

**REALIGN WITH FIVE ELEMENTS to TUNE UP LIFE [Post 'Covid 19' Pandemic]**



**Humans cannot  
proclaim 'We are  
evolved complex  
species' & evict  
*primitive species.***

LAND

WATER

**Protect trees, harvest  
water.  
Multiply agriculture and  
shun *animal farming*  
*for killing.***

**Empathy  
Affectionately  
Rendered  
Towards  
Holistic life**

**Our LIFE exists in the  
AIR outside OUR BODY.  
*Length of LIFE is measured  
on the number breaths.***

**Sancticize AIR.**

AIR

SPACE

**SPACE is pervasive and  
powerful vastness.  
Fill it up with  
EMPATHY towards  
fellow human beings and  
living beings around us.**

**FIRE is AGNI in  
India  
Homa agni and steam are  
the positive and pure Agni  
DO NOT ABUSE ENERGY.**

Annexure has expanded text

## **REFORM our life by REALIGNING with FIVE ELEMENTS A.C. [after covid]**

**LIFE** is a common **perceived** force in the plants, virus, bacteria and animals including human species. The combinatorial power of five elements namely, the land, water, air, fire and space and the resultant bio-energetic force constitutes LIFE. **Biodiversity of nature** is the **Life support system**. The **biodiversity** is an **ecosystem** controlled by nature's biological brain which is many times more complex than our human brain. For centuries, our ancestors realised this supreme principle of **LIFE**. *They aligned and never challenged or tried to master over the **FIVE ELEMENTS** of nature.* The market forces emerged with technology driven greed and *continued to exploit nature's unconditional blessing.* *Declaring themselves as 'superiorly evolved complex species', humans enforced their superiority over all the primitive life forms on earth.*

'Mother nature' emphatically showed humans their place on the planet through a **primitive species – COVID 19**. *This 'animal origin pandemic' is Mother nature's last wake-up call to RESET- REFORMAT to REALIGN.* When human beings locked themselves in, the entire ecosystem rejoiced, rivers became clean, emissions came down, animals roamed free, atmosphere cleaned up and the positive green-house effect, *not realised by numerous Global enclaves* became palpable. This emphasises the **need for a paradigm shift in our approach to LIFE A.C. [After Covid19]**. Correcting and realigning with nature is the only path **to maintain healthy bioenergetic balance of life which is a Science beyond our science.**

## **INDIVIDUAL ELEMENTS and REALIGNMENT GUIDELINES**

### **LAND**

**We are only tenants living for a finite period on this rented land.** Despite that we boast that '**evolutionarily we are superior and complex species**', on this land. **Covid 19 has proven that we are vulnerable by our complexity.** This is our last chance to realise that **we are the MOST FRAGILE SPECIES on earth.** Let us understand that all the living beings of the animal kingdom, plant kingdom and microbes have information precisely stored in their brain to *handle their lives from birth to death.* They are aware and respect their inter dependant ecosystem. **Human**

**beings are never part of their natural ecosystem**, but we continue to force our way into it. We unilaterally act as if we have a licence to evict the primitive beings from this RENTED PLACE. We grab the land from the animal kingdom and blame them for encroaching into our area.

**Let us at least wake up to face the fact that our *mainstream medical science is not absolute***. The reductionist mainstream medical system **should** come out of its market driven approach of fixing diseases through vaccines and head in the direction towards maintaining health through strengthening innate immunity. **Otherwise human species standing on the greed driven fragile platform would perish from this land**. The earth will always survive with immense happiness **without us**.

## **WATER**

**‘Water management’ should get the highest priority over the industrial revival**. We realised the PRESTINE nature of Ganges river water **only during the covid lockdown**. Water is the elixir of life. More than 70 % of earth is water and our bodily systems are made of 60 to 85 % of water. In this holy land where rivers are worshipped, innumerable water bodies have disappeared due to the land grabbing. The existing rivers are polluted with impunity. *Animal farming (growing animals for slaughtering)* consumes a lot of water and the toxins released in the post processing efforts do extensive poisoning of water bodies and soil for centuries. **This needs immediate correction despite the powerful lobby of market driven food preferences**. Our food habits should be reformatted so that we realise that **healthy food habits lead to ideal microbiome resulting in better every-day epigenetics and robust immunity**. This is the only path to escape from the slavery of ‘Vaccine dependence’ and unknown health consequences.

**Trees** are older than our civilisation. **Trees** are eternal antennas connecting the land with the space. They are unique controllers of climate in different geographical zones. Through ‘VANA MAHORSTAVAMS’, trees are worshipped in a unique way in India for ages. *Let us fast forward our past of such ancient traditions to the future of abundance in water management*.

## AIR

Please remember that the length of life of each one of us is measured on the number of breathes and not the number of days. If we are unable to INHALE the air we EXHALED, our life comes to an end. Practically the LIFE of each one of us is existing ‘**outside our body in the atmospheric air**’. Despite this fact, we continue to render criminal injustice to the AIR which sustains our life. ‘**Greed of consumption beyond the need for sustenance**’ is the cause of air pollution. We need to REFORMAT this blatant abuse of technology.

**The pandemic experience showed us that even the state-of the art ventilators are NO MATCH for our LUNGS, which are our inbuilt ventilators. The need to stop pollution and purification of air is now or never.**

## FIRE

In India FIRE is AGNI. SUN is the ultimate source of ENERGY and power. India is proud to have centuries old concepts on the merits of placement of Agni and its proper utilisation. HOMA AGNI and steam are the purest forms of Agni and positive force. Historically humanity progressed from *SUN COOKED* food to *FIRE COOKED* food. Subsequent industrial process of food manufacturing brought in a lot of transformation in the way food is heated and processed for **shelf life**. Now in majority of the household, food is *NOT COOKED* but *FIXED* from the pre-processed food from the shelves. This time saving ‘food culture’ has played havoc with our microbiome and immunity. [*It is heartening to note that even in such households the food was slow cooked during the lock down compulsion*] Modification and realignment with nature to traditionally **cook our food** is need of the hour to save us from recurrent animal origin epidemics.

**Let us learn it as a lesson from the lock in period that food is medicine.**

## SPACE

The pervasive vastness of space and ‘cosmic energy’ holds unimaginable power to unleash. With their immense spiritual power, Rishis and Siddhars of this holy land visited and are still existing in the vast emptiness of universal space. Through intuitive knowledge, they realised and controlled the ‘cosmic energy’ positively. In fact, our thoughts, whether positive or negative fill up the SPACE. Let us unite and cumulatively

send up our thoughts of universal oneness, need and not greed. Fill it up with selfless sustenance and not materialistic consumerism. Unknowingly or knowingly we have dumped the SPACE with materials and thoughts of human arrogant intelligence.

***Let us clean up that space. Fill it up with EMPATHY for fellow human beings and all the living beings around us.***

### **EARTH After A.C. [After covid]**

Human dominance over exploited nature without empathy. Driven by population overload or greed almost 80% of the world's fish population and almost 90% of large predatory fish stocks have disappeared. For ages 'Mother Earth' tolerated such highhanded exhibition of Intelligence of the human species. Human beings also boasted of their technology that shrunk the world into a 'global village'. Ironically the Covid 19 acknowledged 'globalisation' through the distribution of '*cruel pandemic pain*'. As a fringe benefit, driving us into a corner, Covid 19 also taught us the value of life and 'minimalism for existence.

Sitting on the shoulders of a Giant you look **farther and beyond**. Visibly we existed as a **self-centred species**, on a fragile platform, blissfully ignorant of a 'Holistic life with nature'. Now that the fragile platform is shattered by the pandemic pandemonium, we need to retune our lifestyle for a healthy future. ***Looking farther beyond*** by perching ourselves on the shoulders of 'traditional system giants', we make this bold statement which you will appreciate for application.

*Hereafter if we reset & reformat to realign ourselves with the five elements of nature,*

**EARTH** will remain and mean Empathy Affectionately Rendered Towards Holistic life. Otherwise it will lead to Eternal Advancement  
Reassured Towards Holocaust.