

SHIVAMBU SAYS'.....

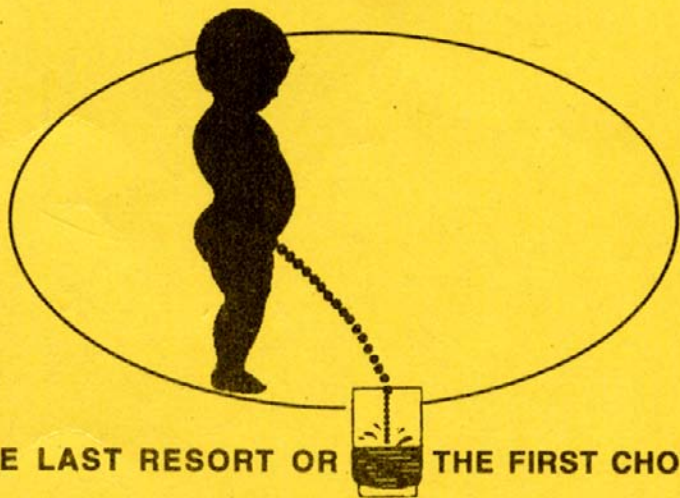
Yada Yada hi Swasthyasya Hanirbhavati Manav
Abhyuthanamcha Roganam Tadatmanam Srujamyaham

"Sarva CHIKITSA Parityajya mamekam Sharanam mama"

SHIVAMBU GITA

*Which can
bestow upon you new life*

Dr. G. K. Thakkar



THE LAST RESORT OR THE FIRST CHOICE

BRIEF INTRODUCTION OF THE AUTHOR



Dr. G. K. Thakkar, a law graduate by education and an advocate who worked as a Tax Consultant by profession has earned International name and fame as a Urine Therapist and the propagator of SHIVAMBU.

Dr. Thakkar's endeavour (SADHANA) for the advancement of transcendental spiritual life is per-

sistently going on, but now he has found a purpose of his life in SHIVAMBU SADHANA for which he has dedicated the rest of his life. As such SHIVAMBU propagation has occupied the utmost priority in his purposeful life which is full of faith, selflessness, soft-spokenness, simplicity, punctuality, transparent honesty, versatility are some of his special qualities.

Although Shivambu Therapy is very ancient and on the basis of experimentation and propagation by great personalities, it is prevalent in India and several countries, but Shivambu Crusade carried on by Dr. Thakkar with dedication, enthusiasm and selflessness has unique attraction for the people, perceiving which it can be guessed that in the near future people of our country in particular and of the whole world at large will get rid of the vicious circle of inhumanly commercialised medical profession and blessed by Urine Therapy, they will be able to enjoy healthy and happy life.

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SHIVAMBU SAYS'.....

Yada Yada hi Swasthyasya Hanirbhavati Manav
Abhyuthanamcha Roganam Tadatmanam Srujamyaham

["O helpless human being ! Whenever there is total loss of health and monstrous growth of diseases (in this KALI age), I manifest myself.....!"]

"Sarva CHIKITSA Parityajya mamekam Sharanam mama"

"Abandon.... all THERAPIES, and seek refuge in me alone....."

SHIVAMBU GITA

Which can
bestow upon you new Life

Dr. G. K. Thakkar

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SHIVAMBU GITA

It may bestow upon you new life

DEDICATION

My beloved life partner Smt. Sheeladevi - had she not contracted various diseases not curable by the prevailing medical systems, I would not have been attracted towards this Divine Therapy and without whose continuous active support & cooperation I would not have accomplished the task of spreading the awareness of Urine Therapy (SHIVAMBU) throughout the length and breadth of India and to four corners of the world. Hence dedicated to HER with love.

Dr. G. K. THAKKAR

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USEFUL BOOKS ON U.T. (SHIVAMBU)

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FOREWORD

I feel greatly pleased and honoured to write foreword to this book of Dr. G. K. Thakkar. The importance of Urine Therapy dates back to five thousand years, when Lord Shankar has narrated the benefits of it to his consort Parvati, In 107 SHLOKAS in Damar Tantra wherein he has termed Urine as SHIVAMBU. SHIV means pious, beneficial, holy and AMBU means water i.e. "Holy Water" Reference of U. T. is also found in almost all the volumes of Ayurveda ! In the days during 1977 to 79 when late Mr. Morarji Desai was P. M. this subject was discussed very widely. In fact he had accorded world recognition, glory and dignity to this nauseating therapy by boldly declaring before the world audience that he drank a glassful of his own urine on regular basis.

I am an allopath, Urologist, attached to J. J. Group of hospitals as honorary surgeon since last 26 years and examiner of M.B.B.S. and M. S. Students of Mumbai University. At the same time I am a follower and propagator of U. T. Since last 20 years during which I have advised U. T. to more than 3000 patients suffering from different incurable diseases. It is a thrilling story as to how I got involved in U. T. In the year 1975 a young boy suffering from Cancer (Hodgkin's Disease) came to me for consultation. Before coming to me he had been

treated at well-known Tata Cancer Hospital where he was operated upon and part of the tumors near his neck were removed. He was very much frightened as the doctors of Tata hospital had opined that he will hardly survive for 1 1/2 year. When he came to me I was reading "MANAV MOOTRA" written by Raojibhai Patel; by which I was very much impressed, so I hesitatingly advised him to follow U. T. which he readily agreed to do. To my utter amazement his malignant glands in the neck disappeared in few months ! To-day after 21 years he is in excellent health !! He got married and has got children. This was my first case of Shivambu cure; because of which I got involved in U. T. movement.

Dr. G. K. Thakkar has come in the field of U. T. propagation only 10 years before, but any body would be impressed and astonished to see his enthusiasm and dedication with which he has started SHIVAMBU crusade not only all over India but throughout the World ! I had great desire to meet this man of mission (SHIVAMBU RISHI) because on reading his articles in different newspapers I had started my SHIVAMBU propagation more enthusiastically. In last 4 years I have given more than 100 lectures in Lions Club, Rotary Club, senior citizens associations and Indian Medical Council etc. I was introduced to Dr. Thakkar through a doctor friend of mine two years before on the auspicious day of NARALI

POORNIMA, and we became fast friends.

After meeting Dr. Thakkar new chapter has started in my life. He involved me as a trustee of Water of Life Foundation (India) and now I am appointed Vice-Chairman of the Foundation. We have delivered numerous lectures throughout Bombay and outside for U. T. propagation.

Inspite of being an Urologist and a surgeon I have been fully convinced that this free yet effective therapy can prove to be boon for our poor country. Otherwise also as per statistics hardly 19% of our total population gets the medical facilities !! I feel from the bottom of my heart that members of medical fraternity should adopt an open minded approach and give this system a fair trial atleast on incurable diseases like Cancer, kidney failure, psoriasis, Arthritis, AIDS etc. and experience the thrill of fabulous potentiality of U. T. In the same spirit I request the Govt. of India to appoint a high level committee of medical scientists and physicians to verify the claims of we Urine Therapists and spread its awareness in the interest of ailing humanity before it is too late.

Dr. Thakkar is very hard working, enthusiastic and devoted person with missionary zeal. He has dedicated his life for serving the ailing humanity through Shivambu propagation. He has gathered vast practical experience of U. T. by guiding thousands of patients suffering from

variety of diseases, hence I consider him as my SHIVAMBU GURU. I am sure this inspiring and informative book will go a long way in educating the masses of our poor country in particular and of the whole world at large in adopting this free yet precious therapy and open a new era in the treatment of deadly diseases which have engulfed the whole humanity, and thereby rescue it from the vicious circle of costly treatments and harmful dangerous medicines.

I congratulate Dr. Thakkar for so labouriously and painstakingly writing this inspiring and useful book. I am sure his "Labour of Love" will not only prove beneficial to patients, practitioners and admirers of U. T. but I am confident it will leave its mark on the sands of time.

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PREFACE

Had our Shivambu Rishi, (sage) great devòtee, propagator and supporter of SHIVAMBU movement centenarian former Prime Minister of India respected Late Morarji Desai not boldly and emphatically declared before the world that he drank self-urine regularly and that was the secret of his longevity and exuberant health, the most valuable and beneficial information that is being given to you through this booklet, which can prove to be a boon for our poor country and which is capable of curing a host of diseases ranging from Common Cold to Cancer and Arthritis to AIDS would have remained hidden in some unknown quarters and the entire mankind would have been deprived of the beneficial, divine and panacea like qualities of SHIVAMBU. Really specking Morarjibhai by his frank an honest declaration has acored world recognition, glory and greatness to this free yet priceless therapy, otherwise considered to be nauseating. The whole world shall ever remain indebted to him for rendering this great humanitarian service.

During one occasional meet he had said "Some most fortunate persons only get the knowledge of this Divine, precious Therapy and whose fortune rising moment comes near he only gets ready to drink SHIVAMBU. Based on his thirty years of Shivambu experience he states further. "Often two categories of persons turn towards SHIVAMBU. First category comprises of those unfortunate patients who have been declared hopeless cases by the physicians, whereas the second category consists of revolutionaries like you and me"! I do not find slightest exaggeration in those statements. Nowadays in view of evergrowing spiralling prices when the human race is caught up in the vicious serpentine circle of incurable diseases such as cancer, kidney failure, diabetes, heart disease and now dreadful AIDS, Ebola, flesh eating bacteria etc. in whose exorbitantly - expensive tests and treatments numerous families are being ruined, and especially when the very existence of the mankind has been threatened by those draconian diseases the significance and importance of this divine therapy being free, easy, simple, without dangerous side-effects and beneficial like panacea has increased tremendously. Although our creator has blessed us with the heavenly gift of priceless panacea in the form of Urine for the maintenance of our health and well-being but just see the paradoxical situation created by our ill-luck and

perverted intellect that by falling into vicious circle of inhumanly commercialized modern expensive and harmful treatments, we lose everything and till the premature painful death we remain deprived of the knowledge of this precious divine gift! But today our bad-luck is going to be changed into good-luck. By reading a few pages of this booklet you will be amazed, thrilled and would dance with joy and express, your deep gratitude to the Almighty for putting this small book-let in your hands.

During April 1989 World Congress of Complementary Medicines was held in Athens (Greece) and I had received an invitation from the organisers to present a research paper on my pet subject "Urine Therapy". In this Conference around 600 delegates from 100 countries had participated and I had presented my research paper in the form of a booklet, titled "Wonders of Uroopathy" which impressed the delegates so much that the duration of 15 minutes initially allotted to me for presentation of my paper was extended to 45 minutes by the forcefull demand of the delegates and even then they were not fully satisfied! This is nothing but miracial of SHIVAMBU. Thereafter by virtue of attending numerous international Conferences held in India and different countries I have been able to reach the precious information of U. T. to more than 100 countries through my book "Wonders of Uroopathy" which

has created thrilling sensation and awareness and has created renewed interest every-where. It has been translated in Hindi, Marathi and Gujrati languages and has gone in to several editions during a short period. In Romania my book is translated in Romanian language and distributed freely amongst their citizens. In U.S.A. Xerox copies of my book are sold for 4 dollars by Transformational Research of Connecticut.

I have dedicated ten years serving the suffering mankind through the propagation of Urine Therapy. In the form of this booklet I have made an humble effort to make available maximum useful information to the readers in brief which is a difficult task, rather than writing a big book of 200-300 pages. It is like putting an ocean into a small pot which is next to impossible: None the less being inspired by the irresistible desire to serve the ailing humanity I have decided to publish SHIVAMBU GITA. Now the decision to get the maximum advantage through its reading lies in your hands. It won't be out of place to mention that I have not reserved the copy rights of any of my books in my favour but have surrendered the same in the interest of ailing humanity. I have cherished only one desire and goal that by propagating the knowledge of this simple, therapy I may become instrumental in mitigating the woes and misery of mankind. I am not an erudite scholar. I am just an ordinary servant

of suffering mankind. It is my innermost desire that more and more people should be benefitted through my deep knowledge of Shivambu. With this missionary zeal I have engaged myself day & night whole heartedly in the selfless work of Shivambu propagation after totally closing my lucrative practice of Tax Consultancy.

No doubt I feel happy that news and articles about my mission and Shivambu Therapy are being published all over the world but I feel proud and overjoyed that Almighty has provided me with the golden opportunity to serve the humanity suffering from various incurable diseases. Recently in the month of March 95 Ms. Kamayni representative of U.N.I. which has the privilege of having the clientele of more than five thousand newspapers interviewed me as a result of which the news of the fabulous efficacy of U. T. has spread to all those newspapers throughout the length and breadth of India as well as to several countries like a blissful rain! The end result of this strange link came in the form a trunk call from B.B.C. Radio London to record my interview on phone itself!! One can never comprehend its healthy repercussions in future. Friends though I have been reported in thousands of newspapers during those years, the impact on the minds of the people made by article published in The Daily Punjab Kesri on 14-2-1993 is unparalleled. We had received more than a thousand

letters from its readers from Punjab, Hariyana, Himachalpradesh, Jammu Kashmir, Uttar Pradesh, M.P., Rajasthan, Bihar etc. and even from U.S.A. & U.K. seeking further details about Shivambu treatment. The flow of such letters still continues unabated and on behalf of our Foundation replies are being sent to concerned individuals. The propagation of Shivambu therapy has also reached four corners of South Africa as a result of an article that was published in leading newspaper "LEADER" over there and in response I have received many letters and phone calls from South Africa and many people there have been immensely benefitted by getting detailed knowledge about this therapy from me. I have introduced those Shivambu lovers to one-another, thereby a small group has been formed over there and they are planning to invite me for lecture tour by the end of this year.

Shivambu devotees from various countries and from different states of India who have been liberated from the incurable diseases through U.T. after receiving guidance & inspiration from my book, or by my personal advice or by hearing my lecture on Radio, T.V., or otherwise by letters or phone calls, when they communicate this good news to me by phone or letters or by personal visit my heart is filled with divine ecstasy and joy due to the satisfaction of the accomplishment of my dedicated task to

serve the ailing humanity which I find impossible to express in words. My Guru of Shivambu Therapy late Mr. Kisonlal Tejpal used to demonstrate the drinking of urine of the patients who visited him for advice in order to remove their nausea of urine. But I consider it a divine miracle that nausea and repulsion of the persons who have not only heard my lecture but even of those who read my book disappears instantly and they commence drinking their own urine ! In this context I describe here an interesting episode occurred few years before. A jogging race competition was organised by A.T.V. Projects Ltd. at Bandra Joggers' Park which was inaugurated by Cine Star Parikshit Sahani. I had also participated in it and had won the best joggers Trophy. As per my usual habit I caught hold of Parikshit Sahani and gave him a small talk of few minutes while standing only explaining the fabulous medicinal qualities of our own urine and its miraculous benefits and he was so much influenced by my talk that he declared instantly "Dr. Thakkar Saheb I am going to start drinking my urine from today only!" This is the miracle of Shivambu.

By coming in my contact or on reading my book several multiple decree holding doctors, sages and saints have been attracted towards U.T. and have joined hands with me in carrying out Shivambu Mission. A few names are worth mentioning here. Dr. Jagdip T. Shah M.D., D.G.O.,

M.C.P.S., Dr. B.G. Shinde M.S., D.O.R.L., Dr. B. V. Khare M.S. (Urologist) who are fully convinced about the efficacy of A.U.T. by experiencing themselves with it and have now accepted the trusteeship of our Foundation. I am proud to say that they have offered their selfless services whole heartedly in the propagation of Shivambu. Very recently I was introduced to Dr. B. V. Khare a renowned Urologist, Surgeon of Bombay who is attached to J. J. Group of Hospitals as a visiting professor of surgery. During the course of conversation Dr. Khare disclosed a secret that he himself has been drinking Shivambu for the last 20 years and has also guided more than 3000 patients for U.T. who were immensely benefitted with it. You will be pleased to know that such a great Shivambu devotee has been made a trustee of and Vice-Chairman our foundation. While accepting trusteeship with pleasure he at once issued a cheque of Rs. 6000/- by way of generous donation to our foundation. It is fortunate for the mankind that such eminent humanitarian doctors are entering this mission. You will be wonder-struck to learn that the retired Chief of Indian Navy Admiral L. Ramdas and his wife Ms. Lalita Ramdas after reading my book have not only irresistibly attracted but have started drinking SHVAMBU and have been immensely benefitted by its use. And after meeting me they have become its propagators and our patrons too! Through them few Vice-Admirals, Brigadiers, Colonels,

and Majors have not only come in the fold of Shivambu but have become its propagators after meeting me !! I am really overjoyed because through these high ranking personnel of Navy and Army the precious knowledge of Shivambu shall certainly reach all the ranks of defence forces viz. Army, Navy & Air Force whereby their health and valour shall improve considerably and they shall become more capable and competent to protect our motherland .

You will be happy and surprised to know that renowned Bhagwat exponent Pujya Indira Betiji of Vaishnava Sampradaya has been practising U.T. after meeting me in March' 1989 and she has been immensely benefitted in her diabetes and B P. By this revolutionery step her followers of Vaishnav sect have changed their orthodox attitude towards Shivambu and many staunch orthodox people have been benefitted by adopting U.T. I had the privilege of meeting one of the great saints of Gujrat Pujya Lal Bapu in his Ashram at Surat. After the formal introduction he blessed me for my humanitarian service and revealed that he himself after reading my book brought to him by one of his disciples he obtained the consent of Ramayan exponent Pujya Morari Bapu, and started U. T. which has benefitted him considerably. Hearing this my surprise packed pleasure knew no bounds particularly because the significance of

Shivambu had reached puja Morari Bapu and it is just possible that in future we may get his active support and cooperation in our Shivambu Campaign!

Often I recite Urdu couplets (Sher) while describing the glory of Shivambu during my public and T.V. talks & Lectures hearing which the audience is captivated giving loud applause. I deem proper to reproduce those sher for my beloved readers here below:

- 1) जिन्दगी खुबसूरत है हमें जीना नहीं आया
नशा हर चीज़ में है हमें पीना नहीं आया
- 2) हकीकत है दुनिया में उसे जीना आ गया
शिवाम्बु खुद जिसे पीना आ गया
- 3) जाम पे जाम क्या पीते हो ?
रात को पीओ सुबह उतर जाएगी
शिवाम्बु का एक जाम पीकर तो देखो
ज़िन्दगी सारी नशे में गुजर जाएगी
- 4) रात कितनी ढल चुकी सितारों से पूछो
लहरें कितनी उठीं किनारों से पूछो
शिवाम्बु में क्या मस्ती भरी है
किसी पीने वाले से पूछो

- 5) मैं मगरूबे आबे हयात पीता हूँ
मैं उसे सुबह शाम पीता हूँ
क्या आप समझे मैं शराब पीता हूँ ?
जी नहीं मैं अपना पेशाब पीता हूँ

During my talks and Press Conferences I always forcefully emphasize one thing that leaving aside my claim for while that almost all the diseases present on our planet can be easily cured by U. T. even if we can spread the following small bits of tremendously useful information to the suffering humanity, we will be serving it stupendously and thereby bring about a great health revolution in the Universe. Those are :

1. The severest tooth pain, even excruciating can be relieved positively by filling one's mouth with Urine and rinsing for 10-15 minutes flat ! By repeating the process 3-4 times a day over a week, loose teeth again become firm and strong enough to serve for the rest of life! Even incurable Pyorrhoea and gingivitis is cured, and infected, decayed gums become healthy in few days by the same process. We have achieved almost 100% success in this field!!
2. Viral acute conjunctivitis and many other eye diseases can be cured in a day or two just by putting few Urine drops in the eyes 3-4 times. Even chronic Herpetic conjunctivitis which is supposed to be in-

curable with latest treatments in the advanced countries, is cured in few days just by putting Urine drops in the eyes!

3. Severe ear pain vanishes in minutes and many ear diseases are cured within few days by putting few Urine drops in the ear.
4. Most dreaded, painful and contagious disease HERPES and other Fungal infections can be cured simply by putting Urine Packs! (folded cloth soaked in Urine) .
5. Most incapacitating and painful affliction Arthritis for which there is no known cure with the modern science is easily cured by this therapy !!

INFORMATION ABOUT WATER OF LIFE FOUNDATION (INDIA)

Friends, I feel proud in giving the background of Water of Life Foundation (India). I founded it in December 1989, with the inspiration and blessings of my mentor, late Morarji Desai, who has glorified U. T. otherwise considered as dirty and accorded it International fame. The main objective of this organization is to spread awareness and the valuable information about the fabulous utility of U. T. in the whole world, for the purpose of

bringing relief to the sad and suffering mankind. Amongst the trustees of this Foundation there are firm devotees and dedicated propagators including several, multiple degrees holding humanitarian doctors who with a missionary zeal and selfless dedication have involved themselves wholeheartedly in the humanitarian task of spreading the awareness and information about this free effective, simple system of treatment to the masses. For spreading the awareness and knowledge of this therapy we are holding seminars, talks, workshops in schools, colleges, clubs, factories, Radio and T.V.etc. and publish books, periodicals, literature and conducting consulting centers.

We are having one such free consulting (Centre where more than 5000 patients have so far sought free advice for their incurable diseases, while another 5000 of them are advised by post and phone calls. I am proud to inform that the branches of our Foundation are established in Goa, Bangalore, Ajmer, Jaipur, Jodhpur, Agra. Negotiations are in progress to open branches in Delhi, Tanzania and South Africa. If you are interested in serving the ailing humanity by establishing a branch of this foundation in your state or country, you may contact us for more details. I am glad to inform you that our Foundation has been registered as Charitable Trust and has been granted exemption u/s. 80G of the I.T. Act. Generous

donations to the foundation for the humanitarian cause will be highly appreciated. Application form of membership is attached in the book.

INFORMATION ABOUT THE FIRST WORLD CONFERENCE

I feel proud in telling my readers that my cherished dream was fulfilled when our foundation successfully organised the First World Conference on Urine Therapy (SHIVAMBU) in India at Goa in the last week of Feb. 96, which was the first of its kind ever held in any part of the Globe ! We had worked incessantly for more than two years for its preparations. We could achieve this Herculean gigantic task of organising the world conference because of my contacts with urine therapists, propagators and authors not only of India but of the whole world which I had developed during the last ten years by constant correspondance with them, and of course with the cooperation of my dedicated colleagues. Especially without the unflinching cooperation of my colleague and one of the most active trustees of our Foundation Mr. D. S. P. Tirodkar this conference would not have seen the dawn of the day. Around six hundred delegates from eighteen countries viz. Austria, Australia, China, Dubai. France, Germany, India, Iran, Israel, The Netherlands. Pakistan, Italy, Japan. Africa, Srilanka, Switzerland and U.S.A. had participated in this conference including

several multiple degrees holding physicians, and surgeons who had presented and read their research papers on U. T. in this unique conference. Around 60 delegates were from out of India out of which 20 were from Germany, six each from Japan, The Netherland and China, and rest were from remaining different countries. You will be amazed to know that after India maximum number of books on U.T. are written in Germany; and the book written by my friend Ms. Carmen Thomas "Your special drink URINE" has gone into best seller list, with the fantastic sale of seven lac fifty thousand copies of it! Dr. Johanne Abele who has written a book on U.T. declared that out of total population of 85 million of his Country five million people were followers of U. T ! While a senior deligate from Japan aged 80 years Mr. R. Nakao, who is a president of the institute MCL (Miracle Cup of Liquid) who has done extensive rerserch on U. T. during last 20 years, said in Japan people are using U. T. since ancient times and two million of his countrymen/ women are using SHIVAMBU !

Proposal of German delegates that the next World Conference of U. T. should be held in Germany during the year 1998 was unanimously accepted by the trustees of Water of Life Foundation (India)

Another striking feature of the conference was that Jagadacharya Swami Akhileshji of Aara (Bihar) and

Swami Chidambaranada of Uttarkashi (Himalayas) who are followers of SHIVAMBU since more than 20 years, and who had become U T propagators after meeting me, had on my request travelled all the way to Goa to attend the conference had narrated the fabulous efficacy of U. T. and its spiritual benefits. This historical event has created a great Global awareness about this neglected therapy as the day-to-day proceedings of the the conference were reported by several prominent news agencies like Reuters, UNI, PTI, B.B.C. World News Service, etc. as a result of which thousands of news-papers around the world gave a prominent coverage to the news of this unique conference and the fabulous efficacy, of U. T. on several deadly diseases like cancer, AIDS, Ebola and what not.

The direct impact of this unique historical conference was another historical event ! On 31st March 96 The National, Channel of Doordarshan telecast my interview along with that of Dr. B. V. Khare and Admiral Ramdas in their most popular episode "SURABHI" because of which we could spread the awareness of SHIVAMBU to the millions of our country men; and we have started receiving hundreds of inquiries for further guidance of U. T. from all over India, Nepal and Bhutan. I consider this a great achievement as in the history of Doordarshan SHIVAMBU or U T. was discussed for the first time on

the National T. V. Network !

I have stunned the whole world by making a bold and sensational declaration and by proving that U. T. besides curing Cancer, Arthritis, Heart diseases, Diabetes, Asthama and several other incurable diseases, can as well fight against the most dreaded disease of the current century, called AIDS, which has threatened the very existence of mankind during the existing period of despondency and disappointment when the whole mankind is terribly frightened by this draconian disease there could not be a better and happier news than this for the entire mankind. All of you will agree with me in this respect .

The necessity for Shivambu Treatment was never felt so much in any period of human history as it is felt in the present times; because of this disease. A word made up of tiny four letters has frightened the entire human race to such an extent that no-body is prepared to keep AIDS patient in any hospital and no one is willing to look after such a patient because this disease is regarded highly contagious. That is why this disease has created the grave danger for the extinction of the entire human race. (Shivambu lovers have least worry about it') Modern scientists do not have any sure and successful remedy for the same nor is there any possibility of finding out any treatment because despite carrying out elaborate

research for the last 75 years no effective remedy has so far been found out even for Cancer, then how can you expect a cure for a disease many times worst than Cancer ?

But in the midst of such an unfortunate atmosphere full of utter disappointment I have brought a ray of hope for the miserable AIDS patients. This dreaded, destructive, dangerous disease can be cured try U. T. During the course of Shivambu propagation movement when I had visited U.S.A. in 1989 I had met several AIDS patients who had been immensely benefited from Shivambu Treatment. Recently I have received a few letters where I am informed that several AIDS patients are benefited immensely by U. T.

The simple scientific principle working behind the efficacy of U T. in Curing this dreaded disease is that because of the presence of antibodies in our urine by drinking it builds up the immunity of the patient which is the basic and urgent need of the AIDS patient ! I fail to understand as to how the brilliant scientists can't understand this simple phenomenon ?

President of Life Science Institute of U.S.A. Dr. John F O'Quinn, my friend as well as great Urine Therapist, and author of a wonderful book 'Urine Therapy' (self Healing Through Intrinsic Medicine') writes "I predict

Urine Therapy will be the only cure for horrible AIDS ' Further says "I think I will die from sorrow if I see another Ethiopian child die due to ignorance of this suppressed fountain of sustenance (Urine Therapy) for the sick and starving poor. Urine Therapy Will be of incalculable assistance to those dying people perhaps more than all the food being shipped there". "What a fantastic Conviction of a fabulous Urine Therapist ! Dr. John is a leading Urine Therapist of U.S.A. I salute to this great crusader of Shivambu Movement and I salute to his staunch belief in Shivambu. Recently I have received several letters of thanks from AIDS patients of U.S.A. and African countries testifying that they tried U.T. on reading my book and are immensely benefitted by it !

The readers of this book will be surprised to know that I am in contact, personally or through pen friendship with almost all the U. T. practitioners, propagators, authors not only of India but of the whole World ! Here I can't help relating an interesting inspiring incident. During Jan'91. I was invited to present research paper in a conference of Alternate Therapies held at Park Sheraton Hotel, Madras. As many as 450 delegates from various countries were present in that conference including Dr. John Wynhausen of U.S.A. who was not introduced to me. After a few days I received his letter from U. S. A. saying that "Though I couldn't meet you in the confer-

ence at Madras but on hearing your powerful inspiring presentation of your paper "Wonders of Urography" I have commenced drinking of my urine and had been benefitted in my stomach disorders that I had developed at Madras." This American Doctor within a record period of 11/2 year was fully transformed into an expert Urine Therapist and has become my staunch disciple and a propagator of U.T. He had come to India for participating in First All India Shivambu conference organised at Goa in Feb. '93, along with his wife Judy having been attracted towards U. T. had recited a self composed poem in praise of Shivambu and now she is busy writing a one Act play on SHIVAMBU!!! He again came to India in Feb. 96 to attend The First World Conference organised by our Foundation. Also he published a news letter titled "JAI SHIVAMBU" ! Friends, a person does not only get benefitted on the physical level by U. T. but by virtue of its beneficial side effects I have come across more than 100 practical instances of people turning into authors, poets and/or orators etc. In an ancient Jain scripture, **Vyawahar Sutra** written by Acharya Bhadrabahu, describing the divine benefits of Shivambu has categorically stated that whosoever follows SHIVAMBU SADHANA as per prescribed procedure shall acquire SIDDHIS and GODLY qualities, apart from getting rid of all bodily ailments his body shall acquire

the lustre of Gold!

SELF CONFIDENCE BY "SHIVAMBU SADHANA"

Friends, as a result of practising U. T. when you will realize that you are not going to fall prey to any dreadful disease, and if at all you get some minor ailment while at home or out-side, while in city or village, while in train or plane whether at hill station or in Himalayas or in the event of scorpion or snake bite you must have developed the self-confidence that all the time you are in possession of your own medicine (Panacea) then and there, and thus you have not to go in search of any doctor, nor struggle here and there for any medicine, the very feeling that Divine Panacea is with you shall fill your life with immense happiness and/or overflowing joy and your self confidence will soar tremendously. This is not the domain of imagination but of selfrealization. Therefore my good wishes to all of you that you may soon experience the same realization which I have already acquired by SHIVAMBU Sadhana.

I came to realize the fact recently that the polularity of Shivambu Therapy is increasing day by day and how people are eager to know more detailed information about it. Our Foundation had organised a half day seminar on Shivambu a Birla Krida Kendra, Chowpaty on 25th September' 94. Readers will be surprised to learn that 625

seating capacity hall was fully packed. In this seminar we could also learn about the generosity of Shivambu devotees as we received voluntary donations to the extent of Rs. 10,000/- on that day and flow of donations is still on. Really speaking we are doing God's work by carrying out the propagation of Shivambu as the same is meant for the benefit of suffering mankind. Service to downtrodden is service to God. Therefore we firmly believe that our divine campaign despite financial constraints shall continue uninterruptedly without any hindrance whatsoever.

During my recent Shivambu propagation tour of Rajasthan and Agra I had some unforgettable thrilling experiences which I would like to share with my readers. During Aug. 96 I visited Jaipur, Jodhpur, Pali, Sojat Road, Sojat City, Chandawal, Beawar, Ajmer and Pushkar etc. where my several lectures were arranged in schools, colleges and hospitals before huge gathering of students, nurses and doctors. I addressed press Conferences in Jodhpur, Agra and Ajmer and numerous newspapers gave a very good coverage to the fabulous efficacy of U. T. on deadly and incurable diseases.

In Ajmer I had a very encouraging and thrilling experience. Sister Ignesia, The Secretary General of the Missionary Sisters House, who is in-charge of Sophia Schools, Sophia Colleges all over India and St. Francis

Hospital at Ajmer, which was a historical event, as hundreds of students, teachers, nurses and doctors came to know about the fabulous efficacy of U. T. for the first time because of the bold and daring decision of Sister Ignesia to arrange my lectures. She was attracted to U. T. few months before on hearing a talk of Prof. S. B. Sharma and after reading my book and was immensely benefitted by its practice and within a span of few months she has become a powerful propagator of U. T. ! I was greatly thrilled to hear her experiments and experiences of U. T. which she narrated during my lectures referred above.

By the above episode I am extremely overjoyed as I have become confident that looking to Sister Ignesia's dedication and enthusiasm the most precious knowledge of U. T. would certainly reach, other missioneries not only of India but of several other countries; and thereby millions of suffering people around the World will be benefitted by it.

In the public meeting of Agra during my lecture held on 4-8-96 Swami Krishnanand of Haridwar (Aged 85) surprised the audience by telling them that he himself is drinking SHIVAMBU for the last 60 years ! For the first time he disclosed the secret of his excellent health before the audience and inspired them to follow U. T. for keeping good health.

Another revolutionery incident happened in Agra. My lecture was arranged during Nirankari Satsang Sabha on Sunday Dt. 4-8-96 at Agra before a gathering of 2000 devotees! The devotees got so much interested in Shivambu talk that half an hour talk went on far 3 hours !!

Swami Krishnandji had come to know about the fabulous efficacy of SHIVAMBU from a YOGI residing in the Himalayan Cave, sixty years ago.

MISCONCEPTION OF MASSES

Scientists declare that God has created seven lac types of living beings including creatures and insects. All of them are self-reliant. (In our scriptures it is referred as 84 lac YONIES) But has God created the highest and best creation man (human being) as dependant and helpless ? No, never. Man has only become miserable, dependant and helpless by reason of his perverted intellect and there won't be least exaggeration in saying so.

Man of today is living in a delusion that his health and treatment of various diseases can be bought through money only. Had this been true then all the wealthy human beings would have remained healthy and free from disease, but as we can see the reality is something different. Never in the past science had progressed so

much as these days. Take the case of pharmaceutical research based on science. How many new products are coming out every day ? New hospitals equipped with ultramodern, latest, and exorbitantly costly equipments are opening in different cities as if competing with each other ! But even then number of diseases as well as patients are ever increasing ! We have not seriously given our thought to this stark reality. Today mankind has been surrounded by innumerable incurable disease and man is feeling utterly helpless and dejected. Even scientists despite their endeavour and continued research have not been able to discover a permanent cure for several diseases. Leave apart the case of killer and dreadful diseases like Cancer, Arthritis, AIDS no successful treatment has yet been found out for ordinary common cold ! However medicines worth crores of Dollars are being sold throughout the world for common-cold. Is it not true? While SHIVAMBU can cure it in a day or two if not in **in few hours** ! Not the slightest exaggeration. Let me tell you that there is not a single medicine of modern science without any reaction or side effect. Some scientists in advanced countries are now openly discussing that AIDS is the creation of the modern science. It is, they say is the by-product of the use of the heavy and indiscriminate doses of antibiotics, chemotherapy and other harmful drugs-used for combatting Cancer and other related diseases.

Friends, do not read this book only once, but read it again and again and do ponder over what I have said and you would certainly realize and feel that the naked truths revealed by me in this book are the best amongst other health techniques already known to you. I can declare without least doubt that information based on great truth (Shivambu) would not be found elsewhere except this book. As you will go on reading it again and again you will be receiving more and more inspiration and self confidence each time.

Though I had a strong desire to translate Hindi Shivambu Gita into English and Gujrati languages, I was not very keen about it, but Mr. K. R. Raghwani of Nairobi who has become my esteemed friend on meeting me on 2nd May 96 after reading my book has become instrumental in inspiring me to take up its publication in the right earnest. Because on meeting me Mr. Raghwani was so much impressed by my missionary zeal and dedication to serve the ailing humanity, that he took the spot decision to sponser my visit to his country to help his country men by making them aware about the tremendous potentiality of U. T. who have been plagued by horrible diseases like AIDS and Ebola etc. for which no cure is in sight. Due to his loving insistance I had to give my consent to visit Kenya by the end of 96. Where I wish to distribute thousands of books in English and Gujrathi

during my visit. You will be amazed to know that amongst all African Countries maximum number of followers of U. T. are in Tanzania.

Here I would like to appeal to my beloved readers by way of request that during this year you may send a copy of SHIVAMBU GITA to your friends and relatives instead of sending costly new year greeting cards. Thus you will be instrumental in bringing about a great health revolution, and thereby get the blessings of those who would be benefitted from the information given in this book.

Time has now come to rectify our usual belief that health resides in prosperity. America being the most prosperous and richest country in the world has the maximum number of patients. These people consume sleeping pills, weighing more than 500 tons every year, besides consuming digestives and laxatives weighing almost 2000 tons ! I have shown you the path of Shivambu now it is up to you to tread upon it. I have ran around the world to show the right path to the disillusioned. I would like to quote an appropriate couplet (Sher) in this respect.

अक्ल के भूले हुआँ को राह दिखलाते हुए।
जिदगी अपनी कटी दीवाना कहलाते हुए।।

Come! Let us all join in this service oriented crusade by contributing physically, mentally and financially. Jai Shivambu.

On the occasion of the publication of SHIVAMBU GITA. I deem it necessary to express my heartiest gratitude towards two persons. Firstly my bosom friend Mr. R. K. Sharma who has been forced by me to become a trustee of our Foundation. I offer my sincere thanks to him, although he doesn't like such formality. Mr. Sharma has taken so much pains and hard-work for the compilation of Hindi Shivambu Gita, and its translation in English as well as for its proof-reading and thereby saved my time and botheration, which cannot be evaluated in terms of words or money. Another person worthy of all praise is Shri Nitin Prabhu who has been blessed by God, Lord Krishna (He is active member of ISKCON) with a spirit of dedication even at this young age. He owns a press where he has willingly published almost all my books, including this "SHIVAMBU GITA" with the minimum profit motive within a short time which is equivalent to YAGNA work for which he deserves lots of thanks. More over he has become a SHIVAMBU Sadhak & propogator too. He is so much fascinated towards Shivambu that, from his busy schedule he spared a week's time to attend the First World Conference of U. T. organised by us at Goa! However looking to his young age he is as good as my

son and as such I feel instead of thanking him, it will be most appropriate if I offer my innermost blessings to him.

Bombay

Dt. 15-8-1996

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IMPORTANT ANNOUNCEMENTS

During the First World Conference of A.U.T. (Shivambu Kalp) held at Goa in Feb. 96, the proposal of the German Delegates that Second World Conference should be held in Germany during 1998 under the banner of Water of Life Foundation (India) and the president of All India Executive Committee for the First World Conference Dr. G. K. Thakkar should continue as president till the Second World Conference of Germany was unanimously accepted. All are welcome to Germany.

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MY PERSONAL EXPERIMENTS, EXPERIENCES & RESEARCH

Before giving you the significant information about U. T. I consider it necessary to tell you how I became the devotee and crusader of Shivambu sadhana which I had not imagined of. Without this relevant information Shivambu Gita would be incomplete in all respects.

About eleven years ago, to be more precise on 15th Aug. 1985 I was introduced to U. T., and thrilled by its miracles I was attracted irresistibly towards it.

I had been suffering from amoebic dysentery for the last twenty years and doctors, Vaidya, and Hakims having declared this incurable, advised me to live with it; subject to receiving treatment continuously along with regimentation of diet etc. There was no permanent cure for this disease. In addition I was having eczema on my hand and foot for the last forty years for that I had consulted all the leading skin specialists of Bombay, but of no purpose.

My above mentioned both the diseases were totally rooted out just in few months of Shivambu treatment. Different medical systems have certain dangerous side effects while those arising out of Shivambu treatment are not harmful but beneficial.

As a result of beneficial side-effects, unknowingly I got rid of several minor afflictions like stomatitis (Month ulcers) cracked feet and lips, falling hair, dandruff etc. Today I am having vigour, stamina and energy which I didn't have quarter century before. My wife says "I was never so young, full of vigour, active, energetic and sexy even in my real young days !"

The biggest miracle or beneficial side effect that has occurred in my case is that Urine Therapy has made me an effective, bold and hypnotic orator overnight. Yes, I had never spoken from any platform before even a small audience, prior to doing Urine Therapy. Now I can speak in four languages for hours at a stretch on this subject so as to keep the audience spell bound. The secret of this phenomenon lies in the assurance given by Lord Shanker to his consort Parvati in Shloka 89 of "DAMAR TANTRA" (five thousand years old scripture) that one who does this therapy for three years as per his strict instructions acquires "WAK SIDDHI", becomes effective orator ! I am glaring example of that promise ! This therapy has passed down to us from ancient civilization, sacred groups, Yogis & sages.

My wife was a regular patient for more than 20 years and was suffering from numerous diseases viz. ear trouble, (tinatus) vertigo, constipation, pain in the joints,

cramps in legs and many more. I had tried for her all the best available talents in Allopathy, Homoeopathy, Ayurved and even Unani but without any result. At last we stumbled upon this wonderful therapy and she got rid of her almost all the ailments by it miraculously. Even she got rid of a tumor in uterus for which the surgeons had advised operation! Like wise my both the sons were also greatly benefitted by its use.

I am the father of two sons. My younger son had been suffering from Hematuria (passing blood in urine) Medical treatment contined for one year, but with no relief. In the end the doctors advised to undergo expensive and painful test "Intravenous Pylograph". Under this test several X-ray photos are taken after giving few colour injections in the veins with a view to ascertain the defect in kidneys. This specific disease of my son had thrown a challenge before me. Although I had full faith through Shivambu Treatment his disease could certainly be cured but the problem was how to convince my grown up son who had also náusea for U. T. Even then I told him to try it but he didn't pay much heed to my advice.

One day my son approached me and posed me a question. "If I do U.T. and no benefit accrues then ? Encouraged by his question I instantly replied. "Son, you follow U. T. with faith for only one month and if you do not get

relief I shall abandon my Shivambu propogation mission entirly !".

Accepting my challenge, my son adopted U. T. therapy drinking 1 1/2 cup (200 to 250 ml) of Shivambu 4 times a day. Exactly after one month we got his urine tested and the doctors on seeing the report declared him fully liberated from the disease. Hearing this my son danced with joy and hugging me exclaimed "Papa you are Great !"

Now, my elder son who was frequently suffering from common cold & constipation is also relieved of it by drinking Shivambu through nose. In one SHLOKA of Damar Tantra it is mentioned that by drinking SHIVAMBU through the nose one can get rid of eighty kinds of diseases pertaining to Vaata, Pitta and Kafa (वात, पित्त, कफ). Thus my entire family has become devotee of Shivambu. One's voice becomes melodious by **drinking urine through nose**, and all nasal problems are solved.

HISTORY OF SHIVAMBU

Exactly five decades ago John Armstrong an English author of a book titled "The Water of Life" has done great favour and obligation upon the world, by writing this book and he can rightly be called the pioneer or originator of Urine Therapy. This book became famous in England,

India and several other countries. Late Shri Raojibhai Patel, a close associate of Mahatma Gandhi came across it; when he was suffering from Asthma and had heart attack and he experimented U. T. on himself, his friends and relatives and obtained far reaching miraculous results. Inspired by those results he wrote a wonderful book "Manav Mootra" which has gone into more than 25 editions and has been translated into Hindi, English and Kannad languages.

Late Mr. Morarjibhi had received the inspiration to drink Shivambu from "The Water of Life" which was presented to him by Shri. Raojibhai.

A Question must be arising in your mind as to from where Mr. Armstrong received the inspriration to drink Urine ? Let us know that too. There is one quotation in Bible, "Drink Water out of thy own cistern" He interpreted the quotation in plain manner. You drink water from your own bladder (Cistern) i.e. Urine. Armstrong was suffering from T. B. and at that time there was no effective remedy for it. When he was heading towards death this knowledge dawned upon him and he totally got cured !

On discovering this panacea he treated about forty thousand patients suffering from various incurable diseases discarded by the physicians and on achieving incredible

results he authored the book "The Water of Life" thereby doing a great favour to the suffering humanity.

So far we called Mr. Armstrong the pioneer of U. T. but subsequently we discovered that the beneficial reference of U. T. (Shivambu) has been made in our several ancient scriptures like Veda, Mahabharata, Puranas and one dozen volumes of Ayurveda ! Not only in Hindu scriptures but also in Jain, Buddhist, Sufi and Masonic writings too.

Often it has been seen that unless some foreigner awakens us up we continue lying in slumber. J. W. Armstrong has done the noble job of awakening us. Take the case of YOG Vidya. After its acceptance by the western countries, we realized the value of YOGA!

In one of the volumes of AYURVEDA viz. BHAVPRAKASHA Urine is termed as "VISHAGHNA" killer of all poisons and "RASAYANA" which can rejuvenate even old person and "RAKTAPAMAHARAM" which purifies blood and cures all skin diseases. Reference of Urine Therapy is found in almost all the volumes of Ayurveda viz. SUSHRUT, HARIT, BHAVPRAKASH, GAJNIGHANTU, YOGRATNAKAR, BHAISHAJ-RATNAVALI, RAJNIGHANTU, VAGBHATT, DHANVANTARI NIGHANTU and many more. In SHIVAMBU KALP VIDHI" which is part of "DAMAR

TANTRA" our oldest scripture, Lord Shankara has explained to PARVATI IN 107 verses (SHLOKAS) the procedure and rules to be followed while doing U. T. and its beneficial effects when taken with certain herbs.

In TANTRIK YOGA culture this practice is termed as 'AMROLI" Amroli comes from the root word AMAR which means IMMORTALITY, UNDYING, IMPERISHABLE. Amroli was therefore a technique designed to bring about immortality ! AMAR literally does not mean that one will live for ever, but means that one will enjoy full span of healthy life and won't die untimely premature death which is very common these days. Amroli was originally a spiritual practice rather than a method of treatment. They termed it holy liquid i.e. "SHIVAMBU" According to them Urine is more nutritious than even milk ! You are not only physically benefitted by its practice, but you become spiritually advanced because it is an elixir... for body, mind and spirit ! Friends, all caring and merciful God has given us this precious gift (Urine) right from our birth but how miserable and unlucky we are that we are ignorant of it till we die painful premature death at the hands of experimenting physicians and surgeons ?

In our scriptures our body is compared with the universe (यत् पिंडे तत् ब्रह्मांडे) We can't imagine for a moment the existence of our beautiful earth without the presence of

salty oceans, similarly in my opinion (as I see), there is no possibility of healthy body without Shivambu. In this polluted world the only unpolluted thing is our own urine. In all the passenger vehicles there is an emergency exit. In the same way merciful all loving and caring God has put one panacea in our body at the time of birth (Ever before birth, as the foetus in the mother's womb floats and drinks Amniotic fluid which is 90% Urine!) about which we remained helplessly ignorant, but by God's grace the secret is being disclosed in front of you.

In the event of deadly attack of a disease, Shivambu works as a life saving shield. I can assure you that the popular maxim "Half knowledge is more dangerous than ignorance" is falsified by Shivambu Therapy as even its little knowledge can prove to be tremendously beneficial !

Friends, what a painful paradoxical surprise that the thing though mentioned in the scriptures of different religions, all the volumes of Ayurveda etc., still it remained hidden for centuries ! It was never lost, for the **truth** is indestructible, hence it always exists.

We are aware of several medicines whose utility goes on diminishing with passage of time and sometimes it also happens that life saving drugs turn out to be the killer

drugs. But the noble effect of Shivambu is perennial due to the sole reason that this is divine panacea prepared in the Divine laboratory !

There are several instances of travellers going astray in deserts, mountains or seas, or trapped under the debris during earthquake, or soldiers getting injured in the battle fields and people rendered homeless, provisionless due to unexpected calamity became liberated from their trials and tribulations by means of their own urine !

One of the great mountaineers of Mount-Everest Mr. Morris Wilson from England has written that he made liberal use of his own urine to save his limbs from becoming benumbed due to excessive cold of the Himalayas; and to save himself from frostbite, apart from maintaining his strength !

Colonel Mark Lyel, a hero of Second World War while fighting on behalf on British Army fell down after receiving head injury by bullet and became unconscious near Sahara Desert and got seperated from his platoon. In the morning he realized that he was lying alone in the desert. A lot of blood had dripped from his wound caused due to bullet injury on the head and he was in the agony of pain. He felt thirsty but there was no water in the water bottle.

Out of intuition and some knowledge of U. T. he urinated in the mug and drank little and applied a little on the wound. Thus he came back after reaching nearer to death. Next day the soldiers of his platoon went in search of the Colonel with the hope that they will only find his dead body, but when they met him hale & heartily alive and smiling they were wonderstruck ! Col. Mark became a great crusader and propagator of U. T. thereby and his prized articles are published in several magazines and newspapers of England and U.S.A. !!

SHIVAMBU AND SCIENCE

Physicians keep on saying that urine is a poisonous excreta of the body is far from the truth. Had it been true late Morarji Desai who drank his own urine for more than thirty years continuously would not have lived a healthy and graceful life of hundred years to inspire the Shivambu devotees.

Take our own example, we both husband and wife have been using Shivambu for the last more than ten years have not only acquired better health but our youth has also been coming back to us. On 14th October 1995 I have stepped into 67th year of my life. Even at this age I have been winning first prizes in jogging and Dandia competitions. Also in Bhajan Singing and made for each other

contest too. Please don't take it as a self praise. This is the miracle of Shivambu and I am singing its glory otherwise what we are ? Mere leaf of a tree.

After innumerable clinical and laboratory tests carried out over several years in Japan, China, U.S.A. Switzerland and many European countries it has been conclusively proved that over and above Urea it contains Enzymes (of different kinds) Vitamins, Antibodies, Aminoacids, valuable salts, and minerals, Carbonates, Bicarbonates, pigments, Carbohydrates and Hormones. It is a watery part of blood.

If we consider human urine from the allopathic point of view, it must be accepted that human urine has close relation to the theory of bacterial infection. The bacteria in urine have proved to be effective in many diseases. Thus this theory can be evaluated vis-a-vis the allopathic bacteria theory. Thus U. T. has the backing of science like allopathic therapy.

Very recently two doctors Dr. Alexander N. Glazer and Dr. Stocker from University of California have discovered that the yellowing dye responsible for Jaundice, present in Urine long dismissed as valueless bodily waste appears to have a beneficial function that can lessen tissue damage in CANCER, AGING, INFLAMMATION and HEART DISEASE. "Instead of spending 95% of our time

in developing means to get rid of billirubin, we should spend time on possible beneficial roles of billirubin." Dr. Stocker said. The above news appeared in "EXPRESS" (U.S.A.) dated 1-3-87.

Urine Analysis and Research shows that it contains valuable and active constituents such as Urea, Sodium, Potassium, Calcium and other Vitamins, Enzymes and Hormones, which are of vital importance in the maintenance of body and health. Urine also contains antibodies (Antidotes specific & essential) which give immunity against different kinds of virus, bacteria and diseases. Scientists have so far isolated and specified around 200 as against the estimated figure of more than two thousand elements and compounds in human Urine.

Oncology News (Vol. 16 No. 4) which is a publication of Academy Professional information Service notes in its July Aug. 1990 that "a completely new type of anti-tumor agent, that is nontoxic and seem to make malignant cells revert to normal is capturing the interest of Cancer clinical investgators with high expectations. The agents known as antineoplastens, discovered by Dr. Burzynski of U. S. A. are naturally occurring peptides and-aminoacid derivatives. They were first isplated from human urine and are now undergoing undergoing trials in several part of the World."

Way back in 1977 the Economic Times reported and thereafter many other newspapers are still reporting that in advanced countries like Japan and U.S.A. "Urokinase" (an injection that dissolves blood clots and costs as much as Rs. 9,000/- in India) is prepared from Urine collected from public urinals. This is a clear indication that modern scientists are aware of the fact that Urine is NOT A WASTE PRODUCT but Valuable most sterile serum, which is a panacea for several major illnesses including AGING. Urine is flesh, blood and vital tissues in living solution. Apart from urokinase several other injections like Profasi, Perganol, Antineoplastens etc. are manufactured by different multinational companies in advanced countries and are minting vast profits of millions of Dollars every year, while we are helplessly unaware and ignorant about this precious gift of the nature given to us for our well being. What an irony of fate ? Dr. Burzynski of U.S.A. after carrying out research for 20 years on human Urine has developed an injection out of it that can reduce Cancer tumors which he has named Antineoplastens. One injection of it costs \$ 8000 and the full treatment Two lac Dollars ! Still no guarantee of sure cure.

Few months back one revolutionary book has been published in U.S.A. in which mutual relations of SHIVAMBU and Science has been thoroughly discussed. The name

of the book is "YOUR OWN PERFECT MEDICINE" written by a lady whose name is MARTHA CHRISTIE. By reading the very first sentence of this 260 paged book you shall learn the secret of science and uropathy. She writes "The incredible untold story of a proven natural miracle cure (U. T.) that medical science has never revealed. It's the astounding proven natural cure that medical science has ever discovered-, and yet none of the incredible research findings on this incomparable natural medicine have been revealed to the public. " ! In fact she has written two books. One costing \$ 250 and other \$ 25 !!

Friends, this American lady Martha Christie had a painful history of 30 years suffering from various incurable diseases before getting the knowledge of this therapy. She has given her history in the very beginning of the book. Which I have read several times and each time my body hair used to stand -erect by the thrilling sensation I experienced. This Lady from the age of 12 right up to the age of 42 (30 years) suffered from different incurable, diseases and surgery was carried out six times on her body She says she was a moving encyclopaedia of diseases ! She had become a burden upon her family members because in 30 years lakhs of Dollars were spent on her treatment by trying various physicians and medical systems. She went to Japan &

Mexico for treatment. She was totally fed up with the miserable life and very much wished that death should relieve her miseries. Thereafter she became recipient of the knowledge about Urine Therapy from the book written by my friend in U. S. A. Margie Adelman, by practising which she not only became free from all diseases but the beneficial side-effects of U. T. brought a turning point in her life. She is acknowledged world famous writer which was really a blessing in disguise. I know more than hundred people who after practicing U. T. have become poets or authors of repute due to beneficial side effects of SHIVAMBU practice ! Such a masterpiece book containing detailed information about the research done by the scientists of the world on human Urine has never been written by anybody. So now you have known that many elements having the capability of curing various curable and incurable diseases are present in SHIVAMBU. But scientists by themselves will never make such declaration for which they are not to blame, because we all are living in this materialistic selfish world. I have not to add anything further in this respect as you are wise enough to understand and appreciate the whole situation and the things going on in the inhumanly commercialised medical profession.

You better understand one thing that despite elaborate research done or to be done on human Urine as it can

benefit us in its original form, the same benefits can never be derived or achieved through injections or medicines prepared out of Urine.

All leading scientists including medical professionals agree that degenerative diseases like cancer, arthritis, heart diseases, renal failure etc. set in due to the accumulation of toxins in the body. Various methods are suggested for removing these toxins. However, with my years of experience and the testimony of thousands of patients, I can confidently say that there is no greater harmless detoxifying agent in the world like our own Urine. It not only purifies the system but also regenerates and builds up old worn out and even dead tissues, That is why it is very much effective in deaging process and Cancer too.

Scientists have discovered that patients suffering from degenerative diseases mentioned above suffer from lack of certain basic minerals and enzymes like copper, iodine and pancreatic enzymes etc. It will amaze you to know that these very elements are passed out in adequate quantities in the Urine of the patient in proportions that can be easily assimilated by the patient and help in the process of tissue building and fight diseases ! I fail to understand as to how the intelligent medical scientists are overlooking this simple yet most precious and useful phenomenon ?

DISEASES CURED BY SHIVAMBU

My great benefactor and mentor late Mr. Morarji Desai; whom we used to call "Shivambu-Rishi" out of love & regard used to say "If urine therapy is done with faith, patience and observing strict regimentation in diet, before spoiling the disease by resorting to harmful treatments, then any disease can be rooted out by this therapy."

I hereby reproduce the statement of a famous doctor of England, Dr. T. Wilson Ph. D., M.D., "As the urine contents vary according to the pathological state of the patients, its use is indicated in all forms of diseases, except those caused by traumatism or those that are of mechanical nature."

Often we say that every rule has an exception. This applies to U. T. also because some patients may not be benefitted fully due to disease reaching last stage or treatment not done in right manner or for any other reason, but one thing is certain that there won't be any adverse or harmful reactions which arise in other medical systems.

Here I mention few diseases which got cured by Shivambu, and there are many examples. Different types of Cancer, diabetes, arthritis, heart diseases, ulcers of various kinds, gangrene, leprosy, T.B., S.L.E.,

pemphigus, herpes, psoriasis, all diseases of eyes, ears, nose, throat, diseases related to teeth and gums, piles, fistula, diseases of women such as tumors of uterus, leucorrhoea, infections of womb, discomfords of pregnancy such as vomiting, giddiness etc. The couple having no possibility of having child have conceived and cradle is seen in their homes !

If I continue giving the list of diseases then the whole SHIVAMBU GITA will be occupied by the list only. Therefore it is sufficient to state in brief that there are numerous diseases and their names innumerable but for each and every malady the panacea is one and the same. SHIVAMBU.

In a poor country like India how much useful and beneficial Urine therapy would be, can be judged from the under mentioned episode.

I along with my wife had gone to Chitrakoot (M. P.) to offer our services in the eye-camp organised by Sadgure Seva Sangha Trust. There, one day on the road leading to Jankikund we saw a beggar, who was a mere skeleton as only bones were visible in his body. On enquiring we learnt that he was suffering from T. B. for some years. What a predicament ? How can a beggar get costly medicines and/or wholesome and nourishing food for recovering from T. B. ? We explained to him Shivambu

treatment of drinking of whole day's Shivambu and of massaging his body with it. He agreed to do so. After two days we passed again from that road, when he jubilantly told us that his years old cough had cured fifty percent and six month old stomach ache had been cured fully ! After one week he met my wife again during "Kamad Giri rounds" (PARIKRAMA) and out of gratitude and respect touched her feet and declared that "I have become alright by drinking Shivambu. You can see I am completing the rounds of "Kamad Giri" What else can you call it, except a Miracle of Urine Therapy ?

DETAILED INSTRUCTIONS ABOUT URINE THERAPY TREATMENT

There are names and address of hundreds of patients recovered from different incurable diseases in the two famous bulky books "Manav Mootra" written by late Raojibhai Patel and "The Water of Life" of J. W. Armstrong, but I am highly surprised when people after reading those books come to me to get guidance to start U. T. for treating their diseases ! Hence the sole aim of writing SHIVAMBU GITA and putting it in your hands is to impart you the maximum practical information about Shivambu. So that you may become self-reliant in respect of treating any kind of disease you come accross without consulting anybody; or even without meeting me. That is why even though I have got testimonials of

hundreds of patients of India as well as of several countries, still with a view to make you self reliant instead of reproducing the thrilling recovery stories I have given priority to the detailed instructions of U. T. treatment and its timely significance in the present generation. By reading which you will not only get rid of your diseases, but will be transformed into a Urine Therapist and a propagator of it. Of course I do expect that after receiving the benefits of U. T. you will oblige me by sending your experiences by letters, so that other patients can get inspiration from the same.

For Shivambu devotees there is no other harmless panacea than Shivambu in the world. Hence the first condition of Shivambu Treatment is that one should commence U. T. after relinquishing all medicines, non-vegetarian food and intoxicating things like Bidi, Cigarette, Tobacco and liquor etc. However there are two exceptions. Patients suffering from heart trouble and diabetes cannot discontinue medicines abruptly. As such they may drink Shivambu along with their usual medicines and if they realize that Shivambu suits them, then they can reduce the dose of medicines gradually in a phased manner and increase the dose of SHIVAMBU. Thus in a couple of months they can get rid of the medicines completely.

Peculiarities of U. T. Treatment

1. It has been proved by experience that almost all the diseases are cured by U. T. provided it is done systematically without spoiling the case by harmful medicines and treatments.

2. This treatment is simple like household remedies, can be taken without any expenditure and without any danger or risk.

3. There is no need of any pathological tests of blood, urine, stools etc. in order to diagnose the disease. Most wonderful thing is despite passing blood, pus, sugar or any other abnormality in our urine the same urine cures our disease ! You all know the popular maxim "Diamond cuts diamond" or "poison kills poison". Hence there is no need of testing urine.

4. External application of urine upon any injury or wounds arising out of cuts or burns gives instant relief and the wounds get dried and healed soon. Even the marks of the wounds would not remain on the body ! Hidden injury due to sprain or swelling in any part of the body gets cured by Shivambu.

5. U. T. Treatment is very effective in counteracting the venom of snake, scorpion, poison due to mad-dog's bite or intoxicating influence of opium, brown sugar and

other nasty durgs. **It's the most harmless yet powerful detoxifying agent for drug addicts.** The drug addicts can't afford to remain ignorant about the most beneficial use of Shivambu for detoxifying their brain, body and whole system by this simple yet most effective therapy !!

Obstructions In Shivambu Treatment & How to Overcome Them :

While practising U. T. two particular obstructions arise due to misunderstandings connected with Urine, but they can be removed easily with right approach. First difficulty is the age old conception prevailing in our society that Urine is the poisonous and dirty excreta of the body. But this fallacy is far from truth, as proved by the scientists of different advanced countries, on the basis of successful research and experiements done upon human Urine. This aspect is already disucussed by me earlier. Second difficulty comes on account of foul smell and disagreeable taste, though it tastes much better than beer and wine ! This difficulty also can be overcome by taking simple food free from chilly and condiments, like milk and fruits - which in turn purifies the colour, smell and taste of Urine which will resemble almost like water. In the beginning you may add equal amount of water while drinking it and you won't feel the disagreeable taste of it. If any person or child has too

much repulsion about it he can mix honey or syrup along with water in urine for a couple of days. Thereafter you will get into the habit of drinking it without adding anything.

Main classification of all diseases in two categories for U. T. treatment

As a best general tonic for keeping fit, healthy and energetic and also as a preventive against all infectious diseases one glass (200 to 250 cc) once or twice a day can be safely taken. Even if it is taken in a more quantity it is beneficial and not harmful. Children should be given 2 to 10 table spoons of Urine according to their age.

First category of diseases : General diseases like cough cold; all kinds of fevers like malaria, typhoid, flu viral fevers, indigestion, gas trouble, uneasiness etc.

a) Enima, of warm water and urine (one litre) 50-50 should be given to the patient (either fresh or even old urine can be used for enima). If patients is not available other persons' urine can be used for this pur Enima will cleanse the bowels and the patient will get instant relief in many symptoms.

b) Observe complete Shivambu fast for 1 to 3 days during which period all the food and drinks should be stopped and all the quantity of urine should be given to

the patient for drinking. During interval sufficient water (8 to 10 glasses) should be taken. By such method acute illness will be cured in 2-3 days time. Fast should be broken with fruit juice and/or moong water. After 1 or 2 days start taking normal light diet. After the fast also drinking of urine should be continued 3-4 times daily. Those patients who can't do fast and/or even can't take Enima should drink 200 to 250cc urine 3 to 4 times daily. Thus they will also be benefitted considerably in all respects.

Second category of diseases :

For chronic diseases of all kinds, such as AIDS, Cancer, T. B., Asthma, Arthritis, Heart and kidney diseases, Diabetes, paralysis, incurable skin diseases like psoriasis, eczema, pemphigus, skin cancer & herpes etc.

- i) First give an enema of warm water mixed with urine to the patient as mentioned above to cleanse the bowels.
- ii) Complete fast should be observed for 3 to 30 days depending upon the severity of the disease, and condition of the patient as mentioned above on water and urine only. Without having any food liquid or solid. There won't be slightest exaggeration in saying that for fighting against all the deadly chronic diseases

Shivambu-fast is the only harmless weapon. During fast the patient should drink sufficient quantity of water (8 to 10 glasses daily) and entire quantity of urine passed during the day. Night urine should be preserved for massage. If the patients' urine is not sufficient another persons' urine can be used for massage and for enema. Here I would like to clarify that during long period fast one doesn't feel much weakness as our urine contains large quantity of nutritional elements and vitamins. Hence by drinking urine the strength of the patients remain intact to fight diseases. However if any patient is very weak and is not in a position to do fast, he can remain on liquid diet of fruit juices, soups, moong water, vegetable juice, coconut water etc. and drink all the urine passed. **During long period fast Shivambu massage is absolutely necessary.** Patient should also be given enema of urine & water daily after the first motion. If the patient is too much constipated then enema should be given in the early morning without waiting for the first motion. Enema should be given daily during first week, and thereafter 2 to 3 times in a week will be sufficient. Enema is most innocent, harmless and non habit forming procedure to cleanse the bowels whereby old, hard layers of stools that might have stuck to the walls of the intestines get flushed out; which ultimately helps in curing deadly diseases. **(Massage of old urine is most essential during fast).**

Even long period fasts can be undertaken without an expert guidance as Urine fasts have always been found to be most harmless and safe. Because of the intake of urine our body gets complete nourishment from it; as such there is no possibility of any complications. The only precaution to be taken is, after breaking the long period fasts one should return to normal diet gradually. For the first few days liquid diet should be taken and thereafter semi-solid and then solid food and normal diet should be taken by the patient. After the fast the patient must continue drinking whole days urine for several months.

Diabetics, Heart patients, and patients suffering from **acidity need not do fast** but they can remain on liquid light diet of fruit and vegetable juices and drink all the urine. They must do massage of old urine and take enema too.

Method of massage with old Urine

Like old wine, old urine is precious for massage and outward applications. **(Not for drinking)** In order to get rid of chronic incurable diseases of cancer, asthma, leprosy, arthritis and incurable skin diseases doing massage with old urine systematically along with Shivambu fasting helps considerably in early recovery. As the urine which enters the body through the pores detoxifies the

possible toxins of our body and helps in early recovery. Massage should be done with light hand like anointing all over the body from head to feet for minimum one hour daily. If it is done **twice a day** still better.

For this purpose you have to arrange 7 clean bottles having half litre capacity putting labels of 1,2,3,4,5,6,7 number. First day collect urine in bottle no. 1 which will be used for massage on the 7th day. Thus fill seven bottles in seven days. When old urine is not available, in the mean time fresh urine can also be used for massage and outward application. If the urine collected in the bottles becomes several months old it will not be spoilt, but its efficacy, will be enhanced for all external use. **For drinking always use fresh urine.** Massage should begin with the urine collected in bottle No. 1 seven days back. Keep that bottle in a tumbler or small bucket containing hot water so that the bottle and urine will become warm. It can also be made warm by keeping the bottle in the sun. To reduce the offensive smell of old urine you can mix camphor powder in urine while massaging. Massage the whole body. Thereafter the patient should sit for 15-20 minutes in the open air or sunshine, (If convenient) then he can take bath with lukewarm water without using soap, instead one can use gram flour or clay. Late Shri Morarji Desai had not used soap either for bathing or shaving but was using urine only during the last 30

years ! That was the secret that he hadn't visible wrinkles on his face and body at the ripe age of 99 years.

Possible side-reactions

Some patients in rare cases by drinking urine and/or by massaging the body develop cough, cold, vomiting, loose motions, itching or boils, on skin as a reaction but there is nothing to be alarmed at because such a reaction indicates that impurities and toxins accumulated in the body are being thrown out with a view to cleanse it. So there is no need of taking any medicine to put an end to such reactions. For boils, rashes, or skin eruptions you can put bandage cloth soaked in old or fresh urine on the affected parts. In the case of diseases pertaining to different parts of the body viz. eye, ear, nose, throat, heart, lungs, adso men, liver, kidney, piles, prostate, thyroid, uterus of woman etc. there is no need of taking any separate treatment or medicine because Shivambu is the guaranteed and assured panacea for all diseases of the body. For dealing with the diseases of some parts the procedure is given here under :

For prostate, fissure and piles retention enima of 50cc of old or fresh urine should be given to the patient twice in a day; over and above regular intake of urine. For piles urine packs can also be put on the piles & anus.

By putting urine drops in the nostrils and or by drinking it through the nose instant relief can be obtained in sinusitis and other nasal problems; and especially instant relief is obtained in common cold. By drinking urine through the nose your voice becomes melodious ! One may become a singer due to beneficial side effect !!

Though numerous diseases of the ear are cured by putting urine drops of old or fresh urine, in some rare cases, some patients had developed ear pain after the use of urine drops. So be careful about it. If you develop pain discontinue it.

Bandages : You can put bandage cloth soaked in urine on wounds, burns, swelling, skin infections, rashes, insect bites, stings etc. for instant relief.

For the diseases of the women like leucorrhoea, irregularity of menstruation, pre-menstrual tension (PMT) pre-menstrual inflammation of the ovaries or uterus, fibrosis, tumor etc. along with drinking of urine its douch should be given. If douch is not possible one can insert cotton wool soaked in urine in the vagina, which can be replaced after few hours. In our scriptures our body is compared with the Universe (Brahmand). It is certainly not within our reach to fathom out the mysteries or divine qualities of Shivambu fully like the mysteries of

BRAHMAND. Shivambu does not merely work at the physical level but it works wonders at the mental, intellectual and spiritual levels. This is the direct experience of all Shivambu devotees.

Use of fresh Urine : For drinking, putting drops in ears, eyes, nose, snuffing, gargling, rubbing on gums on burns or on injury enema etc In case of burns Shivambu is so much effective that by patting cotton gauze soaked in old or fresh urine on the affected part there will be instant relief and there won't be disfigurement and depigmentation of the skin at all !

Use of stale (old) Urine : Massaging, enema, bandage, poultice, steam inhalation. From practical experience it has been discovered by me that for outward use old urine is hundred times more effective than fresh urine !

Use of fresh & stale (Both) urine : Ear drops, burns on injury, wounds, boils, infections, enema.

Special guidance for incurable skin diseases like Psoriasis, Eczema, Leucoderma etc.

Often it has been noticed that different types of skin diseases and skin infections particularly infections on the genitals of men and women simply go away (disappear) with external application of urine. But even obstinate, lingering and incurable diseases like psoriasis, leucoderma,

pemphigus, S.L.E. Herpes and skin cancer also get cured when U. T. treatment is done systematically particularly following strict regimentation of diet which include totally abandoning salt, chillies and condiments for 3 to 4 months and only eating raw natural food of salads, fruits, vegetables, dates, raisins (to be eaten after soaking it in water and blending) and vegetable soups etc. Side by side you have to drink whole days urine, take enima of luke warm water mixed with Urine, and gentle massage of the whole body twice a day one hour each with old urine. This procedure must be continued for 2 to 4 months. It has been discovered after prolonged experimentation that in comparison to fresh urine old one is hundred times more effective on skin problems and massage. Hence for all the skin diseases old urine is a must. This is the SHIVAMBU "Sadhana" and the positive results are sure and certain.

Multifarious uses of Urine

Friends, you will be astonished to know the multifarious and divergent uses to which we can put our urine at work !

It can be safely & beneficially used as : A conditioner for hair. Sahving Cream, after shave lotion, tanning lotion antiseptic lotion for cuts and wounds, complexion improving lotion, Astringent lotion for pimples and acne,

eye wash for all eye troubles, nasal passage cleaner for sinus troubles, rheumatic and muscular pain killer, soothing & healing lotion for burns & treating piles and fistula antidote for snake and scorpion bites, can be used as aphrodisiac on impotency; as douche for leucorrhoea and other menstrual diseases and last but not the least a instant energizer. If you use it as a mouth wash daily, before going to bed, I can give you life time guarantee for your teeth! No exaggeration. It not only makes the complexion fair but one can also get rid of old age wrinkles of face and body. It is the nature's most effective de-aging tonic ever known to mankind. It has been recently discovered that even vaginal Herpes is cured just by putting Urine packs on the affected parts.

A friend of mine Dr. B. V. Khare well known Urologist, and one of the most active trustees of our foundation is a staunch SHIVAMBU devotee since 20 years who has guided more than 3000 patients suffering from different incurable diseases over the years says "If a child is given Shivambu right from the birth it will turn out to be a Computer baby (Genius) with extraordinary intellect, memory and health!"

Suppose any patient has stopped passing urine or very little quantity is coming out, then under such circumstances if urine of a child or any healthy person is given to him/her for drinking the patient will start passing

it freely within half an hour. Thus he/she can start drinking his/her own.

Regimentation or Restrictions of Diet

There is prime need of taking special precaution about food, in order to keep our body disease free. Because mostly diseases set-in due to harmful food or eating more than required by the body. In our daily meals we take more of cooked food and less of salads, fruits, green vegetables etc. as such our body does not receive full nutrition. During the process of cooking food, its nutritious elements get destroyed due to heat. By eating such food the quantity of fats and mucus accumulates in the body as a result of which we become victims of killer diseases like cancer, blood-pressure, heart attack and diabetes etc. not only that the stool gets choked in the intestines, which rots there for years together due to which several other diseases crop up. On the other hand ripe fruits, green leafy vegetable and sprouts contain ample nutritious elements, vitamins, salts etc. to keep our body free from disease. By eating such natural food our body develops disease resisting power more and more so as to keep our body healthy and disease free. Therefore we should take less quantity of cooked food and more of natural to keep us healthy. During the practice of Urine Therapy if we do not keep control over

our **Ahar, Vihar and Manovyaper** (आहार, विहार, मनोव्यापार) we will not be able to obtain maximum benefit from Shivambu.

In food out of the following items you can take what ever suits you.

Grains : 1) Wheat porridge 2) Wheat Chapati (Roti) without sieving the flour as the husk (Chokar) normally removed by sieving contains more nutrition than the flour. 3) Roti or Bhakri made of Jowar or Bajra 4) Roasted things such as groundnuts, grains, green peas, unpolished rice, red rice, or various rice preparations like Kheer, Lahi, Chivda etc.

Sprouted Foods : By sprouting the food grains its nutritious elements and vitamins increase several times in quantity and quality. You will be amazed to know the tremendous nutritional qualities of sprouted Ragi (Naachni), though it is a staple food of the poor backward aboriginals (Aadiwasi) of Maharashtra and Gujrat. It increases the Haemoglobin in the blood to a great extent at the same time it cures diabetes. Ragi can be eaten by preparing its Chapati or Sprouted Ragi can be blended in a mixer with water and can be taken as a nutritious drink by adding little honey. The above mentioned sprouted cereals after grinding a little can be mixed in Salad or in Curds to be eaten as Raita. It can also be eaten in the

form of Khichdi prepared in cooker. Moong, Gram, groundnut, wheat, til, fenugreek (Methi) Ragi (Naachani) can be easily sprouted.

Green Vegerables : Gourd (Louki) Zucchini (Turai) Parwal, Raddish, Onion, beet, shalgam, garlic, and green leafy vegetables such as, Palak, Bathua, Cholai, Methi etc. amongst the green vegetables whichever available and suits you should preferably be taken raw in salad form without cooking.

You can also extract fresh juice of the above vegetables and drink it. It will be tremendously helpful in curing deadly diseases like AIDS, cancer, S.L.E., Arthritis, diabetes etc.

Ripe Fruits : Papia or papeeta, chikoo, mango, apple, mosambi, orange (sweet) grapes. etc.

Dry Fruits : Dates, almonds, black raisins (Manuka) should be soaked in water over-night and eaten, kaju, kishmish, ghee, milk of cow or goat.

Things to be avoided : Articles made out of refined flour (Maida) like bread, biscuits, cakes etc., non-vegetarian food, pickles, papads, fried things, too-much spicy and salty foods must be avoided or abandoned altogether while doing U. T. for serious diseases. White sugar and

vegetable ghee (Dalda) is injurious and harmful to health and body. Jaggery (Gur.) can be used in place of sugar. Try to take minimum possible salt, chillies and condiments. Must abstain from Bidi, Cigarettes, tobacco, wine or other intoxicating drugs.

Special instructions for Cancer Patients :

Most of the people coming to our consultation center conducted by our foundation for seeking guidance of U. T. are patients suffering from cancer. That is why it is worth while to give special information and guide lines to cancer patients. Of course it is a bitter truth that people take to Shivambu Therapy when they are fed up and tired by experimenting with all pathys and therapies, and thereby spoiling the case. But by that time disease reaches the last stage, when U. T. fails to give them complete relief they indulge in blaming Shivambu Therapy. Moreover there is another cogent reason responsible for the present situation that public does not have proper and correct knowledge about U. T. nor there are centres for obtaining relevant information. As such Cancer patients can't do this treatment systematically by following proper method of fasting, massage and enima etc. Hence they do not achieve expected benefits.

One the other hand we have seen that patients at the last stage of cancer though might not have been fully

benefitted from U. T. but it is observed that there had been remarkable reduction in their pain and sufferings and they have died a peaceful and painless death !

I have already classified the diseases in two categories and explained the methods of treatment earlier, even then I repeat certain points so that cancer patients can while remaining at home could treat themselves in the right manner without seeking anybody's help and guidance.

Cancer patients should start U. T. only after stopping all allopathic medicines and treatments like chemotherapy, radiation, and antibiotics etc. However there will be no problem if Ayurvedic or Homoeopathy medicines are taken along with drinking urine. They should implement the following instructions.

1. Considering the condition of the patient, 8 to 30 days Shivambu fast ought to be observed by drinking urine and water only. After the fast also the patient must drink whole day's urine for few months, and do massage too.
2. It is absolutely necessary to do gentle massage with old urine for minimum one hour each in the morning and evening during the fast and thereafter too.
3. Enima has to be given to the patient daily for a week by mixing urine with lukewarm water half to half for

cleansing the bowels and intestines. Enima of Urine and water has such a tremendous and powerful effect in detoxifying the body that it is capable of curing more than fifty percent of total diseases suffered by the mankind easily without the use of any medicine or even Shivambu ! The root of all diseases lies in the constipation and the effective simple, safe and most harmless remedy for it is Enima. There is no substitute of enima for getting rid of the old stools that might be stacked-up to the walls of the intestines and bowels. In the beginning enima should be taken daily after passing the first stools for 8 to 10 days continuously, and thereafter it would be advisable to take once or twice a week. Those patients who don't pass the stools easily they should be given enima without waiting for the first stool. (Motion)

Cancer Myths and realities

Two well known doctors of Bombay, Dr. Manu Kothari & Dr. Lopa Mehta have written a revolutionary book titled "Cancer Myths and Realities about its cause and cure" The book is published in London and has been translated in German and Dutch languages, while a single copy of the same is not available in any book store in India ! I got the same from the authors and instantly prepared a xerox copy of the whole book. It has been translated in India in

Gujrati language only. They, after deep study and research have written in the book. "If any cancer patient takes routine allopathy treatment his/her life is shortened and his/her death becomes painful whereas those who don't opt for the treatment they survive longer and their death is painless !"

They further write "For the diagnosis of the disease it is not wise to undergo biopsy too, as because of doing biopsy cancer spreads speedily in other parts of the body" That is why Dr. Kothari had neither done biopsy nor given any treatment to his parents suffering from cancer. They further state "During the last fifty years though Trillions of Dollars have been spent on the research work or medicines of cancer but not an inch of progress has been made in the direction of successful treatment of cancer, still every now and then tall claims of new research are made in the medical journals and newspapers"!

From the above statements made by the authors of that book we can draw a simple conclusion that all are interested in running their own shops and peddling their pharmaceutical products ! When the patients do not get the correct information as to their disease and/or the dangerous and painful side-effects of the medicines given in the treatment of cancer, could there be expectation for correct and successful treatment of it ?

Friends, I had decided not to include case histories of the patients recovered by U. T. with a view to avoid making this book bulky, but the recovery story of Srilata Swaminathan (Kidney failure patient) who happens to be the niece of well known Kathak dancer Mrinalini Sarabhai and the story of Mr. Himmat Somaiya (Cancer Patient) are so incredible, thrilling and hair raising that I have decided to print them in their own words here :-

MY INCREDIBLE RECOVERY STORY

SRILATA SWAMINATHAN

I had been sick for many years. The problem was supposed to have been with my kidneys. I suffered a lot from oedema, as my kidneys were not able to clean my blood properly and my body was full of toxins and poisons that it could not expel. The All India Institute of Medical Science (AIIMS), New Delhi, had told me in 1982 that I would not survive another two years if I did not have a kidney transplant.

I have been working and living for the past Eighteen years among the Bhil adivasis of Banswara, Rajasthan. This is an extremely poor and 'backward' area. It seemed ridiculous to spend thousands, even lakhs, of rupees on a transplant, or on the health of just one person. Very few people in our country are indispensable, and I am not one

of them. Moreover, I have very little faith in the allopathic system, and prefer more natural and holistic methods such as Ayurved, naturopathy, homoeopathy, diet control and fasting. I was taking homoeopathic medicine and continued with this. I was able to continue working, but there was a gradual deterioration in my health and abilities over the years.

Gradually, I got worse. It became more difficult to work and to move around. My weight increased. I felt lethargic, and dull and heavy in mind and body. I was subject to increased irritability, and I became hypersensitive and emotional. The smallest problem took on gigantic proportions and became impossible to deal with. I suffered from oedema, weakened eyesight, falling hair, bleeding gums, piles and anal fissure, painful joints, tiredness and being out of breath, inability to retain urine, premenstrual tension bordering on hysteria, constipation or diarrhoea, acute depression. In short, I felt that my whole body and its systems were coming to a sluggish halt. I had to force myself to go on working.

Working in this tribal area, I saw many adivasis use urine very effectively on cuts, bruises, sprains, wounds and even gangrene. Urine was given to small children for coughs, jaundice and stomach ailments. Much against my natural (or un-natural) instincts, I was forced to admit there was a beneficial side to urine. So, about fifteen

years ago, I went to Ahmedabad and met Shri Morarji Desai and asked him to recommend some books on U. T. that I could study studying them. I was still sceptical about the 'scientific' rationale behind Auto-Urine Therapy (AUT), but the books not only convinced me, but made fascinating reading. At that time I was suffering from, what the allopaths called, 'amoebiasis'. After reading the books, I drank the first urine I passed every morning, for a whole month, and amoebiasis never troubled me again.

To get back to the present, while I was convinced of the efficacy of AUT, I did not practise it consistently or seriously till I became virtually bedridden by the end of 1988. By September '88, my body was so full of toxins that I had massive oedema and my legs, ankles and feet had started oozing pus from hundreds of sores. The pain was so severe that I could not walk or do any work. I did not get a single night's sleep from 28th September till January 5th, as each contact with the bedsheet or any cloth was painful and each movement led to shooting pains. I went to Delhi to be treated by my homeopathic doctor whose knowledge, patience and wisdom I greatly admire. But after a month and a half of treatment, even he felt that there was nothing he could do, since I was not responding to any medication. I went to Jaipur and consulted an Ayurvedic doctor, but then, the sores broke

out with even greater ferocity. I returned to Ghantali (the small tribal village where I live), feeling that I would not live much longer and waited for the painful end. What irked me most was the feeling of being a burden to others and not being able to do any work. By now, I was in bed all the time and had stopped all medication, since nothing was working.

One day, at the end of December, 88 I remembered the books of AUT and began to read them again. I went through the case histories of patients dying of terminal diseases like cancer, kidney failure, heart complaints and many others, all of whom had been saved by AUT. I decided to make one last effort to survive.

From 1st January 1989, I went on a total fast, eating nothing at all and drinking all the urine I passed and some water. I fasted continuously for five days, at the end of which the pain in my legs and ankles disappeared completely and I was able to sleep properly and begin hobbling around. But the swelling and sores in my legs and feet persisted. So, on 15th January, I decided to go on an indefinite fast until I was better. Again, I took nothing but urine and water. I fasted for fifteen days continuously, by the end of which, all the oedema in my legs, ankles, face, arms, hands and body had disappeared and the sores on my legs almost healed. I could walk

around quite normally, and began working on the fourth day of my fast. With each day of fasting and AUT I not only got better but stronger. Initially, my pulse was irregular and I felt slightly feverish but, gradually, my pulse and blood pressure became normal. My mind and body became increasingly active and alert.

It is now June, 89 five months since I fasted on AUT, and I feel younger, more energetic, can work longer hours and easily walk 8 to 10 kilometres without any problem. During the whole of May I was able to field work even in temperatures of 45 to 47 degrees centegrade. Let me tell you the ways in which I am benefitted. I can now read and write without wearing glasses. My hair has stopped fallir.g. My teeth are no longer sensitive and painful. My gums no longer bleed. There is not more swelling and I am no longer troubled by piles and constipation. There is no P.M.T. I have lost weight. My memory is better and I am less irritable (my husband will vouch for this). Mentally, I am much improved, with no depression and feel rejuvenated and positive towards life and work. Some friends even say that my hair is not as grey and has become blackish ! Anyway, there is not doubt that I have been given another chance to live, a reprieve. Also, I do not have to depend on doctors, hospitals, expensive drugs and fancy-equipment. I also feel pleased that no multinational pharmaceutical company is earning profits

through me !

I still drink the first urine that I pass every morning, and whenever possible, 2 or 3 times or more in the day. I fast once a week, and stay on urine and water only during the entire day. People who saw me when I was sick are astounded at my recovery. I have also started helping others cure themselves on AUT, especially poor tribals and dalits in this area. I know that many feel mental revulsion to the thought of drinking urine, since they have been conditioned to believe that it is unclean, dirty and a waste product. I suggest that they read the books on U. T. which would explain the rationale behind urine therapy much more effectively than I can.

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CANCER DOESN'T MEAN CANCELLED FROM LIFE

The amazing recovery story of Shri Himmat Somaiya from terminal liver cancer is so thrilling, sensational, exciting and inspiring that I have decided to reproduce the same here in his own words for the benefit of the readers. Mr. Somaiya, after his miraculous recovery has become a powerful propagator and mighty supporter of U. T. (SHIVAMBU). He has joined our Shivambu Mission wholeheartedly. He is ever-ready to help and guide the people suffering from incurable diseases.

“Friends, Had I not stumbled upon U. T. eleven years before, my family members and friends would have been mourning my 11th death anniversary !

In the year 1984 when I was 42 years old the doctors of the prestigious Tata Memorial Hospital, Bombay diagnosed that I was suffering from liver cancer of last stage. Prior to getting admitted in Tata Hospital I was treated by several well known Allopaths, Homeopaths and even Ayurvedic physicians for several months, but my health went on deteriorating day by day as I couldn't eat any thing; as a result of which my body was reduced to a mere skeleton weighing 40 kg. against my original weight of 62 kg. Doctors of Tata Hospital had advised me to go for Chemotherapy and thereafter Radiation therapy

as a last resort. I shuddered at the very thought of those dangerous treatments as I had seen with my own eyes the miserable and painful conditions of my few relatives and friends who had undergone those horrible treatments. I prayed God to save me from this dangerous predicament. And, as if God heard my prayer and sent his messenger in the form of one Mr. Nanubhai Chitalia whose incredible recovery story of terminal liver cancer had been published by numerous news-papers and magazines. He had miraculously recovered from liver cancer by U. T. and had healthily survived for more than ten years against the physicians' prognosis of few days !

He came to meet me in Tata Hospital to inspire and guide me to do U. T. instead of opting for harmful dangerous treatments. I gathered courage and took voluntary discharge from Tata Hospital against medical advise and doctors' warning that I won't survive for more then ten days if I didn't undergo the proposed treatment.

Being a book-seller by profession I had read few books on U. T. but I had never thought of practising it. I made up my mind to follow U. T. as a last resort (मरता क्या नहीं करता ?) I started drinking 1 1/2.to 2 glasses of Shivambu in the morning and within few days my mouth ulcers were cured and the blood that was coming out from my tongue and gums also stopped ! This was not a small achievement

for me. I felt great relief as I had suffered these afflictions for several months inspite of spending thousands of Rupees on its treatment. This gave me added confidence and inspiration to do U. T. treatment more systematically and intensively.

I started drinking whole day's urine around seven glasses and in between I drank ample water, herbal tea of TULSI & PUDINA, Carrot juice, Cabbage juice, Vegetables soups, fruit juices at an interval of an hour. After one month of treatment there was considerable improvement in my general health, and at the end of three months a strange incident occurred. Along with the stools I passed few tumor like substances which I collected and sent for pathological examination. In the report it was mentioned that those were the malignant tumors that might have got separated from the liver ! Thereafter there was fast improvement in my helth. After six months I went for check-up to the Tata Hospital and to the amazement of my physicians I was declarerd totally normal and healthy! Today after eleven years of my recovery from deadly disease I am having extraordinary health and stamina which I had 20 years before ! I have become a legendary personality amongst my friends, relatives and well-wishers !

From my own experience I confidently declare that cancer can be certainly cured by Urine Therapy if done systematically.

I am attending Shivambu Seminars without fail and narrate my incredible story to inspire the audience to follow U. T. before it is too late. Anybody can approach me for guidance. Jai Shivambu."

Himmat Somaiya 'SOMAIYAS'

Vallabh Bag Lane, Ghatkoper (East),

Mumbai-400 077.

Ph. (O) 5165161 (R) 514 1710

I am deeply pained to write that though this simple and free therapy can prove to be a boon and blessing for our poor country, our Government has not only remained inactive but has miserably failed in its bounden duty to popularize it for the benefit of afflicted poor teeming millions of India and that too despite the fact that the greatest follower, advocate and supporter of this time tested therapy was none other than our former Prime Minister centenarian Late Shri Morarji Desai who lived a healthy life of 100 years to inspire us. It is universal historical phenomenon that when the Governments fail the public is compelled to ACT. Friends, wait, don't misunderstand me. I am not telling you take the law in

your own hands, but the responsibility of your own health.

I do hope and pray before any unpleasant situation arises our Government will wake up from the slumber along with the mass awakening and rise to the occasion of taking urgent steps in the direction of spreading the awareness of this precious but neglected therapy in the interest of ailing humanity and both hand in hand shall succeed in building a healthy self reliant nation.

Before concluding I would like to reproduce a passage from the book named SHIVAMBU KALPA written by Dr. Arthur Lincoln Pauls originally from Canada but permanently settled in England. (Now he has left England and settled in France) This is the book which inspired me to become a propagator of U. T.

"This book however, will attempt to show why we should place the blame where the fault lies, within ourselves. "To quote Shakespeare, "the fault lies not in our stars but in ourselves, that we are underlings". Even if it is true that we lead "Karmic" existence. It is no excuse for walking around with closed eyes."

"It should not surprise us that the situation is as it is. Anything created with a vested interest in mind is open to all sorts of corruption, especially when it deals with the

emotions and fears of man, as healing undoubtedly does,"

"Abraham Lincoln however had a line for it. "You can fool some of the people all of the time and all the people some of the time, but you can't fool ALL PEOPLE ALL OF THE TIME".

So friends I reedicate this small booklet to those who are tired of being fooled, and are placed in hopeless situation with the hope that they will heal themselves by their own medicine.

We have been looking invain for a miracle cure for Cancer, AIDS, Arthritis, Heart disesases et. and for Rejuvenation or KAYA KALPA. The cure is in our own hands, may in our body. The greatest truths are the simplest. Urine Therapy is a case in point. George Berhard Shaw has rightly said "**All great TRUTHS begin as blasphemies**", which squarely applies to Urine Therapy.

JAI HIND, JAI SHIVAMBU,

JAI SHIVAMBU GITE ! JAI SHIVAMBU GITE !!

JAI SHIVAMBU GITE!!!

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PERSONAL APPEAL

"Each one Teach one" & "Light a lamp with a lamp" These maxims who would not have heard? Don't you remember that even cow-herd boys had lent their own contribution in lifting Govardhan Mountain along with Lord Krishna? Hence in this gigantic task we have to do the same thing.

An humble request to all of you that if you have had any experience in respect of Shivambu Therapy or you know about the experience of some body acquainted to you, or wish to convey any other relevant information/suggestion, don't hesitate to write to me in confidence with open heart.

Your brief hint or small step could assume Global form and significance for the benefit of entire man-kind.

I thank you all on behalf of whole humanity.

Dr. G. K. Thakkar

SHIVAMBU INDOOR HOSPITALS IN INDIA

- 1) **Gotri Nisargopchar Kendra**, Vinoba Ashram, Gotri Road, Baroada 390021 Phone - 338245/313463
- 2) **Shivambu Nature Cure Home**
Dr. Raj Upadhyay, Jahangir Pura, Rander Rod, Opp. GIN, SURAT - 5 (Guj) Phone : 685 398
- 3) **Shivambu Yoga Nature Cure Center**
Dr. Sarang Patil, Shivambu Bhavan, Vashi Naka Road, KOLHAPUR 416012 Phone : 62766 / 621565

IMPORTANT ANNOUNCEMENT

Shivambu Chikitsa Sanshodhan Mandal, Baroda, has under the joint auspicious of Water of Life Foundation (India) Bombay, Urine Therapy Federation Bombay, Aayu Trust Ahmedabad and Gujrat Vidyapith Ahmedabad decided to hold 2nd All India Conference on A.U.T.(SHIVAMBU) in Ahmedabad at Gujrat Vidyapith Campus on 28th Feb. and 1st March 1997. All are welcome to this unique Conference. Delegate fees for the Conference is fixed at a nominal amount of Rs. 100/- which includes arrangements for lodging and boarding also.

FOR DELEGATE FORMS CONTACT :

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4. Water of Life Foundation (India) A. Nagar, Worli, Mumbai-400 025.

WATER OF LIFE FOUNDATION (INDIA)

55/1409 Adarsh Nagar, Worli, Mumbai-400 025.

APPLICATION FOR MEMBERSHIP

To,

The Chairman,

WATER OF LIFE FOUNDATION (INDIA)

Bombay

Dear Sir,

I hereby apply for partonship / Life M. S. /
Ordinary yearly M. S. Corporate Life M. S.

Full Name, Address & Phone No.

Health complaints if any

Have you tried U. T. ? _____

Benefits & effects of U. T.

I herewith pay Rs.....towards

- Corporate Life M. S. Rs. 2500/-
- Partroñship Rs. 1000/-
- Life M. S. Rs. 500/-
- Ordinary yearly M. S. Rs. 50/-
- Age or Birth Date _____

Date

Signature

The cheque / Draft of appropriate amount should be drawn in the name of the foundation.

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- 10. Urine Therapy Federation (Bombay)**
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