

NARBHAVI



1st July, 2021

Dear Friends,

With all divine blessings for all of you. Wonderful time is going to come to you very soon, that is closer and closer.

Please come out of your house for a while and enjoy nature. Be one among nature and you can feel the love and joy, full of compassion, with nature.

In this wonderful world everything comes out of nature. No one can be against nature. Mother earth has called you and is speaking to you with a wonderful divine voice.

The wonder with nature is to give us not only beauty, but full of strength and confidence to complete the mission of our life. At this moment an angel came and requested Mother Earth to give your joyful blessings with presents to all the European people.

Mother earth gives the fullest blessings to all of you and in her message Rupa will hear more inner voices about nature and the beauty which is going to give light and love to all of us. This will happen very soon. It is an indirect message for Rupa to bring many natural therapies to all friends.

Today I want to tell you about mother earth. The earth sand (mud) will have more power to cure health, skin problems and pain in the body and ankles. At the same time, a mud bath will cure internal disorders in the stomach, liver and other parts. Now you say everyone knows about that mud bath, but in this modern world everyone has forgotten this and they say they have no time to spare for that. Please take some muddy sand like a paste, put it on your body and if possible be in sunlight for at least half an hour, then take a bath. You will feel the strength of the muscles and get stronger and at the same time blood flow goes in the right way. Sick people or skin problems, people can do this mud bath for a few days and they will get cured. If you apply it on the stomach region, the inner complication will go. One can enjoy the treatment and be strong forever.

OM SHANTHI
SANTHUSTI

Thanking you,
Guruji

NARBHAVI



1st July, 2021

Dear Rupa,

This is about five elements. I'm just blabbering, if you find any good things in it take it.

Water

One must understand the importance of water. Because of this the almighty created $\frac{3}{4}$ of water and $\frac{1}{4}$ of land. Even in our body water content is increasing more and more.

Long back, western countries followed water treatment. Vincenz Priessnitz and Louis Kuhne advised all for water treatment. Please turn your head towards nature.

Earth, water, air, sky and fire all these five elements are with us and within us. Whenever you have an opportunity, please go to a small stream of flowing water. Walk on it or keep your foot on it, you will feel freshness and inner peace.

Air

You are living with air and air is living with us, you can feel and enjoy this. To enjoy life we must learn to enjoy nature. Walk in the woods, meadows and enjoy life and you will feel harmony with nature. It is a wonderful experience, your compassion with nature. Everyone be prepared to be strong enough with positive thinking and at the same time be one among nature and enjoy it. The almighty gives life to enjoy with nature.

Santhusti

Common message to all

1. Forgot who hurt you yesterday but don't forget those who love you everyday. 2. Forget the past that makes you cry and focus on the present that makes you smile.
3. Forget the pain but never the lessons you gained. Be cheerful always. Hallelujah Hallelujah. Mother Kevelaer gives abundant divine energy which you will realise very soon.

OM SHANTHI
SANTHUSTI

Thank you,
Guruji