



Oil lamp/light is important, Copper light is greater

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IMPORTANT HEALTH TIPS

Do not light candles in an air-conditioned room!

If need to use the candle for a birthday celebration for few minutes then must open windows and on fan from far for air circulation purpose

Best is never and do not use candle at all.

Because it can form Carbon monoxide which will reduce oxygen in the air can make people fainted!

Best to use clay or copper made light.

Better use coconut oil or a very important to use normal cooking oil

Pure ghee, Sesame oil, Neem oil, illupai oil (Mahua oil), and Castor oil.

DO NOT AT ALL USE COLORFUL PRAY OIL which it's mix with chemical.

In other word's all prayer oil which is colorful or added with AROMA must be avoided!

MUST LEARN HOW TO INCREASE GOOD AIR COMPOSITION IN HOUSE & ROOM

You can always Open and Close Windows frequently

Using Indian style leaves and smoke

On and play Indian Temple Bell Sound loudly a few times daily

On and play AUM Sound loudly a few times daily both sounds purify the air atmosphere.

Always keep Manggo leaves at home to increase good wave of thinking patterns

Always keep Neem Leaves at home which have the superpower to cleanse air

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