

## Chetna Rachna (DRPF Stylo)

The Chetna Rachna (Consciousness Pen) is a 2nd Dimension Potent MEF Tool that jumpstarts a speedy consciousness enrichment process forself, others and ALL.

### PROPERTIES

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

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

### USE

#### Self - Treatment

Take one of the following positions before starting your Self -Treatment:

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

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

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

*If you experience any dizziness, keep your eyes closed for a little while longer.*

*Observe any changes you feeling in your body.*

## **Environment Correction**

All the eight corners of the house or room can be energized by the Chetna Rachna stylo.

Point the stylo downwards the corner and make 3.6 EXPANDING AND 3.6 CONTRACTING clockwise rotations.

Do it at all the 8 corners and center of the house or room. It balances the entire area and energizes the entire room or house. It also repairs the Vastu.

We can energize the area of the floor or the room and the energy expands in all directions.

### **SIZE**

N/A

### **PRECAUTION**

None

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

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

## PROPERTIES

There are two sides of the disc **IN** and **OUT**.

The side with text written in a clockwise is **IN** and the side with the DRPF logo is **OUT**.

Radiation is of 2 types: **Healthy** (uniform waves) and **Unhealthy** (irregular waves).

**Unhealthy** radiation wants to become healthy, and for this it needs energy.

### ***For example:***

*When you sit in front of a computer, the unhealthy radiation takes energy from you to become healthy and in turn you become exhausted.*

*To prevent this loss of energy and tiredness, stick the MEF Disc behind the computer monitor / screen.*

*The unhealthy radiation will resonate with the Potent MEF Disc and get corrected.*

## USE

### **Problem area enrichment**

Dr. Ramesh's Potent MEF DISC helps preserve a balanced body functioning.

First, keep the DISC, facing **IN'**, on the problema área with the right hand and keep the left hand on top for 30 seconds.

Now turn the disc around '**OUT'** and place it for 30 seconds with the hands in the same position.

Once again turn it back to '**IN'** position and keep it for 30 seconds. This process is to be done wherever the problema is.

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

1. Place the 'IN' side of the Disc on the head for 30 seconds.
2. Then keep the DISC on the forehead covering eyes and nose and keep for 30 seconds.
3. Next keep the DISC on the Adam Apple and chin position for a count of 30 seconds.
4. Then keep it on upper chest and wait for 30 seconds.
5. Then keep it on upper stomach-upper abdomen for 30 seconds.
6. Keep it on the naval area for 30 seconds.
7. Then keep it on the genital / groin Area for 30 sec.

*Our body recognizes the complete and beautiful structure of our Products and resonates with them.*

*The body itself generates all the energies.*

*Our products just help to switch on the consciousness of the generating ability within our body.*

## **Other uses**

### **WATER**

#### ***A Water Test***

***A Water Test*** done by scientists has shown that  $H_2O \rightarrow H^+ \text{ and } OH^-$  forms into clusters. Our cells can not absorb big clusters.

Place your water bottle on top of the written side of the MEF

DISC. When placed on the DISC molecules become small. Cells absorb smaller water molecules faster and upon drinking this energized water we will feel energetic instantly.

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

## **FOOD**

We can keep fruits, food or water bottles on the DISC to charge them.

If we consume charged food we will be energetic.

Keeping the DISC on the stomach for 20 min after eating a meal will make the body relaxed and reduce drowsiness.

*When a fruit is plucked from the tree it is still alive for a short span of time. If it is immediately placed on the MEF Disc, its life continues and it lasts longer. We are bringing life force back.*

*Our MEF system works on the consciousness, it generates life force in any living system and corrects it, bringing it back to balance.*

## **SIZE**

N/A

## **PRECAUTION**

None

*Dr. Ramesh's Potent Family*  
*Enriching Our Consciousness*  
[www.drrameshme science.wordpress.com](http://www.drrameshme science.wordpress.com)  
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