

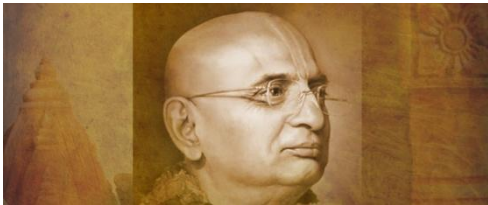
Ocean of Nectar

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1. Guru Maharaja speaks on Aryurvedic treatment

In this respect I also want to say a few words about your health. Because recently I was in an Ayurvedic clinic. I went there for the second time and I had a long discussion with the doctors there. I collected quite a bit of informations about Ayurveda from them. And in course of our discussion, he was telling me, the main doctor, doctor Rama Kumar, that he was talking to a very wealthy family especially the lady of the family. They are so wealthy, they are Indians... They are so wealthy that when they go to Europe and America, they go there in their private jets. I mean people make short trips in their private jets, which is one thing. But when they go on intercontinental flights, still they use their private jets. Very,

very wealthy families. He was asking that lady, she is in her forties. He asked her: "Do you fall asleep as soon as you go to bed?" So, she said no, I have to read, I have to watch TV, sometimes even I have to take sleeping pills. And then he asked: "Do you feel fresh when you wake up in the morning? And she admitted: "No..." She had to drink a few cups of coffee to wake up.. Then he asked "Do you feel hungry when you sit down to eat?" Then he asked: "Do you feel good appetite when you sit down to eat? And then also she admitted that she does not. Then he asked: "When you wake up in the morning do you clean your stomach?" Does your stomach get naturally clean? That also she admitted that it does not happen. And then he told her: "Look, these are the four signs of good health." Good health means: "As soon as you hit the bed you fall asleep. When you wake up you feel fresh. When it is time to eat you feel appetite. And in the morning soon after you wake up you clean your stomach. I also thought that it makes so much sense. And I wanted to convey to you... Make sure about these four things. And you will notice: "Late night you don't sleep well." Late night, you wake up in the morning, you

feel groggy as if you did not really take rest. That's how I feel. If I go to bed after 22h30 I don't sleep properly. But if I go to bed before 21h00 I wake up at 02h00 and I feel fresh as a daisy. And also feel good appetite. And then to my great surprise I was told that about eighty per cent of people in the West suffer from constipation. Why? Because they eat meat. Anyway, so why people won't become sick? Cleansing the stomach naturally is very, very important. So take care of your health nicely. And these are the signs. Make it a point to go to bed early. And try to not watch TV's. How many of you don't watch TV? Very good. Because that is a very damaging thing to your consciousness. Rather have a sweet dream! When you fall asleep, it is much better than watching a horror movie in the TV.

Since we are talking about health I will also give you another tip that I gathered from these discussions with these doctors. Normally what happens when in the course of our lives, in course of our day to day activities, in course of our unhealthy lifestyles we accumulate toxins in the body. The toxins keep on accumulating in the body and then eventually what happens? The toxins come out in the form of disease. Diseases are caused by toxins in the bodies. How many of you know about *pancha karma*? *Pancha karma*, *pancha* means five and *karma* means activities. Five kinds of activities or five kinds of treatments. The purpose of this treatment actually is to purify your body. Detoxify your body. The toxins have accumulated in the body in various ways. The toxins can be in the body cells, toxins can be in the blood stream, the toxins can be there in the nervous system. And Ayurveda has a way of detoxifying, take out the toxins. Like one of the things of detoxifications or one of the *pancha karmas* is actually *sneha-panam*... I went through that treatment. *Sneha* means ghee. And *panam* means drink. This treatment is the treatment of drinking ghee. And these are not just ordinary ghee, this is medicated ghee. And this medicated ghee. Ghee actually is a very good carrier. It reaches to different recesses of your body. And when it reaches with the medicines, Ayurvedic medicines, what it does, it pulls out all the toxins from those areas. This treatment goes on for seven days. They start with 30mls of ghee. Thirty millilitres, it is not that much. But the second day 60mls. Third day nine day 90mls. Fourth day 120mls. Fifth day 150mls. Sixth day 180mls. Seventh

day 210mls. Every day they increase it by 30mls. This ghee, as I said, the medicated ghee brings out all the toxins from the deepest parts of your body. The tissues, the body cells and then they bring it on to your stomach. Naturally it comes to the stomach. And then on the eight day they give you a very strong purgative and that purgative flushes the whole thing out of your body. And I tell you, you see the result, not immediately. After the treatment you feel very weak. Of course they did not subject me to seven days treatments. They told me: "Guru Maharaja, Guru Maharaja your body is a *satvic* body. So it does not need such an elaborate treatment. They gave it to me for three days. First day 50mls, second 100mls and third day 150mls. And on the third day I must admit I started to like the taste of the ghee. The first day I was sipping, drinking it with small sips. He was telling me, he was noticing... The second day I was gulping it. And the third day in one sip I drank the whole thing. And I took it for three days and the fourth day they purged me. And yes, the body became very weak. And that's what they do. After the treatment they make you recuperate. They don't let you go out straight away. They bring you back to your normal health condition. And then they let you go out. And I tell you that treatment was very effective by Krsna's mercy. And I am experiencing it myself I now started to tell the devotees that those who are above fifty should take this treatment at least once in two years. You have to invest just three weeks, take the treatment and you will see the benefit yourself. It makes you feel younger. You lose weight, extra-weight is taken out and as I was telling you...*Pancha karma*, it is not that everybody is subjected to all five types of treatment. They see which treatment you need. Say for example some people need purification of blood, of toxins in the blood. And do you know how they take out that poison from the blood? Don't get shocked. They put leeches. And there are some leeches that take out only the poison out of the blood. Not that all leeches do that. They know, there are certain leeches, they showed me those leeches. They put them, you don't feel anything actually. And then after they have taken out the poison out of the blood, the leeches fall out automatically. That's the indication that the poison has been cleansed out of the body. See how scientific it is! Whereas in allopathic treatment what do they do? They simply deal with the symptom. For

everything they have one medicine. Antibiotics. For everything antibiotics. They put the germs in the body to fight the other germs. Whereas this is so scientific. This is how you all should be concerned about your physical well-being. Because physical well-being is important for your spiritual emancipation or spiritual advancement. If you are physically weak, how do you feel? Do you feel like doing anything? No. Are you capable of doing anything? No. Therefore it is important to be physically healthy, physically well. Please take care of your health. That's why Prabhupada always ended the letters: "I hope this meets you in good health or best of health." Prabhupada always wanted that we are in good health. Take care of your health. And do whatever is necessary. And avoid allopathic treatment as much as possible. Allopathic treatment has its benefit. Like allopathic treatment is very good for cure. But how they cure that is another story. But isn't prevention better than cure? Prevention is better than cure. Take these simple preventive measures just as I said. Have this treatment once every two years. At least once in two years. For three weeks go and take the treatment and see what happens. And one thing I have noticed. First I started off with myself. One of my disciples in Mayapura, Prema Manjari, many of you know her, she used to insist: "Guru Maharaja, you have to go and take this treatment, please go and take this treatment." And I used to tell her: "Look, I don't have three weeks. I can't take three weeks out of my schedule. I would rather go to some place for these three weeks and preach than to go to an Ayurvedic clinic." And because of her insisting last year I went for ten days. And yes, due to these ten days of treatment, I did feel different. Then this year I was supposed to go, it was all set. I was supposed to take a flight to Cumbatoire to go to this place. In the morning when I was in Pune, I was about to leave to catch a flight. Then I got the news that Shyamlal Prabhu left his body. So I had to cancel the trip. Instead of going to Combatoire I drove to Mumbai and took a flight to go to South-Africa. Shyamlal Prabhu is a very dear Godbrother of mine. This thing got cancelled. But doctor Ramkumar kept on phoning me and said: "Guru Maharaja, I can understand that you could not come, you had to cancel this schedule but please try to come sometime. So I went in April. After the GBC meeting I had to go to America. And when I came back from

America towards the end of April I went. This time I took two weeks and I went for the treatment. And I felt the difference so much so that I am promoting it to you all today. I am saying that you all please also consider this treatment. And I tell you a few cases. There was one person, one young boy, one of my disciples' son in law. He had epilepsy. So you know they were really worried... He was about to have a very, very serious accident one day. He had the epileptic fit when he was driving the car. You can well imagine, you know. Fortunately there was no head on collision; the car actually hit the side of the road. Anyway, it was such a bad case. When I heard that, I called doctor Ramkumar of Coimbatore. And I asked him whether there was any treatment for epilepsy? He said yes, they can cure epilepsy. This boy came for the treatment. And his condition improved remarkably. So much so that he went there again after six months. Everyone was so impressed that the disciple of mine and his wife they all went and they also did the treatment. They did not have any serious problem but they felt so much better after the treatment. This is how people are getting affected. Because when the result is there then automatically you see it for yourself. Another thing I wanted to tell you all... Recently I found out that in Vrindavana there is somebody who can cure cancer, if it is not at a very advanced stage. In Coimbatore also if it is detected at an early stage they say they can cure the cancer. But when it is in advanced stage then they admit: "No, we cannot do it." So if there is any case of cancer you can also let us know.

There is one young devotee, young means, he is probably in his thirties. He had cancer of the brain. He took the treatment in Vrindavana. He got cured. And that's why I got to know. And he told me that this person said that he can cure cancer. This is how effective Ayurveda is. Take advantage of this. Of course we know we are not going to live forever. But at least as long as we are living, let's live in a healthy way, in a good way. And it can be done by taking proper advantage, by taking advantage of the proper treatment. As I said, Ayurveda is not so effective as a cure, but as a preventive measure it is very effective.

(Excerpt from a lecture given by HH Bhakti Charu Swami on 16 June 2014 at the Malaga Retreat in Spain)

2. Arogya Niketan, an Aryurvedic clinic built by HH Bhakti Charu Swami

Guru Maharaja told me “I went for this Aryurvedic treatment twice before and it was so effective I wanted to share it with all of you that is why I built this clinic” and he further emphasized “your health is so important you have to take care of it.”

Arogya Niketan Aryurvedic clinic was especially built by our kind and selfless Guru Maharaja for all of us who wants us to also feel the benefits of this effective Aryurvedic treatment. The building of an Aryurvedic clinic depicts Guru Maharaja’s greatness as our spiritual master and loving spiritual father who wants to share everything he has with all of us so that we may benefit as well.

Arogya Niketan Aryurvedic clinic is based at Ujjain temple and is a beautiful six story building that Guru Maharaja has especially built for the health and well being of all of his disciples, well wishes and all the devotees of ISKCON. Everyone is welcome to come and take treatment and Guru Maharaja kindly extends his personal invitation to all of you to come.

Guru Maharaja has taken treatment at the new clinic. HG Tribanga Sundar prabhu from South Africa and HG Govinda prabhu from Switzerland had also taken treatment here.

↓ Management of the clinic

Arogya Niketan is managed by HG Radha Vinod das and HG Champakalata Radhika devi dasi. They are senior devotees who served ISKCON for many many years at the Bhaktivedanta Manor and are now managing this wonderful project for Guru Maharaja. Their many years of experience and expertise make them outstanding managers of the clinic. They are very dedicated to serving this project for Guru Maharaja.

↓ Team of experts

Arogya Niketan has a very experienced doctor Dr. Chandran who comes from Kerala. He is expert in the ancient science of Aryurvedic treatment and assesses each case very carefully and then gives the treatment accordingly. There is a dynamic and

professional team as well who are skilled in preparation of the medicines and also doing massages. They use the *panchakarma* method of treatment. They are friendly and very helpful.

3. Interview with HG Govinda das

1. Why did you come here for treatment?

I received a personal invitation from Guru Maharaja to come here.

2. What has been your experience at this clinic?

I was very impressed by the sophisticated way the treatment was done. The accommodation is pleasant especially the association of HG Tribanga Sundar das. I had a joyful experience. The doctors and therapist did their job very well due to their expert skills and vast experience in this field of Aryurvedic treatment.

3. Describe the effects of the treatment you received?

The treatment left a deep impression on me and it relieves one of unwanted things. Having gone through the treatment you will feel relaxed and physically and mentally lighter.

4. Would you recommend others to come here and why?

I strongly recommend everyone to come. Personally I do not have any disease and have come here on the advice of Guru Maharaja. Prevention is better than cure. Three years ago I went to a retreat in Bangalore where a similar procedure had been done for cleaning the body. This process of cleaning the body is very important especially if one is tied up in everyday work and stress at work where one does not really have the time to properly care for the needs of the body. Coming here is a chance to take the proper care and give peace and quietness to the body through the cleaning process of this *pancha karma* treatment for complete rejuvenation. One gets more conscious of the body to better understand how it functions so that one can detect if there is something wrong. I found that it strengthens your consciousness and confidence in knowing your own body.

5. Would you come here again?

Yes I would.

6. Were the devotees taking good care of you?

Yes very much indeed. There is a big plus that Guru Maharaja has chosen a devotee couple like Radha Vinod prabhu and Champakalata Radhika matajee who are taking care in a very personal way.

7. Were you happy with the treatment you received?

Yes.

8. What advise do you have for others coming here to Arogya Niketan Aryurvedic treatment?

I strongly advise devotees especially who have a hectic day to day life to take some time off and come here to take treatment. As I have mentioned earlier not only due to illness but also as a preventative measure for future illness as prevention is better than cure.

4. My experience at Arogya Niketan Aryurvedic Clinic

I had been suffering from a serious condition for some time and Guru Maharaja was very concerned and when he came recently for his Vyasa Puja in Durban during a darshan he invited me to come to his new clinic. I have never taken Aryurvedic treatment before let alone understood what it's all about. I took Guru Maharaja's instruction to heart and immediately came to Ujjain to take the treatment. It was the first time I had travelled alone to India and being sick I was concerned but with Guru Maharaja's blessings and divine arrangements I made it.

I have been to the top allopathic specialists in the country and went for many tests and been on so much medication and even hospitalized only to find my condition was not improving and I was left with side effects from all the medication.

When I came here to Arogya Niketan because of Guru Maharaja's mercy, I found results in 4 days! 4 days! I could not believe it, it seemed like magic to me.

The doctor is very good at Arogya Niketan and with his extensive experience dealt with my condition with utmost care and expertise. The therapist was excellent too. The staff at Arogya Niketan were friendly, caring, expert and went out of their way to help and this helped me a lot during the treatment.

I was alone for the first time away from Nalinikanta das (my husband), my home and our dear Nitai GauraHari so I was feeling so lost in this strange place but Guru Maharaja went out of his way to make so nice arrangements for me. He was constantly making sure I was comfortable and happy. Arogya Niketan became my home because of the hospitality and love of HG Radha Vinod prabhu and HG Champakalata Radhika matajee who took care of me so nicely. All the other devotees were so kind and loving. RadhaMadanMohan, Lalita, Vishaka, Krishna Balaram, Giriraj and GauraNitai were also there and so merciful so I felt happy in this new home, the beautiful Ujjain dham. No doubt Guru Maharaja's Ujjain temple has the best devotee care in the world!

Now I am back at home and my disease is gone I am cured, it's a true miracle! Krishna and Srila Prabhupada is so kind because They have lovingly placed Guru Maharaja in the centre of my life. It is by Guru Maharaja's mercy and blessings I am healthy and normal again no more suffering. I am so energetic and have lost weight. I even look younger (as Guru Maharaja told me). I still cannot believe how effective the Aryurvedic treatment is, it's truly amazing.

I learnt so much from this experience over above getting my health back and how to take proper care of the body. I depend on Krishna alot more and I can see His lotus hand in everything and trust His decisions. My relationship with Srila Prabhupada and Guru Maharaja has deepened due to my intense indebtedness to Them. I appreciate the value of Them being in my life. Being at the clinic I had a lot of time to myself which I used to read Bhagavad Gita and Srila Prabhupada's books. I chanted with attention and tried to do as many rounds as I possibly could and realized how in this age of Kali Krsna's holy name is our only shelter and how wonderful the Maha mantra really is.

Being there for 21 days restored my health and gave me my life back. It is said that if you do something for 21 days it creates a habit and this is true as I found I am easily coping with the lifestyle changes comfortably at home now. I found diet is a very essential part of the treatment so it's most important to be strict about that.

My advice for anyone who wants to go to Ujjain for the treatment is just go and trust the doctors and care takers it is of utmost importance that you obey their instructions and best of all Guru Maharaja has built this clinic especially for you so do yourself a favour and take advantage of your great fortunate. Your life will change just as mine did so I hope you all do not waste time and seize this golden opportunity. We should use this body as an effective tool for rendering devotional service unto the lotus feet of our beloved spiritual master. If we are strong servants then we can be a strong army in Srila Prabhupada's ISKCON and help deliver everyone home back to Godhead.

Thank you very very very much Guru Maharaja! The wonderful care and love you showed me I will never ever forget and I am eternally indebted to you. All glories All glories to you my Lord and Master! You have restored my health so I offer this rejuvenated and vibrant body and soul at your lotus feet again. Please accept me and my service to your lotus feet and Srila Prabhupada's ISKCON and always keep me engaged in your service even though I don't deserve your mercy. I promise to work even harder now and render more service as you have empowered me to do so. Thank you Guru Maharaja! Thank you Guru Maharaja! Thank you Guru Maharaja!

All glories to Srila Prabhupada!
All glories to you Guru Maharaja!
All glories to your new Aryuvedic clinic!

5. Srila Prabhupada appreciation

That's why Prabhupada always ended the letters: "I hope this meets you in good health or best of health." Prabhupada always wanted that we are in good health.

6. Guru Maharaja's Instructions

- ↓ Take care of your health. And do whatever is necessary. And avoid allopathic treatment as much as possible;
- ↓ Prevention is better than cure. Take these simple preventive measures just as I said. Have this treatment once every two years;

- ↓ This is how effective Ayurveda is. Take advantage of this. Of course we know we are not going to live forever. But at least as long as we are living, let's live in a healthy way, in a good way. And it can be done by taking proper advantage, by taking advantage of the proper treatment.

(Compilation & editing by Hemavati Radhika dasi)

*vāichā-kalpatarubhyaḥ ca
kāpā-sindhubhya eva ca
patitānāḥ pāvanebhyo
vaiñēavebhyo namo namaḥ*

I offer my respectful obeisances unto all the Vaiñēava devotees of the Lord. They are just like desires trees who can fulfill the desires of everyone, and they are full of compassion for the fallen conditioned souls.

I humbly beg forgiveness if I created any offenses. I do not ever talk about myself but I wanted to share the wonderful experience I had with all of you so that you can also benefit from Guru Maharaja's Aryuvedic clinic he built for us and see from my example how effective this pancha karma treatment really is.