

Zheel Sciences (Studies & Research Centre)

Chapter 1

Meditation

The man always remained busy in finding the superior forces. He felt some different kind of forces in himself. These forces were either destructive or constructive. Collectively these forces were of two types; Natural (physical) and Supernatural (paranormal). Whatever is the nature of these forces, they have their own importance in learning. But Supernatural forces acquired more significance as compared to the others. The methods to attain such forces are given different names and divisions in different societies. One of these methods is meditation, which helps to realize the Supernatural forces. And it is also a treatment of many chronic diseases. It has acquired a significance rank in modern world. Religious people, scientists, higher class and lower class are getting benefits from this. But the people who don't believe in such kind of knowledge have started believing just because of its factual and scientific nature.

What is Meditation?

Meditation means unconsciousness. In other words it means to clear the mind screen from all worldly thoughts, concentration on one thing and relocation from natural world to supernatural world.

Man as a Universe:

According to science, whatever exists in the universe is linked with sound and even bonds. It is obvious that there is no place empty in this world. If we compare this universe with liquid, then all the things whether they are partials, forces animate or inanimate are coupled with each other. One of them is a man who is linked with this universe through unseen forces. In other words, he is the center of all those forces, which exist in this universe. Suppose if we deny this fact for a while, then we will not find the man's existence in this universe. Man is a part of this universe, so he can be called as a universe. But the man has lost himself in this materialistic world because he has lost the password, which enables him to explore the world of these unseen paranormal forces. Actually this password is not misplaced, we have stained our monitor screen, and we are incapable to see any programme visibly. Now the question is that, where can we get that password? Or how can we clear the monitor's screen? Zheel Sciences answer all these questions.

Names given to Forces (existing in human body)

When the forces present in human body are discussed, people get amazed and start thinking what kind of forces these will be which are invisible (as he believes in visions), whether man is the center of these forces in actual, if not then is man just a combination of blood and flash.

The Zheel Science is classified into many subdivisions:

Bio Energy	Biocosmic Force	Life Force
Audic Force	Pranayam	Mechanical Force
Mind Force	Universal Force	Bioplasmic Force
Magnetic Force	Spiritual Force	Chakras
Paranormal Force	Mana	Magnum
N-Rays	Vital Force	Spirit
Kanda Ini	Chi Power	Etehric Force
Violet Film	Hypnotism	Magnetisms
Telepathy Force	Psychotronic	Mesmerism
Subconscious	Unconscious	Reflex
Zoons	Fort dimension	Animal Magnetism

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Most of the people believe that man is nothing except blood and flesh. Some of them believe that the man is dominated by stars, ghosts, jins, or he is under the influence of good or evil spirits.

Search for the Super Power:

The man has been in the influence of a Super power since his birth. And he spent ages in its search. Many beliefs came in to existence in this struggle. Every follower interprets it with different angle. About 15% people in this world do not believe in this Super Power (God). There is a fight between the world religions on this topic. Devotee of every religion perceives the God's messages, commands, miracles and creations in his own way, which may be incompatible with the other religion. This has developed hate, jealousy, narrow mindedness, pride and selfishness between the nations. There are 19 main religions in the world and every religion is subdivided into different sects, which hold different viewpoints. Obviously sects are made when perceptions and interpretations become different from others. Some of the sects believe that science leads us towards ignorance even they are getting the equal benefits of its contributions. Science argues on matter and matter is the creation of Super power. No doubt there are some harms of science and above all are hates, differences, variations, objections and selfishness which have parted the world into pieces, but science can not be blamed here, it's the use; positive or negative. We are sick until we nourish hates, selfishness, narrow mindedness, pride and jealousy. These are the main barriers, which keep our mind busy, and we get unable to reach that Super power. Even we cannot recognize that power. We cannot achieve our goal if we are going against the rules of nature and nature is not eradicator, it's a healer.

Meditation and religions:

Almost every religion has specific rituals or congregations, which reflect the meditation. These performances are aimed to achieve the spiritual powers and this is also their meditation. The religion without meditation is void of spiritual powers. Man is trying to touch the peaks but simultaneously he is getting mentally sick in this machine-dominated world. Meditation is the only way to get rid of these mental diseases. And if we interpret this concept into religion, then people recite different words. And sometimes these words influence the inner and these forces are invoked which cause pleasant experiences.

There are two kinds of words, which are recited:

- i) Words which are said with tongue
- ii) Words which are said in thoughts

First kind of words is more influential but their influence is temporary. But the second kind of words has steady and permanent influence. Because these do not require body movement and concentration remains focused on one point. In meditation, when any part of the body is moved, then concentration is distracted. This is the reason that the first kind of words has temporary influence. In advance meditation, some exercises do not require body movements and in some exercises, need some specific body movements. And these movements help meditation. Meditation is considered as the best way of worship in about every religion.

Advance meditation:

Advance meditation comes under the discussion of Zheel Sciences. Samda is the best way of meditation in Zheel Sciences. (Its details are given at the end of this book) Activation of this force can be learnt from any Samda master and then it can be used as meditation and for the treatment of different disease. When the Samda healer uses this force for himself and for others, he is directly linked with the paranormal forces. Zheel energy centers are activated with its gradual usage. Although meditation is a separate topic in Zheel Sciences but its incomplete without Samda. Samda is a healing force which is not activated with meditation, but it is activated by a master. In other words it can be dangerous or difficult without the permission of Samda master.

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In Zheel Sciences, the master takes the person into deep meditation in the very first session. And its amazing that how is it possible in the session of 1-2 hours whereas it takes ages to learn without Zheel Sciences. Its not surprising, because the master who is linked with the external world can easily relate you with the internal world. In Zheel meditation, master does not leave you at your own, he takes all the responsibility.

Chapter 2

Types of Meditation

There are a lot of types but the forthcoming are those, which are most favourite of those who do meditation. In the old types of meditation 'Yoga meditation' is the best one. In every exercise of yoga, some of the important elements; concentration, physical structure and relaxation are entered mechanically. Yoga prepares the body for meditation. The other types of yoga are Jean meditation, Supernatural meditation and Chi meditation.

Concentration:

It has been said, consideration is adequate for any kind of success. Concentration and enthusiasm are the key points for the achievement of any propensity. If you do not pay attention towards any job, you will not be able to get the required results. The same thing is important for meditation. If you practice with proper involvement, you will start acquiring the payback and you will do everything with great zeal, which will give you 100% results. The fact behind not paying the proper attention towards the hidden forces is that, man is unaware of these helping forces. Even if he is responsive to these forces, he can't utilize those because of the unawareness of the 99% people in this world. The rest of 1% have lack of opportunities where they can introduce the others with those forces and concentrate on their own ones. In this materialistic world, the man is busy to that degree that he is unable to discover his own abilities and capacities. Now you are reading this book, if you don't concentrate, you will not be able to get any advantage from it. Man's abilities are scattered like raindrops. If these drops are collected in the space and then dropped on the earth, they can destroy the vast area of this world. Same is the case with man's abilities. This can be elaborated with the subsequent example. One of the criminals was locked in that room of the jail where there was no light. The only source for the entrance of light was a small hole in the door. After sometime when that criminal was escaped, he could bend the iron stuff just by staring at them. The reason behind this was that his forces were concentrated on one point with the continuous gaze of that thin ray of light coming from the door. This reinforced his concentration.

So, proper outcome is impossible without concentration. As food is important for physical activities, concentration has same value to achieve your goals in successful life. Archimedes, the great mathematician, whenever he used to develop a new formula, he was uninformed of his surroundings. Meditation is the second name for concentration. All of your efforts are ineffective if you lack concentration in meditation. If you are unable to concentrate on one point in the beginning, there is no need to get upset. This problem will be solved with some regular exercises. There are two types of concentration, unplanned and planned. The former is that one which is developed during watching any favourite movie on TV or some other thing like that. But this does not stay longer. In the later type, the person trains himself to collect all of his forces on one point while practicing different exercises. Concentration is the first condition to get success in hypnotism, magnetism and yoga. Whatever field you have in your life, you need to struggle hard and pass through difficult ways in order to achieve success. And this is only possible when you utilize all your physical and mental forces. The one best way to adorn the mind with great abilities is concentration. Do remember, Zheel Meditation does not require concentration at your end. It just needs the zheel meditation master which enables you to concentrate on one point within minutes and with no effort and struggle at your part. In zheel meditation, the master brings your scattered abilities at one point while using his zheel forces.

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Waves of brain (according to the sciences)

According to the scientific knowledge, brain is the biggest computer in this world. You might have seen Roderksh movie, which shows the internal forces. Recording of the rays through brain surface or the external surface of the head shows the zheel forces in head or body. Changes in electronic potential are called brain rays and whole recording is called Electro Esefalo Gram (EEG). Zheel science describes it in a different way, but here I am describing according to the science, which is quite close to the reality. The intensity of the rays in the surface of head is from 0 to 300 microlitic and their frequency can vary from few cycles to 50 cycles per second. The classification of these rays depends upon the functionality of the brain. These rays keep on changing with man's different mental and emotional states. Normally these rays are sequence less. And according to EEG there is no particular sequence and order in these. But sometimes these follow clear pattern and order. These patterns are called alpha, beta and delta rays. A common man when possesses physical and mental relaxation, and his eyes are closed, and then these rays are in a particular sequence. Their frequency at this time is 8 to 13 cycles per second. These rays are disappeared as soon as the eyes are opened. But if the man is fairly relaxed, then these rays remain stable at opening the eyes even. These kinds of rays are called as alpha rays. Beta rays are normally 14 cycles per second but sometimes these reach up to 50 cycles per second. Delta rays contain all EEG rays. Their frequency is 2 or 3 cycles per second. Sometimes it decreases to one cycle per 2-3 seconds. Alpha rays are emerged during relaxing state whereas beta rays are emerged during sleep or senselessness. During meditation, EEG is recorded because different rays depict different mental states. In 1957, A Japanese doctor compared EEG recording of yogi during meditation with that of a common man during his relaxation. Both showed the same EEG at beginning, but after the passage of 8 minutes, yogi showed increase in alpha rays but the common man's ray pattern remained same. In 1960, Dr. Anind and his colleagues made more experiments in this regard. EEG of four yogis was recorded before and after meditation. All the four yogis showed no difference in the emergence of alpha rays during relaxation and meditation. The rays were disturbed when two of these yogis came across with some external intervention. When the yogis were not in meditation, then the rays were converted into less voltage rays. Except of these, research on two more yogis was made who increased their resistance power against the cold water. These yogis succeeded to dip their hands for 45 to 55 minutes in 4 degree centigrade cold water. The emergence of rays remained static before dipping and after dipping the hands into the cold water. So, its proven according to the natural science, that man has some contact with the external world. And alpha rays can be increased while practicing meditation and it is not impossible to contact with the other creations present in this universe.

Mind film:

Plato said thousands of years ago that matter is the creation of our mind. If we observe then our past life has been passed like a film and this film reaches to its end as we die. Human conscious is like a screen, which displays the life film. This screen consists of two layers. One layer is that which shows the film related to tangible senses. All the desires, which happen in the form of thoughts, are reflected on the external surface of conscious. And the body performs according to the requirements. The other layer of the screen is present in the depth of the mind. The pictorial form of the information is reflected in the form of light on this layer. This screen is not visible in usual. You might have known how does the cinema system work or how the programmes on computer or television are projected. In cinema a projector is placed in front of the screen. After placing the film in, light is switched on. The formations present on the film stripe travel through light rays and then finally are illustrated on the screen. If we see in the space between the projector and the screen, then there are light waves, which have all the pictures, which will be visualized on the screen. Second is the system through which the pictures travel and third is the screen where rays are smacked to form the pictures. When our five senses perceive something then we observe the film on tangible screen. At this time film is reflected on the external surface of the conscious. By nature we are bound for gravitational force. We just can observe the current moment in the limits of time and distance. We possess a kind of screen in our mind, which enables us to observe the universal film. We can see such elements on this screen, which are invisible for our eyes. But it is not our habit to observe the internal part of the screen. So this is the reason that we have different kind of thoughts, which upset us. We need to practice again and again in order to train us for keen observation of internal part of the film. The man is unaware of this internal part of the screen because his whole interest is devoted to the external screen.

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Aura

Moderation increases the accumulation of internal forces and waves that can control the gravitational force. With the help of these forces, the man passes through such kind of state of circumstances where there is no gravitational force. e.g. there is no sensation of weight during sitting, walking or resting. During the meditation, the body becomes suspended in the weightlessness state. The man feels himself traveling in the air. This happens due to the increase in mental concentration. It feels like, as the whole universe is present in the body. The electronic waves emerge from the body and spread in the whole environment. And the natural body is converted into the supernatural one, which starts flying in the air.

Out of Body experience:

I got one example, which made me amazed with the fact that every body possesses the same zheel forces and he/she can have out of body experience. There was a 9 years old girl who was illiterate. Sometimes I used to bring her in false dreaming state and out of body experience. During that state, the girl used to explain the facts about every knowledge and discuss about astronomy, geography and history of the world. But when she came out of that state, she knew nothing. When a person enters in such kind of sleep where the conscious becomes wakeful then such kind of feelings are pragmatic. The easiest way to attain such kind of sleep is that the person deliberately gets into that sleep. If meditation is defined in the terms of sleep and awakening, then in meditation all those circumstances are created during which the person passes through. Eyes are closed and breath rate is slowed down, all the body parts are relaxed which makes the body out of experience. The person clears all the thoughts from his mind screen or diverts himself towards one thought. If we see the person in the state of meditation, he apparently seems as sleeping but actually his conscious does not get inactive as in sleep.

Benefits of Meditation:

The following benefits can be achieved with meditation:

1. Meditation is an energy, which gives organic life and refreshes the human system.
2. It increases the immune system of the body.
3. Depression becomes a matter of past.
4. The effect of the outside world is decreased.
5. It increases the mental performance.
6. Anxiety and depression is lowered.
7. Memory is increased dramatically.
8. Concentration is very much increased.
9. Resistance power is improved.
10. General health including spiritual power is increased.
11. Negativity of the external environment is removed.
12. There becomes more maturity in thoughts.
13. Determination power is increased.
14. Will power and decision powers are increased

Chapter 3

Important instructions for meditation:

Punctuality is important in meditation. Some day people practice meditation in excess and other day it is dropped or done very less. In the beginning, meditation should not be practiced in excess. Moderation is the best way for every thing. In start, the duration between meditation exercises should be less but later it can be increased gradually. Sometimes, the person feels sleepy and he wants to sleep early. Sometimes, the person postpones to the next day and in this way the regularity is disturbed. Sometimes, the people complaints about the unfavorable conditions. No doubt, favorable conditions are important for any work, but this is just an excuse. Even if all the circumstances are made constructive, then another excuse is created. The fact is different. When we are determined to do anything, then we don't care for any favorable or unfavorable circumstances. When sleep becomes dominant, we have it even in noise. When we are getting late from the office, we go without having breakfast. If we need to go for earning bread then we get up early in the morning at any cost. So if we want to get benefits from the powers of meditation, then we have to find time for it as we do in other cases. If we examine the activities of the whole day, then it becomes very obvious that we waste most of our time just in thoughts and spend most of the time having no aim. And we complaint that we don't find time because of unlimited involvements. If we want to get advantage from meditation, and we cant manage even half an hour out of 24 hours, then there is no need to start meditation.

Meditation should be practiced after the food digestion. Means two to three hours after eating. Don't practice meditation, when you are feeling sleepy. If you are physically or mentally exhausted, then don't practice meditation. After completing meditation session, keep sitting on the place for some time or lay down on the ground and do relax asan. (look in yog asans). When we get up from sleep, we stay in sleepy state for some time and then gradually we become to normal routine. Same happens in meditation. Relax your mind for some time after meditation in order to enter the normal liveliness. After sitting for sometime, stand up unhurriedly and avoid talking or speak slowly. In this way meditation will be more affective.

Too much sleep is not appreciated even in zheel sciences. This affects the mind vitality. So, moderation is advised in sleep. This will be helpful to develop the mental capabilities. But less sleep is not recommended for a common man or the beginner in meditation. Sleep duration must be according to the mental or physical demands. Its best to meditate under the guidance of master. If it's impossible then read the book thoroughly, and then start meditation. Get free of all the essentials, wear loose dress, place should be peaceful and noiseless. If master is guiding you then the above-mentioned conditions are not important because the maser directly takes you towards the unconsciousness. The book can be used as a teacher if master is not available.

Breathing Therapy:

(Importance of breathing in meditation and in paranormal sciences)

Yoga experts and some psychologists agree on the concept that if a person controls some of his breaths, he can avail countless benefits for that. As bath is essential for physical cleanliness, breathing, samda, yoga and meditation are important for the cleanliness of spirit. Now different disease are being healed with breathing therapy. There are more than 100 breathing exercises which are suggested according to the nature of disease. It is proven by yog science that the man can activate his supernatural capabilities and enhance his physical and mental aptitudes with the help of breath. According to yog science, there is a unanimous force (pranayam), which is controlling the whole universe. This energy is present in every human, animal, plants and every particle. In Islam, this force is related to Allah. The force which brings the whole universe in discipline, can be stocked in human mind and body with the help of breath. After collecting this force in the body, the man can survive for hours without oxygen, and even intense cold or hot does not hurt him. Some of the experts say, that oxygen is accumulated in brain with the help of holding breath. There are some other forces except pranayam, Which have great impact on the man.

Zheel Sciences (Studies & Research Centre)

These are “Ha” and “Tha” forces, influence of some milky ways and magnetic rays of earth. 'Ha' means moon and 'Tha' means sun. The moon is evolving negative forces whereas the sun evolves positive forces. Moon force (Ha) is inhaled through left nostril and sun force (Tha) is inhaled through right nostril. Both of these forces are considered necessary and vital for the man. These forces can be stocked in the body while practicing different breathing exercises. Despite of Ha and Tha, there are some other forces in the earth and other universe, which play a vital role in our life. Breathing is emphasized in yoga because it creates a link with the other creations present in the universe. Sun gives energy to all the planets and urges them to revolve around it. Due to this energy all of the activities are being done on our planet. Plants and animals are equally being benefited from this solar energy. There are number of methods invented to stock maximum of solar energy in the body. These methods are not only helpful to strengthen the mental capabilities, but electro magnetic forces are also enhanced. So breathing exercises are essential before meditation.

Simple breathing practice:

Sit while crossing the legs and erect the waist and neck. Place your hands on your knees in relaxed form. Close your eyes and remove tension of all of the body parts. Be in peace and inhale slowly through nostrils. When lungs are filled, and then hold the breath as long as you can. When you feel difficult to hold the breath more, exhale slowly through mouth. When lungs become empty, repeat the same process again and again. Don't relax your waist, neck and other body during this method.

Note: In the first session, repeat this breathing for 2-3 times but then daily add one to the previous. Inhale with this consideration that you are taking pranayam in your body, when you hold your breath then think that pranayam is absorbing all of my disease and when you exhale, think that pranayam is taking the disease out of your body.

Benefits of Simple breathing practice

This practice increases the blood circulation and develops the mind capabilities. The internal forces are awakened and peace and tranquility are developed. The blood is purified. Agitation becomes cool down. Mental and psychological diseases are cured. The health becomes better day-by-day. This exercise is affective for insomnia. So if you are unable to sleep properly, then start this practice. In this practice, Ha and Tha forces and oxygen are absorbed in maximum quantity. Physical, mental and muscular diseases are treated. We can get rid of the negative thoughts.

Balance diet:

Awareness of the balance diet is important before entering the meditation or paranormal sciences. Food is the thing, which builds the physical body. So it is essential to know about affects and importance. In this modern age where everything is artificial, food is also loosing its purity. These impure food elements are the root cause to many diseases. Very common and harmful of these is overweight which causes blood pressure, diabetes, heart disease, cholesterol and

If you want to remain healthy, then you must take simple, digestible and balance diet. Avoid eating spicy, greasy and heavy things. Eat less meat and drink more water. Vegetables and fruits are best for health. Follow this golden rule that always finish eating with little hunger. Do not drink water during eating. Drink after ½ or 1 hour. Don't take tea more than Two cups daily.

Stop moving the body parts:

During the body you should not move any part of the body. Because a little movement can disperse you meditation. If you have focused your attention at one point, then do consider yourself a stone sculpture, which cannot be disturbed by any external factor. If you feel any kind of agitation in your body, stop the session and then start again or postpone it to any other time. In meditation, mostly easy goers, fat or delicate people feel difficulties. It's my observation, that hard workers or physically fit people can do it easily. But it does not mean that the people mentioned above cannot do it. In fact, meditation itself develops courage and peace in the body. Following exercises are recommended for such kind of complexities.

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Exercise to control the body movements:

Sit in cross-legged position and erect the waist and neck. Place your hands on your knees in relaxed form. Close your eyes and remove tension of all of the body parts. Now concentrate on your body. Do not move your body parts. Even face expressions, eyebrows and lips should remain motionless. First day practice this session for 5-8 minutes. After repeating this for some days, you will get courage to meditate for hours. Controlling the body movements is also a type of meditation. After getting success in this exercise, start the following exercises. Do remember, after getting success to have control on body parts, and having the following exercises, there will be no need to get start with the body control exercise every time. So whenever after that you sit for meditation, forget about your body, there will be no movement in it.

Meditation Exercises:

There are hundreds of meditation exercises, but here I have just described some of the best ones which are easy for everyone. After succeeding in these exercises, you can accompany raj samdhi meditation with them or you can also do relax asans (discussed in yog asans) after meditation.

Exercise No 1.

Spread a mat/sheet on the floor, and make an imaginary zheel (triangle) on it or spread the mat/sheet in triangle form. Now stand on the straight side of imaginary zheel or mat/sheet zheel and bring your feet closer to each other (better if feet are joined in straight). Take 5-6 deep breaths and then move to the center of the zheel (triangle) and take one deep breath to fill the lungs with oxygen. Try to hold the breath for as long as you can. Close your ears with both of your hands and also close your eyes. Now exhale slowly and repeat this exercise twice or thrice. After this exercise, lay down straight in the center of the zheel (no body part should be out of the zheel). Close your eyes and relax your body completely. Be in normal peaceful position. Now imagine a world which is filled with happiness. You can give any name to this world like zheel world, paradise or space world. It is important in this respect as well that this imagination is needed in every exercise. Now think that the beautiful world you are standing in, has green grass all around and there are colorful flowers in it. Now lay down straight on that grass. There is a beautiful bird flying in the sky. Now concentrate on that bird for 5-8 minutes. Do this exercise for two days and you can also do it twice a day.

Exercise No 2.

Repeat the exercise no 1, but now sit in the center of the zheel in yog raj samdhi posture (Sit in cross-legged position and erect the waist and neck. Place your hands on your knees in relaxed form (hands palms should be facing the sky). Imagine the previous situation, but now the bird is not flying in the earth, it is sitting on a rock in front of you. There is a cool breeze and it is passing through the bird's wings. Concentrate on this for 6-10 minutes. This exercise can also be done two days and twice a day.

Exercise No 3.

Repeat all the above-mentioned exercise but now the bird is making its nest in that rock. Now concentrate on this for 7-12 minutes. Do this exercise two days as well.

Zheel Sciences (Studies & Research Centre)

Exercise No 4.

Now sit in the same posture. Now imagine that there is a jungle of beautiful trees at one side of the grassy area. Go into that jungle where there is a 20 square feet energy zheel. This zheel is transparent like glass and its colour is sky blue. Imagine that some people not resident of this world constructed this zheel and now they have left. Now enter in the center of that energy zheel and sit over there. Now think that zheel forces are entering your body and accumulating over there. If this exercise is to cure your disease, then think that it has left your body. Increase this exercise 3-4 times than the previous one. Its duration can be 30-40 minutes. This exercise is the best of all which if you complete successfully, then no need is left for the other exercises.

Chapter 4

Yoga (yog)

Yog is knowledge. Neither it is a religion, nor it is a philosophy. It is a solid fact. Yog is a science, yog is a science which is more ancient than present religions and other sciences. It is a way of life and solution to many problems. This develops a link between the zheel forces and the human body. It purifies the whole body and makes it according to the natural law. The body gets free of all disease, tiredness and tensions. Why these all are possible with yog??? Find its answer in 'The Law of Nature'

The Law of Nature:

According to Zheel and other science, every thing is moving in this universe. There is a defined space between the atoms of matter. If we discuss the human body, he is also a part of this universe; its particles also have space between them. If every thing in this universe is following the law of nature, then the man as being a part of this universe has to go with the laws of nature. Almost all the exercises of yog try to bring harmony between the body and nature. But yog is late because the man has gone away from the nature. He has created his own artificial universe, which has nothing more than worries, diseases, restlessness and destruction in it. The man in this artificial universe is going towards stillness rather than action. Now every doctor suggests his patient to exercise, but he himself is indulged in materialism to that extent that he has no time to take care of his own self. Here one question comes to mind that exercise needs energy then why the doctor suggests doing that.

You might have seen that the person who is regular in exercising has healthy parts. The fact is that the person gets very close to the nature during the exercise. That is the reason that energy gets increased with exercise rather than decreasing. There is a difference between the usual exercise and yog exercises. Yog does not even make our body beautiful and releases us from disease, but its main target is to store maximum energies in the body and to activate the zheel energy centers.

History of Yog:

The history of yog on this earth is about 13000 years back. But it reached to us 6000 years ago through Zeezai (mu civilization), the inhabitants of Zeeza (Ghazni province). These people left Zeeza and migrated to other countries like India, Tibet, China and some other countries.

History of Zeeza (mu) civilization:

About 3700 years BC, the inhabitants of Zeeza got news to leave Zeeza because of explosion forthcoming. Do remember that Zeeza is that place where Dur Andesh Samda got birth, groomed up and completed his education. Not even Dur Andesh Samda, Zeelia and I also got birth in that area. This is the area, which scattered rays of knowledge to all around the world. Zeeza starts from the province 'Bamian' of Afghanistan and goes through another province 'Ghazni' Geero and Ends at 'Muqr', 'Logr' and 'Meedan Wardag'.

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Now this area has gotten different names because of its destruction. But 3700 years BC, this area was considered as 'heaven'. The center of this area was wagz, Rena Khel, Shaki, Shabeet, Gul-e-Koh. This area was given different names in different ages. The popular names were 'Mu' (Mousc), 'Kasotru', Eendra, Dara, Darandi, Kozein (Koadan) and Deel Houn. These words mean 'heaven', 'sacred mountain' or 'sacred land'.

Mu means candle, Mousc means underground, Kasotru means heaven, Eendra means sacred, Dara means unity of nations, Kozein or Koadan means sacred places and meadows. Somerians, Italians, Arabians and neighbors used to call this area as 'Adan'.

When Dur Andesh Samda went there, he gave 'Zeeza' name to that area. This word is from Zheeli language, which means 'Heaven on earth'. Later on Zeeza word got some changes and became 'Rena' and finally this area was being called as 'Rena Khel'. Iranians gave this name. Rena means flower and Khel means 'having'. So Rena Khel means the place having flowers. In ancient ages, Persians (from Iran), and Pushtoons (from Afghanistan) used a word 'Yel' with their names or with national names. This word got a suffix and became 'Khel' which is a word from Persian and Pushtoon. And now this word is a part of some names in both of these nations. For example, Rena Khel, Suleman Khel and Musa Khel etc.

This area was full of natural beauties in past ages. There were cold and warm water falls, beautiful greeneries, sweet fragrance flowers and healing herbs were the part of this area. Though these things have decreased in present but have not finished yet. There were 290 types of flowers about 40 years back. One group of the global residents called as 'samdhi' who used to activate their inner forces with the help of Zheel Science, were living in this part.

Similarities between Egyptians pyramids and Zeeza mountains.

In Zeeza, there are three mountains, which have resemblance with Egyptian wonders these mountains' angles, distance between them, and other structure is same like the three zheels (pyramids) in Egypt. One of these mountains which is similar to the great zheel in Egypt was called as 'Samda' in Dur Andesh times. But now its name is 'Bad-e-Aasia'. This word means windmill. In ancient ages, there was a mill in that mountain. This fact cannot be ignored, that there might be some force in that mountain which was used to operate the heavy mechanical devices. Some remains are also found on the peak and in the center of this mountain. It is astonishing for the people that how those people used to survive in such kind of sky-scraping places. Some people think that there was a tunnel from the top to the bottom of the mountain, which was spread in the whole area of Zeeza. The emergence point of all the tunnels in Zeeza was this mountain. Some people saw very different kind of animals in this area. It is also believed by some of the people, that there is the biggest animal living in this mountain, which comes once a year and goes to Targam mountain crossing the grassland. This animal looks like a big snake. The inhabitants of this area call it 'Shahmar'. The people estimate its length 20-25 meters and width 3 ½ 4 meter. This animal never harmed any body till now. This animal has some substance in its mouth, which can convert matter into energy.

The fruit trees in this area are not safe from people. The people cut these trees to burn the fire. All four corners of this mountain are like a cross. One side of this mountain looks as someone is meditating. Going up or down to this mountain does not exhaust you. Every corner of this mountain is wonderful giving a sweet fragrance.

Samdhi Mountain (Koh Mdad):

The other mountain in this area was 'Samdhi' in Dur Andesh times, now recognized as 'Koh Mdad (The helping mountain)'. This mountain resembles the 2nd zheel of Zeeza, which is linked with 'Dara Kozha' mountain ranges. There is a cross between Samdhi mountain and Dara Kozha which resembles the ancient Egyptians cross. One side of this cross is called as 'Spin Band' whose soil is white like egg. The another side is recognized 'Luky'. This place also has life signs. Samdhi mountain possessed healing forces. When the people used to come close to that mountain, their problems were solved and diseases were healed. Some forces are still experienced in this mountain. This mountain is also surrounded with natural trees and grasslands.

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If we imagine this area few centuries back, then it was really a paradise. Even today if this place is left intact, it will become the same paradise.

The 3rd mountain is called as 'tandgar'. In past this mountain was recognized as 'Dara Kozah'. This is also a beautiful mountain, which resembles the 3rd zheel of Giza. This mountain has the same qualities as of Samda and Samdhi. The sequence of these three mountains in height wise is Samda, Sdamdhi and Dara Kozah. There are some small hills closer to these mountains. One of them is 'Zeezah' which was recognized as 'Zeezeel' in past. Perfumes were made in this place for ages.

There are some other beautiful mountains situated in the center of Giza. There is a zheel in the start of 'Lado Mountain' whose one brick is about ½ square meter, and its thickness is 5 inch. There are mysterious stories about this zheel. The people living in its surroundings believe strongly that there is a treasure hidden in this mountain. No body can dig it out. If anybody ever tried, he was caught by some trouble.

Some people saw lights and transparent bodies in this place. 'Chardah' is another mountain at some distance. Some stories are also related with this mountain. It was also a center of energies in Giza civilization. Samdhi used to arrange spiritual convoys in this area. This convoy was called as 'Meyon', which is a Zheeli word meaning obliteration. There is a range of lofty mountains at the west of Samda, Samdhi and Dara Kozah mountains. One of these mountains is 'Gul Koh' (mountain of flowers). It is at the distance of 4 kilometers from Dara Kozah. All the inhabitants of Afghanistan are acquainted with this mountain and the call it as 'Gul Koh Ghazni'. This mountain is also popular for its beauties and mysterious.

This mountain is mentioned in chemistry book taught in Afghanistan. It is written in this book that there is a herb in this mountain, which if is mixed with water can convert it into gold. If it is true then it will be interesting to visit 'Gul Koh' for confirmation because science relies experiments. There are fair chances to find such kind of herbs in this place, which might be a powerful tool for healing purposes.

I go daily or four days a week to Samdhi or Zeezal Mountain for deep meditation. My mother gets worried if I meet any mishap. She stops me harshly to get off this madness. She says what will I find while wandering in the mountains. I do not visit my home for many days. I tell my mother that I am going to visit the relatives or friends, but I go to these mountains.

Some times I also think whether if I have become mad. When I look at my angel like mother, I think her a different creature. She is a harmless creature like Zeelians. It is quite possible, my mother has some link with Zeelians. Sometimes I feel myself a different creature. I think I might have taken birth in some other world. (Read the following in this connection)

Link with Zeelians:

One night when all of my family was sleeping, I got ready to go to Zeezal Mountain to meet Zeelians and discover some more details about Giza. When I intended to leave the room, the door opened automatically. It was 10:00 p.m. A pretty young lady crossed the doorsill and entered the room. I followed her. It was dark; she went to my mother's room and lay down on her bed. When I turned the light on, I saw my mother on that bed. I was surprised where that lady had gone? She did not have any resemblance with my mother. She seems about 18; her height was also more than my mother. Her clothing was different than my mother. It might be illusion at my end or it can be my mother who has some connection with Zeelians like me. When I left the home, it was very dark and cold. I went to the mountain and stayed for meditation from 10:30 p.m to 5:00 a.m. I spent this whole time with Zeelians. During meditation, Zeelians showed me some automatic zeels in Gul Koh, Samdha, Samdhi, Dara Kozah and Mayon. I got surprised to see those. When Zeelians came closer to these zeels, these zeels raised up to let them enter in. Zeelians converted themselves into matter while entering the zeels, and reconverted themselves into energy at exit time.

When the people believe that there is a chemical herb, which converts milk into gold after mixing it in milk. The logic behind this might be any material (which have characteristics to convert milk into gold) brought by Zeelians from any other world.

Existence of a strange creature in Giza:

There is another strange thing with this place. One creature (called as morozmaiy) is living in the center of Giza. This nation is like human beings. About 2 out of 100 people see these kinds of people. Sometimes they change their appearance and become invisible. This is not a harmful creature. Even it is known as man friends. This kind of creature is mostly found in winter and in less populated areas.

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Discovery of ruins in Giza:

Some ruins are found in Khan Muhammad (a village) and its northern areas. It shows, robust bricks were used in those constructions. The people of this civilization were able to cut the huge rocks. It has also been discovered that gold, iron and unbreakable glass were manufactured in this place. Such kind of remains is found in most of the Giza places. There has been another civilized nation after Zeelians. It seems that there might be a mystic zheel covering this whole area or energies were absorbed from some other worlds.

Discovery of underground world in Giza:

This area has a wide spread of tunnels underground. There are rooms constructed in these tunnels. People of ancient ages used to live in these rooms. No one have courage to enter this underground world. Because people have seen very dangerous things in here. I know some of the people who claim of possessing spiritual powers but never came back after entering this world. But Jannat Kher Andesh not only goes there himself, he takes others with himself and lets them visit the underground world.

Kher Andesh and I in underground world:

Once Jannat Kher Andesh and I went to underground world and covered 2-kilometer distance. It was an unending tunnel. This tunnel's depth was about 10-meter from the earth's face. This tunnel had one entrance and there was no exit. When we just had covered 100-meters, Jannat Kher Andesh asked me to stop and he was afraid that there were a lot of dangerous insects which could be killed with our steps. Jannat Kher Andesh picked these insects up and placed them aside while repeating my words 'nothing can harm us unless we do'. I laughed at him and said 'you really have become my brother now, you possess the qualities of a true human being'. We sat in a room inside that tunnel. Jannat Kher Andesh asked me, if that strange creature comes to us, shouldn't we kill it? I replied, 'nothing can harm us, if it comes we will control it'.

We left the room and covered a long distance in gossiping. Then we noticed the tunnel divided into two; one straight and another at our left. We started thinking which tunnel should we go in? Jannat Kher Andesh said, first we should search that strange creature. I suggested him to move in the left one. While moving through the tunnel, we reached a narrow part, where it was quite difficult to pass through. When we moved a bit ahead, our lantern turned off. We switched the torch on (we were having with us), and continued. The torch bulb burned up for a number of times and we were changing it as we were having 5 in extra with us. Four of them had been burnt up. We turned the torch down at the safe side (because we did not have more bulbs), and proceeded in the darkness. As we went about 150 meters ahead, we felt as someone was calling us back and saying nothing would be achieved in further. Jannat Kher Andesh asked who was that? I replied who ever, 'it really seems useless to move forward'. Jannat Kher Andesh advocated me and switched the torch on in order to analyze the length of that tunnel. The last bulb of the torch burnt up. Now we sat in the treacherous darkness. I asked Jannat Kher Andesh, 'you know why light is not working here?'. He replied, 'there might be some force defying this artificial light, and we don't need such kind of things if our 3rd eye is working. The light we have in our inner cannot be compared with anything else'.

I straightened myself and lay down. I was feeling sleepy because of noiseless environment. Jannat Kher Andesh said, 'we should move because we have to cover 2-kilometers back'. He was scared of the frailty of the tunnel.

What happened after Zeelian's migration:

With the passage of time, Zeelian's scattered around the world. Some of them went to Iraq and Iran and others went to India. Samdian tribe (those who didn't believe in Zeelian's intimations) was left behind. People of this tribe were settled around 'Geero'. Due to these people treason, some of the Zeelian's had to live in Giza. The reason behind their stay was that they wanted to pray in order to save Samdian's from volcanic eruption. So Zeelian's started prayers (meditation). Jan Lail was one of them who meditated for 30 years in Geero's mountains. This person is still known as 'Khawaja Lal Baba'. Khako Samda, Shakleel and Samdees were other nice fellows who prayed in the center of Giza and their prayers stopped volcanic eruption at Giza. It erupted in Bamian (an unpopulated area); hundreds of meters away from the center of Giza. After saving the Samadian's from eruption these nice fellows joined Zeelians settled in different corners of the world. Only Samdees was left back, who spent more than 1000 years in Giza. Now he is recognized as 'Zrklny Baba', which Means 1000-year baba (man). Samdians who were saved from volcanic eruption were destroyed in flood

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Later. The migrated Zeelians started constructing buildings in different areas of the world. The strong believer of Zheel Sciences doesn't make buildings, because he likes to stay underneath the open sky. But these people were forced to construct. Because every place was not like Giza where availability of fruits, vegetables and warm and cold-water falls was possible.

Immigrants to Mu city:

Khup Dee and Hur Normer were the leaders of Iraqi Zeelians. They constructed a beautiful city 'Mu' in Iraq. Later it was recognized as Mesopotamia. Khup Dee and Hur Normer discovered the dry land, which later was given name as 'Egypt'. And it was the most populated part of that land. People of different nations were settled around 'Nile', which was a business center. Khup Dee and Hur Normer planned to go to Egypt in order to serve the people there. So both of these went to Egypt and taught modern knowledge's to the inhabitants of Nile and others in suburbs. In this way the people in Egypt started a new life of awareness. Khup Dee and Hur Normer were more than 1000. One day they both disappeared, and no body knew where they went. Most of the people thought they had gone to Zheel world and could return any time. Their grand sons went to Giza in order to search them but could not find them.

How Great Pyramids in Egypt were built?

Khoofu was the grand son of Hur Normer. Munqura and Khuperneel were the grandsons of Khup Dee. These were little expert in Zheel Sciences. They copied the three mountains (Samda, Samdhi and Dara Kozah) in Giza and made three pyramids with the same pattern. They still exist near the river Nile and are recognized as Great Pyramids of Giza.

These people picked up (3 tons-1000 tones) heavy stones and placed them at the required positions while using their Zheel Forces. Some of the stones were taken from Giza, which surprised the world with 72000 years old carvings of Zeelians on them.

These people wanted to revamp Egypt like Giza, and they did to some extent. They utilized their forces in erecting buildings and sculptures; in consequence they were deprived of supernatural forces. The blunder made by them was that they made Zheels but did not get benefit from them. But later these Zheels were used as burial ground. In Egyptian civilization, the one characteristic, which was found in Zeeli civilization, was that they never fought with other nations unless others did with them. They were best at manners and they were beautiful people.

Who introduced Yoga in the world?

When the Zeelians moved to India (Bharat), some of them migrated to other countries and rest of them started making buildings for themselves. They first of all made a city in Harapa (the best city in the world) and later made another city Munjedoro in Sindh. Then they found news that one Arian tribe wanted to invade them, who was in the habit of seizing the pretty women and murdering the men and children. Zeelians sent a message to Arians that they own such kind of powers that could destroy them within a second, but their traditions and customs did not allow them to do that. They said 'this earth is very wide and every corner is their home, they can convert any place into beauty'. They said that and disappeared.

When the invaders came to that place after Zeelians departure, they were captured by natural disasters. Then those invaders left that place. If they had not done that, then the cities had destroyed completely. It is thought that those Zeelians might be supported by some other creature, who took them to other corners of the world. Later on these people were seen around Ganga and Jamna where they introduced yoga. When Zeelians migrated to Nepal, they also promoted yoga over there. Zeelians were also seen in Aster, Malta, Bermuda, Italy, Japan, China, America, Mexico and Peru where they constructed Zeels and developed new cities. In other words, Zeelian's ruled the whole world.

This was a united reign. They had strong links between them. From that day onward, no one could develop such kind of unified and glorious system. Their contribution in modern sciences is unforgettable.

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Other Hops (pyramids) in the world:

Hops is the word from Zeeli language which means artificial pyramids. 2500 B.C, this earth was occupied with zheels and there were 5408 zheels in the world. Now only those zheels exist which were constructed of heavy stones. During meditation, I can see some zheels in the other planets and moons of this solar system. Earthquakes, floods and heavy rains, have smashed the other zheels, which were made of raw bricks or mud. The people have stolen the existing write-ups, precious stones, diamonds and other material of such kind. Ignorant people have also destroyed Zheel knowledge preserved in the form of books.

Although this knowledge was not up to the extent but at least the inhabitants of this globe could get awareness of this many centuries ago. The maximum number of hops is present in Sudan, Egypt and Central America. According to the given facts there are 83 in Egypt, 100 in Sudan and 101 in Central America. These are also present in other parts of the world like in Afghanistan, China, Japan, Spain, Italy, Australia, and India and in Atlantic Ocean, Indian Ocean and oceans of Japan but they are fewer in number.

Chapter 5

Types of Yog:

There are about one lac exercises in yog, some of them are as follows.

- 1) **Zheel Yog:** It consists of all the types of yog.
- 2) **Raja Yog:** It activates the energy centers.
- 3) **Hatha Yog:** It relates with the movements of the body and removes many disease and prepare it for meditation.
- 4) **Swara Yog:** It consists of all the exercises of berthing and controls the breathing.
- 5) **Kundalini Yog:** It activates all the energy centers between brain and vertebral column.
- 6) **Mantra Yog:** It activates the spiritual power by pray, or by reciting the holy words of the religion.
- 7) **Tantra Yog:** It converts the sex power into spiritual and activates inner power by using sex.
- 8) **Karma Yog:** It cleans inner as well as the outer parts of the body and gives sweet smell to the body.

Benefits of Yog:

Although yog is time consuming but in Zheel yog there are some yogs, which are, very much affective and work in just minutes. But master is important if you want to practice Zheel yog. Zheel yog is not only important for physical disease but also beneficial for mental disorders. It has been proven by medical science and yog experts that yog can treat sugar, tension, depression, high blood pressure and cholesterol. It completely removes the skin disease, increases immune system. If someone is exhausted, then there are such zheel exercises, which are really helpful. Height can be increased with it. It also cures some complex diseases like phenomonia, tuberculosis, lungs problems and cough etc. Heart and blood problems are cured. It regulates the urinary system, helps in sexual problems, and let you get rid of obesity. It removes the affects of environmental pollution. Insomnia, restlessness, depression, lack of determination and slurred speech are cured with this powerful tool. But the actual benefit is that it activates the energy centers and absorbs the external zheel forces. Yog turns us towards natural life.

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Take care of the following things during Yog:

1. Morning is the ideal time for yog exercises. 2-3 is the best time in Pakistan. But the man is becoming over occupied in this age of machines and this is the reason that it becomes impossible to raise up so early because he/she also has to go for job etc.
2. Get free of all the essentials before starting yog. It is best to take shower before starting.
3. The place selected for yog must be smooth, clean and free from noise.
4. Dress should be comfortable and loose.
5. Keep quiet during yog exercises. Put all your concentration on its benefits and movements.
6. It is compulsory to do relax asan before starting and after finishing any yog asan. Benefit of relax asan is that it relaxes all the muscles and prepare them for exercise. It is good at the end, because it will remove the tightness and stiffness of the body. If you feel tiredness during the yog asan, you can do relax asan. But there is no need of relaxes asan in fast yog asans. Because these are particularly done to confiscate obesity. Yog Raj Samdhi is best after fast asans.
7. Yog should be done direct after having meal. There should be a gap of at least 4 hours. It can be 2-3 hours if there is soft diet. In case of liquids, it can be started after ½ hour. You can take shower or eat after 15 minutes.
8. During the yog exercises, do not give jerks to your body except fast asans. Even be careful in fast asans if you are a beginner, otherwise you can feel muscular rigidity.
9. Keep on increasing the exercise duration at regular basis. When your body becomes flexible, you can do yog asans for long time.
10. If you are a beginner, then drop some of the asans if you are not physically or mentally comfortable at doing these. When you become habitual then do all of the asans.

Zheel Yog exercises:

I apply these exercises on a number of people. I chose some great and affective exercises after a lot of research and keep on testing them in my institution with 100% results. Learning yog from a master is different than learning it from a book. I have devised these exercises for the people of all ages.

I am more than sure that you will feel a stock of energies with these exercises. Your health index is increased up to 70 % and finally it rises up to 100%. You will feel constructive and pleasant changes inside your body.

Zheel Energy Asans:

There are four energy asans to enable the human forces very first day. These energy asans produce such energy in our body just within seven days that all the energy centers of brain and vertebral column become active and positive changes become a part of your body.

First Day:

1. Zheel Energy Asan I:

1. Sit in cross-legged position. Keep the spine straight. Relax your whole body.
2. Inhale through nostrils and try to hold the breath as long as you can.
3. Exhale speedily and bend your body forward during this.
4. Touch the earth while taking the breath out.
5. Stay in this posture for a while. Now get straight slowly and inhale in the meanwhile. Come in to the previous position. Repeat this for at least three times.

Note: Touching the earth with forehead can be hard for inflexible and fat people. Bend as much as you can.

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2. Zheel Energy Asan II:

Sit while keeping the spine straight. Stretch your feet straight. Breathe in slowly. When lungs are filled completely, breath out slowly. In the mean while try to touch the feet with hands, and knees with forehead. Stay in this position for at least one minute. Repeat this for twice or thrice.

3. Zheel Energy Asan III:

1. Stand straight and inhale through nostrils. Fill up the lungs and stop your breath for sometime.
2. Start bending forward, exhale and touch the knees.
3. Exhale completely, look upward and stay in this position until you feel essential to inhale. Repeat this twice.

Second Day:

4. Zheel Energy Asan IV:

1. Stand straight. Feet together. Take a long breath. Raise the hands slowly.
2. Hold the breath. Bend your arms, head, chest and upper body backward.
3. Now come forward slowly. Bend down. Exhale slowly and touch the floor with hands. Take 30 seconds to 1 minute in bending. Do this only once. Patients of heart and high blood pressure should not do this asan without doctor's permission. You can feel dizzy while bending backward. In such situation, do this under master's guidance.

RELAXASANS:

Relax Asans activate and regulate all body powers.

5. Relax Asan I:

Lie down straight and keep your arms away from your sides. Loosen up every part of the body and repeat in thoughts that you are relaxing. After having complete relax, start another asan.

1. Relax Asan II:

1. Lie down in invert position.
2. Straighten your left hand.
3. Turn your face right ward, and take the right arm and leg out. Relax.
4. Keep your eyes closed and concentrate on breathing. This asan is not only for relaxation; the important thing is to build concentration. The best time to do the relax asans is when you get exhausted in yog exercise. But it does not mean that these asans cannot be done in other times.

Third Day:

Repeat the first and second day asans and follow with the given ones.

ASANS DESIGNED TO STIMULATE 640 MUSCLES OF HUMAN BODY

2. Kobra Asan I:

1. Lie down in inverted position.
2. Lift your head and chest up but keep the shoulders relaxed and hipbones on the floor.
3. Look up towards the eyebrows.
4. Back to the normal position after 10 seconds. Repeat this twice.

3. Ghoman Asan II:

1. Stand straight and take a long breath and then exhale it.
2. Take your both hands in front of your chest.
3. Firm your feet. Move your arms and waist left and right. Repeat this thrice.

4. Yog Raj Samdhee III:

After practicing this, you will feel that you have got complete control on your mental abilities within days.

1. Sit in cross-legged. Keep the spine straight. Place your hands on your knees, palms upward. Concentrate for 2-3 minutes on physical control. Control your face expressions as well. Spend 2-3 minutes to control the thoughts. (try to clear the mind screen from different thoughts). Now give freedom of 2-3 minutes to your thoughts. This asan can be practiced any time.

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Fourth Day:

10. Zaviya Asan I:

Lie down straight. Hands should be stretched like T. Palms towards floor. Raise your right leg, cross on right one and make angle of 120 degree. Turn the face towards left side. Repeat this thrice for both (left and right side). In this asan don't move the other body parts except leg(s), face, or eyes. Gaze should be at fingers.

11. Zhee Asan II:

Lie down straight and open the legs as much you can. Raise your arms towards head. Now straighten the arms in front. Lift the shoulders and head. Stay in this position (10-15 seconds). Then go back slowly and repeat this twice.

12. Neck Asan III:

Sit in cross-legged. Keep the spine straight. Fill the lungs with air. Hold your breath for sometime. Move the neck in different directions. When you feel to exhale, straighten the neck and exhale. Repeat this thrice.

Note: This asan can be done while standing straight.

Fifth Day:

Repeat all the previous asans. Yog Raj Samdhee at last and increase its time 1 minute.

Sixth Day:

Do the same of fifth day. Increase Yog Raj Samdhee 1 more minute.

Seventh Day:

14. Satwan Power Asan I:

1. Stand straight and open your legs as much you can.

2. Raise your arms up, bend backward and try to look at the floor. Stay in this position for 5-10 seconds.

3. Now come back slowly, bend frontward, head in the center of legs and take your hands back on the floor. Stay in this position 5-10 seconds. Do this only once.

15. Adha Sarung Asan II:

1. Lie down straight and take a long breath. Feet together. Raise the legs up while exhaling. When breath becomes normal, raise the hips as well. Give some support to hips with your hands. Stay in this position for a while. Then bring the legs back slowly. Do this only once.

Note: Hear and blood pressure patients should consult doctor before doing this asan.

FAST ASANS:

Above-mentioned asans are sufficient for slim people, but fast asans are recommended for fat people. These asans remove obesity within 35 to 50 days if these are practiced regularly. These are also affective for insomnia patients.

16. Fast Asan I:

1. Lie down straight. Turn the legs with feet straight on the floor and distance of 12 inches between the feet. Hands towards the head. Inhale and bring hands towards knees. Lift head, shoulders and neck up. In the meanwhile exhale.

Now inhale and take your head, shoulder and neck back but don't touch the floor. Repeat this 10-15 times swiftly. Do remember, your breath speed should be fast with the actions. And also hands movement should be compatible with the actions.

17. Fast Asan II:

1. Lie down straight. Hands stretched towards head.

2. Feet together, take long breath and then exhale.

3. With normal breath, lift the legs up about 12 inches. Do this repeatedly but don't touch the floor. Do this asan for 10-15 times.

18. Fast Asan III:

1. Lie down straight and take a long breathe and then exhale. Stretch the arms in T shape. Bring the feet together and lift them up. If possible then make an angle of 120 degrees between feet and head.

2. Move the legs left side and face towards right. Look at hand fingers.

3. Repeat this 2-3 times and increase daily.

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18. Fast Asan IV:

Sit at your knees and feet palms upward. There should be a distance of 8-11 inches between your legs and feet. Take a long breath then exhale. Bend forward and touch the floor with hands. Also touch the forehead with floor. Now move the body forward like cobra asan. Repeat this quickly 5-10 times.

Chapter 6

NLP (Neuro Linguistic Programming)

What is NLP?

It is a vast knowledge, which is still being researched. The brief definition of this knowledge is as follows:

NLP means (Neuro Linguistic Programming). It is a branch of psychology. It is an ancient knowledge. But it was recognized by some other name in past and its methodology was also different. Richard Bandlor a psychologist of California University and John Grinder started working on NLP in early 1970. **Neuro** means intellect (how to organize our intellectual life), **Linguistic** is language (how do we use it and how does it affect us) and **programming** is the sequence of repeated behaviours/actions and how we follow one target. These are our thoughts, conversation and actions, which direct us towards natural attitudes. Though NLP is based on psychological theory and research but basically it is about proceedings. It gives you more opportunities to extend your physical and intellectual choices. It gives you complete freedom to discover your internal aptitudes. The basic element of NLP is curiosity and influence taken from others. What do we do? How do we do? How do we think? How do we learn? How do we get agitated? How do the famous people achieve their targets? NLP studies our feelings and thoughts before answering these questions. These answers are then taught to others. The final objective of NLP is Excellence.

NLP is a shaped psychology. It is the psychology of distinctive people. It creates a world full of skilled and motivated people. Our mind and body work on some common target, but they keep on changing like a river where there is continuation and variation at different intervals. If we study acutely then this is common in every one. The apparent structure of thoughts and body well matched with each other. Our physical structure is affected by our thoughts and vice versa. Our thoughts and actions are influenced by our beliefs. NLP does not observe the beliefs at right or wrong angle, rather it examines them if they are beneficial or not. What are our attitudes and their results? As we do not know much about this world, then most of our viewpoints are advantageous for us only. We invite you to have a look on your attitudes and behaviors and see how they help you.

Basic Objectives of NLP:

NLP is about the ability to discover, understand, and change our own and others' processes of decision-making, communication, motivation, and learning simply, elegantly, and effectively. NLP is a model for understanding and working with human behavior. NLP has the ability to get direct access to our internal maps of reality (how we have our life experience represented in our minds) and to shift them, to re-assemble the connections, to update them, and to correct mistaken representations, so that our life experience reflects more of what we want personally, in our relationships, and on the job NLP's ultimate objective is to assist you to change your mind about what is possible for you.

There are four basic objectives of NLP. The first one is quality relationship, which is your confidence and reaction. This is called agreement. We start from self-realization. Sometimes you find yourself a split personality. You feel that you are unable to decide what is best way to follow on. Have you have heard from your inner, "I want to do this but something stops me doing that". If you have a best understanding of your body, you will possess a best health and you will be benefited and if you have a best realization of your mind powers, you will be tranquil and peaceful. Actually this self-awareness makes a link between this universe and us, and finally we recognize our place in this universe.

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There are a lot more people who believe themselves the most successful but internally they are unhappy. And you might have experienced that these people cause trouble for others. Our inner is reflected by our deeds. External dissimilarities are reflected by internal dissimilarities.

If you get success in whatever you plan, then your relationship with others and your influential power will be affected. So, the first pillar of NLP is self-awareness.

The second pillar is what is your aim? You cannot define even success without knowing the answer to this question. This is called 'goal recognition' in NLP. There is a proper methodology behind this thought. You continuously ask yourself 'what do I want?' This is different from this question 'what is the matter?' Most of the people start by asking the later question, then they blame others, finally they can not achieve whatever they want and even they can not help others.

The third pillar is called as 'the knowledge of senses'. It means the best use of our five senses. We are supposed to get lesson from our perceptions using these senses. This will help you whether you are going towards your destination or not. In this materialistic world, we have become habitual not to take notice of these inputs.

The last one is 'flexibility in attitude'. You have a lot of ways to reach your goal. The more ways you have devised the more success you will get. Keep on changing your ways to tackle until you get your aim. This seems very simple but actually, there are number of places where we keep on doing without planning or revising.

Logical levels:

Robert Deltas an American researcher and NLP professor have divided the brain into different levels, which are, followed at large scale in NLP.

First Level (Where and When)

Environment is the place where we live and interact with the people who live over there. You might have heard from people 'they were at right time and at right place'. They actually associate their success with their environment. Common situations at this level result self-awareness.

Second level (What)

This is the level where our actions are performed within our senses. In NLP our attitude consist of thoughts and actions. Whatever we do is not unplanned. Our behaviour is devised to attain any particular goal. Though our aim is not clear to us but we can think of changing our attitude. We can think of leaving smoking or may be we get angry with that. But sometimes-unwanted attitudes become difficult to change, because they are associated with different levels of brain.

Third Level Beliefs and Values (why)

This level is about the things we consider true and which are important to us. Beliefs and values guide us at large extent. They consist of substantial and marginal. Are there some skills you want to promote them but you think you cannot. You really cannot proceed until you have a firm belief of doing that. Is their some skill you want to learn but you do not think it important? If you do not give it required importance, you really will not get Motivation to do that. We can also have negative beliefs and values.

Fifth Level (Who)

Have you ever heard 'I am not a person of this kind'? This reflects identity. This is the awareness about you. These are your basic beliefs and values, which clear what you are and what is your mission in life. Your personality can be reshaped. You can build it, improve it and even change it.

Sixth Level (Spiritual Level)

This level is about the relationship with others and with the things, which are more than your identity. If you want to think about this, this level is about the relationship between humanity, universe or God.

While considering the functionality and efficiency of this knowledge, NLP is not a proper name for this. It should be Power of Mind and body Languages. This name gives proper definition of this knowledge. So NLP has been replaced by PMBL.

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Chapter 7

Reiki

The word Reiki is made of two Japanese words - Rei, which means "God's Wisdom or the Higher Power", and Ki, which is "life force energy". So Reiki is actually "spiritually guided life force energy." This is a healing force like samda. It consists of 2 levels. In first level hands are used for healing and in second level, distant healing is possible. Dr. Mikao Usui from Japan discovered Reiki 100 years ago.

When I started healing using samda, I was unaware of Reiki. That time I just knew about healing through samda and magnetism. I was also teaching samda, magnetism, yoga therapy, and psychology, RAZ, breeding therapy and PMBL at my institution. That time there was a clinic of MBBS doctor at a little distance from my place. There was a board pasted, having text written on it 'MBBS (Punjab) and MD. I was curious to know where that doctor has attained degree of MD from? Once I was passing by his clinic, I thought to go in and give information about samda and other techniques. I introduced myself and we had a detailed exchange about samda. He told me about Reiki which was quite similar to samda. When I told him that I had taken attunement of 5 levels of samda, he made fun of me because he knew that Reiki consisted of 2 levels only. When I told him that samda had some more levels as well, he became agitated and said 'you are making false stories, there is nothing like samda'. I told him I did not intend to deceive anybody. I promised to give him free attunements and asked him to refer any patient to me which he feels unable to cure. He insulted me and stopped me of visiting his office next time. I came back to my institution, and taught my students. When I finished my class, I saw one of my institution board erected at some distance was disappeared. I did not care about the board, but after a while police came to me and started investigating me and threatened to close the institution. I did not have any work permit as most of Afghanis did have. Next day people from tax department came, asked about income degree then told me to bring the board back. I brought it back and placed it at its position.

After this incident, the neighbours became doubtful about me. They started asking me different questions about my qualification and work etc. I got disturbed as well. Some of my students also became suspicious about me. I prayed and requested Allah to settle the situation down. I saw some saints who suggested me to change samda with some recognized name, and do not introduce you as a foreigner. This whole world is your home. I got up and took shower. After that I practiced yoga followed by deep meditation. I saw my future and forthcoming troubles. As I finished meditation, I recited 'Asmae Husna' and concentrated on 'Allah Samad, Ya Kareem-o, Ya Raheem-o'.

After this I was being called as Pakistani or Iranian Doctor. Some of my staff members even still do not what is my original country. They think of me as a space creature. After this I used different names to samda (like 'Dur Andesh Reiki', 'DA energy', 'Zheel energy', 'D.A. Instant Reiki'). I also stopped saying that I get knowledge from some other world and I had been helped by Dur Andesh Samda and Zeelians. But I could not tell people more than that Dur Andesh was born in Ghazni (Afghanistan) and he was my teacher. I could not tell them that Dur Andesh was in some other world because they used to make fun of that. Same happened with Dr. Mikao Usui. He could not explain people who gave him samda (Reiki) hops. Dr. Mikao Usui showed his wisdom by not mixing this knowledge with religion otherwise most of the people could not be benefited from this knowledge because of religious prejudice. History behind Reiki is that, Dur Andesh gave two weak hops of samda beginners, two weak hops of samda master and two weak hops of samda grand master to Dr. Mikao Usui. Weak hops are used in Reiki and strong hops are used in Samda. When Dur Andesh started giving him strong hops, he could not accept them and fainted down. It might have happened with me but Dur Andesh started preparing me for samda hops in early age. When God starts healing people through someone, then that person must possess spiritual forces. He must be regular at meditation and he must be broad-minded. He must be ready to devote his life for this. I used to fast for 10 days, 25 days and 40 days. And 'aftari' was only a little water. But after this period I used to be more fresh and beautiful. Now there are thousands of Reiki masters like Samda. Reiki is popular in America, Europe, and developed countries of Asia. There are well-recognized teaching centers in these countries. Now Samda is taking its place, which is 12 levels more than Reiki. Samda is more powerful and advance than Reiki. I have taken weak attunements (Reiki) and strong attunements (Samda) from my teacher, Dur Andesh.

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Dr. Mikao Usui:

He was born in late 19th in Kyoto (a city of Japan). He was the head master of Christian High School. He used to sermonize on Sundays. One some of his students came to him and asked if he himself believes in what he says? Actually they wanted to know his faith on healing miracles of Jesus Christ dictated in Bible. He replied in positive. Now the next question from the students was to show them practically because they wanted a scientific proof to that statement.

Dr. Mikao Usui became speechless because he could not do that. But he promised to the students that he definitely would discover that proof, and he will not return until he finds that answer. Next day he resigned from his job having this thought that his religious preachers did not explain them everything and it needed some more research. So he went to America, to learn about mysticism in Chicago University. He read Bible and other scriptures but could not find whatever he was seeking for. When he heard about 'Budha', who healed some of his patients, he started studying 'Buddhism'. After 7 years stay in America, he returned to Kyoto. This was the place, which was famous for 'Buddhism' temples. He selected this place because he could get more 'Buddhism' scriptures from here. He visited some shrines. Most of the Budh preachers did not show any interest in his queries about healing. They also told him that they are more interested in mental purity than physical one.

Finally he met with Zen Abbot, who showed great interest in Mikao's research. Zen invited him to visit a shrine situated in Kyoto suburb in order to study the existing scriptures. Mikao started studying, learnt Sanskrit and finally got the formula behind healing concept. This formula consisted of some symbols, which were used by Budha to heal patients. He was happy at this wonderful achievement but he felt that he could not heal because he did not know the use of these symbols. In order to achieve healing force he decided to fast and meditate on a sacred mountain 'Koziaman', 17 kilometers away from Kyoto. He sat on that place for 21 days. The last day, he was disappointed. He suddenly saw a white light coming from the sky. He became scared, but he decided to face it bravely. This was the thing he was striving for. This twinkling light became a thick ray and touched his forehead. It was so powerful that Mikao fell down and got faint. This was attunement, which we today give to our students and they feel something like that.

When he came into senses, he looked at the sky. All the colours of rainbow were dancing in front of him. Then the whole sky converted into white screen and he saw all the symbols (which he found from the Sanskrit book) in golden words. Now he could understand the meaning and usage of these symbols.

Miracles of Reiki:

He speedily came down the mountain and hurt his toe. It started bleeding. As per human instinct, he put his hand on the toe. It stopped bleeding and all the pain was cured. It was the first experiment of that healing force (Reiki). While coming down the mountain, he saw a hotel in the way. He felt hungry and seceded to go to that place for meal. The aged owner of that hotel guessed from Mikao's long beard that he was fasting from many days. He wanted to offer Dr. Mikao rice water, as it was a soft food. Mikao insisted on heavy meal. When the old man's granddaughter brought food for Mikao, he observed her face swollen. The girl told at Mikao's query, that she was having toothache. He placed his hand on the painful place, and problem got removed. The third prove was his digestion of that heavy food after long hunger.

Dr. Mikao decided to use that award given to him. He went to a small village in order to heal the beggars and needy people.

Spiritual disciplines of Reiki:

Dr. Mikao felt that he had failed completely. He must have considered the priest's words who said, 'Body is not the only thing to heal). He also said, Reiki is not for carefree people'. The beggars neither appreciated his help nor they showed any sign of thankfulness. They were not agreeing to change themselves and accept responsibility at their part.

“Don't get angry, don't get upset. Respect your parents, teachers and elders. Earn with honesty. Give honour to all lively things.” After this incident, Mikao left Kyoto and set off for a long trip of Japan. He used to switch the torch on even in daylight. When people asked him the reason for that, he replied, 'I am looking for the people who need light'. He found his student Churjiro Hayashi during his lectures about Reiki in temples.

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Churjiro Hayashi:

When Hayashi met with Mikao, his age was 48 and he was a retired navel officer. Dr. Mikao advised him to accompany him in the mission of healing and educating people in Japan. In this way Hayashi became his student and later he took his place. He made a small 8-bedded clinic in Tokyo. All the Reiki healers were males, who used to wear traditional gowns during healing their patients. The clinic remained open in the morning and in the afternoons the healers used to visit the patients who were weak to come to the clinic. Herbs were used as the medicines.

In the Second World War, Hayashi did not want to join military again because he had devoted his life for healing and saving people's lives. He invited his family members and students (grand masters) on tea and announced Hawaii Takata at his place and died helping people.

Hawaii Takata, a Japanese lady was born in one of the Hawaiian islands in 1900. Her parents gave her name at islands because they wanted to see her a great lady. When she was 30-40, her husband expired. She had two daughters whose all responsibilities were at her shoulders. Tensions, worries and overwork got her catch different disease like stones in bladder, asthma and tumors. She prayed for guidance in that situation. The first voice she heard from her inner was to take care of her health. While taking that advice into consideration, she got admitted in one of the Tokyo hospitals whose in charge was her friend. She heard another voice from her inner warning her not to get operated. She left the operation theater with a strange conflict. She asked any other alternate way for operation. Doctor asked her the availability of time she could stay. She agreed even for two years. Doctor Maida took her to his sister who was Dietician and was healed from dysentery through Reiki.

The next day, Takata was taken to Hayashi's Reiki clinic. The two healers wearing traditional gowns healed her. The very first thing she felt was their hand's heat, which confused her to think if their hands were connected with electric wires. To get the answer for that question, she started searching for electric wires underneath the table. The doctor thought, if she needs tissue paper. The doctor laughed when she told him that she was looking for electric tools. Hayashi entered the room to see what was happening. Then he explained to her that the force she felt was not electric rather it was Reiki. Reiki means universal life force. He explained to her that his hands were energy points and energy was being transferred to her through his hands. He also told her that the explained force would rejuvenate her. She was being healed daily and recovered completely after 4 months. She got so impressed by that natural healing method that she wanted to learn that. But she was not allowed for that, as Reiki was a foreign (Japanese) knowledge. She requested in the way, if she got sick again in her own place, what would she do then? Hayashi made a contract to teach her first level if she gets agree to work in the clinic for one year. She accepted that and started living with Hayashi family. She brought that knowledge to west and then went to learn the second level. She started healing people at her return. In 1938, Hayashi and his daughter went to America in order to help Takata in the establishment of a clinic. In 1938, Hayashi made her grand master and went back to Japan. She taught Reiki in America and Canada for 40 years. She started making masters in 1975 and they were 22 in total. She was expired in 1979. But she left very strong footprints in the field of Reiki.

Chapter 8

Telepathy (Zeen Yog):

This knowledge even existed before big bang (the creation of universe). It is a known fact that construction and destruction of matter, creation of galaxies, stars and planets became possible through some communication/messages. Millions of years ago, when universe was created and life became into existence, the intelligent creatures discovered the presence of telepathic forces, which were controlling to regulate the system. Every thing present in this universe is capable of sending and receiving messages. We are curious to know how and why this whole universe is being controlled in a very disciplined way?

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There must be some messaging to regulate the universe. When we come into the world, how our eyes differentiate the colors, qualities and material of the things? According to the universal psychology, energy can be moved towards any direction. All the things present in this universe whether they are matter or energy, they are interlinked with some strong bonds. All the things in this universe are unified. This cohesive attitude of matter and energy shows that everything is busy in the performance of its duties and this is impossible without instructions/messaging.

What is Telepathy?

Telepathy" is derived from the Greek terms tele ("distant") and pathe ("occurrence" or "feeling"). In Zeeli language, telepathy means 'Zeen Yog'. Telepathy is a Communication between two minds without any apparent medium. Wireless and mobile phone can be taken as examples for telepathy. (Read Starzeen and Wadrsta parts of zheel). The psychic phenomena by which communication occurs between minds, or mind-to-mind communication. Such communication includes thoughts, ideas, feelings, sensations and mental images. Telepathic descriptions are universally found in writings and oral lore.

In Urdu, Arabic and Persian, telepathy means spiritual communication and transfer of thoughts and feelings. So it can be precisely defined as communication without using tongue and body language. The person who owns this force can read others thoughts, feelings and intentions even at the distance of thousands of miles.

Zeen Yog means coordination of matter with paranormal forces or harmony between one organism's thoughts, feelings, and emotions with the other one.

History of telepathy on earth:

This knowledge is 70000 years old. The space creatures taught this knowledge to some special people on the earth. Five thousands years ago, Mu civilization was expert in telepathy and it was recognized as 'Zeen Yog'. The term was coined in 1882 by the French psychical researcher Fredric W. H. Myers, a founder of the Society for Psychical Research (SPR). Myers thought his term described the phenomenon better than previous used terms such as the French "*communication de pensees*," "thought-transference," and "thought-reading."

We have limited knowledge. We don't have strong belief in paranormal sciences that is the main cause of putting no effort in its research. Most probably this earth was discovered by space creature through telepathy and may be they know all about our knowledge, culture and civilization. Now the scientists have accepted this knowledge and it is not considered as magic or a profession of jugglers any more. When this fact was accepted at scientific standards, it got the position of a proper subject being taught at colleges and universities. It has been anticipated; this knowledge will exonerate us from this restless, materialistic and artificial life.

All individuals possess this force (telepathy):

You might have experienced, that you thought of someone and he/she appeared or you wanted to speak to someone and you received his/her phone or you liked someone and he/she started loving you or you felt restlessness and you received a bad news from your loved ones etc. These all are the examples of telepathy.

How to learn telepathy?

It can be learnt at your own but the recommended way is to learn under the guidance of an expert or master. It can be risky without a teacher.

Important instructions for successful telepathy:

The most important is to prepare yourself for the achievement of this force. When you feel completely prepared and your inner forces have been activated, then 'Zeen Yog' Then 'Zeen Yog' expert can stimulate telepathic forces within few sessions.

Positive or Negative use:

Before learning telepathy, it is important to set-up its applications. It is a skill, which can be used like others for both positive and negative objectives. It should be used for benefiting others, because its positive use will Reinforce it.

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When I teach my students, I tell my students about its constructive and destructive usage. Another important thing is that, these forces get break if used for destructive purposes.

To alert the mind:

You must have firm belief, that you are going to learn the communication between mind-to-mind. Until and unless you achieve this force, you will keep on practicing.

Mental/Emotional understanding:

When you start learning telepathy, you must choose a person you have emotional understanding with. This mental or emotional understanding will give you a good result. After getting expert, you can choose any person for that.

Women are quick (message) receivers:

It has been proven with different experiments, women possess strong reception capability. Some of the men also have higher capacity of reception.

Patience is mandatory for telepathy:

When you start sending messages, don't get disappointed if messages are not responded. If you loose courage, then it will become quite difficult to achieve success.

Telepathy for diseases:

Patients can be healed completely if their life force is activated using telepathy. Samda helps in telepathy. Samda force incorporates concentration, peace and pleasant feelings in us which helpful for quick activation of telepathic force.

Yog and Telepathy:

There are some yog exercises, which are helpful for increasing the telepathic force.

Essential things in Telepathy:

During this practice, you must be physically and mentally peaceful. The place you select for this should also be calm. Moderate weather is recommended. If you are over occupied or in some mental disturbance, postpone this practice for some suitable time. Sometimes, your emotional state can affect the receiver.

Harmful effects of Telepathy:

You might have read in different books, that you could catch different physical and mental disease during telepathy. But there is no risk if you learn under the guidance of a telepathic expert. When the person starts learning, he automatically gets rid of negative thoughts and attitudes.

One book about 'zeen yog' is under process. Soon it will be in the market. There are some exercises, which will enable you to send messages with 100% success rate.

Chapter 9

Reflexology Acupressure Zone Therapy

(RAZ)

Reflexology is a type of therapy that involves the massaging of the feet to treat and heal an individual's entire body. It is said to be a gentle type of therapy, used to restore the body's natural balance as well as to help maintain its equilibrium. Sometimes, reflexology involves the hands and ears as well as the feet. In most cases, however, only the feet are involved.

Today, reflexology is used as a therapeutic treatment for a full range of conditions, including back pain, sports injuries, migraines, and arthritis. This type of therapy is even said to be effective in treating infertility, digestive disorders, hormonal imbalances, and sleep disorders. Furthermore, many believe it to be particularly helpful in the treatment of a full range of stress-related conditions. However, it is not a cure for medical conditions or diseases. Perhaps one of the most important uses of reflexology is for stress relief.

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A practitioner who is trained and educated in the use of zone therapy performs reflexology. It is said that a trained professional reflexologist may be able to detect subtle changes in the zones of the feet. By applying pressure to a specific zone, a reflexologist may be able to affect the organ or body system that is believed to correspond with that particular zone.

Acupressure is a science that deals with the human body and the flow of natural energy within the body. It is a science, and there is nothing supernatural or magical about acupressure. This medical science is practiced with the use of only one human tool: the thumb. Pressure is applied on different 'pressure points' on the body, stimulating the corresponding glands of the body.

RAZ and Scientific research:

According to the scientific research, our body is an electromagnetic field. Ten rays of electronic current enter our body through head, pass through the set passages (zones) and energize that part of the body where energy is required. The researchers have divided the body into two parts. Five zones are in the left side and five in the right side. All the glands and nervous system come in those zones. According to RAZ theory, harmful elements enter our body through food, drinks and breathing which cause complexities in nervous cells and muscles. All the body activities remain regular until electromagnetic current moves smoothly. Diseases are caught when flow of natural energy is affected. In result, the glands present in that zone or reflex point cannot work properly. So in this technique, when a gentle pressure is applied on the affected organ, the energy flow gets regulated. Different experiments have been performed in Aberdeen University and University of California. Doctor Beaker and his companions inferred that electromagnetic current flows in the Meridian Line. During the research, they also found a group of chemicals called as 'Androfeen'. Its result was same like the painkillers.

Benefits of RAZ:

RAZ is helpful for all the pains (headache, backache, arthritis) in body. Common cold, diarrhea, diabetes, insomnia, sinusitis, irregular menstruation, stomach and liver problems, depression and so many different diseases can be cured with RAZ.

Chapter 10

Hypnotism:

It's a branch of psychology. The word hypnosis is derived from the Greek word hypnos, meaning sleep.... hypnotism is a means of bringing on an artificial state of sleep to the participant ...more accurately described as a state of reduced consciousness while one is awake. This is a state of mind, which the subject is responsive to suggestions of the hypnotist. The experts have classified this artificial sleep into different levels.

- i) Sogrsrestip
- ii) Catalepsy
- iii) Somnambulism
- iv) Lethargy

The most interested element of hypnosis is that, it is not entered/injected into the body like any medicine, but a person himself creates it into the body.

Definitions of Hypnosis by different experts:

1. 'It is a process of directing your thoughts to unconscious without any interference' (Dr. Zoung)
2. 'To me hypnosis is to make others influenced by your personality, character and communication' (Dr. Headen Mein)
3. 'It belongs to natural sciences. It is a psychological fact which is based on brain, nerves and body' (Dr. Soubran)

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History of Hypnosis:

Franz Anton Mesmer (1734-1815), an Austrian physician, is widely acknowledged as the 'Father of Hypnosis'. He believed that there was a quasi-magnetic fluid in the very air we breathe and that the body's nerves somehow absorbed this fluid. Initially, he used a magnet, and later his hand, which was passed over the diseased body in an attempt to unblock the magnetic flow. The hand (and later the eyes) was believed to unblock the fluid by increasing its amount and flow as his hand passed over the affected area. The term 'animal magnetism' was born, and the procedure referred to as Mesmerism. That time the people were unaware of the importance of human mind. They stood against him. But Dr. Mesmer had strong belief in his knowledge, so he healed a lot of people while using Mesmerism.

It wasn't until 1843 that the terms 'hypnotism' and 'hypnosis' were coined by James Braid (1795-1860), a Scottish surgeon working in Manchester. He found that some experimental subjects could go into a trance if they simply fixated their eyes on a bright object, like a silver watch.

Classification of human mind according to psychology and hypnosis:

According to psychology, human mind is divided into three main parts. It is quite important to know about these before knowing about hypnosis.

1. Conscious
2. Subconscious
3. Unconscious

Conscious:

All the current feelings, incidents, situations and experiences are related to conscious. Means, I am writing this time, sitting on the top of Zeezal Mountain, feeling the cold touch of breeze, listening to the birds, smelling the flowers etc. This is our conscious, which gives us awareness about our surroundings.

Subconscious:

All those situations we get across for a moment or short-term experiences are received from conscious and stored in subconscious. After keeping them for sometime, these are forwarded to unconscious. For example, we met with an accident; we will forget it after sometime because it would be shifted to subconscious. Subconscious is also called as memory record. If a long time has been passed in some incident, then it will go to unconscious and its signs will be vanished from the memory. The memories kept in subconscious can be revived but those, which become a part of unconscious, cannot be recovered.

Unconscious:

It is the most important part of the mind. It is difficult to fix lines and lengths between subconscious and unconscious. It controls all the mental activities. It brings comforts in human life as well as difficulties. Complex and frustration are related to this part. Our physical activities are also controlled by this part. All the process in which we eat food, digestion, mixture of food particles in to blood, circulation of blood in the whole body etc are controlled by unconscious. This super power can be controlled by hypnosis.

Suggestion:

It means proposal or idea, which is developed by one person into another's mind. The whole process of hypnosis is based on suggestion. Suggestion develops a confidence and belief about the things present in subconscious.

Auto Suggestion:

It is an old technique. Some of the historical proves show that Indian Yogis were the founders of it. Autosuggestion is that force, which is not accepted by mind. Suppose you are feeling thirsty, and obviously it is a fact, which cannot be refused by your mind. If you repeat again and again 'I am not thirsty'. This is autosuggestion, which will not be accepted by your mind for sometime. But after a while you will be amazed with the feeling that you are not thirsty. This helps you to control yourself. It's used without hypnotism you. It is really helpful to get success in your life.

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Suggestion in Hypnosis:

Whatever is your aim write it down in detail. Summarize it into 3-4 lines and finally into one word or a small sentence. When you go into deep hypnosis, repeat that word or sentence 10 times with the strong belief that you are achieving it. It is quite possible that you will achieve it within 3-4 sessions. I am writing some of the suggestions for your convenience. Select anyone and store it into your subconscious.

1. I am getting healthy day by day
2. I am a confident personality
3. I can bring positive changes in my life
4. I am very intelligent
5. I have strong memory
6. I am a successful and lucky person
7. I am normal physically and mentally
8. I have complete control on my mind
9. I have tolerance power and strong belief
10. I am a strong person
11. I am very happy
12. I am a live hearted person
13. I am a positive creature

You can mould these suggestions as you want but their meaning should not be changed.

Self Hypnosis:

Self-hypnosis is the best way to correct you. The person can bring changes in his personality. The person can get rid of bad habits. This is a standardized technique, which covers all the fields of life. This is the level where man directs his own self. This increases your self-confidence and self-reliance.

Treatment using hypnosis:

Hypnosis is not only helpful for mental and psychological disease; it also cures some of physical disease. Restlessness, fear, anxiety, disappointment, earache, toothache, insomnia, cough, tetanus, allergy, tuberculosis, heart problems, paralysis and hysteria etc can be cured with hypnosis.

Hypnosis and routine problems:

- | | |
|--------------------------------|---------------------------|
| 1. Narcotics | 2. Split thoughts |
| 3. Lack in determination power | 4. Lack in decision power |
| 5. Weakness in memory | 6. Depression |
| 7. Disappointment | 8. Sadness |
| 9. Emotional problem | 10. Shyness |

Except these; psychological, business, matrimonial. Sexual, educational and other problems are solved with hypnosis.

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Instructions for Hypnosis:

Following things must be taken great care of before getting required results in hypnosis:

1. The room you have selected for self-hypnotizing must have normal temperature.
2. Light should be favourable.
3. Peaceful environment (noiseless)
4. Mind should be free from all tensions
5. Hypnotize yourself when you have plenty of free time.
6. Not exhausted physically or mentally that you feel sleepy during the process.
7. The best time for hypnosis is morning after you get up from your sleep.
8. Make sure that you will not be disturbed during the process.
9. Do not leave any unfinished job that distracts your attention during the process.
10. Heart and T.B patients should not hypnotize themselves. They must consult any hypnotist.

Method of getting out of hypnotism sleep:

During the hypnotism situation, if you have fallen in light or deep sleep, advice yourself the following things; I will get up after achieving my goal, when I come into normal position I will be fresh and fit, in the second exercise I will easily fall into deep hypnosis, I will get out of the sleep with counting 1 to 5. When you get out of the situation, open your eyes slowly, move your body slowly, and feel as you are out of hypnosis sleep.

Methods of self-hypnotism:

There can be hundreds of methods of self-hypnotizing, but only one is required which you feel successful at. So exercise one method again and again, if you don't get success then select the other one. If you don't get success at anyone then consult the hypnotist.

Method 1:

Select the comfortable place to lie down. Take long breaths, and hold your breath. Bring your hands towards head and join the arms. Stiffen the whole body. Fix the fingers of both hands into each other. Bring your arms towards your face. Stiffen the face. Now leave the breath and relax your body. Suggest your body from head to foot, 'tension is getting released'. Practice normal breathing for twice or thrice. Calm down and feel your body heavy. Now suggest to yourself that all parts of your body are getting light and you are enjoying. Now you have fallen into hypnosis situation and it is getting deep and deep. Repeat the above given sentences until you fall into hypnosis situation.

Method 2:

Repeat the first method. Then think of a bright light entering your skull. Stay in this thought for 4-5 minutes. Now start counting in reverse from 15 to 1 thinking you are falling into deep hypnosis. Also suggest to yourself that when you reach at one, you will be in hypnosis. So when you reach 5, you will be in hypnosis.

Method 3:

Sit in a comfortable chair. Keep the spine straight. Exercise simple breathing 3-4 times. Relax your body after that. Place your hands at legs and distance between your feet. Head at the back of chair. Stay in peace and relax all body parts. Imagine a favourite place where you are comfortable and happy. Enjoy yourself while Moving in that place. After retaining this thought for 5-6 minutes, advice yourself with first method and get in

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Chapter 11

Magnetism:

There are three types of magnetism, which are as follows:

1. Animal Magnetism
2. Non animal Magnetism
3. Electrical Magnetism

There are so many names of animal magnetism. Some people also called this force as Telepathy. Beside all such names magnetism is a force and it is found not only in human being but also in animals and plants.

What is Magnetism?

It has been said that in ancient Greek, there was a shepherd named as Magnes. He was having an iron rod during grazing his sheep. When he put his rod on a rock it got stick with that. He could not get his rod free from that rock. This word 'Magnes' started from that day. One another reason which is considered close to the reality is that there was a city 'Magnesia' in Asia-e- Kochak. Magnetic rocks surrounded this city. So this name was started 3500 thousands years ago by Greek historians and scientists.

I saw in the condition of deep meditation, 7000 years ago, when Samdees, Minineel and IC Menail constructed hops at different places, then there was a strange force involved in it which could move thousand tons rocks from one place to another. People named this force as 'Meenaces', which means magnet. Gradually this name had some modifications and got different names, 'magna', 'magnet', 'magnat', 'magnatide' etc.

People in Greek and Rome inferred from their experiments that magnetic stones attract iron towards itself. This quality of magnetic stone, developed different beliefs in people. It was believed by the ancient people that charms having magnetic stones or rings with these stones could attract others hearts. This stone was used for curing different disease. They also discovered that when a magnet is hanged; its one end always heads towards north. Getting benefit from this property, people started using it to identify the direction of ships movement in seas.

Non animal Magnetism:

It is classified into two main types.

1. Electrical Magnetism:
2. Metallic Magnetism

Electrical magnetism exists in space and all around. The same magnetism is a part of human beings. Electrical magnetism fields can be created artificially. Its one characteristic is that it attracts iron and attracts or repels other magnet without touching the ends. This characteristic of attracting or repelling is called magnetism. Magnetism is a process, which is beyond the feelings of our five senses.

Earth magnetism:

You might have known from the compass that this earth itself possesses a strong magnetic force. There is a flow of strong magnetic rays from north to south. According to the archeologists, the earth magnetism is due to the internal and external movements in the earth. The internal part of the earth consists of iron and nickel. There is a heavy pressure on it and temperature of this internal material is very high. In result magnetic current is created.

Difference between gravitational force and magnetism:

Gravitational force attracts all the things towards itself whereas magnetism attracts some particular materials.

Magnet has north and south poles, which create magnetic fields around the material. Gravitational force is more Powerful than magnetism.

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Animal Magnetism:

This magnetism has different names like 'magnetism', 'mesmerism' and animal magnetism. Some people call it as 'hypnosis' or 'telepathy'. Whatever is the name, it is a force, which does not only exist in human beings, but it also exists in animals. It can attract all the materials like gravitational force. But this force in human beings should not be called as magnetism, because it works different than magnetism or gravitational force. When this force gets activation in human beings, we can use it for different positive things. Like messaging anybody to have positive thoughts for someone, finishing disappoints, freedom from negative thoughts, leaving the bad habits or getting success in business.

It is my theory, that this is not magnetism; rather it is a type of *Sitarzen and Wudrasta* forces of zheel.

What is Animal Magnetism?

It is that kind of force, which can be used for the achievement of your targets. Magnetism is ancient and scientific knowledge. The man also possesses this force because he is the part of this universe. He is like a machine, which contains powerful electronic and magnetic parts. Unfortunately most of us are not familiar with this force so they are unable to utilize this powerful tool. We ignore most of our hidden forces and make them valueless by not using them. We just believe in feelings, emotions, surroundings and incidents, which we perceive with our five senses. If we differentiate ourselves from the other animals, then we will observe that there are 50 billion cells in human body and each cell possess a strong force. All the animate and inanimate in this universe do contain any kind of force. For example, water is a compound of two gases (oxygen and hydrogen), it contains a lot of electronic, mechanical and chemical forces. If this mixture of two elements possesses this much force then what about the human body where there are 72 elements.

Magnetism in animals:

Magnetism got importance in 1770, when a famous scientist Gliew was making frogs to cook for his sick wife. Incidentally he felt some movement in frog's dead legs when metallic tools got stuck with them.

According to Aldani, contraction in tissues and muscles is due to the creation of electric current. When we want to move any part of the body, neurons receive force from the cells and scatter it to tissues, which cause movement.

Have you ever seen fight between two hens, cats, dogs or birds? All these animals stare into each other's eyes before attack. e.g. when a serpent wants to catch any prey, it stares it from distance. Magnetic rays emerge from its eyes, which surround the prey, and it becomes numb. Same does the cat. It first creates sweet sounds to attract the victim. When it gets success in attracting the prey, then the magnetic rays in cat's eyes make the prey insensitive.

Magnetism is a symbol Life:

The life process does not start unless magnetism is created in any body. The human body consists of 72 elements. When these 72 elements work together, just imagine the production of electricity and magnetism. This proper pact of the elements is a basis of life. If we have a look on the solar system, all the stars and planets are moving in their orbits. These are not bound of doing that without the presence of some powerful force. This force is named as magnetic force. Same is happening in atom where electrons are moving around the nucleus. Cell is the basic unit of human body. There is a controlling force in each cell, which maintains its existence. This cell multiplies into billions, which makes a body, and this flow of forces in the body is called life.

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Benefits of Magnetism:

- Balanced life
- No sickness
- Attractive voice and effective communication
- Brightness into eyes
- Confidence building
- Convincing talks
- Progress in business
- Successful matrimonial life
- Development in concentration
- Telepathy

How to activate Magnetism?

The old way of developing magnetism is not only hard and difficult but also prove to be harmful. In zheel sciences, magnetism can be activated easily and better way. The magnetism master gets the result within few minutes or sometimes within few hours. Actually the master uses his forces to activate the students' powers. The master first of all prepares the student to activate his magnetism, which ends with positive usage.

Chapter 12

Color Therapy:

This universe is made up of colors and its beauty lies in different colors. The things are differentiated with the help of colors. Beauty and ugliness is distinguished with colors. It is impossible to ignore the importance of colors in human life. Selection of colors reflects our feelings, thoughts and overall personality. Cool colors relax us mentally whereas hot colors depress us and create restlessness.

Colors had been used to cure the physical and psychological problems. Different colors have different psychological impacts. Selection of suitable colors is important to spend a happy and comfortable life.

Weather must be kept in mind before selecting colors. Choose light colors in warmer areas. Light colors develops calm and cold environment. They reduce depression and high blood pressure. Select dark colors in cold areas. Dark colors develop warmer atmosphere around.

If you want to make your life colorful and introduce positive changes in it, then you must have awareness about the colors. Every color has its psychological characteristic, which is used for healing purposes. According to natural sciences, if we know a person's liking or disliking about colors then we can easily judge his physical or mental state. With the help of color therapy, one can be able to select colors compatible to his personality.

Blue Color:

This color is found most in the universe. This color bears more importance than others. It decreases the intensity of red color. This color develops confidence and improves concentration. It lessens the mental tension and stress. This color represents the spiritual esteem. Dark blue is a symbol of honesty and grace. It possesses healing power for jaundice and best for insomnia. It creates a peaceful, cool and comfortable environment. Enhances the decision power and creativity. It is also helpful to control fever and pulse rate. This color relaxes the nerves and cure many physical or mental disease. It is my challenge, that if this color is used with a particular method then it cures every disease. The people who like blue color are sensitive, well mannered and courteous. They enjoy nature and are keen observant. These people are trustworthy and have balanced personality. These people are cool-minded and peaceful. They are dutiful, obedient, sincere and Social. This color symbolizes wisdom and penetration.

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Green Color:

This is life color. Organism's life is impossible without greenery. This is the color of nature. It is considered as a symbol of courage, hope, progress, liveliness and continuity in life. It is a color of sacrifice, trust, coordination, friendship and sympathy. It releases the mind and helps to overcome fear. Normally this color is thought best to decorate kids' rooms because it motivates them to learn new things. It controls high blood pressure and cures eyes disease. It helps in healing wounds and best for ulcer. The people who like this color are optimist and loving people.

Red Czzolor:

Red color is circulating in human body. Red color was the source of revolution. The society where this color is discouraged always meets downfall because this color strengthen the emotions and elicit aggression. This color cures anemic patients and reduces complexity, fear, lack in determination and decision-making, physical and mental weakness. This color cures epilepsy, hysteria, thirst, insect stings, scabies, cough and cold. People who like red color possess strong physical and mental health. They are energetic, courageous, emotional and live hearted. They are materialistic and possess helping nature. This color is best to treat sexual disease.

Yellow Color:

This color symbolizes love and beauty. It motivates the students for learning. It is normally used in schools. It is best to cure eczema and other skin disease. This color develops thoughtfulness in people. It is helpful to eliminate stress, fear and disappointments. It is best for stomach diseases. It enforces the digestive system and helpful for liver diseases, diabetes, blood piles and cholera. This color removes scars on the body. It removes worms from stomach. The people who like this color are broad minded, polite and optimist. These are active people and mostly scientific inventions are related to them.

White Color:

It is the mixture of all natural colors. This is a symbol of inspirational forces. This color makes the personality attractive. It looks good in every weather and situation. It represents truthfulness, innocence and kindness. It reduces anger. It symbolizes respect and grace. It normalizes the blood pressure. It is best for heart and kidney diseases. It also helps in depression, stress and headache. The people who like this color are peaceful, attractive and graceful.

Orange Color:

This color is the spirit of powers. It is best for chest problems. It develops happiness and hopes. It is best for lungs problems, tuberculosis, cholera and other stomach disease. It is also best for anemia, heart disease and asthma. Removes kidney and gall bladder stones and cures appendices. The people who like this color never get exhausted and they are very active people. They are creative; warm hearted, loving and helpful people.

Pink Color:

This color is thought as a love symbol. This color also shows success in efforts. It is effective for sexual problems, family problems and business affairs. The people who use this color remain cool tempered. The blind people also feel comfortable with this color. This increases passion between husband and wife. The people who like this color are pure and bit shy. They love peace. It is an element of beauty and helpful for eternal beauty.

Brown Color:

This color symbolizes earth and considered as a sign of struggles and achievement of goals. Select this color if you want to look decent and well dressed. It brings warmth and hope in life. It increases immunity power. The people who like this color struggle for positive objectives and avoid from negative ones.

Purple Color:

This color reduces mental stress and causes peace and comfort in distressing state of mind. Its best prescription for deep and peaceful sleep. Normally this color is helpful for mental and nervous disease. It decreases hunger and causes weight loss. Best for sexual problems, kidney and bladder problems, diabetes and stammer. The people who like this color are creative and possess constructive powers. These people are more concerned for the betterment of humanity as compared to their own self.

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Black Color:

Black color absorbs heat. It symbolizes good taste and reflects romance and beauty. It regulates intake timings and causes weight loss. The people who like this color are courageous have good taste. It is best for eye disease and increases eyesight.

Methods of using colors:

Select any color according to your objective and then gather all knowledge about that color. Colors can be use by the following methods:

1. Inhaling in colors
2. Usage in water
3. Selection of particular colored dress and other things

Inhaling in Colors:

Suppose you want to enhance your beauty. Pink color is best for that. Select a room painted light pink hang light pink curtains, pink carpet (if not then spread any pink sheet on it), pink bed linen and pillow covers. Pink light and wear pink dress or wrap yourself with pink sheet. Don't hide your face with cloth. Now close the door and sit in meditation posture taking long breaths. Now consider that you are absorbing pink color with your breath and this is enhancing your beauty. First day repeat the breathing process for 4 times, and then increase by one daily. You can do this twice a day. After few days you will observe a great freshness in your skin.

Note: Do this for any color and any disease. During breathing, imagine your disease is getting finished.

Usage in water:

Colorful water can be used by two ways. In first method, change the watercolor adding a little quantity of food color (the color according to your objective). Then drink that water. In the second method, buy a particular colored transparent bottle or transparent colored sheet to wrap the bottle. Fill the bottle with water and place it in sunshine. Keep this bottle in the sunshine for few days, and then drink that water 3-4 times a day.

In a society like Pakistan, mostly the women hesitate to explain their sexual problems. They should select two red colored bottles (1 or 1 ½ liters). Better if glass bottles. Fill these with water and place in sunshine for two days in order to absorb maximum red color. Use this water 3-4 times a day or more than that until the problem gets cured.

Chapter 13

Zheel Sciences:

This science discusses matter like chemistry. The subjects included in Zheel science are meditation, psychology, PMBL, Yog, Hypnosis, Reiki, Magnetism, telepathy, Breathing therapy, Aroma therapy, RAZ, PSI, Chi power and all subjects related to spiritual and mental forces. All these subjects are supported by Zheel Science and positive changes can be incorporated. You might have observed that I have brought certain changes in the knowledge acquired from my teachers and still some further changes can be induced. Changes cannot be made unless the person is expert in all these subjects and he is directly associated with paranormal world. Means his 6th sense or 3rd eye should be working. A little mistake in the process can be harmful. It is difficult to understand this knowledge because these forces are invisible to us but when we go to inner then there is no existence of visible things. We can understand this all if we associate us with the forces controlling this universe.

Definition of Zheel:

It comprises of 2 words - ZH meaning an aggregate & EEL the governing Energy. So, it is defined as the sum of energies having influence on the universe in keeping it in a balance state. The constellation of particles involved in the formation of whole universe. Zheel is the basic unit of Energy.

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Classification of zheels

1. Jamnil (living)
2. Gangus (non-living)

A.Gangus (non- living)

Samdha (Luminous)
Dara (Non Luminous)
Paranium (Extra) energy in excess)
Parneel (Dead)
Hops (Artificial)

B.Jamnil (living)

Aswanil (Pertaining to other Animals)
Sansiana (Pertaining to Botany)
Huadamsara (Relating to Human)
Kahoba (Deals with symbiotic)
Siaroam (Deals with High power)

GANGUS (NON-LIVING)

It is non-living zheel, which is further classified into 5 types.

- (1) Luminous (Samda)
- (2) Non-luminous (Dara)
- (3) Extra (Perniam)
- (4) Dead (Parnil)
- (5) Artificial (Hops)

Luminous:

It is found in the center of stars or Galaxy.

Non-Luminous:

it is present in the center of planets. Sometimes it becomes luminous when a gigantic planet transforms into sun. This process is called as revolutionary period of stars.

Extra:

Present in the form of particles. Sometimes it is involved in the formation of matter. Scientists are constraint that universe came into existence as a result of big bang. But the factual position deviates from that hypothesis. It was Extra Zheel to create matter as per requirement. Sometimes matter does colloid & explosion is observed.

Dead Zheel:

The deceased form of a star in a galaxy is called Dead Zheel. But once Dead Zheels heap up, that collective mass assumes an energy center. Presence of such energy enormously in the galaxy is alarming, because black hole is evolved due to fusion of a dead star with another one in the vicinity. This nascent black hole now disintegrates & extra energy is released. After disintegration it goes into the phase of dormancy, which ambushes the matter, & the cycle is repeated. This is the basis of reaction, which results in attraction of spacecraft.

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Artificial Zheel: It can be produced artificially & is employed in therapeutics. Details are as under:

Hop Zheel:

It is visible & has 3 or 4 dimensions. Triangular objects all belong to Hops Zheel. It can be produced artificially from visible substances like stone, wood, iron, cloth etc. The energy these Zheels gain after production is similar in extent to that of natural Zheel.

Types of Hop Zheel:

- (1) Four dimensional.
- (2) Three dimensional
- (3) Spherical

Four dimensional:

Being an aggregate of triangular Zheel adopts the shape of a pyramid. They are observed in Egypt, Mexico & Sudan.

The heart of stars often comprises of aggregate of 4 dimensional Zheels. The energy they discharge is due to the process of fission. Helium & Hydrogen are released which radiate to other stars. This is the way a magnified galaxy is produced while the center of such unified group is piled up with huge numbers of Zheels, which energize the whole galaxy. From one pole to the other & keeps them united. Such stars enjoy dancing around their own. It also creates good & charming relations with other galaxies in its neighborhood.

Three dimensional Zheel:

Generally made of three angles. Every substance releases or absorbs energy in the form of triangle. It can be inferred that the shape of real energy in the universe is that of a triangle. Whatever the energy released from substances, present in animals, plants & stars possesses the form of a triangle. Therefore three-dimensional Zheel & energy are synonymous.

Spherical Zheel:

Literally it is the same triangle Zheel. The shape of invisible Zheel never varies. The matter it produces is delivered to the outer most shell of Zheel & thus appears to be spherical. It has no effect both on the shape & the energy of the Zheel. For example we make a triangular Zheel & each side is filled with clay externally in such a way that the outer most part appear spherical. What this manner is meant for? It is to keep the Zheel energy conserved within it. It will keep it as such even if the coat of this Zheel is not alloyed with.

How does Hops Zheel work?

As such it is sessile & inert. But it can be made capable of producing energy so that it can serve the purpose of a source of energy for real Zheel. Once it is produced other invisible Zheels take the opportunity to enrich & energize it. After it's enrichment not only it's core, but also the electronic field it creates discharges energy. But not all Zheels are for all sorts! For instance for the rapuetic purposes Zheel is tuned in a specific way which is then discharged by the Grand Grand master of Samda energy, who directs the real Zheel to Hops which is felt in the form of a healing reflex or a wave & then transfers it to the atmosphere etc.

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JAMNIL (NON-LIVING) **Huadamsara (Human) Zheel:**

Sketch of Human Zheel: Each Zheel contains 7 kinds of energies. Each Zheel has a specific diagram. The inside is triangular & it goes on changing from inside out until becomes circular in the outer most shell. Each Zheel is composed of 7 shells. The inner most is No 1 & is triangular shells 2,3 & 4 are also triangular with a bit variability. However 5,6,7 shells are almost circular. The first part is Sociomeel, 2nd is Naruneel and Partiomeel, 3rd is Sitarzen and Wudrasta and 4th is Saraswati and Vebas. 1st part is invisible, 2nd part is invisible and non-atomic, 3rd part is part of atomic energy and 4th part is visible & at the level of atoms.

- (1) Sociomeel
- (2) Naruneel
- (3) Partiomeel
- (4) Sitarzen
- (5) Wudrasta
- (6) Saraswati
- (7) Vebas

Sociomeel:

It occupies the nucleus & is possessed with characteristics of reproduction one of the peculiarities of Living. Its magnitude is indefinite & unlimited. Being the core is present in the form of invisible particles having an indefinite velocity.

There exist 17 other universes around our visible one: It is the Sociomeel that keeps all of them in equilibrium. To understand by an example (for simplicity) is given: If a cell is divided into 2 parts; one containing the nucleus, i.e. Nucleated & the other part containing all other organelles i.e; a nucleated; & then let them grow. After a specific time it will be observed that only the Nucleated part has regenerated. So the conclusion drawn is that the nucleus is the only part, which possesses the power of regeneration & thus may be immortal so in Zheel sciences this nucleus is the Sociomeel i.e; the soul.

Each Zheel is polychromatic, i.e; have a spectrum of Red, Yellow & blue colors. Besides these basic primary colors, secondary colors are also observed at the site of overlapping or merging one energy into the other. Therefore each Zheel is multicolored. While Sociomeel is colorless & is as pure as water. Being energy it must have a color but cannot be perceived.

Naruneel:

Blue colored this energy travels with a speed many trillion folds to that of speed of light & serves the purpose of a bridge between the 2 universes.

Partiomeel:

Azure colored this one works up to the extreme border of our universe with a velocity many billion folds to that of light. Keeping the matter unified it interconnects the galaxies.

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Sitarzen:

It converts matter to Energy. Keeps itself within its orbit in the Zheel. After its birth it requires 8-22 billion years to be completely discharged. Thus significance lies, viz; in the interchangeability of matter to energy & vice versa. Zheelians movement from one pole to the other in twinkling of an eye is due to this energy. Yog meditation exercises do become purposeful when the sitar & twinkling Zen energy is captured.

Scientists are indulged in sorting it out of outer substances while it is present in substantial amount in their own corpse. Moreover the cost will be in decimal of the total expenses. The responsibility, therefore, lies on the politicians, seers and other influential to highlight the virtues instead of vices; & let not the people go against nature. After all an unnatural path leads to annihilation. A yogi is empowered with such energy but is free from prejudices & harmless to others. Existence without essentials, e.g; oxygen, water, food etc is impossible but a yogi by dint of this energy may live longer even for months sans these essentials. This potential energy in the living has additional properties (albeit present in both living & non living), which are as;

- (a) **Zhin Laurel:** Transforms matter to energy.
- (b) **Skinil :** Produces imaginations.
- (c) **Nahlu:** conveys & diffuses (transcripts) imaginations into other substances.
- (d) **Sikoza:** It elicits various senses and reflects to differentiate & distinguish.
- (e) **Nehro:** Involved in connecting & mixing ideas with a view to storing it.
- (f) **Parwan:** Works as filtration chamber. The matter in excess is transferred to the next chamber.
- (g) **Permella:** So vast that it requires about 22 billion years to exhaust. How ever like recycle bin it can be emptied & refilled.
- (h) **Socio:** It augments the reflexes.

Wudrasta:

The living matter in to is attributable to this energy. Limited to its own orbit revolves with a much slower kinetic energy (cf. Sitar Zen not with standing with its orbit but having faster speed).

However, its speed can be enhanced & when it synchronizes with the velocity of sitarzen it emits green colour. Following sub energies exist in the Zheel.

- (a) **Tiyal:** Has dual role to either orbit i.e; with sitarzen it converts matter & energy while with wudrasta produces stuff (matter). Zheelians call it one having either power of determination or power of vacillation for failures & success are both owned to it. With a few continue exercise one can "enslave" this sub Energy. It controls power of imaginations. Sans its involvement matter cannot be changed to energy.
- (b) **Sissa:** Produces stuff. It record imagination.
- (c) **Teed:** Produces to protoplasm (living matter) in all living cells. It regenerates spontaneously from the inside. So it is not formed pinocytically. After its formation it is transferred to Samda. Irrespective of evolutionary theories it is irrevocable fact that matter is next to Energy, which commits the crime of making matter.

- (d) **Samda:** The living & Healing Energy in Zheel sciences, it has different names:

DA (DurAndesh Energy)

DAS (DurAndesh samda Energy)

D.A. R (DurAndesh Reiki)

SE (Samda Energy)

ZE (Zheel Energy)

It has a curative role. Millions of patients have resumed their health with the help of this energy.

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6. Saraswati Energy:

It is the sixth shell of Zheel. It contains that kind of energy (also called as gravitational force), which creates a link between different zheels. It runs with a velocity 8 millions folds to that of velocity of light. It links the zheels & moves them in an orderly manner according to laws or nature. It stimulates & organizes the matter. It influences the matters present in universe.

7. Vebas Energy:

It is the seventh shell of zheel. It is concerned with magnetism having link with the Zheel in its surrounding due to electromagnetic effectiveness to certain distance & magnetic fields are more affinitive. It contains two energies; electromagnetic and magnetic. It is similar to Saraswati with a bit difference. Though the magnetic force is very slow and its rays have short span but its magnetic field is very powerful. This force is considered like gravitations force.

Chapter 14

Samda:

It defines structure of the cell and makes it alive. It receives protoplasm from Teed. If there is some deficiency in the matter, it completes it. Then the cell accepts zheel from Sociomeel. After receiving zheel from Sociomeel, cell is shuttled back to Samda where it is nourished with 14 types of bio-healing energies, which affects the 14 systems of the Body. Then Samda transfers living and healing forces into the zheel of each cell. Then the cells perform their functions according to the coded forces. Man is alive due to these fourteen forces. If these forces exit from the human body, then it is a dead one. This nourished-impregnated cell is now discharged from the cell. Since centuries Samda is being sought, but honor goes to Zheel sciences, which gives clue and further 14 species. Each species is specific. Since centuries, it is in practice e.g; in medicine, Psychology and spiritual exercises. But is still anonymous to its user. Nor one is aware of its procedure of activation. It is well recognized in Medicine that certain drugs are resistant & ineffective while others produce side effects e.g; Anaphylaxis & even complicate the disease. At that moment when everybody is helpless, it is the Samda energy to be applied as a last resort.

It comprises of following 14 species.

Classification of Samda:

1. Sevala

2. Dilda
3. Lebna
4. Samondla
5. Dildal
6. Lairla
7. Troposa
8. Angla
9. Lena
10. Gangla
11. Zezom
12. Sarbela
13. Lobra
14. Ahola

These fourteen are subdivided into A,B,C,D,E and F and there functionality is described in each level of Samda.

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Samda 1 (Savela):

It has already been mentioned that Teed produces crude living matter of a cell. This nascent protoplasm is transferred to Samda, which translates it and transcribes it in an orderly manner. This orderly mannered protoplasm is transferred to sociomeel for further enrichment. Now this enriched matter is shuttled back to Samda with compatibility to survive. Its polarity is further enhanced with induction of 14 specific energies. This is the way SE's are coded in accordance with their specific location (Area) and function.

SE1 is located a bit above the center for heart & is activated through reflexes.

The 14 centers of energy are located in the bones of skull, vertebral column, brain, spinal chord, bones of hands and feet. All are connected to brain.

SE1 controls the hyper kinetic areas i.e; the most mobile parts as hands through the remaining SEs. SE1 have the following sub-species.

A. It possesses the property of automation keeping flesh, bone, skin & blood alive. After a specific time it becomes exhausted.

B. Is immortal sub-species and remains within the Zheel even after the death of an organism. Perhaps it may be somewhat like a DNA and is activated by Samda Master with a special method. After initiation it propagates through the body rapidly. Is the sole energy that interacts all bio-forces in the universe? This is the application of Healing energy.

C. Functions as a substrate it offloads at the affected site directly. It originates without any external stimulus. Now how does it work?

First of all, SE1 takes origin in the hands of Samda Master. When the hands become responsive, the said energy is transferred/diffused into the diseased organ of the patient. After attaining SE1 and before jumping to the next one, there is a system of checking the ability to perform the exercise. Samda Master checks the magnitude of concentration, i.e; examines quantitatively the SE1 bestowed upon. If the feedback response is positive the hops of SE2 are transferred. After SE2, the same process is repeated to assess the capability.

It is assumed that at the border of each SE there exists a check post. Before entry to the next SE, one have to obtain clearance certificate, otherwise one will be detained until unless one is adept in the very SE & this law of immigration applies to all SE'S.

Samda 2 (Dilda):

It pertains to our respiratory system. It's sub species A when activates it propagates through 50 Trillion cells of the body. When all cells become stimulated the sub-species "B" is in force and Healing energy is transferred through blowing (Expiratory excursion) to the patient.

Samda 3 (Lebna)

Present in both of the Zheels i.e; Jammil & Gangus. After taking origin, it is transferred into non living substances which are used then for therapeutic purposes.

Samda 4 (Samondla)

It is inherited with a velocity less than trillion folds to that of velocity of light and is considered as the fastest energy in the universe.

Significant distant healing (i.e; Telephonically) is possible. Moreover with the help of this energy, one can survive an aerobically.

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Samda 5 (Dildal)

It deals with all centers of Samda. Reflexes initiated one merged into AURA. So treatment with the help of any part of the body is instituted with the activation of it's sub-species "B" .It keeps all dispersed forces in balanced and orderly manner. It affords all essential informations to Samda centers.

Samda 6 (Lairla)

Distant Healing like SE4 is possible with the process of blowing. With the activation of this energy the breaths of human coincide with the extra corporal Samda energy.

Samda 7 (Troposa)

C,D,E, and F are it's subspecies. It prepares one to face all sorts of situations i.e; situation of fight or flight. Only "D" is activated while "E" & "F" are activated extrinsically under the effect of SE12."D" is thermoregulatory and also employed in operative procedures.

"E" & "F" are involved in controlling the force of Gravity. Gigantic substances can be lifted off the ground with the use of this energy. While constructing pyramids extraordinary heavy stones were lifted off to float in the air and to place them at their specific site was the job of this energy.

Samda 8 (Angla)

Deals with beatification, control of weight, age, height, libido, sex appeal, thirst, Hunger, reproduction, evolution & extirpation. Can regulate virtues, vices, pleasures, sorrows & lust etc.

Samda 9 (Lena)

Activated in Hops Zheel & even perpetuate the process. It's therapeutic use is established. All SE's are harmless save SE9.Consequences are dreadful if SE9 is applied for evil doing. SE10 through SE14 will be discussed in some subsequent book.

Man is enclosed in an opaque shell:

When the student starts getting Samda attunements, most of his diseases are automatically cured. The reason behind is that, our body has been divided into two parts; visible and invisible. Both of these parts are affected by filthy environment and restlessness, fear, anxiety, doubts, fretfulness, worries and different kinds of pains become a part of human body. And finally this pure body becomes a resident of tensions, which cause depression. Samda breaks this opaque shell and brings the man to its natural position.

Disease healed by Samda

This fast going world has destroyed peace of not only a common man but also the people enjoying all luxuries of life are its victims. The luxuries and comforts are playing effective role in the development of disease. Spicy, oily and fast foods are the major cause of obesity. Obesity is the root cause of blood pressure, cholesterol and diabetes and when these diseases join together, the man suffers from fear. Heart disease, cancer, insomnia, depression and anxiety are increasing tremendously. The ratio of these diseases is 5% in poor and 60% in those spending comfortable and luxurious lives. Less ratio in poor is just due to their hard life style and non availability of fast and rich foods. They utilize their body with all respect, inhale pure air and sleep well.

Comforts are another cause of diseases. Pedestrians have been replaced by cyclists, cycles have been replaced by taxies, busses, cars and planes have taken place of automobiles. These comforts have jammed the life. Competition of improving the life standard is causing restlessness and depression in modern man. The man has selected screen as an entertainment tool, which is affecting his eyesight. The worth mentioning thing is that, despite of all these facilities man is striving for deep sleep.

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Illusions of artificial life:

Example 1:

When I first came to Lahore, a well-educated came to me was suffered from insomnia. He told me that he was deprived of proper sleep and was using two tablet Diazepam 10 mg to fall in sleep. He was worried about its harm effects. He told me that he had every thing except good health. It was 10:30 p.m. and I was about to close the office. I asked him to accompany me till Main Market Roundabout as I had some important work to do there. He offered his car with A.C for going to Main Market. I refused saying, "I will prescribe you something for your problem during this walk". When we reached there, we saw many poor people sleeping on the naked ground. There was a hell of noise around, but they were enjoying a deep sleep. The man asked me to go back as he was tired. We came back and I asked him to visit next evening again. Next day, the man came and told me he got a good sleep without any sleeping pill. I suggested him to do any tiring activity followed by Zheel Yog daily. He agreed for Zheel Yog but reluctant for tiring activity as he had a lot of workers in his home. I asked him the previous night experience. Why poor people were having a sound sleep and how you slept without sleeping pill? The objective of this discussion is that, our comforts are actually killing us.

Example 2:

Once a woman came to me whose face was spoiled by makeup. I treated her problem and then she became student of Slimming Yog. She was a well off lady whose husband had expired 3 years back. She had a daughter who was studying in the best university of the world. She invited me at her home, appreciated my knowledge, felt sorry on my poor condition and finally offered me her daughter's hand with this statement 'the person who marry my daughter will be heir of my wealth'. I refused saying comforts; wealth and marriage is not the real target of human being. When I analyzed her situation, there were very few happiness. I told her wealth is the root cause of every problem and restlessness. The lady became agitated and said you mean we should move to jungles. I explained to her that I did not mean that. It is impossible to lead a healthy life in jungles, as we had become a part of this artificial world. But we should try to lead a life in natural way. We are being deprived of nature and its realities.

Example 3:

Once a very respectable person came to me. He did not discuss his problems at first because he wanted to check whether Zheel Sciences had solution to his problems or not? After few meetings, he got sure about the strength of Zheel Sciences. I got surprised when he discussed his problems. (some of his problems should not be narrated here). Few problems which are very common to everyone are as follows. They were few brothers where business was the cause of their enmity. He divorced his wife after some time of his marriage. They remarried because some psychological complexities were started in their small children. But same problems even after reconciliation. All the family members were caught by different disease. He himself was a short tempered man who could not control his mental state. They had every facility of life except peace and health. When I inquired him, whether his behaviour was same at office or different from home. He replied, "I remain calm in office, otherwise it will spoil my business". Smile is a part of business but it is not real. In this materialistic world, all directions of our lives are dominated by artificial ways. This materialism is damaging natural ways of life. What is the benefit of this development where man himself is the main victim?

What is the solution?

Samda is a powerful energy, which can even heal imperfections in human being. It is a natural way of healing which can heal all diseases. It stabilizes the internal and external abnormalities. Samda is not only effective for the patient but also for the healer. Samda healer daily cures thousands of the patients without any exhaustion, Rather he feels more energetic and comfortable. Samda itself is a meditation and it enhances the zheel forces

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Samda and diseases:

Samda provides excellent healing for the following diseases:

Blood pressure, cholesterol, cancer, obesity, depression, tension, stones in kidneys, bladder, pancreas, fear, restlessness, lack in confidence, insomnia, exhaustion, laziness, memory problems, all kinds of pains, heart problems, irregularity in circulation, eyes disease, shortsightedness, blindness, glaucoma, trachoma, disturber, dumbness, deafness, bones problems, brittleness of bones, back ache, sexual problems, sterility, mental retardation, epilepsy, hysteria, tumors (uterus, skin and brain), paralysis, skin disease, anemia, hormonal misbalance etc.

Importance of Samda levels in Healing:

Different levels play different roles in healing. They assist one another in healing process. The samda healer is benefited if he uses these forces. Samda gives new life and happiness. Different problems are automatically solved.

Samda 1:

The first level is used for one or two patients at one time. It is particularly helpful for physical diseases. But some of the psychological and spiritual diseases can also be treated with it. Its assistant levels are 2 and 3. The patient is cured quickly while using these three levels. First level becomes insufficient for some of the incurable diseases. For that purpose 2nd and 3rd levels are required.

Samda 2:

This level particularly is used for mental diseases like depression, fear, restlessness, educational problems, memory weakness, dumbness, deafness and hearing problems. It gives freshness to spirit and Aura. It is particularly used for children patients. This level protects the Aura from external negativity. This level is best for animals. It can also be used for plants.

Samda 3:

This level helps all other levels. It removes the harm effects of medicines. It is effective for all diseases. It not only cures the disease but also removes the harmful materials from the body. It energizes the homes, buildings and removes negativity (evil spirits etc), negative bodies emerge negative forces. Effects of black magic can be removed 100% with level 3. The environment becomes positive and pleasant. Following example will explain the statement above mentioned: A woman came to me who was referred by one of my student. She inquired if I could control the negativity of ghosts and evil spirits. I replied in positive. Then she narrated that they had left their own home due to some negativity. Doors and windows of the home were opened automatically and they listened horrible voices from inside. After some time the family were slapped by some unseen creature. The home was rented out but the people left it within 15 days. The lady was very upset because they had tried different methods to get peace in the home. I accompanied the woman towards her home but I was confused whether it was some psychological problem or in fact the home was under the effects of negativity. But there was something very serious. The lady suggested me in the way 'don't go if you really can't solve the problem', because anybody who interferes is harmed afterwards. I replied, 'don't worry'. When we reached the place, the woman was afraid to enter in. I entered alone and felt the environment unpleasant. I also heard strange voices and movement of some unseen things at very high speed. I activated samda 3 and samda 4 and felt peace around. Then I energized the rooms. The woman entered the home and her eyes were filled with tears of happiness. She was feeling light and peaceful.

mda 4:

This level is used for distant healing. Group Healing is also possible with this level. Samda level- 6 helps it. Distance does not matter in this level; its affectivity is same for nearer and farer. The patient at any corner of the world can contact through phone and get treatment from Samda healer. It is best to recommend particular time to the patient so he is not doing any important activity where he is not harmed by samda effects (little sleep etc).

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Samda 5:

This level treats any disease left incurable by previous 4 levels. Normally it is used to cure chronic diseases. It works slowly but with 100% results. This level is to organize and activate zheel energy centers.

Samda 6:

It not only helps level 4 but more powerful than it for distant healing. The samda healer can enhance his distant healing forces and develops out of body experiences. He can reach the patient in the matter of seconds. The meditation exercises for this are in level 11 and above. Distant group healing is possible with level-6.

Samda 7:

It is divided into two parts. In first part insensitivity to external environment is developed. e.g (decrease the heat of fire, and coldness of ice, fire walking, removing the negative forces and bad habits). The second part has anesthetic effects. Operation is possible without pain and flow of blood. Distant operations are also possible.

Samda 8:

This level is particularly useful for skin and sexual problems. It increases beauty and makes the skin clear. Weight can be controlled. This level is helpful for massage. In this level the samda healer, transfers energy to the patient in a specific way. The patient feels few ponds weight on him. Then the samda healer activates his body parts and massages him. It is a blessing for matrimonial relationship. Level 8 organizes the sexual system and increases pleasure in this relationship.

Samda 9:

This level is helpful in making such kind of devices, which can be used to treat diseases. This is a materialistic world and people believe on machines though these are not required the presence of 8 levels.

Samda and sympathy with humanity:

This world is going smooth at the basis of concerned and sympathetic relationships. At the other hand this is the same world where thousands of the people are being harmed and murdered. Natural forces are helpful to the people who are sympathetic by nature and who are willing to comfort others. Everything in this universe is depending upon one another. Sympathy should be the first quality of samda healer.

Samda and your feelings:

If samda healer does not cure 10% people, then it does not mean we should lose our belief on this natural method of healing. The patient can be referred to some other samda healer. Same happens in allopathic treatment. Every doctor cannot cure ever person. Some of the diseases are due to weather change, which are automatically cured with change in weather. Samda is an effective way of treatment. Its success rate is 95%. But the condition is that the patient should follow the master's saying. There is an example to explain this...

There was a skin patient (lady) being treated by one of my student. After two days, she came with the complaint that she had been treated for two days but there was no difference in her skin color. She was not prepared to believe the effectiveness of Samda healing unless she was treated within minutes. She became willing to be treated after some discussion. She really was satisfied within ten days and referred some more patients to me. There was one more student of mine. He told me that a person cheated him and now the person was very sick. I asked my student to send him energy and heal him. If God had given him a positive force then that should not be dominated by revenge. Healing is a gift from God; it should be used for the betterment of the Humanity. If we do so our forces are increased

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How samda can be learnt?

We cannot get Samda by just reading a book or doing practice. Samda master, Grand Master or Grand Grand Master can only give it to you. Samda Master transfers it to you by a specific technique. In which the samda master introduces you to Universal Samda.

Are Zheel Sciences or Samda related to any religion?

Zheel Sciences or Samda is not related to any Religion or any science and it is independent of all these things and it is a pure way of universal energy. But Samda is related to Spirituality as spirituality is also a independent thing. Every Religious person and Non-religious person is benefiting from it.

During the Treatment with Samda what kind of feelings the patients have?

The patient feels very relaxed and is happy. Sometimes he feels that the operation is being performed on the affected area. Some people feel very good vibrations inside and outside the body. All the negative feelings end so the patient feels very good.

Can anyone learn Samda?

Anyone can learn Samda, it is not only for the experts but also for normal public. It is not required that you are an expert or a genius person. A person of any age can learn Samda healing energy. Persons from any field can learn samda easily. It is only that after receiving Hops one have to practice some and if one does not practice it does harm. In this many years of practice is also not needed. After receiving hops you can use Samda after 2 or 3 hours. Meaning you can heal yourself and others. Educational institutions can give it to their students and give them great advantage.

Does Samda have any Side effects?

Samda have no side effects and nor it can be used for negative purposes. Like the other ways of healing have side effects Samda have no side effects. In this the illness of the patient does not come into the samda healer nor samda healers illness goes into the aura of healer.

Can Samda end at any time?

You take any Hops of Zheel it will remain with you till dead. No one can steal it from you or take it from you. But if you will not be respecting your teacher then it will not be that effective. If you respect your teacher very much then it will be very effective for you. Only Samda Grand Grand Master can do anything but he will not do it as it is not his right to take it back from anyone.

What happens to a child of a samda master after getting samda attunement?

When a child is born of a samda grand master or samda master after getting attunements then the Child is automatically attuned to 4th level of Samda of a Samda Master and the Child is automatically attuned to 8th level of a Samda Grand Master.

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Usage of Samda:

Students of samda used this energy in many ways and they all had many kinds of experiences and from those experiences we can see that samda is used in all walks of life.

Samda on Road

Samda students as use Samda on the road very effectively when they are embarking on any journey or going to any destination it will save one from any mishaps or problems and the journey will be a good one.

Samda in Home

Samda is used effectively in our homes. It is very good against negativity in the house. The home can be guarded from evil spirits and jinns and also against envy and evil eyes. When Samda will be used in home everyday then there will be only positivity in the house and all the house inmates will be healthy.

Samda in Clinic

Samda is very good for every doctor to use in the clinic, may it be any homeopathic, allopathic, ayurvedic, acupuncturist, acupressurist, Messenger etc. It is very useful for all the doctors and people dealing with health. It activates the natural healing system of a person.

Samda on Plant

Samda is very beneficial for the plants and facilitates faster and better growing of plants in the houses. Plants like samda very much as they are also living and breathing.

Samda on Animals

Samda works very good on animals also and when in emergency we cannot understand the problem with the animal we can use samda on the animal and the animal will be ok. Our animals will be healthier if we use samda on them.

Samda on Pets

Samda is great for our pets and as they love it and will be more healthy and obedient. They will live longer.

Samda in Bus

Samda can be used when traveling in a bus as it will protect you from mishap and also you will be relaxed and refreshed when you reach your destination even in crowded bus.

Samda for Positive Life

Samda has many benefits and it can be also helpful in leading a positive and better life. A life full of health happiness and contentment.

Samda for Beauty

Samda is very helpful for the ladies and the people from the modeling world as it helps to regain ones lost beauty and to make one beautiful then before. It can keep a person in shape and he can change many features of his body, which he does not like. It is a gift for ladies and modeling world.

Samda Machine

With the help of Samda level 9 we can make a electronic machine which can give samda 24 hours and patients will be healed faster. As an electronic machine is not tired working long so it can go on as long as it is getting electricity.

Samda for Operation

Samda is used in operation without the use of any tools, without anesthetics it is used and we can do a very effective operation without cutting with knives or any instruments. So it is a very beneficial and effective way of doing operation.

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Fire Walk Through Samda

One can walk on fire by the 7th level of samda and one will not feel any pain or the feet will not burn or they will not get hot. The coals will feel like a plain surface to us.

Controlling Hunger by Samda

Hunger can be controlled by the use of Samda 8 and one can go on without food for months and will not feel the urge to eat anything and the one who is meditating it is beneficial for him.

Controlling Temperature by Samda

Temperature can be controlled by the use of Samda. As in winter we wont feel much cold and in summer we won't feel much warmth and it will make the temperature appropriate for us.

Energizing Places Through Samda

The places can be energized through the use of Samda and that will create a positive environment in that place. Then negativity cannot stay there and no evil spirits can enter there and the ones, which were already there will just, run away. No jinns can be there either so it is the most effective way of protection from evil spirits.

Energizing Medicine by Samda

We can energize the medicine by samda so that its negative effects on the body are minimized or one can energize the homeopathic medicine, which is without any thing in them, but they will be as a medicine to the patient.

Energizing Water and other Liquids

Water and other liquids like juices and milk can be energized with Samda and they will go on the body and give it more nourishment than normal and will be very effective against illness.

Control on Gravitational Force by Samda

We can gain control on Gravitational force by the use of Samda and we can lift heavy objects with the use of this power. We can lift the objects, which we normally can't lift. It minimizes the gravitational pull on things.

Activation of Kundalini & other Energy Centers

We can activate any other center and specifically Kunadalini which is sleeping at the coccyx and it can be activated with some practice with samda otherwise it takes very long to awaken the sleeping kundalini.

Samda Helps in Sports Activities

Samda helps us in enhancement of sports activities and is very good for the sports people as they can deliver very much through samda and achieve great things in sports with the use of samda.