



A Guide for creating miracles through
Science & Spirituality



UNLOCKING
YOUR DREAM OF
PARENTHOOD

A Perfect Partner for a Divine Parenthood Journey

AUTHORS



BK Dr Shubhada Neel

MD DNB DGO DFP FICOG
Consultant Gynaecologist
Director, Holistic IVF & IUI
Neel Hospital, Panvel, Navi Mumbai

BK Dr E V Swaminathan

PhD Garbhsanskar
Motivational Speaker
Corporate Trainer, Mumbai
Convenor, Holistic IVF & IUI



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Dr Shubhada Neel

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Holistic IVF & IUI

Scientific & Spiritual Approach

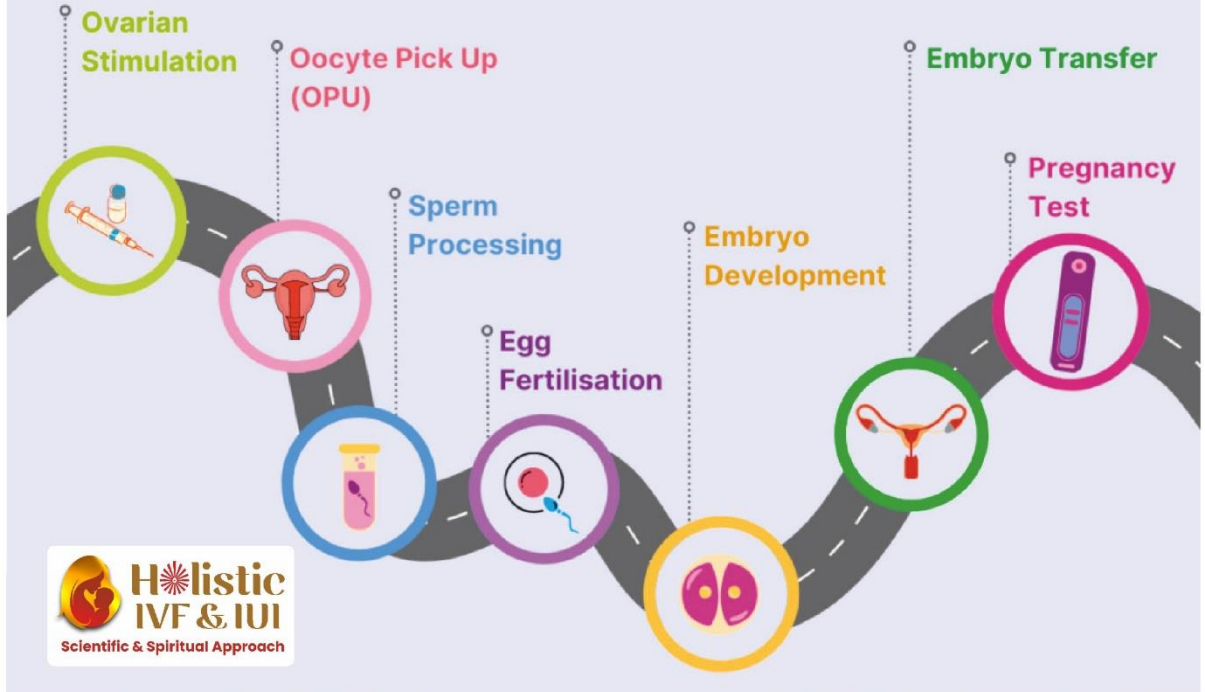
GOLDEN STEPS FOR SUCCESSFUL IVF & IUI



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Affirmations for IVF Success

IVF PROCESS: A STEP BY STEP GUIDE



SPIRITUAL EMPOWERMENT THROUGH 7 VALUES



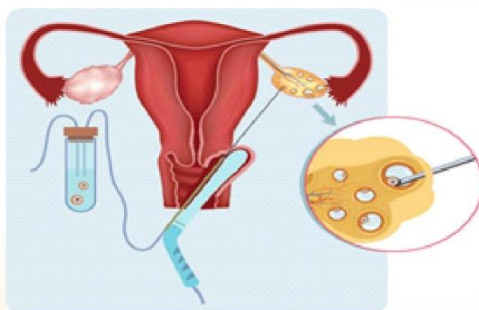
Pre-treatment Medications & Injections & Meditation



- I am a powerful being, child of the Supreme Father God who is taking treatment through a team of powerful divine souls for bringing a divine soul in my body.
- This treatment is going to be successful as God himself is doing this through his children for me.
- I completely love and trust my body.
- My cycle is finding a perfect, regular, balance.
- I am energetic, alert, and fill with divine energy.
- I am healing and becoming pure - physically, emotionally and spiritually.
- I can experience changes in my body, a sign of the medications and meditation preparing my body for a miracle.
- Everyday I am becoming healthier, happier, and more fertile.
- My partner and I are dealing with this with calmness and strength.
- Thank you, God, for all your care, support, love and affection.

Ovarian Stimulation & Womb Preparation

- My ovaries are healthy and fully nourished.
- My ovaries are a reserve of very strong eggs prepared to be retrieved for fertilization.
- My follicles are surrounded by the bright, divine light of growth and mature easily.
- God is empowering these eggs.
- My ovaries and my womb are surrounded with warm and loving energy.
- My uterus is preparing perfectly for the fertilized egg to implant with medication and meditation with Supreme God.
- Every cell of my body is in total balance and harmony.



Oocyte Pickup

- Oxygen, energy, and blood easily circulate through my body and nourish my ovaries, my follicles, and my womb.
- My body is selecting the healthiest and strongest follicle to become a perfect egg.
- My body grows the best egg this cycle.
- My egg is empowered by divine energy of God, the Supreme.

Sperm Processing



WIFE

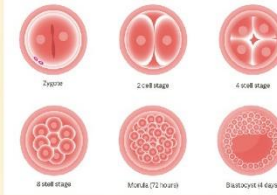
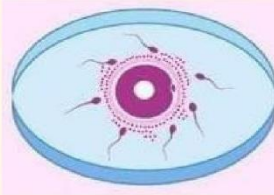
- My husband is God's child and cooperating with me in purity.
- He is getting powerful vibes from Supreme God to have perfect sperms for this divine process.

HUSBAND

- I am strong and healthy.
- I am a pure and powerful soul.
- My body is capable of producing good quality fertile sperms.
- I have powerful sperms.
- I am an active participant in our journey toward becoming parents.
- I am confident I will become a father.
- God, my father, is with me.



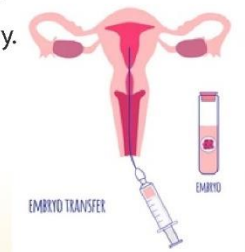
Egg Fertilization



- The fusion of the ovum and sperm is happening in a perfect way with God's grace and a wonderful embryo is created.
- This Embryo is healthy and divine.

Embryo Transfer

- My body welcomes this embryo (divine energy) with love and joy.
- My embryo (divine energy) easily implants in my womb.
- My womb is receptive to a new life.
- My womb is healthy and will bring a divine baby into being.
- Today I am going to be a mediator to gift this divine creation to my family & the world.
- My body and I are ready for this amazing and happy journey with God by my side.
- My body and hormones are working in harmony to support both me and my baby.
- I am confident I will become a mother.
- I am an amazing mother to a very unique child.
- I am spiritually pure and powerful.
- Today is our day for a miracle.

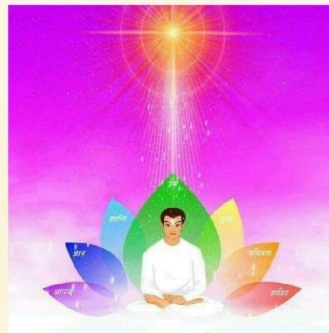


Affirmations (Throughout the journey)



- The Supreme Energy is my constant companion.
- We have created a divine being and will bring him/her into this world together.
- I love myself and accept myself unconditionally.
- I am God's special child.
- I trust the team of doctors treating me.
- I trust myself. I trust my body.
- I am grateful for all the love and support I receive.
- I am surrounded with divine energy.

Affirmations For Donor



- I fill myself with vibrations and powers from the Supreme.
- I am emerging the donor soul in my consciousness and sending vibrations and powers that I receive from the Supreme.
- These vibrations are healing them and their body.
- The best quality eggs or sperms are produced.
- My treatment is successful.
- We are instrumental for bringing a divine being

Subsequent Follow-Ups & Pregnancy Tests





Holistic IVF & IUI

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GOLDEN STEPS FOR SUCCESSFUL IVF & IUI

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Activity 4.1

Bless Yourself - Sankalp

Do this Sankalp daily in the Morning, Evening & Before going to Bed / Meal

- ▶ I am a divine soul.
- ▶ My every thought, word and action is full of happiness for others.
- ▶ Today throughout the day whomsoever I will meet, I will give peace, love & happiness to everyone.
- ▶ My body is perfect, healthy "As we think, so we become". My blood pressure is normal, my sugar is normal. Every cell of my body is full of love & purity. Everything is perfect. The world is beautiful.
- ▶ I will do this meditation every day, due to which I will remain physically & mentally healthy. I will do Yogasana & Pranayama on regular basis.
- ▶ Every moment GOD is with me, as GOD is my companion, my day is going to be successful. My career is extremely successful.
- ▶ I am GOD's angel. I am spreading vibrations of peace, love & happiness, in entire Universe, due to which this World will again become Golden age/ Paradise.



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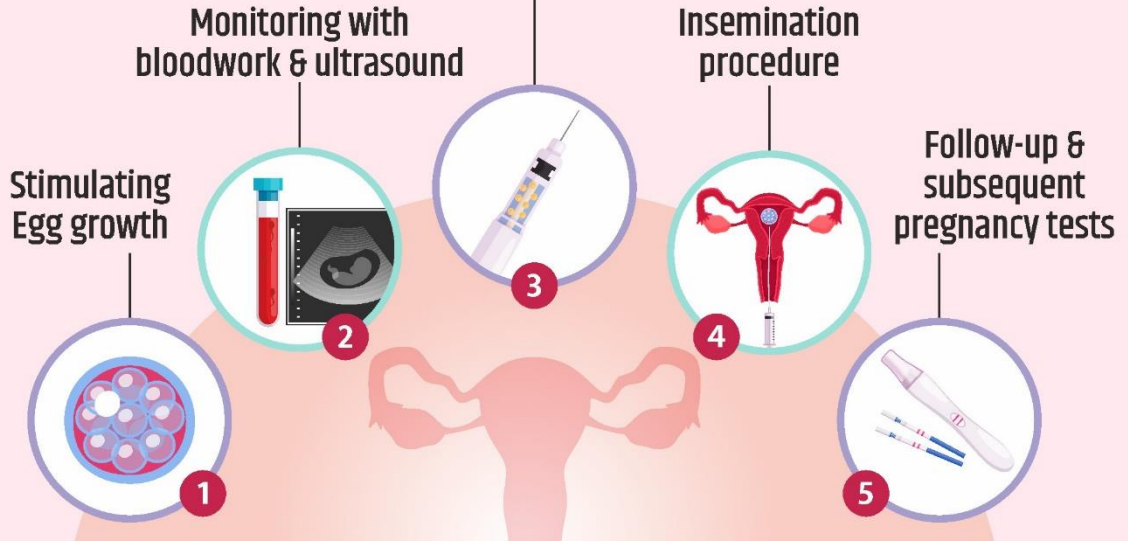
Affirmations for IUI Success

STEPS IN THE IUI

(Intrauterine Insemination) Procedure



Inducing ovulation



SPIRITUAL EMPOWERMENT THROUGH 7 VALUES



Stimulating Egg Growth & Womb Preparation (Medications & Injection & Meditation)

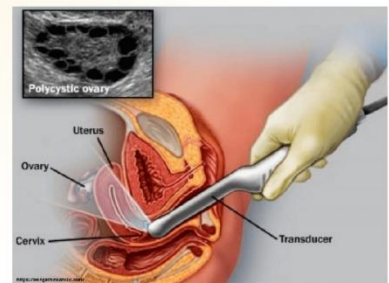


- I am a powerful being, child of the Supreme Father God who is taking treatment through a team of powerful divine souls for bringing a divine soul in my body.
- This treatment is going to be successful as God himself is doing this through his children for me.
- I completely love and trust my body.
- My cycle is finding a perfect, regular, balance.
- I am energetic, alert, and fill with divine energy.
- I am healing and becoming pure - physically, emotionally & spiritually.
- I can experience changes in my body, a sign of the medications and meditation preparing my body for a miracle.
- Everyday I am becoming healthier, happier, and more fertile.
- My partner and I are dealing with this with calmness and strength.
- Thank you, God, for all your care, support, love and affection.
- My ovaries are healthy and fully nourished.
- My ovaries are a reserve of very strong eggs prepared for fertilization.

- My follicles are surrounded by the bright, divine light of growth and mature easily.
- God is empowering these eggs.
- My ovaries and my womb are surrounded with warm and loving energy.
- My uterus is preparing perfectly for the fertilized egg to implant with medication and meditation with Supreme God.
- Every cell of my body is in total balance and harmony.

Egg Growth Monitoring with Ultrasound

- Oxygen, energy, and blood easily circulate through my body and nourish my ovaries, my follicles, and my womb.
- My body is selecting the healthiest and strongest follicle to become a perfect egg.
- My body grows the best egg this cycle.
- My egg is empowered by divine energy of God, the Supreme.



Inducing Ovulation

- With ovulation inducing injection, ovulation is happening in expected time

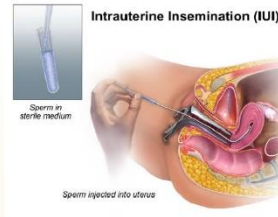
Sperm Processing & Intrauterine Insemination Process

WIFE

- My husband is God's child and cooperating with me in purity.
- He is getting powerful vibes from Supreme God to have perfect sperms for this divine process.

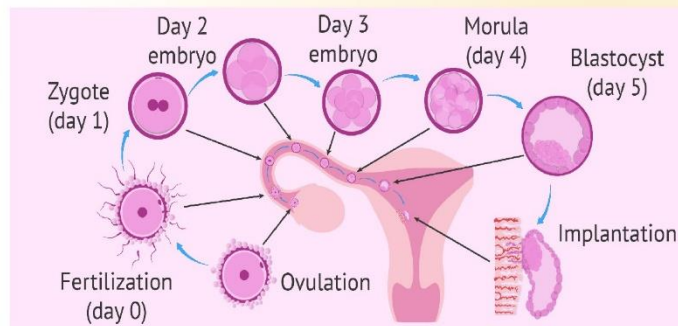
HUSBAND

- I am strong and healthy.
- I am a pure and powerful soul.
- My body is capable of producing good quality fertile sperms.
- I have powerful sperms.
- I am an active participant in our journey toward becoming parents.
- I am confident I will become a father.
- God, my father, is with me.



Intrauterine Insemination Process is successfully completed

Egg Fertilization & Implantation of Embryo



- After the insemination, the fusion of the ovum and sperm is happening in a perfect way with God's grace and a wonderful embryo is created.
- This Embryo is healthy and divine.
- My body welcomes this embryo (divine energy) with love and joy.
- My embryo (divine energy) easily implants in my womb.

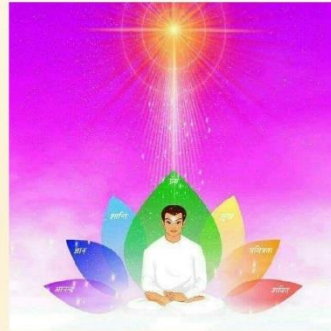
- My womb is receptive to a new life.
- My womb is healthy and will bring a divine baby into being.
- Today I am going to be a mediator to gift this divine creation to my family & the world.
- My body and I are ready for this amazing and happy journey with God by my side.
- My body and hormones are working in harmony to support both me and my baby.
- I am confident I will become a mother.
- I am an amazing mother to a very unique child.
- I am spiritually pure and powerful.
- Today is our day for a miracle.

Affirmations (Throughout the journey)



- The Supreme Energy is my constant companion.
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- I love myself and accept myself unconditionally.
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- I trust myself. I trust my body.
- I am grateful for all the love and support I receive.
- I am surrounded with divine energy.

Affirmations For Donor



- I fill myself with vibrations and powers from the Supreme.
- I am emerging the donor soul in my consciousness and sending vibrations and powers that I receive from the Supreme.
- These vibrations are healing him and his body.
- The best quality sperms are produced.
- My treatment is successful.
- We are instrumental for bringing a divine being

Subsequent Follow-Ups & Pregnancy Tests



Activity 1.2



Refer to [Holistic IVF Youtube Channel](https://www.youtube.com/@holisticivf) for videos

Holistic IVF & IUI

Activity 1.1 : Affirmations

SEVEN QUALITIES OF SOUL (सत्गुणी आत्मा)



BLISS (आनंद)

KNOWLEDGE (ज्ञान)

PEACE (शांति)

LOVE (प्रेम)

HAPPINESS (खुशी)

PURITY (पवित्रता)

POWERS (शक्तियाँ)

I am a blissful soul

मैं आत्मा आनंद स्वरूप हूँ ।

I am a knowledgeable soul

मैं आत्मा ज्ञान स्वरूप हूँ ।

I am a peaceful soul

मैं आत्मा शांत स्वरूप हूँ ।

I am a lovely soul

मैं आत्मा प्रेम स्वरूप हूँ ।

I am a happy soul

मैं आत्मा खुश स्वरूप हूँ ।

I am a pure soul

मैं आत्मा पवित्र स्वरूप हूँ ।

I am a powerful soul

मैं आत्मा शक्ति स्वरूप हूँ ।

Write one affirmation

Morning - After waking up - 3 times सुबह - उठने के तुरंत बाद - 3 बार

Afternoon - 6 times दोपहर - 6 बार

Night - Before going to bed - 9 times रात्रि - सोने से पूर्व - 9 बार

Refer to [Holistic IVF Youtube Channel](#) for videos

Activity 1.3

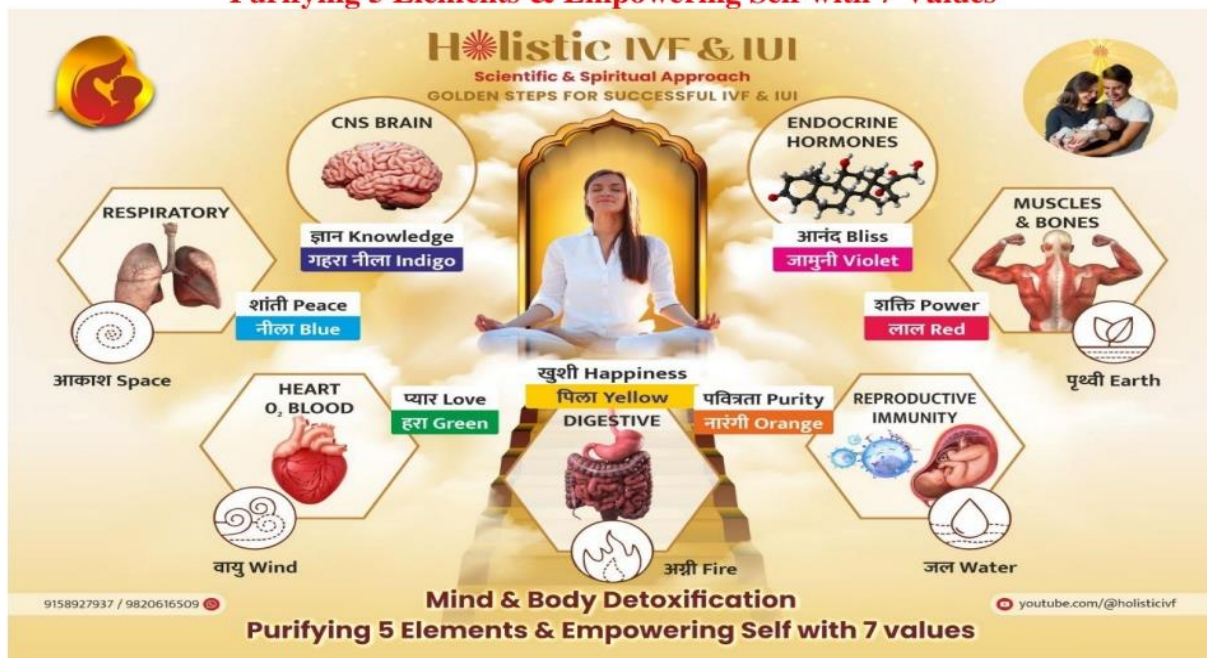
Value Based Story Painting & Writing



We went to Indian blackberry / jamun farms and took immense pleasure of eating jamun / blackberry. **Violet colour is related with bliss.** Bliss regulates the secretions of the hormones in the body. The endocrine system works at its best. Then, we took knowledge for kite flying. **Kites dark blue / indigo colour related with knowledge.** Knowledge energizes brain and with the development of spinal cord. Kite flew in the sky and remained silent in the sky. Sky was silent and so was my mind/ breath. Sky blue is related with peace. Peace energizes lungs and respiratory system. In the sky green colored birds were flying and amongst themselves there was lot of love **green colour related with love.** Divine and selfless Love strengthens the heart. Birds flew down in the garden with yellow colored flowers. flowers made them happy. **Yellow colour is related with happiness.** Happiness Strengthens the digestive system. It improves the digestion of mother and child. In that garden a small child was sitting who was wearing Orange colored clothes and his face was shining with purity. **Orange colour related with purity.** Purity energizes the five sensory organs of the body (ear, nose, eyes, tongue, and skin) and with the immunity system. The small child had red colored auspicious mark on his forehead (tilak) which was suggestive of power. **Red colour related with power.** Power makes the bones and muscles of fetus strong. The formation of bones is carried out in good manner.

Refer to [Holistic IVF Youtube Channel](#) for videos

Mind & Body Detoxification Purifying 5 Elements & Empowering Self with 7 Values



Violet Bliss / Anand Endocrine Hormones

Om Shanti.....Each moment of life.....be a blissful experience for yourself.....So let's concentrate your attention on Sat Chitta the ocean of bliss..... Lets meditate..... by removing the mind and intellect from all sides..... Concentrate the whole attention towards yourself..... in the middle of the forehead..... in the form of light. It is spreading in the whole body..... my whole body is getting lighter....and feeling relaxed.....feel..... ocean of bliss.. Jyoti bindu from Father God of violet colour Rays of joy it is raining these rays are spreading all over my body..... all worries like I have handed over to that father god feel that the whole body the purple colour of joy is filled with the unending stream of joy. Endocrine System, Pineal Gland, Hormones Secretion.....everything is becoming healthy and functioning smoothly.....all emotions..... sorrow, pain all dissolving..... I am getting absorbed in this feeling of joy..... I am experiencing infinite bliss. I am engrossed in the ocean of bliss..... I will live in bliss for the rest of my life.....whatever I wanted to achieve, I got it..... now nothing is left. what a beautiful experience..... Feeling of infinite bliss. .. I, the soul is the master of the sense organs of my body and running them No external circumstance, speech - object can stop me from feeling with this ocean of infinite bliss Now a divine blissful happy world is going to be established by my soul. Om Shanti ...Shanti . Shanti

Indigo Knowledge / Gyan CNS Brain

Om Shanti.....Get ready for the journey of the inner world... Relax.....Leave the body....Relax....Concentrate your mind and intellect.. a shining star in the middle of the forehead blue colored rays of knowledge are falling on me my intellect is getting energized due to the rays of divine light brain Neuro System Nerves Neurons becoming healthy Sadguru from true teacher I am getting true knowledge I am feeling lively I am beyond questions of what . when...It is providing wisdom..... a flow of positive energy is building in me by attaining true knowledge my thoughts are getting lighter my intellect is wiser.....all worries are gone..... I will always walk on the path of truth and remain in the shadow of God..... will always be victorious..... I am blessed - I.... Wah drama... In the same way, my soul has also become the

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instrument for the creation of a positive creation - Jiva Soul (Child) by moving forward from all positive thinking..Om Shanti.. Shanti. Shanti

Space / Aakash - Blue Peace / Shanti Respiratory

OM SHANTI.....Ease yourself in a comfortable position.....take deep breaths slowly.....take the mind and intellect away from the outside world.... Feel..... between the two eyes..... I am a calm..... point of light..... this is my true introduction feel I, the soul ocean of peace am in the lap of the divine mother like a child in the lap of its mother of wonderful peace feels..... .. Light blue showers of peace..... Calmly purifying the sky element working in the body of my soul by the sakash of divine peace my whole body is calm..... .. and getting lighter tension is going away drowning in the rays..... I am feeling inner peace
....Visualize.... light blue rays of peace are energizing my respiratory system .. and my respiratory system ... is becoming healthy .. thyroid gland lungs neck Ears Nose Throat are working smoothly I, the soul ... calmly i am concentrating on the breath on the breath ... experiencing peace.....These vibrations of pure peace ... are spreading ... in the whole environment making the atmosphere element of the atmosphere ... full of peace ... and pure ... I am becoming healthy with the vibrations of peace..... .. I am experiencing peace, my swadharma by merging in these rays now I, the soul assimilate them To bring the new soul into the world The soul (baby)..... will also be a peaceful soul..... I am feeling the deepest peace of the soul..... what a beautiful experience.....no worries..... no troubles ... only peace..... om shanti shanti .. shanti

Wind / wayu Green Love Heart oxygenated blood

Om Shanti.....Position yourself in a comfortable position.....Relax your body. .. Relax.....Concentrate your attention in the forehead between both the eyes..... Me... a shining..... a divine star..... .. Jyotibindu form am a soul I the soul the child of the ocean of love am a soul embodiment of love feel ocean of love in front of me.The ocean.....the Supreme Father is the Supreme Soul..... of that ocean of love.....selfless love.....I am feeling the love of green color loving rays Unconditional Love is raining on me. these green... rays of the Divine affection ... in my soul ... and in the clothes of the body ... the experience of that Creator's love. It is happening..... like with the unceasing stream of his love..... I the soul.. .. I am experiencing. waves of divine love... the air element of this body of mine... is becoming pure... present in my body... The air element... is flowing in the form of pure oxygen ... purifying the blood also ... the blood of the whole body.. .Purifying....full of love...clean oxygen..all over the body...spreading across....the body is getting energized by the waves of divine love..... I, the soul...pure and immovable... because of the air element.... being loving... has become smooth..... .. these pure vibrations ... are spreading ... in the whole atmosphere the air element of the atmosphere ... full of love I spread the rays of love in the world.. To give birth to a soul full of love... ready to become an instrument... coming from the ocean of love... these rays are reaching every cell of my bodyI, the soul is feeling full of love.....my life.....body and mind is full of love..... It is..... is becoming an embodiment of love..... it would have felt like I will be full of love all my life..... will always be in love..... Om Shanti Shanti Shanti....

Fire / Agni Yellow Happiness Digestive system

Om Shanti.....Position yourself in a comfortable position..... Concentrate your mind on I, the soul..... a beam of bright light.....the rays shining from my soul are spreading in my entire body....I am in a beautiful vast flower garden. I am..... like a rug of colorful flowers is laid..... colorful butterflies are flying..... The whole atmosphere is fragrant and I am in the garden. Standing in the middle, I am feeling very happy.....Looking at these flowers, my mind gets connected with the ocean of happiness..... .. rays of golden yellow color... fall on me..... with these soothing rays..... I, the soul... with body... in the ocean of happiness... .. I have become an embodiment of happiness.The fire of remembrance of the Supreme is purifying the fire element working in the body of my soul. . like these gold... yellow rays have healed all the organs of my digestive system... liver

pancreas..... intestine spleen.... stomach.... ... because of which ... purity is increasing in the body and impurity ... is reducing.... in the ocean of happiness ... To spread the rays of happiness in the world, I am becoming an instrument....These vibrations of happiness ... are spreading ... in the whole environment are filling the fire element of the atmosphere ... with happiness To give birth to a happy soul...to become an instrument. I am feeling full of happiness..... my life..... body and mind is full of happiness..... I am enjoying..... becoming happy..... I would be happy all my life..... will be happy forever... .Om Shanti Shanti Shanti

Water / jal Orange purity Reproductive System

Om Shanti.....For sometime.....Let's take your mind and intellect beyond the world of voice..... On a high hill.... I am looking at the rising sun in the blue sky..... My body is completely relaxed in the presence of nature.... .. very light..... focus all your attention on the shining star in the middle of the forehead

...I, the soul, is seeing itself seated on the throne of the head in this body..A subtle pure shining star..I am the soul...a pure mighty gem..I am the Supreme Father, the Supreme Soul. I am the precious gem in the form of light the form of a point I am the holy soul a holy mind and intellect.....Focus on the rising sun.....how beautiful this sight is.....the orange rays of the sun..... Orange color is spreading everywhere, far and wide..... my mind is becoming joyful..... the Supreme Father Supreme Soul is showering on me the orange rays of purity the holy rays are making my mind and body calm..... I am enjoying..... I am the soul of of purity ...I am feeling that on my head the divine father is in the form of a dot..It is raining holy orange rays... This orange color coming from God the Father.. Rays of purity.. are filling my soul... making my mind and intellect pure.... The sun removes the darkness, in the same way this holy ray covers 70% of my body's clothes including my soul. The water element is purifying...my whole body is getting purified..my sacred power of fertility is awakened..and all the organs of the reproductive system are strengthened..making the body pure. Pancha Karmendriyas Eyes Ears Nose Tongues skin Immune systempart and body.....full of supreme holy power..... get lost in the ocean of purity..... Feel...I am achieving soul purity....these rays are flowing in my whole body...spreading all around from my body...spreading all around in the whole nature..The water element is getting purified ..the water that I the soul is consuming....also the holy powerful rays of the divine Father and with this pure water again my body is becoming full of purity.....Now I, the soul, I am divine, physically and mentally fit to give birth to a divine child. I feel as if am immersed in purity these divine rays of purity from before conception ... till conceptionalso throughout pregnancy... my soul...and this body ...is pure and vibrant. Om Shanti Shanti Shanti

Earth / Prithvi Red power Muscle and bone

Om Shanti..... focus your attention between two eyes see yourself in the forehead a gleaming divine Jyoti formStar... Feel It..... All Powerful All Mighty from the Supreme Father Supreme Soul.....Red Rays of all Powers is flowing towards methe tilak of the divine powers..... I have applied to the soulbaba is making me powerful ... that Light House Might House Power House the red colored rays to the earth element in the body. .. full of power and purity These powerful rays of red color...energy of power is being transmitted all over the body..... I feel I am a Powerful soul.my body and mind stress free pain free healthy And I am feeling powerful. Cells are energised.... Muscles are getting stronger..... Bones are getting stronger..... with this energy..... I am becoming healthy. These pure powerful vibrations... are spreading... all over the atmosphere..... .. and making me pure...to a mighty soul.... Any disease weakness at the time of conception or After that will not come in me I am ready to give birth to a divine child I am grateful to God father...all my life I am Strong I am PowerfulI will be healthy.....powerful rays all around..... I will remain in the company of divine powers throughout my life.... Om Shanti Shanti Shanti

Activity 7.2 Thought For Today

Good thoughts for "BLISS/JOY" to energies ENDOCRINE SYSTEM :

1. The greatest service of GOD is to share our happiness with others. 2. There is no other nutrition like happiness. 3. To donate money is good but to become a good soul is the best. 4. Your positivity affects others in good way. So use it more and more. 5. To have balance in all situations is the key to happiness.

१. दुसरो को खुशी देना सर्वोत्तम दान है। २. होठों पर मुस्कान हर मुश्किल कार्य को आसान कर देती है। ३. जीवन के माधुर्य का रस लेने के लिए हमें बीती बातों को भूला देने की शक्ति अवश्य धारण करनी है। ४. हर्षितमुखता चेहरे का सच्चा सौंदर्य है। ५. जब आप मुस्कराते हैं तब न केवल आपको खुशी मिलती है, बल्कि आप दूसरों के जीवन में भी आशा की किरण संचारित कर देते हैं।

Good thoughts for "KNOWLEDGE" to energies BRAIN :

1. Time is life. Wasting time means wasting life. 2. The quality of your thoughts determines the quality of your personal happiness. 3. Parents are role models of children. 4. It takes lots of mental strength to use your time efficiently. For this, you need to be creative & innovative. 5. True meaning of right is the right exercised on ourselves, not on others.

१. ज्ञान सबसे बड़ा धन है। स्वयं से पूछे ये - मैं कितना धनवान हूँ। २. किसी चीज को समझने के लिए ज्ञान की आवश्यकता होती है किन्तु उसे महसूस करने के लिए अनुभव की आवश्यकता होती है। ३. किसी भी व्यक्ति की आलोचना करने से पहले हमें अपने अंदर झाँक कर देख लेना चाहिए। ४. कोई भी कार्य करने से पूर्व एक क्षण रुके, उसके परिणाम के बारे में सोचे, फिर प्रारम्भ करे। ५. क्या आप को जीवन रूपी वृक्ष के गुण का ज्ञान है या आप केवल इसकी टहनियों के नीचे ही खड़े हैं।

Good thoughts for "PEACE" to energies RESPIRATORY SYSTEM :

1. The one who is adjusting with modesty is a real praiseworthy human!! 2. Once you experience GOD, the quest for supreme ends. 3. It is very difficult to find peace as peace is dwelling in you only. 4. The less you talk, the more people will listen to you. 5. When we get angry, that time we lose something more than our temperament.

१. जो व्यक्ति नम्रता के आधार पर सबसे तालमेल बनाये रख सकता है, वह महान है। २. आप जितना कम बोलेंगे, दूसरे व्यक्ति उतना ही अधिक ध्यान से सुनेंगे। ३. शांति को बाहर खोजना व्यर्थ है क्योंकि वह तो आपके गले में पहना हुआ हार है। ४. भय को दूर भगाने के लिए ज्ञान और विवेक की प्राप्ति ही एकमात्र उपाय है। ५. शांति का चुम्बक बन जाइये ताकि आप अपनी और आकर्षित होने वाली अशांत आत्माओं को शांति प्रदान कर सकें।

Good thoughts for "LOVE" to energies HEART :

1. One word of love will pacify many distressed hearts. 2. Love is universal. It has no boundaries. 3. Love everybody and experience unity. 4. Love towards GOD is love towards humanity. 5. A helping heart is an incredible heart.

Activity 7.2 Thought For Today

१. प्रेम से बोला गया एक शब्द भी अनेक दुखी आत्माओंको शांति प्रदान कर सकता है। २. स्वयं के प्रति स्वमान और प्रभु के प्रति प्रेमभाव होने से दूसरों को आदर देना सहज है। ३. जब कोई कार्य प्रेमभाव के साथ किया जाता है तो उसमें तत्काल सफलता मिलती है। ४. परमात्मा से प्रेम करना समस्त मानव जाति से प्रेम करना है। ५. आप, अपने आप में विशेष है, इसलिए अपने सत्य स्वरूप का आनंद ले।

Good thoughts for "HAPPINESS" to energies DIGESTIVE SYSTEM :

1. It is good to keep everybody happy. 2. Contentment and happiness goes hand in hand. These virtues will attract more friends to you. 3. Cheerfulness is real beauty. 4. The more you know yourself, the more you will be calm and happy. 5. You will achieve more by connecting to GOD. (more connection, more achievement)

१. यदि आप प्रसन्नचित रहना चाहते हैं तो अपनी विशेषताओं लिए स्वयं को तथा दूसरों की विशेषताओंके लिए उन्हें धन्यवाद दे। २. खुशी से बढ़कर पौष्टिक खुराक और कोई नहीं है। ३. सबसे बड़ी सेवा है जीवन की खुशियों को दूसरों के साथ बाँटना। ४. अपनी शक्तियों और गुणों का प्रयोग दूसरों की उन्नति के लिए कीजिये ५. परमात्मा ने हमें खुशबूदार फूल बनाया है, क्या हम यह खुशबू सभी तक फैला रहे हैं।

Good thoughts for "PURITY" to energies FIVE SENSORY ORGANS, BLOOD CIRCULATION AND IMMUNITY :

1. Thoughts act as the seed for all of our actions. Sow good seeds, so that you shall reap good fruits. 2. You will never fear anybody if you are clear in thoughts and actions. 3. Morale and virtues are more valuable than precious stones. It provides contentment and makes you popular with people. GOD also like this. 4. Conscience is a good friend. Obey whatever it says. 5. Fulfilling the wishes of GOD is like fulfilling your own.

१. एक अच्छा, स्वच्छ मन वाला व्यक्ति दूसरों की विशेषताये देखता है। २. यदि सत्यता और ईमानदारी मुझे सहज लगाती है तो परमात्मा से प्रेम भी सहज प्राप्त हो सकता है। ३. सरलता में महान सौंदर्य होता है, जो सरल है, वह सत्य के समीप है। ४. धैर्य और नम्रता नामक दो गुणोंसे व्यक्ति की ईश्वर से समीपता बनी रहती है। ५. पवित्र प्रेम शाश्वत सम्बन्धो का आधार है।

Good thoughts for "POWER" to energies MUSCLES & BONES :

1. I need not fear anybody from this physical world as Ishwar is my father, teacher and guide. 2. What I am experiencing today is the effect of my deeds in past. The things I will be experiencing in future will be the effect of what I am doing today. 3. Changes are inevitable in development. If I am scared of changes, how will development take place? 4. Impossible become possible when I feel that GOD is with me. 5. The moment of ordeals makes humans great and not the moments of triumph.

१. आपकी निर्णय शक्ति इतनी सशक्त होनी चाहिए कि एक समय में आपके मन में सिर्फ वही संकल्प उत्पन्न हो जो आप चाहते हैं, न अधिक और न कम। २. यदि हर कार्य यह समझकर किया जाये की भगवान मेरा साथी है, तो असंभव कार्य भी संभव हो जाता है। ३. परमात्मा में दृढ़ विश्वास का अर्थ है...निर्भयता। ४. आत्म नियंत्रण से असीम नियंत्रण शक्ति प्राप्त होती है...। ५. जब परमात्मा मेरे पिता, गुरु मार्गदर्शक आदि है तो इस दुनिया में मुझे किसका डर है?

METHOD TO CHARGE WATER AND FOOD

OM SHANTI. Focus your intellect in the centre of the forehead... I, the soul, a tiny point of light.. completely pure... See that vibrations of purity are radiating from me, the soul., and spreading into my whole subtle body... and from my eyes these rays are going inside the food and the water.. Now visualize, Shiv Baba, point of light is coming down from the incorporeal world.. and has reached the subtle world.. has entered the body of Brahma Baba and now BapDada is coming down towards this corporeal world... He has reached my home, right in front of me.... and giving me sweet drishti. Vibrations of purity flowing from BapDada's drishti are merging into my food and water completely. Due to these vibrations from God, this food and water is completely becoming pure and powerful. Now, we will ask BapDada to accept the food and also experience that we are making BapDada accept the food along with water..!

Now, this food and water is completely pure and powerful, whoever now accepts this food and water, their mental and physical illness shall be cured and their thoughts will become completely pure.... Shiv Baba has told us many times in murli that one should be in remembrance while making food and even while eating food. This will help us imbibe 50% purity! That means our 50% efforts of becoming pure will be successful by just following this shrimat. Similarly, while eating food also, we have to practice different-different drills. Sometimes we can experience that we are accepting food in front of BapDada.. sometimes we can see that we are offering food to BapDada.. sometimes BapDada is offering me food! We can also experience that while eating food, vibrations of purity are spreading in my house and are slowly spreading in the whole world. While having food, we can also have spiritual talks with BapDada. In this way, we can use various ways of accepting the food. We have to remember that the kind of thoughts we have in our mind, the same will be my ideas or thought process. For instance, when we are in the state of silence or power or purity, then the atmosphere will become pure with this state of mind. And after consuming that food, even our thoughts will become completely pure. OM SHANTI.

- EXPERIENCE -

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Activity 8.4

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PRACTICE THESE FIVE AFFIRMATIONS EVERY MORNING & NIGHT BEFORE GOING TO SLEEP.

LAW OF ATTRACTION! 5 THOUGHTS- ATTRACT WHAT YOU THINK!

OM SHANTI. It is a Law of Attraction that we tend to make those situations or events a reality, whose thoughts we create repeatedly! Even if there is any obstacle or any negative situation in our life today, then also we should neither think of them, nor describe about them much to others. Instead of that, we just have to be situated in positive thoughts. Whatever we want in our life- success, health, wealth or happiness, we have to think about that only constantly! We have to imagine only those situations! As soon as we wake up in the morning, the first 5-10 minutes in which our subconscious mind is awakened, the effect of the resolution we will make will remain throughout the day and we will stay in that positivity. So the moment we get up from sleep in the morning, we have to say Good Morning to God with a big smile and with all our heart. We have to thank him for this life. Then we have to create the first thought that I am master almighty! There is immense miraculous power in this thought. We are the children of God, the Master Almighty! By creating these thoughts, God's powers start working with us. Also, we have to feel with this thought that an aura of positive powers has been prepared all around me. Then we will feel that I am master almighty, the child of Almighty! Along with this thought we will also think that only good things will happen to me. While creating this thought we have to imagine that whatever will happen in my life will be good. Whatever we want, accept it with heart and then imagine it. The situation might not be very good today, it might be negative yet we do not have to think about those, rather we have to create a positive thought that all good things will happen to me. God says that if we talk about our problems and weaknesses or think about them, then there is an increase in their number. Hence we do not have to think about any negative situation in our life. Nor do we have to talk about it to anyone. We always have to create the thought that only good things will happen to me. Along with this thought we will create a third thought that I am very wealthy. We will visualise this thought to have taken the shape of reality. We have to visualise that we have abundant of wealth. Whatever amount we need in our bank account, we have to visualise that amount and feel very happy, and feel that I am very wealthy! My house and store are filled with abundant of wealth. I am very wealthy! Related to this thought we will create a fourth thought that my body is completely healthy.. completely disease free.. we will imagine whatever we want related to our health; disease free & completely healthy body. And the fifth thought that we will create is that my relationships are very good.. we are all united in the family.. we are all together.. very happy.. very blessed.. All these five thoughts are related to each other. By creating these thoughts just after getting up and 5 minutes before sleeping, our lives will be full of health, wealth and happiness. There will be no obstacle in our lives. We will be completely happy and blessed. So how we have to do this meditation, let's start. OM SHANTI.

Let's say Good morning to Shiv Baba with all our heart. and now the first thought that I create is- I am Master Almighty... I am Master Almighty... the child of God... Visualise and feel that the rays of powers are flowing out of the Supreme Soul, Shiv Baba... and absorbing in me... By these rays a powerful aura has been created around my body... I thank God for all these powers with all my heart... Now, we will create the second thought- Only good things will happen to me. All good things will happen to me... God's powers are with me. I am always carefree and relaxed... I am fearless. From today onwards only good things will happen in my life. ! Now, I create the third thought- I am very wealthy... God has blessed me with immense wealth of knowledge and material wealth... I am very wealthy. The stores and stocks in my home are filled abundantly.... Visualize the amount of money that we want... feel happy that I am very wealthy and rich.! The fourth thought I create is- My body is completely healthy... my body is completely healthy... Visualise your completely healthy body as you want. I am completely disease free.. I am completely healthy....free from all the diseases... my body is completely healthy. ! The fifth thought that I create is- All my relations are very good. we all are united in the family... we are all together.... we are very happy... we are blessed. My relationships with all the souls are very beautiful... all the souls are very good ... I do not have any negative feeling towards any soul... All the souls are just playing their parts. If under some circumstances they make any mistake, then they are not to be blamed... Whatever is happening, is the truth. From today onwards all my relations are very good..,and healthy... I am very happy... I am blessed... OM SHANTI.

Activity 8.3

Holistic IVF & IUI

THE EXPERIENCE OF 8 POWERS

OM SHANTI. In this meditation commentary, we will experience the eight powers that is attained by Raj Yoga. We will take rays of eight powers from the Supreme Soul - Shiv Baba, and feel each of the powers deeply! After getting filled with all the powers, we will serve the entire universe with the rays of powers. So let's get started. Concentrate on the soul conscious stage... I, the soul, a point of light shining at the centre of my forehead... I am the master of my physical senses... I am self sovereign.... I am an energy that drives this body... Now see the Supreme Father, the Supreme Soul; Shiv Baba with the third eye of knowledge. He too, is a point of light.... the Ocean of Knowledge... the Ocean of Virtues.... The Almighty Authority.... Visualize that from Him, colourful rays of 8 powers are flowing into me. Like a fountain of powers, these rays are emerging from Shiv Baba and falling upon me... concentrate deeply... Baba is filling me with eight powers. and I, the soul, am becoming completely powerful! ! Now we will deeply experience each power one by one....

• Visualize that Shiv Baba is first filling me with - The Power to Accept/Adjust! With this power, Baba is empowering me... This power will help me to accept people's presence, their thoughts and desires in a broader way. It will help me to adjust to various situations in life and also to adjust with people and stay happily with them. I will accept people as they are.. all souls are good. With the attainment of this power, I accept all the souls of this world... • Now Baba is giving me the second power - The Power to Tolerate! Feel that Shiv Baba is empowering me with this power... This power will help me to stay unaffected from any external or internal situation and help me to remain positive, and stay powerful! No situation can make my mind unstable. I will stay unshakable and immovable in any obstacle. I will stay happy in all the relations.... • After the attainment of these powers, now Baba is giving me the third power - The Power to Face! Rays filled with the power of face is flowing into me from Shiv Baba. This power will give me the strength to face external and internal problems, exams and challenges. I will always stay fearless and become courageous... With the attainment of this power, I can face any challenge or difficult situation in life! • After power to face, Baba is giving me the fourth power - The Power to Let Go/Pack up! Experience the rays filled with this power are flowing into me from Baba. This power will help me in putting a fullstop to all the unpleasant things and wasteful thoughts. This power will help me to move ahead in life after letting go of all the past, and the present problems and the unpleasant incidents. This power will also help me to be Ever ready at every moment of life, as Baba says! Feel that Baba is empowering me with this power... • Now Baba is giving me the fifth power - The Power to Discriminate/Discern! Feel that the rays filled with this power are emerging from Shiv Baba and flowing into me... This power will help me to identify things in a subtle way. It will help me to differentiate between right and wrong in every situation of life! The power to discriminate will eventually lead me to take right decisions in life! • Now Baba is giving me the sixth power - The Power to Decide/Judge! Feel that the rays of this power is flowing into me from Shiv Baba. This power is connected with the power to discriminate. The more we can discern about any situation, the more we will be able to take right decisions! With the attainment of this power, I will easily differentiate the good and bad in life and make a correct decision. This power to decide will help me to achieve success in every work. My life will always be free from obstacles. and I will stay powerful and be successful! • After filling with this power, Baba is giving me the seventh power - The Power to Co-operate! Visualize Baba's rays filled with the power to cooperate are continuously flowing into me. This power will help me to give attention and time to others, to serve others with my experience and knowledge..., and to work with others with full cooperation! By charging myself with this power, I will cooperate with all the souls in a humble and egoless manner! I will serve them being an instrument of God! • And finally, Baba is giving me the eighth power - The Power to Withdraw/Detach! This is a power that will help me, the soul, to look at every scene of this drama as a detached observer! "I am a soul and the Supreme Soul is combined with me.." this awareness will work with me always having attained this power. In the state of detached observer, my stage will be powerful for ever! I will always experience Baba's presence with me! I will experience liberation-in-life! I will be successful in every path of life! Whatever situations may come, I will cross them easily... All the souls who come in my contact, will be satisfied with me.....

Now let's feel all the eight powers. as if colourful rays filled with all these powers are emerging from Baba and getting absorbed in me. I, the soul, have become completely powerful. I am Shiv Shakti! I, the soul, am master almighty authority! I am unshakable and immovable! I am free from obstacles. I am an embodiment of success... Like the Almighty Father, I am master almighty authority... And now visualise that from me, these colourful rays of eight powers are radiating into the entire universe..! These rays are reaching out to all the souls and making them powerful as well! As if I am an instrument of God, and He is using me for world service...! His blessings of powers are spreading all around the entire universe...and being received by all the souls. Feel that as these rays are falling upon the souls, all their sorrows, sufferings and problems are disappearing! They are becoming powerful, free from obstacles and successful... They are thanking Baba and me whole heartedly..! OM SHANTI.

Activity 7.4

GRATITUDE -THANKFULNESS -WILL CHANGE THE FORTUNE. MIRACLES OF GRATEFUL HEART!

OM SHANTI. Mahatma Gandhi has said in his book, "I was sad because I didn't have any shoes.. and then I saw a man with no feet!" So, we must always be thankful to the Supreme Soul. He has given us life, health, wealth and happiness! ! We must be thankful towards our family members, thankful to the people who come in our connections whether in everyday life or at our work place.. We should be thankful to the five elements of nature - air, water, fire, earth and sky, who always support our existence! We must also thank the people who have been obstacles in our life, those who think negative about us, or those who criticize us. We should really thank them! Because if they were not present, we would never know our weaknesses! And if we would have never known our weaknesses, then we would have never worked on them and tried to overcome them. So, we must thank them as our strength increased during those obstacles. In this way, as we keep doing the practice of thankfulness and gratitude in life, our way of our thinking will improve, our thoughts will become elevated, the strength of our mind will increase. Our mind would automatically remain peaceful, satisfied and happy! And all our relations will improve! Our thoughts of gratitude work like a magnet. A philosopher from abroad has said, "A grateful heart is a magnet for miracles." The attitude of gratitude creates miracles in our life! We will practice this thankfulness for a few minutes everyday. How we have to do this exercise, let's start.

Let's withdraw our attention from the surroundings around... We will emerge and visualize Supreme Soul Shiv Baba in front of us... We will thank him for this life - "O Beloved Father.. Supreme soul, God! I thank you for this life! You gave me a healthy mind and body! I thank you whole heartedly..!" Now, we will emerge our family members in front of us.. who live with us.. "I thank you from my heart..! No matter what the circumstances are.. up and down.. it is not your fault..! I thank you wholeheartedly.. I give you blessings from my heart..." Now, we will emerge the souls who come in our contact, in everyday life or at work place.. or those who have sometimes helped me... I see them emerged in front of me and thank them deeply from my heart...! And with them I emerge the souls who have become obstacles in my life at some point or the other.. or at the present, think negative towards me... I thank these souls from the heart... "Oh souls, if you were not there, then I would never know my weaknesses and hence, would never have worked on them...! My strength has increased due to those obstacles... my soul power has increased..! Thank you!" And finally, I emerge the five elements of nature in front of me - fire, air, sky, water and earth... I thank all these five elements from my heart..! Thanks to all... Thanks to all... Thanks to all... OM SHANTI.

- EXPERIENCE -



Activity 5.4

Holistic IVF & IUI

Auto Suggestions For Sound Sleep

OM SHANTI. Let's disconnect from the outside world and concentrate... I, the soul.. a point of light... a shining star in the middle of my forehead... I am a peaceful soul..! Peace is one of my strengths..! Peace is my nature..! Feel that the rays of peace are radiating from me, the soul... and spreading into my entire body. Visualise these rays being spread in the entire brain. Slowly these rays are spreading into the neck below... ears... shoulders...

both arms... fingers of both hands. See that these rays of peace are gradually reaching every part of my body. Each organ, each muscle is getting relaxed. Feel that slowly the flow of these peaceful rays has spread into my legs... into the knees... and reached upto my toes... I am completely relaxed... and gradually I feel getting detached from this physical body... I feel as if this body is made up of just light. Every part and muscle has become light... They are completely relaxed... There is no disturbance in any part...! Feel this peace... I am a peaceful soul... I am an angel of God. Completely light, relaxed and bodiless...

Now, visualise with the third eye of the intellect - the Supreme Soul, Shiv Baba. a subtle point of light. Just as the Supreme Soul is light, similarly I, the soul, his child am also a point of light...! Now we will talk to God, our Supreme Father. We will thank him with from the depth of our heart... He is our father!! We call him Baba with love...! "Thank you Baba for today!! Whatever happened today, positive or negative, I completely surrender that to you...! Now all the works, relations, thoughts, actions, property, and even this body is yours...! These all belong to You... Whatever will happen to me, will be Good..!"

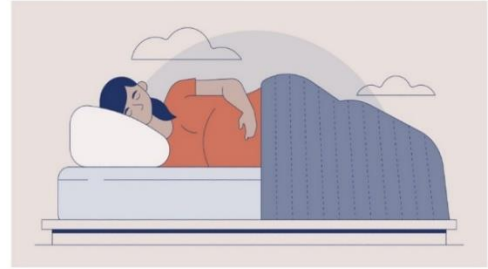
And now, create these thoughts - The Supreme Soul Shiv Baba is always with me... I am an angel of Shiv Baba... My body is completely healthy. All my relations are good... My entire family is united. I pray for the welfare of every soul with all my heart... I send blessings to all the souls. And these blessings are returned to me hundredfold by them... With the power of these blessings, I will always be unobstructed, successful and safe in all the situations...! When God is my companion and His blessings are with me, nobody can do any harm to me...! Whatever will happen to me will be good..! We will repeat these thoughts three times - I am an angel of God... My body is completely healthy... All my relations are good... My entire family is united... Whatever will happen to me from today will be good... - Repeat these five thoughts three times...
OM SHANTI.



Activity 5.5 Sleep Hygiene

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Sleep is our sacred space and sleep hygiene is more important than ever during pregnancy. In addition to pregnancy sleep aids such as specialized pillows or eye masks, the following tips/habits may help reduce insomnia and improve overall sleep during pregnancy:



1. **No technology** (phone, TV, internet) or other stimulants (Avoid chocolate, coffee, juice, caffeine, spicy foods, and heavy meals too close to bedtime to reduce the risk of GERD/ Acid reflux, burning pain in chest) **ONE HOUR before sleeping.**
2. Never go to bed feeling shattered (or tired). **Change your emotional state by meditating.**
3. Never wake up and **open the newspaper or TV for the FIRST 2 HOURS.**
4. **NO EATING 2 HOURS BEFORE SLEEP.** If you have to, make it a light meal.
5. **Daily physical exercise is must** (earlier in the day). Go out for a walk, atleast 20 minutes; it will make all the difference in your sleep.
6. If you are unable to sleep, engage yourself in other activities that makes you happy.
7. **Drink plenty of water** throughout the day, but reduce liquid intake before bed to reduce nighttime bathroom breaks.
8. **Read a book, take a bath, or indulge in another calming activity** in preparation for bedtime.
9. Use a nightlight to make it easier to get back to sleep after bathroom breaks.
10. **Sleep on your side.** You may need a maternity pillow to support your back and knees.
11. Limit breathing problems by **elevating your head when you sleep.**
12. If you are feeling stressed or otherwise also, make it a habit to write down thoughts in your journal. Best is to write a letter to God before you go to bed. You pray or remember God and then shred it if you don't want anyone to read it.

Refer to [Holistic IVF Youtube Channel](#) for videos



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October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 TIPS for Successful IVF & IUI Scientific Approach (recorded) Dr. Akash Surana	2 TIPS for Successful IVF & IUI Spiritual Approach Dr. Shubhada Neel	3 Raja-yoga Meditation Know Thyself BK Vaishnavi	4 Raja-yoga Meditation Know The Supreme BK Vaishnavi	5 Raja-yoga Meditation Learn the art and science of Raja-yoga BK Vaishnavi	6 Fertility Boosting Diet BK Dr Bhavani Swaminathan	7 Empowering Your Mind – Stress & Anger Management Dr Pushpa Pandey
8 Emotions & Fertility – The Connecting Link BK Dr Alpa Shah	9 Let's Talk (Group Counselling – Embracing The Journey) BK Kalpana	10 Design Your Life – I,II (Workshop) BK Vaishnavi	11 Yoga & Exercise – I BK Nita Pande	12 Management of Medical Problems in Patients Undergoing IVF & IUI Treatment - Dr Shakuntla Kumar	13 Sleep Management Datta Rokade	14 Frequently asked questions in IVF/IUI Dr. Sunita
15 Music Therapy Dr Damini	16 Design Your Life – III, IV (Workshop) BK Vaishnavi	17 Let's Talk (Group Counselling – Enhancing Relationships) BK Kalpana	18 Positive Programming Of Mind BK Swaminathan	19 Male Infertility Dr. Sudarshan Naval	20 Raja-yoga Meditation Unlocking Inner Peace BK Aarti	21 Art Therapy BK Preeti Vaishya
22 Design Your Life – V, VI (Workshop) BK Vaishnavi	23 IVF/IUI Failed, What next? Dr. Darshan/Dr. Sunita	24 Harmony in Relationships BK Hitesh/BK Kamal	25 Purpose of Life BK Gireesh	26 Raja-yoga Meditation Unlocking Inner Power Dr Pushpa Pandey	27 TIPS For Development Of Good Embryo Dr Simi	28 Power of Affirmations Datta Rokade
29 Yoga & Exercise – II BK Nita Pande	30 Design Your Life – VII VIII (Workshop) BK Vaishnavi	31 Q&A Feedback Reviewing Progress Journal				

Rajyoga Meditation for the Wellness

Happy Mind

Healthy Body

Harmony in Relationship

Heaven on the Earth

The Ultimate Union

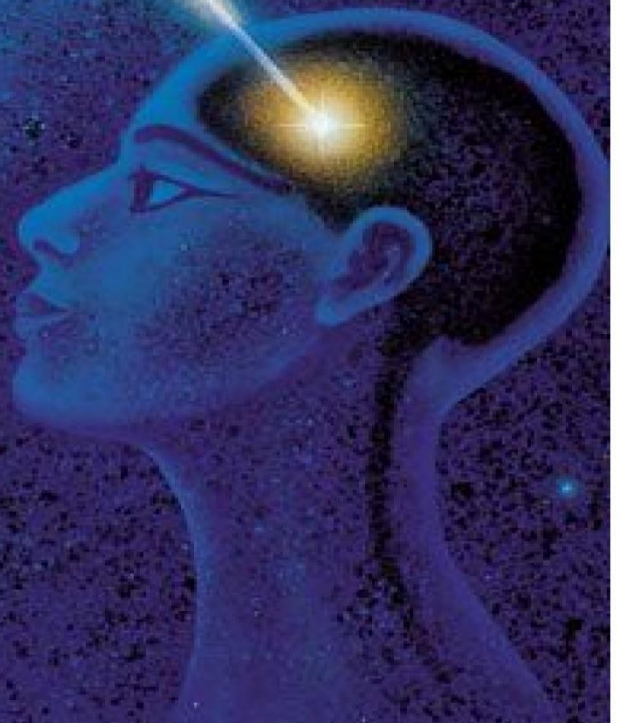
Know yourself - You are a tiny point of invisible energy in the centre of your own forehead. This eternal light is the soul, the conscient, eternal force that gives life to the body.

This is you - You are not a body with a soul. You are a soul with a body. It is the soul that thinks and understands. It is the soul that feels and expresses. Without the soul the body has no life and without the body, the soul cannot express life.

God speaks - I exist in a place that is very far. Only the soul can come here, the body never can. But you can touch me with your mind.

Put all the concentration at your Command into knowing yourself as a soul... into knowing that you live, invisibly between your eyes. Then, come and join me with your mind.

This is yoga - When you are remembering me... this is yoga. Come to me in yoga and renew your power, oh soul, my child. Sit in remembrance of me and reclaim your original purity. All things are possible when you know me as I really am.



Refer to [Holistic IVF Youtube Channel](#) for videos



Welcome to Healthy Happy Golden World - Swarg



FOR MORE INFORMATION ABOUT HOLISTIC IVF & IUI

BK Dr. Shubhada Neel

Sr. Gynaecologist, Panvel

Founder, Expert & Director - Holistic IVF & IUI

Divine Sanskar Research Foundation (DSRF)

Neel Hospital and ICU Sec-1, New Panvel, Navi Mumbai 410 206 (MAH)

022- 27467850 / 022-27465324

9158927937 / 9820616509 / 9833801570 / 022-27467850 / 022-27465324

holisticivf@gmail.com www.divinegarbhsanskar.in youtube.com/@holisticivf