



A Guide for creating miracles through
Science & Spirituality



UNLOCKING
DREAM OF
PARENTHOOD

A Perfect Partner for a Divine Parenthood Journey

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ACTIVITY BASED JOURNAL

For patients undergoing IVF /IUI /Infertility Treatment

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Holistic IVF & IUI

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Dedicated to

Supreme Father, Teacher, Sadguru & Surgeon

God's Message for all

My sweet children look there the new golden world,
just for all of you

Message for Gynecologists & IVF Experts

Divine angels, you are special. Your positive thoughts and actions are very powerful and they radiate peace and happiness to the whole world which helps in recreating a Healthy & Happy New World



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FOREWORD



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Mata Chanan Devi Hospital, New Delhi
**Convenor, Counseling ART group
Indian Fertility Society 2022-2024**

It is our privilege and honor to write the foreword for this wonderful book, made possible by selfless efforts of the team of healthcare professionals, led by **Dr Shubhada Neel**. The requirement for psychological support is immense for couples undertaking the ART treatment for infertility. We needed a way which is in consonance with the traditional values and at the same time validated by the modern scientific methods. The way to positive mental health and resilience while facing the challenging journey of IVF and IUI has been developed and made easily accessible for each and every patient by live Zoom meetings, recorded You-tube sessions on a daily ongoing basis. It incorporates the essence of deeply held core spiritual values which are common to all mankind. It was the need of the hour and this book has filled the significant lacuna which existed in the patient care. Our best wishes to the entire team for their continued dedicated effort.

Dr K D Nayar, President IFS

Dr Poonam Nayar, Convenor, Counseling ART group IFS



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PREFACE

Infertility is a challenging condition that affects many couples, and addressing its psychological and emotional aspects is crucial for overall well-being and improved pregnancy outcomes. The mind has a profound impact on physical health, including reproductive health. Stress, negative thoughts, and emotional distress can hinder fertility, while positive emotions and thoughts can enhance it. Positive thinking and emotions can have a significant impact on overall well-being. They stimulate the release of "happy hormones" like serotonin, endorphins, dopamine, and oxytocin, which contribute to better mental and physical health.

A healthy, low-fat, high-fiber diet can positively influence fertility outcomes. It's essential to pay attention to the quality, timing, and mindfulness while eating. Physical exercises, including yoga and stretching, can help improve physical health, while mental exercises like affirmations, music therapy, and art therapy can alleviate stress and promote emotional well-being. Adequate and high-quality sleep is crucial for reproductive health. Sleep disturbances can affect hormonal balance, ova and sperm quality, and overall fertility. Raja-yoga Meditation is a powerful tool for stress management and enhancing mental and emotional resilience. It empowers individuals to manage stress and maintain a positive mindset. Rajyoga based Holistic Care: combines Behavioural/Physical, Mental/Cognitive, Emotional, Social/Relational and Spiritual dimensions of health to provide comprehensive support for infertility patients. It includes educational sessions, dietary guidance, exercise routines, meditation, counseling, and spiritual teachings.

Holistic IVF & IUI Guide is the first of its kind Indian, Activity based Counselling related Journal For patients undergoing fertility treatment covering all the above aspects.

Warm Regards,

BK Dr Shubhada Neel

MD, DNB, DGO, DFP, FICOG

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Consultant Gynaecologist & Infertility Expert

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MESSAGE



Dr Surveen Ghumman Sindhu

Senior Director and Head

IVF and Reproductive Medicine Unit

Max Group of Superspeciality Hospitals

Delhi & NCR

Secretary General, Indian Fertility Society

Psychological and emotional support are one of the most important aspects of infertility care and yet the most neglected. Physicians are so busy with their treatment and procedures that they often do not have time to look into this aspect.

I congratulate BK Dr Shubhada Neel and her team on bringing forth the insightful “Holistic IVF & IUI Guide” an unique endeavor to support many infertile couples in their journey to have a baby. Besides exercise, counselling, dietary advice it brings the perspective of meditation, yoga and spirituality into infertility treatment.

Best wishes for this exceptional and invaluable venture!

Dr Surveen Ghumman Sindhu

Secretary General, Indian Fertility Society



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MESSAGE

Dr Kuldeep Jain

Director KJIVF

Test Tube Babies &

Laparoscopy Centre, New Delhi

Past President IFS



Infertility is not only a medical problem but has mental, sexual and social repercussions. Most of the patients are entering into the program with a lot of doubts, stressful and negative thought process. Holistic approach is a unique perspective of infertility management and may improve overall outcome and may bring positivity specially in case of failures and might help these patients to continue the treatment and may decrease the dropout rates from the program. I must Congratulate Dr Shubhada & team on bringing out this book. It's a wonderful Journal on Holistic Care during Infertility management by the team led by Dr Shubhada. "Holistic IVF & IUI Guide" Journal will be a useful asset for the IVF Experts, psychologists, gynecologists, general physicians, dedicated nurses, IVF coordinators and other supportive staff of ART clinics, who are dealing with fertility treatment challenges.

I wish the team, a grand success.

Dr Kuldeep Jain

Past President IFS



Prof. Sudha Prasad

Director, Matritava, Advanced IVF & Training Centre

New Delhi

Former Prof. & Head and IVF Coordinator

IVF & Reproductive Biology Centre,

Maulana Azad Medical College, Delhi

Past President, Indian Fertility Society 2020-22

Past Vice President FOGSI 2019



A heartfelt congratulations to Dr. Shubhada and the entire team for the outstanding work on the "Holistic IVF & IUI Guide." Wishing them a fulfilling and successful journey as they contribute to the well-being of patients undergoing fertility treatments.

Prof. Sudha Prasad

Past President, Indian Fertility Society 2020-22



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MESSAGE

Dr Amita Puri

PhD in Clinical Psychology (PGI)

MPhil (RCI)

Clinical Hypnotherapist (USA)

Director, Optimus Centre for Well Being

Citizen Hospital and Deaddiction Centre, Gurgaon

Co convenor, Counseling ART Group, Fertilvision 2023



BK Dr Shubhada Neel's commitment and passion in bringing out this wonderful Holistic IVF & IUI guide for the benefit of millions of couples worldwide, who go through this turbulent journey wading the undercurrents of uncertainty in this ocean of life, is inimitable. This guide rings in positivity, optimism and new hope in the hearts of couples and their significant others traversing this long journey of IVF. This guide is the first of its kind in India and indubitably, it provides comprehensive support in helping couples navigate the complex journey and make informed decisions about fertility treatment. Emotional and spiritual well-being are integral in IVF counselling as they influence the overall fertility journey. Stress and emotional strain can impact fertility outcomes making it essential to address these aspects for a holistic approach. Additionally supporting spiritual well-being can provide couples with the sense of purpose and resilience during the challenging IVF process.

Spirituality in infertility counselling can offer couples a source of strength and coping mechanisms. It provides a framework for finding meaning and purpose in the face of fertility challenges. This may involve seeking comfort in one's beliefs, finding solace in a higher power or fostering a sense of connection and hope that goes beyond medical interventions. Integrating spirituality can contribute to emotional resilience and a more comprehensive approach to navigating the complex challenges of infertility.

BK Dr Shubhada Neel has covered all of this and much more in this exemplary erudition - Holistic IVF and IUI guide. This will indeed be a precious gem in the hands of its readers. I am sure that not only couples but also their families, budding medical and mental health professionals will also find this guide an invaluable thesaurus.

Om Shanti.

Dr Amita Puri

Co convenor, Counseling ART Group, Fertilvision 2023



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MESSAGE

Prof Dr Padmakali Banerjee

Vice Chancellor

Shri Padmapat Singhania University, Udaipur

FRSA – London, FSIS - USA

PhD in Psychology

Masters in Business Administration



I am delighted to note that Dr Shubhada & the expert team have written "Holistic IVF & IUI Guide," an Activity based, Counseling Journal For patients undergoing IVF/IUI/Fertility treatment.

It is a journal with positivity, hope and optimism. Many Congratulations!

Prof Dr Padmakali Banerjee , Vice Chancellor



Dr Vikas Sharma

PhD in Clinical Psychology MPhil (RCI)

Head, Dept of Clinical Psychology

SGT University, Gurgaon

General Secretary

Indian Association of Clinical Psychologists



Infertility is a medical condition associated with myriad of problems. The advances in medical sciences have considerably improved the treatment outcomes. However, there is a need to integrate psychosocial factors in different stages of fertility care. There are variations in terms of individuals reaction to infertility and many experiences psychological problems. The psychological assessment and management along with medical interventions will improve treatment outcomes, couple relationships and quality of life.

My heartfelt appreciation to BK Dr Shubhada Neel for establishing a new benchmark in the area of infertility. I am sure that the efforts will pave the way towards more holistic, sensitive and culturally relevant infertility care.

Best Regards

Dr Vikas Sharma

General Secretary

Indian Association of Clinical Psychologists



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ACKNOWLEDGEMENT



Special Acknowledgment to Brahma Kumaris, IFS & DSRF

Gratitude has enriched our souls and endowed us with blessings to scale the altitude of success. Beyond grateful to invoke the presence of God, who has been a guide in conceiving the idea of launching this unique project “**Holistic IVF & IUI**”. **Holistic IVF & IUI Guide** is the first of its kind Indian, Activity based Counselling related Journal For patients undergoing infertility treatment. It is a great pleasure to acknowledge the contribution and consistent support of all the faculties involved in the project, whose motivation has made this unique project a reality. We are thankful to Respected **BK Shivani Didi, Dr Ashok Mehta, Dr Banarsilal Sah, Dr Satish Gupta, Dr Pratap Midha, Prof EV Gireesh, Dr EV Swaminathan**, and all the members of the Medical Wing (Brahma Kumaris) for the constant guidance and support for this project. We are grateful to all our patients and families for being a constant source of inspiration. We owe Special Thanks to **Dr K D Nayar President IFS, Dr Poonam Nayar Convenor Counseling ART group of the Indian Fertility Society** for their encouragement and guidance for this Journal. Grateful to DSRF Divine Sanskar Research Foundation for taking such a useful initiative to publish this Journal.

With lots of Love and Light,

BK Dr. Shubhada Neel (Director) & Team

Holistic IVF & IUI



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Holistic IVF & IUI Guide Unlocking Dream of Parenthood

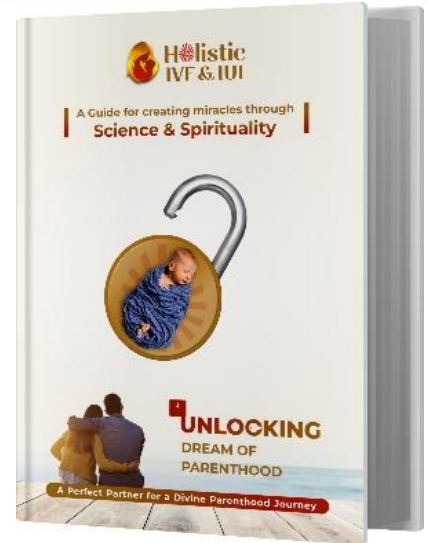
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For Details Contact

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Highlights of Holistic IVF & IUI Guide

COGNITIVE/MENTAL NEEDS

Gaining a comprehensive knowledge of ART

- Journey of IUI/IVF/ICSI
- Tips for successful IUI/IVF/ICSI
- Affirmation therapy

EMOTIONAL NEEDS

Self-regulation for facing the challenges of ART

- Emotions & Fertility – The Connecting Link
- Your relationship with yourself
- Empowering Your Mind - Meditation Commentaries
- Acceptance and self-compassion
- Values - your compass of strength

SOCIAL/RELATIONAL NEEDS

- Communicating to forgive and forget
- Design Your Life Activities

BEHAVIOURAL NEEDS

Life style needs (physical)

- Fertility Boosting Diet
- Exercise to Boost Fertility in IVF & IUI
- Sleep Therapy

SPIRITUAL NEEDS

- Know Thyself
- Know The Supreme
- Learn the art and science of Raja-yoga Meditation

HOLISTIC PRENATAL CARE

IFS – DSRF – BRAHMA KUMARIS INITIATIVE



BK Sister Shivani

Intl Motivational Speaker
Brahma Kumaris



Dr K D Nayar
President
IFS



Dr Surveen Ghumman
Secretary
IFS



Dr Poonam Nayar
Convenor, Counseling
ART, IFS



Dr Shubhada Neel
Director, Holistic IVF – IUI
Divine Garbhsanskar



Dr E V Swaminathan
Convenor, Holistic IVF & IUI
Divine Garbhsanskar



Holistic IVF & IUI Guide

Unlocking Dream of Parenthood

(Activity based Journal For patients undergoing IVF / IUI/ Infertility treatment)

Initiative by SIG Counseling ART, IFS

For Free Download Visit

<https://divinegarbhsanskar.in/holisticivfiui/>



JOURNAL RELEASE AT FERTIVISION 2023

19th Annual Conference Indian Fertility Society

8 – 10 Dec 2023 Gurugram, New Delhi



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Dr Surveen Ghumman
Secretary
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Past President
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Holistic IVF & IUI Guide

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Scientific & Spiritual Approach

Holistic Care A Golden Approach For Successful IVF & IUI



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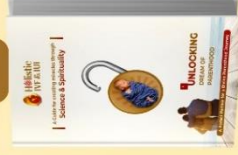
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Monday-Saturday : 8 to 9 pm | Sunday : 11 am to 12 pm

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For Unlocking Dream of Parenthood

Activity based Journal - FOR FREE DOWNLOAD VISIT

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Holistic IVF / IUI Program

Trying to conceive, but unsuccessful?
Have been advised IVF or IUI?
Want a Healthy and Intelligent baby?
Join us to fulfil your dream of becoming parents!

A free expert guidance program on
Holistic IVF & IUI - Scientific & Spiritual Approach
Golden Steps for Successful IVF & IUI

Daily online live sessions by Expert Medical doctors & spiritual teachers on

Decoding Journey of IVF & IUI
Tips for Successful IVF & IUI
Stress Management
Emotional Well-being
Fertility Boosting Diet
Exercise & Pranayama
Counselling
Meditation
Sleep Management
Art Therapy
Music Therapy

Meet us virtually Daily,

Monday to Saturday 8 - 9 pm, Sunday 11 am - 12 pm
live on Zoom & YouTube channel [youtube.com/@holisticivf](https://www.youtube.com/@holisticivf)
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Subscribe to our YouTube channel Holistic IVF

Organisers

Divine Sanskar Research Foundation

Medical Wing Brahma Kumaris

Introduction

Infertility is a prevalent global issue affecting millions of couples and individuals. While assisted reproductive technologies (ART) offer hope, their success rates can be limited, often due to psychological distress and unmet psychological needs. Holistic IVF & IUI proposes a holistic care to the management of infertility, recognizing that fertility encompasses physical, cognitive/mental, emotional, social/relational and spiritual dimensions of health. The World Health Organization's definition of health as complete well-being guides this care. Negative thoughts and emotions, particularly stress, can adversely affect reproductive health by disrupting hormonal balance and overall fertility. Conversely, positive thoughts and emotions trigger the release of "happy hormones," enhancing well-being and fertility.

Key components of the holistic care include a healthy diet, mindful eating, physical and mental exercises, therapies such as music and art therapy, and prioritizing sleep hygiene. Social support and interaction are an integral part of this program, thereby helping to destigmatize infertility and allowing couples to interact with others who are experiencing the infertility and ART management.

Raja-yoga Meditation, is introduced as a potent tool for stress management and emotional resilience, empowering individuals to maintain a positive mindset.

Components of Raja-yoga Meditation based Holistic care

It is a free program, available to all couples undertaking the ART treatment. It is managed by volunteer group of infertility clinicians, meditation experts and counsellors. Daily one-hour online sessions are organized with YouTube link available to those who cannot join in the live session. It is running in cycles of 30 days, continuously. Patients are asked to continue the practice throughout the treatment period, to join as many sessions as possible.



In summary, the main content of the online workshop is as given below:

PSYCHOSOCIAL NEEDS	RAJA YOGA MEDITATION HOLISTIC CARE WORKSHOP CONTENT
COGNITIVE/MENTAL Gaining a comprehensive knowledge of ART	<ul style="list-style-type: none"> • Journey of IUI/IVF/ICSI • Tips for successful IUI/IVF/ICSI • Tips for development of good embryo • Affirmation therapy
EMOTIONAL Self-regulation for facing the challenges of ART	<ul style="list-style-type: none"> • Emotions & Fertility – The Connecting Link • Your relationship with yourself • Empowering Your Mind - Stress and Anger management • From fear to courage • Choosing calmness in chaos • Acceptance and self-compassion • Values –your compass of strength • Mindful Living: The Difference Between Responding and Reacting • Music Therapy • Art Therapy
SOCIAL/RELATIONAL NEEDS	<ul style="list-style-type: none"> • Harmony in Relationships • Communicating to forgive and forget • Let’s Talk (Group Counselling) • Design Your Life (Workshop)
BEHAVIOURAL NEEDS Life style needs (physical)	<ul style="list-style-type: none"> • Fertility Boosting Diet • Yoga Asanas, Exercise, Pranayama • Sleep Therapy
SPIRITUAL	<ul style="list-style-type: none"> • Fertility and Fulfillment: A Journey to Life's Purpose • Know Thyself • Know The Supreme • Learn the art and science of Raja-yoga Meditation • Value based stories • Study of scriptures

Online Link

The following links are offered to the couple. They are counselled on the importance of joining this link to improve their chances of success as well as to enhance their overall well-being. It is scheduled as follows :

Every Monday to Saturday 8 - 9 pm, Sunday 11 am - 12 pm

Live on Zoom & YouTube Channel **Holistic IVF**

Zoom Meeting Details

ID : 919 51984746 Password : happiness

WhatsApp group is created with medical and spiritual experts and all patients added to the group. This group serves three main purpose -

1. Written & Audio-visual material such as affirmations, meditation commentary videos, online webinar details, and many other useful resources is shared on the group.
2. Enrolled patients can interact with medical and spiritual experts for any doubts they have.

Session structure

- Basic structure of each session of 60 minutes session is as follows :

i.) It **begins** with meditative, relaxing music or chanting mantra for 5 minutes.

ii.) This is followed by the **main session**, which is an interactive, experiential workshop based on the evidence-based practices or knowledge, interwoven with psychotherapeutic change processes, affirmations and visualization adapted to the topic or the theme of the session, lasting about 40-45 minutes. Sessions are conducted on various topics to address the psychosocial needs of the couple. The concepts important for the infertility treatment viz. diet, exercise, sleep or good rest, stress management are reinforced by practice, sharing of experiences and affirmations

iii.) Towards the **end of every session**, there are reflection/learning/takeaways by answering the below questions.

- What did you learn from today's session?
- Based on this learning, anything you would *start* doing or *do more* in your daily life.
- Based on this learning, anything you would *stop* doing or *do less* in your daily life.

iv) Finally the **session closes** with guided Raja-yoga Meditation practice of about 10 min duration



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The content of main session

It includes and integrates the physical /behavioral, cognitive, emotional, social/relational aspects for the care of the couple, and adheres to the ESHRE Guidelines 2015 for routine psychosocial care during ART or Assisted Reproductive Technologies (Nayar *et al.* 2021) However these are delivered along with Raja-yoga Meditation practices which directly addresses the spiritual needs as well.

What happens with failed cases?

When individuals or couples experience the disappointment of failed IVF/IUI treatments, positive psychology offers a valuable perspective for rediscovering life goals, values, and purpose. Instead of dwelling on the setback, this can be a transformative moment to explore alternative paths. Hence, sessions on ‘Purpose of Life’, ‘Values – A compass of life’ are held to help patients redefine their purpose, focus on personal growth, strengthen relationships, or engage in fulfilling activities.

The couple is offered online or offline support by the mental health professional for grief counselling work.

Conclusion:

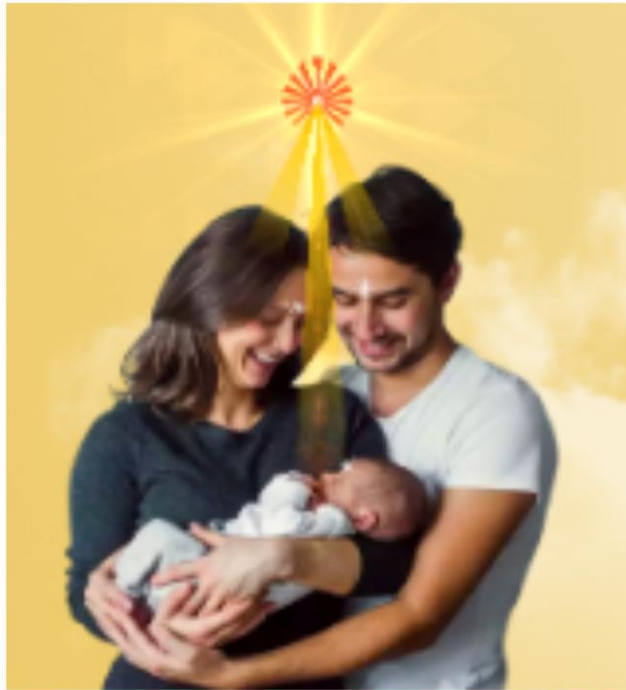
The holistic care to the management of infertility recognizes that fertility is not just a physical issue but also involves mental/emotional, social and spiritual well-being. This comprehensive care aims to improve the chances of success in fertility treatments by addressing all dimensions of health. By addressing all aspects of health - physical, mental/emotional, social and spiritual, the holistic care not only aims to increase the success rate of fertility treatments but also empowers individuals to lead healthier and happier lives.



**Holistic
IVF & IUI**

Scientific & Spiritual Approach

GOLDEN STEPS FOR SUCCESSFUL IVF & IUI



A Perfect Partner for a Divine Parenthood Journey

Part 1

“

**God has a broad back, if you
have a burden, let Him
take it from you**

”

ROLE OF AFFIRMATION THERAPY IN INFERTILITY MANAGEMENT

Dr Shubhada Neel, Dr Reema Kumari, BK Aarti Sahu, Dr. Swati Chalkhor, Vaishnavi Khairnar

AFFIRMATION

An important dimension of Raja-yoga meditation is affirmations. These are developed specifically for the ART.

In addition to the basic medical knowledge, they are given affirmations which are used at each and every step of the ART process. They serve a double purpose. Firstly, by bringing a complete clarity in the patient's mind regarding the medical processes involved; thus, having a clear idea about what will be done and how prepares them well for the treatment journey. In addition, the affirmations specifically designed for the steps brings into focus the positive thoughts and has an effect on the emotional state as well. Preparatory material in the form of a downloadable pdf booklet is shared with patients.

20 An affirmation is a statement that is felt as truth. When affirmations are used over time they can be referred to as a practice or daily prayer with intention of a positive outcome – and these can also be included for psychological well-being and pregnancy outcomes (Dalene, 2021). Affirmations are frequently used to diffuse negative feelings of guilt, fear, blame, resentment, and other complicated emotions that accompany the parenting experience when it comes to conception, pregnancy, and motherhood. (Furnari, 2023)

21 Affirmations can assist in preparing the mind and subsequently the body in a number of significant ways. Stress and worry can have a negative impact on physical health; however, an affirmation practice can help to relieve both.

Affirmations can make it easier to eat and sleep, and regular sleep and a healthy diet are absolutely important for conception.

Positive affirmations (Furnari V,2023): can help reduce worries about the conception process and get the mind ready for pregnancy.

Willet E (2021)¹⁷: their article entitled “IVF Affirmations: Using Your Thoughts to Stay Calm and Foster Success” focused on positive affirmation is to make a concerted effort to change thoughts to help improve outcome and help manage any stress that comes along with IVF.

Edward T (2019)¹⁸: their blog entitled “30 Affirmations to Power Happiness and Positive Thinking” described the role of affirmations which allow for an active meditation that can speak positive, strengthening words over the chorus of background noise in the head, during anxiety states during infertility treatment.

Affirmation therapy is another essential component in infertility management, helping individuals cope with the emotional and psychological challenges associated with infertility. Specific affirmations for various stages of ART processes, addressing physical, emotional, social, and spiritual aspects can be practiced. These affirmations promote self-acceptance, trust, and a positive mindset, ultimately reducing stress and improving overall well-being.

Take Home Message, this presentation underscores the significance of addressing the psychological and emotional aspects of infertility through meditation and affirmation therapy. These practices can help reduce stress, improve fertility outcomes, and enhance the overall quality of life for individuals and couples struggling with infertility.



Holistic IVF & IUI

Scientific & Spiritual Approach

GOLDEN STEPS FOR SUCCESSFUL IVF & IUI



POSITIVE AFFIRMATIONS DURING FERTILITY MANAGEMENT

Physical Well-Being

1. I am a master of my body.
2. I nourish my body with love and care.
3. I release stress and tension from my body, creating a welcoming environment for our baby.
4. I trust in the natural healing power of my body.
5. My body responds to the treatment positively.
6. My body is a vessel of strength and vitality, ready to support new life.
7. My body is surrounded with the power of God's love and blessings.
8. Every breath I take fills my body with life and vitality, nurturing my reproductive system.
9. My body is strong and capable.
10. I am grateful for my body and its ability to create life.
11. I believe in my body's innate ability to heal and restore balance.
12. My hormones are completely balanced.

Emotional Well-Being

1. I am a peaceful being.
2. I am a powerful being.
3. I have the power to deal with everything life throws at me.
4. I embrace inner peace, letting go of worry.
5. I am at peace with where I am on my journey.
6. I am capable of handling this journey.
7. I trust my body's wisdom and timing.
8. I am certain I will be a parent.
9. I feel emotionally empowered.
10. I accept myself and my emotions.





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GOLDEN STEPS FOR SUCCESSFUL IVF & IUI



POSITIVE AFFIRMATIONS DURING FERTILITY MANAGEMENT

Social Well-Being

- 1. I let go of judgement and comparison.**
- 2. I have a very supportive partner.**
- 3. I have a very supportive family.**
- 4. I am grateful for the support system I have.**
- 5. God is my biggest pillar of strength.**
- 6. I forgive all those whom I have wronged intentionally or unintentionally.**
- 7. I communicate openly and honestly with my partner, strengthening our bond and facing challenges together.**
- 8. My relationships are filled with unconditional love and care.**
- 9. I am compassionate and understanding.**
- 10. I accept the diversity of people and perspectives.**

Spiritual Well-Being

- 1. I am a parent of God's unique child.**
- 2. I am special and our baby is extremely special.**
- 3. I trust in the divine timing of my life's journey, including my path to parenthood.**
- 4. I embrace and radiate love and positivity.**
- 5. I visualize a healthy and happy pregnancy.**
- 6. Our baby is extra-ordinary.**
- 7. I am connected to the divine source of love and light.**
- 8. God, my father, is my constant companion in this journey.**
- 9. I release attachment and find contentment in things as they are.**
- 10. I and my womb are surrounded with God's love and light.**





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Scientific & Spiritual Approach

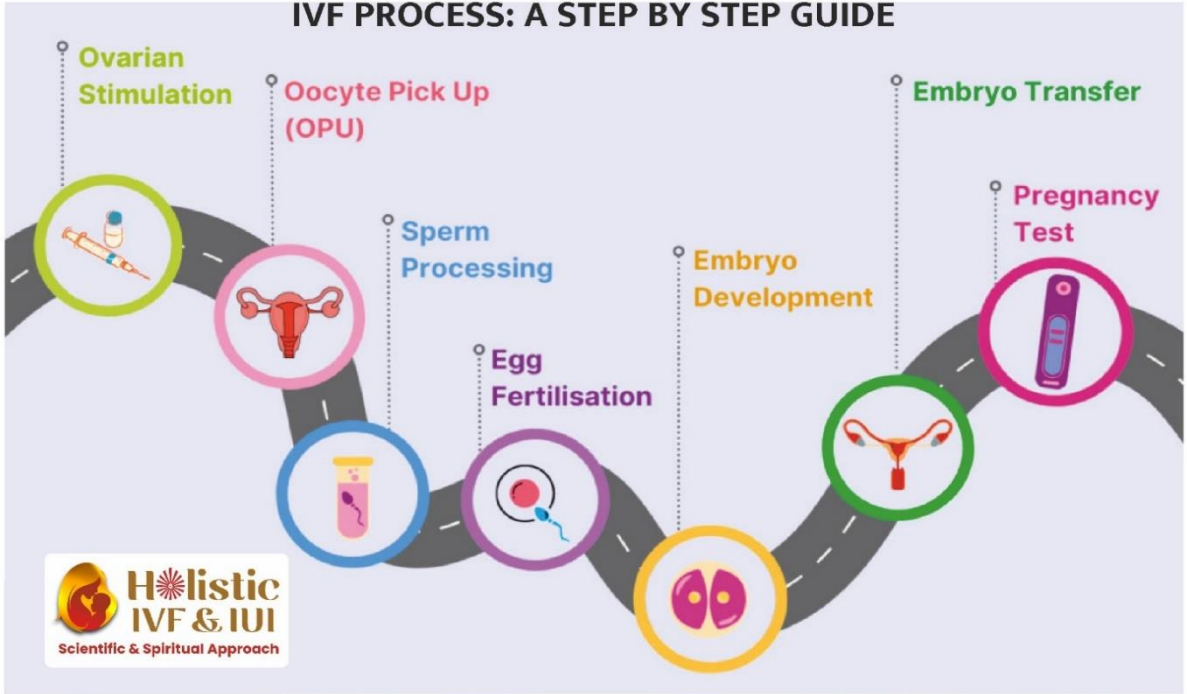
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Affirmations for IVF Success

IVF PROCESS: A STEP BY STEP GUIDE



SPIRITUAL EMPOWERMENT THROUGH 7 VALUES



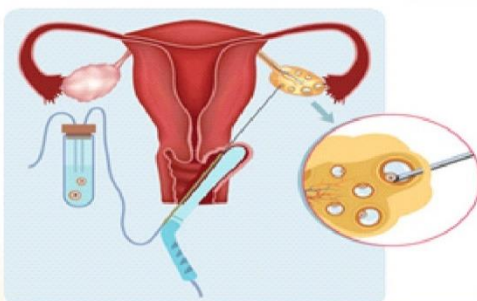
Pre-treatment Medications & Injections & Meditation



- 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

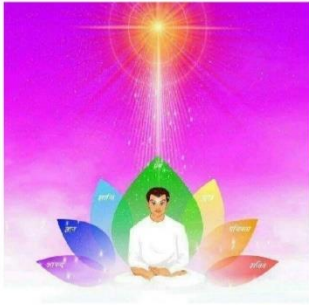
- My ovaries are healthy and fully nourished.
- My ovaries are a reserve of very strong eggs prepared to be retrieved for fertilization.
- My follicles are surrounded by the bright, divine light of growth and mature easily.
- God is empowering these eggs.
- My ovaries and my womb are surrounded with 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

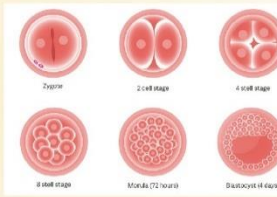
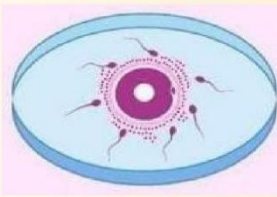
- My husband is God's child and cooperating with me in purity.
- He is getting powerful vibes from Supreme God to have perfect sperms for this divine process.

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.



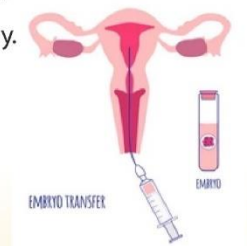
Egg Fertilization



- 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.

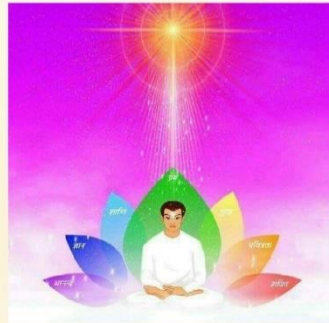


Affirmations (Throughout the journey)



- 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





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Affirmations for IUI Success

STEPS IN THE IUI

(Intrauterine Insemination) Procedure



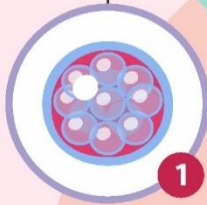
Inducing ovulation

Monitoring with
bloodwork & ultrasound

Insemination
procedure

Stimulating
Egg growth

Follow-up &
subsequent
pregnancy tests



SPIRITUAL EMPOWERMENT THROUGH 7 VALUES



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

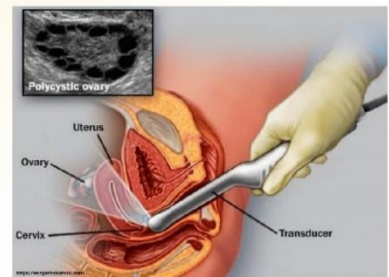


- I am a powerful being, child of the Supreme Father God who is taking treatment through a team of powerful divine souls for bringing a divine soul in my body.
- This treatment is going to be successful as God himself is doing this through his children for me.
- I completely love and trust my body.
- 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

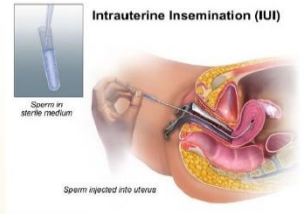
Sperm Processing & Intrauterine Insemination Process

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.

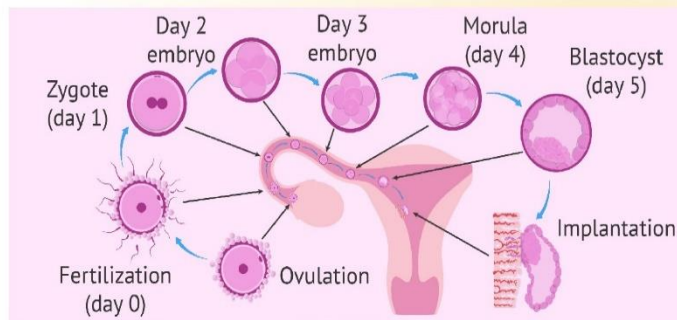
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- My body is capable of producing good quality fertile sperms.
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- I am an active participant in our journey toward becoming parents.
- I am confident I will become a father.
- God, my father, is with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

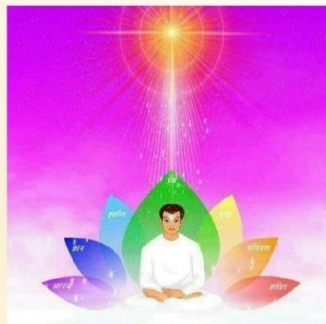
- My womb is receptive to a new life.
- My womb is healthy and will bring a divine baby into being.
- Today I am going to be a mediator to gift this divine creation to my family & the world.
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Subsequent Follow-Ups & Pregnancy Tests



HolistiC IVF & IUI

Activity 1.1 : Affirmations



Your Thoughts
Become
Your Reality
संकल्प से सिद्धि



“भगवान करे मेरा काम हो जाये...
बहुत मेहनत की है, पता नहीं क्या होगा...
पिछली बार भी ठीक नहीं हुआ था...”
यह कमज़ोर संकल्प और बोल हैं।

“मैं शक्तिशाली आत्मा हूँ,
मेरा हर कर्म सही है,
परमात्मा का ज्ञान और दुआएं मेरे साथ हैं,
सफलता मेरे लिए निश्चित है”
ध्यान से सोचें ... संकल्प से सिद्धि होती है



New Year Resolution

संकल्प का बीज डाला,
रोज़ उसे दृढ़ता का पानी देना।
रोज़ सुबह 5 मिनट संकल्प को दोहराएं।
संकल्प को साथ-साथ visualise करें।
दिन में हर 1-2 घंटे बाद संकल्प को दोहराएं।
रात को सोने से पहले visualise करें।
दृढ़ता से संकल्प संस्कार बन जायेगा।

B . K . SHIVANI

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Activity 1.1

Holistic IVF & IUI
Scientific & Spiritual Approach
GOLDEN STEPS FOR SUCCESSFUL IVF & IUI

RESPIRATORY
आकाश Space
शान्ति Peace
नीला Blue

CNS BRAIN
ज्ञान Knowledge
गहरा नीला Indigo

ENDOCRINE HORMONES
आनंद Bliss
जामुनी Violet

MUSCLES & BONES
शक्ति Power
लाल Red

REPRODUCTIVE IMMUNITY
पृथ्वी Earth
जल Water

DIGESTIVE
अग्नी Fire

HEART O₂ BLOOD
वायु Wind

प्यार Love
हरा Green

खुशी Happiness
पवित्रता Purity
नारंगी Orange

9158927937 / 9820616509 **youtube.com/@holisticivf**

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

SPIRITUAL EMPOWERMENT THROUGH 7 VALUES

BLISS | आनंद

KNOWLEDGE | ज्ञान

PEACE | शान्ति

LOVE | प्यार

HAPPINESS | खुशी

PURITY | पवित्रता

POWER | शक्ति

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

Activity 1.1 : Affirmations

SEVEN QUALITIES OF SOUL (सतोगुणी 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

Activity 1.2

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.

Activity 1.3

Share your experience of Energizing
the 5 elements of your body

Share your experience of
Energizing yourself with 7 values



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GOLDEN STEPS FOR SUCCESSFUL IVF & IUI



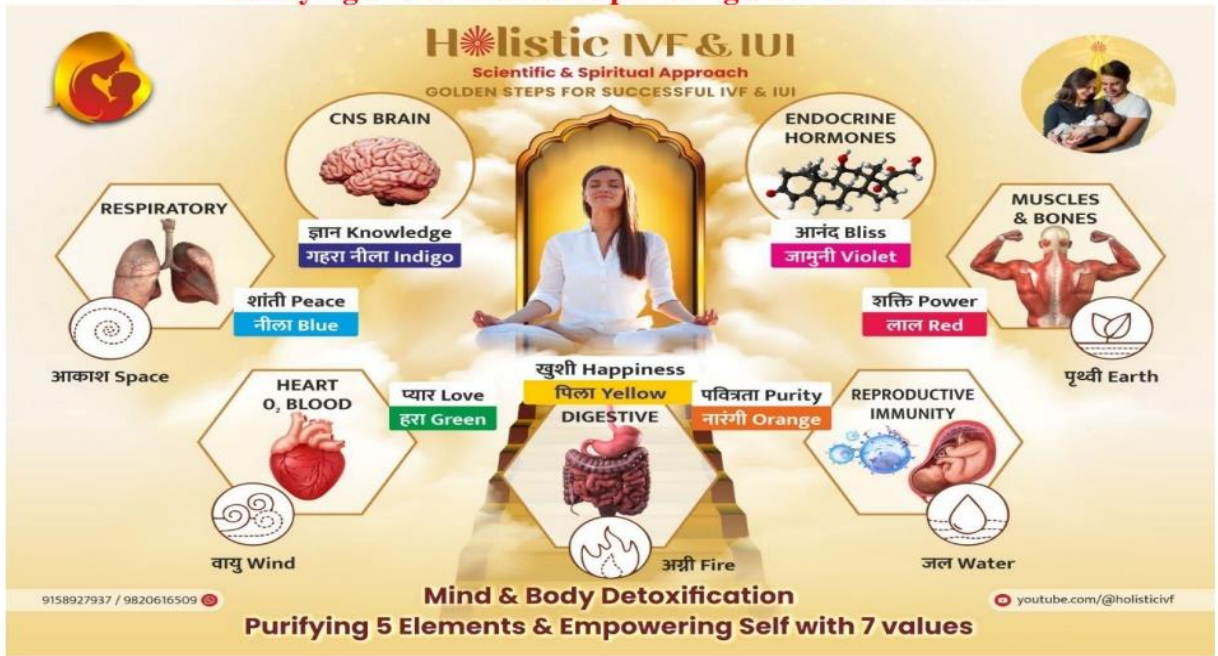
COLOUR	VALUES	ELEMENTS	ORGAN SYSTEMS
Violet	Bliss/आनंद		Endocrine/Hormones
Indigo	Knowledge/ज्ञान		CNS Brain
Blue	Peace/शांती	Space/आकाश	Respiratory
Green	Love/प्यार	Wind/वायु	Heart Oxygenated Blood
Yellow	Happiness/खुशी	Fire/अग्नी	Digestive
Orange	Purity/पवित्रता	Water/जल	Reproductive System & immunity
Red	Power/शक्ति	Earth/पृथ्वी	Muscles & Bones

SPIRITUAL EMPOWERMENT THROUGH 7 VALUES



Activity 1.4

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

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 1.5



Holistic IVF & IUI



Scientific & Spiritual Approach

GOLDEN STEPS FOR SUCCESSFUL IVF & IUI

Bless your Endocrine System with Bliss

अपने अंतःस्रावी तंत्र को आनंद से भरपूर करें

Om Shanti.....Each moment of life.....be a blissful experience for yourself.....So let concentrate our with that 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. Shanti

Shanti Shanti

Activity 1.5



Activate your Nervous System with Knowledge
अपने तंत्रिका तंत्र को ज्ञान से सक्रिय करें

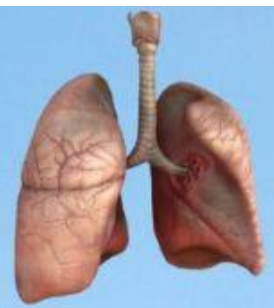

Om Shanti.....

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



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

Activity 1.5



**Holistic
IVF & IUI**
Scientific & Spiritual Approach

SPACE GOLDEN STEPS FOR SUCCESSFUL IVF & IUI

**Breathe in Peace for strong
Respiratory System**
मजबूत श्वसन प्रणाली के लिए शांति से सांस लें।

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 peaceVisualize.... 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

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

Activity 1.5



WIND GOLDEN STEPS FOR SUCCESSFUL IVF & IUI

Love the rhythm of your Heart अपने दिल की लय से प्रेम करें

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
Creato;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....

Activity 1.5



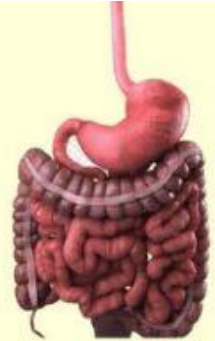
FIRE



Holistic IVF & IUI

Scientific & Spiritual Approach

GOLDEN STEPS FOR SUCCESSFUL IVF & IUI



Happiness to energize Digestive System

खुशी से पाचनप्रणाली को सशक्तकरें

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....

Activity 1.5



WATER



Holistic IVF & IUI

Scientific & Spiritual Approach

GOLDEN STEPS FOR SUCCESSFUL IVF & IUI



**Daily dose of Purity to empower Reproductive System, purify
Sensory organs & enhance Immune Power**
**प्रजनन प्रणाली, पंच ज्ञानेंद्रिया तथा रोगप्रतिकारक शक्ति
के लिए पवित्रता की दैनिक खुराक**

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.

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

Activity 1.5



The banner features a pink background with several elements: a circular logo with a leaf and a sun-like symbol, a golden circular logo with a flame and a fetus, the text 'Holistic IVF & IUI' in gold, 'Activity 1.5' in black, 'Scientific & Spiritual Approach' in red, and an image of a muscular man's back. Below these is the text 'EARTH GOLDEN STEPS FOR SUCCESSFUL IVF & IUI'. A large red rounded rectangle contains the title 'Power to empower Bones and Muscles' in white, with its Hindi translation below it.

Power to empower Bones and Muscles
हड्डियों और मांसपेशियों को सशक्त बनाने वाली शक्ति

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 me the 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 Powerful

I will be healthy.....powerful rays all around..... I will remain in the company of divine powers throughout my life.....

Activity 1.6

PLEASE WRITE DAILY PROGRESS CHART
 For Stories /Music /Meditation
 Commentaries /Classes
 Please refer to Holistic IVF YouTube
 Channel **Holistic IVF** &
www.divinegarbhanskar.in

Holistic IVF/IUI Monthly Progress Chart for IVF/IUI Success



Holistic IVF & IUI

Scientific & Spiritual Approach

GOLDEN STEPS FOR SUCCESSFUL IVF & IUI

Meet us virtually Daily, LIVE on
 zoom & YouTube

Mon to Sat 8 - 9pm | Sun 11am - 12pm
 Zoom Meeting ID: 919 5198 4746

Password: happiness

+91 9158 927 937 /9820 616 509 /9833 801 570

Activities	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					
1. First Thought in the morning- Read one thought for Today																																				
2. Satvik Diet (Veg) & Water- Be in the state of awareness- Just feel that I am a Peaceful Soul.																																				
3. Physical Exercise- How many minutes of Exercise did you do with Happiness																																				
4. Raja Yoga Meditation- How many minutes of Raj yoga Meditation did you do or did you watch videos																																				
5. Divine Music- Did you listen to the Divine music																																				
6. Holistic IVF/IUI Classes on Zoom /Holistic IVF YouTube channel- Did you attend the Holistic IVF/IUI Classes/ Did you watch the Holistic IVF/IUI Classes video and how much time?																																				

Activity 1.6

PLEASE WRITE DAILY PROGRESS CHART
 For Stories /Music /Meditation
 Commentaries /Classes
 Please refer to Holistic IVF YouTube
 Channel **Holistic IVF &**
www.divinegarbhsanskar.in

Holistic IVF/IVI Monthly Progress Chart for IVF/IVI Success

Holistic IVF & IUI
 Scientific & Spiritual Approach
GOLDEN STEPS FOR SUCCESSFUL IVF & IUI


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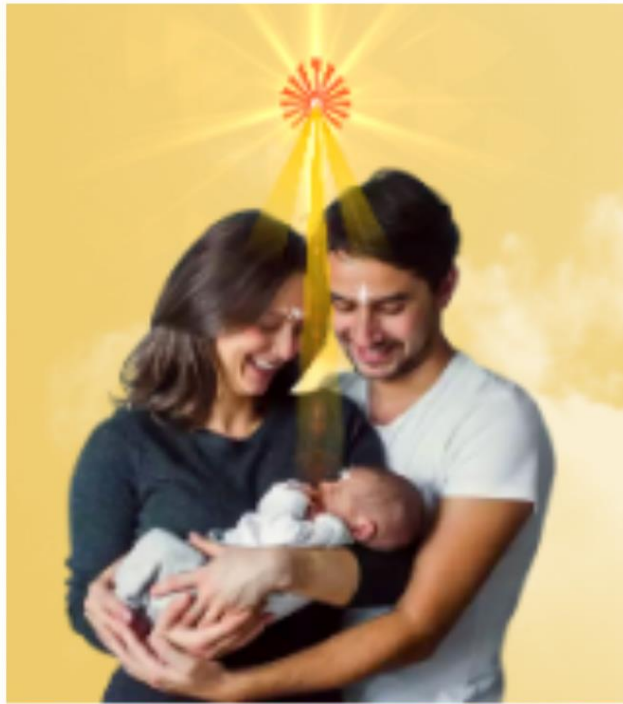
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Activities																																
7. IVF/IVI Success- Did you read the Affirmations? did you watch videos?																																
8. Stories/ Drawing- Did you read/listen to the story and did you do the painting?																																
9. Activities- Did you do the activities?																																
10. Mind Status- Positive/Negative Purity & Positivity in Thoughts, Words & Actions																																
11. Final Thought (Good Night)- Did you end the day thanking God.																																



**Holistic
IVF & IUI**

Scientific & Spiritual Approach

GOLDEN STEPS FOR SUCCESSFUL IVF & IUI



A Perfect Partner for a Divine Parenthood Journey

Part 2

“

**Just because it's taking time,
doesn't mean it isn't happening. ”**

Trust the process. It is worth the wait.



Holistic IVF & IUI

Scientific & Spiritual Approach

GOLDEN STEPS FOR SUCCESSFUL IVF & IUI

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Activity 2.1

Painting

1. Draw a heart
2. Fill in different parts of the heart with the emotions you're feeling right now./ दिल के अलग-अलग हिस्सों को उन भावनाओं से भरें जो आप अभी महसूस कर रहे हैं।
3. Color each part/emotion with the color of your choice / प्रत्येक भाग/भावना को अपनी पसंद के रंग से रंगें

Activity 2.1

Paint Your Heart





Holistic IVF & IUI

Scientific & Spiritual Approach

GOLDEN STEPS FOR SUCCESSFUL IVF & IUI

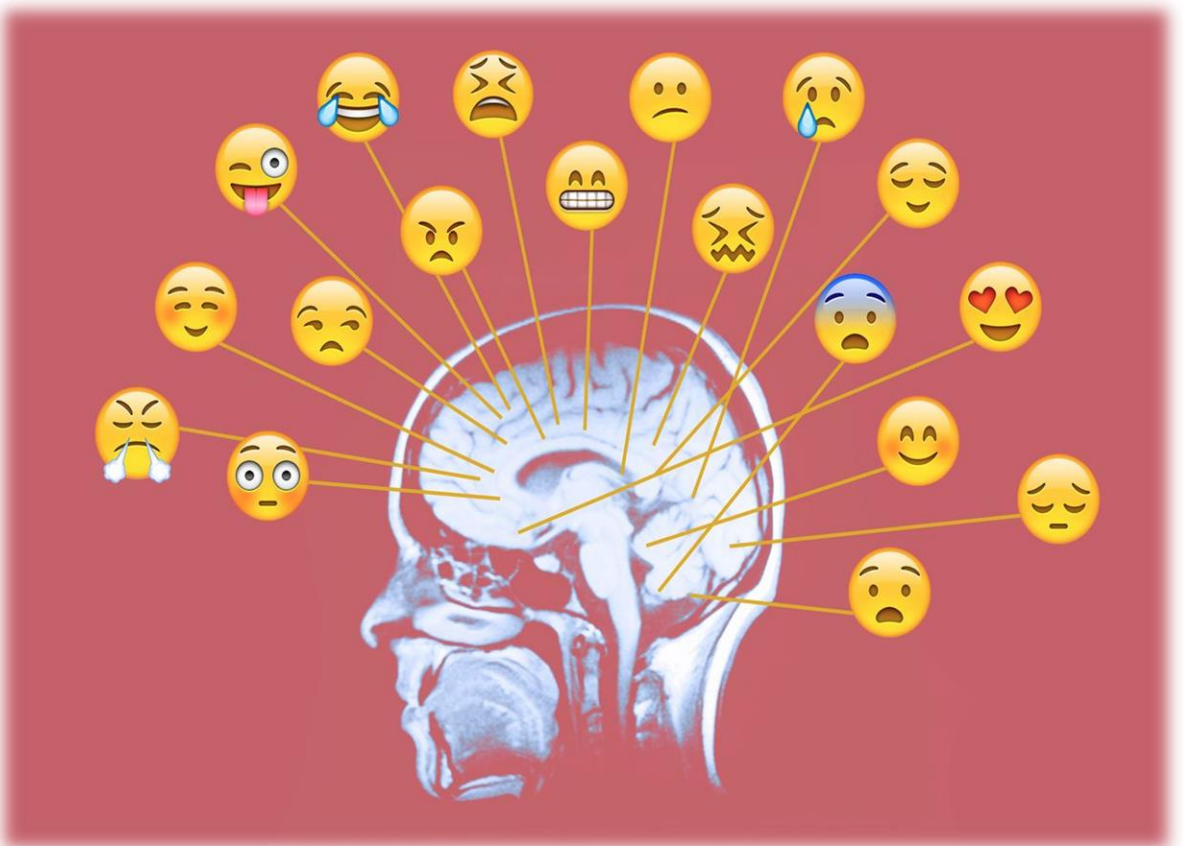
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Activity 2.2

You & Your Emotions / आप और आपकी भावनाएं

1. What do you like about yourself? / आप अपने बारे में क्या पसंद करते हैं?
2. What interests and energizes you? / आपको किससे दिलचस्पी और ऊर्जा मिलती है?
3. What are the adjectives you would use for yourself? / आप अपने लिए कौन से विशेषणों का प्रयोग करेंगे?





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Activity 2.2 Emotion Bubble / इमोशन बबल

Emotion Bubble / इमोशन बबल

Mention all the emotions you have felt in past 1 month /
उन सभी भावनाओं का उल्लेख करें जिन्हें आपने पिछले 1 महीने में महसूस
किया है



Release (Unwanted Emotions) - Let Go रिलीज़ (अवांछित
भावनाएँ) - जाने दो

Surrender (Those not in your control) - Let God / समर्पण (जो
आपके नियंत्रण में नहीं है) - भगवान को सौंप दो

Activity 2.3 Appreciation Letter To Self

Write a letter to yourself

स्वयं को पत्र लिखें



Appreciate yourself for your efforts to inculcate
virtues and powers within you

स्वयं में गुण और शक्ति भरने के लिए आप जो प्रयास कर रहे हैं
उसके लिए स्वयं की सराहना करें

Mention how you are bravely dealing with physical and psychological
changes in your body

आप अपने शरीर में होने वाले शारीरिक और मानसिक परिवर्तनों का कैसे बहादुरी से सामना
कर रहे हैं



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Activity 2.4

Appreciation Letter To Self





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Scientific & Spiritual Approach

GOLDEN STEPS FOR SUCCESSFUL IVF & IUI

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Activity 2.4

Appreciation Letter To Self

दिव्य गुण DIVINE VIRTUES

● यथार्थता	ACCURACY	● शुभ भावना	GOOD WISHES
● गुणग्राहकता	APPRECIATION	● ईमानदारी	HONESTY
● परोपकार	BENEVOLENCE	● नम्रता	HUMILITY
● निश्चिन्तता	CAREFREE	● अन्तर्मुखता	INTROSPECTION
● हर्षितमुखता	CHEERFULNESS	● हल्कापन	LIGHTNESS
● स्वच्छता	CLEANLINESS	● गम्भीरता	MATURITY
● सन्तुष्टता	CONTENTMENT	● रहमदिल	MERCY
● सहयोग	CO-OPERATION	● आज्ञाकारी	OBEDIENCE
● साहस	COURAGE	● नियमितता	ORDERLINESS
● न्यारापन	DETACHMENT	● धैर्यता	PATIENCE
● दृढ़ता	DETERMINATION	● शालीनता	POLITENESS
● अनुशासन	DISCIPLINE	● पवित्रता	PURITY
● सरलता	EASINESS	● श्रेष्ठता	ROYALTY
● निरहंकारिता	EGOLESSNESS	● आत्मविश्वास	SELF CONFIDENCE
● स्फूर्ति	ENERGETIC	● सादगी	SIMPLICITY
● दूरदर्शिता	FARSIGHTEDNESS	● मधुरता	SWEETNESS
● निर्भयता	FEARLESSNESS	● अथक	TIRELESSNESS
● उदारता	GENEROSITY	● सहनशीलता	TOLERANCE

BRAHMA KUMARIS WORLD HQS. MOUNT ABU, RAJASTHAN, INDIA
Website: www.brahmakumaris.com / www.bkwsu.org / bkindia.in

"I AM THE STAR OF SUCCESS"**Practice this 2-3 times daily and you will be successful all the time!**

OM SHANTI. Today we will practice a special exercise. That is "I am the star of success! Success is my birth right." In this meditation commentary, we will take the blessing of "I am the star of success" from the Supreme Soul, Shiv Baba. By doing this meditation everyday, the power of our mind will increase. Our confidence level will increase too. We will become fearless while doing any work. This practice will also increase our confidence related to people at our work place. If we have inferiority complex, then that too will end and we will stabilize ourselves in the stages of our self respect. And we will give respect to all. So let's begin! Disconnect your mind from everything around you... and concentrate... I am a soul... a point of light... I, the soul, am situated at the centre of my forehead... completely detach yourself from your physical body.. as if the body does not exist... Just me, the soul.... a point of light.. I am self sovereign... master of my self... I am a great soul ... I am the most fortunate soul in this world... Now focus your mind on Paramdham... Shiv Baba, a point of light... Supreme Soul.. Shiv Baba.. the Ocean of Knowledge, the Ocean of Virtues, Almighty Authority... Now with all my heart I call upon Him to come to me! Visualize that Shiv Baba is slowly descending from the supreme abode... Crossing the stars, the sun, the moon and the sky, He has reached above my head... He has become my canopy of protection... Strongly feel His presence... I, the soul, am combined with the Supreme Soul Shiv Baba.. He is above my head... my canopy... Supreme Soul Shiv Baba is with me... Now visualize that divine rays of powers is radiating from Him and falling upon me... Feel deeply the rays of His divine powers.. and I, the soul, am getting filled with all these powers... Just as the Supreme Soul Shiv Baba is Almighty Authority, similarly, I, the soul, His child am master almighty authority... Now through these rays, Baba is giving me a divine blessing, "My Child, May you be the star of success..! May you be the star of success..! May you be the star of success..!" Baba has today filled me with His blessings!! From today, I am filled with God's Powers, I am master almighty authority.... I am the star of my success... Success is my birth right! I will easily achieve success in every work I do.... Concentrate on these thoughts.. - Rays of divine powers, rays of blessings are constantly flowing out of Shiv Baba and merging into me... I, the soul, am master almighty authority... I am the star of my success... Success is my birth right... I am always successful in making efforts... I have Baba's blessing with me, "May you be the star of success!" In work, behaviour, relationships or in difficult situations, I will always be successful... Sometimes, it may take time but success is my birth right..! At times, I may have to face difficult situations, may have to tolerate other people but that tolerance will be a means of my progress. Those situations will become the instrument to experience my flying stage... And thus in every walk of life, success will come to me automatically, easily and necessarily... OM SHANTI.

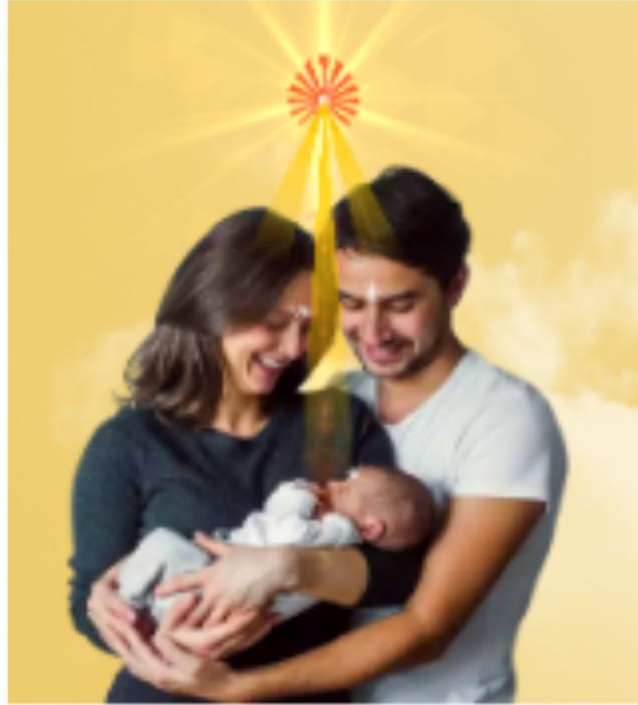
- EXPERIENCE -



**Holistic
IVF & IUI**

Scientific & Spiritual Approach

GOLDEN STEPS FOR SUCCESSFUL IVF & IUI



A Perfect Partner for a Divine Parenthood Journey

Part 3

“

**Silence is the best detox for
the body, mind and soul**

”



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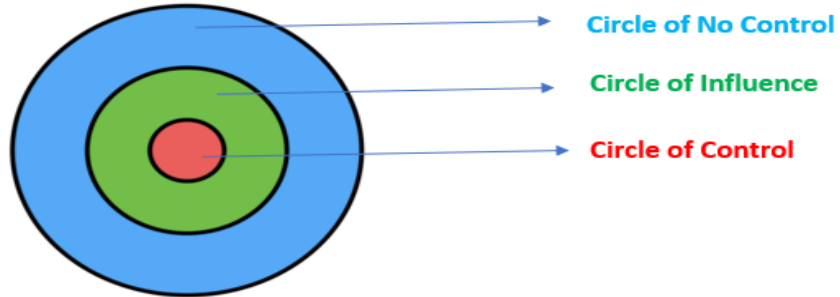
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Activity 3.1

Circles of Life / जीवन चक्र



Mention things in your life which lie in the Circle of Control

अपने जीवन में उन चीजों का उल्लेख करें, जो नियंत्रण के घेरे में हैं

(Commit to this / इसे प्रतिबद्ध करें)

Mention things in your life which lie in the Circle of Influence

अपने जीवन में उन चीजों का उल्लेख करें जो प्रभाव के घेरे में हैं

(Fulfill your responsibility & detach / अपनी जिम्मेदारी निभाएं और अलग हो जाएं)

Mention things in your life which lie in the Circle of No Control

अपने जीवन में उन चीजों का उल्लेख करें जो नो कंट्रोल के घेरे में हैं

(Let Go & Let God (Surrender To God) / जाने दो और भगवान को सौंप दो)

MEDITATION TO MAKE THE MIND POWERFUL - Increase Your Brain Power!

OM SHANTI. To be successful in any field or work, it is very important to have a powerful brain. For the brain to be powerful, fast and accurate, it is very important for the blood circulation of the brain to be proper. Through this meditation commentary, we will energize the brain by sending vibrations of peace to it. That is, we will slow down the speed of our thoughts. And when our thought process will slow down and the brain will become calm, then in that state, we will fill our brain with the divine powers of the Supreme Soul. By this practice, our brain will become very powerful. Blood circulation of the brain will increase, our concentration and controlling power will increase. The creative powers of our brain, the power to discriminate and decision making power will also increase. And then, we will easily achieve success in every task. So let's start..

Concentrate on the centre of the forehead... I am a soul... a point of light... I reside in the center of my brain, between the hypothalamus & the pituitary gland... See that, I am a bright beautiful star... a peaceful soul... I am an embodiment of peace... Peace is my nature... I am focused.. I am intelligent... My brain is calm and powerful... calm and focused... Now visualise this scene with the third eye of the intellect- the vision of supreme abode... There, the Supreme Father; God; Shiv Baba... a point of light, Ocean of Peace... radiating innumerable bright peaceful rays... Feel those rays of peace emerging from Him and flowing into me, the soul... these peaceful vibrations are spreading in my whole brain... and my brain is becoming completely relaxed... I am feeling very much calm and peaceful... relaxed... My whole brain is completely calm and relaxed now... In this state of peace, my brain's blood circulation is now working normally and accurately... My whole brain is receiving those peaceful powerful vibrations... all the nerves and neurons are receiving powers through these rays. See these powers in the form of red coloured light... feel that the red light of powers has spread in my entire brain... These red rays have illuminated my entire brain... The Supreme Soul; my Father, is Almighty Authority!! I, the soul, his child, am master almighty authority... He is always with me!! His powers & purity are merged in me... My brain is full of divine powers... My brain is powerful... I am healthy... I am intelligent... I am focused... My brain is filled with those red rays of all the divine powers... My brain is powerful! It has infinite divine creative powers..! For 2 minutes, we will remain stable in this divine powerful stage- rays of divine powers flowing out of Shiv Baba and being absorbed by me, the soul... and spreading in my whole brain. My brain is perfectly healthy..! OM SHANTI.

- EXPERIENCE -

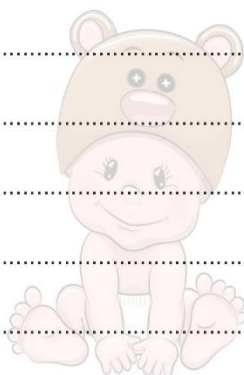


EXPERIENCE THE PEACE WITHIN! TENSION FREE, RELAXING AND PEACEFUL MEDITATION COMMENTARY

OM SHANTI. Withdraw all your thoughts from everywhere else and concentrate your intellect... I, the soul... a point of light... an energy... residing in the centre of the forehead... I, the soul, controller of my body... This body is separate... and I, the soul, the driver who runs this body, am separate... I am a point of light... I am a peaceful soul... Peace is my power... Now I, the soul, removing the costume of this physical body, fly upwards to my home, the incorporeal world. Crossing the sky... the moon... and the stars... I have reached my original home. the land of peace... the Supreme abode... Here is golden red light all around... I have reached very close to my Supreme Father, Supreme Soul, Shiv Baba. Visualize the rays of peace flowing out of Shiv Baba, a light form. and merging into me, the soul... I am a peaceful soul... Peace is my original religion... my original nature... Peace is my strength... My nature is peaceful... I, the soul, am fully relaxed. I am in my home, with the Supreme Father, the Supreme Soul, Shiv Baba...! I am experiencing great happiness receiving these rays. Now check your thoughts as a detached observer... These thoughts are my creation... No one can hurt me... The feeling of hurt is the creation of my own thoughts. Till today, I was looking for peace and happiness outside, in people, things, splendour or circumstances..! But now, I have realised that happiness derived from external things is temporary...

Experience that we are receiving rays of peace from God... Whatever memories I have of the past in my mind, of people, or of sorrowful events.., everything is getting burnt... God says - "Memories of the past are forgotten with the help of elevated memories!" The more we stabilize ourselves in our original nature, the more the sad memories of the past in our mind, will disappear automatically! I am a lucky soul... I am very happy... From today, my happiness is not dependent on any person, thing or situation... I am the master of my mind..! I am the master of my mind..! I am always peaceful... I am always happy... I am always peaceful. I am always happy... God says, "Neither person will change... nor place will change... nor the circumstances will change! It's you who will have to change yourself!" So from today onwards, my state of mind is not dependent on any external circumstances... I am an unshakeable and immovable soul... I am a fortunate soul... I am always peaceful... I am always happy... OM SHANTI.

- EXPERIENCE -





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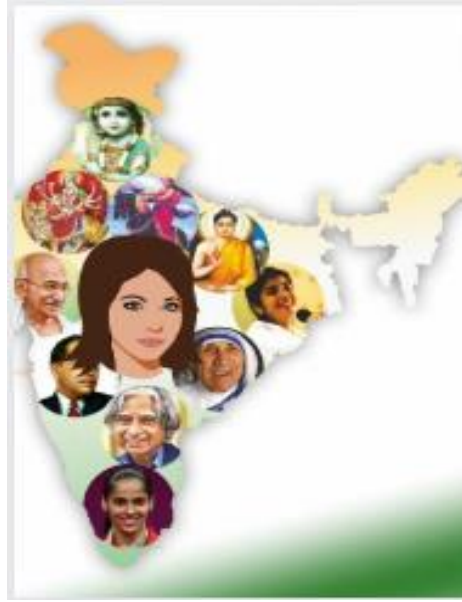
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Activity 3.4

Design Super Self / सुपर सेल्फ डिजाइन करें



I am Shakti / मैं शक्ति हूँ

I am as pure & divine as Shri Krishna /

मैं श्री कृष्ण के समान पवित्र व दिव्य हूँ

I am as powerful as Maa Durga / मैं मां दुर्गा के समान शक्तिशाली हूँ

I am as truthful as Gandhiji / मैं गांधीजी की तरह सच्ची हूँ

I am as compassionate as Mother Teresa / मैं मदर टेरेसा की तरह दयालु हूँ

I am as noble as Dr Kalam / मैं डॉक्टर कलाम की तरह नेक हूँ

I am as adventurous as Saina Nehwal / मैं साइना नेहवाल की तरह साहसी हूँ

Activity 3.5

I AM SHIV SHAKTI

OM SHANTI. Withdraw all the thoughts from the surroundings, and concentrate in the centre of the forehead... I, the soul... a point of light... a shining star... a self sovereign soul... I am the master of my body, which is just a costume..! I, the soul, am a child of the Supreme Soul Shiv Baba... I am master almighty authority... I, the soul, am full of all the powers... I am master almighty authority... I am Shiv Shakti (Shiva's Power)... Now see from the third eye of intellect - Shiv Baba is present over my head.. image of light... Supreme Soul Shiv Baba has become my canopy of protection... He is with me... I am combined with Baba.. Feel His presence... I, the soul, am Shiv Shakti..! I am combined with Shiv Baba... Now feel that this physical body of mine has disappeared and only I, the soul, am remaining... I, the soul, am combined with the Supreme Father, Supreme Soul, Shiv Baba, a point of light! I am Shiv Shakti.. Visualize that a wire of light is connecting me to Him.... and I am connected to Him... combined with Him... By being with Him, all His powers are being imbibed in me.... Just like the Supreme Father Shiv Baba is Almighty Authority, in the same way, I, his child am master almighty authority... I am Shiv Shakti....

Being in the awareness of Shiv Shakti, every impossible task become possible. All our thoughts and words are accomplished... We always remain free from obstacles... We get success in every work... All the souls keep experiencing spiritual love from us, that is beyond this material world; alokik! The souls that remain in the awareness of master almighty authority and Shiv Shakti, automatically keeps receiving all the physical comforts as well... Those who are merged in God's intoxication, are full of all the attainments... I am Shiv Shakti.. full of knowledge.. full of virtues... filled with all the powers.. I am Shiv Shakti.. one with eight arms... I am an embodiment of all the eight powers. The more we stay in the awareness of being a Shiv Shakti with eight arms.. the more easily we will experience the stage of being a detached observer., and naturally we will keep experiencing the presence of Shiv Baba with us... I, Shiv Shakti, am always combined with the Almighty Shiv... I am one with eight arms; an embodiment of the eight powers... The Supreme Father is always with me... OM SHANTI.

- EXPERIENCE -



EXERCISE TO BOOST FERTILITY IN IVF AND IUI

Dr. Ankita Nema (PT) Obs/Gyn. Physiotherapist, Dr Shubhada NeeI, Dr. Reema Kumari

INTRODUCTION

Exercise can play a positive role in promoting overall health, including reproductive health. However, it's important to note that individual factors, such as underlying health conditions, can contribute to fertility issues, and exercise alone may not be a cure-all. That said, maintaining a healthy lifestyle, which includes regular physical activity, can contribute to overall well-being, hormonal balance, and fertility.

Here are some general guidelines and types of exercise that may be beneficial:

1. Moderate Aerobic Exercise:

- Engage in regular, moderate-intensity aerobic exercise such as brisk walking, cycling, swimming, or jogging.
- Aim for at least 150 minutes of moderate-intensity exercise per week, as recommended by health guidelines.

2. Strength Training:

- Include strength training exercises to build and maintain muscle mass.
- Focus on compound movements that engage multiple muscle groups, such as squats, lunges, and deadlifts.

3. Meditation:

- Meditation may help reduce stress levels and improve flexibility.
- Some relaxation exercises may be specifically beneficial for reproductive health.
- Chronic stress can negatively impact fertility. Incorporate stress-reducing activities into your routine, such as mindfulness, meditation, or deep breathing exercises.

4. Pelvic Floor Exercises

- Strengthening the pelvic floor muscles can be beneficial for both men and women.
- Kegel exercises are a common way to target the pelvic floor. Consult with a healthcare professional or a pelvic floor physical therapist for guidance.

Maintain a Healthy Weight

- Both underweight and overweight conditions can impact fertility.
- Aim for a healthy weight through a balanced diet and regular exercise.

Consult with Healthcare Professionals

- If you're planning to conceive and have concerns about fertility, it's important to consult with healthcare professionals, including a reproductive endocrinologist, gynecologist and physiotherapist.
- It's crucial to approach exercise in moderation, as excessive exercise or extreme training can have negative effects on reproductive health. Additionally, individual factors such as hormonal imbalances, medical conditions, and lifestyle choices can significantly impact fertility, so it's advisable to seek personalized advice from above healthcare professionals.
- Before making significant changes to your exercise routine, especially if you are planning to conceive, it's recommended to consult with a healthcare provider to ensure that your exercise plan aligns with your specific health needs and goals.

BENEFITS OF EXERCISES PRIOR TO IVF & IUI PROCEDURE

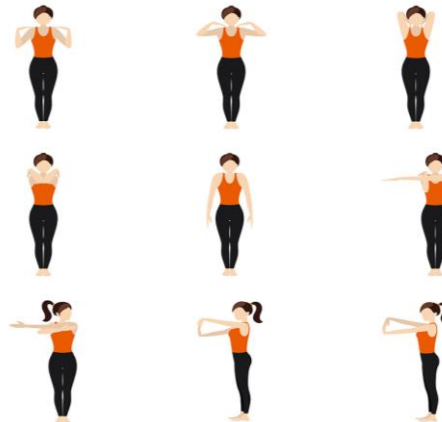
- Help you to as a safeguard against stress
- Help you to maintain posture & ergonomics
- Help you to maintain strength & flexibility
- Help to ease and prevent some of the physical side effects during ivf procedure

PHYSICAL FITNESS EDUCATION –

• WEIGHT MANAGEMENT-According to BMI (Body Mass Index)

1. Start with the WARM UP - for 15 minutes

- Neck stretching
- Shoulder girdle rotation
- Upper back stretching
- Elbow –bicep curl ,triceps curl
- Wrist rotation –clockwise &anti clockwise
- Finger stretching
- Trunk rotation
- Hip movement
- Knee movement
- Ankle movement –up &down



Neck Exercises - 5 Repetitions

1. Sit or stand with your back straight.
2. Slowly tilt your head to one side, bringing your ear toward your shoulder.
3. Hold the stretch for 15-30 seconds, feeling a gentle stretch along the side of your neck.
4. Repeat on the other side.
5. Neck Turns: Slowly turn your head to one side, looking over your shoulder. Hold the stretch for 15-30 seconds, feeling a gentle stretch in your neck.
6. Repeat on the other side.
7. Neck Rotations:



Pelvic Bridging - 5 Repetitions

1. Lie on your back: Lie on your back with your knees bent and feet flat on the floor. Your feet should be hip-width apart.
2. Engage your core: Tighten your abdominal muscles.
3. Lift your hips: Push through your heels and lift your hips toward the ceiling. Your body should form a straight line from your shoulders to your knees at the top of the movement.
4. Squeeze your glutes: At the top of the bridge, squeeze your glutes (buttock muscles) to fully engage them.
5. Lower down: Slowly lower your hips back down to the starting position.



2. Core Stability exercises

BEGINNERS CORE EXERCISES

FIND NEUTRAL PELVIS



1 Flatten your lower back so that it is gently pressing into the floor. In this position, the pelvis is tilting BACKWARDS.



2 Now arch your lower back slightly to make a small gap with the floor. In this position, the pelvis is tilting FORWARDS.



3 Find a position between these two where your lower back is neither in contact with the floor nor arching. This is NEUTRAL pelvis.

LEG LOWERS



1 Lie on your back, hands by your side, with the legs raised, bent at the hips and knees as shown.



2 Using your core muscles to stay in neutral lower one leg down towards the floor. Return to the starting position and repeat with the other leg

AB HOLLOWING



1 Get onto your hands and knees, with your back flat



2 Pull your abdominal muscles in strongly to hollow the abdominal area

OPPOSITE ARM AND LEG RAISES



1 Start as for ab hollowing above



2 Keeping the core muscles engaged so that the back stays flat (not arched), raise the right leg and left arm until parallel with the floor. Hold for a count of 3 then lower and repeat with the left leg and right arm.

3. Planks – 5 Repetition



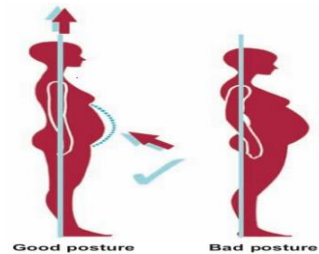
4. Walking -

1. Normal walk with short step (30min a day)
2. Back walking (REVERSE WALKING) -15 min
 - **Increase leg strength** – there are muscles on both side of leg (FRONT &BACK), generally forward muscles are exercised, but back walking helps in increase leg strength and make them stronger.
 - **Relieves knee pain** –back walking prevent stress or strain on knee joint and strengthen them.
 - **Improves body coordination**- reverse walking improves physical health and better body coordination, in this way your mind would guide you to take careful steps.
 - **Prevent low back pain**- if your hamstring are inflexible. you are highly affected towards lower back pain. Reverse walking for atleast 15-20min a day to prevent back pain.

Maintain good posture during IVF

Standing

- Hold your Head Up straight
- Shoulder blades retracted, chest forward.
- Spine - straight
- Knee – Not be flexed
- Toe – pointed forward



Sitting

When seated, try to elevate your feet and Make sure your chair offers good back support.

Use a lumbar pillow for additional low back support.



Sleeping

Try sleeping on your side, not your back, with pillows tucked beneath your belly and between your knees for gentle support.



Walking

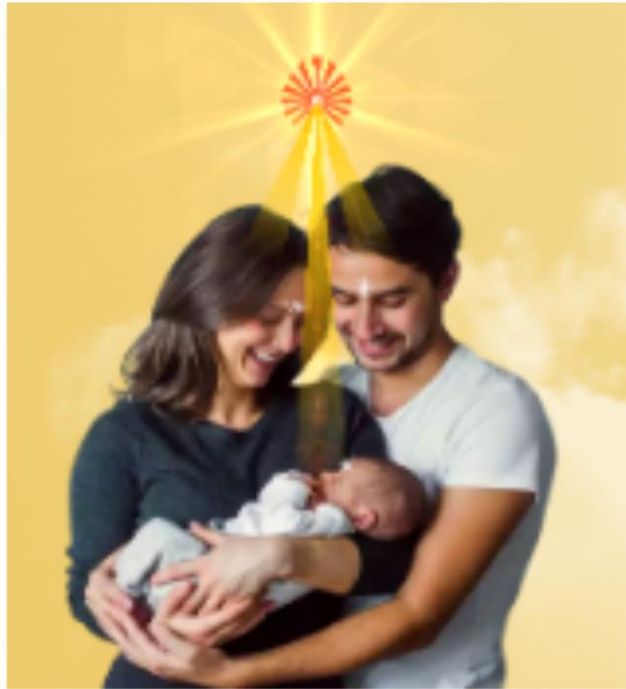




**Holistic
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GOLDEN STEPS FOR SUCCESSFUL IVF & IUI



A Perfect Partner for a Divine Parenthood Journey

Part 4

“
There is nothing you lack,
because your true nature is one of
pure potentiality and infinite possibilities”



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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.

"EVERYTHING WILL BE GREAT WITH ME" - THIS ONE MAGICAL THOUGHT WILL CHANGE YOUR LIFE - THREE MINUTES MEDITATION

OM SHANTI. There is creative energy in our thoughts. The thought that we create again and again eventually turns into reality. God says - "Always say, whatever happens to me, will be very good. Then even if anything wrong or bad is about to happen, then that will turn into good." If we always keep in mind that whatever happens to me will be good, then only good will continue to happen in our lives. So, today we will meditate on this positive thought. We shall practice this for 3 minutes and after this, our mind will be refreshed. Our negative thoughts will turn into positive. So, let's begin.

Experience yourself as a soul... a light form... a shining star in the centre of the forehead... Stabilize yourself in this soul conscious stage... Now, create this thought 3 times - whatever happens to me, will be very good...! whatever happens to me, will be very good...! whatever happens to me, will be very good... Now, visualize that Shiv Baba, the Supreme Soul is above my head. He is with me... He is my father... Experience his company...! From him, divine rays of power are flowing into me. God is with me, whatever happens with me, will be good...! God is with me, whatever happens with me, will be good. God is with me, whatever happens with me, will be good. When God is with me, no one can do any harm...! When God is with me, all His powers are always with me...! Everything will be great with me. ! Whatever happens to me today, will be good... because I am God's child...! I am a fortunate soul...! OM SHANTI.



Activity 4.2

"मेरे साथ सब कुछ बहुत अच्छा होगा" ! यह एक जादुई संकल्प आपकी जिंदगी बदल देगा ।

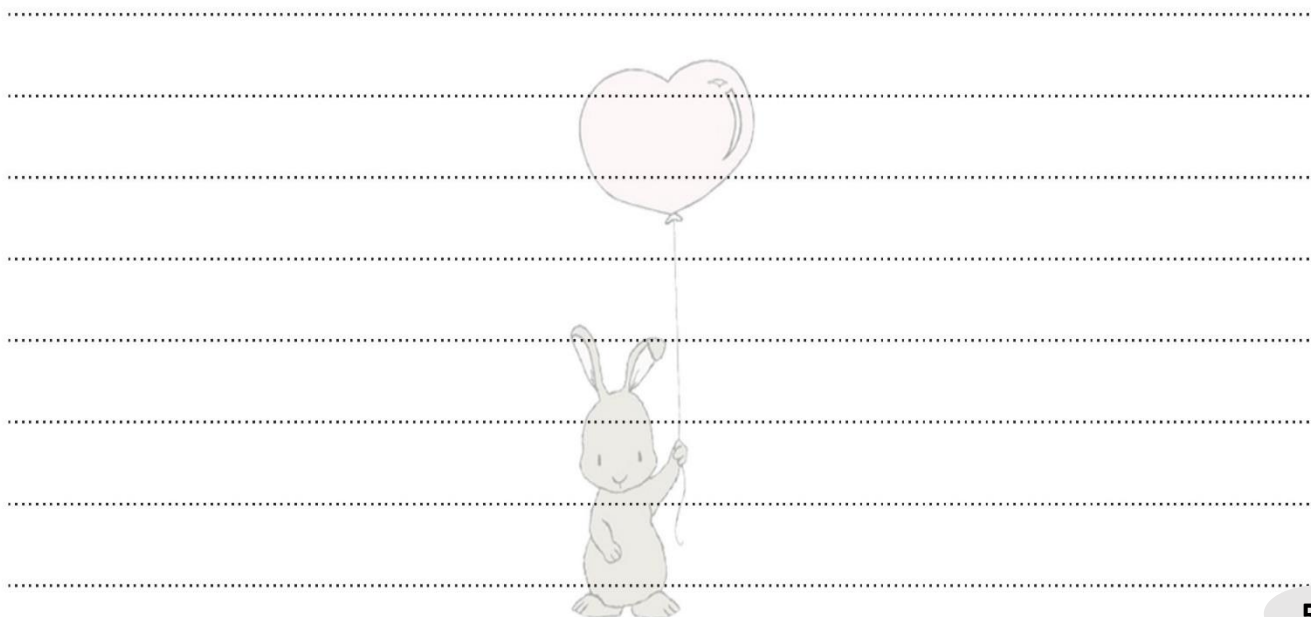
ओम शांति । हमारी संकल्पों में क्रिएटिव एनर्जी है, जो संकल्प हम बार-बार करते हैं उसका हम निर्माण करते हैं। परमात्मा कहते हैं सदैव कहो मेरे साथ अच्छा होगा। यदि बुरा होने वाला भी होगा, तो वह भी अच्छा हो जाएगा। यदि हम सदैव स्मृति में रखते हैं कि मेरे साथ जो होगा अच्छा होगा, तो हमारे जीवन में सदैव अच्छा ही होता रहेगा। आज हम इस पॉजिटिव संकल्प के ऊपर मेडिटेशन करेंगे। इस अभ्यास को 3 मिनट करना है.. इसको करते ही आपका माइंड फ्रेश हो जाएगा.. जो संकल्प हमारे नेगेटिव सोच में थे, वह संकल्प पॉजिटिव हो जाएंगे। तो चलिए स्टार्ट करते हैं..

अनुभव करेंगे, मैं आत्मा.. ज्योति स्वरूप.. चमकता सितारा.. अपने फॉरहेड के बीच में.. स्थित हो जाएं अपने आत्मिक स्थिति में.. अभी तीन बार संकल्प करेंगे- मेरे साथ जो होगा अच्छा होगा.. मेरे साथ जो होगा अच्छा होगा.. मेरे साथ जो होगा अच्छा होगा.. अभी अनुभव करेंगे मेरे सिर के ऊपर परमात्मा शिव बाबा.. मेरे साथ हैं.. वह मेरे पिता हैं.. उनके साथ का अनुभव करेंगे.. उनसे दिव्य शक्तियों की किरणें निकल मुझ आत्मा में पत्तो हो रही हैं.. समा रही हैं.. मग्न हो जाएँ इस अवस्था में.. शिव बाबा मेरे सिर के ऊपर.. उनसे दिव्य शक्तियों की किरणें निकल मुझ में समा रहीं हैं... भगवान मेरे साथ हैं.. मेरे साथ जो भी होगा, अच्छा होगा.. भगवान मेरे साथ हैं.. मेरे साथ जो भी होगा, अच्छा होगा.. भगवान मेरे साथ हैं, मेरे साथ जो भी होगा अच्छा होगा.. जब भगवान साथ है, वहां कोई कुछ कर नहीं सकता। जहां भगवान साथ हैं, उनके साथ सर्व शक्तियां साथ हैं। मेरे साथ आज जो भी होगा, अच्छा । क्योंकि मैं भगवान की संतान हूं! मैं एक भाग्यवान आत्मा हूं! ओम शांति।

"I AM COMPLETELY HAPPY!" Feel the Divine Happiness

OM SHANTI. Let's experience that, I, am a soul... an energy, a point of light... I am situated in the centre of my forehead. on the Bhrikuti throne (empty space in our brain between the hypothalamus and pituitary gland) I am the power that drives this body... I am an energy... I am different from this body; I and this body are completely different! This body is just a costume of mine... I am a happy soul. I am calm... Now, visualize the Supreme Soul, Shiv Baba in the form of light... above my head... like a canopy of protection.... Focus on Him... the Supreme Soul, Shiv Baba... the Ocean of Happiness... the Supreme Light. my Supreme Father... I am His child. Now feel that the rays of happiness are emerging out of Him and flowing into me, the soul... I am imbibing all these rays into me. As if a fountain of rays full of happiness is flowing down to me. and getting absorbed in me, the soul... In this state, I am fully concentrated. I am feeling the happiness which is merged in these rays., which I am receiving continuously.... I am absolutely happy absorbing these rays of happiness.... I am feeling full of ecstasy..!! I am completely dissolved in these rays. God's powers and protection is surrounding me completely... I am completely safe under his loving canopy. I am completely happy... Experience these rays of happiness radiating from me, the soul, to all over the world.... As if I am an instrument of God. These rays of happiness are flowing out of God Shiva and all the souls of the world are receiving them through me.... They are experiencing it, and hence, becoming free from all the sorrows.... All the souls are becoming completely happy. God Shiva Baba is the Ocean of happiness... Bestower of happiness. !! And I, the soul, his child, am master bestower of happiness. ! I, his child, am remover of sorrow and bestower of happiness.... I am a very happy soul.... OM SHANTI.

- EXPERIENCE -





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Activity 4.4 Bond with God



Blessed Beginnings - Supreme Father Guided Meditation - Bond with GOD

SUPREME POWER / SUPREME SOUL/ परमात्मा

- Name - Shiva (नाम - शिव)
- Form - Point of Light (स्वरूप - ज्योति बिंदु)
- Virtues – Accepted by all religions, Supreme power, Highest of High, Omniscient and Eternal virtues (गुण - सर्व धर्ममान्य, सर्वोच्च, सर्वोपरी, सर्वज्ञ, सर्व गुणों में अनंत – आनंद, ज्ञान, शांती, प्यार, सुख, पवित्रता तथा शक्ति)
- Residence – Paramdham / Silence World / Soul World (निवासस्थान – परमधाम / रूहानी दुनिया / शान्तिधाम)
- Duty – To Empower & Purify the souls (कर्तव्य - पतित आत्माओं को पावन बनाना)

Activity 4.5 Simplifying Meditation

How to remember the beloved God father? How to talk to him?

OM SHANTI. This meditation is about how to remember the Supreme Soul Shiv Baba and experience His help. It is a law of nature that we become like them whom we remember! So as much as we remember the Almighty God, we will become powerful like Him! By remembering Him, our stage will become immovable and unshakeable, free from obstacles and we will remain stable in every situation. It is very easy to remember the Supreme Father, the Supreme God Shiv Baba. We just have to detach ourselves from our body to remember Him. The Supreme Father, the Supreme Soul, is ever bodiless. The minute we detach ourselves from our body, we automatically connect with Him and get the current of powers from Him. Our Father, the Supreme God, solves all our problems. God says, "Children who are merged in my remembrance, I do the work of thinking for them!"

So we will do this practice as a meditation. Let's start. Completely detach yourself from your body.., I am a soul... an energy... a light form... a star shining in the centre of the forehead... I am a bodiless soul... Experience that I have got completely detached from the physical body... as if the physical body no more exists... I have become completely light... I, the soul... am a light form... Now visualize the Beloved Father, the Supreme Soul Shiv Baba in the incorporeal world... in Paramdham, the land of peace... The incorporeal world is our real home... The home of all the souls... Visualise the Supreme Father Shiv Baba.. a point of light, shining in the incorporeal world. Just like I, the soul, am a point of light, similarly, my Father Shiv Baba is also a point of light... He is the Ocean of Peace... He is the Ocean of Virtues... the Almighty Authority... Now see that a white light is emerging from Him... and flowing down into me. I am absorbing these rays... I am becoming very much powerful with this light. Be fully immersed and focused in this state... in the experience of union with the Beloved Shiv Baba... In this state, we can also talk to God! We can share everything that is in our mind, whatever the confusion or problem we have, we can tell Him..! We have to surrender all our thoughts and disturbances to Him... He is our eternal Father! He will guide us 100% in the right direction regarding any problem... He will save us from all the problems. See that His rays are constantly flowing into me... He is with me... in combined form. From today onwards, I am not alone... My Father, My Companion is with me. His divine powers are always with me by remembering Him. When the Supreme Father is with me, none can do any harm to me... Shiv Baba says, " Baba is your Companion. Whenever you feel something is difficult, say with your heart, "Baba, My Baba, My Companion, come and help me", and Baba is then bound to help!" So He will help us for sure... OM SHANTI.

- EXPERIENCE -





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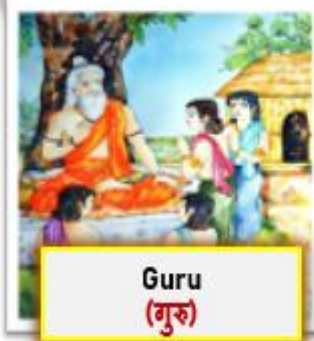


Activity 4.6 Letter to God / ईश्वर को पत्र

SIX IMPORTANT RELATIONS WITH GOD (मुख्य रूप से 6 सम्बन्ध)



Parents
(माता-पिता)



Guru
(गुरु)



Beloved
(साजन-सजनी)



Teacher
(टीचर)



Khuda Dost
(खुदा दोस्त)



Child
(बच्चा)

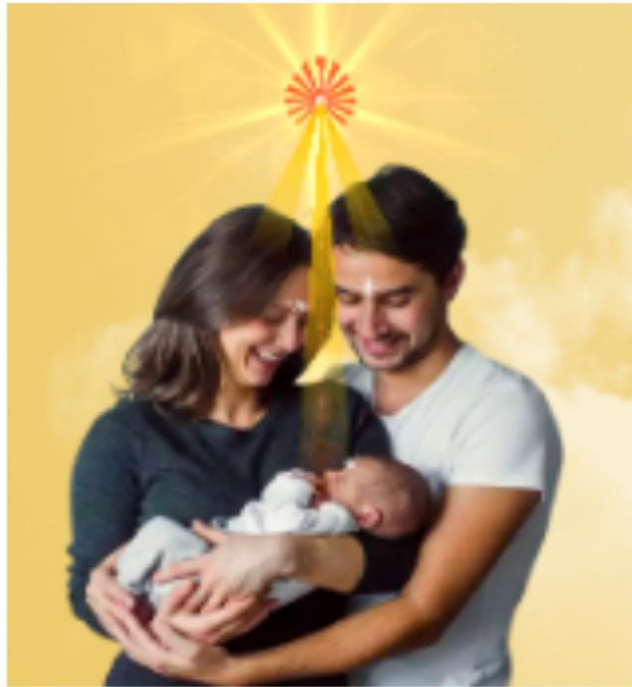
1. Establish a relationship with God (parent, sibling, child)
भगवान के साथ संबंध स्थापित करें (माता-पिता, भाई-बहन, बच्चे)
2. Share your current feelings with God
अपनी वर्तमान भावनाओं को ईश्वर के साथ साझा करें
3. Give your worries and fear to God
अपनी चिंता और भय ईश्वर को दें



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A Perfect Partner for a Divine Parenthood Journey

Part 5

“

**Sometimes, miracles are just
a permanent shift in perception**

”

Activity 5.1

Letter to our silent well wishers

(Forgive & Forget) हमारे मूक शुभचिंतकों को पत्र (क्षमा करें और भूल जाएं)



1. Emerge the souls whose words hurt you ऐसी आत्मार्थें निकालो जिनकी वाणी तुम्हें दुःख देती है
2. Make a note of all the statements they caused you pain / उन सभी बयानों पर ध्यान दें जिनसे आपको दर्द हुआ है
3. Realize your identity is formed only and only by you and not other opinions and judgements. / एहसास करें कि आपकी पहचान केवल और केवल आपके द्वारा बनाई गई है, अन्य विचारों और निर्णयों से नहीं।
4. Ask yourself - Are you what the world has labeled you? अपने आप से पूछें - क्या आप वही हैं जो दुनिया ने आपको लेबल किया है ?,
5. Create a new belief and identity / एक नई आस्था और पहचान बनाएं
 - I am unique / मैं अनूठा हूँ
 - I am complete / मैं पूर्ण हूँ
 - I am God's chosen child / मैं ईश्वर की चुनी हुई संतान हूँ
6. Emerging all the souls, send the below thoughts / सभी आत्माओं को उभरते हुए नीचे के विचार भेजें
 - I forgive you / मैं तुम्हें माफ़ करती हूँ
 - In case I have hurt you, I seek your forgiveness / अगर मैंने आपको चोट पहुंचाई है, तो मैं आपसे क्षमा मांगती हूँ
 - You are God's child, we are a family / आप भगवान के बच्चे हैं, हम एक परिवार हैं
7. Visualize rays of the Supreme reaching these souls / कल्पना करे की, ईश्वर की किरणें इन आत्माओं तक पहुंच रही हैं
8. Visualize a black cloud where you put all the statements made in Point 2 / एक काले बादल की कल्पना करें जहां आप प्वाइंट 2 में दिए गए सभी बयानों को रखते हैं
9. Visualize the Supreme's divine rays reaching this black cloud and the souls emerged and this cloud is gradually vanishing / कल्पना कीजिए कि इस काले बादल पर परमात्मा की दिव्य किरणें पहुंच रही हैं और आत्माएं प्रकट हो रही हैं और यह बादल धीरे-धीरे गायब हो रहा है
10. Visualize a pink cloud and put all statements in Point 5 & 6 and FEEL these thoughts energizing you! / एक गुलाबी बादल की कल्पना करें और सभी कथनों को बिंदु 5 और 6 में रखें और इन विचारों को महसूस करें जो आपको ऊर्जा प्रदान करते हैं!

FORGIVENESS- TO BE EVER HAPPY AND HEALTHY!

To forgive others, and to ask forgiveness from others

OM SHANTI. Today's meditation commentary is on forgiveness, to forgive and to apologize. In this meditation commentary, we will emerge souls in the subtle world, give them the rays of love from the Supreme Soul and ask for forgiveness. As much as rays of love we will give, all their negative emotions will be transformed into positive emotions, to which Supreme Soul, Shiv Baba says- Change of attitude from attitude! Our pure feelings automatically change the mood of others. Baba has given us a very beautiful knowledge in the murlis, that no matter whatever anyone gives, you have to give only blessings to them. As we continue to practice this meditation, our karmic accounts will be settled. Automatically, our mind will start remaining light and happy. If we have any challenges in this life from people, from our body or related to wealth, all these situations are due to our past deeds of previous births. With this meditation practice, our karmic account will automatically get lighter. All the situations or difficulties related to health, wealth or people will also get settled. We ourselves will experience that these problems are automatically getting resolved through this meditation. So, let's start. Om Shanti. Detach your mind from all the surroundings.. and concentrate on the centre of the forehead... I am a soul... a point of light... I am a peaceful soul. My nature is very calm and peaceful.... Peace is my original nature...! Feel that, the light of peace radiating from my forehead is spreading throughout my body. , from the brain to the feet, this light has been scattered.... I am completely relaxed...! My whole physical body has disappeared. Only I, the soul, remain in this body of light... in my angelic form. !

Now, I, the angel reach the subtle world within a second... Here, white light is present all around.... From the front, BapDada is giving me pure vibrations through His drishti (vision/look) Now, He has kept His hand of blessings over my head... and from His hands, rays of love is flowing into me continuously. Now, He is blessing me - Child, May you be bodiless..! May you be happy forever. ! Feel that, I am completely filled with these rays of love..... Now, sitting with BapDada, emerge those souls in the subtle world, who have ever hurt us in this birth.., whether they are our family members or any friend at workplace... Visualize those souls in front of yourself..! And also emerge those souls who have ever hurt us in our previous births. Now, visualise that - rays of love are emerging from BapDada.... and are merging into me.... and from me, these rays are radiating to all these souls present in front of me.... See these souls are getting filled with these rays of love...! We can see these rays of love in green colour, since green colour is the colour of Love! If these souls have ever hurt me knowingly or unknowingly due to their nature, habits or circumstances, they don't have any fault... they are not to be blamed. ... I forgive them unconditionally. ! In this way, we will radiate these rays of love to them for 1 minute..... By getting completely filled with these rays, these souls are giving me blessings from their heart.... Our whole karmic account has been settled with all these souls.... Now, we will emerge those souls in the subtle world, whom we might have hurt! It may be in this birth or any previous births... Visualise these souls in the front... Feel that the rays of love are emerging out of Shiv Baba... flowing into me. and radiating to all these souls. Now, we apologize to them from the bottom of our heart...! "Oh souls, knowingly or unknowingly, I have hurt you! Please forgive me.... I apologize to you whole heartedly. !" For 1 min, we will give these rays of love to these souls.... After getting fulfilled from these rays of love, these souls are also blessing me whole heartedly. All my karmic account with these souls has been settled. I am free from all the bondage now.!! OM SHANTI.



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Activity 5.3 : Karma Yoga

Share your experience

How is doing an action in Soul conscious state different
From body conscious?



Cooking



Talking



Working



Sleeping



Activity 5.4

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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

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:



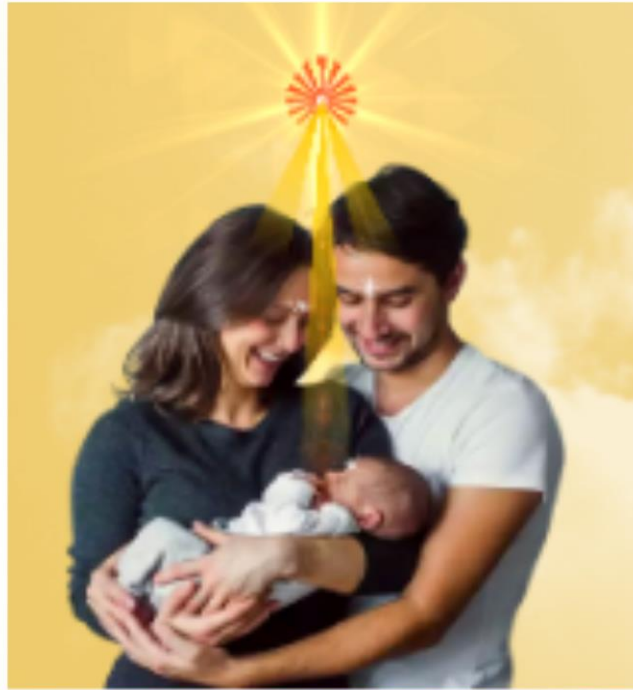
1. **No technology** (phone, TV, internet) or other stimulants (Avoid chocolate, coffee, juice, caffeine, spicy foods, and heavy meals too close to bedtime to reduce the risk of GERD/ Acid reflux, burning pain in chest) **ONE HOUR before sleeping.**
2. Never go to bed feeling shattered (or tired). **Change 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.



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A Perfect Partner for a Divine Parenthood Journey

Part 6

“

**Face your fears.
Be a warrior not a worrier**

”

FERTILITY BOOSTING DIET

Dr. Bhavani Swaminathan Nutritionist, Ph.D., Dr Shubhada NeeI, Dr. Reema Kumari

UNDERSTANDING OUR RELATIONSHIP WITH FOOD

How To Build A Healthy Relationship With Food ?

Physiologically, your body needs food for fuel, nourishment and ultimately for sustaining life itself. But food is so much more than a biological necessity. "Your relationship with food is arguably one of the most important relationships in your life and should be made a priority." And like any relationship, it requires constant tending and frequent check-ins. It's not always appealing to do the work because it can seem like it will be more tedious and take longer versus just doing a strict diet to shed the pounds quickly, but without establishing a healthy relationship with food the results are often short-lived.

Signs You Might Have An Unhealthy Relationship With Food

"Unhealthy relationships with food typically start with restriction," says [Ragen Chastain](#), ACE-certified health coach, functional fitness specialist and co-author of the [HAES Health Sheets](#). "This can include restrictions around the amount of food, calorie counting, restriction of certain types of food without any medical reason, etc. That restriction then drives disordered eating patterns or food obsession which can then trigger guilt and shame," explains Chastain.

These feelings of guilt and shame can, in turn, fuel more chaotic behaviors around food. "So not only is the stress of [guilt and shame harmful to you physically](#), but the resulting behaviors around food are often damaging as well."

UNDERSTANDING OUR RELATIONSHIP WITH FOOD

IMPORTANCE OF SATWIK FOOD



Food as Entertainment

You may be viewing food as a source of entertainment because you are not stimulated by other things. Mix up your everyday routine and do something out of the norm to prevent boredom. Research shows that people often feel bored and think food will offer them a pick-me-up.

Food As Enemy

How has modern food become our enemy? Modern food has become our enemy. We have become so slavish to taste and presentation that we eat food for its entertainment value, not for its nutritional benefit. Even as health awareness is increasing, the variety of junk and nutrition less food is also increasing.

Food As Addiction

For many food addicts, food can be comforting and soothing and can become an escape from emotional problems and troubling thoughts. Food addicts often use food **to cope with their other addictions**. Food can fill emotional voids and serve as a distraction from painful memories

VISUAL HUNGER

'Visual Hunger' can be defined as **the natural desire, or urge, to see food images and the subsequent array of neural, physiological, and behavioural responses that result from an individual's exposure to food images** – typically implying unisensory (visual) stimulation in the absence of any actual

The Road To Parenthood Can Sometimes Be A Huge Challenge

Fertility and diet are hot topics—and fertility-related foods are part of that craze. But eating certain foods really boost your fertility

While there is no specific food or fertility diet that will magically boost your chances of conception, a nutritious and well-balanced diet can certainly help support overall health, including reproductive health, in both men and women.

Vegan diet can play a very important role. Basically a vegan diet which can become a satwik diet will be more helpful for the couples.

SIRIDHANYA

Siridhanya Millet are positive millet that have balanced nutritional profile. These are 5 positive millets – Kodo, Little, Barnyard, Foxtail & Browntop
Carbohydrate to Fibre ratio is very high in these positive millets

LITTLE MILLET

Little Millet are sweet in taste. It helps in overcoming the problems of ovaries, sperm, PCOD and infertility. They help in curing the diseases of the reproductive systems in both males and females.

INTERMITTENT FASTING

Fasting has been a practice throughout human evolution. Ancient hunter-gatherers didn't have supermarkets, refrigerators or food available year-round. Sometimes they couldn't find anything to eat. **Limiting your intake of foods and calorie-containing beverages to a set window of 8 hours per day.**

WHAT IS THE DIFFERENCE BETWEEN SATVIK DIET & VEGAN DIET?

A vegan diet can be sattvic, but not every vegan diet is sattvic!

Basic comparison: Ghee, milk curd, milk, paneer are couple of components in a sattvic diet. Alternatively, a vegan diet is void of animal produces, including dairy and dairy alternatives. But vegan food comprises of oil's.

Sattvic food abstains from bringing in us the qualities of selfishness, passion, impulsiveness. It also treats food just for what it is- fuel. Not associating emotions of raag (love) or dhvesh (hatred) while we are consuming it. The food consumed purely for the sake of body to function. According to our ancient scriptures, the sattvic diet could increase your life expectancy anywhere between 100- 150 years. Therefore, when a human body finds itself in extreme pain, like when you are sick, or when the human heart diverges to neutral emotion, like an evolved soul, one starts to find satisfaction in sattvic food.

Yet its only human that when the pain starts to shrink one tends to fall off track and live a little. A vegan diet on the other hand can be indulgent. People can choose to go vegan for multiple reason, environment, health or ethics. A vegan diet is more lenient than a sattvic diet. You can have food that heals you, and cheat a little too.

ADVANTAGES OF SATVIC FOOD

All satvic foods are extremely nutrient-dense. This ensures that every meal you provide your body with a balance of dietary fibre, vitamins, minerals, antioxidants, protein and healthy fats, a regular intake of this diet naturally promises a healthy immune system. Food prepared in remembrance of God and offered to God which is called as Bhog is very important.

Following is a diet plan to boost fertility which is a Satwik diet :

Upon rising : 4 dates, 8-10 raisins (both soaked overnight). Remove the seeds. Mix these 2 adding 1-2 tsp of pure A2 ghee

7:30 AM : Fresh vegetable juice (Carrot + Beetroot+ Spinach)

9:00 AM : Browntop Millet veg Upma/ Veg daliya/ Poha/ Idli + Chutney

11:30 AM : Herbal Tea/ Coconut Water

1:00 PM : Lunch (Rice/Roti, Pulses/Legumes, seasonal veggie & salad.)

After half an hour drink one glass of buttermilk

5:00 PM : 1 big bowl mono fruit

7:00 PM : Mixed Veg soup

8:00 PM : Roti & 1 big bowl seasonal vegetable



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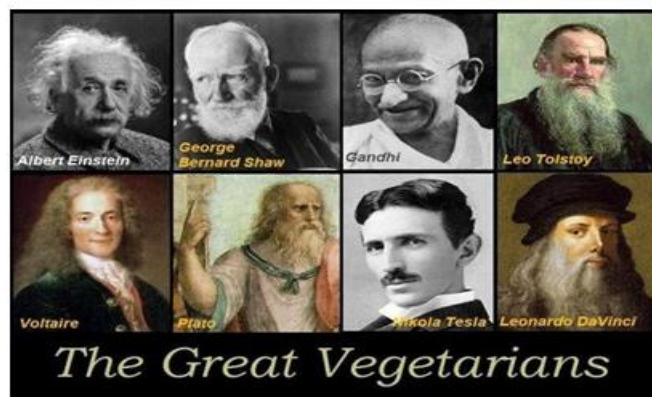
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Activity 6.1 Energize Your Food



**RIGHT
FOOD PURE
VEGETARIAN**



**Have FOOD
with
GRATITUDE**



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Activity 6.1 Energize Your Food

BLISS



ENDOCRINE



KNOWLEDGE



BRAIN



PEACE



ENT



LOVE



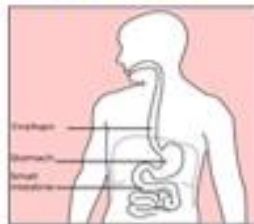
HEART



HAPPINESS



STOMACH



PURITY



BLOOD & SKIN



POWER



MUSCLES & BONES



SPIRITUAL EMPOWERMENT THROUGH 7 VALUES



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 6.3 Value Based Story

Story Time

Read / Listen a Story each day / प्रतिदिन एक कहानी पढ़ें / सुनें

Answer the below questions / दिए गए प्रश्नों का उत्तर लिखें

1. Which values does the story talk about? / कहानी में कौनसे मूल्यों की बात की गई है

2. What is the moral of the story? / कहानी से हमें क्या शिक्षा मिलती है

3. Share your learnings / कहानी से मिली सीख शेयर करें

Listen a Story each day on Holistic IVF you tube channel [youtube.com/@holisticivf](https://www.youtube.com/@holisticivf) / पर प्रतिदिन एक कहानी सुनें

LISTEN TO THIS YOGA COMMENTARY BEFORE YOU SLEEP

- AND GET FREE FROM ALL THE STRESS OF THE DAY! SLEEPING MEDITATION.

OM SHANTI. Preparation of our night-time sleep is very important to make the Amritvela powerful. We have to meditate for at least 15 minutes before sleeping. Here, we will practice sleeping meditation (Yoganidra). We can also call it peaceful sleep or pleasant sleep. By doing this practice, our sleep will be very pleasant.. and when we wake up at Amritvela, our intellect will get concentrated in elevated thoughts automatically. We can do this practice sitting or lying on the sleep bed. Let's start.

Concentrate the intellect, in the supreme abode.... On Shiv Baba, the Supreme Light... Shiv Baba, the Supreme Father, the Supreme Soul... the Ocean of Knowledge... the Ocean of Virtues... the Almighty Authority. I am calling Him from the heart to come to me... See Shiv Baba slowly coming down. And He has come to the subtle region, entered in the body of Brahma Baba. Now, together, BapDada is coming down to me slowly... And have come to me Feel that Baba is sitting near us.... He has put His hand on my head. White divine light is flowing out of his hands and absorbing in me.... These peaceful rays have reached my whole brain... my brain is completely relaxed now.... completely light... calm... Now, slowly this light is spreading throughout my whole body. Feel these rays spreading throughout the entire spine... spreading in my face... in both my hands... heart... lungs... in my entire abdomen. slowly these rays have spread down to the feet.... And my whole body has now turned into body of light. I have become completely bodiless, completely relaxed.... Now I offer to Baba all my works of today... "Baba, my time, thoughts, property, deeds, all relations and my body is yours... I offer these to you..... Throughout the day knowingly or unknowingly, if I have made a mistake, then that too, I offer to you...! And I apologize to you., that this mistake will never happen again.!"

Now, in front of our eyes, we will emerge the souls who came in contact with us today. I give these rays of light to all these souls also.... Visualize radiating these peaceful rays to those souls.... And we will talk to them - "O souls, knowingly or unknowingly if I have made any mistake, then I seek your forgiveness. I apologize to you.... Forgive me... And if knowingly or unknowingly you have hurt me, then I also forgive you completely... unconditionally..!" Now, this is a completely light stage...! Baba, the light form... I, the soul, too light form.... All the souls of the world are also light form.... Baba says - "The more light we become, the more might we receive... and the more might we receive... the more right will be our actions... !" So, be completely light, completely bodiless! ! And fully focus in this experience right now... See Baba's hand is on my head and my body is completely shining in light... I am now in a completely thoughtless state of mind... OM SHANTI.

- EXPERIENCE -



ROLE OF RAJA-YOGA MEDITATION IN INFERTILITY MANAGEMENT

Dr Shubhada Neel, Dr. Poonam Nayar, Dr EV Swaminathan, Dr Pushpa Pandey, Dr. Reema Kumari

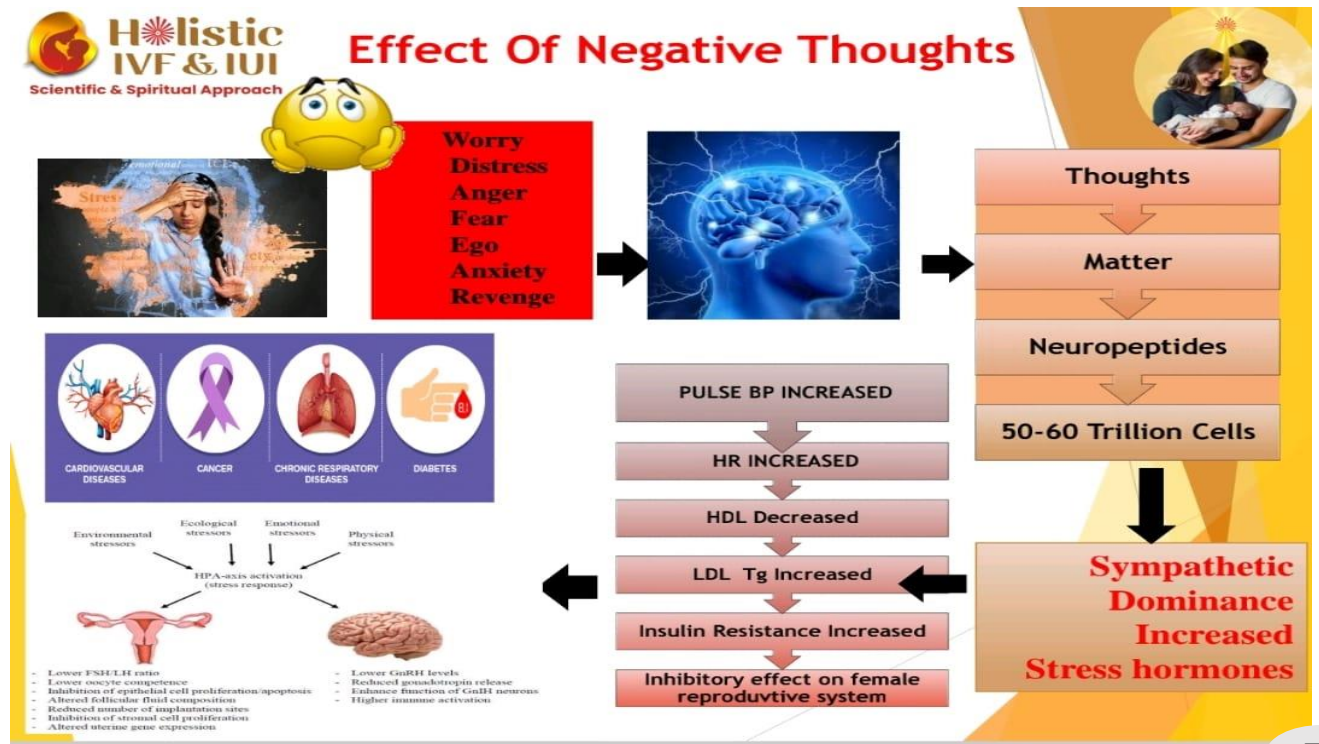
INTRODUCTION

The WHO defines infertility as a disease and considers a couple infertile if they are not able to achieve a pregnancy after 12 months or more of regular unprotected sexual intercourse. The prevalence of infertility in India reported to be 3.90% - 16.80% (WHO, 2021). In order to fulfil one's rights to have a family, it is crucial to address infertility. Females in particular often face social shame, emotional stress, sadness, anxiety, and low self-esteem due to social stigma, violence, and divorce, with infertility being the primary cause. Therefore, infertility has a major negative social influence on their lives.

In addition to cutting-edge reproductive therapies, physical preparation is also crucial for conception. Along with physical, psychological well-being should also be taken into account so as to cope up with infertility related distress. Various psychological interventions including meditation, mindfulness, breathing exercises, affirmation therapy etc. have been proved to be beneficial to enhance pregnancy outcomes and well-being,

Raja-yoga Meditation based Holistic Care for Infertility Couples

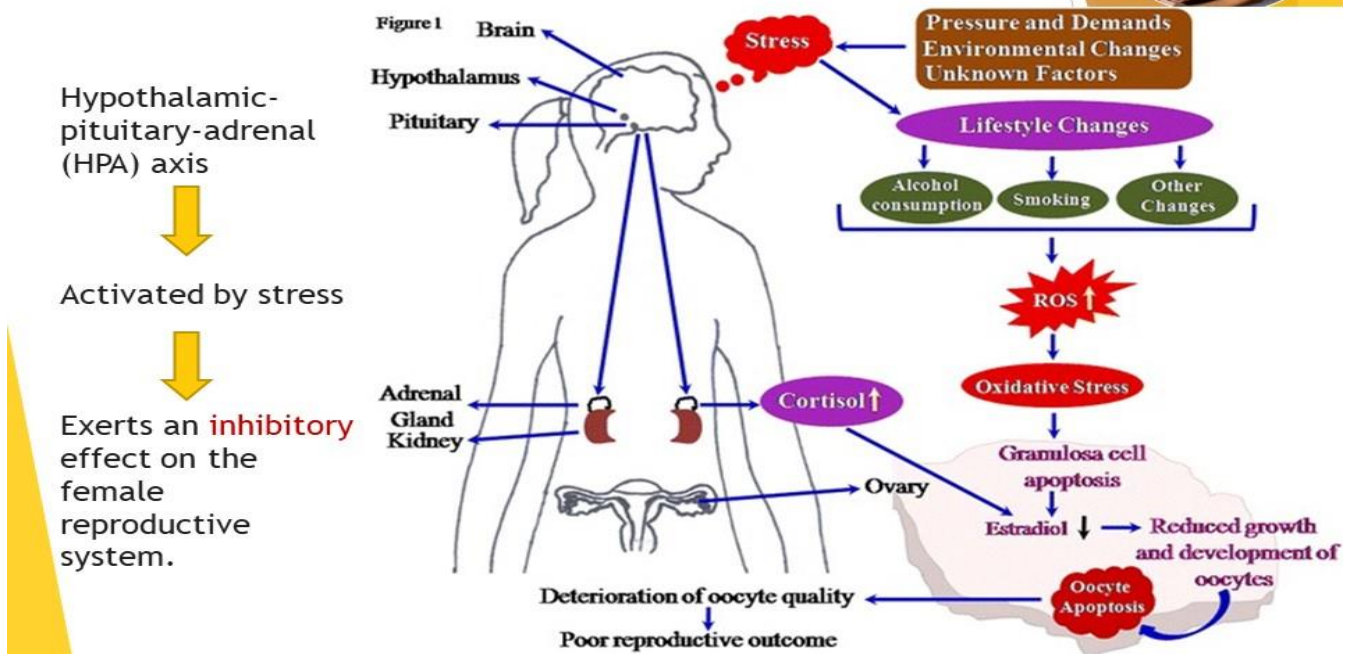
It is important to recognize the profound impact that negative thoughts and emotions can have on one's overall health, as well as the potential benefits of positive thoughts and emotions. According to ESHRE Guidelines on Routine Psychosocial Care (2015) and WHO (2016), 20 % infertile patients experience clinically significant psychological distress, compared to the 3.50% rate in the general population. The Raja-yoga Meditation based Holistic care is an attempt to integrate all the components – physical, emotional, social, cognitive as well as spiritual to assist couples manage the challenging journey of the ART and ultimately aiming to increase the success of fertility treatments and improve overall psychosocial wellbeing.



Effect of negative thoughts and emotions on health

According to research, the average person has approximately 60,000 thoughts per day, 75% of these thoughts are negative, and 95% are repetitive. Many of our negative thoughts are driven by the flight or fight reaction. **Negative thoughts** significantly impact mental health and overall wellbeing. Increased stress and anxiety, decreased self-esteem, and result a general sense of unhappiness and dissatisfaction with life. **Repetitive thoughts** make it difficult to change our thought patterns and break free from negative thinking. Besides creating a distress, they contribute to lack of acceptance of treatment failure, which is a major contributor to sustained stress long after the treatment has ended. The couple who has a sustained wish for a child and are unable to accept and redefine their life goal, are at risk for mental illness. The uncontrolled negative or repetitive thoughts creates this inability to move forward, and a lack of motivation to change. (Tseng et al. 2020)

HOW THE STRESSORS AFFECT THE HYPOTHALMO-PITUITARY-ADRENAL AXIS /HYPOTHALMO-PITUITARY- OVARIAN AXIS

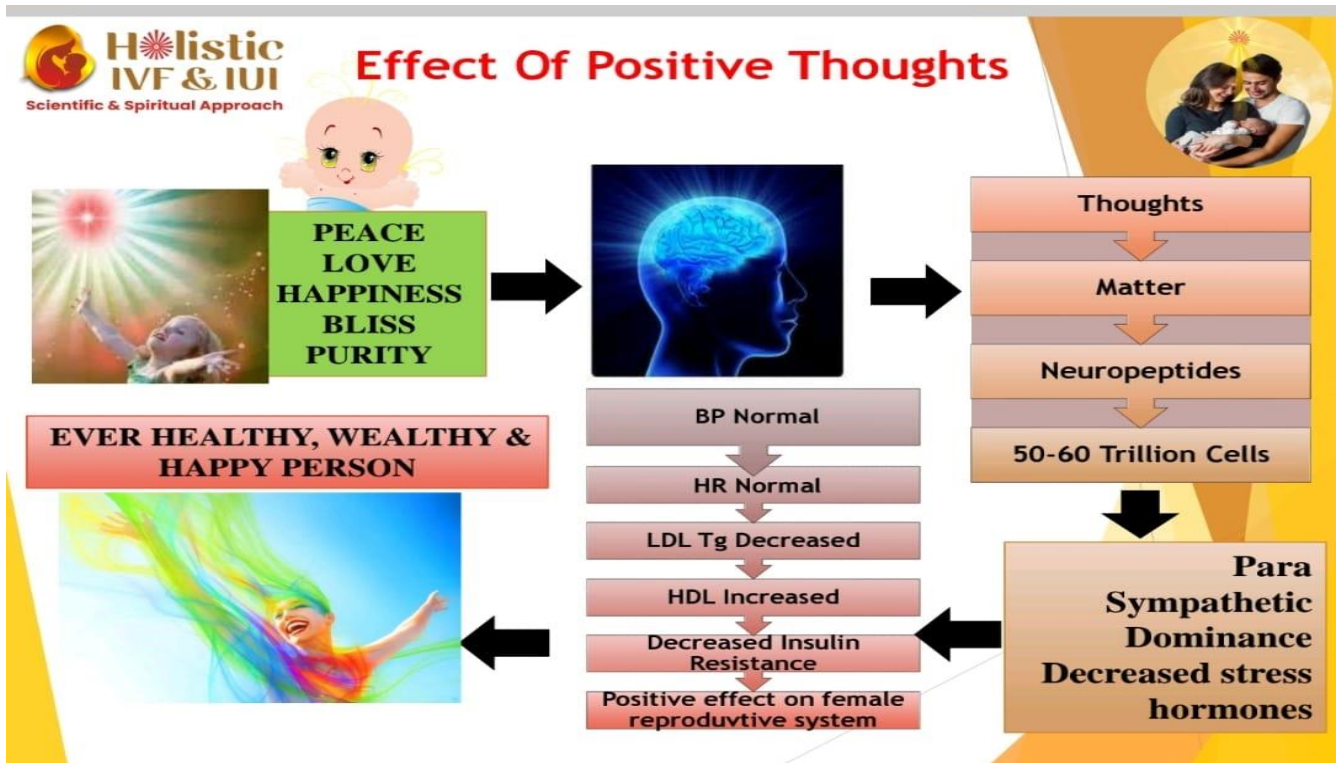


The Mind-Body Connection: Emotions are processed biochemically in the limbic system and affect the hypothalamic-pituitary-adrenal (HPA) axis, which in turn influences the reproductive system. Stress negatively impacts hormone levels, ova and sperm quality, embryo quality, uterine endometrial lining, implantation rates, and live birth rates.

Achieving a balance between physical and mental well-being often involves a synergy of spirituality and science. Negative thinking affects mental and emotional health, leading to conditions such as anxiety and depression, as well as lifestyle-related issues like overeating and sleep problems (Psaros, 2015).

The holistic care to infertility care involves addressing these overlooked psycho-social aspects during treatment. It has been demonstrated (Galhardo *et al.*, 2013) that the over-activation of the hypothalamic-pituitary-adrenal (HPA) axis leads to increased cortisol levels, adversely affecting the hypothalamic-pituitary-ovarian (HPO) axis, resulting in hormonal imbalances and compromised reproductive outcomes. Holistic care aims to reduce HPA axis activation, promote a positive response from the HPO axis resulting in enhanced production of "happy hormones" (Myers *et al.*, 2012), which may lead to improved chances of successful conception and childbirth (Zhang *et al.*, 2017).

Raja-yoga Meditation, is introduced as a potent tool for stress management and emotional resilience, empowering individuals to maintain a positive mindset.



Meditation

Meditation and medicine have come from the Greek word 'medri' which means 'to heal'. It is a mental exercise, which has many physiological and psychological benefits for mind and body.

The word "meditation" refers to a group of self-regulation techniques that are centred on developing awareness and focus in order to better control mental processes voluntarily. This can lead to the development of general mental health and well-being as well as particular abilities like calmness, clarity, and concentration." (Walsh and Shapiro, 2006)

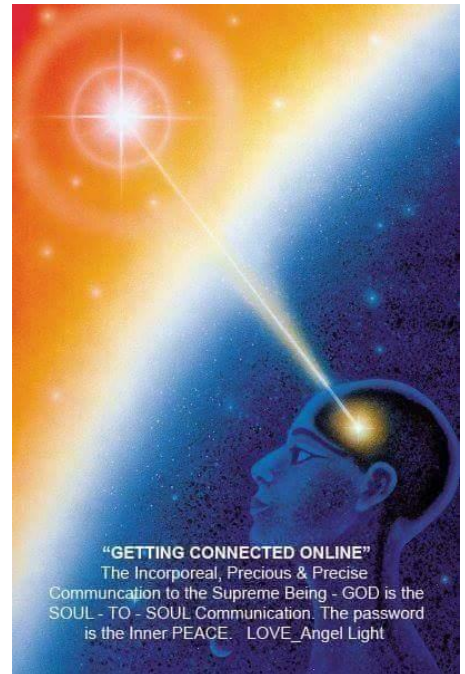
"The art of meditation is to be calm and aware in the here and now, rather than to continuously strive to become or change." (Deshmukh, 2006)

"An exercise whereby the person focuses their attention or awareness on a particular object, idea, sound, picture, or experience in order to enhance their psychological well-being or obtain deeper spiritual or existential understanding" (West, 2016)

Raja-yoga Meditation

Rajayoga Meditation is the communion of inner self with Supreme It is also known as “Sahaj Yoga’ and is taught by Brahma Kumaris. ‘Yoga’ means ‘union’. It is the science and art of harmonizing spiritual, mental and physical energy through a connection with the ultimate source of spiritual energy called the ‘Supreme soul’ (Power house of spiritual energy). (Gupta *et al.*, 2011; Ramesh *et al.*, 2013). Realization of self as an eternal form of energy/soul and to affirm positive thoughts and virtues (Bliss, Knowledge, Peace, Love, Happiness, Purity, Power) (Gupta *et al.*, 2011). Its regular practice harmonizes spiritual, mental, and physical energy to raise up the inner strength and enhanced cognitive control in order to be more focused to lead a stress-free, healthy, satisfied, and happy life (Gupta *et al.*, 2011; Ramesh *et al.*, 2013).

Raja-yoga Meditation - It is the state of soul consciousness and a positive life style. Raja-yoga has two components

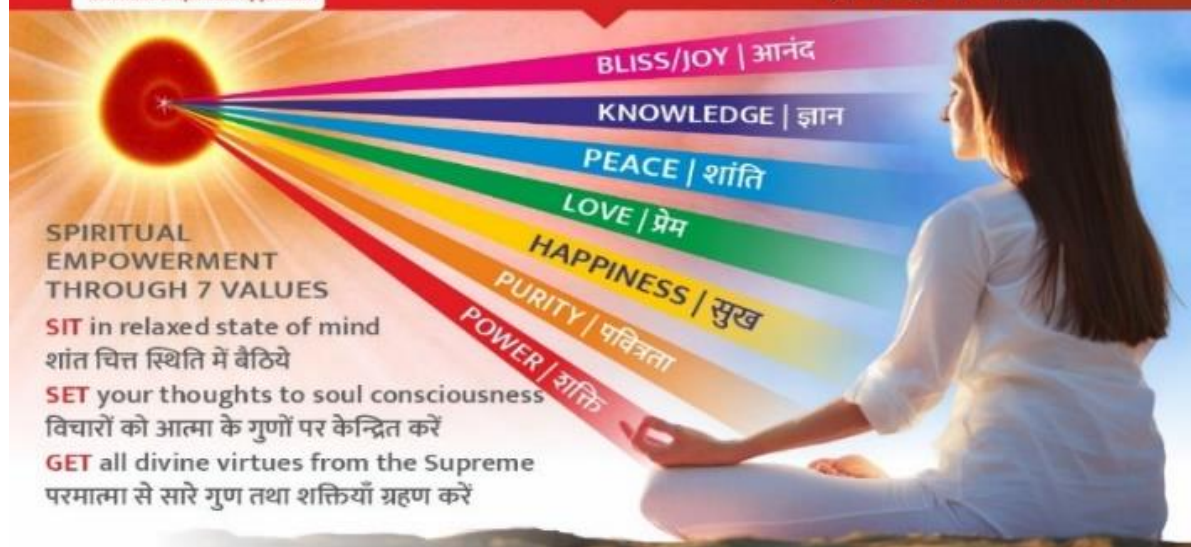


Soul: Soul is the metaphysical energy which controls the body. Soul is eternal, immortal, imperishable, divine metaphysical entity. Every human being is made up of physical energy and Meta physical energy.

Human being - Human + being

Soul has 7 innate qualities - 1. Bliss 2. Knowledge 3. Peace 4. Love 5. Happiness 6. Purity 7. Power. These innate qualities (metaphysical energies) manifesting as thoughts forms a quantum field which has no mass. Thoughts are not mere vibrations, but they are definite electrochemical phenomenon occurring in brain. This metaphysical energy acts through the mind ‘thoughts, judgements, feelings, emotions’ and integrates with the biological energy of the body through the nervous and endocrine system, thereby nourishing every cell of body. (Nair, 2008) So physical health is dependent on positive vibration of metaphysical energy. In fact, mind radiates its energy to each cell of body. The main faculties of the soul involve mind (ability to think), intellect (ability to decide and discern) and sanskars (habits formed due to beliefs). These habits in turn lead to personality.

Supreme- is a powerhouse. He is ocean of 1. Bliss 2. Knowledge 3. Peace 4. Love 5. Happiness 6. Purity 7. Power. The most accepted form of Supreme is point of light and might in all religions.



SPIRITUAL
EMPOWERMENT
THROUGH 7 VALUES

SIT in relaxed state of mind
शांत चित्त स्थिति में बैठिये

SET your thoughts to soul consciousness
विचारों को आत्मा के गुणों पर केन्द्रित करें

GET all divine virtues from the Supreme
परमात्मा से सारे गुण तथा शक्तियाँ ग्रहण करें

Meditation is practiced morning and evening at least for twenty minutes at a clean and pure spot with no distractions. This can be practiced and visualized as follows-

Sit comfortably and relax body from head to feet. Take few deep breaths. During inhalation visualize positive energy from the environment entering in your body. Negative energy is going out during exhalation. Experience calmness and observe the thoughts while they are slowing down.

Set - Visualize a point of light, symbolic of spirit, in center of forehead. This peaceful light is emitting rays of tranquillity, rays of peace, love, joy. These rays are reaching to brain which is now filled with divine peaceful rays. I am a peaceful being... These rays have spread throughout my body. I am relaxed and peaceful... Now shift attention to the space outside where exists another powerful point of light that is the ocean of peace, purity, love, joy, powers, knowledge and bliss.

Get - Visualize different coloured rays falling upon; I am absorbing love, peace and healing energy from the Supreme surgeon, the God Father... The energy is entering through my forehead, eyes and is spreading out to fill every cell of my body. My body is becoming healthy.

Raja-yoga Meditation based Holistic care aims to reduce HPA axis activation, promote a positive response from the HPO axis resulting in enhanced production of "happy hormones" which may lead to improved chances of successful conception and childbirth

Infertility is a challenging condition that affects many couples, and addressing its psychological and emotional aspects is crucial for overall well-being and improved pregnancy outcomes. Meditation, specifically Raja-yoga meditation, is a powerful tool to reduce stress, anxiety, and depression, promoting emotional stability and enhancing overall psychological health. There are numerous physiological benefits of meditation, such as deep relaxation, reduced stress hormones & improved immune system. They highlight the positive impact of meditation on hormonal balance and sperm quality, which can improve fertility outcomes, particularly in couples undergoing assisted reproductive technologies (ART). Moreover, meditation is shown to help individuals prepare both physically and mentally for conception. The mind has a profound impact on physical health, including reproductive health. Stress, negative thoughts, and emotional distress can hinder fertility, while positive emotions and thoughts can enhance it.

Dr Shubhada Neel, Dr. Swati Chalkhor, Dr Shakuntla Kumar, Dr Akanksha Kumar

Rajyoga Meditation- Brahma Kumaris

Rajyoga meditation is needed to make mother and child mentally strong. This will make them happy and healthy. At the same time, the problems experienced during pregnancy, while delivering baby and after delivery are lessened through the practice of Rajyoga meditation by strengthening the mind.

The unity of soul and Supreme GOD is possible through Rajyoga Meditation. In today's world soul is like a discharged battery. We have to face many diseases. For the health of mind and body our soul should be complete with seven basic virtues. Parents have to take help of values, virtues and supremacy to make themselves happy. These values reach to the fetus and make the child ethical and full of good impressions. Soul gets energy by connecting it to the Supreme GOD. We can keep check on physical and mental diseases. We can experience happy, calm and contented life. For this to happen what is essential is connection of soul with Supreme soul (GOD) through Rajyoga Meditation

SELF-AWARENESS : 'I' is made up of five basic elements. The soul residing in it is suggestive of this spirit. Soul controls our body. Soul has no beginning, is ever young, indestructible, and is in the form of light. It is seated between the two brows. Soul, mind & intellect are impressionable. The basic and fundamental virtues of soul are Bliss, Knowledge, Peace, Love, Happiness, Purity and Power.

INTRODUCTION WITH THE SUPREME GOD : Just as our biological father has a name, form and duties, the introduction of our transcendental indestructible father is that HE is father of all living beings. GOD is formless, divine, free from birth and death and supreme. HE is the ocean of peace, happiness and divinity. HE is powerful. Just because we differentiate between the religions, we call Him by different names like Allah, Khuda, Ishwar and Vahe Guru. GOD wishes for everybody's wellbeing. He is merciful, and

आप आत्मा हैं, शरीर नहीं

SOUL - THE PROGRAMMER

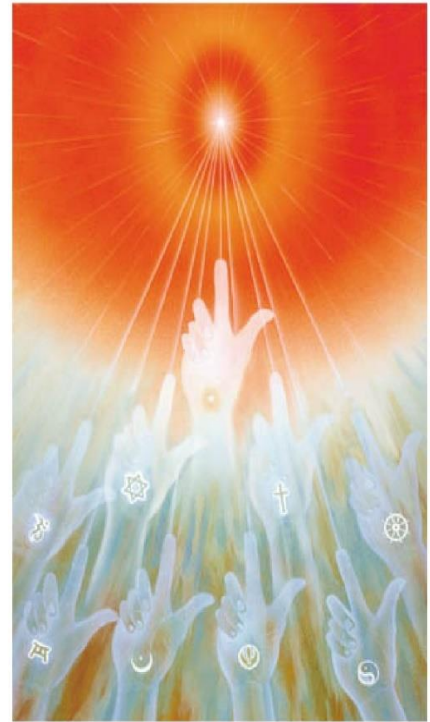
कम्प्यूटर COMPUTER
कम्प्यूटर प्रोग्रामर
रोबोट ROBOT
मस्तिष्क BRAIN

विना आत्मा के शरीर
आत्मा SOUL
जीवन्मा
आत्मा की तीन मुख्य शक्तियाँ
THREE FACULTIES OF SOUL
MIND INTELLECT SANSKAR
BODY WITHOUT SOUL HUMAN BEING
सृष्टि दुःख में हर आत्मा का पार्ट अपना-अपना है कार चालक, कार से भिन्न होता है
DRIVER IS DIFFERENT FROM CAR
THE INDIVIDUAL ROLE OF THE SOUL IN WORLD DRAMA

जिस तरह एक संचालक कंप्यूटर के द्वारा रोबोट का नियंत्रण करता है, उसी प्रकार आत्मा भी मस्तिष्क द्वारा शरीर को नियंत्रित करती है।
JUST AS A PROGRAMMER CONTROLS A ROBOT THROUGH A COMPUTER, SO A SOUL CONTROLS THE HUMAN BODY THROUGH BRAIN.

blesseS us with happiness. He is the one who gives us rare vision and intellect. He is father of all. HE resides in the Soul World.

Experiencing GOD through mind and intellect and having all relationship with him is called as Rajyoga Meditation. Remembering HIM by surrendering our mind and intellect is Rajyoga Meditation. In Rajyoga Meditation practice, soul gets connected to the Supreme GOD by mind and intellect. It becomes strong with virtues and powers. The basic seven virtues affect various systems of our body. Physical and mental illness is often related to the lack of these seven virtues of a soul. So, come on, we will study these seven virtues for the health and complete development of our child. Make a movie of this pleasurable journey.



PREPARATION FOR MEDITATION

LOOK INTO YOURSELF : Imagine yourself between the two eyebrows in the form of divine light. This is important in Rajyoga Meditation. This is the first step of meditation and is called as going inwards. Mind and intellect is used in this. To think is the function of mind while to visualize is the function of intellect. When we think with the help of mind, our intellect imagines the image. This also means that we experience it through our intellect. For example, when we are away from home, we use to think about it. We imagine the image of

our home through our intellect, we also imagine about the things going on in the living room or in the kitchen etc. we don't require physical eyes for this. We visualize this with the help of our intellectual eyes. This way, we think in Rajyoga. I am a soul in the form of spirit. I am different than this body which is made up of these five basic elements. I am seated between the brows in the form of divine light. When we think like this, our intellect gets settled in these thoughts, and experiences these things. This is called as Self Realization or Going Inwards. To experience this is the first step in Rajyoga.

GOING UPWARDS : I am indestructible, imperishable, ever young soul made of spirit which is different than this physical body, and the relationships of this body with others. When you get settled in this step, the next step is to experience GOD. To experience GOD who resides in the heavenly abode, we must go beyond Moon, Sun, Stars and Sky. This is called as Going Upwards.

GETTING CONNECTED : With the help of mind and intellect, when you reach to the heavenly abode, you connect yourself with GOD who is ocean of virtues, in the form of divine light and you experience peace, love, happiness and divinity. You empower yourself with these virtues. This is the third step and is called as 'Getting Connected'.

'Om Shanti'... Welcome... welcome to this inner world and the auspicious journey... through this, you will be introduced with yourself once again... introduction to the spiritual energy dwelling in you... introduction with the supreme power also... to HIM we call by different names like Allah, God, Ishwar... HE is satisfying, wanting our well-being and HE is there to free us from the clutches of sorrow and distress... HE is an ocean of joy, peace, love, happiness, knowledge, strength and divinity... come on... let us start our journey to be in HIS compassionate company...

For some time hand over all of your worries to HIM and relax... experience the lightness... peaceful... carry your attention and awareness from the toes to head... experience that all the stress is leaving you... you are relaxing... no stress at all... very peaceful... see your body through the eyes of mind... one by one every limb of the body is relaxing... your attention is going away from this physical world... experience that both of your legs, abdomen and waist is relaxed... hands, shoulders, neck are experiencing relaxation... Speed of your thoughts has become slow... each and every cell of your brain is relaxed... breathe deep... experience total relaxation... you are now lighter than a feather... There is no heaviness... very much lightweight... Peaceful... pleasure... concentrate on your head... you are a spirit in the form of light and different than your physical body... a shining bright star... there is a spot of light seated between your eyebrows... See your halo with mindful eyes... I am the soul in the form of divine and very small light... beyond the world of noise... beyond sun, moon and solar system... I am the citizen of this heavenly abode... I am meeting with GOD and I am experiencing joy and pleasure... HE is showering the rays of strength... my halo has become divine, complete and transcendental... my mind and body is refreshed, completely rejuvenated... my body is at peace... very very peaceful...

Rajyoga Meditation for the Wellness

Happy Mind

Healthy Body

Harmony in Relationship

Heaven on the Earth

The Ultimate Union

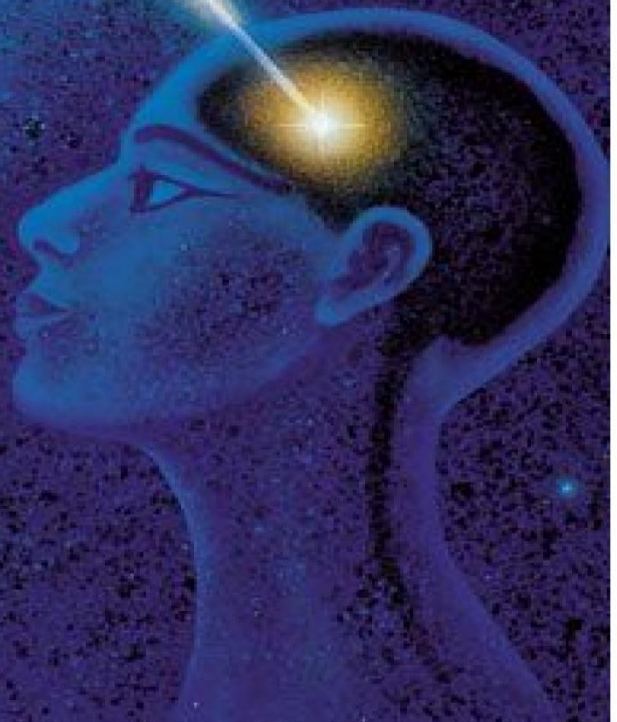
Know yourself - You are a tiny point of invisible energy in the centre of your own forehead. This eternal light is the soul, the conscient, eternal force that gives life to the body.

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.

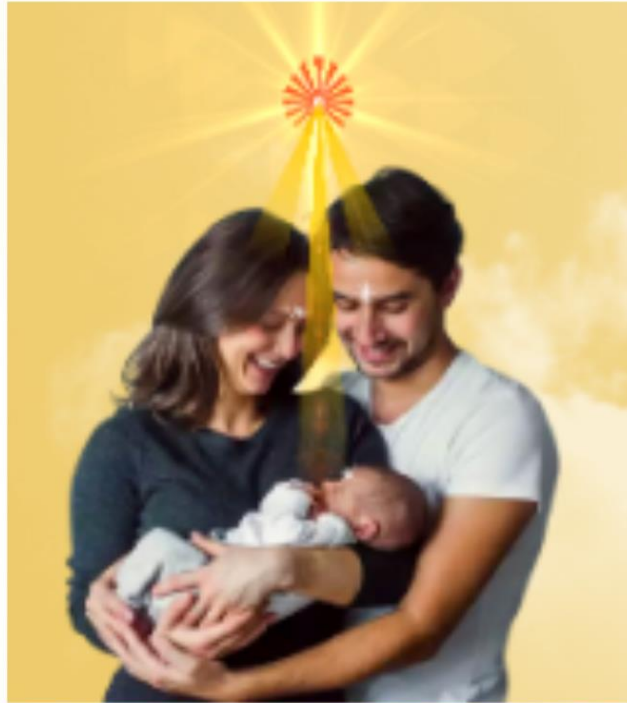




**Holistic
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GOLDEN STEPS FOR SUCCESSFUL IVF & IUI



A Perfect Partner for a Divine Parenthood Journey

Part 7

“

**Your relationship with yourself
sets the tone for every other
relationship you have**

”



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GOLDEN STEPS FOR SUCCESSFUL IVF & IUI

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Activity 7.1 Journaling

Night - Before going to bed
रात्रि सोने से पूर्व

Answer the below questions
इन प्रश्नों के उत्तर लिखें

1. One thing that made you smile today
आज दिनभर में कौनसी बात से आपके चेहरे पे मुस्कराहट आई
2. One thing that you are proud of today
आज दिनभर में हुई कौनसी बात से आपको स्वयं पर गर्व हुआ
3. Three things you are grateful for today
तीन चीज़े जिसके लिए आप शुक्रगुज़ार हैं

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?



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Activity 7.3

Letter to those who support you (Gratitude)
उन लोगों को पत्र जो आपका समर्थन करते हैं (आभार)



Emerge the souls who always support you / सदा साथ देने वाली आत्मियों को याद करे

Write a letter to each of them to thank you for their support / उनमें से प्रत्येक को उनके समर्थन के लिए धन्यवाद देने के लिए एक पत्र लिखें

Thank the Supreme for blessing you with these supportive angels / इन सहायक दूतों के साथ आपको आशीर्वाद देने के लिए ईश्वर का धन्यवाद करे

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 -

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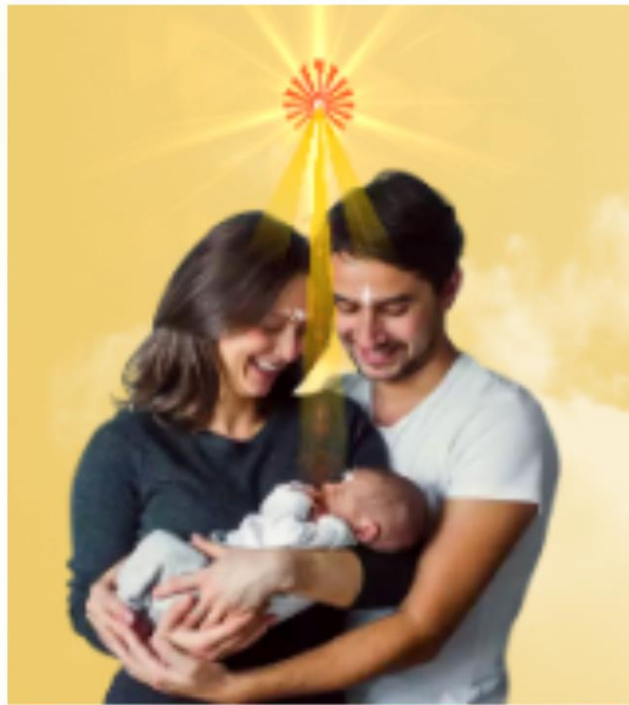




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GOLDEN STEPS FOR SUCCESSFUL IVF & IUI



A Perfect Partner for a Divine Parenthood Journey

Part 8

“

**A rose can live amongst thorns
and yet never be injured by them, ”
How about you?**



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Activity 8.1 I am Shakti / मैं शक्ति हूँ



Think of a situation in the past 1 week which disturbed your state of mind / पिछले 1 सप्ताह की किसी ऐसी स्थिति के बारे में सोचें जिसने आपकी मनःस्थिति को अस्त-व्यस्त कर दिया हो

Make a note of the emotions felt / महसूस की गई भावनाओं पर ध्यान दें

Make a note of the sensations you felt in your body / आपके द्वारा अपने शरीर में महसूस की गई संवेदनाओं को नोट करें

Think of which power you need to inculcate to tackle this situation next (Next Slide - Powers learnt during Rajyoga Course) सोचें कि आगे इस स्थिति से निपटने के लिए आपको किस शक्ति का विकास करना होगा (अगली स्लाइड - राजयोग कोर्स के दौरान सीखी गई शक्तियाँ)

Visualize yourself receiving this power from Supreme and handling the situation while using this power / कल्पना करें आप ईश्वर से शक्ति प्राप्त कर रहे हैं और इस शक्ति का उपयोग करते हुए स्थिति को संभाल रहे हैं



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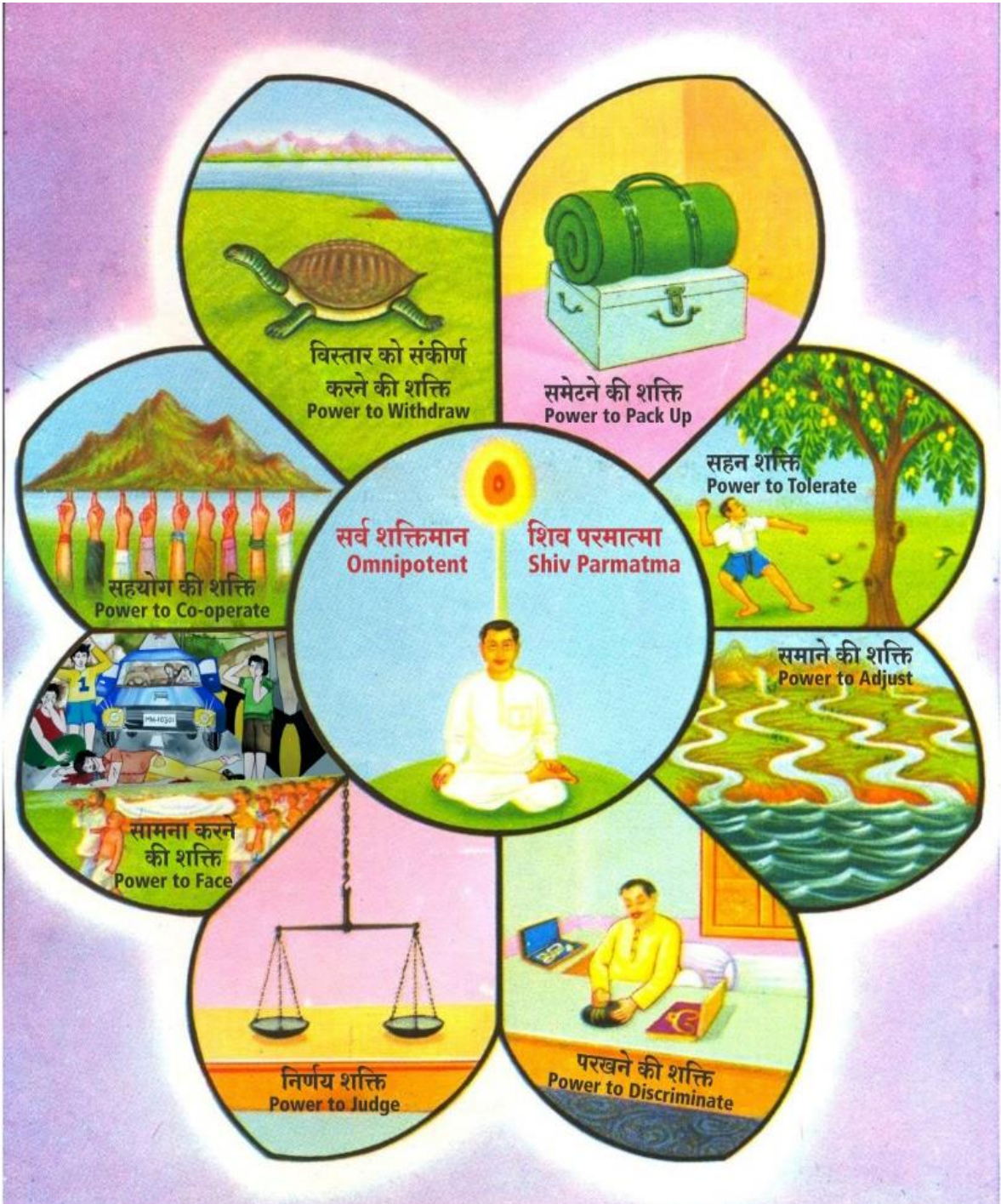
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Activity 8.2 I am Shakti / मैं शक्ति हूँ



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 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.

Yogic Exercise for IVF and IUI success by Divine approach

Nita Pande, PhD Yoga, Dr Shubhada Neel, Dr. Reema Kumari, Dr Akanksha Kumar

In vitro fertilization and IUI techniques prove to be a boon for couples who are normally unable to conceive. For rejuvenation of today's unhealthy world, we need spiritually and emotionally strong babies in addition to physical health and so if some holistic well-being practices are applied beforehand, around IVF and IUI, they may serve as blessing for the society.

Yogic exercises play an important role to prepare healthy womb for 'Angel' baby and also prepare couple to be mentally and physically strong.

Yogic exercises quicken the process of eliminating the toxins and waste materials from the body through the skin, lungs, spleen, kidney and bowels etc. These exercises are means of balancing and harmonizing the body, mind and emotions. It brings different body functions into perfect coordination for good health. It gives other benefits also as:-

- Builds and maintain healthy muscles, bones and joints.
- Promotes stamina and strength.
- Reduces the risk of a miscarriage and pregnancy related complications.
- Helps to reduce body weight, depression, anxiety and stress.
- Restores hormonal balance.
- Promotes relaxation and promotes good sleep.
- Prepares healthy womb for foetus and also puts good impact on foetus position in the womb.
- Releases happy hormones which gives the good feeling of well being.
- Normalises blood pressure.

Thus, promotes healthy gamete (sperm and egg) production if practised by couples.

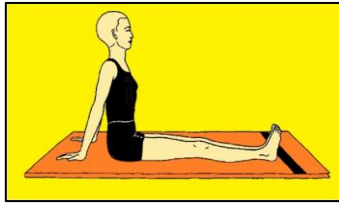
General instructions before practice:-

- Consult a yog therapist before practising asanas.
- The bladder and stomach should be empty while doing asanas.
- Practice can be done after 15 minutes of liquid intake; 2 hours after breakfast and 3-4 hours after lunch.
- Always breathe through nose and synchronise the breath with the asanas.
- Use folded blanket or yoga mat of natural material for practice.
- Practice in pure and calm environment.
- During fever and menstrual cycle, stop practising.
- Never exert undue force while practising asanas, it should be done according to body capacity.
- Wear loose light and comfortable clothes.
- Awareness on breath, thought and body should be maintained during practice for optimum benefits
- Relaxation should be performed before, during and after, asanas practices.

Sukshm vyayam (light exercise)



Walking:



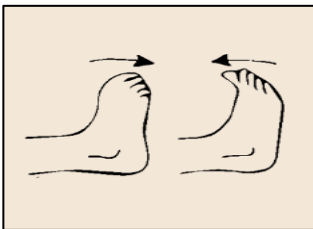
Practise No 1 Base position

Exercise before IVF and IUI : below given sukshm vyayam, asanas and pranayama should be practised at least 3 months before IVF/IUI process.

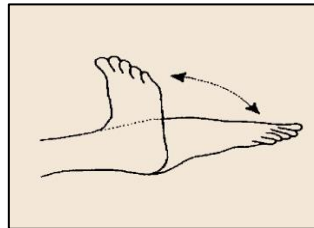
Yogic Exercise for IVF and IUI

For details of asanas visit

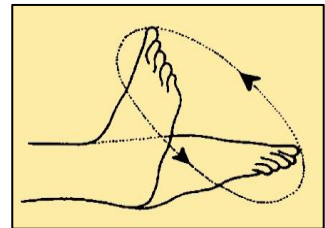
<https://divinegarbhsanskar.in/holisticivfui>



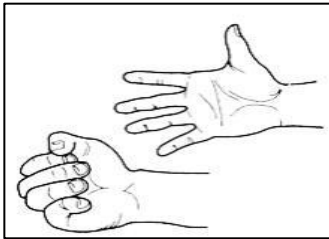
Practice No 2 Toe bending



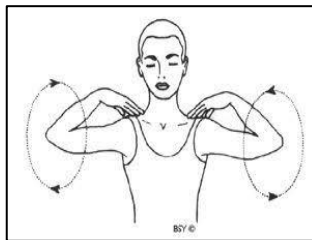
No 3 Ankle bending



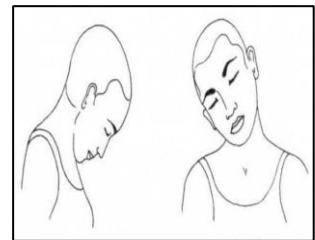
No 4 Ankle rotation



No 5 Fist clenching

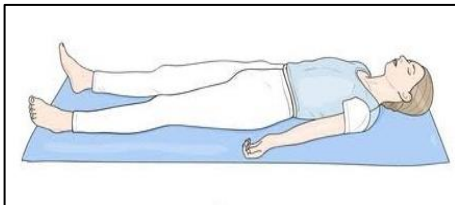


No 6 Shoulder socket rotation

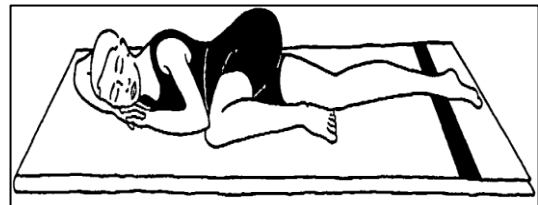


No 7 Neck movements

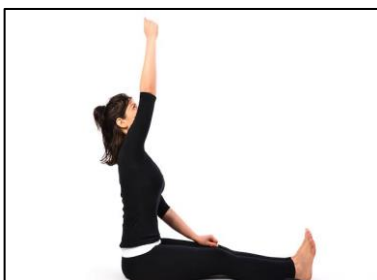
Relaxation Asanas



Shavasana,(Corpse pose)



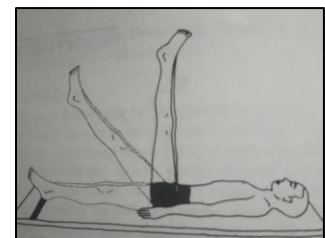
kridasana (flapping fish pose)



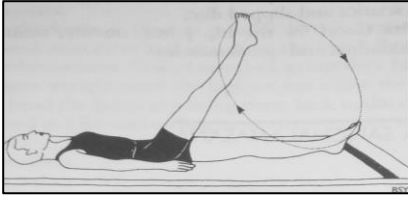
Rope pulling



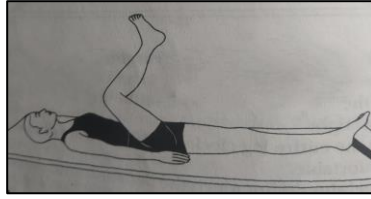
Jhulasana



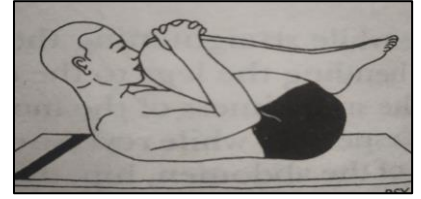
Padotthanasana



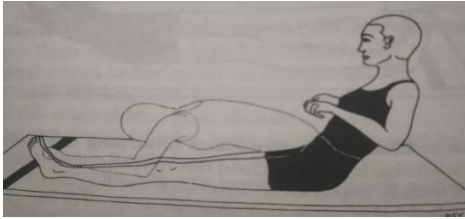
Leg rotation



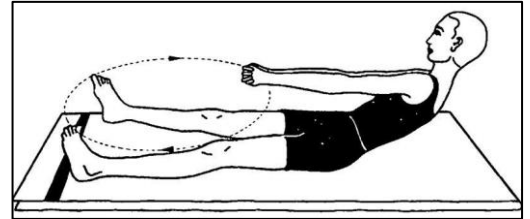
Cycling



Pawanmuktasan



Naukasan/Naukasanchalanasana



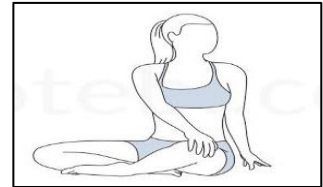
Chakki chalana



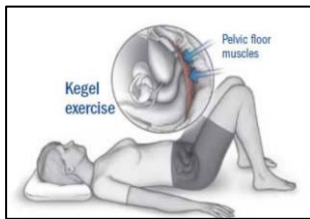
Kauva chalasana(crow walking)



Titli asana



Spine twist exercise



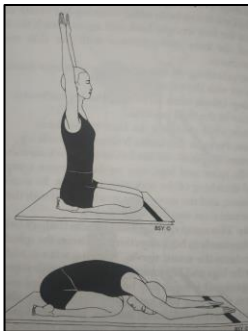
Vajroli mudra (kegal exercise)



Vajrasana



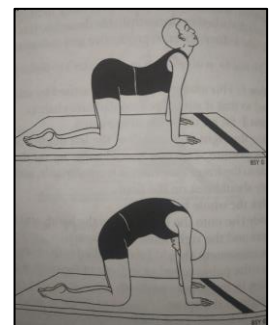
Ushtrasana



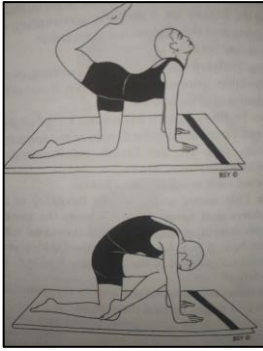
Shashankasana



Mandukasana



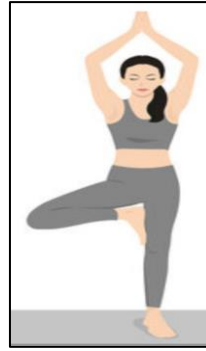
Marjariasana



Viyagrasana



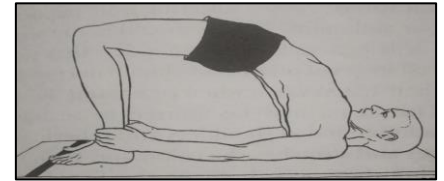
Tadasana



Vrikshasana



Bhujangasana



Setu bandhasana

Yogic exercise during IVF and IUI process: -

Only low impact exercise like -

Sukshma Vyayam i.e., practice number (1-7),

Pranayama (only deep breathing, Anulom - vilom and Brahmari pranayama) and, meditation should be practiced.

Breathing exercise (Pranayama):

The breath is the most vital process of the body. It influences the activities of each and every cell and, most importantly, is intimately linked with the performance of the brain. Rhythmic, deep and slow respiration stimulates and is stimulated by calm, content, state of mind.

Benefits of breathing exercise –

- Strengthen the immune system.
- Provide sufficient oxygen to mother and baby, thus manages shortness of breath during pregnancy.
- Removes waste products such as carbon dioxide and other toxic gases from the body.
- Manage stress hormones and prepares for stress-free and easy labour.
- Enhance blood circulation in the body.
- Generates positive hormones in the body.
- Providing adequate oxygen to the baby, it saves baby from hereditary disease and undeveloped brain.

It gives good physical, mental and emotional health to both (mother and baby).

Deep breathing:

Sit in comfortable position, with back straight, hands on knee or gyan mudra. Close the eyes and relax the whole body. Take a deep breath in, using full capacity of lungs. Breathing process should be very slow that it should synchronise count (1,2,3,4), both inhaling and exhaling. Retention of breath should be of at least one second. Do not suffocate yourself while practicing.



Can also be done during stress and short breath.



Anulom-vilom Pranayam (alternative breathing):

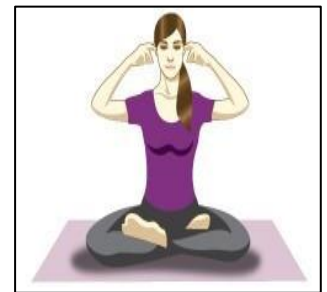
In this technique, the basic pattern of alternate nostril breathing is established. Close the right nostril with the thumb and inhale through the left nostril, breath deeply without strain.

At the same time, count 1.Om,2.om,3.om...,until inhalation ends comfortably.Now close left nostril with ring finger, exhale through right nostril slowly. Concentrate on breath. This is one round. Practice for 10 to 15 minutes.

It balances nervous system and gives all the benefits of Pranayama.

Brahmari Pranayama (Humming Bee breath):

Sit in a comfortable meditation pose. Relax the whole body. The lips should remain gently closed with teeth slightly separated throughout the practice. Close the ears using index or middle finger, bring the awareness to the centre of the head. Inhale deeply, and then exhale slowly in a controlled manner while making a deep steady Humming sound like that of the Black bee. The humming should be smooth, even and continuous, for the duration of the exhalation. Relax the hands back on the knees. Repeat it three times. It releases stress, migraine and cerebral tension and prepares for meditation.



These are the safe Pranayama which can be practiced in any health disorder.

Musical Yoga



Visit

Musical Yoga by BK Dr Shubhada Neel
[Holistic IVF Youtube Channel](#)

&

[Brahmakumaris Music Godlywood](#)

**For meditation songs, videos, affirmations
& much more**

“THE SCIENCE AND SIGNIFICANCE OF 3-DIMENSIONAL HOLISTIC ANTENATAL CARE AND GARBH SANSKAR”

Dr Shubhada Neel, Dr. Reema Kumari, Dr EV Swaminathan, Dr Pushpa Pandey, Dr Monika Monu

Abstract:

The successful journey of couple with ART culminates in live birth. The teaching of Garbh Sanskar is an experientially powerful process which helps to regulate the stress levels of the mother and thus contributes to creating optimal conditions for the fetal development. We hope that this will also lay the foundations for detailed analytic scientific research into the mechanisms and benefits.

It has been stated that parents act as genetic engineers for their children in the months before and after conception. It is through "epigenetics" that environmental factors like prenatal nutrition and stress leave an imprint on genes that are passed from one generation to the next (Zuccarello *et al.*, 2022). Garbh Sanskar is an Ayurvedic practice aimed towards this end.

Holistic Antenatal Care, a 3-Dimensional approach has been developed, integrating modern scientific concepts with the traditional knowledge. It prioritizes the physical, mental/emotional, and spiritual well-being of expectant mothers. It offers a unique opportunity during the first 1000 days of a child's life (9 months intrauterine period 270 days & post-delivery 2 years 365+365), crucial for their rapid growth and mental development. This approach aims to reduce pregnancy-related risks and complications, particularly in high-stress environments.

The objectives of 3-Dimensional Holistic Antenatal Care and Garbh Sanskar include preventing developmental and behavioral problems in children, reducing the risk of mental health issues in mothers and offspring, and mitigating the risk of adult diseases with origins in fetal development.

Practices like meditation, positive affirmation, music therapy, art therapy, and sleep therapy are integral components of this approach, contributing to a harmonious pregnancy experience. A balanced diet, exercise, and celibacy further enhance its effectiveness.

In conclusion, 3-Dimensional Holistic Antenatal Care, coupled with meditation practices, is based on a comprehensive framework for expectant mothers to manage stress, ensure the well-being of both mother and child, and create a foundation for a healthier and happier future generation. Embracing this holistic approach during pregnancy is a step towards nurturing a wholesome and thriving society.

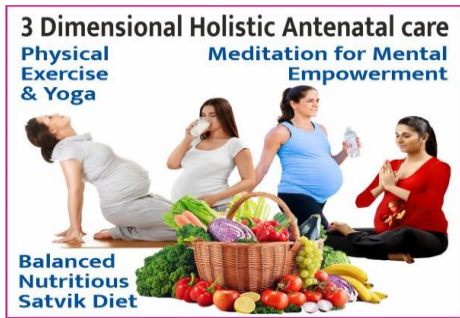
Introduction:

The journey of motherhood begins long before the baby's arrival, right in the womb. This concept, known as 'Garbh Sanskar,' emphasizes the profound impact of a mother's physical, mental/emotional, and spiritual state during pregnancy on the development of her child.

It is often said that God cannot be everywhere, so He created 'Mothers.' A mother embodies love and care, and through this love and care, she nurtures her baby to be healthy and happy. While it was previously believed that the outcome of pregnancy depended solely on the quality of the mother's medical care, experts now recognize that a child's personality is influenced by the mother's physical, mental/emotional, and spiritual state during pregnancy. A baby has the same life as an adult. Various scientific studies prove that babies taste, listen, learn, feel and memorize in the womb.

Therefore, the process of parenting begins even before a child is born, right in the womb. A pregnant mother can impart values to her baby by changing her own lifestyle and thought processes. The traditional Vedic practice of teaching positive life values to the baby inside the mother's womb is known as 'Garbh Sanskar.' Such efforts contribute to instilling values in society and nurturing a healthier and happier future generation.

According to National Health Mission RBSK (2018) the first 1000 days of a child's life represent a period of rapid physical growth and accelerated mental development. The first 1,000 days refers to a child's life from the moment they are conceived until they reach 2 years of age (24 months). A baby's experiences in their first 1,000 days of life can have a lifelong effect on their health and wellbeing. This time offers a unique opportunity to establish lifelong health and intelligence (Cusick and Georgieff, 2013).



3Dimensional Holistic Antenatal Care includes: Physical, Mental/Emotional & Spiritual Care

It is a free expert guidance program where daily online live sessions are held by experienced medical professionals & spiritual practitioners.

Some of the sessions include

ANTENATAL SESSIONS



POSTNATAL SESSIONS



WhatsApp group, Super Mom-Baby is created with medical and spiritual experts and all patients added to the group. Written & Audio-visual material such as affirmations, meditation commentary, meditation videos, online webinar details, and many other useful resources are shared on the group. -

Live on Zoom & YouTube Channel Divine Garbhsanskar

Every Monday to Saturday 8 - 9 pm, Sunday 11 am - 12 pm

Zoom Meeting Details ID: 932 86 64 5008 Password: omshanti

Balanced Nutritious / Vegetarian (high fibre and low fat)

Fresh fruits, fresh vegetables and milk are the most important part of the meal of the pregnant woman. The Indian meal is a perfect meal for pregnant mothers and is arranged in such a way that it gives full nutrition. Avoid fast food and non-vegetarian foods as production of meat involves brutality, cruelty which is not in tune with the higher sense of human nature.

A balanced diet is one which provides all the nutrients in required amounts and proper proportions. A balanced diet should provide around 60-70% of total calories from carbohydrates. Proper diet ensures fetal health and growth. A balanced diet prevents many fetal development anomalies. During the pregnancy baby depends on the mother for the nutrition, so it is very important to eat well and safely.

Food absorbs vibrational energy, so it is important to take care of the quality of food we eat. Food should be earned out of honest income. The quality of thoughts while cooking and eating makes a huge impact. One should pay special attention to their thoughts. Always offer food to the supreme which fills positive energy in food. Emoto (2005) has shown in his experiments on water and rice that positive conversation has a positive effect on it.

Foods to Be Avoided During Pregnancy

Alcohol and smoking, Sea food, Junk food, Excess caffeine, Maida, Excess salt and sugar, old food, Stale food, leftover, foul smell.

Exercise - Pregnant women often face many physical and mental challenges during this period, which can affect not only the mother but also have an adverse impact on the child. Therefore, exercising during pregnancy is beneficial for the baby's health as well.

Yogic physical and breathing exercises (Narendran *et al.*, 2005; Kulkarni *et al.*, 2021; Chaudhary *et al.*, 2022) combined with a pure and Satwik diet, along with positive thoughts cultivated through meditation, can pave the way for spiritual well-being for both the mother and the child. Walking in fresh, natural air is one of the best forms of exercise, but it should be consistent. Physical fitness and strong muscles is a basic need of every expectant mother. With the help of physical exercises our muscles remain in good shape, become more efficient and enable natural birth.

Stress Management through Meditation:

As per the new model of health soul, mind, body and medicine, 'Human-being' is derived from two words, 'Humus' and 'Being'; or 'body' and 'psyche' or 'consciousness'. Health is a dynamic process of harmony in the flow of spiritual, mental and physical energy. (Gupta *et al.*, 2011) Meditation is both a science and an art that harmonizes spiritual, mental, and physical energy by connecting with the ultimate source of spiritual energy known as the 'Supreme Soul' (the powerhouse of spiritual energy). It enhances a person's positivity and reduces stress, mitigating catastrophic reactions triggered by adverse environments, unwanted pregnancies, and economic problems through changes in attitude and belief system.



How are our personalities shaped?

Every thought word and action we create becomes our Sanskar (viz. personality). Sanskar (health or behavior) of any person is influenced by:

1. Own original sanskars viz. innate qualities of soul (spiritual energy)
2. Past birth Sanskar (spiritual energy) carried forward from the past birth
3. Genetic Sanskars received from the mother and father & Extended family (parents' role, Garbh Sanskar)

A pregnant mother has two lives within, hers and the fetus'. It has been proven that personality of the future generation is greatly influenced by pregnant mother's feelings and state of mind. Likewise, most of the behavioral traits also originate in the womb. Infants, toddlers and adolescents largely suffer from many emotional and behavioral problems, the seeds of which are sown on the unborn baby due to negative hormonal secretions that are activated by mother's thoughts in response to stress.

The Ideal Daily Routine: A disciplined lifestyle is an essential aspect of Garbh Sanskar, helping to cultivate positive thinking, manage stress, and improve mental, social, and spiritual health.

Wake up and sleep according to one's Circadian rhythms. Aligning daily activities with one's biological clock reduces energy expenditure and stress, benefiting the mind, intellect, and body. In the morning, start with positive affirmations such as (Box 1) 'I am healthy, I am happy, I am peaceful' to maintain mental and physical well-being (Runjati and Nurcahyani, 2020).

- Practice meditation for 20 minutes in the morning and in the evening before bedtime when the subconscious mind is active.
- Mothers are advised to consume good, nutritious food infused with the vibration of God's love.
- Engage in Asanas under the guidance of a yoga expert and ensure adequate sleep.
- Reading good books and listening to positive verses and relaxing music with alpha waves daily throughout pregnancy is recommended.
- Release all tensions before sleeping. Practice affirmations and surrender all worries to the Almighty.“

A Scientific Analysis of Holistic Antenatal Care and the Concept of Garbh Sanskar.

Neel *et al.* (2018a): have proven benefits of Holistic care in study of pregnant patients as Impact of Comprehensive Antenatal Care to Reduce the Complications during Pregnancy like Pregnancy-Induced Hypertension and Intrauterine Growth Retardation. Stress management through meditation as well as exercise and nutritional management may contribute to decreasing risk of isolated intrauterine growth retardation (IUGR p 0.002) and pregnancy-induced hypertension (PIH) with associated IUGR, and eventually would decrease problems in the infant, children, adolescent and fetal origin of adult diseases. “Comprehensive antenatal care is safe, relatively cheap to implement and would reduce the costs of long-term health care.”

Neel *et al.* (2018a): Impact of Comprehensive Antenatal Care to Reduce the Complications during Pregnancy Like Pregnancy induced Hypertension and Intrauterine Growth Retardation. J South Asian Feder Obst Gynae, 2018a;10(4):236-244.



Divine Garbhsanskar Super Mom-Baby

- **GARBH SANSKAR:** 'Garbh Sanskar' - A Sanskrit term 'education in the womb', Garbh Sanskar, a scientifically proven fact, is an amazing way of teaching/ educating and bonding with unborn babies in the womb during pregnancy. The fundamental principle underlying Garbh Sanskar is that an unborn baby is able to sense, feel, listen, dream, respond to outside stimulus & environment like thoughts, feeling of mother, soft music, Vedic mantra sung in a particular rhythm etc. Also, traditionally it is believed and now scientifically proven that a child's mental setup along with personality is greatly influenced by the thoughts of mother during pregnancy. It is the process through which everlasting good impressions can be created on the mind of the fetus and modern science also agrees to this fact.

- **IS IT IMPORTANT?**

We believe that pregnancy should be carefully planned and managed as per the principles of Garbh Sanskar giving the parents complete control during this development phase of the fetus.

- **WOMB IS THE PLACE TO LEARN**

It's proven that most of the development of a child takes place inside the mother's womb; it's a precious time. However, it is always recommended to at least start following principles of Garbh Sanskar once the conception is confirmed to harness the maximum benefit for both fetus and mother. Garbh Sanskar not only benefits unborn babies but also has immense benefits for mothers too. It not only inculcates positive thinking and attitude but also promotes overall physical, mental, emotional, social & SPIRITUAL well being.

- **Divine Garbh Sanskar highlights**

- > Welcome of a divine soul empowered with High IQ, EQ, PQ, CQ & SQ.
- > Baby Talk - Garbh Samvad (interact with the baby in the womb).
- > Programming of Fetal brain for the bright future of the baby and much more.
- > Prepare in advance for best results
- > Holistic development of fetus in womb
- > Improved chances of natural and healthy delivery.





• WHAT IS SUPER MOM BABY PROGRAMME?

Divine Sanskar Research Foundation and Medical Wing of Brahma Kumaris presents "Super Mom-Baby Advanced Activities - **THE ULTIMATE REMODELLING PROGRAM** for every expectant mother to be a Master Craftsman".

- > An experiential training program that can facilitate holistic well-being of mother, babies and family members through sessions like Shaping Your Child's Personality The Time is Now, Designing Super Mom-Baby, Scientific & Spiritual sessions on Garbhsanskar.
- > Live Sessions by Expert Medical Doctors to guide expectant mothers to navigate the complexity of pregnancy through their experience and expertise!!!!
- > Satvik Diet, Exercises, Ayurvedic Garbh Sanskar, Massage, Normal Delivery, Post Delivery Care, Breastfeeding, Parenting and lots more to learn from experts!
- > Hands-on Sessions on drawing, Music-Mantra, Value-added stories, Craft, Vedic Maths, Scriptures is a way of enlightening the baby's mind to develop micro skills.
- > Weekly Designing Activities for Empowerment Enlightenment,
- > Emotional Mental health and behavioural development is made easy with daily Meditation, Affirmations, Life skills,
- > Godly inspirations, and Rajyoga Meditation course by spiritual teachers.

As is evident Garbh Sanskar has a lot of benefits for you and your baby during pregnancy, that is why every expecting mother should try it! Join us on a divine journey to give birth to a well cultured, virtuous, majestic, vigorous, healthy, beautiful and extremely intelligent child.



As a gift from us, Join exclusive free with us on Zoom

Call us on 9757183497 / 9820616509 / 9833801570 / 8587883216

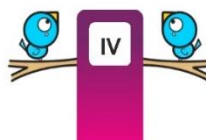
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Registration is Free but mandatory.

Venue:  **zoom**
Meeting ID: 932 866 45008
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Super Mom-Baby Journal

Super Mom-Baby Journal - Your Saathi towards the journey of a Super Mom

Highlights:

- ❖ 130 pages of Rich Quality
- ❖ Daily Reflective Activities
- ❖ 28 Meditation Commentaries
- ❖ Diet Chart
- ❖ Exercises/Pranayama for Normal Delivery
- ❖ Weekly Baby Talk Script
- ❖ Hospital/Labour Room Checklist
- ❖ Comprehensive Guide for Rajyoga Meditation
- ❖ Practical Tips of Sleep Hygiene
- ❖ Auto suggestions for sound sleep
- ❖ Maths Masti - Creative Puzzles with Solutions
- ❖ Bi lingual(English & Hindi)



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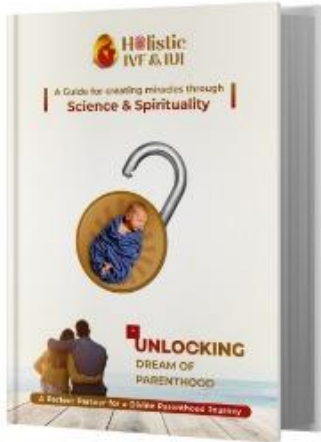
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Cordial Invitation for Journal Release



Holistic IVF & IUI Guide Unlocking Dream of Parenthood

**(First of its kind Indian, Activity based Journal
For patients undergoing IVF / IUI/ Infertility treatment)
Initiative supported by SIG Counseling ART, IFS**

For **Free** Download Visit
<https://divinegarbhsanskar.in/holisticivfui/>



AT Workshop - Fertility Counseling

4.30 pm on 8th Dec 2023

FERTIVISION 2023

**19th Annual Conference Indian Fertility Society
The Leela Ambience Hotel Gurugram, New Delhi**



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President
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Dr Surveen Ghumman
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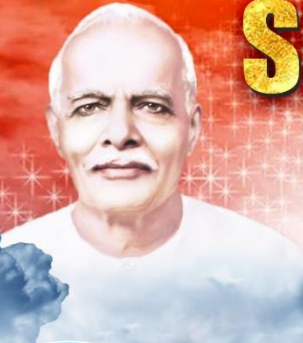


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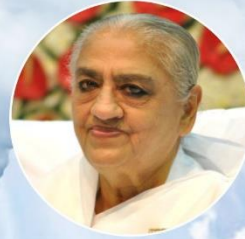
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 - > Fellowship in Gynecological Endoscopy.
 - > CCEBDM, CCCS
 - > Founder, Expert & Director Divine Garbhsanskar Super Mom-Baby Project
 - > Consultant, Trainer, Counselor with clear focus on creating value-based society
 - > Medical Director Neel Hospital & ICCU, New Panvel, Navi Mumbai
 - > President, Divine Sanskar Research Foundation DSRF
-
- National coordinator for Divine Garbhsanskar, Wellness of women - Ek Kadam Cancer se Bachao ki ore, Adbhut Matrutva, Feel Good Yoga programmes, Rejuvenating Minds, Awakening to a New Way of Healing, Empowering Medical Minds.
 - Organised more than 600 Divine Garbhsanskar workshops across India & Nepal.
 - Organised more than 200 National Conferences / Webinars / Seminars / Workshops.
 - Divine Garbhsanskar presentation at various National / International Conferences / Seminar / Workshop since 2011.
 - Awarded for Divine Garbhsanskar presentation at National / International Conferences.
 - Associated with Brahma Kumaris for last 10 years & Member of Medical wing of Brahma Kumaris. Executive Member of Medical Wing of Rajyoga Education & Research Foundation, Mount Abu, Rajasthan. Has been practising Rajyoga meditation since 2009.
 - Life Member of many organisations.
 - Author of FOGSI FOCUS - Adbhut Matrutva, Wellness of women - Ek Kadam Cancer se Bachao ki ore, Divine Garbhsanskar, Adbhut Matrutva and Feel Good Yoga programmes, Book/Booklet in English, Hindi & Marathi & DVDs.
 - Publications on Divine Garbhsanskar work in various National / International Journals.
 - FOGSI President Appreciation Award, WONDER Fogsian Award, FIGO-FOGSI Appreciation Award, Recipient of Panvel Gaurav, Maharashtra Lokkalyankari Seva Sanstha Purskar 2016, Zansi ki Rani Award for social service rendered. (By Panvel Municipal & Samajik Vikas Mandal) Her majesty award, Award by Mayor, Commissioner and Health Minister for commendable work done in the field of Garbhsanskar.



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December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
Rajyoga course day 5, Karma Philosophy (11 to 12 pm) BK Dr Rashmi	Design Your Life Workshop, Day 2 (8 to 9 pm) BK Dr Krishna	Words Create World (8 to 9 pm) BK Mitali	Let's Talk - Sharing Solutions, (8 to 9 pm) BK Kalpana	Art Therapy (8 to 9 pm) BK Preeti Vaishya	Rajyoga course day 4, Time Cycle (8 to 9 pm) BK Dr. Rashmi	Rajyoga Meditation for IVF & IUI Success (8 to 9 pm) BK Dr Shubhada Neel
4	5	6	7	8	9	10
Rajyoga course day 5, Karma Philosophy (11 to 12 pm) BK Dr Rashmi	Design Your Life Workshop, Day 2 (8 to 9 pm) BK Dr Krishna	Words Create World (8 to 9 pm) BK Mitali	Let's Talk - Sharing Solutions, (8 to 9 pm) BK Kalpana	Pause For Peace (8 to 9 pm) BK Apurva	Unfolding Mystery of Scriptures - Part 1 (8 to 9 pm) BK Bhakti	Unfolding Mystery of Scriptures - Part 2 (8 to 9 pm) BK Bhakti
11	12	13	14	15	16	17
Ayurvedic Ahar Vihar (11 to 12 pm) Dr Swapnil Sonone	Management of Medical problems in patients undergoing IVF & IUI treatment (8 to 9 pm) BK Dr Shakuntia Kumar	How to Heal Yourself (8 to 9 pm) BK Hitesh	Your Body Is The Best Healer, Part 1 (8 to 9 pm) BK Dr Subhash Sarangi	Your Body Is The Best Healer, Part 2 (8 to 9 pm) BK Dr Subhash Sarangi	Sanjeevani Rajyognidra (8 to 9 pm) BK Dr Ashutosh Arora	Geeta Gyan for Mind Empowerment, Part 2 (8 to 9 pm) BK Dr Pushpa Pandey
18	19	20	21	22	23	24
Power Of Faith (11 to 12 pm) BK Laxmi	Healing Through Relationship with God (8 to 9 pm) BK Krati	Design Your Life Workshop, Day 3 (8 to 9 pm) BK Dr Krishna	Tips to Avoid IVF Failure (8 to 9 pm) Dr. Sunita Lodaya	Management Of Failed IVF Cases Dr Darshan Sureja	Harmony in Relationships (8 to 9 pm) BK EV Gireesh	Design Your Life Workshop, Day 4 (8 to 9 pm) BK Dr Aakanksha Kumar
25	26	27	28	29	30	31
Most Commonly asked Questions in IVF/IUI Dr Simi Kumari	Tips for Development of Good Embryo (8 to 9 pm) Dr Gautam Lodaya	Art of Living Inside Out (8 to 9 pm) BK Dr Swaminathan	Rajyoga course day 6, Attainment of Eight Powers Through Rajyoga (8 to 9 pm) BK Dr. Rashmi	Rajyoga course day 7, Brahmakumaris Yagya History (8 to 9 pm) BK Dr. Rashmi	Geeta Gyan for Mind Empowerment, Part 3 (8 to 9 pm) BK Dr Pushpa Pandey	



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Inaugural Session

Date & time

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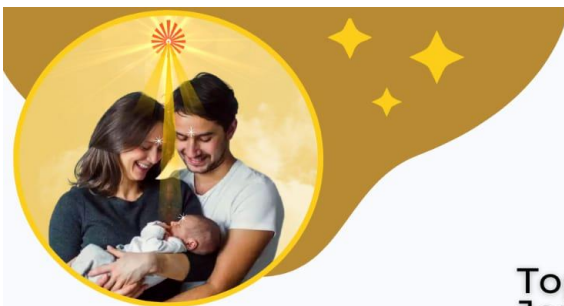
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BK Dr Shubhada Neel
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Dr E V Swaminathan
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Journey Of IVF & IUI
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BK Dr Shubhada Neel
Sr Gynaecologist, Navi Mumbai

Date & time

📅 2nd January 2023
8 to 9 pm

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ABBREVIATIONS

IVF-In vitro fertilization

IUI-Intrauterine insemination

ART-Assisted Reproductive Technology

ESHRE-European Society of Human Reproduction and Embryology

CNS-Central Nervous System

GERD-Gastro Esophageal Reflux Diseases

ACE-Academy of Clinical Embryologists

HAES-Hydroxyethyl Starch

PCOD- Polycystic Ovarian Disease

WHO- World Health Organization

HPA- Hypothalamic-Pituitary-Adrenal axis

HPO- Hypothalamic-Pituitary-Ovarian

RBSK- Rashtriya Bal Swasthya Karyakram

IUGR- Intrauterine Growth Restriction

PIH- Pregnancy Induced Hypertension

IQ-Intelligence Quotient

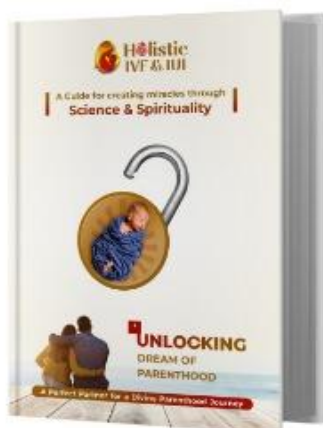
EQ-Emotional Quotient

PQ-Physical Quotient

CQ-Cognitive Quotient

SQ-Social Quotient/Spiritual Quotient

Holistic IVF & IUI Guide Unlocking Dream of Parenthood





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- Fertility Boosting Diet
- Exercise to Boost Fertility in IVF & IUI
- Practical Tips of Sleep Hygiene
- Auto suggestions for sound sleep
- Comprehensive Guide for Rajyoga Meditation
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