from this condition?"

God: (With a concerned look, cutting in) "Yes, Ishaan. Kidney damage is indeed a serious condition. The kidneys are vital organs responsible for filtering waste and maintaining the body's fluid balance. When they are damaged, their ability to perform these functions is compromised. Recovery depends on the extent of the damage, and while it can be a gradual process, spell healing can make recovery possible."

Ishaan: (Looking curious) "How would that work?"

God: (With a calm and steady nod) "Spell healing can be a potent tool in supporting the recovery of kidney function. The focus would be on restoring balance, repairing damaged tissue, and enhancing the kidneys' ability to filter and detoxify the body effectively. However, it's crucial that spell healing is practised alongside medical care under the guidance of a qualified health professional. Dialysis and other necessary

treatments must continue until the kidneys reach a state of self-sustaining function. In case of severe damage, the *silent healing phase* may take a considerable amount of time. For milder impairments, such as elevated creatinine levels, a reduction in these levels would indicate that the spell healing is yielding results."

Ishaan: (Looking concerned) "That sounds promising. Could you please design a spell specifically for healing kidney damage?"

God: (Eyes closed in peace) "Following is a healing spell for treating kidney damage: *'Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let both my kidneys heal and start functioning normally. Let the damaged tissues in my kidneys be replaced by healthy, vibrant tissue. Let the waste-filtering units in my kidneys heal and recover. Let my kidneys heal and regain their full ability to filter waste and regulate fluid balance. Let my kidneys work with perfect health, and let all illnesses affecting my kidneys be healed.'*"

Ishaan: (Clearing throat pointedly) "That sounds very focused and comprehensive. So, by practising this spell, will it help the kidneys heal and function properly again?"

God: (Pausing before speaking) "Yes, Ishaan. It helps to mystically restore the kidneys' natural functions, supports tissue repair, and promotes overall wellness and positive *occurrences* in the patient's life. However, remember that recovery may take time, especially if the damage is severe."

Ishaan: (Grateful) "Thank you so much for explaining this, God."

God: (With a look of urgency) "Using simple language when framing spells is more effective for individuals with a limited understanding of basic human biology. Incorporating complex medical terms can make spells harder to grasp and less impactful for them. However, as the one crafting the spell, it is highly beneficial to study the biological condition beforehand. A deeper understanding of the issue can greatly enhance the effectiveness of the spell, as your knowledge plays a vital role in shaping its success."

Ishaan: (Nodding in agreement) "I completely understand, and it is highly logical as well."

Ishaan: (With a sorrowful expression) "God, I've been reading about a mental condition called psychosis. It sounds really scary. It's when someone loses touch with reality and can't tell what's real from what isn't, right?"

God: (With a melancholy gaze) "Yes, Ishaan, that's correct. Psychosis is a condition where a person may experience delusions, hallucinations, disorganised thinking, and emotional changes. They might believe things that aren't true, hear or see things others

don't, and struggle to focus or organise their thoughts. It can be deeply distressing for both the individual and their loved ones."

Ishaan: (With a soft sigh) "That must be really tough for them. Can spells help heal psychosis?"

God: (With a composed tone) "Yes, Ishaan. Spells can aid in healing psychosis by gradually rewiring the disrupted neural pathways in the subject's mind. However, addressing psychosis often requires high-potency spells, especially for severe cases, to expedite recovery. The stronger and more focused the spell, the more effective it will be in rewiring the damaged neural pathways and promoting mental healing. It's important to note that this process takes time and patience. While medications are available, they may not address the root causes and can have side effects that can negatively affect the person's mind and body, thereby triggering negative *occurrences*. The most effective approach combines professional help, healthy diet, love, empathy, and consistent spell healing."

Ishaan: (Cutting in abruptly) "But can these patients be trusted to perform the spell themselves?"

God: (With a touch of sadness) "That's an important point, Ishaan. When someone is experiencing psychosis, it's difficult for them to focus, follow through, or even recognise their condition. Therefore, one or more *caregivers* should practice the spells on their behalf. The person may not trust themselves or may not believe in their illness, which makes it hard for them to do the work themselves. And remember, high-potency or very high-potency spells should be used, especially in these cases, to ensure they have the necessary power to rewire the faulty pathways in the subject's mind."

Ishaan: (With a curious expression) "I see. So, what would a spell for curing someone with psychosis be like?"

God: (Eyes closed in peace) "Following is a healing spell for treating an imaginary person named Wiki suffering from psychosis: *'Let there be healing in Wiki's mind and body. Let the lost vitality within Wiki's body be restored. Let there be absolute health within Wiki. Let the mental illness, hallucination, delusion and trauma that affect Wiki be healed and let the neural cells and neural pathways in his mind heal and recover, and let the psychosis affecting Wiki's mind go away. Let the memories of childhood trauma and abuse in Wiki's mind go away. Let all illnesses that affect Wiki be healed. Let there be absolute mental health within Wiki, and let the delusions in Wiki's mind go away. Let all illnesses affecting Wiki be healed.'*"

Ishaan: (Looking relieved) "That seems to cover all aspects of the illness. So, this spell will rewire his mind and get rid of the hallucinations and delusions?"

God: (Smiling proudly) "Yes, Ishaan. The spell works to restore mental clarity, heal faulty neural pathways, and bring peace to the subject's mind. It assists Wiki in

reconnecting with reality and mending disruptions in his thoughts. However, keep in mind that this should be part of a broader approach that includes support from loved ones and professional care. This spell can be adapted to treat various psychiatric and personality disorders that were previously considered incurable, providing relief to both patients and their families. Additionally, because of the sync, it's essential for the patient's close relatives and friends to also practice spell healing and maintain a Nirvanic lifestyle for the treatment to succeed effectively."

Ishaan: (With a caring expression) "This is going to bring hope and healing to so many individuals and families, gradually mending the wounds that have burdened them for years. Thank you, God."

Ishaan: (With a curious expression) "I still have a question. When someone who has experienced psychosis and troubled their loved ones with irrational demands begins to heal, how do they cope with the realisation of the absurdity of their past delusions and unfounded hallucinations?"

God: (With a sorrowful expression) "You have posed a deeply profound question, one that delves into the core of human suffering. When individuals awaken from a delusional state, they often experience deep remorse for their past actions. It is essential to provide them with professional care and compassionate guidance to help them navigate this difficult phase. Equally important is gently helping them understand their condition without causing distress or blame while reinforcing the necessity of continuing spell healing therapy, maintaining a healthy diet, and seeking professional care until they achieve a stable and harmonious state."

God: (With a compassionate expression) "Ishaan, as a *caregiver*, it is crucial to deeply understand the person you are trying to heal. Healing is not simply about the words you speak; it is profoundly shaped by your subconscious thoughts and beliefs about the individual and their condition, for you are the architect of their recovery. General statements like '*Let there be healing in Wiki's mind and body*' rely on this deeper level of understanding to truly foster healing. When addressing mental health challenges, it becomes even more important to recognise the subtle details of the patient's struggles. Take the time to engage with them, gather feedback on their condition from both the patient and their loved ones, and make a genuine effort to know the person on a deeper level."

Ishaan: (Nods thoughtfully, a look of realisation crossing his face) "I understand, God. It is important to understand and engage more deeply with the person you are trying to help."

Ishaan: (With a concerned look, cutting in) "God, speaking of mental illness, what about brain damage caused by injuries, blood clots, or even drug abuse? Can't we apply the same remedy to such conditions as well?"

God: (With a commanding presence) "Absolutely, Ishaan. Spells can be used to aid in healing brain injuries, much like in the case of psychosis, though the approach may need to be adapted. First, it's important to understand brain damage. This occurs when brain cells are harmed, often due to physical trauma, a lack of oxygen—such as during a stroke or from a blood clot—or prolonged exposure to harmful substances like drugs and toxins."

God: (Pausing before speaking) "The brain is an extraordinary organ, but when it sustains trauma, brain cells die, and the connections between cells can break down. Unlike some other types of cells in the body, brain cells do not regenerate easily, making recovery even more challenging. This can result in issues such as memory loss, difficulty with speech, or challenges in controlling movement."

God: (Looking fearless) "While the brain does have a natural ability to heal, this process depends on the type and severity of the injury. In some cases, natural healing may not occur or may take too long, significantly limiting an individual's chances of recovery. This is where spell healing can play a vital role. Spell healing works by mystically restoring neural cells and connectivity in damaged areas. However, the potency of the spell therapy used is crucial for facilitating a fast recovery."

Ishaan: (Looking concerned) "Please create a spell to help individuals suffering from brain damage. There are so many cases these days—people left bedridden, enduring the heavy burden of brain injuries that are so difficult to heal."

God: (Eyes closed in peace) "Certainly. Following is a comprehensive spell for addressing this condition: *'Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let the dead neural pathways in my brain and body heal and recover. Let the dead nerve cells in my brain and body heal and recover. Let there be restoration of memory, intelligence and motor functions within my brain and body. Let all illnesses that affect me be healed. Let there be absolute health within me.'*"

Ishaan: (Looking admiringly) "That sounds like a really potent spell! So, if someone has brain damage from something like a blood clot or drug abuse, can this spell heal their brain?"

God: (Smiling reassuringly) "Yes, Ishaan. This spell is designed to aid in the restoration of damaged neural pathways in the subject's brain. It helps rebuild and reset synaptic receptors, correcting synaptic firing thresholds as directed by the spell, thereby supporting the recovery of this complex organ. In cases of severe damage, high-potency or very high-potency spells may be necessary. In addition to spell therapy, proper nutrition and nutritional supplements can significantly accelerate recovery. Regular supplementation with vitamin B12 is highly recommended for neural recovery. It's also advisable to consider taking vitamin D, magnesium, calcium, zinc, and other essential nutrients. Monitoring serum levels of these elements should be

done regularly. Therefore, it's crucial to undertake these efforts under the guidance of a medical professional. This spell can also be adapted to address degenerative conditions such as Alzheimer's, Parkinson's disease, multiple sclerosis, intellectual disabilities, and similar disorders. Other conditions, like epilepsy and autism, which may arise from genetic abnormalities, faulty neural pathways, brain damage, or other factors, can also be effectively treated using spells."

Ishaan: (With a concerned look, cutting in) "What if the person is unconscious or unable to speak or perform the spell themselves?"

God: (Speaking softly with affection) "That's an important question, Ishaan. If the person is unconscious or unable to perform the spell themselves due to their condition, one or more *caregivers* can practice the spell on their behalf. The key is for the person performing the spell to focus intently on the individual and send healing energy with love and compassion."

Ishaan: (Smiling with gratitude) "I understand, God. I'll remember this."

Ishaan: (With a concerned look, cutting in) "Since we've discussed brain injuries, I also wanted to ask about spinal injuries. I understand that recovery from them is incredibly challenging because the nerves within the spinal cord don't regenerate easily. Can similar spells be used to heal spinal injuries as well?"

God: (With a tone of encouragement) "Yes, Ishaan. Unlike the peripheral nervous system (PNS), which has some capacity for nerve regeneration, the central nervous system (comprising the spinal cord and brain) has very limited regenerative ability. This is due to the CNS environment lacking growth-promoting factors and being rich in inhibitory molecules that prevent regeneration. Spells can be very helpful in such cases, as they work to mystically heal the damaged nerves and restore function. However, high-potency or very high-potency spells are essential for addressing such serious issues. Additionally, surgery is often necessary to restore the structure of the injured spinal cord, creating a proper pathway for nerves to regrow. Spells can then support the healing process, helping to regrow nerves and restore strength and sensation."

Ishaan: (With a doubtful expression) "So, after surgery, the spells are practiced to regenerate the nerves within the spinal cord that would normally not regrow?"

God: (Eyes gleaming with confidence) "Exactly, Ishaan. Spells can support nerve regrowth after surgery, but careful planning and guidance from healthcare professionals are essential. The spell must be of high potency to help maintain the spinal structure and restore neural connectivity. A spell for treating spinal injury is as follows: *'Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let the spinal cord issues and spinal nerve injury that affect my body be healed, and let there be restoration of muscle strength and motor*

functions in my arms and legs. Let the nerves in my spinal cord regrow and let there be restoration of strength and sensation in my arms and legs. Let the structural issues and nerve damage in my spinal cord be healed, and let there be a restoration of muscle strength and motor function throughout my entire body. Let all illnesses that affect me be healed."

Ishaan: (With a cheerful tone) "This is truly remarkable, God. It will bring much-needed relief to countless people who have been bedridden for years without any hope of recovery."

God: (With a serene expression) "It is important to remember certain considerations when designing spells. For example, if a patient's health issue stems primarily from dead or damaged nerve cells and neural pathways, then at least 80% of the spell's focus should be directed specifically toward healing that condition. The general vitality and wellbeing portion should be limited to no more than 20%, as placing too much emphasis there could dilute or delay the intended recovery. The spell should include precise intentions such as: '*Let the dead and damaged neural pathways in my brain and body heal and recover*', or '*Let the dead nerve cells in my body heal and regenerate*'. It is wiser to repeat targeted statements like these multiple times, rather than incorporating irrelevant statements into the spell."

Ishaan: (With a happy smile) "Thank you so much, God."

God: (With a concerned look, cutting in) "The downfall of many relationships often arises from certain toxic character traits present in one or both partners. These traits can include aggression, jealousy, lack of empathy, manipulation, infidelity, miserliness, and possessiveness, among others. It is widely understood that the neural pathways in the brain shape these traits within an individual. Couples often try various strategies to manage these issues, yet many find that these attempts fail. After years of distress and unhappiness, this frequently leads to separation or divorce, creating challenging circumstances for families and children involved. However, spell healing offers a profound and lasting solution. With consistent practice, it can, within months, weaken and ultimately erase the neural pathways associated with negative traits, while also fostering new pathways that encourage positive qualities. This transformative approach can significantly address incompatibilities and restore harmony and happiness in relationships. However, caution is essential. Sometimes, individuals may misinterpret nurturing, beneficial traits as toxic because of their own unresolved issues, which can lead to unnecessary harm. Therefore, whenever possible, it is wise to discuss these concerns with one's partner before beginning this practice."

God: (With a gentle, compassionate gaze) "To help you understand this better, let me teach you a spell to heal a personality disorder called NPD (Narcissistic Personality Disorder) for healing an imaginary person named Anusree. NPD disorder encompasses various negative character traits like grandiosity, lack of empathy, manipulateness, jealousy etc."

God: (Eyes closed in peace) "*Let there be healing in Anusree's mind and body. Let the lost vitality within Anusree's body be restored. Let there be absolute health in Anusree's body. Let the NPD issues in Anusree, such as lack of empathy, violent behaviour, arrogance, lying, manipulation, and jealousy, be healed, and let Anusree become an absolutely lovable individual. Let all personality issues related to NPD in Anusree be healed. Let all personality-related issues and illnesses affecting Anusree be healed. Let there be absolute health in Anusree.*"

Ishaan: (With deep admiration) "I understand, God. This will heal hearts, bring joy, and remove negative *situations* that affect so many families and relationships. Thank You!"

God: (Smiling) "We have already explored chronic alcoholism, and now I would like to discuss more on addiction therapy using spells. Addiction is the compulsive use of a substance or engagement in a behaviour despite negative consequences. Many addiction therapies fail because they do not address the root cause—the individual's mind and general well-being. Despite numerous attempts, a person may struggle to quit because their brain has been rewired to depend on the substance or habit to regulate mood, energy, or overall functionality. The key to effective healing lies in spell-based therapy, which focuses on rewiring the mind, repairing damaged neural pathways, rejuvenating nerve cells, and restoring vitality and overall well-being. By reversing the effects of prolonged substance abuse, including bodily weaknesses and hormonal imbalances, the individual can be freed from the cycle of addiction. The following spell is designed to initiate these transformative changes in the mind, empowering the individual to break free from such dependency: '*Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health in me. Let the dead and broken neural pathways in my brain and body heal and recover. Let the dead nerve cells in my brain and body heal and recover. Let the craving for [alcohol, drugs, etc] in my brain be completely erased. Let the depression, anxiety, and other issues affecting my brain heal and let there be absolute health and strength in my mind. Let there be restoration of memory and intelligence in my mind. Let all illnesses that affect me be healed. Let there be absolute health in me.*'"

God: (With a radiant expression) "For an individual in excellent physical and mental health—nurtured through consistent spell practice and a Nirvanic lifestyle, life itself becomes the most profound and fulfilling addiction!"

Ishaan: (Admiringly) "I understand God. This will heal the suffering of so many individuals battling addiction and will also improve addiction-related body luck *occurrences.*"

God: (Smiling Gently) "High-potency homeopathic medicines, when combined with traditional herbal remedies like tulsi, ashwagandha, liquorice and others, can manage complex health conditions with remarkable effectiveness. In fact, homeopathy—when practiced skilfully—is so powerful and precise that it deserves a place even in foundational education. Unlike many conventional treatments, it does not typically

trigger serious negative *events*, making it a safer and energetically harmonious form of healing."

Ishaan: (With deep admiration) "I've read The Organon of Medicine by Samuel Hahnemann, God. It's undoubtedly a promising and profound medical science."

God: (With a proud expression) "In many cases, herbs such as ashwagandha, licorice, brahmi, tulsi, and others show remarkable ability to calm and balance elevated negative body luck. The only real way to understand their effect is through direct use—observing the body luck response and adjusting dosage accordingly. India has carried a vast tradition of herbal wisdom, yet the usage of herbs from the perspective of body luck has been completely forgotten in this kali yuga. Ashwagandha is known in Ayurveda as a rasayana (rejuvenator), reducing cortisol, supporting the thyroid, and strengthening the body's resilience. Licorice soothes the digestive tract, helping with acidity and ulcers. Brahmi nurtures mental clarity and memory, while tulsi is revered for its adaptogenic and immune-balancing effects. These herbs influence more than just physical health. An optimal dosage of these herbs can trigger positive body luck *events*, often manifesting within just hours of consumption, well before any physical changes become evident. Some of these herbs may be taken regularly, others only occasionally; the art lies in observation, intuition, and knowledge. When used with awareness, they not only heal the body but also harmonise one's body luck, supporting both health and the unfolding of favourable life circumstances."

Ishaan: (Admiringly) "Now I understand there is another perspective to the use of these traditional herbs. Thank you so much for explaining this, God."

Ishaan: (With a concerned look, cutting in) "God, I've been reading about viral diseases like HIV and COVID. Can spells help heal these conditions too?"

God: (With a radiant expression) "Yes, Ishaan. Spells can support healing in conditions like HIV and organ damage caused by viruses such as COVID. In case of HIV, spells can help restore immune function by promoting the recovery of CD4 T white blood cells, which are crucial for a healthy immune system. Spells can also be used to weaken the virus, thereby allowing the body to expel the virus and its components."

Ishaan: (With a thrilled tone) "So, the spells can actually help fight the HIV virus and improve the immune system?"

God: (Eyes closed in peace) "Yes, Ishaan. Following is a healing spell for treating HIV patients: *'Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let the HIV virus in my body weaken and die away completely. Let the levels of CD4 T white blood cells in my body be replenished to healthy levels. Let my body's immune system heal and recover, and let my body be able to effectively discard the HIV virus from my body. Let all illnesses that affect me be healed'*. This spell helps to mystically weaken or kill the pathogen, aiding

the body in fighting the virus and supporting the recovery of the immune system. However, it's important to remember that this should complement, not replace, modern medical treatments. Spells are undoubtedly powerful, but medical care remains essential."

Ishaan: (Smiling peacefully) "That's really promising. So, spells help weaken and kill the virus, but the patient still needs to follow the doctor's advice and take medicine, right?"

God: (With a commanding gaze) "Yes, Ishaan. While spells can support the healing process by helping the body fight the virus and improve immune function, they should always be used in conjunction with medical treatments. Discontinuing medical treatment prematurely could be harmful. Spells are best used in these cases under the supervision of a qualified healthcare professional."

God: (Speaking with a thoughtful and encouraging tone): "There are many chronic diseases, such as tuberculosis, leprosy, etc., caused by bacteria or viruses, that require long-term treatment with antibiotics and other medical interventions. Some of these conditions can be extremely challenging to manage. Spells can serve as a powerful complementary aid alongside professional medical care to accelerate healing and reverse the damage caused to the body. Focus on devising medium to high-potency spells that weaken the bacteria or virus, reverse damage to the body and enhance the body's immunity and vitality, which are often compromised by these infections."

Ishaan: (Looking curious) "I understand God. What about the lung damage from COVID? Can spells help heal that too?"

God: (With a proud smile) "Yes, Ishaan. Spells can aid in healing lung damage by mystically strengthening the lungs and replacing faulty cells, thereby enhancing lung function. It is essential to practice spell healing under the supervision of a qualified health professional. After recovery, spells can also be used to alleviate the side effects of treatment, such as weight gain, hypertension, and diabetes, often caused by prolonged steroid use."

Ishaan: "Thank you, God. I'll keep that in mind for anyone suffering from COVID-related issues."

God: (With a caring expression) "You're welcome, Ishaan. Always remember, science and spirituality are both powerful forces in the journey toward healing. Striking the right balance between them is essential for recovery."

God: (Gently smiling) "Ishaan, it is time to put your knowledge to the test. You have mastered the intricate art of spell healing and explored remedies for numerous complex and seemingly incurable ailments. Now, as a challenge, I want you to craft a spell to aid those who suffer from long-sightedness."

Ishaan: (Closing his eyes nervously, taking a deep breath) "*Let there be healing in both my eyes. Let all illnesses affecting my eyes be healed. Let both my eye lenses be reshaped, and let the long-sightedness that is affecting my eyes be healed. Let all illnesses that affect my eyes be healed.*"

God: (With a warm and approving smile) "Well done, Ishaan. The spell you have designed is highly effective and specifically targets the condition. However, I would like to suggest a small addition. Spell healing is most potent when it also encompasses general well-being, vitality, and overall health. I encourage you to enhance your spell by including the following statements: '*Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let all illnesses that affect me be healed.*'"

Ishaan: (Nodding with a smile) "Thank you for the suggestion, God. I will include these statements in every spell to ensure overall health, vitality, and well-being."

God: (With a thoughtful expression) "Excellent, Ishaan. You are progressing beautifully. Now, let's turn our focus to another condition—glaucoma. It is a group of eye disorders that damage the optic nerve, often due to increased pressure within the eye, called intraocular pressure. This damage can lead to vision loss if left untreated. I want you to design a spell that helps alleviate this condition by addressing the excess pressure in the eye and promoting the healing of the optic nerve. Use your knowledge and intuition to craft something meaningful and effective."

Ishaan: (Closing eyes in peace) "*Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health in my body. Let the pressure buildup in my eyes due to incorrect fluid drainage be healed, and let my eyes return to a healthy state. Let the damage to my optic nerve be healed, and let my vision be restored to normal. Let all illnesses affecting my eyes be healed. Let all illnesses that affect my body be healed.*"

God: (Smiling confidently) "Ishaan, you continue to impress me with your understanding of the human body. Your words demonstrate not only your intelligence but also the effort and dedication you've invested in learning. Your studies have helped you craft these spells with care and precision. Now, your next task: Design a spell to heal people suffering from genetically acquired hearing issues caused by problems with the auditory nerve."

Ishaan: (Closing eyes in peace) "*Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health in my body. Let the genetic issues in my auditory nerve be healed, and let there be restoration of perfect hearing in my ears. Let all illnesses that affect my auditory nerve be healed. Let my auditory nerve regrow, and let there be a restoration of hearing in my ears. Let all illnesses that affect me be healed.*"

God: (With a challenging gaze) "Create one spell for Parkinson's and another for Alzheimer's. Take your time to deeply reflect on the nature of both conditions."

Ishaan: (Closing eyes in peace) "First, I will devise a spell for Parkinson's: *'Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health in my body. Let the dopamine-producing nerve cells in my brain heal and recover and let there be normal production of dopamine in my brain. Let all illnesses that affect my brain be healed. Let neural pathways in my brain heal, and let the levels of dopamine-producing nerve cells in my brain return to normal. Let there be restoration of motor functions in the muscles of my body. Let there be restoration of motor functions and muscle strength in the muscles of my body. Let all illnesses affecting my brain be healed. Let all illnesses that affect me be healed.'*"

Ishaan: (Eyes remaining closed) "Now, for Alzheimer's, as a caregiver for an imaginary person named Santhosh: *'Let there be healing in Santhosh's mind and body. Let the lost vitality within Santhosh's body be restored. Let there be absolute health in Santhosh's body. Let the dead nerve cells in Santhosh's mind and body heal and recover, and let there be restoration of muscle strength, intelligence, memory, and motor functions in Santhosh's brain and body. Let there be restoration of intelligence, memory, and motor functions within Santhosh's body. Let all illnesses affecting Santhosh's brain be healed. Let all illnesses that affect Santhosh be healed.'*"

God: (With an encouraging, compassionate gaze) "Both spells are comprehensive and cover all aspects of their respective conditions. Now, I encourage you to try crafting a spell for healing Sickle Cell anaemia."

Ishaan: (Eyes closed in peace) "*Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health in my body. Let the genetic issues that cause imperfections in the shape of my red blood cells be healed. Let all the red blood cells produced in my bone marrow be of proper shape and size, and let there be restoration of a sufficient red blood cell count in my body. Let the sickle cell anaemia affecting my body be healed. Let all genetic mutations in my body causing sickle cell anaemia be healed. Let all illnesses that affect me be healed.*"

God: (Smiling warmly) "You are as skilled as I am in this. Now, let's move on to devising a spell for treating multiple sclerosis."

Ishaan: (Eyes closed in peace) "*Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health in my body. Let the genetic and autoimmune factors that affect the myelin sheath in my nerves be healed. Let my body stop attacking the myelin sheath in my nerve cells, and let there be restoration of muscle strength, intelligence, memory, and motor functions within my brain and body. Let the dead nerve cells and neural pathways in my brain and body heal and recover. Let all issues affecting my nervous system and brain be healed. Let*

there be restoration and regrowth of the myelin sheath over all my nerves. Let all illnesses that affect my brain and body be healed."

God: (With a loving smile) "Wonderfully crafted, my boy. Now, I want you to create a spell for curing baldness."

Ishaan: (Eyes closed in peace) "*Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let the damaged hair follicles in my head heal and recover, and let there be a restoration of hair growth in my hair follicles. Let the baldness affecting my head be completely healed. Let the damaged hair follicles in my head recover fully, and let there be thick hair growth on my head. Let all illnesses that affect me be healed.*"

God: (With a thoughtful yet encouraging gaze) "Just as excellent as before. Now, I want you to craft a spell for treating prostate cancer. Take a moment to deeply reflect on the condition before you begin."

Ishaan: (Eyes closed in peace) "*Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let the cancerous cells in my prostate and other parts of my body be replaced by healthy cells. Let all cancerous growths and tumours in my body heal and recover. Let all the cancerous cells in my body be replaced by absolutely healthy cells. Let there be restoration of vitality and youthfulness in my body. Let all illnesses that affect me be healed.*"

God: (With a compassionate and thoughtful expression) "Now, I want you to create a spell for treating ovarian cancer affecting an imaginary person named Anusree. Take a moment to reflect deeply on the condition before you begin."

Ishaan: (Eyes closed in peace) "*Let there be healing in Anusree's mind and body. Let the lost vitality within Anusree's body be restored. Let there be absolute health within Anusree. Let the cancerous cells in Anusree's ovary, fallopian tubes, and other parts of her body be replaced by healthy cells. Let all cancerous growths and tumours in Anusree's body heal and recover. Let all the cancerous cells in Anusree's body be replaced by absolutely healthy cells. Let there be restoration of vitality and youthfulness in Anusree's body. Let all illnesses that affect Anusree be healed.*"

God: (With an approving and encouraging smile) "Excellent work. Now, I challenge you to create a spell to reverse a brain tumour. Take a moment to contemplate the condition before beginning."

Ishaan: (Eyes closed in peace) "*Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let the cancerous cells in my brain and other parts of my body be replaced by healthy cells. Let all cancerous growths and tumours in my body heal and recover. Let all the cancerous*

cells in my body be replaced by absolutely healthy cells. Let there be restoration of vitality and youthfulness in my body. Let all illnesses that affect me be healed."

God: (With a serene and encouraging expression) "Now, Ishaan, let's move on. Create a spell for treating lung cancer. Take your time to contemplate the condition before you begin."

Ishaan: (Eyes closed in peace) "*Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let the cancerous cells in my lungs and other parts of my body be replaced by healthy cells. Let all cancerous growths and tumours in my body heal and recover. Let all the cancerous cells in my body be replaced by absolutely healthy cells. Let there be restoration of vitality and youthfulness in my body. Let all illnesses that affect me be healed."*

God: (With a serene and supportive tone) "Excellent work, Ishaan. Now, I urge you to devise a remedy for treating Dyslexia, a condition that challenges the minds of many school-aged children."

Ishaan: (Eyes closed, radiating peace and determination) "*Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let the neural pathways in my mind causing Dyslexia be healed, and let me be able to read, write, and pronounce words with absolute ease. Let all troubles in my mind related to reading, writing, and pronouncing words be healed. Let the faulty pathways in my mind causing Dyslexia be rewired to allow me to read, write, and pronounce words with absolute confidence and ease. Let all illnesses that affect me be healed."*

God: (With a thoughtful and focused expression) "Now, let's shift our attention to treating illnesses caused by pathogens, such as viruses and bacteria. Some of these are particularly challenging to manage and come with significant morbidity. Let's begin with a healing spell for treating tuberculosis."

Ishaan: (Eyes closed, exuding calm and determination) "*Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let the tuberculosis bacteria in my body weaken and be eliminated completely. Let the damage caused by tuberculosis to my lungs, kidneys, brain, and other internal organs heal and fully recover. Let there be complete recovery from tuberculosis within my body. Let my immune system be restored and strengthened, enabling my body to effectively eliminate the tuberculosis bacteria from my body. Let all illnesses that affect me be healed."*

God: (Smiling warmly with admiration) "Ishaan, no one can surpass your skill in this. Now, I challenge you to craft a spell for healing leprosy. Take a moment to reflect on the condition before you begin."

Ishaan: (Eyes closed, radiating calm and compassion) "*Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let the leprosy bacteria in my body weaken and be eliminated completely. Let the damage caused by leprosy to my skin, peripheral nerves, eyes, and other organs heal and fully recover. Let there be complete recovery from leprosy in my body. Let my peripheral nerves damaged by leprosy heal and regenerate, and let the touch and pain sensation be fully restored in the affected parts of my body. Let all illnesses that affect me be healed.*"

God: (With a thoughtful expression) "Now, let us turn our focus to treating high blood pressure with healing spells. Hypertension is one of the most prevalent lifestyle diseases in today's world."

Ishaan: (Eyes closed, with a serene and focused expression) "*Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let the high blood pressure affecting my body be completely healed. Let all issues causing the constriction of blood vessels in my body be healed, and let normal blood pressure be maintained within my body. Let there be absolute health in the arteries, veins and capillaries within my circulatory system. Let the damage caused by high blood pressure to my kidneys, brain, heart, and other organs heal completely, and let there be absolute health within my body. Let all illnesses that affect me be healed.*"

God: (Thoughtfully) "In most cases, low immunity can be fixed with a general vitality spell: '*Let all illnesses that affect me be healed*'. This usually works without needing anything specific. But in rare situations, more focused spells are needed. I want you to try creating a spell to boost immunity."

Ishaan: (Eyes closed): "*Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let the low immunity that is affecting my body be healed, and let the frequent infections that are affecting my body go away. Let there be sufficient production of white blood cells and defensive antibodies in my body. Let any genetic or other functional issues affecting my bone marrow, liver, and other organs be healed, and let there be strong immunity in my body. Let all illnesses that affect me be healed.*"

God: (With a calm, thoughtful expression) "Retinal detachment is a serious condition where the retina pulls away from the back of the eye, disrupting vision and potentially leading to blindness if untreated. Ishaan, I now ask you to craft a spell to address this. Take a moment to reflect on the complexity of this condition before you devise a spell for treating this condition."

Ishaan: (Eyes closed, exuding calm and focus) "*Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let the retinas in my eyes reattach to their normal position. Let the genetic*

and environmental factors causing retinal detachment in my eyes be healed. Let my retinas return to their proper position, and let perfect vision be restored in my eyes. Let all illnesses affecting my eyes be healed. Let my eyes heal completely, and let my retina function return to normal. Let there be complete restoration of clear vision in both my eyes. Let all illnesses that affect me be healed."

God: (With a contemplative and guiding expression) "Obesity, along with its associated complications such as diabetes, high blood pressure, and fatty liver, has become alarmingly common not only in urban areas but even in villages. The true path to healing lies in adopting a healthier lifestyle and reconnecting with the natural rhythms of the Earth, where we truly belong. While spells can play a potent supportive role in accelerating the reversal of obesity and conditions like diabetes, they are most effective when combined with these foundational changes. Ishaan, I want you to carefully reflect on all aspects of this condition and craft a spell to reverse obesity."

Ishaan: (Eyes closed, radiating calm and focus) *"Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let the excessive body weight affecting my health be healed, and let my body achieve a healthy, balanced weight. Let there be effective weight loss in my belly, thighs, and other areas of my body. Let the unhealthy fat deposits in my body dissolve, and let my body weight return to a normal, healthy range. Let the high blood sugar, high blood pressure, and other complications caused by obesity in my body be completely healed. Let there be absolute health within my body. Let all illnesses that affect me be healed."*

God: (With a thoughtful and encouraging expression) "Now, let's focus on diseases of the digestive system, starting with ulcers. In the short term, licorice is an effective herbal remedy that elegantly heals the lining of the stomach without reducing acid levels, unlike antacids. However, it should be taken under the guidance of an Ayurvedic doctor. For long-term relief, spell healing can significantly support this healing process. Ishaan, I would like you to create a spell that addresses ulcers and promotes healing for digestive issues."

Ishaan: (Eyes closed, with a serene and focused expression) *"Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let the damaged lining of my stomach heal, and let the ulcer affecting my stomach be removed completely. Let the walls of my stomach return to their normal structure and function. Let all ulcers affecting my stomach heal completely, and let the pain caused by ulcers be removed completely. Let there be complete restoration of strong and healthy digestion in my body. Let all digestive troubles affecting my body be healed. Let all illnesses that affect me be healed."*

God: (With a compassionate and reflective expression) "Digestive issues such as gas, bloating, and constipation have become increasingly common nowadays, often stemming from factors like ageing, lifestyle choices, and dietary habits. These

challenges are frequently linked to insufficiency in the production of digestive enzymes. Ishaan, I urge you to carefully reflect on this condition and create a spell to address enzyme deficiencies and restore proper digestion."

Ishaan: (Eyes closed, radiating calm and focus) *"Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let there be restoration of normal digestion within my body. Let there be sufficient production of stomach acid, pepsin, and other digestive enzymes in my stomach. Let there be ample secretion of pancreatin from my pancreas and bile from my liver. Let there be absolutely efficient digestion and nutrient absorption in my body. Let all digestive issues, such as bloating, gas, constipation, and burping, that are affecting me be completely healed. Let all illnesses that affect me be healed."*

God: (With a warm, knowing smile) "Imagine a man named Dinesh, burdened by kidney stones and elevated uric acid levels. Reflect deeply on his condition and craft a spell healing remedy to bring him healing and relief."

Ishaan: (Eyes closed in peace) *"Let there be healing in Dinesh's mind and body. Let the lost vitality within Dinesh's body be restored. Let there be absolute health within Dinesh. Let Dinesh's kidneys heal, and the high Uric acid levels in Dinesh's blood return to normal. Let all the stones in Dinesh's kidneys vanish and let there be absolute health in Dinesh's urinary system. Let all waste filtering issues in Dinesh's kidneys be healed and let the kidney stones and high Uric acid levels affecting Dinesh be healed. Let all illnesses that affect Dinesh be healed."*

God: (With a thoughtful and compassionate expression) "Now, Ishaan, let us turn our attention to fertility challenges in both males and females. To begin, I want you to focus on PCOD/PCOS in females—a condition marked by the presence of multiple small cysts in the ovaries. These cysts hinder the maturation and release of eggs during the menstrual cycle. The condition often brings with it additional complications, such as weight gain, irregular menstruation, and imbalances in sex hormones. Reflect deeply on these aspects and create a spell to address this condition and its associated challenges."

Ishaan: (Eyes closed, radiating calm and focus) *"Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let the PCOD/PCOS affecting my ovaries be healed, and let there be absolute health in my reproductive system. Let there be a perfect balance of sex hormones in my body. Let all the cysts in my ovaries be removed, and let there be normal maturation and release of eggs in my ovaries. Let all hormonal issues affecting my body be healed. Let the elevated testosterone levels in my body due to PCOD/PCOS return to normal levels. Let there be complete reproductive and hormonal health within me. Let all illnesses that affect me be healed."*

God: (With a concerned look, cutting in) "A word of caution: Spells have the potential to restore fertility and hormonal balance in a woman who has undergone menopause by mystically rejuvenating her ovaries and reigniting normal hormonal cycles. While this can greatly enhance quality of life, it may also lead to unexpected pregnancies if not approached with care."

Ishaan: (Excitedly) "I understand, God. Thank you."

God: (With a wise and compassionate expression) "Now, Ishaan, let us turn our focus to healing infertility in men. This condition can arise from various causes, such as low testosterone levels, diminished vitality, genetic factors, or reduced sperm count. Dietary supplements such as zinc, magnesium, etc, can improve this condition. I encourage you to draw upon your knowledge and craft a spell that reverses infertility in men. Reflect deeply on the intricacies of this condition before you begin."

Ishaan: (Eyes closed, radiating calm and focus) "*Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health within me. Let all reproductive issues affecting my body be healed. Let there be normal production of healthy sperm cells in my testes. Let any genetic reproductive issues affecting my sperm cells and body be healed, and let there be absolute reproductive health within me. Let there be optimal testosterone levels, vitality, and strength within me. Let there be absolute stamina and endurance in my body. Let there be strong digestion and efficient nutrient absorption in my digestive system. Let all illnesses that affect me be healed.*"

God: (With a compassionate yet warm tone, eyes filled with gentle love) "Bravo, Ishaan. Bravo! You have truly mastered the art of spell healing, and I feel deeply fulfilled in having guided you through the intricate paths of this healing technique. I was able to address your concerns about various illnesses with care and precision, ensuring you felt supported throughout the process. I trust you now hold a profound understanding of these sacred teachings and are ready to use this wisdom to bring comfort and healing to those in need."

God: (With a warm, gentle tone) "Before we move on to the Nirvanic lifestyle, I would like to discuss with you a phenomenon that has puzzled science for decades, called the placebo effect, and it's something that can help you see the true power of the mind in healing."

Ishaan: (Curious) "The placebo effect? I've read about it. It's when people get better after taking something that's not really medicine, right? How can that happen?"

God: (Nods) "Yes, exactly. In a clinical trial, a group of people might be given a pill that contains no active ingredient—a sugar pill, for example. But even though it's just a placebo, some people still feel better, as if the pill truly healed them. It's a powerful reminder of the mind's potential to influence the body."

Ishaan: (Thoughtful) "That's strange. If there's no real medicine in it, why does it work? Is it magic?"

God: (Smiling) "It's not magic, but something very close—it's the power of belief. When someone believes that a pill will make them better, their mind, through its connection to the soul, initiates a healing process much like spell healing."

Ishaan: (Excited) "So, both placebo and spell healing work on the same principle?"

God: (Smiling) "Exactly, Ishaan. The power of a placebo is greatly influenced by both the frequency of its dosage and the individual's belief in its effectiveness. When a person fully trusts in the healing potential of the pill, its impact is amplified. However, the presence of doubt or scepticism can significantly reduce its effectiveness. It's essential to recognise that beliefs do not always have to be conscious thoughts—they can also be convictions rooted in past experiences, upbringing, and other complex psychological processes. These subconscious convictions are vital in shaping how one responds to such treatments."

Ishaan: (Thinking) "This is a revelation for science as a whole and a powerful proof of the effectiveness of spell healing!"

God: (Nods agreeably) "Yes, Ishaan. Placebos have puzzled science for ages. This connection helps to clarify things. Placebos are a testament to the divine nature inherent in all of us."

Ishaan sat quietly, a serene smile gracing his face as he reflected on God's teachings. The divine wisdom felt like a glowing ember within him, radiating warmth and a sense of purpose. He felt whole, empowered, and deeply grateful, his heart brimming with contentment, ready to share this sacred gift with the world.

YOU ARE WHAT YOU EAT

Scene: The dream takes them to a towering tree of life with branches extending into the heavens and roots burrowing into the depths of the Earth. Ishaan and God sit beneath it, feeling the flow of life connecting all things.

God: (With a victorious grin) "Ishaan, do you know why vegetarianism was so deeply rooted in ancient Indian culture and tradition? It was more than just a way of eating; it was a philosophy that recognised the divine nature present in all living beings. The people of that time believed that life, in every form, was sacred and interconnected."

Ishaan: (Excitedly) "Yes, God. I've read that they practised *ahimsa*, or non-violence, as a core principle. They avoided harming animals because they saw them as spiritual beings, not just biological creatures."

God: (Smiling proudly) "That's absolutely correct, Ishaan. *Ahimsa* wasn't just a principle; it was a way of honouring the sanctity of all life. This compassion extended to every being, recognising their soul as a spark of the divine. Even in modern times, Mahatma Gandhi embraced *ahimsa* as his guiding philosophy. He used it to inspire peaceful resistance, demonstrating to the world that true strength lies in compassion and nonviolence. His life proved that *ahimsa*, rooted in ancient wisdom, remains a timeless and transformative force."

God: (Pausing before speaking) "From a practical perspective, vegetarianism also made sense. Ancient Indians practiced sustainable living, raising livestock primarily for milk, dung, and agricultural support rather than for meat. Cows, for instance, were highly revered, especially in Vedic traditions, and their products such as milk, butter, and ghee played a significant role in their diet, rituals, and even medicinal practices, as outlined in Ayurveda. Cow dung was used as both fuel and fertiliser, contributing to sustainable farming practices. They understood how to coexist with nature in a harmonious manner. Even today, we can measure this scientifically—producing one kilogram of vegetables uses only about 300-400 litres of water, while producing the same amount of beef requires around 15,000 litres."

Ishaan: (Curiously) "That's an enormous difference! Did they also think about land usage?"

God: (Looking intrigued) "Indeed, they did, though they may not have calculated it in numbers as we do now. But the principle remains the same. Growing crops for direct human consumption requires far less land than raising animals, which need both space and feed crops. Modern studies show that livestock farming uses about four times more land than farming crops for people."

Ishaan: (Thoughtfully) "They must have seen how sustainable vegetarianism was for both nature and their community."

God: (Pausing before answering) "Precisely, Ishaan. It wasn't just about physical sustenance; it was a holistic way of living. They understood that what they consumed affected not just their bodies but also their minds and spirits. This is why the concept of *satvik* food emerged—pure, wholesome, and aligned with higher vibrations."

Ishaan: (Inquisitively) "God, I've also read about how animals raised for food often experience suffering. Did the ancient Indians think about that too?"

God: (Speaking boldly) "Absolutely. They believed that every being experienced life fully—its pain, joy, and a connection to the divine. Harming an animal was seen not just as an act against the creature but also as an act against God Himself. By honouring and respecting all beings, they cultivated harmony within their lives and with the environment."

God: (With a look of determination) "They also believed that the emotional state of animals influenced the quality of what they produced. For instance, ghee made from the milk of a distressed or mistreated cow was thought to carry that negative energy, affecting the individual who consumed it. In contrast, milk from a well-cared-for, contented cow was believed to nurture both body and spirit, reinforcing the importance of compassion in every interaction with living beings."

God: (With a serene expression) "Quantum signs also played an important part in shaping these choices. I will discuss vegetarianism from that perspective when we discuss it."

Ishaan: (Smiling) "So vegetarianism wasn't just a dietary choice; it was about compassion, sustainability, and spiritual alignment."

God: (With a loving smile) "Exactly, Ishaan. Ancient Indians saw food as more than nourishment—it was a sacred offering. By choosing vegetarianism, they honoured the life around them, sustained the Earth's resources, and nurtured their own spiritual growth. It's a timeless philosophy that continues to inspire those who seek harmony with life."

Ishaan: (With a thrilled tone) "Thank you, God. This gives me a great deal to think about and appreciate. I'll always remember the wisdom of our ancestors and their deep respect for all living beings."

Ishaan: (Thoughtfully) "God, I've been reading a lot about how modern farming practices have changed, and it seems even milk, which was once seen as a wholesome resource, has become problematic. Is it true that milk is now almost as unsustainable as meat?"

God: (Gently) "You are correct, Ishaan. In modern times, the methods used to produce milk have raised serious ethical and environmental concerns. The large-scale demand

for dairy has led to practices that are far removed from the harmony of ancient traditions."

God: (Eyes narrowing) "Cows are often artificially impregnated, confined to cramped spaces, and separated from their calves immediately after giving birth. The milk, which is naturally meant for their calves, is taken entirely for human consumption, depriving the calves of the nourishment they need. This practice deviates from traditional methods where calves are prioritised, and it imbues the milk with the negative energy of the cow's suffering. These cows spend their entire lives in distressing conditions, unable to roam freely or engage in their natural behaviours, which only deepens their misery."

Ishaan: (Disturbed) "That's heartbreaking. It's not just about the milk itself—it's about the lives of the cows. And after all this, they're sent to slaughterhouses when they grow old?"

God: (Sighing with irritation) "Yes, Ishaan. When their milk production declines, many cows are sent to slaughterhouses for meat, perpetuating a cycle of exploitation and suffering. This practice is not only ethically troubling but also environmentally unsustainable. Milk, as a resource, was never meant to be consumed by humans in such vast quantities. Nature intended it primarily to nourish calves, with humans occasionally using small amounts in harmony with the natural order. Moreover, milk is not an ideal food for human consumption—it is difficult to digest, and many suffer from its adverse effects. With numerous plant-based protein options available, relying solely on milk for sustenance is both unhealthy and unethical. Milk belongs to the calf, and while small amounts for human consumption might be understandable, making it a dietary staple goes against both health and moral principles."

Ishaan: (Reflecting) "So, even consuming milk today isn't in alignment with compassion or sustainability. Does this mean a vegan lifestyle is the best approach for modern times?"

God: (With a compassionate nod) "While a vegan outlook is morally commendable, it may sometimes result in a higher ecological cost. Certain animal products—such as fish, eggs, milk, and meat—can be beneficial when sustainably sourced, especially when obtained without cruelty, deforestation, or the use of food meant for human consumption to feed livestock. Consuming small amounts of animal-based foods, such as those from naturally sustainable sources, once or twice a week can be acceptable as a personal choice. Plant-based foods provide all the essential nutrients for a healthy life, and any gaps—such as certain micronutrients—can be easily filled through supplements and small amounts of non-vegetarian sources. Although veganism remains the most ethically sound path, the current global population makes universal veganism a challenging and resource-intensive goal. A balanced approach—favouring plant-based options while occasionally incorporating non-taxing animal

sources—helps reduce environmental strain, minimises harm to animals, and respects the natural balance of life."

Ishaan: (Determined) "So God, is a largely plant-based diet with some animal products the most suitable path for the world today?"

God: (With a gentle gaze) "Indeed, Ishaan. Adapting to the needs of the present while maintaining compassion and harmony is the essence of wisdom. By choosing kindness and environmental concern in every action, you contribute to a more balanced and peaceful world."

Ishaan: (Curiously) "God, what supplements should one take regularly to maintain positive body luck and overall well-being, especially when following a diet like this?"

God: (Looking enchanted) "To begin with, let's talk about Vitamin B12. This nutrient is vital for maintaining nerve health, producing red blood cells, and supporting DNA synthesis. However, it is not easily found in vegetarian foods. Traditional fermented foods, such as rice soaked overnight in water and consumed in the morning, have been used in some rural practices as a natural source of B12. These fermented preparations are considered superfoods, rich in bioavailable nutrients, and can be easily made at home. However, as part of the Nirvanic lifestyle, I recommend taking a B12 supplement that incorporates 1,500 mcg of Methyl cobalamin every third or fourth day to maintain adequate levels of this critical vitamin."

God: (With a concerned look, cutting in) "It's important to understand that supplemental B12 and other B-complex vitamins are not bioidentical to their naturally occurring forms. Synthetic versions, especially in high doses, can strain the body. To reduce the risk of toxicity, it's best to opt for lower-dose supplements—for example, those providing around 1500 mcg of vitamin B12, 1 mg of vitamin B9 and 0.5 mg of vitamin B6—while avoiding high-dose formulations that often contain significantly greater amounts. Consider taking them once every third or fourth day, rather than daily, unless otherwise directed by a healthcare professional. This approach helps maintain necessary nutrition while reducing the potential for long-term harm and the chance of triggering negative *occurrences*. People often associate a regular non-vegetarian diet with better quality of life and greater physical strength, not necessarily due to superior protein, but because of trace minerals that may be less abundant in typical vegetarian diets. However, by supplementing key nutrients like B vitamins, it's possible to achieve optimal health and well-being without resorting to unhealthy or ethically questionable dietary choices."

God: (Letting the words sink in before continuing) "Zinc is vital for immunity, reproductive health and healing. While vegan foods like seeds, nuts, legumes, and whole grains contain zinc, their absorption can be reduced by compounds like phytates. To ensure adequate intake, a bioavailable form of zinc, such as zinc methionine, is ideal. Generally, zinc is supplemented with copper in a 15:1 ratio

because high doses of zinc can interfere with the absorption of copper, potentially leading to a deficiency. Balancing these two minerals ensures that both zinc and copper work harmoniously in the body, supporting enzyme function, energy production, and immune health."

God: (Taking a deliberate pause) "Vitamin D helps with bone health and immunity. While sunlight is the best source, many people, especially in colder climates or with limited sun exposure, are more vulnerable to deficiency. However, most people today are deficient in this essential vitamin and taking a regular supplement once a month is generally recommended. However, it's always best to consult a doctor to determine the right dosage for your individual needs."

God: (With a deep inhale and a thoughtful pause) "Iron is a critical mineral for women and is abundant in plant-based foods such as lentils, beans, and spinach. However, the body absorbs non-haem iron from plant sources less efficiently than the haem iron found in animal products. To enhance absorption, combine iron-rich foods with vitamin C, such as squeezing lemon over spinach or including citrus fruits with your meal. This simple step significantly improves the body's ability to utilise plant-based iron."

God: (With a brief silence) "When supplementation is needed, it's crucial to avoid overloading, as this can trigger adverse *events*. Iron supplements should be tailored to individual needs, guided by regular monitoring of haemoglobin levels. Factors such as age, gender, and overall health influence the required dosage. Smaller, spaced-out doses—for instance, every third day or weekly—are recommended rather than high daily doses unless a specific medical condition necessitates otherwise. This balanced approach helps maintain sufficient iron levels while avoiding potential risks associated with excessive intake, thereby promoting both safety and overall well-being, as well as positive body luck experiences. Additionally, within the Nirvana state, some of these supplements will form a core aspect of daily living and will be accessible to every community, based on approved requirements."

Ishaan: (Curiously) "What about calcium? Isn't that mostly in dairy?"

God: (Nodding thoughtfully) "Not at all, Ishaan. Many vegan foods are rich in calcium, like tofu, finger millet (Ragi), sesame seeds, almonds, kale, and other leafy greens. For individuals with impaired digestion or special needs, such as those during pregnancy, calcium supplements may be considered. Balanced plant-based eating, combined with optimum supplementation when needed, ensures sufficient calcium intake."

God: (Speaking with clarity and reassurance) "It's important to understand that while multivitamin supplements can be helpful in certain cases, they often lack personalisation to an individual's specific nutritional needs. Many of the nutrients in multivitamins are already available through a balanced diet, and some may not be in their most bioavailable forms, which can affect how well the body absorbs and utilises

them. Additionally, when multiple nutrients are taken together, they can compete for absorption in the intestines, potentially reducing their effectiveness. For the best outcomes, it's often more beneficial to take specific supplements individually and at appropriate times, based on your unique requirements and under the guidance of a healthcare professional."

God: (Gesturing to emphasise key points) "Strong digestion, sustained by optimal levels of stomach acid, digestive enzymes, and bile, is vital for the effective absorption of nutrients from food. As we age, the efficiency of digestion often declines, making it even more important to prioritise and nurture digestive health. Incorporating a daily practice of spell healing that supports and enhances digestion is essential for maintaining overall well-being. In cases of significantly impaired digestion, the use of digestive enzyme supplements containing betaine HCL, pepsin, pancreatin, bile, etc. can also provide valuable support and prevent malnutrition."

Ishaan: (Smiling) "Thank you, God. It's amazing to see how vegetarianism can be so well-rounded with just a bit of planning."

God: (With a cheerful grin) "That's the beauty of it, Ishaan. With awareness and thoughtful choices, this balanced lifestyle can nourish the body, respect the planet, and honour the spirit of compassion. You're learning well, my child—continue to share this wisdom with others."

Ishaan: (Intrigued) "God, I've been reading about magnesium and how important it is for the body. Can you explain why it's called a '*healing mineral*'?"

God: (With a thrilled tone) "Ah, Ishaan, magnesium truly is a remarkable mineral. It plays a crucial role in over 300 biochemical processes in the body, supporting functions like energy production, muscle contraction, nerve signalling, and even DNA synthesis. That's why it's often referred to as a '*healing mineral*'."

Ishaan: (Impressed) "That's incredible. But what happens if someone doesn't get enough magnesium?"

God: (With a steady tone) "Magnesium deficiency can have far-reaching effects. It's been linked to heart issues, such as irregular heart rhythms, as well as diabetes, hypertension, migraines, muscle cramps, and even depression. Because of its critical role in multiple bodily processes, magnesium deficiency can result in significant negative *occurrences*. Magnesium helps regulate blood sugar levels, supports healthy blood pressure, and promotes relaxation in both the body and mind. When levels are low, these systems can be disrupted."

Ishaan: (Concerned) "It sounds like magnesium is critical. What are the natural sources of this mineral in our diet?"

God: (With a regretful tone) "Magnesium is abundant in foods like leafy greens, nuts, seeds, whole grains, and legumes. However, modern farming practices often deplete the soil of essential minerals, resulting in food that is less rich in magnesium than it once was. Additionally, the modern approach of removing the bran from rice and selling it as white rice strips the grain of vital nutrients, including magnesium, fibre, and other essential compounds. This has led many people to turn to magnesium supplements to meet their daily nutritional needs."

Ishaan: (Eagerly) "What types of magnesium supplements are best?"

God: (With a compassionate nod) "The most bioavailable forms are magnesium citrate and magnesium glycinate. These are well-absorbed by the body and can help replenish magnesium levels effectively. Another option is soaking in Epsom salt baths, which allow magnesium sulphate to be absorbed through the skin. This method not only replenishes magnesium but also relaxes muscles and soothes cramps. Also, when someone is deficient, magnesium supplements can have a profound impact in promoting positive body luck."

Ishaan: (Smiling) "So magnesium can be applied topically too?"

God: (Speaking with enthusiasm) "Absolutely. Magnesium is known for its ability to relax muscles when applied topically. It's particularly useful for relieving cramps or muscle tension. Whether taken orally or absorbed through the skin, magnesium truly lives up to its reputation as a '*super mineral*'."

Ishaan: (Inspired) "It's fascinating to see how a single mineral can impact so many aspects of health. Thank you, God, for explaining this."

God: (With a neutral yet kind expression) "Determining the appropriate dosing cycle for any supplement is equally important. While some individuals may require specific supplements daily, others might benefit from taking them every second or third day, or even just once a week. The ideal frequency depends on various factors, including age, gender, health conditions, and individual needs. Overloading the body with supplements can be detrimental, placing unnecessary strain on vital organs, thereby triggering adverse *events* and *situations*. Whenever possible, strive to meet your nutritional requirements through whole, nutrient-dense foods, using supplements only as a supportive measure. Additionally, the production of certain supplements can be resource-intensive, contributing to environmental strain. Thoughtful consumption is vital for both personal well-being and ecological sustainability."

Ishaan: (Thoughtfully) "God, I completely understand the importance of finding the right dosing for supplements and how overloading the body can be harmful."

Ishaan: (Curiously) "I've read about how certain cooking practices can affect our health. It seems like fried foods and white rice are things we should be cautious about. Can you explain why?"

God: (With a firm voice) "Certainly, Ishaan. Fried foods, though tempting, are best avoided. When oils are exposed to high temperatures, they break down and produce harmful compounds, including trans fats, which can harm health and increase the risk of heart disease, diabetes, and other chronic conditions. Fried foods are among the top triggers for negative *occurrences* due to their overall harmful impact on bodily health. Even for sauteing, choosing the right oil is essential. Coconut oil or other cold-pressed oils are ideal, as they retain their nutrients and remain stable at moderate heat. Refined vegetable oils, on the other hand, are among the worst choices for maintaining good health."

Ishaan: (Thoughtfully) "So, frying should be completely avoided?"

God: (Looking cautious) "That's correct. While light sauteing is acceptable, deep-frying should be avoided entirely. A healthier approach is to focus on cooking methods like steaming, boiling, roasting, or baking, as these preserve the nutritional value of your meals without introducing harmful compounds. Remember, food is your body's fuel, and how it's prepared directly impacts your health and body luck *occurrences*. Even when consuming nuts like peanuts or almonds, simply dry roast them without using any oil to retain their natural benefits."

Ishaan: (Eagerly) "What about reheating meals? Many people do that to save time."

God: (With an annoyed sigh) "Reheating meals can degrade their nutrient content and alter their composition in harmful ways. A healthier alternative is to always prepare fresh meals. In the Nirvanic state, community kitchens would provide a great solution to this problem. Members of the community will take turns cooking, ensuring that only fresh and wholesome meals are consumed, while sharing the workload."

God: (Looking directly at Ishaan with a serious yet compassionate tone) "One of the most concerning aspects today is the complete disregard for learning the art of cooking. In ancient Indian tradition, cooking was regarded as a highly respected and essential skill rooted in scientific principles and cultural wisdom. For instance, there is a saying, '*Annam Brahman*,' which translates to '*Food is God*,' emphasising the sanctity and importance of preparing food with care and devotion."

God: (Concerned) "Cooking is not a skill that should be confined to women alone. Men must also take the initiative to cook at home, as this is the only way to ensure the preparation of freshly cooked healthy meals. When all the responsibility is placed solely on women, the likelihood of resorting to reheated or processed meals increases, which can negatively impact health and happiness over time. Parents play a crucial role in shaping these values. Teaching both boys and girls the art of cooking from a young age not only ensures lifelong self-reliance but also fosters equality and mutual respect in the household. Cooking is not just about nourishment; it is a life skill, a form of self-care, and a way to connect with others and one's cultural heritage."

Ishaan: (Concerned) "You are absolutely right. I now understand how vital cooking is for sustaining good health."

God: (Looking triumphant) "When eating, focus entirely on your meal. Sit in a traditional Indian posture, such as *Sukhasana* (the cross-legged position), which aids digestion and promotes mindfulness. Avoid distractions like television, mobile phones, or unnecessary conversation during meals. Eating in a calm and focused manner enhances digestion, allows you to savour the food, and fosters a deeper connection with what nourishes your body."

Ishaan: (Smiling) "That's a great recommendation, God. What about white rice? Why is it considered unhealthy?"

God: (With a soft sigh) "White rice, along with its popular low-bran varieties, has the bran layer removed, which strips away valuable nutrients such as fiber, B vitamins, essential minerals, and antioxidants. Choosing rice with a significant amount of bran—at least 60%—is the natural and healthier option. This type of rice supports digestion, provides essential nutrients like magnesium, helps maintain stable blood sugar levels, and offers sustained energy. In contrast, white rice, or rice with low bran content, can unexpectedly trigger negative *occurrences* and may contribute to the suppression of positive body luck when consumed regularly."

Ishaan: (Nods) "But traditional foods like dosa and idli are often made with white rice or low-bran ones?"

God: (Sighing heavily) "Yes, unfortunately. When these foods are made with white rice or low-bran rice, they lose much of their nutritional value. Ideally, dosa, idli, and other rice-based dishes should be made with full-bran rice, which would give them a darker colour and a richer nutrient profile. While the white versions are popular, they are not aligned with traditional or health-conscious practices."

Ishaan: (Determined) "Thank you, God. This makes so much sense. I'll share these insights with my friends and family to help promote healthier eating habits."

Ishaan: (Excitedly) "God, I recently read about some Japanese health practices, like drinking water first thing in the morning and meal sequencing. They seem so simple but incredibly effective. Can you tell me more about them?"

God: (Speaking with excitement) "Of course, Ishaan. The Japanese are renowned for their exceptional longevity and robust health practices. One of their widely practiced techniques is *water therapy*. By drinking 3-4 glasses of water immediately after waking up, you help flush out toxins and remnants of undigested food from your digestive system. This also helps hydrate your body after an overnight fast, priming your organs for optimal function. Waiting 45 minutes before eating allows your body to fully absorb the benefits of this practice. When practiced consistently, Japanese water therapy can bring about significant life changes by suppressing negative body luck and promoting

positive *occurrences* such as marital happiness, financial prosperity, and career advancement."

Ishaan: (Impressed) "That makes sense. It sounds like a simple habit with big benefits. What about meal sequencing?"

God: (With a vibrant smile) "Meal sequencing is another insightful technique. By eating vegetables and proteins first, followed by carbohydrates, you slow down the absorption of sugars. This method helps prevent rapid blood sugar spikes, stabilises insulin levels, and supports metabolic health. Vegetables, rich in fibre, create a barrier that moderates carbohydrate absorption. Proteins, on the other hand, keep you satiated longer and stabilise energy levels."

Ishaan: (Curiously) "So this can help people with conditions like diabetes or those trying to manage their weight?"

God: (Smiling peacefully) "That's absolutely correct, Ishaan. This technique benefits everyone but is especially advantageous for individuals with insulin resistance or diabetes, as it helps minimise post-meal glucose spikes and associated negative body luck. Furthermore, it supports weight management by promoting a sense of fullness—proteins and fibre take longer to digest, which naturally reduces the tendency to overeat. Remember, Ishaan, one of the greatest modern misconceptions is that healthy lifestyle practices are only for the old and unwell."

God: (Exhaling slowly) "The Japanese practice of *hara hachi bu*, which means '*eat until you're 80% full*', aligns perfectly with this approach. By stopping before you feel completely full, you allow your body to properly digest food and maintain balance, promoting long-term health and well-being."

God: (Pausing before answering) "According to traditional Ayurveda, snacking between meals is discouraged, as digestion is considered a sacred process that should not be interrupted. After completing a meal, it is advised to wait at least four hours before the next meal to allow the digestive system to fully process the last meal. Ideally, consider limiting yourself to two meals per day, and in between, consume only light fruits if needed."

God: (Pausing to let the point sink in) "In ancient Indian tradition, a person who ate once a day was considered a *yogi* (disciplined and spiritually evolved), someone who ate twice a day was considered a *bhogi* (Careless indulger in sensual pleasures), and someone who ate three times a day was considered a *rogi* (Sick individual)."

God: (Offering a reassuring smile) "The timing of the last meal is especially crucial. It should be consumed early, between 6-7 PM, as the body's digestive enzymes and metabolic efficiency decline with the circadian rhythm in the evening. Eating close to bedtime is one of the worst habits for your health, as it disrupts digestion, can lead to weight gain, and increases the risk of conditions like acid reflux, disrupted sleep, and

impaired glucose metabolism. This approach aligns the body's digestive processes with its natural biological clock, promoting optimal health and well-being. Eating late and sleeping late can attract major negative *occurrences* into one's life and should be avoided at all costs."

God: (Gesturing gracefully to emphasise key points) "In Ayurveda, the practice of sleeping early and rising early is deeply rooted in aligning the body with nature's rhythms and the circadian cycle. This harmony fosters physical, mental, and spiritual well-being. Unfortunately, late nights and chronic sleep deprivation have become significant contributors to the ill health and unhappiness affecting today's generation, opening the door to a host of negative *occurrences* and lifestyle diseases such as fatty liver, depression, cognitive decline, and many others."

God: (Raising a hand gently, as if to underline the importance of the advice) "Furthermore, avoid bathing immediately after a meal, as it diverts blood flow away from the digestive system, disrupting proper digestion. It is always better to bathe before a meal rather than after. This wisdom was deeply ingrained in the Indian tradition."

Ishaan: (Smiling) "These techniques seem so deep and ancient and not so difficult to adopt. Why don't more people follow them?"

God: (With a cold tone) "This is the age of Kali Yuga, a time when profound spiritual wisdom and beneficial health practices are destined to fade into obscurity or be forgotten."

Ishaan: (Determined) "Thank you, God. I'll definitely incorporate these techniques and encourage others to do the same."

God: (Smiling proudly) "That's the spirit, Ishaan. By embracing wisdom from diverse traditions, such as these Japanese practices and ancient Indian ways, you enrich your path toward a balanced and fulfilling life. Continue learning and sharing, for knowledge is a treasure that grows when it is shared."

God: (Voice raised in anger) "Let me speak plainly, Ishaan. Alcohol and smoking are vices that leave no room for debate—they are harmful, plain and simple. They damage your body, cloud your mind and wreak havoc in terms of body luck. But let's also discuss substances like marijuana and other psychoactive drugs. No matter how much they are glorified for their so-called positive effects, the truth remains: they are not the path to true well-being."

Ishaan: (Curiously) "God, I've read about enemas and how they're used for cleansing and relieving constipation. Are they really beneficial? And what about the idea of avoiding cold foods and drinks—how does that impact digestion?"

God: (With a calculating gaze) "Let's talk about enemas, Ishaan. Enemas have been used traditionally in various cultures, including Ayurveda, as part of cleansing and therapeutic practices. They can help relieve constipation, clear the bowels, and support the body's natural detoxification process. However, it is essential to perform enemas under the guidance of a qualified healthcare professional. Improper or frequent use can disrupt the gut's natural microbiome and electrolyte balance, potentially causing adverse effects. Additionally, preparing enemas incorrectly at home with unverified substances or unhygienic water can be dangerous, as the rectum and colon readily absorb these substances into the bloodstream, which could lead to systemic toxicity or irritation. When administered correctly, enemas can be beneficial for overall health and for addressing specific medical conditions, such as severe constipation or medically supervised detoxification protocols. Professional guidance and cautious use are a key to ensuring their safety and effectiveness. As I mentioned earlier, every practice must be evaluated through the lens of body luck to understand its short-term and long-term effects on the body."

Ishaan: (Thoughtfully) "That makes sense. So, they're not meant for daily use but can be beneficial when performed scientifically. What about cold foods? I've read that Ayurveda advises against them."

God: (With a calm demeanour) "You're absolutely correct. In Ayurveda, cold foods like ice creams and cold drinks are said to weaken the *digestive fire*, or *agni*, which is essential for breaking down food and absorbing nutrients. When the digestive fire is impaired, the body struggles to process food efficiently, leading to indigestion, bloating, and the buildup of toxins, known as *ama*."

God: (Nodding thoughtfully) "Also, Cold desserts or drinks consumed during or after a meal can significantly interfere with the body's high digestive activity, essentially '*cooling*' the process and causing sluggish digestion. Instead, sipping warm water supports the digestive fire and aids the body in processing the meal smoothly."

Ishaan: (Nods) "So, even refrigeration isn't ideal?"

God: (With a gentle tone) "Minimizing the use of refrigeration is a healthier approach. Freshly cooked foods, when consumed warm or at room temperature, retain their vitality and nutritional value, making them easier for the body to digest. In contrast, cold, refrigerated foods often have lower nutritional value and can put a strain on the digestive system. Meals served at room temperature or freshly prepared nourish the body more effectively and align better with our natural rhythms."

Ishaan: (Smiling) "This makes so much sense, God. Avoiding cold foods and opting for warm, fresh meals seems like a simple but powerful change."

God: (With a victorious grin) "Indeed, Ishaan. Small changes, like drinking warm water, eating fresh meals, and avoiding cold foods and drinks can profoundly improve digestion and overall health."

Ishaan: (Determined) "Thank you, God. I'll try to follow these practices and share this knowledge with others."

Ishaan: (With a concerned look, cutting in) "God, I've been exploring more about plant-based diets. It appears that traditional Indian foods, such as dal, are excellent sources of protein. Can you tell me more about these options and how we can make healthier food choices?"

God: (With a knowing smirk) "Absolutely, Ishaan. Indian traditions offer a wealth of nutritious alternatives to meat. Pulses such as lentils, chickpeas, black gram, and kidney beans are excellent protein sources. Freshly cooked dishes like dal are not only rich in protein but also full of fibre, vitamins, and minerals. When paired with whole grains like brown rice or millet, they create a complete protein, providing all the essential amino acids your body needs. Peanuts, almonds, and other nuts are also wonderful sources of healthy fats and proteins. These plant-based options are deeply rooted in Indian culinary traditions and have sustained people for generations."

Ishaan: (Thoughtfully) "That sounds delicious and healthy. But I've heard refined wheat flour is harmful. Is it really that bad?"

God: (Frowning deeply) "Refined wheat flour, or maida, loses its fibre and nutrients during processing, leaving behind mostly starch. Regular consumption of refined flour can lead to issues such as blood sugar spikes, weight gain, and poor digestion. Products made from refined flour—such as bread, cakes, bakery products, and certain flatbreads like naan or Kerala parotta can trigger significant negative *occurrences* in life and are best avoided. Instead, choose whole wheat flour (atta), which retains the bran and germ, providing essential nutrients and fibre. For an even healthier approach, consider incorporating a variety of grains into your flour mix, such as ragi (finger millet), bajra (pearl millet), sorghum, barley, buckwheat, oats etc. These grains not only boost the nutritional value of your meals by providing fibre, vitamins, minerals, and essential amino acids but also add variety to your diet and support sustainable farming practices. Freshly prepared multigrain bread made with these grains in a community kitchen is an excellent alternative to store-bought options."

Ishaan: (Curiously) "What about packaged foods and soft drinks? Many people rely on them for convenience."

God: (Voice raised in anger) "While packaged foods may seem convenient, they often contain preservatives, additives, and chemicals that can negatively impact your health and can trigger a host of negative *events* and suppress positive ones. These substances can contribute to inflammation, digestive disturbances, and even long-term health

risks. Additionally, packaged foods cannot truly be considered freshly cooked, regardless of how they are preserved. Over time, nutrient levels in food degrade, regardless of the packaging methods used."

God: (Sighing with irritation) "Regular consumption of soft drinks is linked to numerous health risks, including diabetes, liver problems, metabolic disorders, and weakened bones. Opting for healthier alternatives, such as water, herbal teas, or natural fruit juices (without added sugar and served at room temperature), is a proactive step toward sustaining long-term health and well-being."

Ishaan: (Smiling) "So, the key to staying healthy is avoiding packaged foods and soft drinks while focusing on freshly prepared meals and natural fruit juices?"

God: (With a calm demeanour) "Precisely, Ishaan. By choosing traditional, plant-based options like dal, incorporating a variety of grains, and avoiding processed and packaged foods, you align your diet with nature, health and positive body luck. Small, consistent changes like these can transform not only your health and happiness but also the well-being of your community."

Ishaan: (Inspired) "Thank you, God. I'll motivate everyone in our community to adopt these healthy practices, focus on preparing wholesome traditional meals, and steer clear of packaged foods."

Ishaan: (Excitedly) "God, spices like ginger, turmeric, garlic, and pepper used in traditional Indian cooking seem to have so many benefits. Could you tell me more about how they contribute to our health?"

God: (Speaking with enthusiasm) "Certainly, Ishaan. Indian traditional cooking is an extraordinary blend of culinary skill and natural medicine. Spices like ginger, turmeric, garlic, pepper, and others do much more than enhance flavour—they are deeply rooted in Ayurveda and have been utilised for centuries to support health. These spices promote digestion, strengthen the immune system, boost energy levels, support liver function, and aid in detoxification. When thoughtfully incorporated into meals, they work in harmony, transforming food into a potent form of medicine. They regulate the body's natural processes, reduce inflammation, stabilise blood sugar levels, boost immunity, and protect against various diseases and negative *occurrences*. Indian cooking exemplifies a profound understanding of how food can nourish not only the body but also one's circumstances and fortunes."

Ishaan: (Thoughtfully) "That's fascinating. Are there other dietary practices we should follow to maintain better health?"

God: (Leaning back comfortably) "Certainly, Ishaan. For example, all sorts of fried snacks should be avoided. These foods may be tempting, but they can be heavy on the digestive system and lead to long-term health issues and negative *occurrences*. Fried foods are particularly harmful because the oils used in frying often undergo oxidation

at high temperatures, producing harmful compounds like trans fats and free radicals. These substances can contribute to inflammation, oxidative stress, and an increased risk of chronic diseases such as heart disease and diabetes. Instead, opt for healthier snacks, such as fresh fruits, roasted nuts, or steamed vegetables. However, remember that fruits should not be consumed with meals, as they require different enzymes for digestion and may slow down the digestive process."

God: (Pausing before speaking) "Additionally, avoid drinking large amounts of water during meals. This dilutes the digestive enzymes and impairs the efficiency of the digestive process. Instead, sip small amounts of warm water if necessary. It's also best to avoid drinking water at least half an hour before a meal and for 1 hour after eating to allow the digestive system to function optimally."

Ishaan: (Smiling) "These seem like simple habits to follow but could make such a big difference."

God: (With a tender gaze) "That's the beauty of traditional wisdom, Ishaan. By embracing these practices, you enable your body to digest food more efficiently, absorb nutrients more effectively, and maintain overall harmony. Health is built on simple techniques like these, and small changes can create a profound impact."

Ishaan: (Inspired) "Thank you, God. I'll make sure to adopt these traditional methods and share this knowledge with others."

God: (With a calm and reflective tone, gesturing softly to emphasise the importance) "One essential practice in Ayurveda is the massage with medicated oils infused with potent herbs such as Ashwagandha (*Withania Somnifera*), Brahmi (*Bacopa Monnieri*), Amla (Indian Gooseberry) etc. These oils are highly rejuvenating for the body and are recommended as seasonal regimens tailored to various body types, as described in Ayurvedic texts. Good quality virgin coconut oil is also an excellent choice for body massage. It is advisable to consult an Ayurvedic doctor to incorporate this practice effectively according to the seasons."

God: (Pausing momentarily, then continuing with a serious expression) "This practice also raises an important concern. The skin, being the largest organ in the human body and being semi-permeable, has this remarkable ability to absorb substances when applied to it. The herbs and base oils in Ayurvedic massage oils penetrate the skin, enter the bloodstream, and are processed by organs like the liver and kidneys, thereby nourishing the body. Now, consider the numerous modern beauty products, such as sunscreen lotions, body lotions, fairness enhancers, perfumes, skin ointments, and more. These products often contain artificial substances that also can penetrate the skin and enter the bloodstream. Unlike Ayurvedic oils, these compounds can harm internal organs, particularly the liver and kidneys. People often underestimate the absorption power of the skin, which is not only an organ with great healing potential but also one that can cause significant damage when misused. The best beautifying

agents remain traditional herbal preparations, free from preservatives, much like those made at home in earlier times. In contrast, synthetic chemicals in modern products significantly increase the risk of conditions such as cancer, autoimmune disorders, and organ damage. The golden rule for skin application is this: never apply anything on your skin that you wouldn't feel safe consuming orally. These modern chemical-laden products trigger a range of adverse *occurrences*—leading to disharmony, financial loss, and conflict in personal life."

God: (Speaking with a concerned yet encouraging tone) "As an alternative to beauty products, spells provide a potent transformative solution for women seeking to enhance their facial beauty. Spell healing possesses this remarkable ability to gradually improve the quality, texture, and tone of the skin while also refining structural features to bring out charming and appealing characteristics in those who feel they lack them. For instance, large moles that obscure the face or other visible areas can be removed through spell healing. Think of it as a form of non-invasive plastic surgery—without the risks, high costs, or fear of side effects. Over time, spells can gently modify facial features to align with personal preferences."

God: (Excited) "Following is a spell for beautifying the face, much like plastic surgery. *'Let there be healing in my mind and body. Let the lost vitality within my body be restored. Let there be absolute health in me. Let my skin and facial bones be altered to bring out cute, young, charismatic look to my face. Let my facial profile be changed, and let there be stunning cuteness in my face. Let my skin become more healthy and vibrant, and let there be absolute youthfulness in my face. Let my facial skin and bones be modified to make me look like a beauty queen.'*"

God: (In a firm voice) "Always remember, diet and lifestyle are key factors in maintaining youthful, radiant skin. Embracing modern, indulgent diets can accelerate ageing, even at a young age."

Ishaan (Smiling): "This spell is incredible, God. The possibilities are limitless!"

Ishaan: (Curiously) "God, I've read a lot about the harmful effects of white sugar and sugary products. Is jaggery and honey really a better alternative? And what about beverages like tea and coffee?"

God: (Smiling dreamily) "Excellent question, Ishaan. White sugar is highly processed and stripped of all nutrients, providing only empty calories. Its regular consumption can lead to issues like obesity, insulin resistance, and even heart disease. Natural, unprocessed jaggery, on the other hand, retains essential minerals, including iron, magnesium, and potassium. However, it should be consumed in moderation—no more than once or twice a day, and even then in small quantities. Even jaggery is not suitable for people with diabetes, as it can still raise blood sugar levels. While natural sources of sugar, such as jaggery and honey, may appear healthier, they still pose potential health risks and should be consumed in moderation. It is recommended to savour a cup of

black coffee or tea without adding any sugar. That way, you can fully appreciate the natural flavours while keeping them healthier."

God: (With a soft smile) "Replace regular milk in your diet with alternatives like coconut milk, a highly nutritious vegan option. Traditional Indian desserts, such as kheer, made with coconut milk, brown rice, and jaggery, are wonderful examples of enjoying sweets in a healthier, plant-based way. When consumed warm and in moderation alongside a meal, these desserts can satisfy your cravings without hindering digestion. However, it's essential to remember that even natural sugars should be consumed sparingly or avoided whenever possible to maintain optimal health. Try cutting out all types of added sugar from your diet for a month. Notice the positive changes it brings to different aspects of your life, and you'll better understand the harmful effects of sugar on your health."

Ishaan: (Thoughtfully) "What about tea and coffee? They're so popular, but are they healthy?"

God: (Looking curious) "Tea and coffee, though comforting, are powerful stimulants. They provide a temporary surge of energy by stimulating the central nervous system, but relying on the '*caffeine high*' is neither sustainable nor healthy. Excessive consumption can lead to jitteriness, an elevated heart rate, disrupted sleep, and overall negative body luck due to its impact on the body. If you choose to consume them, it is wise to limit intake to one cup per day. Using jaggery or honey as a sweetener instead of refined sugar is a healthier alternative. Still, even natural sources of sugar should be used sparingly—not more than once a day. Balance and moderation are essential for preserving overall well-being."

Ishaan: (Nods) "That's good to know. And what about the environmental impact of our food choices?"

God: (With a cold tone) "Ah, Ishaan, this is an important aspect to consider. If you take the case of seafood, intensive fishing practices are depleting marine life at an alarming rate. If we continue at this pace, our oceans could be empty within a few decades. The loss of marine species is not just devastating for the ecosystem but also for humanity, as it disrupts the delicate balance of life in the oceans. When we discuss quantum dietary signs, you will understand that ecological damage from food sourcing is a clear indication that certain foods or their current levels of consumption may be harmful."

God: (Smiling faintly) "Choosing more plant-based options and reducing the consumption of seafood can help alleviate the pressure on marine ecosystems. By making thoughtful choices, you contribute to the preservation of marine life and the health of our planet."

Ishaan: (Inspired) "It's amazing how our daily choices, even small ones, can have such a big impact on our health and the environment."

God: (Looking sombre) "Ishaan, every decision you make—from what you eat to how you source your food—affects not only your well-being but also the world around you. By embracing balance and compassion, you nurture both yourself and the planet."

Ishaan: (Smiling) "Thank you, God. I'll strive to show more concern and also encourage others to do the same."

God: (Looking enchanted) "Ishaan, let me share some important wisdom about physical activity. The body thrives on reasonable, balanced exercise—not extremes. Intense physical activities, such as marathon running or excessive training may appear impressive, but they can do more harm than good. Such activities overtax the body, leading to the release of excessive stress hormones, such as cortisol, which can suppress the immune system, impair digestion, disrupt sleep, and even cause long-term damage to muscles and joints. Elevated cortisol is well-known for triggering negative *events* and *situations*."

God: (Pausing before speaking) "Instead, look to the traditional wisdom of Ayurveda, which teaches the concept of '*Ardha Shakti Vyayama*'—exercising to half your capacity. This approach encourages you to stop physical activity when you notice a slight increase in breathing, a gentle warmth spreading through your body, and mild perspiration, particularly on your forehead, nose, and armpits. This balance ensures that your body benefits from the exercise without entering a state of strain or depletion."

God: (Smiling dreamily) "Remember, the goal of exercise is not to push yourself to extremes but to maintain harmony within your body. Overworking the body only creates imbalance, while moderate, optimum activity rejuvenates your energy and supports long-term health. Let this wisdom guide you toward a lifestyle of sustainable well-being. The modern generation, lacking healthy lifestyle practices, tends to over-rely on exercise for well-being, often experiencing more of its negative effects than positive ones."

God: (Leaning forward with intent) "Yoga practice can play a profound role in promoting overall well-being, especially in maintaining spinal health, flexibility, and the smooth functioning of internal organs. It harmonises breath, movement, and awareness, making it a powerful tool for restoring balance in the body and mind. Regular yoga practice promotes positive body luck, enhances circulation, reduces stress, supports digestion, and strengthens the nervous system—benefits that modern exercise routines often overlook."

God: (Looking sombre) "However, it's important to remember that yoga is the sacred practice of yogis, rooted in discipline, purity, and conscious living. It is not meant for those who engage in chaotic lifestyles or indulge in harmful behaviours. Unlike excessive workouts paired with large-scale protein consumption—often sourced from eggs laid by hens subjected to abuse—yoga offers a gentler, more harmonious path."

When practiced alongside spell healing, yoga becomes a complete system of physical and energetic alignment that supports both spiritual growth and bodily wellness."

Ishaan: (Nodding thoughtfully) "I understand, God. It's about balance—listening to the body and exercising to improve flexibility and balance, not strain it."

Ishaan: (Cutting in abruptly) "What are the ethical concerns about consuming eggs?"

God: (With a touch of sadness) "Indeed, Ishaan. The modern methods of egg production raise serious ethical and environmental concerns. In large-scale factory farms, hens are often confined to small, overcrowded cages where they can barely move. These conditions cause immense suffering, as the hens are unable to engage in natural behaviours like spreading their wings or nesting."

God: (Eyes filled with pain) "The process is not just cruel to hens. Male chicks, deemed 'useless' because they cannot lay eggs, are often culled shortly after birth, either by suffocation or mechanical means. This practice leads to the loss of billions of lives every year. The suffering endured in these farms reflects a system focused solely on maximising production, with little regard for the well-being of the animals involved."

Ishaan: (Disturbed) "That's heartbreaking. I didn't realise how much suffering was involved in egg production."

God: (With a mournful tone) "It's a harsh reality, Ishaan. Every choice we make has consequences, not just for ourselves but also for the beings impacted by those choices. By avoiding eggs or consuming only ethically sourced ones, you not only spare animals from suffering but also make a more compassionate and ethical choice."

Ishaan: (Thoughtfully) "This makes me think about how interconnected everything is. Even our smallest decisions, like what we eat, can have such significant consequences."

God: (With a gentle tone) "Exactly, Ishaan. Being considerate about your choices is a form of compassion in action. Choosing plant-based alternatives or ethical sources of food when possible, supports a system of kindness and sustainability. There are so many plant-based options today that can provide the same nutrients as eggs without the suffering."

Ishaan: (Determined) "Thank you, God. I'll make more conscious choices and share this knowledge with others so they can understand the impact of their actions too."

Ishaan's face lit up with a radiant smile as he absorbed God's teachings on the ideal diet. He felt an overwhelming sense of joy, imagining the vitality, strength and positive body luck these divine foods would bring. His heart danced with happiness, knowing he now held the keys to a healthier, more harmonious life.

INKLESS INCANTATIONS

Scene: Inside a cave of singing stones, Ishaan and God sit by an underground lake that reflects nothing, only the truth of one's being. With each conversation, a new melody echoes through the stones, as if the cave itself is speaking alongside God.

God: (Looking contemplative) "Spell Transcription is quite similar to spell healing, with one key difference: instead of healing the body, it uses the power of the mind to manipulate quantum outcomes to extract information from the all-knowing, all-pervading, eternal self. This information is then transcribed onto any physical medium that is easily readable by humans. The process is straightforward: take a sheet of paper and give it a name, such as '*Spell Paper*' or '*Secret Paper*'. Next, perform your spells as you would in spell healing, using that paper as a reference point and directing your intent to transcribe information onto that medium. While the medium doesn't have to be paper, it can be any physical surface. However, paper remains the most accessible and convenient option for this practice. Below are some examples of spell transcription in action."

God: (Eyes closed in peace) "*Let it be written on my spell paper in blue ink, in English, a simple yes or no on whether my missing son is alive or dead?*"

God: (Eyes closed in peace) "*Let it be written on my spell paper in blue ink, in English, the name of the true culprit responsible for my father's murder.*"

God: (Eyes closed in peace) "*Let it be written on my spell paper in blue ink, in English, the actual motive behind the assassination of John F. Kennedy.*"

God: (Eyes closed in peace) "*Let it be written on my spell paper in blue ink, in English, in simple terms, the mechanism behind human consciousness.*"

God: (Eyes closed in peace) "*Let it be written on my spell paper in blue ink, in English, the chemical formula for an easily obtained, super-efficient, completely clean fuel that can elegantly replace fossil fuels.*"

God: (Eyes closed in peace) "*Let it be written on my spell paper in blue ink, in English, the Aadhar number of the person who knows the whereabouts of my missing son.*"

God: (Eyes closed in peace) "*Let it be written on my spell paper in blue ink, in English, in simple terms, a complete medical cure for HIV, after the patient has been diagnosed.*"

God: (Eyes closed in peace) "*Let it be written on my spell paper in blue ink, in English, the true medical reason behind the death of Alexander the Great.*"

God: (Wisely) "There is no limit to what this can achieve. It has the potential to revolutionise technology, delivering the equivalent of hundreds of years of

advancements in just a few months or years. Additionally, it could help create a crime-free society where every criminal is brought to justice. Its applications span every aspect of human life. With this technology, the truth can no longer remain hidden. It is not surprising that spell transcription is introduced alongside spell healing; the unveiling of truth and significant technological progress are often connected to bodily recovery. Therefore, discipline is essential—without it, these efforts may falter."

Ishaan: (Eyes widening with excitement) "You keep introducing such mind-boggling technologies, God. I'm truly at a loss for words. Just curious—how much time and what potency of spells are needed for something like this? "

God: (With a loving smile) "Begin with at least 10 hours of spell practice and adjust the duration based on feedback. I won't provide you with any more information. You're wise enough to figure it out on your own, my son."

The technique of spell transcription shimmered in his thoughts like an ancient secret remembered. His heart beat faster with the thrilling realisation: that within him lay the power to unlock lost wisdom, summon innovation, and touch truths untouched by time.

COSMIC SIGNALS

Scene: Ishaan and God float within a giant lotus blooming in slow motion, each petal a translucent veil of time. As they speak, memories and possibilities unfold like petals around them, glowing with quiet significance.

God: (Explaining with a calm tone) "*Quantum Signs* is a branch of *Practical Vedanta* that focuses on recognising and interpreting the subtle signs present in everyday life. These signs are triggered by the divinity present within each individual. They are closely related to the ancient Indian practice of *Sakuna Shastra*, also known as the science of omens. This wisdom was once widely respected and followed in India until the last century, but much of its deeper meaning has faded over time. What many now dismiss as mere superstition was once a refined method of reading divine cues woven into daily life. It is time to bring this sacred knowledge back into the light."

God: (Pausing to let the point sink in) "Astrology and palmistry are also connected to this system in their own ways. They work because the world is not random, and the individuals who are often considered mere mortals are, in truth, divine gods. The world is no accident, my child! However, relying too heavily on these signs without understanding the deeper foundation of body luck can mislead and even harm an individual."

God: (With a knowing look) "These signs are meant to enhance awareness and support decision-making. They are not intended to control your life or replace your free will. When used in conjunction with body luck and supported by a Nirvanic lifestyle, quantum signs can offer a clearer perspective on situations. However, they should not be used to draw fixed conclusions about the future. Negative signs or predictions should not create fear—they are signals to address physical or energetic imbalances, helping to prevent further adverse outcomes. In a community that understands body luck and lives according to a Nirvanic way of life, inauspicious signs will naturally be less frequent."

Ishaan: (With a curious look) "I understand, God."

God: (With a thoughtful nod) "To begin with, let's consider a simple scenario: imagine you're going on a long journey to a foreign country, where you plan to stay for three months. This journey involves several stages: travelling with your relatives to the airport, obtaining your boarding pass, going through airport security, boarding the flight, experiencing the flight, landing, waiting for your luggage, booking a cab, and finally arriving at your place of stay. Every *occurrence* during this journey—the people you meet, their behaviour, the food you eat, how you feel physically or emotionally, a co-passenger snoring, or a crying child—can symbolically reflect what awaits you during your stay at the destination. For example, the discomfort caused by a snoring co-passenger might mirror noise from construction work near your lodging or troubles

at your workplace. If you woke up the passenger and told him about his snoring, then it is likely you will choose to speak up later at your destination. If you choose to endure it quietly, that same pattern could repeat during your stay."

God: (Pausing before speaking) "In ancient Indian *Sakuna Shastra*, it was said that seeing a black cat during a journey was a bad omen. But this is a simplified and often misunderstood version of a deeper truth. For someone who loves animals, seeing a black cat might bring joy. In that case, the sign might lead to a pleasant *occurrence* at the destination—perhaps meeting someone special who makes you feel alive."

God: (Speaking with quiet excitement) "The key to understanding these '*en route signs*' is observation. The next time you travel, pay close attention and try to connect the *events* and *situations* during the trip with your experiences after arriving. If something unpleasant happens during the journey—say, a rude fellow passenger or a travel delay—it could be a sign of potential challenges ahead. These signs emerge from within. They are shaped by your thoughts, emotions, and your soul's subtle awareness. The journey reflects your inner state and creates symbolic patterns for the destination. However, there are limitations. If your stay is very short, the signs may not play out fully. They also give you a chance to prepare—or even turn back, if necessary. But always remember: don't let these signs control your life. They are tools for awareness and adjustment, not your master. What truly governs your destiny is body luck, supported by your lifestyle. Even divine signals can be softened or redirected through conscious living."

Ishaan: (Smiling proudly) "This is indeed a remarkable science, God. I, too, have heard about the black cat omen from my parents. Now, its true meaning is finally clear."

God: (With a serene expression) "To illustrate '*en route signs*' more clearly, imagine a three-day college excursion to a hill station, with a ten-hour bus ride each way. On the journey there, the mood is electric—students are singing, playing music, laughing, and full of anticipation. It feels like a celebration on wheels. This vibrant energy reflects what happens at the tour site. But the return trip tells a different story. The energy has vanished. Someone is usually nauseous, others are exhausted or unwell, and the bus feels heavy with silence and fatigue. This contrast mirrors what unfolds in the days that follow back at the college. Students lose interest, skip classes, report sick, or simply drift into a sense of apathy."

Ishaan: (With a thoughtful smile) "I now realise these signs were always present. We have been remarkably blind to the simple *occurrences* unfolding around us."

God: (With a concerned look, cutting in) "If you think about it, a negative *occurrence* during a journey is both a reflection of bodily status and a symbolic prediction of what may happen at your destination. For example, suppose a missile strike in a region causes your flight to be delayed, diverted, or cancelled; that disruption isn't just random. In that case, it reflects your internal bodily state and obstacles related to the

purpose of your trip. It's both a sign and a result of the change in your bodily state. This is another reason to avoid unhealthy food substances while travelling."

God: (Pausing to let the point sink in) "Poor choices can worsen body luck and can throw unpleasant *occurrences*. On the other hand, when people maintain good bodily health and lifestyle, their journeys and onward signs tend to be smoother and more positive. The way passengers behave and interact during shared travel—on a bus, train, or flight—can also serve as a reflection of what awaits you at your destination. A journey filled with cooperation, kindness, and understanding may signal harmony and brotherhood in the organisation or community you're heading to."

Ishaan: (With a thoughtful expression) "I understand, God. This is truly incredible."

God: (Gesturing to emphasise key points) "Then there are the *dietary signs*—subtle warnings that point to negative outcomes associated with consuming certain foods or substances. For example, seeing news reports about chickens being cruelly farmed in cages can be a sign for someone to avoid eating chicken. Reports on the environmental damage caused by beef may indicate that it could harm your health. A curry or a glass of wine spilling and staining your clothes, or finding a dead cockroach in an in-flight meal, are also personalised signs. These circumstances serve both as *events* and predictive signals tailored to your unique bodily state. They often suggest that your body may struggle to properly process that particular food. The condition of the food consumed can also trigger such signs. You're more likely to find a hair or a cockroach in an in-flight meal, for instance, because the food is often reheated and stale."

God: (Pausing to let the point sink in) "Sometimes, even with commonly accepted 'healthy' foods, signs may appear. For example, milk spilling while being heated is a frequent *dietary sign*, suggesting it may not be ideal for consumption. Milk is notoriously difficult to digest for many and can cause other health issues, and the sign simply reinforces this internal issue. In rural households, spilling milk is a regular occurrence, indicating that it may not be suitable for everyday use. In the case of meat, if you feel intense regret after eating it—or suddenly start to feel sympathy for the animal—it may be a *vital resonance* based sign that the food does not suit your system."

God: (Hesitating before continuing) "Similarly, after consuming packaged food, if you find yourself carelessly throwing the wrapper on the road or struggling to find a dustbin, these could be subtle cues about how your body might process such substances. With alcohol, the signs are often intense and can manifest through social discomfort—your spouse throwing a tantrum, police stopping you on the way to buy it, or finding the bar unexpectedly closed. All of these are gentle nudges from the system, trying to steer you toward better choices."

Ishaan: (Looking concerned) "I'm truly amazed. All this time, we've lived believing these *events* were nothing more than coincidences!"

God: (Clearing throat pointedly) "Yes, and there's more! The demand for palm oil in the processed snack industry—especially in those shiny packets of chips—is one of the biggest drivers of rainforest destruction today. These industries don't just harm the planet; they send out signs to those who are listening. When a packet of chips slips from your hand and spills, or you find these plastic packets lying on the roadside, it's not just a coincidence—it's a sign. Your body and soul are rejecting the product, and the system is warning you. These signs often begin at the source: the forests are cleared, the animals are displaced, and the soil is poisoned. The pain and destruction embedded in the food's origin reflects its impact on your health."

God: (Pausing to let the point sink in) "Dropping a spoon while eating or spilling curry on the dining table are subtle signs—small but meaningful feedback about the food being consumed and your inner state. A child or a dog eagerly eyeing your ice cream, a fish bone stuck in your throat, a line of ants drawn to the remnants of a chocolate or sugary drink, siblings arguing over a chocolate bar, or a dispute over the last pint of alcohol, all are dietary signs. Receiving adulterated milk from the milkman or burning a dish while cooking is also similar in origin."

God: (With a hint of strain) "Eating late into the night and leaving plates unwashed, only to find them swarming with insects and emitting foul odour the next morning, is not just poor hygiene; it symbolically mirrors how the body struggles to digest food during the night, and undigested food remains in the system the next morning. It reflects the internal state. Your surroundings are a mirror of your inner world. A cluttered, dirty living space or an unclean bathroom often corresponds to internal disorder—poor digestion, deficiencies, detoxification issues and other imbalances. These are not coincidences but signals delicately built into the design of life. Your habits are a direct reflection of your lifestyle and bodily conditions. However, it's important to note that excessive cleanliness can also indicate a different set of internal issues. Extremes in either direction can be detrimental."

God: (Pausing to let the point sink in) "When a person's health starts to decline, you'll often observe that their living space becomes more disorganized as well. Vital resonance plays a crucial role in influencing neural biology to facilitate this change. These signs are present everywhere, offering valuable insights to those who are willing to pay attention. Unfortunately, most people in the modern generation dismiss these signals as mere superstition, choosing instead to move through life with their eyes shut—blind to the intelligence found in the ordinary."

Ishaan: (Cutting in abruptly) "It is indeed true, God. These ancient ways are so often dismissed as superstition, and those who speak of them are mocked."

God: (With a concerned look) "Take, for example, the tragic instances where children have been sexually harmed after being lured with sweets like chocolates. These horrifying events also serve as symbolic warnings about the deeper toxicity of modern packaged sweets. Similarly, not all forms of modern medicine are safe for use. Some

medications—despite being widely accepted and prescribed—can cause serious side effects or long-term harm, especially corticosteroids, certain painkillers, and synthetic hormonal treatments. But the system is intelligent. When a treatment is likely to cause significant harm—particularly to vulnerable individuals such as the poor, the chronically ill, or the energetically fragile—I often allow barriers to arise. These may appear as high costs, regulatory delays, policy restrictions, or limited availability. Even the rising prices of cooking oils, meat, or seafood can be seen as part of this intelligent filtration."

God: (Pausing to let the point sink in) "These restrictions are often tailored to your specific consumption patterns. For example, suppose you are deep-frying shrimp instead of preparing them as a healthier curry. In that case, you may notice more obstacles to accessing it, whether it's sudden unavailability or a price hike. Certain unhealthy foods—such as deep-fried snacks, artificial energy drinks, and processed meats—may seem inexpensive and readily available. Yet, for some people, they become strangely elusive when they are about to cause significant harm. The shop might be unexpectedly closed; they may have forgotten their wallet, or the last item sold out just before they arrive. These are not mere coincidences, but soft interventions built into the divine design—subtle, protective nudges attempting to steer individuals away from further harm."

Ishaan: (With a curious expression) "I understand, God. We were ignoring these signs daily and living a so-called modern life. How do you respond to those who argue that plant-based and animal-based diets are the same, as both involve taking life?"

God: (With a sorrowful expression) "Consuming plant-based and animal-based foods are entirely different experiences. The clearest way to understand this is by visiting a wheat field after harvest and then a slaughterhouse after animals have been slaughtered. One evokes no discomfort, while the other can induce fear and intense emotional turmoil—even in the strongest individuals. Blood, organs scattered on the floor, the stench—it's a scene of undeniable cruelty."

God: (Pausing to let the point sink in) "When you apply the dietary sign rule, it becomes evident that the consumption of meat—and even animal products that involve harm—is justifiable only on a minimal scale for ecological necessity. Also, the large-scale ecological loss caused by excessive water consumption, increased methane emissions, deforestation, and the enormous amount of crops needed to feed livestock are all warning signs to avoid frequent meat consumption. These dietary signs clearly show that meat consumption causes significant harm to bodily well-being and should be avoided."

Ishaan: (Looking fearless) "Thank you, God. This is truly a decisive answer."

God: (With a concerned look, cutting in) "Often, when you attempt to enrol in a college course, apply for a new job, or start a business, various obstacles arise. These

challenges reflect your inner state. For someone with reasonable discipline, they often signify a bodily situation that isn't yet positive enough for me to support your success or improvement in life. For others, it may simply be a negative *event*, created to reflect a worsening bodily *situation*. The solution, as always, is simple: identify and resolve the underlying issues, elevate your body to a higher state of vitality and wellness, and then try again! In fact, the closely guarded tricks of the trade that often lead to success in fields like business are a manifestation of positive body luck."

Ishaan: (Looking satisfied) "Thank you for explaining this, God."

God: (Excited) "Human beliefs also can trigger predictive signs, subtly shaping and reflecting reality. A common belief in India—and in many parts of the world—is that the events of New Year's Day symbolically set the tone and energy for the entire year ahead. Suppose you find yourself working excessively hard, facing stress, delays, or conflicts on the first day of the year. In that case, it may signal that similar themes—such as exertion, struggle, or unresolved tension—will recur throughout the months to come. Conversely, a calm, joyful, or meaningful start often sets a harmonious prediction for the rest of the year."

God: (Pausing to let the point sink in) "In many cases, the so-called new generation begin the year intoxicated—drunk or high on drugs—only to find themselves waking up sober in the middle of the very first day of the new year, not realising that this chaotic start mirrored the course their year would take. It's not hard to understand these patterns. You can test this for yourself. Reflect on previous years and examine what unfolded on the very first day. You'll begin to notice striking patterns that are far from coincidental—they are part of the living, symbolic language of reality."

God: (With measured words) "In certain parts of India, such as Kerala, it was believed in olden days that if crows cry in a specific pattern, it signals the arrival of visitors for lunch. Women, trusting this sign, often prepare extra food and remarkably, the prediction is frequently accurate. Similarly, most shopkeepers across India believe that the first customer of the day sets the tone for that day's sales. A generous first purchase and a well-behaved customer are seen as signs of auspicious earnings ahead, while a customer who argues or walks away without buying is thought to predict a difficult day."

God: (Pausing to let the point sink in) "Here, too, body luck principles come into play. The best way to ensure these signs remain clear and do not mislead your judgment is to maintain optimal bodily health. When wellness and vitality are kept at their highest levels, these signs will consistently remain accurate and auspicious."

Ishaan: (With deep admiration) "I understand, God. Body luck is the foundation of everything."

God: (With a commanding gaze) "Today, there's a growing trend to dismiss practices like palmistry, astrology, and sun signs as mere superstition. At the same time, many people indeed become overly dependent on these systems, and some have even harmed their lives by following them blindly. This doesn't mean these practices themselves are without value. In the right hands, these ancient tools hold meaningful insights. When interpreted with wisdom and correlated with body luck *occurrences*, they can reveal valuable insights into the future. They are intended to increase awareness, not to influence your decision-making. When combined with an understanding of your body luck principles, these practices can support awareness and informed decision-making. But never let them dictate your path."

A calm settles over Ishaan. He finally understands that the world is not chaos, but a living pattern. Every moment hints at something profound, waiting to be seen.

LIGHT AND DARKNESS

Scene: Ishaan and God are surrounded by a sphere of pure energy suspended in the middle of a brilliant nebula. The energy pulses in rhythm with their words, creating patterns that ripple outward, shaping distant galaxies.

God: (Looking contemplative) "Now we are going to explore another application of thoughts beyond spell healing. While similar in many ways, this approach extends to general aspirations and life dreams. In spell healing, spoken spells help manifest healing by manipulating quantum outcomes within the body's cells. But it's not only the body that thoughts can influence—they can shape anything if your desires call for it. Take, for example, a boy who dreams of becoming a pilot. He begins to imagine himself in a pilot's uniform, plays flight simulators, and visualises flying. These thoughts begin triggering quantum-level manipulations in his environment, subtly aligning circumstances to pave the way for his dream. But here's the crucial part: the aspirant's bodily health plays a defining role. If he begins to experience negative *body luck occurrences*—whether through poor lifestyle or illness—it may disturb or derail his efforts."

God: (Pausing to let the point sink in) "However, when dreams and aspirations are combined with strong bodily health through a Nirvanic lifestyle, they can unlock incredible power and direct reality toward almost any imagined path. When you dream or visualise a specific outcome, those thoughts begin to alter quantum outcomes around you. They might influence your father's thoughts and influence him to buy you a toy plane or cause a television channel you are watching to show a documentary on aviation careers. As always, I begin adjusting the countless variables in your environment to guide the outcome, to give the child a chance to fly. Perhaps initially, the parents are fearful or financially strained—I create subtle shifts to help them overcome those blocks and plant the idea that enables them to say 'yes'. That's why many great scientists and entrepreneurs urge people to dream, without fully realising that behind the dream, divinity is constantly working, sending signals and adjusting the quantum reality to let it unfold."

Ishaan: (Looking curious) "That's really intriguing, God. Can you teach me how to dream, then? I understand that physical perfection is essential for achieving success in any endeavour. But beyond that, what technique would you recommend?"

God: (Gently smiling) "Ishaan, the best way to dream is to vividly imagine yourself in the situations you wish to experience in the future—whether as an astronaut, a pilot, an engineer, or a lawyer. Begin living that life internally, as if you are already that person. This is one powerful method. Such intentional dreaming triggers quantum manipulations that begin aligning the environment to support that reality. Of course, this doesn't mean you can achieve these roles without effort or action. Dreaming is the spark, not the substitute for work. Another powerful method is to combine this

practice with spell healing, which offers twofold benefits: it fuels your vision while simultaneously aligning your bodily and mental faculties. For example, if you dream of becoming a pilot, you can use a specific spell that supports both the vision and the physical readiness required to achieve it. The following spell will show you how it's done. Practice it for at least 4 hours daily:"

God: (Eyes closed in peace) *"Let there be healing in my mind and body. Let there be absolute vitality and strength in my body. Let there be absolute health in me. Let me soon start flying aeroplanes to airports across the world. Let me soon become an outstanding and well-respected captain in an airline. Let there be absolute intelligence, memory and flying skills in my mind and body to fly aeroplanes with utmost precision and skill. Let there be sharp decision-making skills in my brain. Let all illnesses that affect me be healed."*

Ishaan: (With a thoughtful expression) "I now understand, God. This spell truly has a two-fold benefit. I'm always amazed by how you continue to reveal new and deeper dimensions to everything."

God: (Smiling confidently) "Ishaan, now let's discuss the negative side of thoughts. Constantly worrying or obsessing over misfortune—and repeatedly imagining distressing scenarios—can have an effect opposite to that of positive dreaming. Such negative thoughts trigger quantum manipulations, but instead of aligning your life with your desires, they begin to shape events toward chaos and difficulty. In India, many cultures recognize this subtle influence and have long used symbolic figures to ward off the evil eye, known as drishti. These symbols are often placed on houses, vehicles, or newly built properties to protect them from the envious or negative thoughts of others. Drishti, or negative thoughts, can affect the cells within an individual's body. Maintaining bodily well-being and utilizing spell healing are the most effective remedies for countering the harmful effects of negative energy associated with the evil eye."

God: (Pausing to let the point sink in) "The idea is that when someone sees a luxurious car or a beautifully constructed home, their unspoken jealousy or judgment can energetically disturb the prosperity of the one who owns it. Even something as simple as posting a couple's photo on social media can attract unintended *drishti*. The negative energy from others' envy—whether conscious or unconscious—can lead to friction or misunderstandings between the individuals involved. This is why ancient traditions advised humility and discretion, not out of superstition, but out of deep awareness of the mind's power to influence reality, for better or worse."

Ishaan: (Admiringly) "Thank you so much for explaining this, God."

God: (With an encouraging, compassionate gaze) "In case of spell healing, negative thoughts about one's illness are like a poison to the healing process. When people focus on their misery, they unintentionally worsen their condition. It's like casting an

anti-spell—a spell that amplifies their suffering instead of healing them. When someone repeatedly says, '*I am miserable*', I reinforce that state within their body and mind. This is why ancient Indians have always taken thoughts very seriously. The Upanishads and the Bhagavad Gita profoundly highlight the mind's role in creating one's reality. They teach us that thoughts are not just fleeting notions but powerful forces that can either uplift or burden the soul. There is a dual nature to this process—while positive thoughts can inspire and heal, negative thoughts can cause harm, both to oneself and others."

God: (Pausing to let the point sink in) "In Indian culture and tradition, this understanding is deeply ingrained. Speaking ill of others, for instance, is considered a significant moral failing. It is believed to not only harm the person being spoken about but also degrade the speaker's character and spiritual energy. Words and thoughts have weight, Ishaan, and they ripple across our existence. To tackle *anti-spell*, remove negative thoughts about your illness and avoid discussing your debilitating condition with anyone. Instead, face it with courage, trusting that spell healing will gradually restore you to a state of health. Negative thoughts may still surface, especially in severe conditions. When they do, counteract their impact by dedicating an extra five minutes to spell healing."

Ishaan: (Concerned) "I understand now, God. Anti-spell is a profound revelation for those suffering from critical illnesses."

God: (With a thoughtful yet encouraging gaze) "When you reflect on it, the evolution of the human mind—along with its innate tendency toward spirituality and the worship of a higher power—is no mere accident. These traits likely provided a significant adaptive advantage in early hunter-gatherer environments. The ability to envision, dream, and direct intention enabled humans to influence their fortunes by subtly manipulating quantum outcomes. This alignment of life circumstances with desire often resulted in real survival benefits, such as locating food, securing shelter, or avoiding danger. Unlike other animals, humans developed the capacity to steer *situations* and *events* more effectively in their favour. Over generations, this interplay between belief, intention, and survival has embedded spirituality and reverence deeply within the human psyche."

God: (With a calculating gaze) "What may seem like random mutations and natural selection, evolution is but the result of a deeper, intentional design. Over time, I have carefully introduced specific traits to help the human body align with forces such as body luck, intention, and the greater energies that guide existence. Seen this way, evolution isn't just a random process—it's a purposeful journey, shaped with intelligence and long-term vision."

God: (With a serene expression) "Ishaan, I guide which traits emerge from what appear to be random mutations in bacteria, viruses, and other microbes. In this tale, diseases such as AIDS, COVID, and others are my way of manifesting negative body luck in the

populations they touch. If the patterns of body luck made it necessary, I could create a pathogen to seriously harm, or even wipe out all of humanity; whether such traits appear, however, depends on the nature and magnitude of the body luck arising from the people."

Ishaan: (With a thrilled tone) "This is truly remarkable from a medical and evolutionary perspective, God."

God: (Looking dreadful) "And then, there exists a darker, dreaded science—the deliberate use of negativity to bring about another's downfall. This form of manipulation is documented in various ancient Hindu texts, such as the Atharva Veda and Tantra Shastras, as well as other esoteric scriptures, which mention practices like *abhichara* (rituals intended to harm or control others). These texts describe the mechanics of such acts, but always with strong warnings about their karmic consequences. Practising such dark methods is strictly forbidden and invites severe spiritual repercussions—not only for the one who performs it but sometimes even for generations after. Indian culture has always associated a deep stigma with this kind of malicious energy work, viewing it as a betrayal of dharma (righteous living) and cosmic order. For this reason, we will not dwell on it further. This knowledge exists, but it is not meant to be used. To engage in such devilry is to turn away from the divine path."

A quiet stillness lingers in Ishaan's mind as the lesson sinks in—the power of thought is no illusion but a living force shaping every moment of his life. He begins to see that each negative belief is a shadow cast by fear, while every positive thought is a seed of light waiting to bloom.

THE GOLDEN PARADIGM

Scene: By a waterfall that flows upward into the sky, Ishaan and God rest on cushions made of rainbows, the air thick with the scent of jasmine and laughter. The water sings in Sanskrit, and butterflies shaped like prayers hover nearby, blessing them with peace.

God: (With a compassionate and reflective expression) "As Nirvanic practices are revealed to the world and people begin adopting positive lifestyle changes to regain control over their lives and health, profound transformations will happen in the global economic system and governance structures, manifestations of this collective elevation in bodily well-being. The current political and economic framework is designed in such a way that success remains accessible to only a small minority. Ironically, this minority often attains success not through conscious awareness of these principles, but through accidental means, benefiting from favourable genetics or unintentional healthy habits."

God: (Pausing to let the point sink in) "Most individuals rarely grasp the real source of their success, which is why so many ultimately find it difficult to sustain it. This lack of understanding often leads to frequent disruptions in their lives, leaving them in a persistent state of anxiety as they try to maintain their wealth and status. This ignorance is precisely why I allowed the creation of the current monetary world governed by uncertainty. It served as a temporary structure— a mirror reflecting this ignorance and imbalance. However, that system has now run its course."

God: (With a flicker of joy) "The current model must collapse, for the world is on the brink of realising that true success does not arise from control, labour, or blind fortune, but from correcting one's lifestyle and by acquiring bodily wellness necessary to manifest abundance and peace. In this Nirvanic paradigm, everyone will possess the potential to succeed because success will be rooted in internal harmony rather than competition. What was once believed—that hard work guarantees success, that chance favours the few, or that divine intervention is selective—will be revealed as incomplete truths. In reality, much of what has been called '*luck*' is merely positive upgrades to the bodily state, in the form of positive *occurrences*."

God: (Determined) "I am preparing to build a new world—a world where survival does not require struggle and where there is no need to compete to place food on the table. In this world, when aligned desire and pure intention are harmonised with bodily wellness, they will be sufficient to manifest beneficial outcomes. Most importantly, vibrant health—achieved through spell healing, pure diets, and balanced lifestyles—will express itself externally as ecological harmony. A clean, radiant inner body will naturally reflect in a clean, vibrant planet."

God: (Pausing to let the point sink in) "The existing monetary system, built on depletion, urgency, and artificial scarcity, will become incompatible with these refined bodies and awakened minds. Therefore, in every dimension—biological, economic, and ecological—a new system will rise. One that sustains life, honours energy, and aligns with the divine design. The form of governance we are about to envision is utopian in nature and can only be realised in a Nirvanic world, where healing through lifestyle and sacred spell practices is a daily routine. Without maintaining bodily well-being at this superior level, such a system cannot be sustained."

Ishaan: (Thoughtful) "I understand, God. Will this system follow a democratic process in the selection of its leaders?"

God: (Smiling) "Ishaan, before I answer that, let me explain to you the deeper illusion behind systems like democracy, fascism, or communism. On the surface, these forms of government appear vastly different—some claim to represent the people's will, while others arise through force or ideology. But in truth, all systems, regardless of how they come to power, operate based on the collective body luck of the population they govern. I am not saying these governments directly express the people's conscious wishes. Rather, they emerge and behave in perfect resonance with the health, habits, and energetic state of the people they govern."

God: (Pausing to let the point sink in) "Whether it's a leader chosen through an expensive democratic process or one who seizes control through force, the system always ends up doing my work based on their collective health status. When the population neglects their health—eating poorly, living without discipline, disconnected from nature and unaware of the power of spell healing—the result is a degraded body. In such a state, governments tend to reflect that disorder. Corruption flourishes, nepotism thrives, infrastructure collapses prematurely, and justice is delayed or denied."

God: (With measured words) "The illusion in democracy is that people believe voting equals control. But spending vast resources on electing candidates still cannot override the foundational laws of body luck. Even elected officials—no matter how popular or promising—ultimately fulfil the karmic blueprint as per the population's health and well-being. If the people truly want a government that is wise, just, efficient, and truthful, they must start by healing themselves—body, mind, and lifestyle. With widespread health, clarity, and discipline among the masses, leaders will naturally rise who embody those same qualities, without the need for grand elections or political theatre. That being said, democracy is not always the ideal system. The average citizen, in most cases, is not deeply informed, disciplined, or concerned with long-term welfare. In democratic systems, those who gain power are often those who understand how to play the system, not necessarily those who are most noble or capable."

God: (Excitedly) "Instead, imagine a world where leadership is formed through merit and inner purity—where rulers are technically skilled, deeply grounded, kind, truthful,

and selfless. A Council of the virtuous, handpicked not through vote but for their capabilities, humility and inner discipline. In a society where individuals follow a Nirvanic lifestyle, the body luck of the population would only allow good people to rise to positions of power. Such a system would no longer need the labels of democracy or authoritarianism. It would be a harmonic governance—a natural order emerging from purified lives, disciplined hearts, and awakened minds."

Ishaan: (Admiringly) "I understand, God. This is such a remarkable insight into governance."

God: (Looking intrigued) "Let us call this world the Nirvanic State—a civilisation beyond the constraints of money. In this enlightened society, all transactions and exchanges are governed by a system of *Green Limit Tokens*. This resource allocation framework regulates the usage of physical, digital, and human capital while maintaining balance with ecological and bodily well-being."

God: (Thoughtfully) "The smallest organisational unit is a community, comprising a few hundred families living nearby and sharing common facilities, including a central kitchen, recreational and educational spaces, and wellness centres. Each community is governed by a chief couple—a husband and wife chosen for their wisdom and capacity to manage daily affairs. They oversee volunteer assignments, coordinate work schedules with nearby establishments, and maintain communal harmony. These communities form the social foundation of the Nirvanic State. Thousands of such communities, organised into administrative layers, constitute a state. Several hundred such states collectively form the *Nirvanic World Order*, and its governance is carried out by the *World Governing Council*."

Ishaan: (With a satisfied expression) "This is truly impressive, God."

God: (Speaking boldly) "States are not defined solely by geography or language; they are also shaped by ecological regions—be it desert, forest, coastal, or mountainous—as well as by cultural continuity, the diversity of natural resources, and prevailing climate conditions. Historical patterns of trade and settlement also play a crucial role in determining state boundaries, alongside shared linguistic and spiritual traditions that unite communities across generations."

God: (Pausing to let the point sink in) "The administration of each state is composed of members handpicked from among highly skilled technical, scientific or creative professionals. Key leadership roles—such as Chief Minister and Resource Ministers—are assigned through an internal voting process based on experience, merit, and ethical standing. These ministers and administrative members are supported by deputies positioned throughout local communities, who are selected at the grassroots level based on their proven ability, service record, and alignment with community well-being. At the global level, a *World Governing Council* oversees the entire planet. This council is composed of representatives from around the world—qualified and

capable individuals chosen for their integrity, knowledge, and leadership potential. The council is responsible for creating global policies, facilitating cooperation among states, and managing planetary-level establishments. From within its ranks, a Prime Minister of the world and other global Ministers are elected—not through popularity, but through demonstrated capability, moral character, and visionary insight."

Ishaan: (With a thrilled tone) "And with no large-scale elections involved, the process becomes significantly simpler to implement."

God: (Looking contemplative) "Yes, Ishaan. The World Governing Council also sets living standards and resource quotas for different regions tailored to local environmental conditions, which each state is expected to adhere to. While some global industries and establishments fall under the direct administration of this council, others remain under the jurisdiction of individual states. In addition to policy-making, the council ensures resource-sharing, coordinates inter-state collaboration, and serves as the final authority in resolving disputes between states."

Ishaan: (Looking contemplative) "I understand, God."

God: (Determined) "In the absence of traditional currency, Green Limit Tokens serve as the regulatory mechanism for all economic and exchange-based activities. These tokens function as eco-conscious permits, defining the amount of resources or manpower that a firm, farm, research unit, or service hub can utilise within a given operational cycle. They encompass a wide range of resource categories, including fuel and energy quotas (such as petrol, electricity, and biofuels), hardware resources (like computers, servers, and networking tools), furniture and fixtures, construction materials (cement, steel, glass, timber), human resource limits (the number of volunteers), water and food processing allowances, transportation capacity (vehicles and logistics), as well as land use zoning and spatial occupancy. Within these limits, firms operate autonomously and may post their volunteer needs on global skill share portals to attract individuals based on skill, interest, or physical capability."

God: (Pausing before speaking) "Participants join not for monetary compensation, but to contribute meaningfully—driven by passion, ability, or the desire to serve. All establishments—whether farms, factories, laboratories, design studios, or infrastructure projects—request goods and services from one another within the bounds of their allocated tokens. This creates a harmonious, interdependent post-monetary economy where collaboration replaces competition. The allocation of Green Limit Tokens is managed by the state or the World Governing Council, guided by global policies and various key factors such as environmental sustainability, population well-being, community health metrics, long-term development strategies, and global resource availability."

Ishaan: (Smiling) "That's truly a remarkable administrative structure."

God: (With a compassionate tone) "The group of individuals responsible for managing a firm or establishment—overseeing its daily operations and decision-making—is known as the *Core Circle*. The Core Circle often comprises multiple members, with its size and expertise determined by the nature of the products and services the establishment provides. They are granted autonomy to handle day-to-day management and developmental tasks. Governmental involvement is minimal, and intervention occurs only if there are substantial concerns regarding the Core Circle's integrity or professional competence. When a new establishment—be it in manufacturing, agriculture, or any other sector—is required in a region, the *Creation Portal* requests applications from various groups aspiring to form the Core Circle. The most suitable applicants are selected based on merit, and Green Limit Tokens are allocated accordingly."

God: (Pausing to let the point sink in) "Additionally, individuals or groups may proactively propose the creation of new establishments through the Creation Portal, especially if motivated by promising technologies, genuine research, or ecological conservation concerns. If the government finds the proposal aligned with its broader goals, permission is granted to proceed with its creation. There is no market competition in the conventional sense. The Core Circle is responsible for selecting volunteers to fill various roles within the firm, based on their skills, passions, and service intentions. To preserve ecological balance and maintain high standards, only a limited number of similar establishments are permitted within a given region—or globally. When comparisons are made, they are based on quality of service, not profitability."

Ishaan: (Nodding thoughtfully) "In this way, the spirit of research and scientific discovery will be preserved and kept alive."

God: (Speaking with clarity and reassurance) "Yes, Ishaan. The concept of ENVC is a central metric to the Nirvanic State. ENVC stands for Environmental Cost, a calculated value representing the total ecological and resource burden involved in producing any commodity or service. It combines various environmental metrics, such as carbon footprint, consumption of renewable and non-renewable resources, mineral extraction, and ecological disruption required for the creation of a commodity or service. In the Nirvanic system, every entity—whether it's an aircraft, a litre of fuel, or a handcrafted tool—carries an ENVC tag."

God: (Pausing before speaking) "This metric provides a transparent view of the actual cost of sustaining civilisation, not in monetary terms, but in terms of planetary impact. It allows individuals and Core Circles to make informed choices, encouraging the selection of products and services with lower ENVC values to support ecological balance. ENVC is integrated into the Green Limit Token system, ensuring that resource procurement is steered toward low-impact, resource-respectful alternatives. Over time,

this mechanism reshapes not only consumption patterns but also cultural values—where low ENVC becomes a mark of elegance, wisdom, and planetary loyalty."

Ishaan: (Looking contemplative) "This is truly remarkable, God. It has the potential to bring profound ecological harmony."

God: (Excited) "A sophisticated logistic framework forms a vital pillar of the Nirvanic World. Conventional modes of transport are utilised for small-scale, routine transfers of raw materials and essential supplies. At the same time, large-scale operations are managed by specialised firms designed for high efficiency and ecologically aligned distribution. Within this system, logistical literacy is universal—citizens are taught the core principles of logistics and actively participate in package delivery during their daily commutes or personal journeys. This collective engagement significantly enhances operational efficiency, transforming logistics into a mindful, community-driven practice rooted in sustainability and shared responsibility."

Ishaan: (Admiringly) "This is truly incredible, God!"

God: (Gesturing to emphasise key points) "Education and practical skill training are central activities at the community level. In the Nirvanic world, where experts are no longer consumed by firms to create duplicate technological advancements, bright and talented minds are readily available for imparting both foundational and professional education. This abundance of skilled educators is no surprise. A highly proficient teacher is often a reflection of balanced bodily health and finely attuned mental faculties in students. Courses are delivered in modular units—short, focused blocks of learning followed by assessments or guided reviews, conducted either online or with the support of designated mentors."

God: (Pausing for the idea to sink in fully) "Skilled individuals are encouraged to train others in their area of expertise, offering guidance as learners progress through modules and engage in hands-on practice. Echoing the spirit of the ancient Indian *Gurukula* system, trainees are often known by the name of the mentor who trained them, and a deep sense of reverence and affection naturally forms between mentor and student. The government actively supports all efforts to spread knowledge and train individuals on practical skills."

God: (With a thrilled tone) "By dividing courses into smaller, manageable modules, the system significantly reduces pressure on learners, thereby aligning with Nirvanic standards. Learners can progress at a relaxed, self-paced rhythm, with emphasis placed not on speed but on the quality of knowledge imparted by mentors. Upon completing a collection of modules, learners are awarded Professional Certifications across various domains, including Medicine, Engineering, Agricultural Science, Information Technology, Design, Environmental Management, and Healing Sciences, and others. Learning is a lifelong activity in this world. Thanks to the power of spell healing, individuals retain mental clarity and physical vitality well into later stages of life."

God: (Pausing before speaking) "People are free to explore multiple disciplines, breaking free from the outdated notion of being '*a jack of all trades, master of none*'. Even when individuals attain expertise in advanced professions or achieve monumental technological breakthroughs, they remain ready to volunteer for the most fundamental tasks within their communities. Humility is at the heart of the Nirvanic population, where service to humanity is considered service to God."

Ishaan: (Thrilled) "We can finally say goodbye to the modern education system—so often stressful and financially draining!"

God: (With a compassionate tone) "In the Nirvanic state, the presence of abundant natural resources is never a license for exploitation or overuse, but a call for responsible sharing among the rest of the world, within the bounds of established norms set by the World Governing Council. Whether it is oil reserves or naturally occurring minerals, resources are shared and managed sustainably."

God: (With a calculated gaze) "As part of the *World Building Program*, educated individuals, along with their families, willingly volunteer to travel to various underdeveloped and underserved regions of the world as an act of goodwill. Their mission is to impart education, share knowledge, and provide guidance to uplift and empower the weaker sections of society. This program offers a meaningful way to explore different cultures and environments while making a lasting contribution to global progress. Through their efforts, volunteers help foster personal growth, self-reliance, and sustainable development within these communities. This noble endeavour not only strengthens the bonds of humanity but also promotes global cooperation, cultural exchange, and the spirit of mutual sharing across nations."

God: (With a serene expression) "Equally vital is the implementation of a one-child policy. Citizens are educated from an early age about the importance of responsible population growth and control. They are taught that the instinct to have multiple children is an evolutionary trait that evolved to ensure species survival during times of high mortality, such as in the hunter-gatherer era. However, in the modern context—where the global population has already surpassed 8 billion—this drive is no longer aligned with planetary sustainability. Through awareness, policy, and cultural alignment, the Nirvanic state fosters a future of ecological harmony and human well-being."

Ishaan: (Concerned) "This is truly important for long-term food security and ecological balance, God."

God: (With a fearful look) "The World Governing Council maintains a lean and strategically deployed military force, whose purpose is not militaristic conquest but the protection and enforcement of Nirvanic Principles. These guardians ensure that states remain aligned with the Nirvanic values. When any region begins to drift toward

unhealthy lifestyle practices or capitalistic ideologies, the force intervenes to realign them with the collective good."

Ishaan: (Looking pale) "This is definitely important, God."

God: (With a neutral yet kind expression) "Trained auditors oversee whether states are fulfilling their responsibilities across key areas. These responsibilities include the proper allocation of Green Limit Tokens, maintaining ethical conduct across all establishments, ensuring the fair treatment of citizens, and actively monitoring for lifestyle deviations, nepotism, bribery, exploitation, and manipulation. Auditors also inspect individual firms and establishments to ensure compliance. Violations—such as sexual misconduct, favouritism, resource hoarding, or deviation from approved lifestyle standards—are treated with the utmost seriousness. To uphold these standards, auditors conduct regular inspections of communities and institutions, ensuring continued alignment with the principles and directives established by the World Governing Council and respective state administrations."

Ishaan: (Thoughtfully) "I understand, God. This will ensure transparency."

God: (With a firm voice) "All individuals, regardless of gender, are granted full access to education and leadership opportunities. However, the assignment of roles takes into account natural biological rhythms and familial responsibilities to ensure balance and well-being. Women—especially mothers—are often given flexible roles that are less physically demanding and typically based within or near their communities, allowing them to remain closely connected to their families. Men may be assigned to longer-distance or more labour-intensive duties, but efforts are made to ensure that families relocate together when possible, maintaining emotional cohesion. Extended separation of couples is actively discouraged, as preserving family unity is seen as essential to both personal well-being and the overall strength of the community."

Ishaan: (Looking concerned) "Keeping family members together is definitely an important requirement of any good system, God."

God: (Looking triumphant) "The Nirvanic State is sustained by the philosophy of *Advaita Vedanta* and its profound applications. The entire civilisation is founded on the understanding that bodily well-being, a balanced lifestyle, spell healing and positive thoughts are the true engines of prosperity and harmony. Everything is free—not in the sense of disorder, but in the sense of sacred balance. Each individual contributes according to their capacity and receives according to their needs, all within a divinely orchestrated system rooted in ecological reverence, technological precision, and spiritual awareness."

Ishaan: (Admiringly) "This is truly the prophesied eternal Kingdom of God."

God: (Looking concerned) "In the Nirvanic State, tourism and leisure activities are intentionally localised and harmonised with ecological principles. Recreational travel is

limited to nearby natural environments, ensuring minimal impact on the planet. To support this, the government will establish tranquil facilities within forests, nature reserves, and wilderness sanctuaries—spaces designed for citizens to relax, meditate, and rejuvenate without the need for long-distance travel. The use of aircraft and high-energy transportation is highly restricted, permitted only for essential professional purposes—such as the movement of experts, scientists, or administrators between states for critical initiatives. Luxury travel, sightseeing tourism, and unnecessary mobility are not allowed to preserve ecological balance and reduce resource consumption."

Ishaan: (Thoughtfully) "This will truly help conserve ecological balance by limiting activities like air travel and long-distance trips."

God: (With a vibrant smile) "There is no concept of land ownership in the Nirvanic State. Humans are not landowners but caretakers of Earth's surface. No legal documents or property deeds exist; instead, land is regarded as sacred and communal, allocated temporarily for living or cultivation according to collective needs and ecological reasoning. When technological advancements or environmental changes render certain land areas unneeded, those spaces are respectfully returned to nature—reforested, rewilded, or designated as protected zones. Citizens are thoughtfully relocated to newly assigned living areas based on government policy and ecological suitability."

Ishaan: (Looking contemplative) "God, this reminds me of the Native American wisdom:

'The land does not belong to us; we belong to the land', 'How can you buy or sell the sky, the warmth of the land?' and 'Only when the last tree has been cut down, have the last fish been caught, and the last stream poisoned, will we realise we cannot eat money'."

God: (Smiling peacefully) "Exactly, Ishaan! Living spaces are designed to be efficient and minimal. In colder regions, energy-efficient heating solutions are provided to maintain comfort while minimising resource use. A standard housing unit typically includes one multipurpose room and a private bathroom per couple. Kitchens are not included, as all meals are prepared communally by volunteers in centralised facilities. This system significantly conserves fuel, water, time, and labour, allowing citizens to devote their energy to more meaningful pursuits such as spell healing, skill development, education, or scientific progress."

God: (Pausing before continuing) "Families are kept close in the Nirvanic State. The parents of a married couple typically live within the same community or in adjacent ones, with dedicated personal space to preserve their comfort and autonomy. Elder care is not seen as the sole responsibility of their children alone but as a shared duty of the community. Trained medical professionals, volunteers, and neighbours all contribute to ensuring the dignity, health, and emotional well-being of the elderly."

There is no concept of banks, interest, or financial savings. Fixed deposits, recurring deposits, and investment portfolios do not exist."

God: (With a thoughtful pause) "The only meaningful form of '*saving*' is the goodwill and service you offer during your active years—your labour, your care, and your wisdom. These contributions become your legacy, ensuring that the community supports you in your later years. It is a system built on mutual trust and karmic balance rather than material accumulation. Illness is rare, and age-related decline is almost unheard of, thanks to the widespread integration of spell healing and other lifestyle practices. In the Nirvanic State, the body is revered as a temple, the Earth is embraced as a shared garden, and life is not a race for possession, but a sacred journey of growth and self-realisation."

Ishaan: (Smiling) "This is definitely far superior to today's money-driven world."

God: (Smiling proudly) "In the Nirvanic State, disputes and conflicts are rare compared to the present-day world. When they do occur, they are typically resolved through reconciliation, community dialogue, or through mediation by local elders. Every citizen is taught to recognise that external conflict is a reflection of degrading internal wellness, and thus, the first step toward resolution is always self-examination and inner correction—often facilitated through dietary changes, lifestyle adjustments and spell healing. This self-aware and preventative approach ensures that minor issues are addressed at the root before they escalate into broader social disturbances."

God: (Pausing to let the point sink in) "A judicial system does exist and functions primarily at the state level, with structured hierarchies resembling those of today's systems. However, unlike modern legal frameworks, every tier of the judiciary in the Nirvanic State is deeply focused on addressing the underlying physical cause behind any dispute or crime. Because of this proactive and holistic approach, the number of formal legal cases is exceptionally low, and resolutions are typically swift, compassionate, and transformative."

Ishaan: (Thoughtfully) "It is no surprise that courts today are piled up with cases."

God: (With a calculating gaze) "In the Nirvanic State, there is no need for fortified housing or anti-theft architecture, as wealth inequality and monetary crimes are non-existent. With no concept of private ownership, hoarding, or cash-based property, architectural design shifts its focus toward efficiency, comfort, and ecological harmony. Housing is typically constructed using the best available indigenous materials, sourced locally and applied with intelligence and care. Structures are designed to harmonise with the climate, culture, and natural resources of their respective regions. Because there is no land shortage, single-storey homes are both common and preferred, offering easy accessibility, natural ventilation, and elegant simplicity in design. Land scarcity due to competition or real estate speculation does not exist. The land is used exclusively for essential and meaningful purposes. As a result, vast stretches of land

remain preserved for forests, wildlife habitats, and rewilding efforts, maintaining the ecological balance of each region."

Ishaan: (With a calm demeanour) "This is what true wealth looks like, God."

God: (With a gentle tone) "Within this society, agriculture and education are considered the foundational responsibilities of every community. Regardless of one's expertise—whether in engineering, healing, science, or arts—every individual is trained in basic agricultural practices and is expected to contribute to food cultivation and ecological care. There is no labour hierarchy based on education or profession. The belief that '*I am too educated to get my hands dirty*' has no place in the Nirvanic mindset."

God: (Pausing to let the point sink in) "Manual work is revered as sacred, and engaging with the Earth is seen as a form of meditation, healing, and karmic purification. During free hours or between professional tasks, all citizens are encouraged—and expected—to participate in community maintenance roles. These activities are not seen as burdens but as expressions of unity, service, and gratitude, reinforcing the understanding that no role is lesser and that true intelligence is inseparable from humility. This cultural philosophy cultivates deep social cohesion, respect for labour, and ecological consciousness, ensuring that Nirvanic communities remain self-sustaining, harmonious, and rooted in the spiritual and natural rhythms of life."

Ishaan: (Determined) "It just keeps getting better with every word you share, God. This truly feels like the unfolding of God's kingdom."

God: (Leaning back comfortably) "Green Limit Tokens are granted generously to research firms and intellectual institutions to encourage research and to harness the intellectual potential of the population—even when these entities have yet to produce any significant breakthroughs. In the Nirvanic State, money is no longer a motivator. It is the spirit of scientific discovery, creative dedication, and service to humanity that drives these individuals forward. This inner flame must be kept alive. Even advanced technological equipment—such as fighter jets or legacy war machines—will be maintained in limited numbers, not for warfare, but to ensure the continuity of technological breakthroughs and preserve accumulated knowledge. Firms may be permitted to release their innovations to a small, designated audience for testing and developmental continuity."

Ishaan: (Looking contemplative) "This will foster creativity and innovation, God."

God: (Pausing before speaking) "Essential goods such as clothing, vehicles, medicines, and other specialized equipment are distributed to individuals or communities based on specific needs by allotting Green Limit tokens for their procurement. Vehicles for personal use are not permitted, except in cases of physical disabilities or significant professional requirements. It is the government's responsibility to identify capable

Core Circle members and establish firms that ensure a consistent and sufficient supply of these necessities. The entire system is supported by a highly advanced online infrastructure, allowing for real-time monitoring of production, consumption, and other key global metrics. This digital backbone enables the Nirvanic system to remain transparent, responsive, and sustainably aligned with both human and ecological needs."

Ishaan: (Admiringly) "This digital system is truly remarkable, God."

God: (Thoughtfully) "Each individual in the Nirvanic State is assigned a Universal Identification Code (UID), which serves as a singular point of reference for identity, contribution tracking, and professional capability. This UID is integrated into the World Volunteer Portal, a global platform that transparently displays every citizen's volunteering history, academic performance, professional qualifications, and intellectual contributions. Since there is no monetary compensation in the Nirvanic system, the value of one's work is recognised through digital references and acknowledgements recorded within this portal."

God: (Pausing before speaking) "Every act of service—whether in teaching, healing, farming, Core Circle assignments, design, or contributions to scientific and academic projects—is logged and made visible, forming a detailed profile of the individual's skills, dedication, and alignment with Nirvanic principles. Peer reviews, mentor endorsements, and community feedback are also incorporated into the portal, offering a multi-dimensional view of each individual's contribution timeline and growth."

Ishaan: (Looking contemplative) "This portal will surely inspire people to volunteer, engage in intellectual pursuits, and express their creativity"

God: (Smiling) "Fishing and related activities are permitted only in strictly limited quantities within the Nirvanic State, with no provision for commercial fishing. Instead, only traditional low-impact methods are allowed, in accordance with ecological guidelines that prioritise the preservation of aquatic life and marine ecosystems. The rearing of animals using food sources meant for human consumption is strictly forbidden. Livestock may only be sustained at levels that rely on waste materials unfit for human use, shrubs, wild grasses, or other naturally available food sources, ensuring there is no dependence on precious human food supply. Even under these conditions, precise environmental thresholds and ethical standards are enforced to prevent cruelty to animals or ecological disturbance. While vegetarianism is widely encouraged and culturally respected, it is not mandated."

God: (With a calm and reflective tone, gesturing softly to emphasise the importance) "The Nirvanic worldview honours the historical coexistence of humans and animals and permits small-scale, sustainable consumption under ethically responsible conditions. However, such acts—whether the taking of an animal's life or the cutting of a tree—are carried out with profound reverence. Individuals are taught to pause in

silence, seek forgiveness, and acknowledge the sacredness of the life being taken. This ritual embodies a fundamental principle of the Nirvanic State: that all living beings possess a divine essence and must be treated with profound respect. These practices ensure that all forms of consumption remain in balance with the Earth, reinforcing a relationship between humans and nature that is based not on control, but on humility, gratitude, and sacred responsibility."

Ishaan: (Looking satisfied) "This is truly remarkable, God."

God: (Pausing momentarily, then continuing with a serious expression) "In today's world, weddings have become extravagant displays of wealth, with families pouring in staggering amounts of money to meet societal expectations. The scale of spending can be overwhelming, and those who do not conform to these norms are often unfairly perceived as lacking status or dignity. But what, at its essence, is a marriage? At its core, marriage is a sacred union of two individuals in the presence of close relatives, friends, and well-wishers who come together to honour the commitment between the couple. In truth, it requires only a few essential elements: the presence of loved ones, the couple dressed in simple yet beautiful ceremonial attire, and the bride adorned with symbolic ornaments that represent grace and the beginning of a new chapter. That is the true spirit of a wedding. In the Nirvanic State, marriages are celebrated with simplicity and ecological reverence. All auspicious occasions, including weddings, are marked by the serving of primarily vegetarian meals, in line with the belief that no life should be harmed when entering a new phase of life. A marriage that begins with non-violence, simplicity, and grace is considered spiritually fortified."

God: (With a relaxed tone) "To support such events, the state provides the necessary Green Limit Tokens, which cover arrangements, transportation, meals, and other requirements. Families and friends are allowed to travel from reasonable distances to attend, as per the limits set in the Green Limit Token issued by the state. Weddings in the Nirvanic State are community-supported ceremonies. Community members willingly volunteer to help with preparations, decorations, and food service. Venues are set up using shared spaces and sustainable materials, and the couple is supported both emotionally and spiritually as they begin their journey together. There is no financial strain, no parental toiling, and no debt burden attached to the occasion. Instead, the focus is placed on the well-being of the couple and the shared joy of the community rather than on visual spectacle or social status. This is the true beauty of a Nirvanic marriage—a return to what is sacred, grounded, supportive, and soulfully simple."

Ishaan: (Dreamily) "It comes as no surprise that true joy will shine through these *events*, offering a quantum glimpse into the love and balance that will define their marriage."

God: (With a cold tone) "In the Nirvanic State, gold holds no symbolic or ornamental value. Its use is limited strictly to scientific research and manufacturing. The metal is no longer mined to sustain the jewellery industry, as there are numerous sustainable

and aesthetically pleasing alternatives for personal adornment. The glorification of gold—once considered a marker of status and wealth—will be dismantled by the Nirvanic state as an acknowledgement of its long and troubling legacy. Behind its polished surface lies a history stained with cruelty, suffering, and exploitation. In many cultures, particularly in South Asia, millions of women have shed silent tears over gold, often bound by oppressive dowry systems that reduce marriage to a transactional exchange. Countless lives have been shattered or lost due to dowry-related harassment, domestic abuse, and societal pressure to acquire or provide this metal."

God: (Pausing before speaking) "Gold has also been central to colonial plunder and imperial conquest. Throughout the colonial era, entire nations were stripped of their wealth—temples desecrated, royal treasuries looted, and local economies destabilised—all to fill the vaults of foreign empires. This obsession with gold reshaped global history, leaving behind enduring economic wounds and cultural trauma. Even in the modern age, gold remains a source of conflict and bloodshed, particularly in regions of Africa where illegal mining, child labour, and militant control are rampant. These '*conflict minerals*' continue to fund violence, fuel war economies, and devastate entire communities. The high monetary value placed on gold today serves as a means for me to manifest physical imbalances within the global population."

Time slows as Ishaan envisions the Nirvanic State—so seamless, so aligned, it feels less like an invention and more like a manifestation. Its harmony isn't perfection but divine order restored. This isn't a concept, he realises—it's the way things were always meant to be.

TILL WE MEET AGAIN

Scene: They are in a temple carved entirely from crystal, with light refracting through its walls in countless hues. The air is filled with a gentle, harmonious hum, and each word spoken sends shimmering vibrations through the crystal structure.

God: (Gently) "Ishaan, my time here is coming to an end. I must leave now. You have learned all that you were meant to. The path ahead is now yours to walk, and the mission is yours to fulfil. I have no doubt that through these sacred practices, you will gain the strength needed to rise above and conquer the forces of evil that roam freely in this dark age of Kali Yuga."

Ishaan: (Hastily) "Please wait, God! Please, before you go... there's one thing I still need. I... I need a spell that can heal me. The one that can heal my body. Can you give me that, God?"

God: (Pauses, looking at Ishaan with deep compassion) "Ah, you are wise beyond your years, Ishaan. You already understand a lot about healing. But I know your heart, and I see the pain you endure. You seek a spell, a potent one, to heal your body and mind."

Ishaan: (Desperately) "Yes, please, God. I've tried so many things... but nothing seems to work. I just want to be like other children my age. I want to be free of the pain and weakness."

God: (Nods slowly) "Very well, Ishaan. The spell I give you will carry great power, but remember, it must be repeated with intent and belief. Healing is not just words; it's the energy you put behind them."

Ishaan: (Nods firmly) "I understand. I'll believe in it, and I'll keep saying it every day, with all my heart. Please, God, give it to me."

God: (Closing His eyes and speaking with divine authority) "*Let there be healing in Ishaan's mind and body. Let the lost vitality within Ishaan's body be restored. Let all illnesses that affect Ishaan be healed. Let the muscle atrophy affecting Ishaan be healed, and let there be strong muscle growth in Ishaan's body. Let the genetic issues affecting Ishaan's nerves heal, and let the pain and weakness affecting Ishaan be healed. Let the damaged nerves in Ishaan's body regenerate and let all genetic issues affecting Ishaan be resolved. Let the faulty base pairs in Ishaan's DNA be restored to their normal profile. Let all illnesses that affect Ishaan be healed.*"

Ishaan: (With wonder) "*Let there be healing... let there be healing...*"

God: (Gently) "Ishaan, you must repeat this spell with high potency. Say it often, throughout your day, with all your focus and intent. The more you say it, the more it will resonate within your body. Feel the meaning of the words, and have trust in them."

Ishaan: (With newfound resolve) "I will say it every day, with all my heart. I know I will heal. I know I can."

God: (Smiling) "Yes, Ishaan. You have the power within you. Now, go forward with the strength of belief, and your body will follow. Trust in the healing you have called into being."

Ishaan: (Grateful) "Thank you, God. Thank you so much. I won't let you down."

God: (Pausing with a serene expression) "Remember Ishaan, the techniques we discussed today are part of *Practical Vedanta*—a direct path to Nirvana, the state of ultimate self-realisation. Your mission is to guide humanity and this planet into another Golden Age. For now, focus on healing your illness and regaining your bodily strength and wellness. Only then will you be ready to face the dreaded '*Kali*'. There will be resistance, and a great battle will ensue. But remember this: crores of devoted souls have been waiting for the truth to be revealed. I have no doubt that you will emerge victorious. You carry my blessings. Vijayi Bhava!"

Ishaan: (Eyes brimming with tears) "Thank you, God."

God: (As His voice echoes faintly) "Now go, my child. Begin your journey of preparation. I am always with you—in your heart and in the beauty of the world you create with your belief."

God vanishes, leaving Ishaan awakened with wonder, responsibility, and a profound sense of purpose.

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