

# Spiritual healing of ailments through empty boxes (Part 2)

## Method of performing these spiritual remedies

### Preface

The Holy text 'Spiritual healing of ailments through empty boxes (Part 1)' elucidates the importance of spiritual healing through empty boxes (box-remedies) and its fundamental analysis. In Part 2 of this Holy text, various practical methods of performing box-remedies have been described. These include spiritual remedies such as placing an empty box 30 cms. (1 feet) away from the body, holding an empty box, using a headgear of empty boxes etc. It also explains how box remedies can be easily performed even during daily chores or while studying etc. Now-a-days, many people do not sleep well at night. This Holy text also explains how to perform box remedies for sound sleep.

The human body is made of *Panchamahābhūtas* (The five Cosmic Principles - *Pruthvī, Āpa, Tēj, Vāyu* and *Ākāsh*). Various ailments as per the organs & the *Mahābhūta* (Cosmic Principle) associated with the organ have been described in this Holy text. Although an empty box is associated with *Ākāsh* (Absolute Ether Principle), if it is made of specific dimensions, it can perform spiritual remedies better at the level of that *Mahābhūta*. An ailment can be healed faster spiritually through empty boxes at the level of the associated *Mahābhūta*. Hence, specific dimensions of a box are recommended for ailments associated with a specific *Mahābhūta*. This Holy text also states that if it is not possible to use empty boxes of different dimensions as per the ailments, use empty boxes of only one dimension that can imbibe all the *Mahābhūtas* in equal proportion.

The effectiveness of spiritual healing through empty boxes increases if accompanied by chanting, *mudrā* and *nyās* (See Glossary). Hence, this Holy text mentions the '*Panchamahābhūta* and the associated *Nāmajapa* (Chanting the Name of a Deity) and '*Panchamahābhūta* and the associated *mudrā* & *nyās*'.

At times it is not possible for a patient to directly perform spiritual healing through empty boxes. At such times, indirect spiritual remedies prove beneficial (For example - placing a paper with the patient's name written on it or patient's photograph in an empty box). Information on such indirect spiritual remedies is also provided in this Holy text. For purification of the premises, people perform spiritual remedies such as changing the arrangement in the premises, demolishing a construction partly or using some foreign method like 'Feng shui'. This Holy text also provides information on how purification of a premises can be done in a much simpler way using empty boxes.

We pray unto the Holy feet of Shrī Guru and Shrī Nārāyaṇ - the protector of the universe - 'May more and more suffering people get cured quickly by performing these empty box remedies'.

- **Dr Jayant Athavale, Compiler**

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