

# Manifest Your Best You

# Enrich Your Environment

**A**s a young physician, way back in the 70s, Dr. S.K. Ramesh asked himself why disease happens. He knew there was more to it than what he had learnt in medical college. Curiosity led him along new paths and during this quest and by witnessing the experiences of his clients, he understood that stress, stress and stress – persistent stress in a system (physical, physiological, mental, emotional...at any level) can be compensated automatically by the body. He explains that “This compensation mechanism to return the body back to balance is innate. Physiologically, this is known as ‘homeostasis,’ the body’s ability to balance itself, to heal itself naturally.”

## WHY DOES STRESS OCCUR?

After exploring this concept, he realised that stress was caused by a lack of energy.

## HOW DO WE DERIVE ENERGY?

Energy is sourced through the food we eat, the water we drink, the air we breathe and adequate sleep. Nowadays the quality of food, water and air we consume isn’t as pure as that in the past. Most of whatever we consume today is modified, refrigerated and in fact not natural. This inadequacy fosters a lack of energy and that’s where the stressors take root at diverse levels.

As for sleep, our natural circadian rhythm – slumber at sunset and rise and shine at sunrise – has been distorted and we find depletion in the system. This is when the body’s natural ability to balance comes into play.

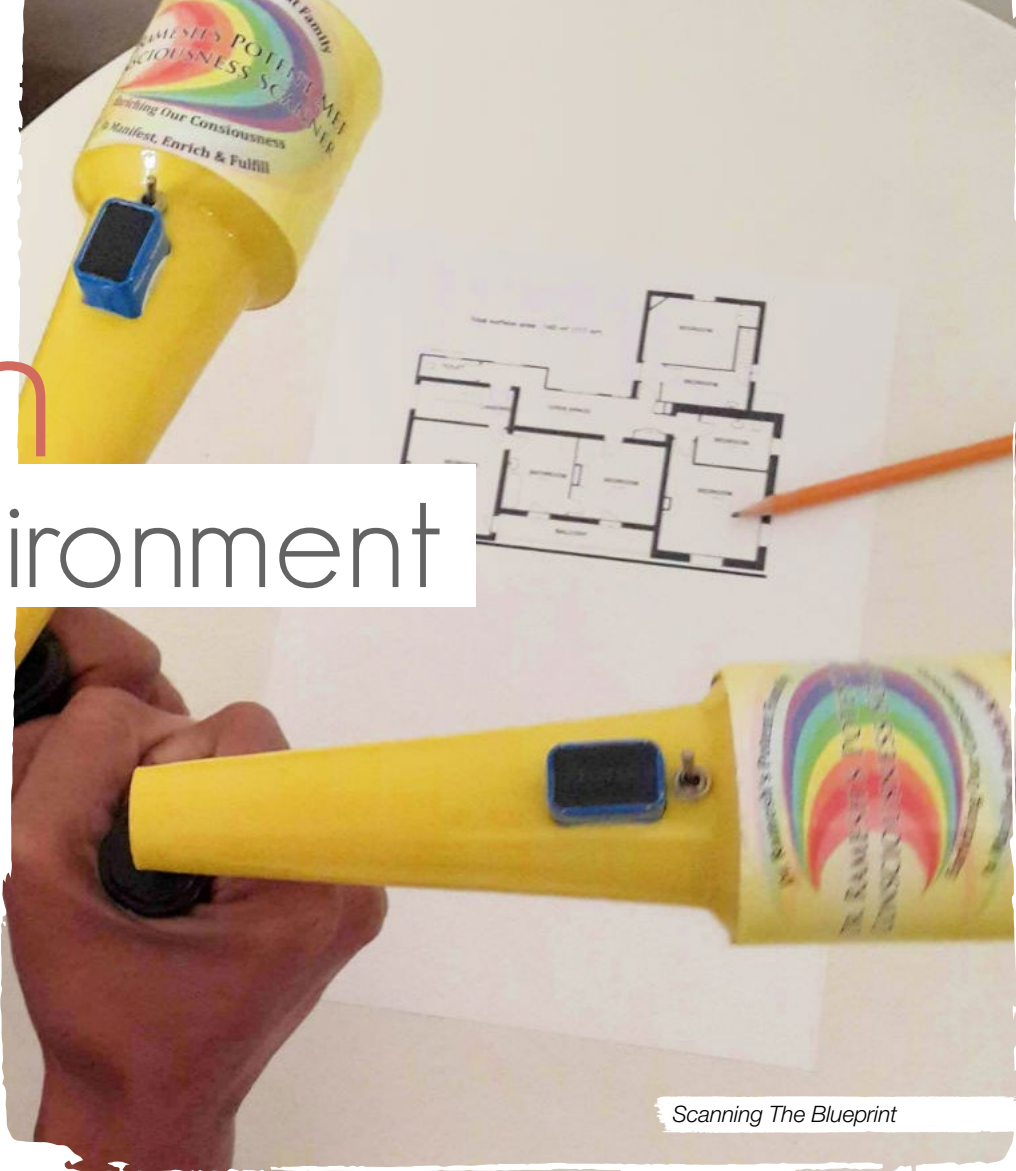
## HAVE YOU EVER WONDERED HOW LONG YOUR BODY CAN POSSIBLY COMPENSATE BEFORE FALLING ILL?

Ill health sets in when the body doesn’t have the capacity to balance itself anymore. It

starts giving up because it can no longer manage to handle the persistent stresses. This leads to a lack of comfort (stress) and ease in a system (dis-ease) therefore, disease sets in.

Once Dr. Ramesh understood the cycle of deriving and losing energy, he started applying natural energy harnessing techniques with his clients in order to complement disease management. “I started educating people with these techniques so that they could prevent stress and disease themselves. Many of them got better and would go back, only to return after a few months with the problem arising again. So the quest to understand what was wrong and why there was a recurrence continued”, he explains.

Whether his clients were compliant or non-compliant, they still became unwell. That is when it dawned upon him that it is their environment – be it at home or at work – that is also responsible for causing stress. “So it is necessary, to first identify what stressors an individual has in his/her environment and then tackle these”, Dr. Ramesh adds.



Scanning The Blueprint

## STRESSORS IN THE ENVIRONMENT

Naturally occurring and man-made

### 1. UNDERGROUND

#### • Natural – Geopathic stress

We have all learned at school that a magnet has an electromagnetic field. Similarly, a running stream of water underground also has a field, ley lines and the earth’s geomagnetic field.

- › Ley lines: a line joining two prominent points in the landscape
- › Geomagnetic field: the magnetic field that extends from the earth’s interior to where it meets the ‘solar wind’, a stream of charged particles emanating from the Sun.

#### • Man-Made

- › Sewage lines
- › Plumbing lines
- › Electric lines

When the above fields either cross or go against the natural flow in a human being, they cause a stress. The vibrations emanated by different earth energies tend to decrease one’s immunity to fight off diseases. Also, if these energies cross our

field while sleeping, sitting, habituating in that space, then a stress or disturbance in our system can occur. This cutting or crossing of the field causes us to be imbalanced.

## 2. ABOVE THE GROUND STRESSES

### • Natural

- › Stagnant and polluted air
- › Infra-Red and/or ultra violet spectrum which is not congenial

### • Man-Made

- › Electricity lines
- › Incoherent electro-magnetic waves
- › Micro waves
- › Radio waves
- › Mobile Phone waves
- › TV waves

### • Intentional negativity

- › Jealousy
- › Aversion
- › Hatred

## 3. THE WRONG FOUNDATION AND GEOMETRY OF CONSTRUCTIONS AND THE MATERIALS USED ALSO HAVE AN EFFECT.

Of course, the first solution for the above would be to go and live in a natural pristine environment. However since this is not practically possible, Dr. Ramesh has dedicated himself to finding solutions for where people currently reside or work. He says, "Ideally, our home should be a place which brings about peace, relaxation, joy and oneness. And an office should be a space which brings about motivation, success, performance and growth."

The first step is to identify the environment stressors in the home space and work space. Identification is possible by scanning the sites via these steps.

1. Scanning the blueprint of the apartment, house, workspace or the building...  
Identifying where all the above stressors exist and mark them on the blueprint/plan.
2. Simultaneously see whether these problems can be neutralised.
3. Visit the physical site and repeat the scanning and co-relate with the earlier blue print scan.
4. Test if the neutralising methods are sufficient.
5. Scan a sample group of people in the environment (home, work and building) before the corrective measures to the environment are applied. Dr. Ramesh has his clients fill out a questionnaire and

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tests the physical (for example: strength, stability, flexibility), mental (mental clarity), emotional (joy, peace, happiness) of each space by an in-depth scanning process.

6. Implement the neutraliser in the environment. Neutralisers also serve as an enhancer when there are no environmental stressors. These include:
  - a) 3D & 2D geo-devices to neutralise stresses underground.
  - b) Wall clocks (3D), paintings (2D) to neutralise stresses over the ground.
  - c) There are neutralisers for electromagnetic disturbances which are caused by electrical machines (washing machines, dishwasher, photocopy machine etc.), electronic

equipment (mobile phones, laptops, television, printers etc.) and main switch boards.

- d) Environmental Air Enrichment Devices.
  - e) Water Tank Enrichment Devices—so that enriched water is supplied to the household and workspace.
  - f) Furniture design and linen (like bed linen and carpets) make a huge difference.
  - g) Natural neutralising additives can be added to wall paints, wallpaper glue, floor glue and construction material.
7. The same sample group of people should be tested again after the corrective measures have been completed to see the difference. This process is carried out by Dr. Ramesh after three weeks
- In addition to the above, in work environments he tests the emotional aspects of performance, growth and success.**

Dr. Ramesh concludes that "Home constructions and wellness constructions can be implemented from the inception to create homes, buildings and even entire compounds that reflect this comprehensive system called MEF (Manifest, Enrich & Fulfill) Scanning and Solutions of the Environment." To learn more about this, contact: Nikhila Ramesh at 050-5011617  
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Scanning The House

