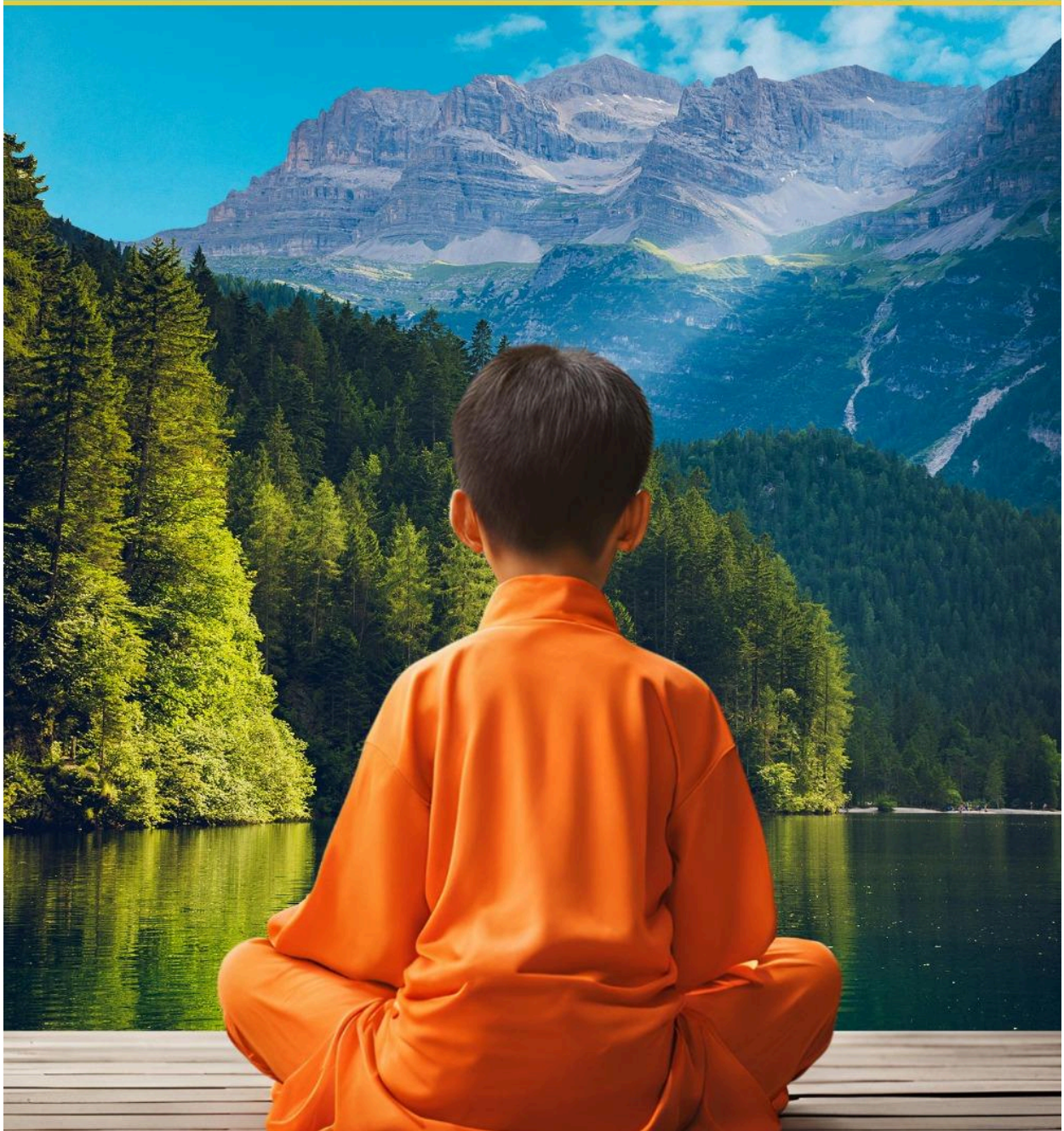


# Nirvana

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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Age

**By George Cyriac**

[www.mynirvanabook.com](http://www.mynirvanabook.com)

**"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.

# **DISCLAIMER**

## **1. Fictional Nature of the Content:**

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work is intended solely for entertainment and intellectual engagement.

# **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 the Destroyer of the 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 groundbreaking 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 did you come here?"

**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 or nobody 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, a quiet belief that relief is possible. In the dream, 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 his 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. Would you like me to explain it?"

**Ishaan:** (Eagerly) "Yes, please. 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 me 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 *Tatvamasī*, 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) "*Tatvamasī*? I've never heard of that before. What does it mean?"

**God:** (With a serene expression) "*Tatvamasī* 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 energized 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 photons 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. This experiment reveals a profound truth: observation plays a critical role in shaping the outcomes in the quantum realm. But it also raises deeper questions. What is it about observation that causes this shift? Does it require consciousness, or is it simply the act of measurement? What do you think?"

**Ishaan:** (Scratching his head) "I've read debates about that. Some scientists think it's just instruments measuring things, but others wonder if consciousness is involved. What is the true fact, God?"

**God:** (Smiling gently) "It is evident that instruments—simple interactions with the

quantum system—break down the probabilities and collapse the wave function. Consciousness, as significant as it may be, is not a necessary factor for this collapse to occur. The universe, at its most fundamental level, operates according to intrinsic rules that do not rely on the presence of a human mind or awareness to function."

**God:** (With an inquisitive tone) "But here is where the question deepens. Breaking down probabilities is one thing; shaping them, bending them toward a desired outcome, is entirely another. Instruments alone cannot wilfully direct the collapse—they act blindly, according to the rules of chance. The true power lies in design, in intention, in understanding how to guide the dance of probabilities."

**God:** (Pausing before speaking) "What if, instead of passively observing, you learned to actively influence the collapse of the wavefunction,

directing quantum outcomes toward your intended goals? This transcends the realm of random chance and enters the domain of true mastery. By mastering the manipulation of quantum outcomes, you could reconfigure the fundamental building blocks of matter—transforming scarred liver tissue into healthy cells, regenerating nerve tissue, and restoring organs without relying on medicines and medical procedures bound by chemical interactions and classical physics."

**God:** (Speaking with quiet excitement) "However, such mastery requires more than technical skill. To truly command this process, you must align yourself with the principles of unity and non-duality, as expounded in *Advaita Vedanta*. It is through this deeper understanding of oneness—the interconnectedness of all existence—that you can harmonise with the quantum fabric of the universe. Only then can

you bridge the gap between intention and manifestation, reshaping the material world in accordance with the infinite potential of the cosmos."

**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 probabilities 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 not distinct from 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 the outcome of 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 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, 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 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
- Alcohol (1 standard drink,  $\approx$  45 mL at 40% ABV): Very Negative

- Energy Drinks (1 can,  $\approx$  250 mL): Very Negative
- Soft Drinks (1 can,  $\approx$  330 mL): Clearly Negative
- Fast Food (1 burger meal): Clearly Negative
- Cold Desert / Pastry: 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,  $\approx$  70 g dry): Moderately Negative
- Commercial Milk Chocolate (40 g bar): Moderately Negative
- Packed Biscuits & Snacks (1 small pack,  $\approx$  30 g): Moderately Negative
- Processed Wheat Flour (Maida) (1 cup of product,  $\approx$  100 g): Moderately Negative

- Cold Deserts (1 serving,  $\approx 100$  g): Moderately Negative
- Ice Cream (1 scoop,  $\approx 75$  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,  $\approx 50$  g): Moderately Negative
- White Bread (2 slices,  $\approx 60$  g): Moderately Negative
- Preservatives (typical daily intake from processed foods,  $\approx 0.1$  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,  $\approx$  250 mL): Slightly Negative
- Rice (< 10% bran) (1 cup cooked,  $\approx$  150 g): Slightly Negative
- Coffee (1 cup,  $\approx$  240 mL): Slightly Negative
- Tea (1 cup,  $\approx$  240 mL): Slightly Negative
- 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
- Jaggery (1 Tbsp,  $\approx$  15 g): Neutral or Slightly Positive
- Honey (1 Tbsp,  $\approx$  15 g): Neutral 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
- 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
- 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."

**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, and home
- 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 apologizes, 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) "

- Pastry (Black Forest, White Forest and other heavily processed, sugary desserts)
- Alcohol of all types
- 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 items (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 real 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 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!"

***(END OF FREE PREVIEW. CONTINUE  
SCROLLING)***

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# ABOUT THE AUTHOR

George is an airline pilot with over seven years of experience piloting large commercial jets to destinations around the world.

Beyond his aviation expertise, the author is a seasoned programmer with more than a decade of experience developing sophisticated applications across diverse programming languages and frameworks.

When he's not piloting an aircraft or delving into code, he immerses himself in a world of intellectual pursuits. A voracious reader, he explores spirituality, biographies of remarkable figures, science fiction, and the realms of modern medicine. He also has a keen interest in holistic practices from cultures around the globe, drawing inspiration from ancient wisdom and contemporary innovation alike. The author's multifaceted passions reflect his deep curiosity

about the world and his commitment to lifelong learning.

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