

HEALTH AND HARMONY II



Dr. K. Parvathi Kumar

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The quality of thoughts decides the quality of one's well being. They are of great importance. Saying so is not a mere moralistic dictum. There is a science behind it. Rhythmic and healthy thoughts enable a healthy flow of life. A gush of thoughts and emotions disturb the life stream. When the velocity is high, the mind tends to be hyperactive, resulting in the over-burning of the life energy. When the flow of thoughts are of low velocity, inertia sets in and causes the formation of mass in the tissues.

The mass in the body prevents the attuning between the brain and the body and the brain and the speech. The velocity of thought is as important as the quality of thought

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Sri K. Parvathi Kumar
Health and Harmony
II

Dhanishtha

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Dhanishta

Dhanishta means Wealthy Wind.

Wealth is not measured in terms of money or business; it is measured in terms of richness of life. Wisdom is disseminated by the Teachers of all times. *Dhanishta* works for such fulfilment through its publication of wisdom teachings flowing through the pen and the voice of Dr. Sri K. Parvathi Kumar. Such teachings are published in English, German, French and Spanish.

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About the Composer

Dr. Sri K. Parvathi Kumar has been teaching various concepts of wisdom and initiating many groups into the Path of Yoga of Synthesis in India, Europe, Latin America and North America. His teachings are many and varied. They are oriented for practice and are not mere information.

Dr. Sri K. Parvathi Kumar has been honoured by the Andhra University with the title Doctor of Letters Honoris Causa, D. Lit. for all his achievements as a teacher around the world. He works actively in the economic, social and cultural fields with spirituality as the basis. He says that the spiritual practices are of value only if such practices contribute to the economic, cultural, and social welfare of humanity.

Dr. Sri K. Parvathi Kumar is a responsible householder, a professional consultant, a teacher of wisdom, healer of a certain order, and is a composer of books. He denies to himself the title of being an author, since according to him –

“Wisdom belongs to none and all belong to Wisdom.”

The Publisher

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Introduction

“Health is wealth”, is an age-old saying. Health has been the major concern at all times and much more so in the modern times where man is to cope up with the ever increasing stress and strain of living. Modern life brought along with varied developments the related ills, sicknesses, and diseases. On one side there is enormous technological development, modernized life exacting more and more from humans for the overall rapid development. On the other side, there is no concurrent development in the rhythm of life giving way for many diseases, some of which are very mysterious. Man is drifting away more and more from nature in his pursuit of social and economic development. As a consequence, normal natural rhythmic way of life is lost. The understanding of time, the nature and characteristics of the seasons and healthy food habits are lost. The capacity to assimilate food, which in turn maintains the vitality of the body, is lost. Medicines and vitamins are being eaten as much as food. Nevertheless the growth of diseases is in geometrical

progression while the inventions and innovations of medical cure are in arithmetical progression. Popular medical treatments are found to be inadequate to meet the varieties of challenges that humanity encounters in terms of diseases.

A harmonious way of living that prevents frequent falling into sickness and treatment of diseases with medicines, which are not excessively poisonous or cause more side effects than cure, are the need of the hour. Men are in continuous search for alternative medicines, therapies and curative methods, due to the poisonous nature of the traditional allopathic medicine and also due to the unhealthy side affects.

Paracelsus was one of those who genuinely dedicated his life to find the cause for diseases and also to find natural medicines to cure such diseases. Five hundred years after his advent, Paracelsus is growing more and more relevant to the present times. His knowledge of minerals and metals, elements, and herbs seems to throw much light upon the riddle of cure. He was a genuine healer, deeply intent upon finding the right cure through right medicine and has been a source of inspiration for many. He was himself a fire philosopher, an alchemist, and a healer of a high order. In loving memory of him, a group of workers in the field of health and healing decided to gather and disseminate the knowledge of health and healing as it is known in

the four corners of the planet, which remain relatively less informed than what they deserve.

The **‘Health & Healing’ magazine** is an activity of service that aims to help the doctors, the healers, the health workers, the sick and in general those who are interested in health and healing. The magazine proposes to give varieties of techniques of maintaining good health and also varieties of therapies for treating varied sicknesses. The cooperation of doctors, healers and health workers is the strength of the group and it is hoped that the magazine would find its effective usefulness to the humanity at large. The work is dedicated to the health of humanity. May it serve its purpose in tune with the spirit of goodwill.

www.paracelsus-magazine.ch



1. Will

Disease is inevitable in the present day world conditions. Complete health is next to impossible. Such is the polluted atmosphere. It is now well nigh impossible to have good health. The physical, emotional and mental corruption and the related foul cesspools of the lower levels infect all. Lucky is the one who escapes from it. Those who are weak and sensitive struggle, fight, workout and yet fail.

In the name of advancement and development, man polluted nature ever since the invention of the machine. He further polluted it with the invention of many chemical processes. Mechanical large-scale productions have also reduced man to mechanical living. Competition due to large-scale production led to jealousies, fights, conflicts and frustrations. Artificial means of living gradually replaced natural ways of living. Man, in his attempt to make himself secure, developed an external protective mechanism and ignored the inherent inner protective mechanism. He depends today almost entirely on external support for restitution of health as

he has forgotten that he can draw support from within.

Man polluted the matter, water and air around him. He also polluted the matter of his body with junk foods and drinks. The waters in his body are polluted due to excessive emotions of worry, irritation, anger, fear, pride and the like. He further polluted the waters through a wrong understanding of the activity of sex. The impact of all this is sickness, which affects the fire of his mind as also the functioning airs within. The outer pollution resulted in inner pollution. In such situations, health is a casualty. It gets frequently attacked by disease.

Medicines, of whatever systems, are helping but to a limited extent. In many cases, even the advanced doctors and health practitioners feel helpless. One solution that can be offered is to stimulate the inner protective mechanism. The will is God's gift to man and he should learn to develop the self-will, which gives self-confidence and self-control. This needs to be recognised and developed in men right from the childhood. Where there is will there is the way. Regardless of good food and good conditions of living, when man succumbs to the circumstances, the disease takes over. But men of will survived even in the most distressing conditions. There are instances where man's wish to live enabled him to survive even in the hardest conditions of life.

In cases such as heart disease, brain strokes and cancer, we find many who yield to the sickness through fear. We also find a good number of persons who resist disease, decay and death with the help of self-will. When self-will is supported by goodwill in thought, speech and action, the self-will gets strengthened. Persons like Mahatma Gandhi are good examples of self-will associated by goodwill. Every nation produced such proud sons at different times, whose will enabled them to survive the hardest of conditions. Faith in oneself and faith in God further supplement the strength of one's will. Then one can be as strong as a rock. It's time that the patient's will is stimulated through psychological counselling.

Men of will generate energies of healing from within and such energies resist from within the attack of disease. In man, there is sickness and in man there is the healing power to meet the sickness. Again, in man, the medicine to heal his sickness is also available. Cluster medicine and urine therapy are few of those systems prevalent today. But in any case, the importance of self-will, self-confidence and positive thinking cannot be disregarded. The will can be developed through faith, through certain practices of sound and colour and also through certain rhythms in daily life. These form a part of the occult tools for occult healing.

For more information, please refer to the books *On Healing* and *Sound* by this author. You may reference his book *Saturn* for more information about rhythm.



2. Strengthening the Etheric Body

Physical weakness, which is often experienced by men of weak will and sometimes even by men of will, is occultly seen as a drainage and leakage of the etheric body. The etheric body is the supplier of prana to the physical body and if this body develops loopholes, the vital fluid, prana, leaks and drains away. The etheric web is therefore to be kept intact by the appropriate exposure of the body to the morning and evening sun, fresh air and good sleep. One gets devitalised when he falls short of anyone of the three above. One should know that long hours of sleep drain away vitality. Too much sleep or too little sleep has a definite impact on one's vitality. Seven hours of sleep, seven hours of work, seven hours of necessary routine (such as exercise, bath, food, shopping, re-creation, movement) and three hours of relaxation (meditation, contemplation, prayer, etc.) is considered a good rhythm by men of wisdom. The daily routine should be planned in such an organised manner. If demands of time disturb this rhythm at times, it matters not. But the lack of this

rhythm produces related tiredness, fatigue and weakness. Modern life is highly demanding; man is put to hyperactivity and such hyperactivity does not allow adequate sleep. How many hours one remains in bed is not the criteria, but how well one sleeps is important. Sleep can be peripheral or sound. It can be slumber also. When it is peripheral or slumber, it does not produce much energy. Only when it is a sound sleep that nature's purpose of sleep is fulfilled; the body gets vitalised and it gets re-created. Daily re-creation is nature's gift to the beings, which happens through sleep. It is much needed for humans who are thinking entities, unlike the animals and the plants. A mode of life that disturbs one's sleep is unworthy of pursuit, unless such pursuit is in relation to a noble cause that serves a larger life. Even in such cases, long years of inadequate sleep eventually affects the health and even the longevity of life.

Sleeping tablets are not a solution to induce sleep. Induced sleep is not sound sleep and does not help vitalisation or re-creation as stated above. The causes for sleeplessness exist in one's life activity. They should be noticed by healers and doctors and intelligently eliminated through the right tools and techniques. However, this does not mean that sleeping pills should be abandoned. They serve a limited purpose and should not be seen as a lasting solution.

Some tools for obtaining sleep are Homeo mother tinctures, Ayurvedic herbal teas and flower infusions. The techniques relate to having an early dinner, doing some light study, listening to light flowing music, conducting simple prayers, and contemplating on the moonlight. Also, it is beneficial to have light painted walls as well as light coloured bed sheets, pillows, and fragrant incense.

Exposure to the golden light of the sun and pleasant breeze during the morning and evening times work like tonics to strengthen the etheric web. Sleeping in rooms that allow breeze or open areas with a shade above are highly helpful. But this is possible only in the tropics. In other places, it is enough if the sleeping room permits a flow of natural air during sleep hours.

These are the fundamentals, which need to be reintroduced into one's own system to build a fairly strong etheric body that can resist disease and decay.



3. Healing Energies

Men inherently carry healing energies. In fact, all that pulsates with light has the ability to heal, especially the human beings. There is a specific technique by which one can train oneself to be a healer. Persons with harmless nature and concern for the fellow beings carry such energies in abundance. Also, persons with positive thinking and dynamic action can also use the power of healing. Men of mental clarity and devotional approach to life are also good instruments for healing. Students of rhythm and ritual can also be healers.

Men are generally classified by the esoteric science into seven categories. Those in the second, fourth and sixth categories could be good healers. Those in the first, third, fifth and seventh categories could also be healers provided inherently they carry compassion and love for the fellow beings and concern for the surrounding suffering. The technique of healing differs according to the category of persons. But healing is possible by every human if he submits himself to the related training.

Whatever the category men belong to, when they tend to be self-centred and selfish, they cannot be agents for the transmission of healing energies. Healing is always seen as a sublime activity and it therefore cannot be linked to money and power. Link with Divinity remains intact as long as one is not excessively linked to mundane wealth and power.

The fundamental steps to transform oneself into a healer are provided in every religion. Moral and ethical values form part of it. Purity of thought, speech and action coupled with lack of aggression, of amassment of wealth and of exploitation are highly helpful. A tender relationship with animals & plants and a sensitive relationship with the elements are helpful.

Healing involves the observation of patients as images of God as well as an interaction with them with love and compassion. This develops the potency of healing. For this reason, healers are required to regularly contemplate upon an image of God within them and visualise such image in the patients as they approach. This has to be practiced with greater intensity when the healer approaches the full moon or the eleventh phase of the moon. Sundays are considered to be very helpful in this regard. Since Sundays are generally holidays, more time can be devoted to receive and assimilate much healing energy for transmission to the patients.

Depending upon the category of the healer, he may stabilise his contemplation in any one of the four etheric centres above the diaphragm. When the contemplation is thus stabilised, it enables easy contact of the Soul. The contact with the Soul within enables building up of the inner instrument of the healer called Anthahkarana. When the inner instruments are charged with the energies of the Soul, the healer can transmit the healing energies through the outer instrument, namely the five senses and the body. The healing energies flow from the Soul to the inner man, from the inner man to outer man, and from the outer man to the patient. The flow of energies through the outer man can be via the hands, speech and touch.

In any case, the will to heal is the foundation for all healing.



4. The Life Force of the Vegetable Kingdom

In matters of healing and cure, medical men have to recognise the powers of the vegetable kingdom. The vegetable kingdom exists mainly to increase vitality. "It is possible to cure almost all ailments by counterpoising vitality and such vitality exists with the vegetable kingdom," says an ancient seer in Himalayas. Ayurveda substantially works with this understanding. Seers like Paracelsus also carried this understanding, which is gaining recognition in the modern world in recent time.

Certain plants exist as reservoirs of prana. The pine trees are such category of plants. They collect life force like electrical needles. They also function as a bridge between the subtle and the gross, heaven and the depths of earth. In fact, the earth is substantially supplied with pranic energy through such high growing trees that work as antennas. The earth gathers, preserves and even renews its vital energy, which it receives via the plant kingdom.

More than minerals, the plants carry greater vitality. The fire of prana as it exists in the plants is more

assimilated by and acceptable to the fire of human life. Using artificial depleting stimulants to restore the vital balance should be avoided due to its artificiality and ineffectiveness.

Blood purification can be better achieved through the preparations made from the neem tree, which is a good substitute to metals such as gold.

Medicines that are prepared without slaughter have a far better psychic impact than those that are prepared by the slaughter of animals.

The skins of the musk animals (male deer), when used without slaughtering the animal, can purify the psychic energy. Likewise, a chalice of cedar raisin or that of a ficus tree or of a banyan tree were greatly valued in ancient times.

Zoroaster, the fire philosopher, was bringing out magical fire by burning the cedar raisin in the chalice.

Scientists do need to move into these natural directions diverting from the poisonous chemical medicines, which are now used for want of knowledge.

A quote appropriately used:

“Prana helps only when consciously absorbed.”

5. Old Remedies

Close examination of old remedies and remedial customs need to be carefully examined by the medical researchers. The research to find the scientific basis relating to an old remedial practice is now more open-minded than in the earlier centuries. Thinking of them as superstition is ignorance. Through times, ancient science crystallised in certain customs and traditions with peripheral distortions. A peripheral examination needs to be replaced by an open-minded, in-depth study and research.

For example, magnets were used above the crown of the head and around the heart for strengthening the nervous system as well as the circulatory system. There was the true knowledge of magnetising the flow of the blood stream and the nerve substance. The currents of consciousness and the currents of life are vitalised and balanced. After all, healing is all about enabling unimpeded flow of prana, which again is a magnetic fluid. Different metals have different magnetic properties, which are relatable to the different

plexuses in the human body. Paracelsus identified:

- Lead for the Base Plexus
- Iron for the Sacral Plexus
- Silver for the Solar Plexus
- Gold for the Heart Plexus
- Mercury for the Throat Plexus

The knowledge existed relating to the application of different magnetic properties of various metals for activating different plexuses. It is this knowledge that enabled Paracelsus and the like to carry greater insight for restitution of health. They knew the mineral basis of our organism and matched it with related minerals and metals. This needs to be studied further.

In ancient times, efforts were made to destroy the fat skin precipitations with the help of vegetable oils. The vegetable oil dissolves the fat together with its poison and restores the hygiene of the body. When people have fatty skin precipitations, they are greatly prevented from all subtle perceptions.

It is no wonder that the ancients carried a greater knowledge of bodily hygiene than now. They knew the ritual of washing much better than the present day practices. They distinguished the mineral properties of water at different places and utilised those waters accordingly. Washing was a science and there was an order of washing the body limbs. Entirely different

fragrances were used for different parts of the body, especially to the crown, to the heart and to the extremities. Taking the daily bath was a science, a ritual. This needs to be explored.

It is common knowledge that women carry strange demands of tastes and entertainment during pregnancy. By responding to these demands and correlating these demands with astrological data, the temple physicians were able to monitor the pregnancy with greater ease and the labour for delivery was also eased considerably. In these days where caesarean is the order of the day, should not those concerned with health and healing bestow time for the related research? The hearts of the mothers are very much strained with the impact of the medicines given due to caesarean. Medicines also have the undesirable impact on the milk that the mothers give to their freshly born children.



6. Psychic Balance

Gushes of fire emerge whenever there is a sudden and vehement upsurge of emotions. The inability to cope with a situation causes irritation, which is also an expression of fire. Disagreement with the surroundings brings out anger, which is already seen as fire. When the human energy system frequently explodes with irritation, anger, disagreement, and hatred, it settles down as neuritis. It gradually manifests as a nervous disturbance and rheumatism. As a result, pain localises in many parts of the body forming material crystals in those painful parts. Mostly people who have not known the mechanism to insulate from their surroundings are frequently affected. It affects the psychic energy. Frequent psychic disturbances are avoidable. The related conditions have to be done away with.

Internally, also psychical practices have to be carried out to develop strength from within to meet the outer (generally disturbing) conditions.

It is but common knowledge that the outer world cannot be perfectly adjusted to suit a person's psyche. It

is therefore wise to reorganise, vitalise and strengthen the inner psyche. It is in this context that the spiritual side of psychology shall have to be developed more than the psychology present in all. The spiritual psychology suggests techniques such as rhythm, working with colours, sounds, and numbers . These methods seem to be the urgent need to meet the present day worsening conditions of surrounding life.

The society that is engulfed in moneymaking, covetousness, competition, and aggressiveness is prone for attacks of rheumatism, nervous disturbance, neuritis, heart attacks, brain strokes, and even cancer. The rush for material development needs to be balanced with natural and peaceful existence. Thoughtful communities need to work more in this direction than to let the humans scorch like insects that burn away when approaching the flame.

A physical measure of psychic balance would be more easily acceptable. Experimental research in this direction is helpful.



7. New Era Healing

The learned persons have a task to help people to understand that it is time to discard the old, outdated formulae and turn to the path of universal laws. There has been too much analysis with the corresponding loss of synthesis. Synthesis is as important as analysis, if not more. Generalists are as important as specialists. No one can deny that the individual as a whole is more important than the ailing parts. General medical practitioners sometimes have a better holistic approach than the specialists. Much specialisation can be allowed but only upon the firm background of generality and totality. Today men speak of “global thought and local action.” It should be so in medicine also.

A person's overall behaviour cannot be overlooked in dealing with ailments that he suffers from. One's attitude towards life needs to be generally known before a treatment is offered to an ailment. Studying the characters of people concurrently with the ailments they suffer from is seen as the holistic approach. It enables arriving at valuable conclusions. The human body

functions through seven centres, which is seen by science as the five plexus plus the pineal and the pituitary. These centres enable the human to think, to discriminate, to know, to act in coherence, to fulfil, to set goals, to nourish the body and to generally live as one among many without conflict (if possible). The functioning of these centres needs to be observed. Their functioning has an affect on the surrounding organs.

Observe the symptoms of ailments around these centres and also observe the appropriateness of the functioning of the centre. This will reveal certain information, which is otherwise incomprehensible. Correlate the functioning of the centre to the peculiar characteristics of the person. The patient can be given a two-fold treatment. Firstly, by educating the patient to make slight adjustments to his behaviour. Secondly, by giving a therapy treatment to the ailment. In this manner, the sickness is holistically approached.

Healing thus involves observation of peculiarities in behaviour, observation of the functioning of the plexus relating to the parts that are ailing, suggestion of adjustments to behavioural patterns and suggestion of a therapy medicine.

Such approach is called the new era approach and such treatment is called the new era healing.

8. *Healthy Psychic Energy*

Cultivation of psychic energy is the need of the hour. Education has to give prime importance to this. Bombarding the mind with worldly information could lead to disaster, unless care is taken to ensure that the mind is receptive to the subtleties of nature. The natural sounds, colours, symbols, and numbers that manifest from subtle to gross need to be thoughtfully observed. The growth of various forms from subtle to gross and from tenderness to crystallisation also needs to be observed.

Thoughtful observation needs to become a quiet occupation. The observation of natural patterns brings in the required quietude to the psychic nature. It also enables the human being to be a witness, but not a player at all times. To cultivate the psyche to be a witness draws the human nearer to Be-ness, thereby enabling him to be a being. Thoughtless, busy participation in nature draws one to be a doer all the time, which discharges perennially energies into a mechanical living. A human is essentially a being that engages in doing.

From this natural state, the emphasis is shifted to hyperactivity. The consequence is excessive doing, little thoughtfulness and absence of Be-ness. The psychic energy is thus set upside down. This needs to be reset by the thoughtful minds.

Hyperactivity has become a common factor in every field of human activity. Religion, philosophy, psychology and such other fields are also affected by hyperactivity. Quietude lost ground to hyperactivity everywhere. The very way of life is tending to be hyperactive, right from childhood. The result is overburdening the psyche and is creating nervous choking. The child's mind suffers from this hyperactivity and it affects the throat, teeth, and eyes.

It is unfortunate that the way of life has no place for contemplation, meditation, observation, and non-involvement. The peaceful side of the being can be developed by these principles namely contemplation, observation, meditation, and non-involvement. These would lead to cultivation of a healthy psychic energy.



9. Observing That Which Is

The modern man today is involved either in action or in sleep. Ever since he awakes he is in some kind of action. The action is one of involvement but not of dispassionate handling. The passion for action involves the person so completely that he loses the ability to observe that which is being acted upon. The experience of the acts will be absent when the involvement is total. To experience an act, there needs to be an experiencing one distinct from the act. Multitudes of actions happen during the day with total involvement into every action.

One becomes many in the absence of an observer of the actions. The observation of one's own acts and one's own speech enables the experiencing consciousness to be afloat amidst the stream of activity.

One can easily see the difference between a person swept away by the currents of the stream and the person who is afloat the stream. The latter gives the fruit of experience while the former results in a draining of energies.

From ancient most times, man is told that he is pure consciousness upon the background of which events happen according to time and place. The events can be better experienced only when one stands aside the events and observes them. Observing daily actions and remaining a witness are cultivable habits. These habits shall have to be cultivated early in life, if not, man gets involved to the point of submersion.

Sickness is also to be observed by the sick. By observing the sickness, the observer stands aside the sickness. One should know that he is not sick; his body is sick; his desire patterns could be sick; his thought patterns could be sick; his habits could be sick; his rhythm could be irregular. By standing aside, one can see one's life and its patterns and he can bring in the necessary rectifications from the observations made. The identity with sickness results in the growth of sickness, for such identity enables the energy flow from the person to the sickness.

Men today know only involvement into actions and involvement into sleep. Thus, they stay submerged either in activity or in sleep. The practice of Yoga recommends to give birth and nourish the witness in oneself. This would enable the witnessing conscience to witness thoughts, speeches, and actions during the wakeful hours and even witness sleep during sleep hours. Witnessing sleep looks to be queer. But in

a state of poise, even sleep can be witnessed while the person is at rest. Rest is different from sleep.

These are some facets of life, which need to be pondered over and brought into the busy modern life.



10. The Quality of Thoughts

The quality of thoughts decides the quality of one's well being. They are of great importance. Saying so is not a mere moralistic dictum. There is a science behind it. Rhythmic and healthy thoughts enable a healthy flow of life. A gush of thoughts and emotions disturb the life stream. Frequent disturbance to the life stream can manifest sickness. The velocity of thought is as important as the quality of thought. When the velocity is high, the mind tends to be hyperactive, resulting in the over-burning of the life energy. This is one reason attributable to the cancer disease, among others. Hyperactive people are apt to burn their system. They tend to be hyper-tense, which builds pressure within and results in strokes as well. Many are the sicknesses of hyperactivity. The person tends to be restless and anxious; irritation is at the doorstep.

When the flow of thoughts are of low velocity, inertia sets in and causes the formation of mass in the tissues, which leads to forgetfulness, lack of continuity of thought, and mistakes in speech and writing. The

mass in the body prevents the attuning between the brain and the body and the brain and the speech. The lack of good coordination between the body limbs is generally seen. Carbons accumulate in the body, which affects the liver, the stomach, the pancreas and the spleen. This accumulation would even affect the flow of blood in the arteries. Carbonation is the slow process that gradually takes control over the health of the body. Carbon is anti-life.

Thus, inert persons bring in anti-life and hyperactive persons oxidise.

The velocity of thoughts decides the dynamics of the person. He could generally be over active or inert or he could be alternatively overactive and inactive leading to the related sickness.

Apart from the above, the quality of thoughts brings in health or ill health. Excessive passions, bouts of anger, extreme love-hate attitudes, as well as pride and prejudice, affect the quality of conscience, which in turn affects the quality of life energy.

Wisdom says that the forerunners of thought weave the aura of a person. Men are therefore strongly recommended to review their thought quality and thought velocity. There is much gloom and depression prevailing over many, which can be dispersed by changing the direction of the thoughts. The Rig Veda gives a good but small invocation, which cannot be lost sight of in

the context of the human thought activity: “Let good thoughts come to me from all directions.”



11. Psychic Energy

There are many people well intentioned to heal. It is not enough if they know the science of healing and the techniques. The science and techniques do not heal by themselves; they assist healers. Humans are needed for the science and the technology to function. An electrical bulb needs to be switched on by someone to illuminate. A soaked bean is nourishing food; but there needs to be a person to soak it. In the age of technology and science, men forget the importance of the psychic energy. Unless one has the right energy to heal, techniques by themselves do not help. It is common knowledge that some doctors are better healers than their colleagues. Some surgeons are more precise, clean and effective than others. The difference is in the psychic energy.

Entrust with a person an article, a thing, a plant, or an animal. Observe if under his care the article shines forth, the plant grows and blooms, and the animal is healthy and energetic. If the answer is positive, such person can be a good healer and he can be given the

knowledge of healing. It shows that the psychic energy in the person is constructive and therefore he constructs everything around. He develops entrusted works. He enables growth of life and harmony. The emanations of the person are helpful to the surroundings. In this manner, one can subtly observe if a person is a constructor or a destroyer. Even an energetic horse can be exhausted by the rider who carries the psychic energy of a vampire.

Thus, builders are distinguishable from the destroyers. Occult knowledge such as healing can be sensitively opened to the builders and not to the destroyers.

Human emanations upon their surroundings is a field to be studied. A person or a group of persons could emanate energies of harmony, peace, poise, and of goodwill. Likewise, persons could emanate tensions all around. Today humanity at large is emitting sick (unhealthy) energies and cannot hope for better living conditions and health unless the psyche is restored to its original, radiant and magnetic nature. There is an immediate need for changing the direction of thoughts to prevent the effect of the human psyche upon humans, animals and plants.

12. The Importance of a Clean Container

Persons with a weak psychic energy cannot be the custodians of the subtle, magnetic energies. Every little cosmic energy achieved carries with it the possibility of danger. One needs to be strong enough to hold even a splinter of spirit. Carelessness and a dampened spirit cause more danger to those who look for the powerful psychic energies.

The container has to be appropriate to hold the valuable content. The science of possession needs a scientific approach. The influence of will of one upon the other is to be carefully considered. The influence of an unclean container upon the clean content cannot be overlooked. When men look for a clean content, they also have a responsibility to prepare equally clean containers. If the container pollutes the content, the content could be poisonous, instead of beneficial. The subtle has to be well held by the gross. The subtler has to be likewise well held by the subtle and so on.

Nature reveals this secret and man has to learn it. The juice of an orange is well contained in the orange

and the orange itself is well contained by the peel around it. The milk is better contained in the udder of a cow than in the refrigerator. The vegetable is better contained with the plant than with the modern systems of storage. The womb contains well the growing child. Containers are as important as the content, if not more.

The mind is the primary container for man and if it is polluted, all knowledge that such mind receives also gets polluted. Mental purity and orientation is of great value for any creative work and therefore preparing the mind constitutes the basic work for all subtle healing. If the healer is sufficiently pure and is unafraid, he will be able to apply his will to heal the surrounding. It is the beauty of every healer to stay away from all harmful influences through the right orientation of the mind. A healthy mind works wonder where evil prevails.



13. Protection Against Harmful Influences

We must be aware of degraded thoughts. Beware of those who impose their most degraded thoughts on you. Have enough will power to resist them. Countless are the humans who want to impose their most degraded thoughts upon the surrounding common people. It is the duty of a health worker to eliminate harmful influences upon himself and upon the people whom he heals.

The ancients resisted the evil influences with the knowledge of symbols, colours, sounds, and numbers. In every tradition, it is common to dispel the influence of evil forces upon oneself by carrying symbols such as OM, the four armed cross, the three dimensional crosses, sacred stones as Salagramas, crystals and many more. Similarly, carrying sandal, cedar, ficus root, pine fruit and similar roots or pieces of tree wood help to dispel the evil influences. Applying sandal paste, sacred ashes or curcuma to the body and the forehead has been the practice in the east. In every part of the globe, symbols are used to ward-off evil influences. It cannot

be wished away as superstition. Instead, the existing patterns in such symbols can be studied. Such study is useful for it can unveil the science of the different geometrical patterns that are at work in the surroundings, which vibrate to dispel the negative influences. The traditions and superstitions of the past are but the science of the psyche. When science is lost, superstition remains.

Similarly, dogs of good breed dispel negative psychic energies that could surround a person. So do horses, swans, eagles, and doves. The presence of certain animals and plants are as effective as the presence of a strong goodwill. Such presence reinforces the will of weak ones, who are otherwise susceptible to the degraded thoughts that hover in the atmosphere.

Among colours, brilliant white, brilliant orange and golden yellow are frequently used to build around dynamic and vibrant energies. Various shades of green are used to nourish life energy. Shades of blue and moonlight are used to attune to peace and poise. The properties of moonlight and sunlight, and that of red, blue and yellow with their radiations are the future sciences for healing. The potency of violet is now being realised, which is but a variation of blue.

Similarly, there are varied sounds to heal different psychic imbalances. Scientists today speak of the subconscious by which they mean cerebral and

nervous reflexes. They are only speaking of psychic energy, which can be structured for sound health and balance with the help of symbols, colours and sounds. With an open-minded approach and scientific background, these need to be examined.



14. Creativity and Research

Research and innovations represent man's urge to be creative. Creativity is the basis to find solutions to emerging problems. With the growth of mysterious diseases, man is challenged to be more creative and innovative. Research in the field of health needs to be much more intense than it is now. This seems to be the message of nature. The nature of man and the nature surrounding him are throwing incessantly varieties of sicknesses, whose causes need to be traced through intense research.

Research is but a search into the unknown with the help of known data. But what is known is not fully relied on. There are limitations in the minds of scientists to consider the philosophy of health and healing emerging from the ancients, which also provide useful data. This knowledge and philosophy of ancients need to be united into the current research for proper understanding of the various fragments of knowledge. The scientists need not be afraid of considering that which is old and which provides the missing link. Such

development of consciousness brings the scientists into a closer contact of the mighty energy. Until such effort is made, the locked up treasures of nature do not unfold.

Physicians generally avoid examining healthy people. By doing so, they miss a precious page which guides one to the future. People who have visions also need to be carefully examined, especially those who demonstrated reliable visions. Those individuals have certain special emanations from the heart and nervous system that are far more refined than that of the ordinary. Their functional system cognises the subtle world and therefore their heart and nervous system carry subtler modulations which can reveal certain knowledge relating to the parameters of the healthy functioning of the nervous system. Today, the peripheral nervous conditions are considered since they show symptoms of irritation, anger, worry, etc.

The study of glandular secretions together with the science of yoga and the existence of other secretions, which are ancillary to and supportive to the known glandular secretions, is needed. Glandular secretions, as such, recently attracted attentions, but this matter is not seriously addressed and is generally avoided. In men of health, of extra sensory perceptions who substantially contribute to the advancement of humanity, certain secrets can be found in their functional system.

The absence of them can be seen as causes of sickness in the ordinary people. The fashion of delegating the visionaries and their miraculous expressions to the category of hysteria must stop. Such persons are not kindly judged for their higher reasoning. They are ignorantly judged as the ones with an intensified reaction of the sympathetic nerves or as an irritation of the peripheral nerves.

Is it possible to find solutions to the present problems of human health with only half of one's brain?



15. Inner Strength

One cannot disturb the surroundings not only for reasons of ethics but also for reasons of health. Thoughts and speeches that attack others disturb their equilibrium. Each time someone's equilibrium is disturbed, the heart is disturbed. The heart needs an extra effort to find its equilibrium each time the scales are disturbed. For this reason, it has a rebounding effect on the attacked person. The blow is deeper when the attacked person is over-sensitive. A rough dealing with a sensitive person is akin to that of a slow murder. Speeches that emit venom through criticism inject much sickness into the surroundings. Humanity is not yet ripe to the sense of these subtle reactions, which have a tremendous negative impact on the functional system of the fellow beings.

Only a gardener knows how to caress a tender plant and a blooming flower. Others do not. The flowers represent the children, and the growing plants represent the youth. They need to be cared and caressed appropriately to ensure a healthy growth of their nervous

system. Humanity is still barbarous in their approach to children and youth. This is entirely due to the ignorance of the impact on the subtle nature of these tender ones.

A tenderly attitude is not only a refined social and ethical need, but is also a need from the standpoint of health. Only the visible and immediate consequences are seen but not the subtle and long-run consequences of such acts of ignorance.

To expect the entire humanity to be tender and to be gardeners-like is too hypothetical. Hence, the importance of the science of man and the science of Yoga, which enable the development of inner stability through the development of inner consciousness, which would in turn resist the outer attacks. When the indweller of man is strengthened through the practices of Yoga, a shield is developed to resist and make blunt the sharp attacks of thought and speech. For the refined and over-sensitive people, the philosophy and practice of Yoga is a master solution. To the many ills that the sensitive ones are susceptible to, Yoga helps not only to develop the inner consciousness, but also to stabilise the system to be able to resist all outer impacts of men and nature.

16. Health through Regular Menstruation

In the east, there was a tradition that cognised the chemistry relating to women during their menstruation. Menstruations are of great importance for women's health. When the menstruations are regular and healthy, after every menstruation the women are as pure and tender as virgins. Nature bestowed this bliss and health to women since they carry the great responsibility of pregnancy and delivery. A woman's health can be gauged by the status of her menstruations.

The menstruations coincide with the cycles of the moon. Just as there is a new moon after 28 days, women, in so far as they are healthy, would have their periods in 28 days. The moon transits 27 constellations and enters the 28th when the new moon happens. Thereafter, the crescent moon again emerges and goes to become full moon in 15 days. From the 13th ascending moon phase till the 2nd descending moon phase, the moon transmits much light since the moon is impregnated with much sunlight. So are the women

who bloom periodically. Each one has a blooming time every month followed by menstruation. The blooming time in the month is correlated to her personal full moon and the menstruation is correlated to her personal new moon.

When the cycles of menstruations are not disturbed, the woman's health remains intact. Women need to take a particular discipline in this regard. They need to foresee the periods of menstruation and plan their activity in such a manner that they are not too much in stress, in movement, in travel and in social activity. We need to cognise that it is a period of incubation for them. In so far as they accept the incubation, the related chemistry happens in them. Nature does it for them. They are advised to remain calm in mind, to quieten their activity, and to restrain from participation in the general happenings. This understanding emerges from the knowledge of vibration. When the surrounding vibrations are quiet and calm and when harmonious ambience prevails, the patients recover. Similarly, during menstruations, since a great change happens inside a woman, she needs to be conscious of it and not get mixed up with the worldly vibrations. She would do well if she remains aloof and do not get physically strained. Since she is in a process, the whole system tends to be delicate and highly sensitive. During that period, heavy physical job, emotional and

mental activity is to be avoided. The aura around the woman during her menstruation emits all impurities and transforms her pure. For this reason, in eastern tradition systems, she was not touched by others, nor would she touch others. The Indians believed in giving rest to the women from all activity during the periods for three to five days. The Hebrews of Israel were practicing the same for seven days. In Egypt it was practiced between five to seven days.

Women's mind would be extremely delicate and sensitive during menstruation. Some would even have much pain. Their nervous system is affected by many chemistry changes and therefore needs recuperation through rest. They need clean food, clean surroundings and rest during that time.

Postponing menstruations or preponing them according to the convenience of one's activity is barbarian. In modern life, this is seen very often. A natural functioning bestowed on women cannot be preponed or postponed for the objective activity. Instead, the activity has to be accordingly adjusted. Today, people even abstain from urination for social reasons. They abstain to cough or sneeze. The natural functions when abstained would have their related inner disturbances. Disturbing menstruations for the sake of sex, social functions or family demands are considered unhealthy by the ancients.

The statistics show that today women are more prone to varieties of sicknesses than men. They are attacked by cancer, arthritis, and rheumatism. Women are prone to these sicknesses due to the absence of the natural insulation through menstruations. Modern life gradually took away the traditional understanding. Every woman has to find a delicate balance between her activity and personal health in this regard.



17. Ghosts – the Impact of Negative Emotions

Ghost and séance houses are places of importance to study human psychology. Modern psychology needs to recognise certain phenomenon relating to the human psyche. Timid persons as well as persons deeply affected by fear and persons who are extremely affected by negative emotions such as hatred, jealousy and undesirable desires frequently get in touch with certain seniors who are in the advanced state of such negative energies.

Normally, when a person dies, he gets shifted into a subtle body. But those who are affected by extreme negative emotions get stuck in between the subtle and the mundane. These are the ones whom we call ghosts, who are neither in this world nor in the other. When one dies with extreme vengeance, hatred, jealousy and anger, such ones, though detached from the body through death, develop a strong urge to hang on to the body. Since their body is no more functional, they try to hang around the bodies of those who are suffering from similar emotions. The living ones who

are engaged in such extreme negative emotions, unconsciously provide a harbour for the ones who are looking for anchoring to the physical to fulfil their personal agenda of vengeance, hatred, jealousy, etc. The unfulfilled negative emotions in relation to the mundane world pull the departed beings towards the mundane. Such ones anxiously look for the avenues to anchor and work out destruction through the persons who have excessive negativity in them. For this reason, health and healing activity includes advising common people not to entertain extreme fear, extreme dislikes, extreme anger and so on. This is a part of healing which does much good for the general maintenance of health.

People who suddenly die in accidents also move a while in the intermittent state. Depending upon the intensity of their pull towards mundanity, they stay in this transit state of being ghosts. Such is also the case with those who commit suicide. Suicide is an act of extreme negative emotion. Such ones remain in the intermittent state for a long time. Murder is an act of extreme emotion; self-murder is even worse. Many stories are heard all over the globe about ghosts who fulfil and even perpetuate their negative activity in places and persons who carry such negativity. Ghost and séance houses are the related places while individuals with negative emotions are the related persons.

Ghosts are those who are stuck in their emotional body. They suffer from the absence of the physical body to fulfil their agenda of emotions. Persons with depression frequently provide a great harbour for ghosts to function through. The ghost instigates the actions and the depressed person executes as their instruments. While there are therapies to release the souls stuck in the ghost forms, there are equally good therapies to recover the patients who unwittingly become victims of ghosts. These psychological therapies cannot be lost sight of. Certain sounds, certain colours, certain symbols and certain ambience will keep away the weak ones from the impact of ghosts. These therapies need to be examined in relation to their vibration, their velocity and their magnetic impact. Semi subtle sicknesses require semi subtle therapies. When this is objectively examined, some more dimensions would reopen for the art of healing.

Today, many weak humans, on account of their inability to stand the stress and strain of modern life, are also falling into depressive states thereby providing opening for the negative energies to set in. The horrible acts of terror can also be attributed to some extent to this negative emotion of hatred. The causes need to be eliminated instead of eliminating the affected ones. This is a dimension which may be pondered over.

18. The Danger of the Persistent of Negative Emotions.

In the modern-day health practice, an irritable nature is not seen as a sickness. If someone is fussy, it is also not seen as sickness. An irritable nature, a fussy nature, a bad temperament, and furious reactions are seen occultly as sicknesses. They need urgent attention before they do the related damage to the organs of the body. After the organs of the body are damaged, then a cure is attempted in the present day health practice.

Neither the persons nor the physicians notice the potential sicknesses. They only notice the sickness as the result. In modern life, irritations, bad temper, fussiness, anxiety for nothing, and fear are very common. They go unattended. Much of these are seen even as fashion. Fear and anxiety are elevated to the status of fashion. Mistrust and suspicion exist in snobbish communities. If the boss is funny, no one makes an effort to tell him that he is prone to be sick.

Education relating to health is essential, even at the kindergarten level, so that one is well informed from

childhood on. Schools speak of clean habits and good ethics. They must necessarily be supplemented with education relating to the disastrous impact of anger, irritation, fussiness, fear, anxiety, jealousy, suspicion, prejudice, pride, hatred, and the like. Children should be taught that they are all avoidable, not only for social ethics, but also to save oneself from the future sicknesses that they invite through the persistent manifestation of such negative emotions.

If there is a geometrical progression of sicknesses in the modern-day society, the leaders do not know that they are the cause of unhealthy competition, which is promoted right from childhood among humans. It is least recognized that “Competition is a Curse.” It promotes jealousy, hatred, intolerance, anxiety and so on. Until the spirit of cooperation replaces the spirit of competition, the sicknesses continue to grow.

Only an Occult vision can see this and set it right. Leaders with vision are the dire need of the day.



19. The New Culture of Health and Medicine

The culture of health and medicine has changed slowly but substantially over a few decades. This culture is now threatened with an excessive commercial climate, where social objectives, which are essentially noble, are getting extinct. The fate of NHS (publicly funded healthcare systems) hospitals in England amply indicate this. A noble and monumental human activity, which is traditionally respected, is at the threshold of its extinction. Many recent changes - some subtle, some obvious - have had significant impact on the practice of medicine. It is getting less and less monumental. 'Education and medicine cannot be entrusted into the private hands.' It needs to be a state subject, and trust in the state governance depends upon its ability to protect education and health from any kind of commercial impact. Human development cannot be boasted of by humans of the scientific age when fundamental acts of trust, such as policing, education, and health are given away into the hands of commercialism.

The clinical examination, evaluation, and assessment, which is the fundamental of the medical profession, is subcontracted in its entirety. Through technology, this has brought about a change in the medical tradition. A physician, who is otherwise able to diagnose the sickness in the patients, relegates the effort to a machine and most of the diagnosis is through technological tests. It is now widespread and is even indiscriminate. As a consequence, the physician substantially relegates the faculty of clinical judgement. A total reliance on technology also results in the devaluation of the clinical skills among the physicians. The younger generation of doctors do not even seem to understand the importance of the role of medical diagnosis and management.

It looks as if today we stand at a point where we are not left with any attractive option to this state of clinical examination. This change in the culture of medicine appears to be very pervasive and irreversible. It makes medicine slowly less of a vocation and more of a business enterprise.

Technology is no doubt important and there are certain situations to make crucial diagnosis. They need to be used when sicknesses are too complicated and incapable of diagnosis. A physician may resort to technological cultures. Simply relying on machines could lead to a disaster to the most noble human activity.

With growing commercialism and temptations from the surroundings, including the clinical centres, many physicians prescribe technological tests inappropriately, making the entire health care system iniquitous.

The shift of culture from generalist to specialist is also resulting in over-investigation, sometimes leading to abnormal judgements.

Technology and specialisation put together, supported by a capitalistic thought and the related commercialism, has brought about the concept of profit in service. There are private hospitals that grant out-of-pocket expenses, medical tourism and performance incentives, which are transforming a noble social activity into a business model. Health centres are getting transformed into wealth centres.

In developing countries, health education itself has become a prohibitively costly proposition resulting in high cost investment into education. The students who turn out to be doctors are eager to recoup and recover their investments through the commercial practice of medicine.

This change in culture needs to be arrested by the peers of health and healing activity on the globe.

20. Suppression of Desire

Either for social reasons or for religious reasons, humans have suppressed with will much of their desire; the consequence is stunted growth. Every tradition and religion set their own strict restrictions and prohibitions, which sometimes cuts across a free and natural flow of life. Many barriers are set up and all the barriers settled in the mental plane of man; man then suffers from do's and don'ts. While religions and traditions no doubt contributed to human civilisation and progress, they also left behind too many superstitions, premonitions, and self-imposed barriers. The consequence is absence of open-mindedness and objective understanding. When there is such a globalisation as it is happening now, there is much cross current inter se the traditions, the religions, and the related friction on account of prejudice and pride. Philosophers see this as a huge smoke that forms into a thick grey cloud around humanity.

There is a part of humanity that tries to break away from the imposed limitations and tries to find freedom.

But in their breaking away to find freedom, they too make their own errors of judgement, which breeds irresponsibility in the name of freedom. There are advocates to both sides. Freedom and liberty are cherished ideals of humanity and there has always been an effort to work for those ideals; in that effort, naturally, there is the trial and error. The excessively oppressed ones look for freedom as a natural instinct. Today's abnormal behaviour of humans vis-à-vis sex can be largely attributed to the past suppressions in the name of sin.

Sex has been engaging the minds of many, not only from the moralistic and socialistic aspects, but also from the health and psychical aspects. Sex functions according to the law of attraction and repulsion in nature. It is but a natural law that like poles, repel and unlike poles, attract. This natural law needs to be understood and worked out with responsibility towards nature and also towards the fellow beings. Sex is nature's instinct in man to continue the program of procreation. The law has been, 'give bodies to souls with responsibility, just as you are given.' Every human received a body and he therefore has an obligation to give a body to others. The law of nature is such that one receives to give. In doing so, one has to establish right relations with the co-beings. This is how the time-tested marriage institution has come to be among humans. It cannot be seen as bondage. It should be realised

as a responsibility. When one entertains excessively thoughts of freedom, one finds a responsibility to be in bondage. Today, in developed nations, people even see work as bondage. To work for the state is but a responsibility. It cannot be seen as bondage. Each person is trying to find the demarcation between freedom, responsibility, and bondage. Wisdom says, “responsibility lifts one from bondage to freedom.” But man would like to gain freedom without responsibility. The consequence is that he falls into bondage.

In the name of freedom, many youths irresponsibly indulge in sex. The consequence is the bondage of incurable ill-health in advanced age. Likewise, in any facet of life, man unwittingly walks into bondage and the related ill-health due to an expression of freedom without adequate responsibility.

When the state addresses to the health of the citizen, the citizen tends to be less responsible for his health because medicine and surgeries are free. But the state comes back to the citizen with a mandatory social assurance, which is the related bondage. Humanity is thus building a triangle of insurance, sickness, and medicine where health is the battleground.

It is time that in every field we orient more to responsibility than to our rights so that we gradually relieve ourselves from bondage and walk towards freedom. Responsibility is the key to all human facets.

When one realises it, there is neither suppression nor indulgence.



21. Holistic Health & Integral Yoga

Health professionals are relentlessly looking for medicines to cure diseases. Incessant research is conducted to meet the challenges of emerging diseases. However, the diseases overtake and more and more new varieties of viruses are emerging while more and more vaccines are being invented. The activity of medicine and disease is mounting to dangerous heights and humanity is sinking neck-deep into the quagmire of sickness. This is an alarming situation.

A different direction to restore health, a different way of living, and a new way of looking at life seem necessary since we are at the wits' end. This is where the Yoga philosophy emerges as a key to health and also as a key to man's enlightenment. Man cannot be let alone and entirely to himself with his unhealthy mental, emotional, and physical habits. He has a great responsibility towards himself and that includes responsibility towards his own health. He cannot be let to fulfil indiscreetly every desire and land himself in an unhealthy pattern of life. He cannot afford to be

tense in mind with his indulgence into competition and the resultant jealousy, anxiety, fear, anger and such other emotions. Man has to set his house right, thereby preventing substantially his susceptibility to fall into sickness. While the state has a moral responsibility for social health, the basic responsibility rests with man himself. He cannot drink and eat not knowing the consequences of such eating and drinking. He cannot have indiscreet and highly irregular rhythm in relation to his food habits, desires of senses, and highly self-destructive thought patterns.

The old civilisations knew that man's worst enemies are intolerance, impatience, jealousy, hatred, anxiety, fear, covet, etc. Such energies have destructive tendencies and cannot be treated by medicine. These energies destroy the pathology of the human constitution. It is here that psychology has great relevance. Psychology has to address the mental and emotional disorders of a person even before that person turns out to be a patient of psychiatry. You cannot let a psychological disturbance to set in and treat such unfortunate ones with anti-depression pills and sleeping tablets. Such psychiatric treatments do greater harm than good to the patient and this is of common knowledge. It is also not out of context to say that many psychiatric doctors also turn out to be psychiatric patients in a course of time.

The answer to this is the philosophy of Yoga, which antidotes the irregularities relating to man's physical, emotional, and mental patterns. A healthy, harmonious, and equanimous mind repels many sicknesses. Such mind has great resistance to sickness. Unless man thinks of an overhaul of his system, he cannot be cured only with medicines. The patterns that he has built in all the three planes have the disease producing potency in it and until the production centres are dismantled, diseases continue to get produced. The commerce of medicine for sicknesses therefore fails.

A Yoga philosophy speaks of a right perception and a wrong perception and also gives seeds to develop the right perception, which enables a right relation. The laws of right relationship help man to live comfortably within his own body and have an equally comfortable relation to the surroundings. Emphasis must necessarily be laid towards these seeds of right perception without which cure remains a mirage. The fundamentals of Yoga philosophy give forth a few of the following seeds to have a right perception. They are harmlessness; non-thieving; alignment of thought, speech and action (no chief diplomacy); regulated and healthy sex activity; service in preference to self-profit; utilisation of intelligence to the benefit of others; inner purity to avoid negative emotions; and the regular study of the teachings of wise men for 10 to 15 minutes. These

practices help a long way to eliminate the potential of sickness from the psyche of the human being.

The philosophy of Yoga enables us to see the sicknesses in their potential level even before those potentials manifest. From the standpoint of this philosophy, anger is already seen as sickness; likewise, fear is seen as sickness, aggression is seen as sickness, greed is seen as sickness. All those negative emotions spoken of earlier are seen as sickness. They need to be spotted by healers and treated through education and if necessary, right training.



22. Probiotics

Science has known for over a hundred years that there are helpful bacteria that are needed for the body as much as the other bacteria, which damage the bodily health. Science called these helpful bacteria, which is needed for the body in abundance, probiotics. These bacteria are considered helpful to resist the after-effects of stress, drugs such as antibiotics, and undesirable food. They are also considered helpful to ward off the effect of alcohol.

The probiotics live naturally in our intestines and can be supplemented with milk and milk products, specially yoghurt and buttermilk . Boosting up their numbers is helpful for our health. In fact, they are very important for our health and they are never paid much attention to nor consumed. The number of probiotics in the body gets depleted with stress. They are substantially depleted when antibiotics are taken and they are almost destroyed when alcohol is taken. Men feel the impact of stress invariably in the stomach due to the disappearance of these probiotics. It is common

knowledge that after every course of antibiotics taken, one does not feel comfortable in the stomach. One loses appetite and feels a lack of hunger. Weakness generally prevails. The situation gets worse when alcohol is taken because it affects the liver and the intestines.

To rejuvenate the stomach and the digestive system, probiotics have been considered an essential part of food by Ayurveda. In India, almost every meal is concluded with yoghurt and is further terminated with a huge glass of buttermilk. Ayurveda has many such secrets relating to the intake of food. The Indian Scriptures also speak of it.

A few of these regulations are useful to tone up health through every day meal. The regulations are as under:

1. Drink a glass of water one hour before a meal and avoid drinking water during the meal.
2. Eat freshly cooked food or fresh raw vegetables. Stored food is unhealthy.
3. Eat with quietude and not in a hurry.
4. Start with semi-liquid food and then follow into semi-solid food.
5. Conclude the meal with liquid food and terminate it with yoghurt and buttermilk.
6. Take sweets, if any, as the first item of the meal, but not as the last item. This is because the entry of sweet in the very beginning would be met

with the hungry secretions. Therefore, the initial hunger is satisfied and the sweet also gets digested first. Thereafter, one would eat a moderate meal. Prior eating of sweets moderately regulates the quantity of food taken.

7. Eating a fruit after a meal is also recommended. Citrus fruits are avoided during the night, for they energise the body and it would be difficult to sleep.
8. The food is considered good and wholesome when it has a good blend of proteins, carbohydrates, and vitamins.
9. Leafy vegetable is recommended for daily use, except in rainy seasons.
10. A wholesome food is considered to carry sweet, sour, salty, pungent, bitter, and astringent taste. These six tastes are generally recommended.

In all this, one cannot afford to forget to intake good bacteria, for they have a direct positive effect on the cells lining the intestines. They enable to switch off any kind of inflammation of the digestive system. They also regulate the work of the white cells and the antibodies.

An imbalance of these bacteria results in the leak of liquids by way of watery stools, diarrhea and such others, which is called 'leaky gut syndrome'. Most of the

allergies in the body can be attributed to the 'leaky gut syndrome'. It is therefore necessary to keep the intestines well insulated with an abundant intake of buttermilk and yoghurt. Please remember, buttermilk is far better than milk in this aspect.

Several forms of diarrhea, including infectious types and virus types, are cured with probiotics. Sleeplessness is also cured with probiotics. Disorder in the bowel movements such as irritable bowels and ulcerations in the large intestines and in the colon are also cured with the habit of abundant supply of yoghurt and rice.

The above discussion invariably leads us to the topic of how healthy is the yoghurt that one eats. Natural yoghurt originally was considered to be full of healthy probiotics. 'One family one cow' was a principle that is now not only forgotten, but also no longer possible. A cow is no more possible on a balcony. There were times when life was fairly simple. Every family had a couple of family cows or buffaloes and those animals were fed with natural fodder. Even today in India, there are parents who mark a cow and receive milk from that cow only for their baby and they make sure that the cow is supplied with natural fodder. It may look funny and impractical, but it is equally impractical and unscientific to eat chemicalised yoghurt and supplement it with capsules of probiotics.

There has to be an equal and effective revolution to shift from all chemical foods to bio-foods. A hundred years ago it was all bio-food. Sometimes we have to meet our past in our future. It is part of learning.



23. Uniqueness

Man is a well-planned unique volume of finer forces ever at work. These forces exist imperceptibly. A thorough knowledge of the intricacies of these forces reveals the psychology of a man. Just like the future colours, fragrances, shapes and numbers remain as a plan in a flower bud, these forces remain as a blue print in a child. They gradually unfold through time as the child grows into a man. The blue print carries the details relating to this unfoldment. For this reason, it is very important to carefully handle an infant and a child. Rough handling can cause damage. Inadequate care and love can cause damage. Excessive care and love also can cause damage. A careful exposure to Nature is a knowledge by itself. Insight is needed to correct these forces, wherever necessary, for a healthier growth into the future. If left unattended, it has consequences. If mishandled, it also has consequences. Appropriate balancing measures must be adapted to from the third to the 11th or 18th year.

To do such work, much attention is needed. The parents, the teachers and the doctors need greater

knowledge than what is available now. To enable a bud to unfold healthily and naturally to its full blossom, an artistic work of a true gardener is required. In this age of industrialisation, humans are also handled like products. They have the same educational training in the schools; they have the same medication in the health centres; and they are put to the same aspirations by the parents. They are not allowed to blossom in their own natural way. The consequence is an unhealthy growth. A tea plant and a teakwood plant cannot be treated the same by a gardener. Such an understanding is lacking now. Better attention is given to pet animals such as dogs and horses according to their breeds than to humans. This may look to be an exaggeration but there is truth in it.

Every human unit, as said earlier, is a unique volume of finer forces and therefore requires equally unique handling. It requires one to one attention. It is common knowledge for parents that every child differs from the other one that is born out of them. It is also a teacher's common knowledge that every student is different from the other. Therefore, they need to be attended to differently. Extending the same line of thought, it can be said that it cannot be the same medical treatment to every person even if the ailment is the same. Such medical treatment cannot answer many health problems that are afflicting humanity today.

24. Modern Hospitals – Healing Temples

The need for the healing touch is eminent today in all medical care centres, including the hospitals, where there is an ambience of hi-tech medical practice. As the medical practices are getting more and more technical and mechanical, the humane aspect is gradually disappearing. After all, for all healing purposes, the doctor-patient relationship, which is sacred, cannot get overlooked. The busy schedules in the hospitals due to an increased number of patients is resulting in a mechanical, time bound, machine like functioning by the doctors and the assisting staff. The human touch is relegated to a secondary position while it should remain at all times in a primary place. This cannot be considered insignificant and unimportant. More and more power is accumulating around the peers and the specialists who are extremely busy attending to the schedules and consequently, the same power permeates down the line through the hierarchy of health workers.

Power cannot be the basis for health practice. Love is the basis for all health and healing activity.

Love generates healing. “Where there is love, there is healing,” is the ancient dictum. The hospital ambience needs to be patient friendly. A humane approach is the need of the hour. The patient that visits the hospital today generally gets constricted and inhibited. Due to sickness, the patient is already inhibited. In many cases, fear hovers over them and inhibits them even further. Suspicion and doubt follow fear and the patient remains subdued by self-built negative and depressive thoughts. When he is exposed to the hi-tech ambience, it adds further to his trouble. It is too much to expect for patients to be knowledgeable of their sickness. They are generally ignorant and the little knowledge that they carry disappears due to the overpowering fear. Patients are inhibited and health practitioners are busy. The attendants of the patients get confused; it is specially so where surgeries are involved. It should be noted that today’s average patient is full of fear and lacks knowledge. They suffer from a variety of psychological and self-assumed fears.

It is common knowledge that when a doctor checks a patient’s blood pressure, the instrument’s mercury level shows slightly higher than normal. When sugars are to be tested the next day, a patient gets worked up from the previous day and builds enough sugars to show higher levels than what is normal with him/her. They need to be comforted and engaged in humour

to create a friendly atmosphere. In a friendly atmosphere, readings such as sugar and blood pressure are far more accurate than in a tense atmosphere. Many times the patient says that at home the sugars are not so high and the hypertension is not so elevated; this cannot be ignored. A homely atmosphere is the need of the hour.

The patients' positive orientation towards the doctor is of great importance and it can be built by the doctors' friendly approach to the patients. The doctors need to gain the friendliness of the patients for a healthy flow of energies from them to the patients. Since doctors work incessantly to improve the health conditions of the patients, they carry abundant healing energies of which they may not be conscious. The friendly gestures of doctors enable the transmission of these energies to the patients, which is rather a subtle aspect of healing. Healing energies are better transmitted through smile and through looks of friendliness and compassion. Soothing words are further helpful. Appropriate humour is ideal. It is said that a doctor without humour is no doctor. Humour and smile are a part of health and healing activity. They need to be cultivated if one does not carry it and if one intends to be a good healer or doctor. What is said of the doctors is also true with the supporting team such as nurses and the cleaning staff. They need to carry the smile on

the lips, utter words of compassion and give the patients the feeling that they are the most cared for by all concerned.

These are few fundamentals to transform a modern hospital into a healing temple. More can be said in this regard.



25. Hospital as Healing Temples

A hi-tech hospital can be transformed into a healing temple if the doctors and health practitioners work with an ideal blend of head and heart as well as knowledge and love. Knowledge enables good treatment. Love enables an unimpeded flow of life and the related cure. While knowledge is the prerequisite, the loving approach to the patient is of great importance. A healing touch to the patient is needed. Such touch can be given with a smile, a friendly conversation and soothing words. At all times, the patients should be made to feel that they are the most important person to all concerned. This can be further improved by playing music at low tone and volume at almost all the places of activity. Music as a healing agent is more and more recognised. The flowing music has an impact on the health and serene flow of life energies. Flowing music does not carry heavy beats in it. The flute of Krishna and the lyre of Apollo or the Veena of Saraswathi (Minerva) are considered to be great agents for the flowing music. Adapting such music into hospitals would have

a subtle impact on the patients and also the working staff and doctors. Everyone stand relaxed when there is a background subtle music flowing through the ambience. In ancient times, sacred sounds were also used along with music. The importance of music upon the background of silence cannot be ignored in all healing practices. Needless to say, the hospital has to be located in a silent zone amidst nature, but not in the hub of activity of a city.

The ambience is very important as well. The ambience within the hospital can be improved upon with significant flower decorations in the lobbies and the corridors. A fresh flower in the patients' room is also helpful. Unfolding flowers of beauty and fragrance also help healing. The flowers augment further the healing effect and the use of such flowers should be thought of.

The hospital is generally expected to be sanitised. Every little care should be taken so that cleanliness is maintained at all levels, from the corner of a bathroom to the corner of an operating room. Besides, usage of chemicals for such cleansing must be avoided. Instead, non-chemical natural cleansing agents should be used. Instead of spraying artificial perfumes, natural perfumes, especially sandalwood perfumes, should be used. Sandal has a special effect in the healing activity. It generates will in the patients: the will to recover. It generates will in the doctors and other hospital staff:

the will to heal. These supplementary practices would bring in the necessary support for quicker healing to happen in the hospital.

The food served in the hospital should be congenial to the convalescent patient. It should be liked, easily digestible and should not emit strong smell. Food is also seen as a means of healing, especially during the curative process. Besides hygiene, the medicinal aspect of food needs to be given importance.

The location of the hospital is also of great importance. It needs to be in the silent zone amidst significant vegetation all around. Every room should have adequate sunshine during some part of the day. The golden rays of the Sun need to shine forth either in the morning or in the evening hours into the patients' room and also into all clinics where patients are attended to. When patients look through the window, it is helpful to them if they see much greenery instead of other things such as a busy road, a mall, or a factory chimney. Hospitals cannot be located anywhere and everywhere. The inner and outer ambience are equally important for good hospital management.

(The present article along with the previous one represent an address delivered at a new age hospital in India by the editor, which was well received. The editor feels that hospitals have to turn into temples of healing; industries have to turn into temples of work and educational institutions have to transform into temples of learning. He works in this direction)



26. Knowing When to Depart

The technological and scientific development in the 20th Century substantially contributed to diagnose and treat a variety of sickness. Programs of health & hygiene, together with the aforesaid developments, resulted in the increase in longevity and prevention of premature deaths. While it is so, yet another problem cropped up. Today, in developed countries, people are awaiting departure in the form of death. Persons who have become sufficiently old and ineffective continue to suffer in hospitals in large numbers. Most of them are unwilling to live but at the same time do not know how to die.

How to die is also an important knowledge just as the knowledge of how to live. To die is not to die but to depart. This was known to the ancients. To be born is to fulfil certain purposes, which would result in self-fulfilment. To live is to pursue the purposes that life offers for self-fulfilment. To die is to depart either when the purposes are fulfilled or when the body is no more useful in fulfilling the life's purposes. A modern

man lands in an airport, gets into a vehicle and moves in a city to fulfil the purposes of his arrival in the city. When the purpose is accomplished, he once again departs from the airport.

Incarnated souls incarnate to fulfil the purposes of their lives. Unfulfilled purposes result in inadequate knowledge. To fulfil the unfulfilled part, he continues to incarnate. Until he becomes an embodiment of knowledge, he continues to incarnate. The theory of incarnation was global in ancient times and it is now slowly finding its expression all over the globe. Wisdom is not complete until the doctrine of reincarnation is studied and comprehended. Denial of this doctrine results in certain difficulties, as is the case now.

In the East, it is common knowledge and it is built into the psyche of humans that they come again and again until they are self-fulfilled, physically and metaphysically. Self-realisation is the means of such fulfilment and the science of yoga lays down the path. It is also well known that the human body is the vehicle for the man who is the indweller. He uses the vehicle appropriately to fulfil the desires relating to the physical, emotional, mental, and supra-mental planes. Just like in a long journey one changes the vehicle when it is no more useful for travel, the aged bodies are abandoned and the indweller seeks new and fresh bodies. One cannot get stuck with an inoperative vehicle on a long

journey. The indweller continues on his journey and changes vehicles (body) if necessary to move forward. When this knowledge is not available, death is seemed as a termination of the journey, which is not acceptable to the indweller. For this reason, people try to repair and repair and repair the inoperative vehicle without result and are stuck with it. They do not know that Nature provides yet another vehicle and they should be prepared to leave the inoperative vehicle.

This knowledge has to be given so that the crisis of maintaining old inoperative bodies through varieties of support systems can be overcome. In most of these cases, the persons are unaware (unconscious) while life in the body is maintained with a support system. When the support system is withdrawn, life withdraws. Neither patients nor their family nor the doctors are today able to make a decision. This cannot continue.



27. The Science of Death

Persons who have grown old need to comprehend the true nature of death. If they do so, they come to know that death is a myth and that it is a form of departure. It is the departure of the indwelling man from an inoperative body. The body ages and is bound by the cycles of time. The indwelling one is not bound by such cycles. As one fulfils one's duties and obligations on Earth vis-a-vis one's family, the society and oneself, one finds that there is no more purpose to live in that body. The ancients, as they fulfilled their purposes, departed from the body without much difficulty. If one knows fully well that he has no more work to do, it is not logical that one hangs around. Kings and seers in the past, especially in the East, wilfully departed when the purpose of their life was fulfilled. They also departed when they found that their bodies did not cooperate effectively anymore for the work.

Even today in the community of Jains, grandparents or great-grandparents, when they find themselves to be more of a burden than a facility to the fellow beings,

they decide to gradually withdraw from the body with the help of a specific procedure. They gradually reduce the medicines on which they are dependent on and become medicine-free. They also reduce food very gradually and finally they reduce as well the intake of liquids to enable a smooth departure from the body. Such knowledge and practice can be pondered upon by persons who are sufficiently aged and who have no more the ability to contribute to the surrounding life. In case of many over aged people, the present day situation is contrary. They know very clearly that they can do little to the surrounding life and that they are a burden. They also suffer from the body that continues to feed pain. Medicines are stuffed into the body and the body becomes more and more exposed to undesirable chemical reactions. Many times, their sicknesses are not curable. Pain and suffering mounts up and they become totally dependent on a variety of support systems. This is because they carry the fear of death and they do not want to die. They do not want to die because they do not know what Nature offers through death. The medical profession is also indecisive as to how to deal with such situations.

There are thousands of cases all over where doctors know that sicknesses are not curable and yet they continue to promote life through support systems, which results in a waste of resources and of knowledge.

Of late, when the pain and suffering is too high and the patients are willing to depart, certain countries legalised supplying pills to such patients for easy departure. There is a lot of debate on this and many nations did not legalise it for it is felt that it amounts to suicide on the part of the patient. The laws are being framed to refine the conditions in which pills to die can be supplied. When the patient decides to depart, when the suffering is high and when the sickness is incurable, then, helping such patients with a pill is seen as part of healing. In all these, the consent of the patient and the condition of his life are considered as important factors. This apart, the governments would do well to introduce the science of death in the education system. This would enable humans to be informed of this science also. The science of life is taught; the science of sex is also taught today, why not introduce the science of death? While teaching the science of sex is not a taboo, there should also be no hindrance in teaching the science of death. After all, science goes beyond religion and religious beliefs cannot prevent teaching such sciences of knowledge such as the science of super-mundanity, the science of reincarnation and the science of death.

There are adequate cases of near death experience which are well recoded in hospitals. Near death experiences are a basis for study. Further scientific

exploration into such events could give a breakthrough to the medical profession.



28. Sickness Prevention

Man is essentially endowed with healing energies. The Veda says, "Every disease can be cured from within." This seems to be a hyperbole, but it is true. What is needed is adequate will to adapt to the needed changes. Ayurveda says that sickness can be prevented by hundred ways. Sickness is generally in the five layers of the body, which are regulated by the five elements. Its result is seen on the physical layer. Sickness is the lack of harmony between the five elements of the body. Fire is the equilibrating element between the fifth ether, Akasha, and the fourth ether, air, on one side, and the second ether, water, and the primary ether, matter. Fire can balance the other four since it is the middle principle. Sicknesses are born through airy and watery disturbances, and also through the impure intake of material.

Fire burns all. Retaining fire appropriately in the body would enable the prevention of sicknesses. Effective fire in the body sets right any emerging imbalance. This effective fire in the body is called

vitality. Resistance to sickness is possible when there is vital fire in the body. Therefore, the development of the vital force through appropriate breathing is required. Exposure to early morning – late afternoon sun light, fresh air and drinking fresh water cannot be overlooked. In growing cities with high-rise buildings, civilized men seldom see the golden light of dawn and dusk. With vehicular and industrial pollution, they do not have enough fresh air to breathe. Fresh flowing waters have become a scarce commodity in modern times. The consequence is the terrible onslaught of sickness. The solution for health is known but rarely man can change the ignorant modern trends. He is thus helpless.

Fresh air, water and the golden lights of the solar disk are the major factors that contribute to vitality. The vitality can be augmented through morning - evening daily rhythmic breathing exercises. Yoga practice basically recommends natural conditions of living and due techniques for improving resistance to sickness through certain additional practices. When the basics are not attended to, sicknesses cannot be prevented.

29. Protect the Children

Children cannot be made victims of ignorant trends. They need to be protected and raised in harmonious conditions to bring forth a healthy community into posterity. But the parents have the least awareness related to this. They are not alert to develop enough vitality in the children through right habits. Most of the mothers encourage their children to sleep into the morning hours, which is the first act of motherly ignorance. Mothers with awareness work for the health of the children right from pregnancy. Unless women are aware of nature's principles of health, not much can be imparted to bring about even healthy posterity. The wise think of tomorrow when today's sun is already setting. The present cannot be changed but good seeds can be sown for the future.

Delivery rooms and maternity wards in the hospitals need to be not only clean and silent but also should have light flowing music. This would enable attunement to the rhythm of music, which harmonizes the energy systems of the newly born. Fragrant flowers

may be kept here and there discreetly, which would contribute to health and harmony.

Children are to be breast-fed by their mothers, which of course is now coming back as a healthy practice. They cannot be exposed to sudden and loud sounds. Mothers would do well not to excessively socialize during the early months of the babies in the name of social parties and travels. As the babies grow, they should be adequately exposed to fresh air, sunlight and healthy food. From five years onward, children should also be exposed to harmonious sounds, colours and preliminary yoga asanas.

Yoga asanas enable elasticity and flexibility to the body. They also reinforce the vitality in their tender bodies.

Mothers need to be given the needed education for the proper and healthy growth of their children, so that the children may have a strong base to resist sickness.



30. Prenatal Care

Prenatal care contributes substantially to the healthy formation of babies. After conception, mothers have to take to a new discipline of life, giving paramount importance to the healthy and harmonious growth of the babies. The incarnating soul is being given a functional equipment called the body. The functional equipment is fivefold in nature and its formation happens during pregnancy. Expecting mothers shall have to take to a peaceful rhythm and they should not be involved in conflicts and emotional disturbances. They are suggested not to be adventurous in their activity and to avoid any shocks to the growing baby in the womb. Reading horror books and seeing violent movies should be avoided in so far as they cause an impact on the lady during pregnancy. Such impact will pass on to the in-forming baby. Any significant emotional shock that the mother suffers from would be carried as impressions to the baby. Expecting mothers are therefore advised to take to a peaceful rhythm of life with exposure to good nature. They are also recommended

to listen to music, to study the autobiography of nobles ones and to read scriptures if they are interested.

Whatever mothers think best can better be impressed upon the babies during pregnancy. Many times mothers find that their children do not rise to their expectations in terms of their conduct. Such good conduct can be imparted through accepting such discipline during the pregnancy.

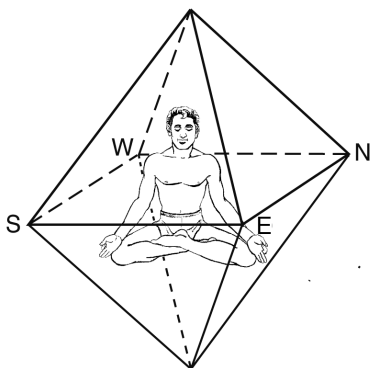
Good motherhood is the good basis for a good community.



31. Healing Double Pyramid of Light

From most ancient times, preventive health care strongly insisted upon building pyramids around oneself and meditating or contemplating on the solar light, which is the source of health and also the source of healing energies. It requires building a pyramid through imagination. Imagining the solar ray reaching oneself from the East, from the West, from the North and from the South, enables building a fourfold cross with the heart as the centre. It is further imagined to link the four arms by their extremes. This creates a field around the heart in the shape of a square. The four corners of the square are further imagined to be linked through lines of light at the top of the head. Then, one settles in the pyramid. Thus built, the head, shoulders and upper torso are covered by the light of the pyramid. Similarly, yet another pyramid is built by joining the four corners of the square down under the feet. This would result in building a pyramid downward, from the heart to down under the feet. Such a double pyramid of light was built through imagination and was

filled with solar energy. Staying therein for 24 minutes in the morning dawn hours was considered most beneficial to insulate the body within and without with the golden light of the solar



disk. A similar practice was also carried out during the dusk hours. It enables the reinforcement of health and healing energies that could resist sicknesses.

This double pyramid was later artistically designed as a Shiva Lingam, wherein the sharp angles of the double pyramid are softened. A Shiva Lingam is an oblong shape. In fact, each human has around himself his aura, which is oblong in shape. The infusion of solar energy during the morning and evening hours into the heart and transmitting it all over the body enables cleansing of one's aura. When the aura shines forth, it means there is good health and vitality in the body.

In due course of time, people started building pyramids on earth and they healed sicknesses, but the pyramids built daily with the solar energies are much more effective and are eternal and subtle. These sickness preventive methods may have to be made popular.

32. Acupuncture

Acupuncture took birth when man noticed that some soldiers were cured of certain sicknesses, when at war, arrows hit them in certain places of the body. It was a wonder that some otherwise not curable sicknesses got cured when a sharp arrow hit a person at a certain point in the body. A study was made of this vis-à-vis the energy system of man and such a study revealed that there are 14 meridian points in the body, seven positives and seven negatives. Energies flow through these seven pairs of centres, which are positive and kinetic, balancing the positive and negative energies. Applying the needed pressure with needles was found to be helpful.

Acus means the needle, puncture means piercing. With the needles, punctures are subtly made, which do not cause bleeding. It is considered as an effective way of stimulating the energy. Sickness is but the result of an imbalance of the positive and negative energies in the body. The imbalance is brought to balance through the appropriate act of puncturing. It is a therapy that

does not use any medicine. Sometimes low-volt electrical energy (nine volts) is supplied, depending upon the requirement.

There is a story in Mahabarata. A great worrier was deeply wounded. He was set on a bed of arrows that gave the puncture effect to the entire body. Consequently, he survived in the body for 90 days, contemplated upon the divine and thereafter consciously departed.

These ancient techniques of healing need to be brought back in a greater measure, in the present context of complex diseases and complicated and costly treatments.

The Chinese popularize this therapy and called the positive and negative energies as Yin and Yang energies. They have found out 900 points of acupuncture. They pierce needles in such a manner that the pressure remains while no bleeding happens. The needles are kept for 15 to 20 minutes. Asthma, paralysis, fits, deafness, back pains, joint pains, allergies, are well cured by this system. It is also used for anesthetic purpose. There are recorded cases where baldness was cured.

33. The Proper Flow of Life Force

Each person is responsible for his health. He cannot criticize the prevailing social systems and sciences of medicine. Man needs to carry the awareness that he can daily replenish the life force in him through the right understanding of the absorption of life force through daily life. Life force is the thread through which the indwelling man is connected to his functional system called the body. The body, as I have said many times in these editorials, is a fivefold body and life permeates in all the five folds. From subtle to gross, these folds may be described as:

1. Creative mind,
2. Routine mind,
3. Desire mind,
4. Emotional mind,
5. Body mind.

The ability of man to use the fivefold mind can contribute to or disturb the inflowing life force.

At the creative mind level, if one is engaged in noble aspirations relating to the welfare of the surrounding life, such ideations result in necessary inspirations, thereby the life force is uplifted. This is what is called love of all life, contrary to love of personal life. Such love for the wellbeing of all beings opens channels for the influx of life into oneself. They are nourished by nature differently. The servers derive their life energy from the service they offer to life. We find such servers in all philanthropic movements: Mother Theresa is one of such example. Mahatma Gandhi has been a great example as well. He lived for others; therefore his life was taken care of, though he did not follow the rules of nourishment.

Likewise, a routine mind that thinks of daily living can be developed in such a manner, a mind that does not let into oneself thoughts of malice, jealousy, suspicion, pride, prejudice, criticism, etc. These are the windows through which ill health enters into the body, which is seldom realized. Instead, the famous 3-monkeys' symbol needs to be adapted. It enables resisting entry of ill health from the surroundings.

Though man thinks he is civilized, developed and more scientific, he does not yet know what to desire, how to desire, what not to desire, and so on. Man is endowed with the will to discriminate, which he does not use generally due to overwhelming emotions. When

discrimination prevails, the desire mind can also resist the entry of ill health.

With the information given above, along with healthy breathing, one would go a long way in remaining healthy and resisting sicknesses.

Apart from this, if one can walk with bare foot in the green pastures during the agreeable times of the day, one also receives life energies from the earth.

Ill health disturbs the uniformity of the life currents in the body. To some, energies are stuck in the head, to others, they are stuck in the chest, while to others they are stuck in the stomach. Healthy bending exercises at least for 15 minutes during the beginning and ending of the day would enable proper flow of life energies. These are some of the preventive measures to secure oneself from sickness.



34. The Power of Thought

Humanity somehow and somewhere lost in recent centuries the power of their thought. They are excessively depending on technology and forgot the ability to be creative, powerful and emphatic in their thoughts. The more facilities were offered by science, it unwittingly contributed to the timidity and pride of humanity. Dependency is developed on external systems and proportional weakness took place in the internal system of man. "Thou shall be that which Thou thinketh." is an old dictum. Man's mind has such powers. With such power he achieved impossible tasks without the support of machine or technology. Man was brave and adventurous and was a master of the weather. Today it is not the same.

The mind is a great agent of the soul and its wisdom. The soul is essentially endowed with will, love and light. Man can bring, through the mind, this essential power of will. Through the power of thought, he resists sicknesses. He can resist cold and heat, he can resist wind, and he can resist rain. He could even resist

hunger. The power of the resistance of mind can equally be applied upon to resist sickness overtaking him. Man became more and more desire-oriented through the development of functional facilities. As much as he turns these energies to desire, the power of the mind is dissipated. Most of the thoughts that man carries are more desire-oriented than towards social obligation and social welfare.

The mind can be made powerful once again by relating it to its source, which is called the soul. The soul is like the personal sun that transmits light and life, which can be consciously received by the mind and be transmitted through the focused direction of thought upon the sicknesses that man suffers from. This focused direction to the ailing parts of the body would result in the transmission of the solar energies to the related areas of sickness. This should bring forth good results. The mind is like a mirror. When you get an angle of the sun through the mirror upon an object and keep it focused, the solar energy through the mirror reflects upon the object. Consequently, the object receives the impact of the solar light. Since the solar light also carries life, life energies are thus transmitted with the help of the mind.

The golden light of the solar disk regenerates health while the diamond light of the solar light can scorch the body. For purposes of auto-healing or healing

others, the golden light of the soul can be received by the mind through meditation; that light can then be reflected upon the areas of sickness. Such was the magical work of healing when man did not have so much technological support. This old methods may have to be reconsidered for toning up general health and also for healing routine sicknesses. The intake of medicines for every little discomfort may have to be done away.



35. The Impact of Positive Sounds

Sound impacts life force. Harmonious sounds can lift up. Rhythmic and musical sounds can reinforce and strengthen even more life energy. Irregular, rhythmic loud sounds can likewise destroy the spirit of life.

Once upon a time, a king was to be coronated. As he was walking towards the throne, a group of members of the royal court started uttering critical words saying that he was unfit to be king. The king to be was dispirited. His life energies struck the lowest ebb and he almost collapsed. Viewing the black magic of the critical group, the royal priest came up to the king to be and uttered forth the great virtues of the person, relating him to the noblest kings of the past. The person received tremendous positive magnetic energies and he stood up with great gait and dignity. The entire royal court applauded the king. He was coronated and ruled the kingdom for half a century; he attained the greatest glory. This is a true event recorded in the history of India.

Positive sounds energize; harmonious sounds energize even further. Musical sounds have even a greater

impact. Listening to the sound of silence in nature is an art by itself. The sound of silence emerging from nature during dawn, dusk, midnight and midday is a reservoir of life energy.

In the modern world, man is regularly and inevitably exposed to unhealthy sounds: in factories, in industries and in the traffic roads. There is much more noise on the planet today than a couple of centuries ago. Working on the roads is reaching a point of climax. Even most of the modern music with loud drums and beats is not helpful to regenerate life. Amidst humans, there are critical, judgmental and negative speeches. The media as well is mostly negative, critical and judgmental.

Seldom it is realized that there is a tremendous negative impact of sound on humans today from many sides, disabling them to be healthy. This requires a betterment too through right measures of antidoting.

Rhythmic, flowing music, wisdom teachings, scriptural incantations and retiring into the silence of nature are the need of the hour.

36. The Impact of Sound and Thoughts on Health

Sounds impact health. Continuing from the previous editorial, the impact of sound on health is not only external; sounds also cause an impact from within. Even while the outer is peaceful and harmonious, unless the inner side of the being is peaceful, it can impact life in a negative way. Today many appear to be lonely. They also appear to be in an ambience of dead silence. Silence is frightening, especially to the weak minded. From within, if fear emerges, there can be no silence. Likewise, if suspicion emerges from within, there can be no inner silence. Prejudice, jealousy, and other emotional disturbances can also cause tremendous impact to the waters of life, which makes them impure. Humans do not realize that negative emotional thoughts can affect the purity of their blood. Modern stress and the related anxiety can also affect the purity of blood. Emotional stability is not generally found.

This apart, noble, positive, well-meaning, creative and constructive thoughts, which work as a tonic for

health, are also rare. Man's mind is engaged with contemporary thoughts of competition, achievement, material progress, and the access to power through money and politics. Such thoughts are self-centered thoughts, which causes congestion to one's life. Thoughts of general welfare generate a process of energy flow from within to without. When such thoughts are at work, there is the unfolding of energies from the centre to the circumference, resulting in the release of energies and the consequent relief to life. When one is engaged at all times only to receive from the surroundings, from all 360 directions, the forces converge into the centre of the thinker. Thereby, one gets stressed and pressurized. It results in the congestion of life energies and tension, leading to attacks and strokes. Initially, one experiences headaches and tensions in the body and in due course, they lead to the malfunctioning of important organs such as the liver, digesting system, throat, etc.

Wisdom therefore suggests that one may offer oneself to the welfare of the community instead of seeking for himself from the society. Offering is the way to health; self-seeking is the way to sickness according to the Veda.

37. The Five Layers of the Body

During the last 11 editorials, different methods have been pondered upon to prevent sickness. The theme was 'Prevention is better than cure.' The eastern science of health recognizes the five layers of the body relating to the five elements. It is but necessary to keep the five elements of the body not only clean, but also harmonious. That is the key to health according to Ayurveda. Ayurveda recognizes an assimilation centre in the body, which transforms effectively all intake into energy. Intake is not only food and drink, it is also desire and thought. The assimilation centre enables an effective physically healthy body. For this, the therapies such as nature therapy, solar therapy, acupuncture, acupressure, and ayurvedic massages are helpful.

To ensure an effective vital body, magnet-therapy, digitopuncture, breathing exercises of yoga, and water therapy can be gainfully applied. Besides, skilful administration of homeopathy is helpful, since the homeo-science attempts to vitalize the vital body.

Pranic healing, pyramid therapy, and sound therapy, can be helpfully applied for the vital body as well as for the mental body's health.

The mental and the intellectual bodies can be kept healthy through different grades of thought power. The thoughts of social welfare and the thoughts of charity are of one grade while the thoughts of wisdom, which include ideation upon the keys of wisdom relating to Anthropogenesis and Cosmogogenesis, are of another grade. Abstract and metaphysical ideation is yet another grade. Pure love of life regardless the barriers of creed, caste, religion, gender, etc., is still another grade.

If man engages himself in the noblest of the aspirations, the fivefold life falls into harmony and supports him. This is the ultimate of truth demonstrated by noble lives at all times. To them, the general health truth does not apply.

The healers should also note the grade of thoughts related to the patient and accordingly attend to them. It cannot be as simple as a carrot to the rabbit. The human rabbits are different from one another.

38. Thoughts Hold the Key to Revitalize Humanity

Humanity is striving every possible way to restore basic minimum health. Many therapies, ancient and modern, scientific and unscientific, are accepted due to the urgency of ill health. Medical science is also striving hard to provide solutions to emerging and raising sicknesses. There is a mushroom growth of sicknesses bewildering the doctors, science and the victims. It looks as though the ship is on fire. There is a commotion among the knowers of health. The causes for the emerging sicknesses are not always traceable. The effects are too fast. Retracing the effects has overtaken the cost finding machinery. All are critical about the present state of health practice. It looks as though there are happenings that are beyond human reach.

But it is true that ever since 1930, there is much fire induced on the planet, which even threatens it. All sensitive organisms are affected by the additional way of fire induced into the planet. There are earthquakes, volcanic eruptions, storms, wildfires, fogs, changing

climates, wars, revolts, treasons, and terror. What more is needed to understand that we are passing through threatening times? The division and disintegration is faster than the unison and synthesis.

There has never been such an hour of disintegration as it is now. It is as if paths have been laid for ways of fire. Few realized this and many are deaf and are obscured of the division.

A saint of the orient once said, "Man has fallen into a dark pit and has closed the outlet with a black cover." Thoughts control the vital impulse. One should strive towards the purification and development of thoughts. Humanity therefore needs to strive towards broad, all-encompassing thoughts, which can lay the foundation for the regeneration of life. The thoughts that contribute to the refinement of consciousness hold the key to revitalize humanity. The saint thus prophesied that the key to life is vested in man's thoughts. The thoughts have to be 'fair to all'.

This is the only door opened for health and wellbeing. In togetherness, the leaders of human groups need to lead to this end.

39. The Patient as a Whole

For a physician, the main factor for observation in the patient is the level of vitality. Each time a patient meets him, he should be able to gauge the degree of vitality that the patient holds. This needs to be observed at the very first instant. The treatment of ailments by itself is not sufficient. There can be many cases in which the ailments are cured, but the patient is in a process of degeneration. The degeneration of the patient is the most dangerous symptom, which cannot be overlooked in the rush to attend to the ailment. This is a difficulty and a problem when the physician focuses only on the ailment. Still more difficult is the problem when there is a complication of several ailments. Such cases are increasing in number.

It is possible that when one ailment is cured some other ailment gets worse. All ailments need proper attention, without which the treatment results in an overall lowering of vitality. In such cases, a general overview of the patient is important, but there is such an excessive specialization in medical practice that each

physician is concerned with only a part of the body. This is leading to disaster. The present generation is exposed to this calamity; this practice also corrupts the humanity of the future. Humanity should not lose its trust in the system of cure. The distrust is growing and there is an utter need to arrest it. The result of distrust is that a patient frantically indulges in a bit of allopathy, a bit of homeopathy, a bit of acupressure, a bit of ayurveda and a bit of yoga, yet, he continues to be ill. He runs from pillar to post and he is restless.



40. Let it Be

People are especially concerned about their health. They are much more concerned now than before. They are very anxious to retain their health, but the anxiety itself is an agent that induces ill health. Fear injects ill health even further. People look for health but they forget the fundamentals. They should pick up the mantra “let it be.” They should have a slightly resigned attitude and a slightly detached attachment, which keeps the nerves beyond anxiety and fear. Any thought that affects the nerves should be avoided. It is wisdom. Man cannot enter fields that cause fear, anxiety, suspicion, mistrust and dishonesty. They have an immediate impact on the state of tranquility of the nervous system. The nervous system carries primary energy and when it is disturbed very early through the daily activity, it opens the doors for many ailments. Immunity cannot be one’s asset unless one develops an attitude of detached attachment. But somehow, as much as society is developed, so much is the pressure. A pressured human being cannot be considered to be developed.

To be peaceful with oneself and with the surroundings is the basic platform for good health. This is missing in the modern world. There are many nervous breakdowns, depressions and other mental disorders, which cannot be denied. Likewise, many suffer from an upset stomach, which in turn obsesses the head.

Should it not be part of health and healing that people are educated on the need to be mentally peaceful and stable regardless of the surrounding conditions? The medical science also utilizes the concept of primary energy. Medical science also recognizes that immunity is directly linked to the equilibrium of the entire nervous system. How, then, may one not recognize this fact? Between material progress and personal health, the latter must be more in the minds of men. It is an age-old dictum that “health is wealth.”



41. The Constructive Development of the Mind

With fiery explosions, tsunamis, tornados, cyclonic weather and outrageous summers, one cannot say that we are in a peaceful ambience. This is further worsened by man-made disturbances, which indicate hostilities between communities, the relating wars and cheap diplomacy. Even if the ambience is now sickening, man still can be stable. The stability can develop at the mental plane. Mental stability comes through the understanding of life and also through the understanding of time cycles. Life and the light that man carries can be brought to the mind through a constructive educational program. In fact, education is defined as “the process of the constructive development of the mind.” It is of primary importance to every human being that he is well educated in terms of life, in terms of nature and in terms of the time cycles. When knowledge relating to life, nature, time cycles and the very purpose of his life is imparted to a man in the early stages, he tends to be stable. He

would carve out a life that is constructive and stable.

When life's values are not imparted and when nature is not understood, one cannot fit into the largest system; one tends to be self-centered. This self-centeredness motivates man to get into competition, covetousness and aggression. Such an insane activity leads to a contagious madness. Leaders only speak of a peaceful coexistence but unfortunately all that happens around them is the contrary. All agree that the conditions of life are unhealthy, but no one is willing to collectively work for improving health's conditions. Every advice about improving health's conditions meets with hostility. Vested interests fear for their un-settlement wherever there is an advice that leads to improving health's conditions.



42. Healing with the Arts

Men of wisdom consider that music is a treatment by itself, though not always perceptible. Modern humanity is out of custom to develop perceptions relating to sound and music. There is no proper education from childhood to open the ear to the music of sound. There is a beauty of sound in music and when the ear perceives it, the touch of beauty happens. Beauty is the other name for balance. Anything that is beautiful magnetizes the mind and the energies fall into order. Just like a magnet reorganizes the energies of an iron piece, the sound of music does it as well. Though music is taught in schools, it is more mechanical and it is generally crystallized into a science. It is unfortunate to reduce an art into a science. The contrary pleases the heart.

When a science turns into an art, there is a tremendous release of energies. The mind is scientific; the heart is artistic. The touch of the heart is possible when man opens his mind to the arts, such as music, colour and dance, but it is unfortunate that everything

is tending to be systematized only to be crystallized. Crystallization condenses the whole life and even conditions it as well. When life gets conditioned, the free flow gets congested. It is therefore needed that man does not lose the touch with the arts while he pursues his search with the help of science.

Retirement into nature and listening to silence gives an original approach to the sound of music, as it is available in nature. This seems to be a way out from the plethora of medicinal treatments.



43. Importance of Tuned Music

Continuing with the theme of treatment by means of sound, it is important that from childhood one should be accustomed to assimilating the beauty of sound. Our musical faculties are in need of education. Even animals and birds respond to music, but man walks away from this faculty in search of material objects. There is a subtle faculty of sound that can be cultivated. It is true that in each man there is an implanted seed for sound. It can be cultivated by inclination, otherwise it remains asleep. Man ought to hear beautiful music and songs. A single harmony can awaken the sense of beauty. Beauty transforms the prime energy in the listener. It brings back the music of the spheres, which for man is also like a mini solar system.

All great initiates have been great singers, too. They sing and they dance in their lonely hours. They get attuned to the sound of nature as it is presented through time in a place.

When the world is quacking from hatred, it is indispensable for man to make haste and open his ears

to the sound of music. When he gains comprehension of the sound of nature, he can rebalance himself and his energies.

Today man is exposed to noise and humdrum. The modern music with excessive sounds is tending to be gross. While music should lead one from gross to subtle, the present music leads humans from gross to a grosser level. Only noise is permeating through the loud beat of drum and gross human voices. Seldom are the sound of waterfalls, the rhythm of the ocean waves and the subtleties of mild winds heard. The solemn hymn of nature constitutes the strength of music, which harmonizes any irregular energy system. Humanity can accomplish its ascent with the help of tuned music.



44. Methods to Strengthen the Body

Humanity is given exalted concepts by men of wisdom at all times and in all four corners of the globe. It is generally thought that exalted concepts are only meant for exalted persons. It is not so. Exalted concepts are the salutary means that strengthen the organism. One should realize the power of any beneficent concept. To sing hymns in togetherness to the rising sun, for example, is one of those beneficent concepts. Such a practice is vouchsafed to bring forth the needed purification. It fills one with health and it is a means of replenishing health on a daily basis.

The golden rays of the morning sun carry abundant life. One is considered healthy if, while orienting to the sun, one gently closes his eyes and sings hymns visualizing the warm touch of the golden ray in his forehead and in his heart. The science of yoga suggests a particular asana to feel the solar energy in the 32 centres of the body. When performing the asana, one can receive the healthy solar energy into oneself. It is called Surya Namaskara. It is the primary asana that

is suggested initially to every yoga student. This can be performed by orienting to the golden rays. Besides, there is also the practice of the mantra of Gayatri, which is chanted while orienting towards the sun. Such practices are meant for good health also and not only for the exaltation of beings. Such practices are disappearing in the present humanity, thereby closing the doors to alternate methods of restitution. It is unfortunate that only medicinal means are thought of.



45. *Life is in Everything*

“Life is in everything”. This is an age old teaching. Even objects do carry life. Upon each piece of handiwork, particles of human substance are stratified. Not only the state of the maker’s health is left upon the object, but also his striving energy, which is indissoluble. The later exists with the object for ages. Stratifications of emanations cannot be ejected. It is therefore considered essential that a man who creates objects of human utility should do it with goodwill, with peace, with joy and with love. When human work is done with conflict in mind, with an attitude of restlessness, anxiety or hatred, their impact is on the created objects. For this reason, it is considered essential that a man has to be joyful at work. The human emanations surround the objects when they are in the making. It may look like a fairy tale, but it is true. Objects are considered good or evil as people are called. Inferior energies at work permeate into the work and get stratified into the created objects.

It is also further said that milk coming from cows after the calves are fed is considered healthy. Squeezing

milk from the cows with machines is considered a brutal aggression; it is like squeezing milk from human breasts, which is meant for the infants. Neither the cow nor the mother is happy, and such ignorant acts are done. When there is less concern for life and when life is hurt, it comes back to the one who hurts. These are certain fundamental laws of humanism which have their impact on the overall health of humanity. Many such examples can be given of human diabolism in relation to their attitude towards the animals and birds, which are consumed as food. This requires deep introspection.



46. The Need of the Hour

It was known to the elite of humanity in the past that humanity is verily a link between the mundane and the super-mundane world. In matters of healing, the physicians of the ancient times also related to the stars and planets. They were used to that thought and appropriately applied those energies. They were also used to relate the five elements to the five elements in the patients to redress them. The human body holds centres relating to the five elements, the seven planets, the 12 constellations, and even in detail to the 27 constellations. When solutions are not forthcoming from the mundane circles, it is but wise to look to the super-mundane supplementation. It is strange that the physicians do not avail of this opportunity to become better carriers of health.

The cause for de-linking with super-mundanity was the superstition associated with the subtle, but now man has become a fairly good reasoning unit of consciousness and has also a good base of science. The superstition and belief can be substituted by scientific

precise investigation into the energies of the subtle world. It only requires open mindedness. In the present age, there is an open-minded approach growing and it should grow adequately to expand the search into worlds which are subtle and which are semi-visible, though not as visible as the mundane.

Applying the knowledge of the nervous centres is the need of the hour. The nervous centres in the body are the spiritual antennae and magnets. It is common knowledge that even a physical magnet, when placed in the special vicinity of the centre, the centre gets strengthened. The magneto-therapy relates to the nervous centres of the body. The nerve centres themselves are magnetic centres. When they are stimulated, they attract adequate energies for the surroundings by which the needed health can be restored. Yoga is globally introducing the importance of the nervous centres, which can be wisely used through investigation requiring healing techniques.

This is where the new age healing is perceived.



47. The Medicine of Positive Thinking

There is too much hearsay about doom and dissolution of the worlds created by human thought. “As you think so will it be” is a well-known principle. When a step of evolution is being built by humanity, the dark forces intensify all their cunning because light is unbearable to them. Since they are doomed, they trick the humanity. The gullible in the humanity at large are affected; but the stable ones are not affected. The mantra is “trick the trick.” When the dark forces trick humanity, the stable ones have to trick the trick by propagating the absence of any doom and dissolution. The notion that it is a change for the better needs to be effectively propagated. A flower gives rise to a fruit or a vegetable. When the fruit or vegetable is emerging, the flower recedes. It can be seen in two ways: the fruit is emerging or the flower is disappearing. When one is dominated by negative energy, he sees the decadence of the flower, but the one with positive energy sees the emergence of the fruit.

Before every new dawn, there is a pressure of forces. The pressure brings the pain but the pain gives

due reward of light and love. The promotion of this thought at large is healing.

Positivism is seen as the best medicine. It allows for hope to be alive and high. “All is well and will be better” is a good daily pill to inject into oneself. It enables minimizing the thought of negativity. This is the need of the hour. People blow up and magnify their little troubles. They see their little trouble as if it were global. The phantom has to be dissolved by the right induction of positivism with reasoning. Positive counseling is by itself a healing therapy, akin to mesmerism or hypnotism. These therapies, when done with utmost good, will have a deep healing impact on the psyche of the patient. The patient’s psyche turns out to be a healer which heals his sickness. It is not so that medicines only cure; there are many other ways to supplement the healing process.



48. *Fearlessness*

Fear generates ill-health. Fear is unworthy. It is impossible to reach health when fear is entertained constantly and consistently. Fear condenses the psyche and arrests the healing process. It is but necessary for a physician to ensure that the patient is not affected by fear. He should know that healing becomes unsteady and uncertain when the patient is fearful. The whole treatment is based on slippery ground when the patient is filled with fear. His cure becomes unsteady. For this reason, the physicians must study and comprehend the importance of ensuring fearlessness in the patient. Devotion antidotes fear. If the patient is a devotee, he should be led further into his devotion. If the patient is not a devotee, the physician should lead him to the centre of self-confidence.

Fear is multi-coloured. The physician should know the cause of fear through a friendly enquiry and thus eliminate the cause from the psyche. Unless the psyche is restored to normalcy, the treatment should not be attempted. In these days of busy practice schedules, the

physicians should either find time or develop a special team of counsellors who would redress the situation. This is imperative and needs to be attended to in order to ensure the patient's cure.

When the nervous system is shy due to fear in the psyche, it develops a protective net and it resists the impact of medicines. It is not uncommon that physicians find patients on whom there is no adequate impact of medicines. The patients need to be educated on the effect of fear upon them. Patients should be made aware as well that fear makes healing effects contra-productive. A patient may not even be generally timid, but the sickness that he carries may make him timid. This timidity and fear lead to a frightening situation. The frightened one is already infected at a deeper level and he deprives himself of any cure. Therefore, the fear factor has to be attended to by the physician and the patient as well. "Cure the fear and then cure the illness" is a dictum. The use of musk, sandal, camphor and such other herbs are also helpful in this context.



49. Brooding Over the Past

People should be taught not to brood over the past since it dampens the health of the psyche. Brooding and mourning over past events and past mistakes creates a platform for future sicknesses through despair and depression. Innumerable people look back and get stuck with their past failures and past losses. The only benefit from such looking back is to learn from the mistake and move forward. Beyond this, if one broods over the past, it only creates more and more burning in oneself, thus damaging the nervous system and thereby the health system. The primary energy is affected by the constant brooding over events. There is no wisdom in looking at the burning city or a burnt city and inhaling the carbon of the smoke as a result. What is to be learnt has to be learnt, but if it is nurtured over and over again it brings carbon into the system. This carbon is anti-life and builds its own anti-life system within the life system. Instead, it is wisdom to bid farewell to the burnt city and the desecrated temple. Clinging to the desecrated temple, destroyed synagogues and

churches or mosques only brings sorrow and hatred towards those who were the cause of it. One should remember that it is a past event for which no avenges can be entertained in the present.

Today's humanity is preoccupied with the past acts of injustice and reacts unjustly in the current times as a reply to the past.

There is a children's story where a tiger drinks water from a stream and a deer also drinks water down the stream. The tiger says to the deer that it is contaminating the water. The deer says: "But I drink down the stream and you drink up the stream. How can the water you drink be contaminated? Is it not the contrary?" The tiger says: "No, no, no... Do not argue with me, your forefathers did it. So, I punished you now." This children's story is at play in humanity making the present community fear for the remote forefathers' actions.



50. Helping Others Helps Us

The present hatred in humanity has its roots in a remote past, which requires to be eliminated through proper education. Hatred brings out the worst kind of sicknesses. This requires a patient redress to lay the foundation for a healthy humanity. The spirit of life manifests into good health where there is an active and healthy functioning directed towards the well-being of humanity. This is a principle by itself. Where there is fiery striving for improving life around, there life gets vitalized and causes even regeneration. A devitalized person who regularly attends to health services and strives for the good health of the patients finds himself improving his vitality also.

In India, in the 20th century, this principle was experimented by a homeo-doctor who recruited in his dispensaries sick persons to serve the sick who came to the dispensary. In three to five year's time, the workers in the homeo-centre have found better health within themselves. "Helping others helps us." This is a law of nature. "What you sow, you will reap" is a very

well known truth. When man serves a fellow being with love, he is served in the same measure. Voluntary health service is thus seen as a way to health. Persons affected by serious sicknesses, when engaged in voluntary health service, would also find to have lived more years than expected due to such service, like in the dispensaries mentioned above. "Give to receive" is the principle that works.

The above event opens the doors for a considered thought to build health centres where the health service is done free of charge. Health services ultimately should be a charitable service and such charity shall have to be supported by the society itself. It eliminates all commercialism and enables the free flow of health energies that is otherwise constrained due to monetary considerations. As much as health practices are commercialized, so much health eludes humanity. There is too much commercialization and the consequence of which can be pointed out to growing sicknesses. Educating health in a society shall have to be charitable and shall never be based on monetary considerations. Only then the society can be healthy. This looks to be an impractical philosophy but there are communities who work on these principles and they find it feasible.

51. Psychic Energy

Self-abnegation in service expands the forces beyond a legitimate extent, thus leading to such sicknesses as cancer. Spiritual toilers are so much obsessed with their spiritual and service activities that they deny themselves many basic needs for long years. There is a legitimate limit for the body to tolerate this self-abnegation. When it crosses the limit, there would be a weakening of the psychic energy in the blood, which generates the disease. Psychic energy is often exhausted as the result of excessive spiritual outpouring. Many teachers of India during the 19th century, namely Sri Ramakrishna Paramahansa, Sri Ramana Maharshi, and Shirdi Sai Baba, are examples of such illegitimate outpouring of spiritual energy. They were highly self-abnegated due to their spirit of service. Two of them had invited cancer and one invited a sickness of the lungs, which were instrumental for their eventual departure.

When the psychic energy is weakened in the blood stream to an extreme, such sicknesses happen. This gives a key that diseases like cancer can be treated by

supplying psychic energy and thereby strengthening the blood. The blood, being the mysterious magnetic fluid in the body, is responsive to the subtle magnetic energies of wisdom, and wisdom has such keys as sound, number, colour and symbol. The use of these keys is highly healthful in cancer cases. This needs to be thought over by the science of health.



52. The Importance of Rejuvenating One's Aura

Large crowds carry along with them some aura. It is therefore not advisable to live in densely populated places. The human organism is generously endowed with powerful substances. The chemical laboratory of the human being is truly amazing and it is a storehouse of powerful and sensitive energies. It is for these good reasons that theories existed from ancient times, which stated that illnesses can be ameliorated or aggravated as per the associations. The quality of an association and the related healing vibration or sick vibration has its impact. The human organism is under direct influence of the psychic energy of the surrounding people.

It is for this reason that one is frequently required to rejuvenate one's own aura through one's connection to the currents of the space above. In cities with multi-storey buildings, the space above is seldom visible. When the place is crowded and it is denied of the blue sky due to high-rise buildings, human poisons are very powerful. The perceptions of psychic correlations are

equally important for a physician. Living continuously in shaded places not exposing to the freshness of the blue sky, the sun light and the fresh air would cause tremendous negative impact on the spleen. It is of utmost importance that the spleen is kept clean. There is not much medical science available that gives due importance to the spleen. If the spleen is active, the pranic-fire is active. It can heal every kind of sickness if it is kept clean.



53. Preserve Harmony

Health workers must stress the need for preserving calmness and an atmosphere of solemnity. Solemnity contributes to the health of the spleen. This may sound strange, but it is true. The spleen is the organ of harmony and it therefore should be purified by a harmonious disposition. Physicians think that only the nervous system requires psychic influences, but such influences are also needed for various organs of the body.

A quiet, calm, serene, pure and fresh atmosphere enables recovering of the patient, for the patient himself is a storehouse of healing powers. Medicines need to be supplemented with such an ambience. Crowded hospitals work contra-productively to health. Frequent disturbance to the ailing patients through excessive visits by nurses and by visitors need to be avoided. A sleeping patient should never be disturbed for replacing the bed-sheets, cleansing the room, changing the dress and for giving a sponge-bath. A sleeping patient is in a process of healing. One cannot disturb the sleep

to do acts of healing. The patient should be the priority but not the general timing of the nurses and hospitals.

“Do not disturb a sleeping person and much less a patient” is an ancient advice. The psychic energy is re-finding its equilibrium and harmony in sleep. Disturbing the psychic energy means disturbing the harmony. The process of healing gets disturbed. The physician should ensure that the harmony of the patient is not violated.



54. A Pleasant Truth

It is very saddening to see a violation to a patient's harmony, which is the basic platform for healing. One should be able to imagine the impact of any sudden information, sudden changes and sudden movements done to the patients. Great perturbations happen in the healing currents in and around the patient when sudden decisions are taken and certain movements are made. The physician should know that a patient psychically overreacts to negative information and powerfully reacts to a note of encouragement. A note of encouragement is of great importance to a patient. Even if certain facts have to be informed and such facts are not very favourable for the patient to listen to, the right choice of words is helpful many times. It is necessary that the patient is not given any false encouragement, but it is equally necessary that, in the name of actual communication, one has to take into account the patient's psyche. "Speak truth and speak pleasant," is an ancient saying. A physician should find the way to present the truth as pleasantly as possible. The art

of speaking is an act of healing. Unpleasant information can be pleasantly shared to enable the psyche of the patient to receive the information without being affected. At any cost, the patient should not receive a shock in his psychic energy when he is being informed of his sickness. Shocks are avoidable. This is where a tongue of good report is needed. The hustle and bustle of the modern daily practice cannot overlook the humanitarian angle. Every physician therefore needs to develop in himself a humanitarian and even a teacher. This subtlety cannot be ignored.



55. *Rest, Fainting and Stupor*

For the renewal of the vital forces, periods of absolute rest are of great importance. In absolute rest, a person is in other worlds, and if it were possible to question him carefully, he would reveal many interesting things. Folklore preserves stories about sleeping beauties and knights who remain in a state of suspended animation. Folk wisdom observes this as an especial condition that is followed by renewed energy and even heroism. It is a pity that many aspects of such rest periods and the condition of a person in the rest periods are seldom studied.

Stupor is one such rest period. Stupor should not be confused with fainting. Fainting is an unconscious numbness. Stupor does not necessarily exclude consciousness. The cause for stupor is very subtle. Stupor cannot be caused through any external influence, while in stupor a person can be cured of the initial stages of any befalling disease. It is incorrect to regard stupor as an illness. It is an acceptable condition of body and mind. It is wrong to awaken a person in stupor. In

stupor, a person's psyche undergoes certain re-adjustments. Heckling at a person in stupor is ignorance. Questioning him and teasing him with clumsy enquiries would disturb him from his rearrangement. One should understand that a person is refining himself through the stupor.

It is but necessary for medical science to make a deeper study of the condition of the brain of the persons who faint and who fall into stupor. The observation of the brain vibrations of a person who is in shock, who has fainted and who is in stupor, may reveal different states of the psychic energy. It may also give clues to death.



56. Intermittent Rest

Stress at work is very common. It has its own contribution to health. Humans cannot avoid stress, but intermittent rest during times of work is highly advisable. A couple of minutes to relax in between stress and work is recommended. A sip of coffee, tea or infusion can be seen as a good relaxation. Such kind of relaxation should not, however, lead one to gossip. It should also not lead one to idleness. A wise relaxation sharpens the forces of work. When great tasks are worked out, a little relaxation is always important. It gives rise to a renewed psychic energy that helps to pay a greater attention to work.

When one feels stress at work, the above-mentioned relaxation is the way out to come back fresh. If one continues in stress, one develops a feeling of hopelessness and helplessness. Hopelessness and helplessness should never be let into the work area. They lead to despair and weaken one's resolute attitude and decisive functioning while it decreases strength; therefore, there is a caution to relax. Care should be taken of

one's health through such small tips. Sometimes small tips are of greater help in averting ill-health than long procedures of medical treatment. This needs to be induced through education to prevent a break-down of the health state at the later stages of life.

It is said that it is always difficult to find space for useful small articles when packing a trunk. When packing a trunk, small articles that are useful for the journey can fit in here and there. People pack their trunks so full that often there is no space left over even for the smallest object. Likewise, when performing the different tasks of life, certain details like relaxation go unnoticed. Such an attitude brings leakages into the health system.

Intermittent relaxations are as useful as work. They are like tonics or chocolates that help to renew oneself and work with vigour.



57. Listen to the Subtle Bodily Signals

When nightingales are killed, how can one hope to hear their song? When people avoid looking into the essence of health and are satisfied with a superficial health, a great danger lurks behind. Normally we do not care for the subtle bodily signals that are thrown out by the body. The physicians are not informed of them because we, the people, feel they are “not so important.” Repeated small headaches, stomach-pains, missing heartbeats, in so far as they do not cause concern, they are not reported because people feel that they are not so important. When these small indicators are attended to, future greater sicknesses could be avoided.

It is important for people to notice their body. Actually, people should not get excessively preoccupied with the body, however, any peculiarities that are found in the body, either physically or functionally, shall have to be attended to. There are instances where a couple of black spots on a woman’s breast develop into cancer over the years. Had these spots been immediately

attended to, an onslaught of cancer could have been avoided. Many such small details take shape without any apparent reason and they lead to a well-planned sickness. A sickness could grow unnoticed but a wise person can notice it before it sets in. An irregular defecation unattended to can lead to a chronic constipation, which is the basis for many other sicknesses. The entire body gets affected when attention is not paid to a regular and complete defecation. Small disorders, when ignored, can lead to chronic sicknesses in the latter part of life. Man should be taught of the need to carefully observe the small signals thrown out by the body on a day-to-day basis. Great sicknesses have their small beginnings, which are often very subtle. Nature has its own way of giving warnings and one should be careful enough to read them. Most painful sicknesses emerge from the so-called trivial disorders. “A small bolt can hold a huge machine.”



58. *A Joyful Psychic Energy*

It is known to all that, under normal and natural conditions, the human organism can successfully overcome diseases. But it is essential to know which conditions are the best. Many people are content with the basic sanitary measures, but they overlook the foundations of life.

People go to sanatoriums, health clubs and spas to improve their health. They ignore the fact that in those centres they will be closely associated with the random company of sick people. They seldom realize that they are in the company of the sick, while in society there may not be such a concentration of sick people. In such an environment of health clubs, sanatoriums, etc., one can hardly find a positive effect. The association with people whose attention is focused upon ill health rather than health can only intensify the disease. There is more aggravation than amelioration.

There are people who prefer to live in mobile homes or in tents. But a collection of many tents or mobile houses is only a replication of urban conditions in an

inferior way. There is much less sanitation in such places than in a city. The preoccupation and anxiety of people who look out for health when gathered in one place bring ill health. Thoughts are contagious. In the name of health, mostly ill health is thought out. Generally health is thought of due to fear of ill health. The fear of ill health subtly promotes and spreads among people who gather for health. This is not generally understood.

People are in quest of health. They want to change the unhealthy conditions around them. The very thought itself is unhealthy. If it is persistently entertained, a longing for natural and normal living should be combined with psychic joy. Otherwise, the seekers of health will begin to complain and even weep for every little discomfort. They are like people who weep at a rainfall. In a country of rains like England, rain is bound to happen any time. A joyful approach to rain is much more helpful than living in complaint. Joy turns things to normal. A joyful psychic energy can insulate a lot of external agencies of ill health. The human organism can normally fight the diseases without outside help when the human psyche is kept joyful.

59. *Harmony*

People are striving hard to attain health and harmony. They are striving very hard. They are frantically searching for harmony. People know that harmony defines human feelings. The necessity of harmony is much more felt now than before. They have heard of the subtler aspects of harmony through teachings. There are many teachers of harmony who are not yet by themselves harmonious.

Yes! Harmony is a great concept. People think that harmony is to be gained from external conditions. They change their food habits and living conditions; they change their dress code; they change their prayers and they move from civilized and industrialized countries to places like India, Tibet or even to Himalayas. There is a lot of bustle and hustle to bring about harmony around them.

The fundamental law of harmony is however forgotten. The way to harmony is in the art of one's own thinking. One has to propose from within to be harmonious. Harmony is not a thing or an article or an

object to buy with Euros and Dollars. It has to come from within by defining one's own feelings. It does not require literacy and education. It can sometimes be possessed by an illiterate person and yet elude the most learned one. This looks to be a clumsy aphorism but it is true.

There is a saying that to be happy is simple, but to be simple is difficult. Men are engaged with competition and covetousness. As long as attainments and achievements preoccupy the mind of men, they remain like the rod around the mill. They are busy in their mind trying to achieve more and more and more and so on. They are deeply engaged in doing until they burn themselves. In a world of competition and covetousness, they have the by-products of jealousy, hatred, anger, irritation, worry, dislike, miserliness and the like. These by-products overshadow and poison the mind; they poison the thoughts. For the same reason, peace, harmony and poise become elusive.

Men should know that they are beings and they should attain a sense of be-ness. They should travel to the sense of be-ness from the sense of achievement. To be and to do is harmonious. Only to do dislodges from to be. Be-ness is the state of harmony. This can come through refining one's own thinking process. Men need to redefine themselves.

60. Saving Our Planet

Earth is enveloped by a cloud of gas and during the last 100 years, this sinister cover has condensed remarkably. Human beings do not know what harm is effected upon them and upon their evolution by their creation of destructive gases, nor can they estimate how far these gases spread and what poison compounds they form. One cannot even consider upon the daily products that are further created by the deliberate destruction through the continuous wars over the planet. The poisons that are created are the distress of humanity. On one side we speak of health and speak about the beautiful planet and on the other side we contribute to its destruction and the destruction of humanity. Man speaks with two tongues and he is tending to be diabolic.

We regularly create new dangers and we pay for them through new diseases. We also know that we bear the responsibility for our own health and we perpetuate unforgivably our misdeeds. While we cannot blame ourselves, we cannot also forgive ourselves for all that we do to promote anti-life.

Individuals and groups are increasingly aware of this. Governments also know this, but not enough is done, although some efforts are being made. It happens just like with the aspirants who fall short of their rhythms and practices. Today, humans know much but it does not match their actions.

Yet, there are sincere thinkers and practitioners that still strive for restoring health on the planet and for humanity. These are the few thoughts which are to be respected and we should be conscious that we are creating a gloomy destiny through our continuous acts of ignorance. We cannot escape from our responsibility. We need to work. We should think of posterity. After all, whose destiny is it to inhale in the future the poison that we create in the present? Local, regional and national solutions are not enough to give answers to the global sickness. One is not safe in his house when the surroundings are in fire. Are we not imitating the Roman Emperor Nero?



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