

VAZHGA VAIYAGAM ...  
VAZHGA VALAMUDAN ... .

# HOW TO REDUCE WEIGHT...?

REDUCING PHYSICAL BODY  
WEIGHT IN NATURAL WAY  
THROUGH SIMPLIFIED KUNDALINI  
MEDITATION AND SIMPLIFIED  
EXERCISE

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**DEDICATED TO MY GURU  
VETHATHIRI MAHARISHI**

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# 1. INTRODUCTION

Dear Siddhas,

While I chat with other friends, everyone requesting how to reducing weight... I came to know everyone is trying in all ways and working hard towards reducing their physical body's weight, but the net result is not up to the mark, even spending more money and time towards medications, habituating self-discipline, workouts and so on.

Here I would like to share my views.

While I chatted with Vethathiri Maharishi those days, I came to know that all disease starts first at our ethric body, then it enter into physical. The exact reason for Obesity and Weight is due to imbalance fluctuations in Bio-magnetic energy levels and hormones apart from our habits. Everything was already pre-coded into our Bio-Genetic Centre.

Whatever we do, it should be in natural way....like a grass grows... a flower blossoms... Is it possible to change...? Is it possible to reduce to ideal weight....?

The answer is big YES.

## 1.1. CALCULTION TO FIND IDEAL WEIGHT.

Here is a simple calculation.

- First calculate your height in centimeters.
- Minus 100 from your height
- The remaining value is your ideal weight in Kilograms.

Let us say your height is 168 cms. Now  $168 - 100 = 68$ . So 68 kgs is your ideal weight. Always stay lesser than 2 to 5 kgs to this ideal weight to avoid medical risks in future.

Now start to recode this weight into your BGC. Whatever coded into BGC, it attracts.

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★ BGC attracts whatever it has coded. BGC is acronym for Bio-Genetic Centre which acts like a specific gravity.

## 1.2. Programming your BGC.

- Enter into deeper states of mind through Thuriyaatheeth meditation.
- After thuriyatheeth meditation, when u reach Thuriyam, do the following visualisation:
  - You are standing on the weighing machine.
  - The machine shows the reading is exactly 68 kgs. (You can visualise this weight after the above calculation.)
  - Your recent snaps shows you are looking trim and slim in right proportion. Your physical appearance are good as per your expectations.
  - People are asking you, “What is the secret of your youth and beauty/handsome...?”

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★ Visualisation is a powerful tool to program. In our ancient veda also says  
Yadbhavam... thadbhavathy... (As u think... So u become...!)  
Yadrusee bhavanayasya... Siddirbhavathadrusee... (As u visualise... so will it happen...!)  
Ya mathigi... sa gathigi... (As ur mind... so be ur destiny...!)

We can do visualisation at Thuriyam to manifest our goals.

# 2. IMPORTANCE OF NINE CENTRES CHAKRA MEDITATIONS

## 2.1. Nine Centres Chakra Meditation

Nine Centres Chakra Meditation plays vital role to reduce weight apart from our Simplified Physical Exercise. During this meditation, give attention on Manipuraka Chakra. All chakras are getting into alligned and balanced. Cosmic Energy flow occurs. Bio-Magnetism starts to flow freely. So the energy levels of the internal organs are well balanced.

Negative energies and blockages are getting into removal. So these energy transmitters start to work properly and maintain the well balanced harmonal levels. So by default, the excess intake will be reduced. You can feel so fresh and ease.

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★ Chakras are energy centres which acts as energy transformer to various nerve systems. Moolathar, Swathistan, Manipuraka, Anakatha, Vishuththi, Agna, Sahasrathal, and Brahmastrandra(Solar Star which regulates Universal magnetism into our physical system.. A well Cosmic Energy flow is maintained.)

## **2.2. Physical Exercise and other points.**

Daily practice our Simplified Physical Exercise. Never miss Breathing, Maharasana, Accupressure Exercises. These are very important to maintain energy levels of the internal organs.

Apart from our Physical Exercise here are some suggestions to follow if you are medically fit (I mean no problems like Diabetes, BP and any other complaints, else consult a right physician before starts to these steps):

- Daily walk morethan 13, 000 steps of your feet, or walk atleast 4 miles(6.5 kilometers) per day.
- Eat half stomach. The diet should be low calories with sufficient well balanced nutrients. Take care about total calories of the intake not exceeding than 1200 to 1800 calories according to your physical needs. (This, I assume all of our career are not related to Physical kind of work... or no time to go to gym...Yoga...Aerobics...)
- If possibly, weekly once take liquid diet. Oftenly take raw food (like sprouted grains and fiber content food) and take plenty of vegetables instead of rice.
- Better to avoid rice in dinner.
- Avoid Tea/Coffee/Soda and junk foods.
- Try to become a pure vegetarian.
- Sleep Early. Wake up early. Do Simplified Physical Exercise regularly.

I found our breathing exercise is the best to dissolves all emotional feelings and it keeps us more positive towards life.

For your information my weight is 45 kg since last 10 years. Recently I gained 2 kgs. My height is 153 cms.

Divine power always bless u and ur people to lead a very comfortable life with Good Health, Longer Life, Sufficient Wealth, Well Recognition and Wisdom.

With Love  
A Co-Passenger  
Raveendran Krishnasamy

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★ Habituate to walk daily atleast 10,000 steps of your feet. It maintains natural rythm of our physical body.