



## **DRPF PRODUCT DETAILS**

### **Shresht Swaroopa Taila (Potent Beauty Oil)**

Shresht Swaroopa, an **ORGANIC** Classical Ayurvedic recipe (Kunkumadi Taila), is a rare and essential beauty treatment made with pure saffron, herbs and a unique blend of oils.

It helps skin look young, healthy and spotless and removes pimples, acne, dark spots and skin cracks.

While nourishing the skin, it improves the texture and helps smoothen fine lines.

### **PROPERTIES**

- 1. Sesame oil:** It rejuvenates and moisturizes skin and increases its glow and fairness.
- 2. Cow milk:** It has demulcent (soothing irritated skin) properties.
- 3. Saffron.** It reduces acne and lightens the scars. Also it is a complexion builder.
- 4. Daruharidra:** Promotes healing of wounds.
- 5. Manjishtha:** It is used to treat recurrent skin infections and other diseases of the skin like pigmentation anomalies and leucoderma. Used externally and internally, it helps one to gain luster and glow (of the skin) and aids to remove pimples, freckles and discoloration. Manjishtha promotes the healing of skin tissues damaged by injury or infection. Manjishtha is successfully used as a natural dye. It imparts a light reddish tinge to the skin.

### **INGREDIENTS**

The main ingredients of the Shresht Swaroopa are:

**Sesame oil**

**Cow milk**

**Saffron**

**Daruharidra**

**Manjishtha**



**USE**

Take 3 drops on your wet palm, spread the oil on both your palms, dab it on to a damp face in upward strokes moving your fingers in clockwise circles.

Shresht Swaroopa should be used once daily to preserve the youth of the face. In addition to the facial skin if you have scars, discoloration, superficial wounds, skin infection, allergies anywhere on the body this oil itself may be used on the affected area as well.

**SIZE**

50 ml

**PRECAUTION**

In case of any known allergies, it is advisable to first use a small amount on the forearm and observe the area for one day, before using it elsewhere.

**Komal Kaya Taila (Nourishing Body Oil)**

Komal Kaya Taila, an **ORGANIC** Classical Ayurvedic recipe (Yashtimadhuka Taila), is a body oil with sesame oil as the base. It cleanses the system, relieving stress and insomnia, and improving vision and complexion. Nourishes and gives luster to the skin, helps to open pores and relieves skin dryness, inflammations and minor lesions on the skin and scalp.

**PROPERTIES**

**1. Sesame oil:** A sesame oil body massage has immense benefits, such as: rejuvenating body skin and increasing its glow and fairness; strengthening and toning the muscles and ligaments; relieving body pain, joint pains, insomnia and dry skin.

**2. Yashtimadhu:** Is demulcent, expectorant, aphrodisiac, and mildly laxative in nature. It increases the flow of saliva and decreases thirst. Promotes healing of eye ailments and asthma, removes toxins, decreases cough and hoarseness of voice. It minimizes the irritation of the larynx and the urinary passages.

**3. Amalaki:** Rebuilds and maintains new tissues; increases red blood cell count and is the highest natural source of *Vitamin C*. It is an astringent haemostatic and thus stops bleeding, making it useful for gingivitis, hemorrhoids, and anemia. Amalaki is also a vermifuge, an aphrodisiac, and improves the appetite and controls blood sugar in diabetes. It promotes healing of fever, cough, eye diseases, inflammation of the stomach and colon, jaundice, dyspepsia, vertigo, palpitations, colitis,



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constipation, hiccups, and generally any liver or heart complaints. It is also applied as a paste to the head in mental disorders.

**4. Milk:** It soothes irritated skin (demulcent).

### **INGREDIENTS**

The main ingredients of the Komal Kaya Taila are:

**Amalaki**

**Cow milk**

**Sesame oil**

**Yasthimadhu**

### **USE**

After your shower, take a few drops on your wet palm, spread the oil on both your palms, dab it on to a damp body in upward strokes moving your fingers in clockwise circles.

Komal Kaya Taila should be used at least once daily after your bath to energize the body and preserve the moisture, youth, and glow of the skin. Komal Kaya Taila is also helpful in reducing body pains, soothing irritated skin, and cleansing the body of toxins.

### **SIZE**

50 ml

### **PRECAUTION**

In case of any known allergies, it is advisable to first use a small amount on the forearm and observe the area for one day, before using it elsewhere.

### **Swasth Kesh Taila (Nourishing Hair Oil)**

Swasth Kesh Taila, an **ORGANIC** Classical Ayurvedic recipe (Nilibringadhi Taila), is a hair oil based on coconut oil. It gives luster and a pleasant smell to hair as well as prevents hair loss, dandruff, and premature graying of hair. Has a soothing effect on brain and nervous system, which gives sound sleep. A calm brain helps you organize your day in most effective manner, while avoiding instances of stress and tensions.

### **PROPERTIES**

**1. Sesame oil:** Increases hair growth, enhances volume of hair and its shine. It strengthens the hair roots, kills lice and prevents formation of dandruff. It heals the boils of scalp caused by infections and prevents hair loss. Regular use of sesame oil, infused with hair friendly herbs prevents itching of scalp.



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**2. Nili:** A natural hair dye.

**3. Bhringaraja:** Is a restorative herb with reputed abilities to assist in the treatment of premature graying of the hair, balding, and alopecia.

**4. Gunjamula:** The herb is effective in Alopecia and recommended in baldness.

**5. Coconut oil:** also known as a 'medicine food' is a natural antioxidant protecting the body from free radical damage, prevents premature aging and degenerative diseases. It is the best massage oil because it forms a barrier against infections, softens and moisturizes your skin, and prevents wrinkling, sagging, and age spots. It promotes healthy hair and complexion and protects from any damaging UV rays. Coconut oil helps the body heal and repair faster. It aids and supports immune function, protecting us from a variety of cancers.

**6. Yashtimadhu:** Is demulcent, expectorant, aphrodisiac, and mildly laxative in nature. It increases the flow of saliva and decreases thirst. Promotes healing of eye ailments and asthma, removes toxins, decreases cough and hoarseness of voice. It minimizes the irritation of the larynx and the urinary passages.

**7. Daruharidra:** Promotes healing of wounds.

**8. Amalaki:** Rebuilds and maintains new tissues; increases red blood cell count and is the highest natural source of *Vitamin C*. It is an astringent haemostatic and thus stops bleeding, making it useful for gingivitis, hemorrhoids, and anemia. Amalaki is also a vermifuge, an aphrodisiac, and improves the appetite and controls blood sugar in diabetes. It promotes healing of fever, cough, eye diseases, inflammation of the stomach and colon, jaundice, dyspepsia, vertigo, palpitations, colitis, constipation, hiccups, and generally any liver or heart complaints. It is also applied as a paste to the head in mental disorders.

**9. Milk:** It soothes irritated skin (demulcent).

### **INGREDIENTS**

The main ingredients of the Swasth Kesh Taila are:

**Bhringaraja**

**Coconut oil**

**Gunjamula**

**Nili**

**Sesame oil**



**USE**

After your shower, take a few drops on your wet palm, spread the oil on both your palms, apply on to a damp scalp and massage it in moving your fingers in clockwise circles. Wash it off the next day.

Swasth Kesh Taila should be used at least once daily after your bath to relax the mind and rejuvenate the hair. Swasth Kesh Taila is also helpful in preventing premature graying and baldness.

**SIZE**

50 ml

**PRECAUTION**

In case of any known allergies, it is advisable to first use a small amount on the forearm and observe the area for one day, before using it elsewhere.

**Nikhila Taila (Potent Versatile Oil)**

Nikhila Taila, an **ORGANIC** Classical Ayurvedic recipe (Mahanarayana Taila), is used for pain relief in joints and muscles. Helps reduce inflammation and invigorate circulation. Eases stiff muscles after exercise and vigorous yoga sessions. Made from over 50 of the finest herbs of Ayurveda with cow milk and real saffron.

**PROPERTIES**

- 1. Agnimantha:** Is helpful in relieving dysentery, Irritable Bowel Syndrome, difficulty in urinating, hemorrhoids. It is anti-diabetic, purifies blood and prevents ageing.
- 2. Bala:** Has anti-inflammatory properties, used as external applications in swelling of wounds and inflammation of eyes. Useful in arthritis and other diseases that affect joints. Helps to reduce pain and inflammation. Used to massage patients who suffer from paralysis, cervical spondylosis, facial paralysis etc.
- 3. Bilva:** It has astringent, anti-diarrheal, appetizer and digestant properties.
- 4. Brihati:** An antipyretic herb, it helps reduce fever and the production of heat caused by the condition
- 5. Gokshura:** It is a very good aphrodisiac. It acts as a diuretic and cleanses the urinary system. It acts as anti-inflammatory. Used for Erectile



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dysfunction, piles, cough and bronchitis. It is known to increase testosterone level.

**6. Kantikari:** The shoots and fruits of this plant have antibacterial properties.

**7. Patala:** Helps in the healing of Epilepsy, Psychiatric disorder, Sleeplessness, Anxiety, Worm infestation, Constipation, High blood pressure, Dysmenorrhoea, Fever, Hyperpyrexia, Snake bite, Insomnia.

**8. Prasarini:** Pacifies arthritis, hemiplegia, hemorrhoids, urinary system diseases, inflammation and general debility.

**9. Syonaka:** Promotes healing of rheumatic disorders, diarrhea, cough, diabetes and cystitis.

**10. Ashwagandha:** Rejuvenates the entire nervous system. Provides powerful nutritional support to body and mind. It helps fight stress and has calming and clarifying effects on the brain encouraging sound sleep. Nourishes all body tissues promotes longevity and immunity. Used in all conditions of weakness and tissue deficiency (children, the elderly, those suffering from chronic diseases). It can be used against tuberculosis, liver ailments, rheumatic disorders and skin problems due to its expectorant properties. Regenerates the hormonal system. It is good for weak pregnant women; it helps to stabilize the fetus. And it brings about a sexual and reproductive balance in males and females. It is also used in the treatment of anemia, paralysis, and even shows promise in assisting the management of Multiple Sclerosis. Old age, emaciation (muscle wastage) of children, memory loss, muscular exhaustion, overwork, tissue deficiency, fatigue. Aids in treating glandular swellings, and can be externally used on wounds. It is a galactagogue (promotes lactation), and is additionally used to treat spermatorrhea (excessive or premature ejaculation) and infertility.

**11. Punarnava:** Promotes healing of glaucoma (eye condition), anemia, heart disease, cough, intestinal colic, edema (swelling), piles, haemorrhage, biliousness, nervous system disorders, insomnia, rheumatism, asthma, phthisis (pulmonary tuberculosis), eye diseases, jaundice, ascites (accumulation of fluid in the peritoneal cavity), and urethritis (swelling of urethra). It is also used as an ointment for leprosy and skin disorders.

**12. Shatavari:** Foremost female uterine tonic. Nourishes and cleanses the blood and the female reproductive organs. Nourishes the ovum and increases fertility, yet its quality is sattvic and aids in love and devotion. Gently supports to help tone and strengthen the body, supporting soothing, restorative relief from PMS, menstrual, and menopausal imbalances in women. Used as a menstrual regulator in dysmenorrhea, menorrhagia and menstrual irregularity. It is a good food for those who have had hysterectomies. Aids during Pregnancy, reduces post partum



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bleeding, improves lactation and restores emotional feminine balance. It is a diuretic, antispasmodic, antidiarrhetic, antidysenteric, and a tonic, nutritive, mucilaginous demulcent. It is traditionally used to treat disorders of the kidney and sexual organs. It is also used in dysentery, bilious dyspepsia (disturbances in digestive secretions), poor appetite, rheumatism, hyperacidity, chronic colic, cough, convalescence, dehydration, lung abscess, leucorrhoea (vaginal discharge), and chronic fevers. Additionally, Shatavari has been found useful in cancer, herpes, hematemesis (vomiting of blood), stomach problems, and dry and inflamed membranes of the lungs. The leaves are also boiled and applied externally to boils and small pox vesicles.

**13. Milk:** It soothes irritated skin (demulcent).

### **INGREDIENTS**

The main ingredients of the Nikhila Taila are:

**Agnimantha**

**Ashwagandha**

**Bala**

**Bilva**

**Brihati**

**Gokshura**

**Kantikari**

**Milk**

**Patala**

**Prasarini**

**Punarnava**

**Shatavari**

**Syonaka**

### **USE**

Nikhila Taila can be used for any problem from pains to organ imbalances. Take a few drops on to your palm and apply it externally on to the problem area. Do not wet or wash off the area for as long as possible. It may be reapplied up to 3 times a day.



**SIZE**

50 ml

**PRECAUTION**

Do not apply directly on open wounds; apply around it, so that wound area is left dry to heal.

In case of any known allergies, it is advisable to first use a small amount on the forearm and observe the area for one day, before using it elsewhere.

**Jivanaarogya (Nutritive Jam for Endurance & Stamina)**

Jivanaarogya, an **ORGANIC** Classical Ayurvedic recipe (Ashwagandha Lehyam), is a nutritive jam that promotes endurance and stamina for all male aspects of the body.

**PROPERTIES**

1. Rejuvenates the entire nervous system.
2. Provides powerful nutritional support to body and mind.
3. It helps fight stress and has calming and clarifying effects on the brain encouraging sound sleep.
4. Nourishes all body tissues promoting longevity and immunity. Used in all conditions of weakness and tissue deficiency (children, the elderly, those suffering from chronic diseases).
5. It can be used against tuberculosis, liver ailments, rheumatic disorders and skin problems due to its expectorant properties.
6. Regenerates the hormonal system. It is good for weak pregnant women; it helps to stabilize the fetus. And it brings about a sexual and reproductive balance in males & females.
7. It is also used in the treatment of anemia, paralysis, and even shows promise in assisting the management of Multiple Sclerosis. Old age, emaciation (muscle wastage) of children, memory loss, muscular exhaustion, overwork, tissue deficiency, fatigue. Aids in treating glandular swellings, and can be externally used on wounds. It is a galactagogue (promotes lactation), and is additionally used to treat spermatorrhea (excessive or premature ejaculation) and infertility.

**INGREDIENTS**

The main ingredients of the Jivanaarogya are:

**Ashwagandha**





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### **USE**

Take 1/10<sup>th</sup> of a teaspoon and dissolve it into a small cup of warm milk, every morning before breakfast.

If you are facing acute problems, you may gradually increase this dosage to 3 times daily. Before breakfast, lunch and dinner.

### **SIZE**

50 gm

### **PRECAUTION**

None

### **Jivanashakti (Nutritive Jam for Harmony & Vitality)**

Jivanashakti, an **ORGANIC** Classical Ayurvedic recipe (Shatavari Lehyam), is a nutritive jam that promotes harmony and vitality in all female aspects of the body.

### **PROPERTIES**

1. Foremost female uterine tonic. Nourishes and cleanses the blood and the female reproductive organs.
2. Nourishes the ovum and increases fertility, yet its quality is sattvic and aids in love and devotion.
3. Gently supports to help tone and strengthen the body, supporting soothing, restorative relief from PMS, menstrual, and menopausal imbalances in women.
4. Used as a menstrual regulator in dysmenorrhea, menorrhagia and menstrual irregularity. It is a good food for those who have had hysterectomies.
5. Aids during Pregnancy, reduces post partum bleeding, improves lactation and restores emotional feminine balance.
6. It is a diuretic, antispasmodic, antidiarrhetic, antidysenteric, and a tonic, nutritive, mucilaginous demulcent. It is traditionally used to treat disorders of the kidney and sexual organs. It is also used in dysentery, bilious dyspepsia (disturbances in digestive secretions), poor appetite, rheumatism, hyperacidity, chronic colic, cough, convalescence, dehydration, lung abscess, leucorrhoea (vaginal discharge), and chronic fevers.
7. Additionally, Shatavari has been found useful in cancer, herpes, hematemesis (vomiting of blood), stomach problems, and dry and inflamed membranes of the lungs. The leaves are also boiled and applied externally to boils and small pox vesicles.



**INGREDIENTS**

The main ingredients of the Jivanashakti are:

**Shatavari**

**USE**

Take 1/10<sup>th</sup> of a teaspoon and dissolve it into a small cup of warm milk, every night before sleeping.

If you are facing acute problems, you may gradually increase this dosage to 3 times daily. After breakfast, lunch and dinner.

**SIZE**

50 gm

**PRECAUTION**

None

**Jivanamrtam (Nutritive Jam for Life Force)**

Jivanamrtam, an **ORGANIC** Classical Ayurvedic recipe, is a nutritive jam that generates life force in the entire body.

**PROPERTIES**

- 1. Amalaki:** rebuilds and maintains new tissues and increases red blood cell count. It cleanses the mouth, strengthens the gums and teeth, nourishes the bones, and is the highest natural source of *Vitamin C*. It is an astringent haemostatic and thus stops bleeding, making it useful for gingivitis, hemorrhoids, and anemia. Amalaki is also a vermifuge, an aphrodisiac, and improves the appetite and controls blood sugar in diabetes. It promotes healing of fever, cough, eye diseases, inflammation of the stomach and colon, jaundice, dyspepsia, vertigo, palpitations, colitis, constipation, hiccups, and generally any liver or heart complaints. It is also applied as a paste to the head in mental disorders.
- 2. Guduci:** Promotes - the healing of eye conditions, building of tissues, development of intelligence, retaining of youth by preventing premature aging. A febrifuge (reduces fever) in malaria, it is also traditionally used for the management of dyspepsia (upset stomach / indigestion), food allergies, convalescence, liver disorders, headache, and urinary disorders.
- 3. Haritaki:** Promotes the healing of cough, constipation, nervous disorders, asthma, hemorrhoids, heart disease, diarrhea, digestive problems, skin troubles, itching, edema, menorrhagia, spermatorrhea, tumors, voice and vision. It is known to be a purgative (laxative) with traditional use in dysentery and flatulence.



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**4. Punarnava:** Promotes the healing of glaucoma (eye condition), anemia, heart disease, cough, intestinal colic, edema (swelling), piles, haemorrhage, biliousness, nervous system disorders, insomnia, rheumatism, asthma, phthisis (pulmonary tuberculosis), eye diseases, jaundice, ascites (accumulation of fluid in the peritoneal cavity), and urethritis (swelling of urethra). It is also used as an ointment for leprosy and skin disorders.

**5. Vidari:** An aphrodisiac, demulcent, galactagogue, analgesic, cholagogue (promotes discharge of bile), antispasmodic, and diuretic. Useful in the management of abdominal pain, cramps, hysteria, nervous excitability, hormonal deficiency, impotency, senility, debility, liver and spleen complaints, fevers, infertility, colic, coughs, bronchitis, spermatorrhea, moderating menstrual discharges, general liver complaints, and emaciation in children.

**6. Ashwagandha:** Rejuvenates the entire nervous system. Provides powerful nutritional support to body and mind. It helps fight stress and has calming and clarifying effects on the brain encouraging sound sleep. Nourishes all body tissues promotes longevity and immunity. Used in all conditions of weakness and tissue deficiency (children, the elderly, those suffering from chronic diseases). It can be used against tuberculosis, liver ailments, rheumatic disorders and skin problems due to its expectorant properties. Regenerates the hormonal system. It is good for weak pregnant women; it helps to stabilize the fetus. And it brings about a sexual and reproductive balance in males and females. It is also used in the treatment of anemia, paralysis, and even shows promise in assisting the management of Multiple Sclerosis. Old age, emaciation (muscle wastage) of children, memory loss, muscular exhaustion, overwork, tissue deficiency, fatigue. Aids in treating glandular swellings, and can be externally used on wounds. It is a galactagogue (promotes lactation), and is additionally used to treat spermatorrhea (excessive or premature ejaculation) and infertility.

**7. Shatavari:** Foremost female uterine tonic. Nourishes and cleanses the blood and the female reproductive organs. Nourishes the ovum and increases fertility, yet its quality is sattvic and aids in love and devotion. Gently supports to help tone and strengthen the body, supporting soothing, restorative relief from PMS, menstrual, and menopausal imbalances in women. Used as a menstrual regulator in dysmenorrhea, menorrhagia and menstrual irregularity. It is a good food for those who have had hysterectomies. Aids during Pregnancy, reduces post partum bleeding, improves lactation and restores emotional feminine balance. It is a diuretic, antispasmodic, antidiarrhetic, antidysenteric, and a tonic, nutritive, mucilaginous demulcent. It is traditionally used to treat disorders of the kidney and sexual organs. It is also used in dysentery, bilious dyspepsia (disturbances in digestive secretions), poor appetite, rheumatism, hyperacidity, chronic colic, cough, convalescence, dehydration, lung abscess, leucorrhoea (vaginal discharge), and chronic



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fevers. Additionally, Shatavari has been found useful in cancer, herpes, hematemesis (vomiting of blood), stomach problems, and dry and inflamed membranes of the lungs. The leaves are also boiled and applied externally to boils and small pox vesicles.

#### **INGREDIENTS**

The main ingredients of the Jivanamrtam are:

**Amalaki**

**Ashwagandha**

**Guduci**

**Haritaki**

**Punarnava**

**Shatavari**

**Vidari**

#### **USE**

Take 1/10<sup>th</sup> of a teaspoon and dissolve it into a small cup of warm milk, mid-morning (11 am) or mid-afternoon (3 pm).

If you are facing acute problems, you may gradually increase this dosage to 3 times daily: Mid-morning, Mid-afternoon, Just before sleeping.

#### **SIZE**

50 gm

#### **PRECAUTION**

None

#### **Chetna Rachna (DRPF Stylo)**

The Chetna Rachna (Consciousness Pen) is a 2<sup>nd</sup> Dimension Potent MEF Tool that jumpstarts a speedy consciousness enrichment process for self, others and ALL.

#### **PROPERTIES**

The Chetna Rachna has 2 ends, the writing end is considered as **IN** and the other end is considered as **OUT**.

You may write your problem along with the resolution you want, with the Chetna Rachna, on a piece of paper on which you practice a consecutive 27 day or longer strengthening process, as described below, you will begin to see improvements.



**USE**

**Self-Treatment**

Take one of the following positions before starting your self-treatment:

- 1 – Lie down straight on your bed.
- 2 – Sit down with back straight.

*Note: Keep your eyes closed during the whole process. Hold the Chetna Rachna in your right hand facing the **IN** side to your body at all times. You do not need to touch the Stylo to your body. Make sure you do not move your wrist while making rotations with the Stylo, move your arm from your elbow.*

1. Take the Chetna Rachna above the centre of your head and make 3.6 EXPANDING and 3.6 CONTRACTING clockwise rotations.
2. Next, bring it to the point in between both your eyebrows on your forehead and do as above.
3. Direct it towards the middle of your neck in the front and do as above.
4. In front of the centre of your chest and do as above.
5. Take the Stylo to the solar plexis area (below the chest area and above the naval) and do as above.
6. Next take the stylo just below the naval do as above.
7. At the pelvic region take the stylo and do as above.
8. After activating the 7 chakras / nerve plexuses (in relation to our endocrine gland); make 3.6 EXPANDING and 3.6 CONTRACTING clockwise rotations at all the joints (shoulder, elbow, wrist, hip, knee and ankle) complete right side of the body first and then left side.
9. After completing the above steps keep your eyes closed for 9 / 18 / 27 minutes.
10. Slowly move your fingers and toes, rub your palms together and place it on your eyes. Gently open your eyes.

*If you experience any dizziness, keep your eyes closed for a little while longer. Observe any changes you feel in your body.*

**Environment Correction**

All the eight corners of the house OR room can be energized by the Chetna Rachna. Point the Stylo downwards and make 3.6 EXPANDING AND 3.6 CONTRACTING clockwise rotations. Do it at all the 8 corners and center of the house OR room. It balances the entire area and energizes the entire



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room or house. It repairs the Vaastu also. We can energize the area of floor OR the room and the energy expands in all directions.

#### **SIZE**

N/A

#### **PRECAUTION**

None

#### **Chetna Chakra (MEF Disc)**

The Chetna Chakra (Consciousness Disc) is a 2<sup>nd</sup> Dimension Potent MEF Tool that should be used after the jumpstart process started by the Stylo to preserve and sustain the consciousness enrichment in self, others and ALL. It combats the effects of EMF's generated by ALL electronic equipment that we use in our daily lives.

#### **PROPERTIES**

There are two sides of the disc **IN** and **OUT**. The side with text written in a clockwise circle is **IN** and the side with the DRPF logo is **OUT**.

Radiation is of 2 types: Healthy (uniform waves) and Unhealthy (irregular waves). **Unhealthy** radiation wants to become healthy, and for this it needs energy.

***For example:** When you sit in front of a computer, the unhealthy radiation takes energy from you to become healthy and in turn you become exhausted. To prevent this loss of energy and tiredness, stick the MEF Disc behind the computer monitor / screen. The unhealthy radiation will resonate with the Potent MEF Disc and get corrected.*

#### **USE**

##### **Problem area enrichment**

Dr. Ramesh's Potent MEF DISC helps preserve a balanced body functioning. First, keep the DISC, facing '**IN**', on the problem area with the right hand and keep the left hand on top for 30 seconds. Now turn the disc around '**OUT**' and place it for 30 seconds with the hands in the same position. Once again turn it back to '**IN**' position and keep it for 30 seconds. This process is to be done wherever the problem is.

##### **Balancing the seven energy centers (chakras) of the body**

1. Place the '**IN**' side of the Disc on the head for 30 seconds.
2. Then keep the DISC on the forehead covering eyes and nose and keep for 30 seconds.



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3. Next keep the DISC on the Adam apple and chin position for a count of 30 seconds.
4. Then keep it on upper chest and wait for 30 seconds.
5. Then keep it on upper stomach-upper abdomen for 30 seconds.
6. Keep it on the Naval Area for 30 seconds.
7. Then keep it on the genital / groin Area for 30 sec.

*Our body recognizes the complete and beautiful structure of our products and resonates with them. The body itself generates all the energies. Our products just help to switch on the consciousness of the generating ability within our body.*

### **Other uses**

#### **Water**

*A Water Test done by scientists has shown that  $H_2O \rightarrow H-O-H$  forms into clusters. Our cells cannot absorb big clusters.*

Place your water bottle on top of the written side of the MEF DISC. When placed on the DISC molecules become small. Cells absorb smaller water molecules faster and upon drinking this energized water we will feel energetic instantly.

*At the end of the day one generally feels exhausted due to continuous exposure to computers and other equipment that generates unhealthy radiation. Therefore drinking this energized water will reduce their exhaustion.*

#### **Food**

We can keep fruits, food or water bottles on the DISC to charge them. If we consume charged food we will be energetic. Keeping the DISC on the stomach for 20 min after eating a meal will make the body relaxed and reduce drowsiness.

*When a fruit is plucked from the tree it is still alive for a short span of time. If it is immediately placed on the MEF Disc its life continues and becomes longer. We are bringing life force back. Our MEF system works on the consciousness' it generates life force in any living system and corrects it bringing it to balance.*

### **SIZE**

N/A

### **PRECAUTION**

None



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### **Chetna Sugandha (MEF "O" Sense)**

Chetna Sugandha (Consciousness Incense) is a 2<sup>nd</sup> Dimension MEF Tool that helps the body let go of the problem from the root level with regular practice as directed through the Self-healing method described below.

#### **PROPERTIES**

O-Sense helps the body let go of the problem from the root level. It should be used regularly whether there is problem or not. If there is no problem use it once a day and if there is a problem then 2 to 4 times depending on the problem. In fact, O-Sense use encourages the body to enrich the consciousness of its "Let Go" process.

It works exactly the way we clean our house every day. We clean our house to remove dust; if you do not clean for few days the dust accumulates. Over the year many layers of dust might have been accumulated in the body. When all the layers are removed all the problems in the body will be removed

The body resembles a glass you can observe the dust on the glass while you wipe it. To remove stress keep the O-Sense near the nose and slowly take a long breath to a count of 30. People may feel tired if they are not used to taking a long breaths. They will feel energized after a few normal breaths.

#### **USE**

*Note: While using our tools there should be no disturbance (noise/talking etc.)*

#### **Potent Environment**

All the eight corners of the house or room can be energized by O-Sense. Open the cap, Point the O-sense downwards and rotate it clockwise 3.6 times. Do it at all the 8 corners and the center of the house or room. It balances the entire area and energizes and entire room or house. It also repairs Vaastu issues. We can energize the area of floor or the room and the energy expands in all directions.

#### **Self-healing**

**1<sup>st</sup> Position:** Take 2 closed O-Sense bottles keep them on the center of the forehead (between both the eyebrows on the forehead). The caps should face the forehead. Hold them there till you complete a count of 30. While on the center of the forehead it is directed to the pituitary gland, which is the Master gland. This gland generates information to all other glands of the body.

*Endocrine glands slowdown as we grow older. By this process the master gland (Pituitary gland) helps the other endocrine glands to start functioning properly.*





## Dr. Ramesh's Potent Family

### Enriching Our Consciousness

**2<sup>nd</sup> Position:** Now keep the 2 closed O-Sense bottles one on the right temple and the other on the left temple - again hold for a count of 30.

*When they are placed on the temples it works on the central nervous system. Both the right and left-brain work parallelly and control both the hemi spheres. This process cleans and heals the system to function like it used to in childhood.*

**3<sup>rd</sup> Position:** Now place the 2 closed O-Sense bottles below the right and left ear slightly pointing backwards towards the neck and count 30.

*This is the cerebellum area whose function is to balance the body's mechanisms. O-Sense will bring balance to any existent imbalance. It balances the left half and right half of the body; for example this would help the walking mechanism etc.*

**4<sup>th</sup> Position:** Adam apple position; hold there for 30 seconds. The bottles point back wards and up wards; this activates the medulla oblongata, which controls and regulates all body mechanisms such as, B.P. mechanism, Heart Mechanism, temperature control mechanism.

*By using O-Sense at this point it clears the communication pathway and sends correct information for the balanced functioning of all body mechanisms and cures the root problem of disease.*

These four positions shall heal the problem from the root.

#### **SIZE**

N/A

#### **PRECAUTION**

None