Author's 11 Affirmations

1) Say "Good Morning Lord" upon waking.

2) Peek at the sun (or direction of sun) every morning.

3) Sing a little every morning.
"head, shoulder, knees and toes, knees and toes."

4) Do at least 40 push ups every day.

5) Meditate minimum of 20 minutes a day (2 x 10 min)
click here to find a short video link on Sandeep's method

6) Initiate conversations.
"hey! how are you? how's work? anything good on netflix?"

7) Learn knowledge to speak with wisdom.

8) Patronise a little to test the waters.

9) Rinse hands and brow with cold water often.
(sliver some water on atma (glabella) spot).

10) Be wealthy, don't spend money.

11) Make others laugh!
"What did the dinosaur say to the elephant? Nothing it's extinct."

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Operating Krishna Consciousness and After-Life

Krishna consciousness explained by A.C. Bhaktidenta Swami Prabhupada in the Bhagavad-Gita was known as acting on behalf of goodness, passion and ignorance modes of nature. Thereafter living a life in Krishna consciousness is sublime when acting from these three modes of nature. Not much was said on how to operate them from Shree Krishna to Prophet Arjuna through the bank of knowledge known as Bhagavan. Furthermore preceding Krishna Kanhaiya be spoken to by Sandeep Muni (image above), about Krishna consciousness and many other pastimes of the Lord Himself.

Upon research, speculation, experimentation and practice the best belief is to provide goodness as close to 50%, with passion and ignorance at 25% each throughout one lifetime. Need this be said to perform in goodness 100% of the time in a fast moving world where material gain is security people have to make adjustments for each other's goodness. Here goodness is therefore passion. We work over our desire for passion and call that goodness. Therefore leaving ignorance as a state of practice to protect the hate or the love that covers the practice of truth as a passion. There was only goodness as far as the belly was empty when the only ignorance used was to cover any thoughts of passion to eat.

The aim of working Krishna consciousness in the modes of nature would be to provide goodness first and if the objective is not met then to leave a gap of time for ignorance and return with passion. Take for example a child wanting to eat but has not cleaned their room or done their homework. A parent would ignore the child until demands of nature met where they'd return with passionate love and goodness of a meal, which was their initial goodness from the offset. With politics in question, goodness is measured on time of need, ignorance as negotiation and passion as action for goodness.

Light hearted patronisation from not finding one's goodness skips ignorance for later deliveries however as modes of transcendental natures the sight to deliver goodness first is best for the Maker. On point the after-life is compared from Krishna consciousness to Supreme Personality of Godhead, i.e. Krishna. 50% goodness, 25% ignorance, 25% passion and everything under the margins would be called on passing with or without judgement. The Ocean of Milk, Deliverance or Reincarnation. One's hell is their own passion if not renunciated with the element of white. Henceforth the Lord is blinded to Himself when one's passion and ignorance outweighs His goodness. Into the Light damned souls will return leaving Him with a little less love and universe in His sight. Souls of righteousness go to Heaven.

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Spiritual Big Bang Theory

When the universe was created they say the theory was known as the 'Big Bang Theory.' Before then there were huge clouds of gas and molecules of great mass that accumulated far enough to explode on each other and create what we know as the universe today. There's no surprise that the universe is so great that mankind will always be in awe exploring and studying cosmic space for years to come.

Through Vedic literature and studying from the Bhagavad-Gita the three godly trinities, Brahma, Paramathma and Bhagavan are very much the centre of the Big Bang Theory. In Christianity the godly nature of the trinity, Father, Son and Spirit can be used to explain this fascinating theory further. The story is told that Father and Son (Paramatma and Brahma) were arguing on who has greater power in love for each other and that the Spirit (Bhagavan) was born from the navel of Brahma to declare who was the greater power to the universe. Upon birth the Spirit (Bhagavan) or also moreover as Lord Shankar asked Lord Vishnu (Paramatma/Father) and Lord Brahma (Son) a question and as Lord Vishnu answered honestly and correctly Lord Shankar declared that direction of prayer to the Almighty Light.

In other words by using the Royal Trinity colours, Light (Life), Red (Love) and Black (Peace), Light occupied everything. The Light was actually all there was and represented Himself as an Ocean of Milk. Within this Ocean of Milk, explosive energies like thunderstorms and whirlwinds occupied itself throughout. When the energy within Himself was to its greatest value, God released love from Himself, like that of firing a spark plug for a motor engine to ignite. This was for only a split second however was extremely powerful to form the Holy Spirit throughout the Ocean of Milk making universal space. In layman's terms Light exploded due to Red that left Black throughout Himself.

Similar to Christianity where Jesus Christ poured the Spirit of God to direct mankind towards the Almighty Father for declaring to mankind the spiritual nature of God is the universe. One is never alone when understanding more than meets the eye. Bless you for reading and I hope you liked this spiritual theory of the creation of the universe. "Praise Life with Love in Peace."

Furthermore as constellations of stars (super fireballs of gas) are stars, the true Light of space is between the stars. The black matter of space masquerades the Ocean of Milk, the God, Light.

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Shree Guru Nanak Dev (13C, Founder of Sikhism)

Sikhism is about to be only 700 years old (as of date 2026). Sikhs reside from Punjab and speak Punjabi. Common names were Mandeep, Hardeep, Sandeep (unisex names), where 'deep' signifies light. Neighbouring states of India are Rajasthan and Gujarat with Pakistan and Afghanistan on Punjab's west border. Punjab and Sikhism is rich in culture, tradition and vows to the Spirit of God.

Guru Nanak as a child was sent a message by spirit from Om Kar as One God, the spirit of the mountains and highlands to build not only an army but a whole new religion comprising Hindus and Muslims to fight the Mughals of Afghanistan preparing to invade India. He learnt the dialects of Sanskrit and Farsi to win the hearts of Islamic and Hindustani people. They witness cobra's providing him shade as he slept outdoors during Indian summers. As he aged Guru Nanak made disciples for God known as Sikhs (lions) for the forthcoming five gurus to derive military and spiritual scripture for harmony.

The Adi Granth Ji, was founded by Guru Nanak Dev Ji and exists to this day. The book is taken from His resting place to be shown once a year. The book is considered as a person, a holy body that if damaged or any copies damaged He would be cremated. Nine gurus preceded Guru Nanak where Guru Gobind Singh was the tenth who accumulated all the writings and he wrote his own wisdom to finish the Adi Granth.

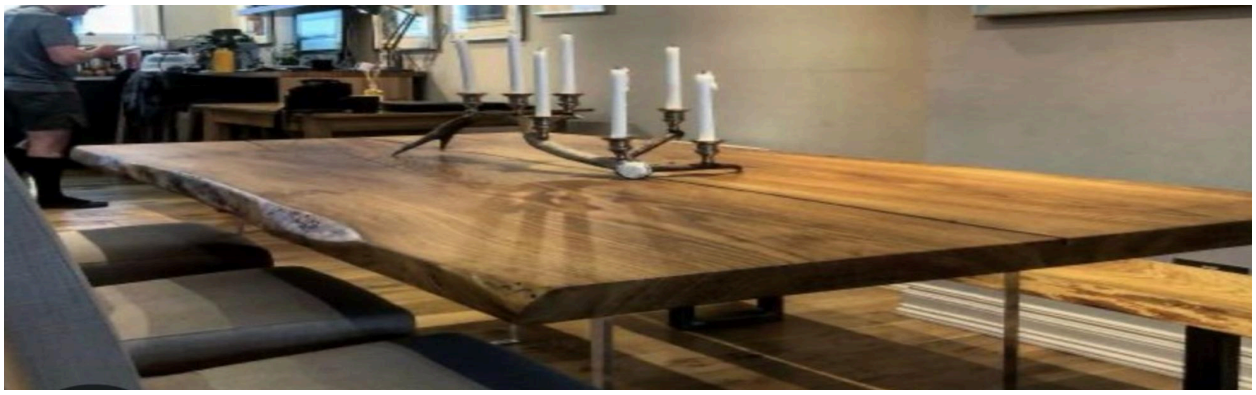
Last came Baba Deep Ji Singh who cut his own neck to frighten the mughals back home. Baba Deep Ji sacrificed himself and saved Diwali. That year Diwali was celebrated at the Golden Temple in Amritsar. (Diwali, the festival of light and that of the avatar of the Light, Lord Rama returning home from exile).

For only 700 years makes Sikhism the youngest religion. Guru Nanak Dev Ji being the last prophet. The energy from generations of war to lay arms down for music, food, song, dance and charities. Many Sikhs serve the Indian Army, they serve as Royal Guards and serve from Gudhwaras worldwide.

- Praise Waheguru!

'Bola Nar Sat Sri Akal' - Say Loud God is the Eternal Truth.

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10 Types of Entrepreneurs

source www.bondcollective.com

1 - Buyer - Established Rich Guys - Looking for Founding Business'	6 - Prodigy - High Emotional Stability - Innovates Business World - Little Business - Inborn Instinct on Actions
2 - Hustler - Networker - Dreams Big	7 - Rebel - Challenge the Status Group - Works as Imitator but Opposite - Reaches Goal by Making Others Better - Work Long and Hard
3 - Innovator - Leaders - - Creates Legacy - Strong Drive - Work Patterns	8 - Researcher - Practical/Innovation - Critical Thinking - Problem Solving - Time with Data
4 - Financier - Wealthy Families - Create Own Brand	9 - Short-Timer - Vision of a Few Years - Build and Sell Successful Brands - Very Innovative
5 - Imitator - Form of Flattery - Takes Risk and Steals Ideas	10 - Solopreneur - Versatile - Passionate - Run Brand & Loves the Ride

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Driving A+ (Driver Present and Future)

SAFETY FIRST - That means care for the individual over the vehicle. The energy exhibited whilst driving in a moment of time is a direct implication of a person's behavioural characteristics. In this practice characteristics of a person have moved from two to four which is a great forward for human consciousness. There is one characteristic still to move whilst operating a motor vehicle that I'll finish with. - WATER / SUGAR.

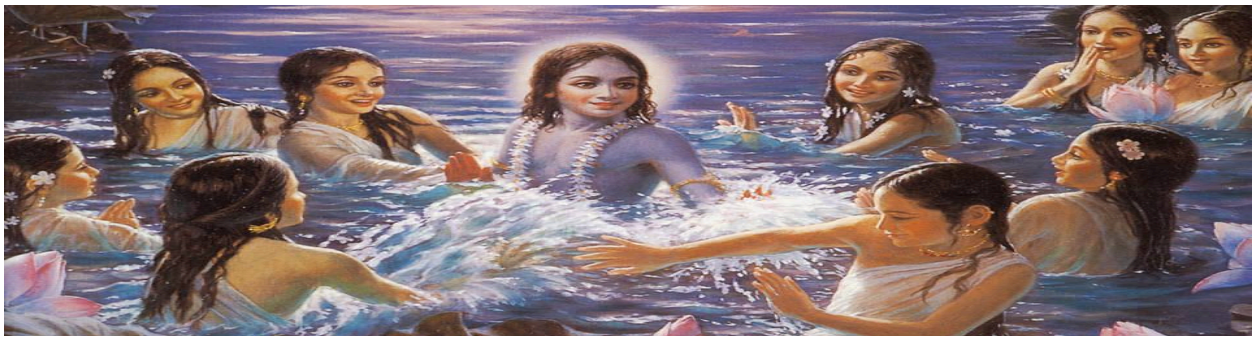
I can respect if people are in a genuine rush, like an emergency call or simply to urinate. "Hey! What's wrong with you?" "I need to piss!" There are reasons and there are roads. Opposite to this would be an egocentric trip. Energy from a vehicle in motion including trucks exhibit changing vibrations to any recipient. If one's ego could shift as the vehicle's mechanics then that's outstanding! Yes, curiosity, peer pressure and smarty-wise pants are other reasons for driving negligently. Quick decisions hampers 2 seconds of better maneuvering especially on unfamiliar roads. A better maneuver generates positive energy to oneself and others.

Driving on American roads is a pleasure with the shared space either side of the vehicle and that forward and behind (reversing). Some however wouldn't know as a) taken for granted b) corrupt thoughts of men in uniform, the police (there is only so much one can do). Whereas in India taking pleasure on a drive is difficult as for the population size, animal life and costs to road investments are great. Pace and pleasure a drive.

Driving has improved from obstructing lanes when a third-party enters, women tailgating for personnel safety and truckers dangling a carrot for coming traffic to chase. We tend to struggle to look at each other when driving as there's plenty more other things to see! Driving relates to active consciousness. There are lights inside as well as outside the car nowadays. The brake is our best friend. Hazards are used to say thanks, break down, stop tailgating and signelling caution. Release the steering wheel now and then. Signal in advance. Only the police can touch the car. Beep. Wipe the dashboard, shake the fluffy dice, stretch & rest.

#THEWEDGE: Standstill motorway traffic accumulates by fast drivers and crete samaritans, eg. not allowing vehicles onto a motorway easily or strict signage speeder (one can go less than the speed limit so a little more is open to perspective). So from slow moving traffic one would take the middle lane and stop. They'll wait just that little longer before crawling forward. Creating a larger and larger gap ahead slows traffic from behind and somehow opens space ahead to open traffic and reach drivable speeds for travel. #LIFT

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Shree Krishna and Vrndavana Gopies

Shree Krishna was known to have 108 village girls that admired Him the most and from them all Radha was the one who desired His heart the most. From Bhagavan's Guitar by Sandeep Patel, there are more stories precise to the relations between the Light and His most dearest. Here is a speculation on what the female gender likes as humans and possibly as all female animals also.

- When undermined add another woman to the group and preferably a holy one, eg. Mother Mary.
- Arguing with women is like being arrested. Whatever you say and do will be used against you.
- Raksha-Bhandan - Hindu festival when sisters tie decorative bands on their brothers in exchange for money, blessings, and a holy kiss on the forehead.
- When grandparents kiss, look at grandma.
- As a male, address the male first and then the female. As female vice-versa if possible.
- Bless the top of heads, hands and lips. Do your homework champ, bring water sweetheart, clean your room sport, pass the sugar sugar. Address the youth with charm and each other with love and respect.
- Men age better than women and hence we keep beauty in life by having children.
- A peacock can only be a peacock just as a lioness can only be a lioness.
- Women are the same throughout life from baby to granny - cute.
- Women who read are more maintainable, peaceful and resourceful.
- When women laugh, so should everyone else. - Hey you dropped something!
- Name, Occupation and Location on father's side (XY).
- Peace as black is familiar to women so blink to communicate at best of times.
- Lust is overcome by education, The Five Gold Rings Science, and water.
- Seven Feminine Qualities of a Woman:
    - Fame, Fortune, Fine Speech, Memory, Intelligence, Steadfastness, Patience
- Feminine Products and Qualities:
    - Heels, lipstick, bums tums and thighs, hairbands, scrungy, ankle bracelets, bangles, silk, polyester, Victoria Secret, hair line, clothes line, shimmering, hair-straighener, tights, knickers, ponies, pink, babies, motherhood, bags and shoes, gold, security, comedy and forgiveness.
- Masculine Products and Qualities:
    - Trucks, cars, engines, gadgets, brotherhood, football, games, science and money, strength & God.

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Red and Replenishing Love

- When one finds it difficult to express emotion like sorry, thanks, love you, say 'red'.

- RED/LOVE: The colour red as seen by the human eye reflects the emotion of love. Whatever is red is showing love. A red stop sign or red light is saying stop out of love more than stop danger. Gazing out a window and looking for red focuses to bring love back into an individual. Why red? blood is red and every human and animal on the planet has red blood. Blood is a vital source for life and seeing people as red (instead of any other colour) as of our flesh can bring people love. (Desires for flesh can feel carnivorous). Looking at someone's lips signifies love. The human eye has a great affinity for red.

- Replenish Love: Insults and abuse lead to depression, hate, jealousy, abuse, sorrow, and even suicide. Forgiveness and gratitude build by gazing at red. Literally count things red. People are red; Red 1, Red 1001, Red 106,965, Red 545,123... Using 'red' with one's passion differs from another, i.e when love becomes love to hate. Nevertheless red controls this emotion. Count red to replenish love.

- WHITEOUT: To have genocide on a particular group of people the food would have to be eliminated and possibly the women too. Now men are usually the ones gifted from God to bring and create Scripture and food, but however it's the women that maintain it throughout time. It's just the way it has been. And this form of genocide is impossible, really it is, as it only takes just one other person to make a fajita, samosa, cottage pie, hot dog, baguette etc. to re-culture. Therefore 'Whiteout' would be if people destroy and cover anything that's red. Imagine a world where there's no red. The world would die. Instead bless the world by planting red. Plant red billboards (gives shade too) for the world to grow.

O Father in Heaven, forgive me if that's over the line. In the name of Jesus. Amen.

Praise Life. Hallelujah!

I spy with my third eye, something that is 'red'.

Now the best red here is that One!

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The Five Gold Rings Science (SSS) / The Eternal Truth

A Fundamental Base for Life!

The Five Gold Rings Scroll, speaks of a science which focuses on three senses, Stability, Sight, & Sound (SSS) with relation to control psychological behaviours. The control of stability relies on what to do with our hands for a strong posture, the control of sight relies on three perceptions of colours, and the control of sound relies on knowing a mute frequency. The aim is to control our consciousness for self and interactions in a time of diversity for equality and inclusion, with each soul gaining liberation.

STABILITY

- TOUCH/EXERTION: The heart of stability is very simple to acquire. Stability primarily comes from our hands. Some people have used their hands for awful things. Some people use their hands to defend themselves as reflex rather than voluntary actions. Some people just fly their hands all over the place to protect themselves from their own delusions. Thus hands touching together provide ultimate strength. Overall hands together provide stability and stability shows strength. Press them harder together and that's exertion. The rhythm of our pulse from the heart also becomes stable as the circulation of blood in our body stabilizes. Placing the first finger and thumb of each hand in touch as in a yoga position also provides stability. This touch also helps one fall asleep, as one would concentrate on the touch and soon the touch would release itself as one would fall asleep. When young we are taught to sit up straight and place hands together. It's only when life and work come into play we forget this basic quality of life. Hands together safeguards in contributing to important debates. People use this as prayer also. What has been looked at from stability as exertion is the sense to let go which is inertia. With placing hands together they will have to be released at sometime and hence that’s inertia. Most people find this by lifting weights (exertion) and releasing (inertia). Holding this theory evidently buys time to protect our self love commercially and emotionally. Holding or leaning onto stuff also has the same effect for stability.

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SIGHT

- LIGHT/LIFE: The colour light or even white, as seen by the human eye should reflect the emotion of life. In all religions “Light” is a representation of God. God is Light. God is Life. With this theory Light/White is seen as living and working one’s mind. In reality and for clarity it’s Life that has caused joy and sorrows thus it’s Life that has to resolve them. The colour light/white has psychological behaviour that one can control their affection and contribution to their own life. Natural daylight is enough for one to perceive this element so to emphasise life is good then to keep to life in the light is a must too. Work, play and any activity are all defined as being in the light. Light is also known as security, security is by money, thus money is seen as an element of light i.e. materialistic. The Light is both life and death. Being ‘with’ the Light & not ‘into’ the Light is beneficial to God. God, Life, Yahweh, Jehovah, Allah, Christ, Krishna, Vishnu, Father are The One Light, & known from light/white.

- RED/LOVE: The colour red as seen by the human eye reflects the emotion of love. Whatever is red is showing love. A red stop sign or red light is saying stop out of love more than stop danger. Gazing out a window and looking for red focuses to bring love back into an individual. Why red? Well blood is red and every human if not animal on this planet has red blood. Blood is a vital source for life to flourish, and seeing people as red (instead of any other colour) can bring people to love one another. Looking at someone’s lips signifies love. The human eye has a great affinity for red. The Eternal Truth works best when empowering red as imagine a world without ever seeing red. Replenish love from insults and abuse that lead to depression, hate, jealousy, abuse, sorrow, forgiveness and gratitude by looking at red. Literally go and count things red, remember people are red; Red 1, Red 1001, Red 106,965, Red 545,123 ... Sometimes if you can't find the words for someone's idiocracy then just reply with, "Red". One person's passion can be different to another, i.e one may use love as a form of hate. Nevertheless red controls this emotion. Look at red occurrences to replenish love. Love is a necessity and known from red.

- BLACK/PEACE: The colour black or even shadows and the night sky as seen by the human eye opens the emotion of peace. Peace from ‘Light’. Sleeping, closing eyes, blinking all are psychological behaviours of bringing peace. Being aware of colour black helps one focus and see their surroundings thus bringing peace to one's conscious environment. Black has been misplaced by media, movies, stories etc. as being something wicked. In this case black is not wicked, darkness is. Black is Peace, Peace is Spirit. Seeing black as peace can also make life graceful. So whenever one wants peace then the best intention would be to find something black. The most beautiful thing about black is that it can be found everywhere, (still or moving), between edges, horizons, shadows, inside trees, car tires, writing, animals, cleavages, a camera lens, but most of all in eye contact. People that have suffered, looked for appraisals, oppressed or been misled can look back into their eyes to see the black pupils as peace, thus making this formality an easy practice to master, (remember to blink or smile). (With dagger eyes it’s not the black of pupils that’s causing disturbance it’s the white of the corneas, hence either shine a light back to those who perform these acts, blink at them, or simply look elsewhere for peace). So don't think of black as darkness! Darkness is darkness; Black is Peace. Peace is known from black.

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SOUND

- MUSIC/MUTE: The frequency of sound when all sound is mute is Om. Om is the vibrations of the universe, the ability to hear and read over noise and brawls, the ability to ignore in uncomfortable situations, the ability to mute unwanted thoughts and vanquish memories, the ability to overcome unwanted or alien sound; Om (ॐ). Yoga has used this sound of Om in repetitive cycles, Ommm... Ommm... Ommm... Here the proposal is that Om is to be played in one linear frequency with “O” playing as long as needed and “m” playing for eternity with breaks in between, i.e. Ooo... mm... mmm... mmm... mm... or initially from mmm without pronouncing the “O” part. Om can be played as music too by making the mmm sound into bass vibrations, mMm... mmMM MmMMm... Om can be played in the mind or out aloud. Instead of shouting, “Shut Up!” or "Quieten down!" to a noisy family or conference room, one can say or initiate Om! Om cannot be played with anger in mind. With anger & Om the brain develops headaches. Om is for optimism. Thus The Five Gold Rings Scroll acts better for goodness.



NOW ENJOY SOME WATER.

The Eternal Truth is Liberation which is Golden!

Once the candle is lit, we cannot change it and only
enjoy what it does. Light the candle for The Eternal Truth (SSS).

Have Faith As Every Faith Has Its Merits. ((o))

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Brush Deep Lymph

How to Manually Control the Lymph System

Attention: Doctors, Nurses, Health Professionals, Care Workers, Researchers

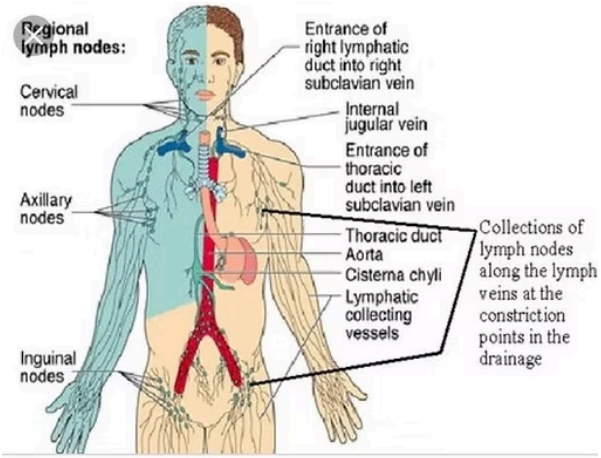
Aim: Improve Cardiorespiratory Circulation
a) Improves all body systems b) Water retention in muscles c) Sinuses congestion released d) reduced blood pressure d) Removal of excess lymph e) Homeostasis etc.

Care improves: Heart conditions, heart-burn, digestion, stomach acid, blocked sinuses, shortness of breath, fatigue and possibly stress.

Mechanism: Using a wet toothbrush on oral soft tissues including palate feel the sensitive parts that are a little ticklish. When brushed over those parts feel a cough and pull out to spit out a mucus cough ball. Working with the flow of blood from left to right, begin with lymph drainage of the right side by brushing soft tissue behind the molars of the lower jaw. This will stimulate a gag reflex. Carry on by brushing the side of tongue between tongue and teeth. Depending on sensitivity and build up of mucus, stomach acid and lymph fluids will expel out hard. Do brace yourself as the lymph system goes all the way to the toes. Ooo, aaa, aha!! Spit mucus ball out.

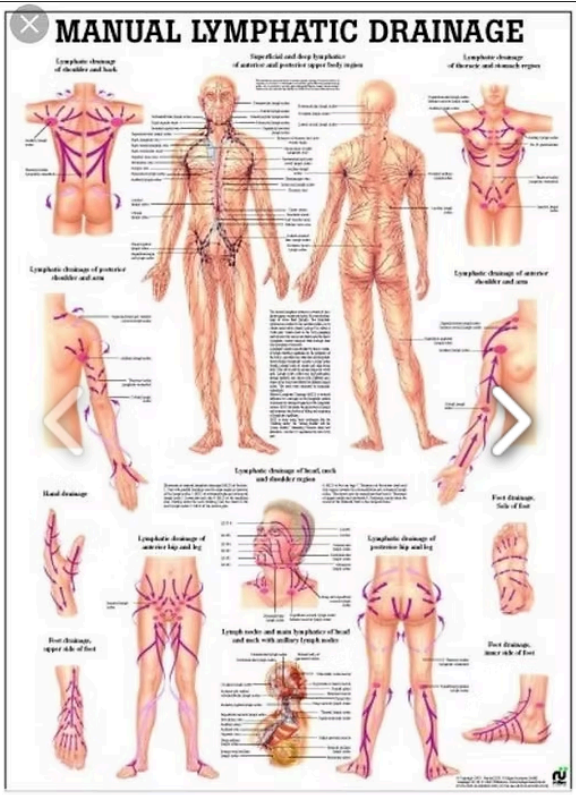
Carry on, to the left hand side of mouth, and even brush the inner part of the hard palate beside molars on both sides. Wet tooth brush, keep water running, clean out nostrils, spit out remnants, breathe. Brace yourself again. Body shivers and do again. Feel the bad, excess mucus and lymph move through the body. BRACE! Help yourself by planting feet, or have them lifted on the rim of the bath or toilet bowl. Feel the drainage build, maneuver the fluid out the lymphatic ducts and into the subclavian vein and into the thoracic duct. Mucus and excess lymph would enter the stomach for digestion naturally but this way better out of the mouth and nostrils. Do one area and you'll feel great once done. Do take a break as really the body has to rest with this semi-invasive procedure. Lie down if needs be and place a pillow over the eyes. You'll be up in a matter of seconds feeling better than having gone to the gym everyday for a year. The tongue will roll easier and the ticklish parts will feel less ticklish or not at all. As this will free up a lot of body fluid congestion, sweatbands can be worn around the calf, bicep, lower arm, to allow the slight constriction of muscles to stabilize blood pressure. Have water to replace fluid lost. This is an intensive method so it’s no walk in the park to pull the mucus, and one should not think of vomiting. The point is to remove excess lymph and mucus. At times acid from the stomach and remnants of small food may be expelled. Control you'll be climbing up mountains, diving oceans, & singing as goldfinches. Contact for sharing updates or original examples and record taking. Bless.

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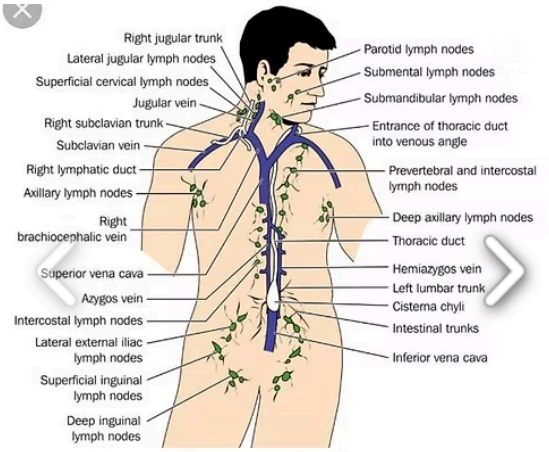


Deep Lymphatic Drainage | My Lymph Node Transplant

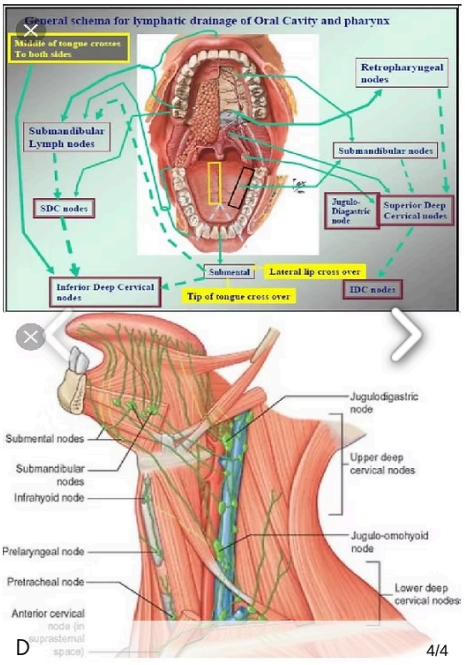
Diagram showing deeper Lymphatics that are stimulated by this treatment.. Note the right hand quadrant only drains from the waist up. the rest of the body ...



C Lymphatic Drainage Poster 3/4



body chart! | Lymphatic drainage | Pinterest | Lymphatic system ...



D 4/4

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LOLLY-STICK

Aim: Improve Cardiorespiratory function

Does one have breathing problems from smoking, pollution, dust, any other allergens?

Does one wheeze when talking? Does one wish to breathe easier?



I found that by placing a simple thing as a wooden lolly-stick in the mouth stops the mouth from closing allowing breathing to improve with cardio-respiratory movement. This would also control clenching of the mouth and tightening of the masseter muscles on either side of the mouth. Thus adaptation of the muscle in the long-run adapts the shape of the lower face and opening of the thoracic tube that leads to the lungs. The wooden stick in the mouth at rest, drives, in private or public, allows the passage of air to circulate and improve breathing, which improves blood saturation of oxygen, which in turn gets oxygen to respiring tissues all over the body, including the brain, and allows comfort, thus able to work better. A lolly-stick, rather than tooth-pick, can be held in the mouth and certain places by the teeth allowing control to stop or support clenching. Plus there's no worry of accidentally swallowing the stick. Every now and then do remove the stick and wipe off the saliva.

Toxins too from smoking and other allergens would stick to the stick in the mouth whilst breathing. Thus remove and clean often and replace. Lastly the wooden stick is a great fidget tool that costs next to nothing.

SWEATBANDS



Simple sweatbands. Cheap simple sweatbands. A tennis sweatband worn at the wrist not only stops sweat from covering the hands but also the wrist to be supported. A very generic thing but I have found applying a sweatband or two or three or as many as needed to areas causing pain or discomfort like joints (knee, elbow, far up on shoulder pit, ankles, toes, heels) or pulsing muscles and areas of tendons (bicep, forearm, calf), can help blood flow thus controlling and supporting musculoskeletal tension. Wear whenever, day or night, wear in discretion or out aloud like Shiva using rudhraksh beads or Krishna using gold arm bands. Support will be given, blood would flow away from areas, itching from pulsing veins will be alleviated, and even growth of muscles made. Try not to sleep with them on as during sleep this may cause problems, mostly becoming uncomfortable. Generic to say the least, but my God, this works and no need for painkillers or frequent calls to the doctor.

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