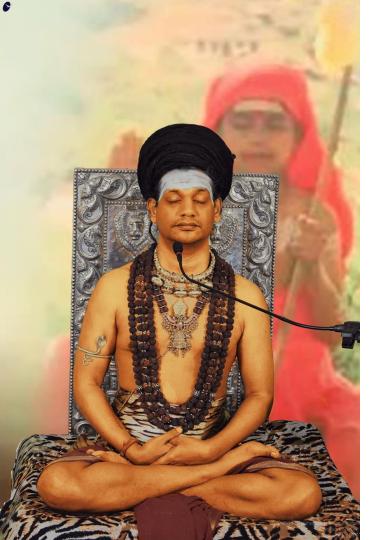


# power of will praceanas

increasing the temperature of solids for others

with supreme pontiff of hinduism jagatguru mahasannidhanam hdh bhagavan nithyananda paramashivam



# setting up

1. camera with timestamp



2. jnana anjana



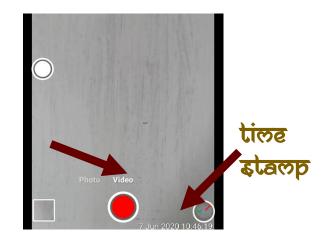
- 3. any solid food (banana, apple, chocolate, etc.)
- 4. digital cooking thermometer



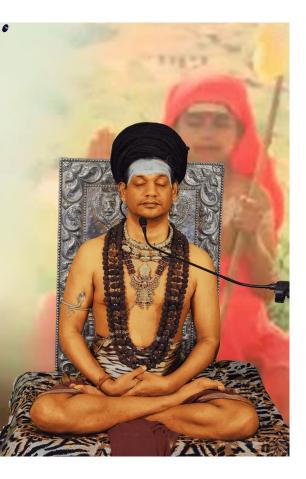
#### take a few moments to set up your camera



- 1. download timestamp app
- 2. click on "video"
- 3. ensure that time is shown on screen



- 4. make sure the camera is facing you.
  - please take a few minutes to set it up.

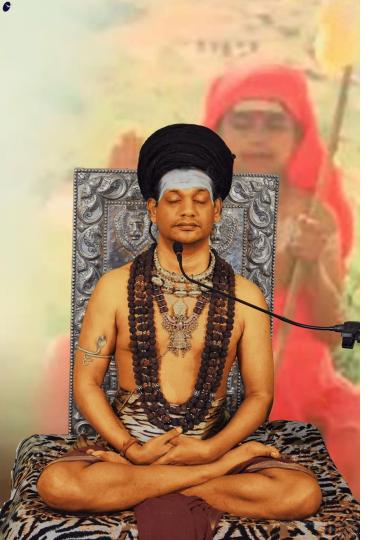


## guidelines

- 1. start: turn on the video recording.
- 2. put jnana anjana between your brows (if you have). if not, it's ok.
- 3. visualize swamiji and bring awareness in between your brows.
- 4. have a partner bring any solid food and put it in front of you.
- 5. have partner take the temperature of the solid in front of you.
- 6. gaze intensely at the object in front of you without touching.
- 7. through the power of will increase the temperature of the solid for others. **manifest**.
- 8. retake temperature of the solid.
- 9. **verify**: share your video with others and listen to others experience of manifestation.







### verification process

- l. verify that no video editing is done on sakshi pramana videos.
- 2. make sure video is not stopped and restarted in the process of manifestation.
- 3. make sure all videos are verified with timestamp.
- 4. all videos should have a wide angle view.
- 5. make sure to not touch object during power manifestation.
- 6. make sure you do not tamper with the liquid or solid in front of you by heating them beforehand in microwave or putting ice cubes to cool them beforehand.

