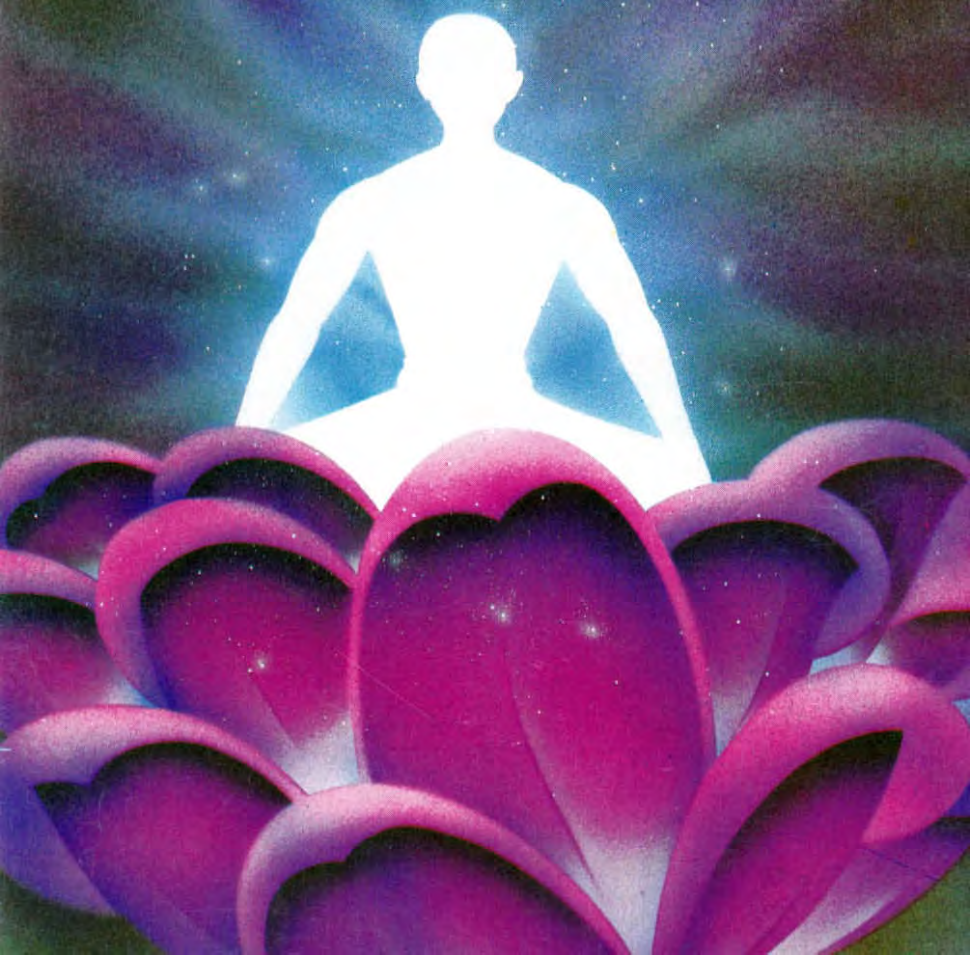


**RAJA YOGA
IN
HEALTH
AND
DISEASE**



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IN
HEALTH
AND
DISEASE

Brahma Kumaris
ISHWARIYA VISHWA VIDYALAYA

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INTRODUCTION

HOW to lead a healthy life is one of the most misunderstood subjects. Most people seek a comfortable and easy life and in doing so they adopt such a life style that causes or precipitates large number of diseases. High cholesterol and low fiber diet, lack of exercise, living in congested dwellings, fast urban life, smoking and consumption of alcoholic beverages are some of the disease-promoting factors.

In addition to all these factors stress and strain of day-to-day life has increased to an epidemic proportion. Due to the development of science and technology, life has become much more easy but at the same time people have become materialistic. In modern society we are looking for happiness and pleasure from material comforts and external objects. In psychological terms our locus of control has become external. Our state of mind fluctuates according to external circumstances. Many people are addicted to substances like tobacco, alcohol and psychotropic drugs for pleasure but they are extremely hazardous to health.

Experts in the field of stress management point out that no situation is stressful by itself. It is due to our way of thinking and attitudes, we perceive various circumstances as stress. By transforming our attitudes we can transform pain into pleasure, criticism into blessing and sorrow into bliss. The research studies done by Dr. Herbert Benson and others, point out that we must learn and practise a technique that elicits relaxation response.

The experience of hundreds of doctors and scientists as well as the experiments done on the students of Brahma Kumaris World Spiritual University imply that Raja Yoga is the most promising technique for transforming our attitudes towards stressful situations and to elicit the relaxation response.

This book on Raja Yoga in Health and Disease is prepared by the Medical Wing, Raja Yoga Education and Research Foundation, to highlight the above mentioned aspects..

It is divided into three parts. Part I deals with the concept of

Health, Stress management, Value of Mental and Spiritual Health etc...

In part II some principles of healthy living are described. Influence of diet on health is explained with the help of physiological explanations. Several studies are described to show that the mental state of the person preparing the food is also an important factor. Many aspects of the dreaded disease AIDS are described so that people can understand it in right perspective as well as they can adopt such a life style which will become fool-proof in prevention and spread of AIDS.

Part III deals with the treatment of psychological and psychosomatic diseases by Raja Yoga. Definition and concept of Holistic health are described. The theory and practice of Raja Yoga are also dealt with.

I hope that this book will give you the information on the wide range of subjects starting from stress to God realization.

7th April 1993
Bombay

Dr. Girish Patel

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PART-I

RAJA YOGA FOR HEALTHY LIVING

- ▣ ***UNDERSTANDING THE CONCEPT OF HEALTH***
- ▣ ***SIGNIFICANCE OF THE STABILITY OF MIND FOR HEALTH***
- ▣ ***RAJA YOGA: THE EASY AND EFFECTIVE TECHNIQUE TO REGAIN POSITIVE HEALTH***

Chapter - 1

MODERN MAN UNDER STRESS

Prem, a sales executive of a tobacco firm came to see me "Doctor I suffer from palpitation as soon as I enter my office. If the boss calls me, I break out into a cold sweat, my breathing becomes rapid and my legs tremble" he said, wiping the perspiration from his forehead. After giving Prem a thorough check-up I assured him that his heart was normal. His complaint was due to mental and emotional stress, which in turn produce a continuous and excessive orientation response. I told him about the horse (heart) and the jockey (mind). If the jockey (mind) whips the horse (heart) it races, producing palpitation. The case reported by Dr. R.H. Dasture of Bombay is an example of modern man under symbolic stress.

After painstaking experimentation done by Hans Syle, the world's premier stress researcher, stress was defined as any diversified stimulus that produced the nonspecific effects and is characterized by an enlargement and increased functioning of the adrenal cortex, a decrease in the size of the thymus and lymphatic organs. In other words, any event that alters the steady state or challenges the adoptive mechanism of the body is known as stress. Although not perfect, the definition is reasonably true. Fear, anger, suspicion, jealousy, worries, anxiety etc., are the forms of psychological stress and they can affect almost any system in the body. Our stomach, heart, kidneys, brain etc., suffer and we develop temporary symptoms of the state which if exist over a period of time can result in permanent damage to the organs of the body.

Diseases starting from diarrhoea to heart attack or cancer can result from mental turmoil. When one worries or becomes anxious the intestines work faster and one can develop diarrhoea.

Anxiety through sympathetic system can reduce the diameter of arterioles which increases blood pressure and in turn can lead to angina pectoris, heart attack and myocardial

infraction.

1.1.2 ROUTES OF ACTION

Stress primarily acts on hypothalamus which is related to mental and emotional functions. And through various pathways it affects the bodily organs.

NEUROHORMONAL : Stress activates a preoptic hypothalamic centre to increase the output of ACTH Releasing Substance. This is carried via hypothalamo-pituitary blood vessels to the anterior pituitary where it triggers the secretion of adrenocorticotrophic hormone (ACTH). ACTH is transported in the blood stream to the adrenal cortex where it stimulates the secretion of corticosteroid hormones. One of its effects is a gradual increase in stomach hyperacidity because of the effect of glucocorticoids on stomach secretion. Over prolonged period of time this obviously could lead to peptic ulcer which is a well - known effect of hypersecretion of the adrenal cortex.

Likewise, activity in the anterior hypothalamus increases the pituitary secretion of thyrotropin, which in turn increases the output of thyroxin and leads to an elevated basal metabolic rate. From these examples, therefore, it is evident that many psychosomatic diseases can be caused by abnormal stimulation of hypothalamus.

AUTONOMIC NERVOUS SYSTEM : Many diseases result due to the hyper activity of either sympathetic or parasympathetic system. Over activity of sympathetic system leads to increased heart rate, increased arterial pressure, constipation and high metabolic rate. Stimulation of vagus nerve causes increased peristalsis in the upper gastrointestinal tract, increased hyperactivity of stomach which leads to development of peptic ulcer. Stimulation of sacral region of parasympathetic system is likely to cause extreme colonic glandular secretion and peristalsis with resulting diarrhoea. Emotions affect sympathetic and parasympathetic centres in hypothalamus leading to variety of somatic disorders.

RETICULAR ACTIVATING SYSTEM : Abnormal psychological state

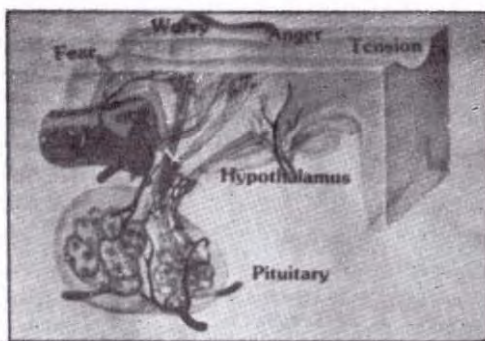


Fig 1. Hypothalamus is a small part of the brain situated at its base, which is related to mental and emotional functions. Centres for the regulation of endocrine glands, involuntary system etc. are situated here

can greatly alter the degree of nervous stimulation of the skeletal musculature throughout the body by deranging the function of reticular activating system. In neurotic and psychotic states such as anxiety, tension and mania, generalized over activity of both the muscles and sympathetic system often occur throughout the body. This in turn results in instant feedback from the muscle proprioceptors to the reticular activating system, and the epinephrin circulating in the blood as a result of sympathetic activity directly excites the reticular activating system both of which undoubtedly cause an extreme degree of wakefulness and alertness that characterizes these emotional states. Unfortunately, the wakefulness prevents adequate sleep and also lead to progressive bodily fatigue, further enhancing the inability to go to sleep.

These three routes of action can damage all the systems of our body. Increased level of steroids suppresses the humeral and cellular immunity reducing the resistance of the body to fight against infections as well as increases the chances of malignacy.

1.1.3 HAZARDS OF STRESS

Psychological stress can affect the individual and in turn the society in a number of ways.

SUBJECTIVE EFFECTS : are anxiety, aggression, apathy,

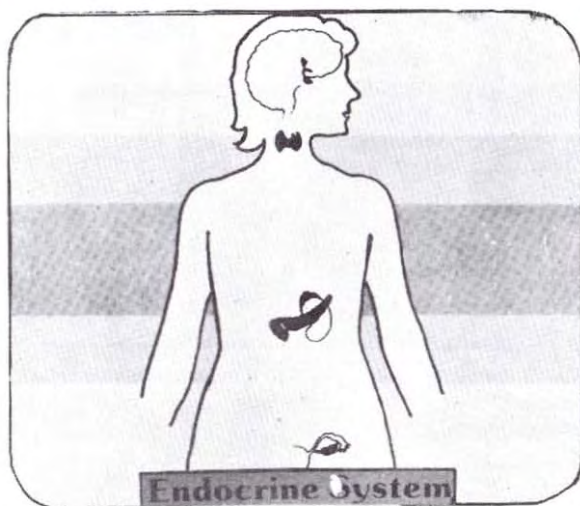


Fig 2. In our body various glands secrete their secretions directly into the blood. These are known as endocrine glands. These endocrine glands are controlled by another gland situated below the base of the brain. It is known as pituitary. Pituitary is also controlled by Hypothalamus. It is interesting to know that Hypothalamus is controlled by the Soul, which is a metaphysical entity.

boredom, depression, fatigue, frustration, guilt, shame,

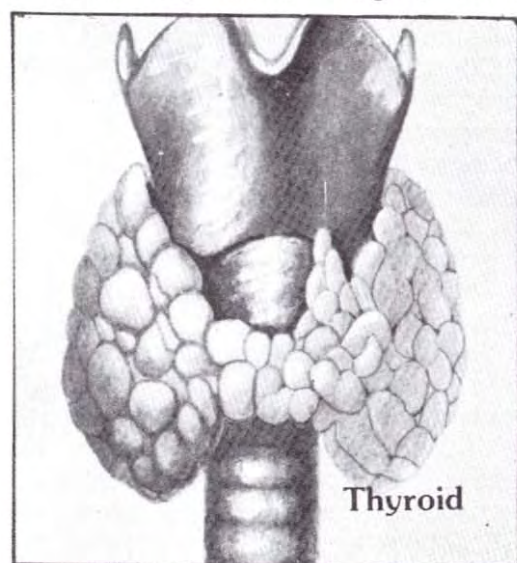


Fig 3. Thyroid is an endocrine gland situated in the neck. Mental tension increases the activity of this gland.

irritability, bad temper, moodiness, low self-esteem, threat, tension, nervousness, loneliness etc.

COGNITIVE EFFECTS: are inability to make decisions and concentrate. Frequent forgetfulness, hypersensitivity to criticism and mental blocks.

BEHAVIOURAL EFFECTS : are accident proneness, drug taking, emotional outburst, excessive eating or loss of appetite, excessive drinking and smoking, excitability, impulsive behaviour, impaired speech, nervous laughter, restlessness and trembling.

PHYSIOLOGICAL EFFECTS : are increased blood and urine amines and steroid hormones to increase blood glucose levels, increased heart rate and blood pressure, dryness of mouth, sweating, dilatation of pupils, difficulty in breathing, hot and cold spells, lump in the throat, numbness and tingling in parts of the limbs.

ORGANISATIONAL EFFECTS : are absenteeism, poor industrial relation and poor productivity, high accident and labour turnover rates, poor organisational climate, antagonism at work and job dissatisfaction.

Apart from these effects numerous diseases caused by the stress in the long run greatly increases the cost of the stress. Therefore one must learn how to manage the stress.

1.1.4 HOW TO MANAGE THE STRESS ?

It is a common observation in day-to-day life that some stimuli appear stressful but do not affect some people; others do not appear stressful but do affect some people. Therefore to manage stress one can increase one's psychological powers to resist the stress or one can reduce the intensity of stress.

Now I want to discuss practical method to achieve it, specially focusing the attention on how the teachings of Raja Yoga Meditation is a natural way to attain the goal.

INCREASING THE PERSONAL CAPACITY TO COPE:

To avoid the stressful situation is not the answer because this does not increase our capacity and at the same time leaves us short of achieving our goals and using the full potential.

Relaxation of mind and body can help one to face the stressful situation because it is more difficult to disturb a relaxed person

than an anxious individual. Late Dr. David H. Fink, a neuro-psychiatrist of California described the benefit of relaxation in his book: "Relaxation From Nervous Tension" as "Relaxation stops the emotions that prods the interbrain and forebrain into misbehaviour. Skill as well as good health depend upon relaxation". From my experience of practising Raja Yoga Meditation for the last Eighteen years I am deeply convinced that Raja Yoga is a natural method of mental and physical relaxation. By its practice one can even overcome unconscious anxieties, fears etc. It also improves one's resistance power to deal with stress. Reduction in the levels of steroid hormones helps humoral as well as cellular immunity. Even the scientific investigations by recording E.E.G. of Raja Yogis have shown the total relaxation and mental harmony they have achieved. Most of the ten Raja Yogis examined produced Alpha or Theta waves not only while meditating but even while performing complicated mental arithmetic.

DILUTING THE INTENSITY OF STRESS

To avoid stress many people in our modern society use anti-anxiety drugs such as alcohol, diazepam and oxazepam. Unfortunately these may not only alter cognitive appraisal but, also decrease actual capability as well. Many people may become physiologically or psychologically dependent on it. Infact this is not an advisable method. The easiest and the fruitful method is to change our attitudes towards the particular stressor. In a similar situation one person becomes anxious and stressful whereas the other may remain calm and cheerful. This subjective difference is just due to their difference in attitudes towards the event. Dr. Fink narrated the importance of attitudes: "Your attitudes are the higher ups, the big shots in your mental life. They are the habits that sit in the driver's seat. When you can boss them, you are in control of your own life. You become invulnerable and nothing can hurt you. "Thus every effort to make our attitudes positive, benefits us to live without stress and tension.

I have found the teachings of Raja Yoga extremely beneficial for developing such an attitude. In various situations one thinks; "I am just an actor in the world drama. I must try to play the role given to me in the best possible manner. I should not become

anxious, depressed or worry about the activities of others because they are also playing their roles in the huge world drama. I remain detached and peaceful because I am just an observer of various scenes of the drama. I even observe my own activities. More so because my original nature is peaceful. I am a peaceful soul, I am a child of the ocean of peace -- the Supreme Being."

The Spiritual knowledge also helps me to see the hidden benefits in every situation however stressful it may seem at its outset. I always think about the positive side of the coin. Hans Syle, Canada's most honoured scientist also laid importance on attitudes as "Rather than relying on drugs or other techniques, I think there is a better way to handle stress. Attitude determines whether we perceive any experience as pleasant or unpleasant." Raja Yoga taught by Brahma Kumaris World Spiritual University contains ample knowledge helping one to develop this attitude. More than thinking about it, talking about it, what is needed is to practise the method to develop the positive habit for the effective management of stress.

Chapter - 2

PSYCHODYNAMICS OF POSITIVE HEALTH

Everyone wants to keep oneself healthy, But, most of the people think, that absence of disease is a sign of good health. It's a myth because a disease is like an iceberg. As only the tip of the iceberg is seen outside water, likewise only a small portion of the disease is clinically detectable.

World Health Organization has defined health, as a state of complete physical, mental and social well-being of a person and not merely the absence of disease or infirmity. To be physically healthy one needs to have sound sleep, balanced diet and health promoting positive thoughts and actions. Such habits will keep bodily weight, respiration, blood pressure etc., within normal limits as per one's age, sex and height. Thus one must put all efforts to prevent the initiation and spread of physical disease.

1.2.2 SIGNIFICANCE OF MENTAL HEALTH

MENTAL HEALTH is an important dimension of health, because the state of mind immediately affects physiological processes. Mental health is not merely the absence of psychological disease but also the balanced development of an individual's personality and emotional attitudes which enable him to live harmoniously with his fellow-beings. William C. Menninger, President of The Menninger Foundation, Topaka, Kansas (U.S.A.) drew up the following questions, to aid in taking one's own mental health pulse: 1. Are you always worrying? 2. Are you unable to concentrate because of unrecognised reasons? 3. Are you continually unhappy without justified cause? 4. Do you lose your temper easily and often? 5. Do you have wide fluctuations in your moods from depression to elation, back to depression, which incapacitate you? 6. Are you troubled by regular insomnia? 7. Do you continually dislike to be with people? 8. Are you upset if the routine of your life is disturbed? 9. Do your children consistently get on your nerves? 10. Are you frowned off and constantly bitter? 11. Are you afraid without real cause? 12. Are you always right and other people always wrong? 13. Do you have numerous aches and pains for which no doctor can find a physical cause?

The conditions chartered in these questions are the major warning signals of poor mental health in one degree to another. According to Dr. Manninger, help is necessary if the answer to any of these questions is definitely 'yes'. Understanding of the spiritual knowledge helps one to do positive thinking and transform his attitudes towards the stressful situation. Hence Meditation and Spiritual Knowledge help one to maintain the stability of mind in the adverse circumstances. He accepts criticism and tries to correct himself. He will not be influenced by anger, hopelessness, attachment, fear etc. He remains away from the unhealthy habits which provide only a temporary pleasure and make ones mind weak. Thus spiritually based positive thinking helps one to attain the highest level of emotional equilibrium.

1.2.3 WHO IS SOCIALLY HEALTHY ?

In order to create an atmosphere of peace, love and harmony

one's social life must also become healthy. A socially healthy person fulfills his responsibility towards his parents. He gives enough attention for proper development of children. He cooperates in planning the peaceful and happy family life. He makes friendship which is satisfying and lasting. He tries to prevent any loss being done to the society. He does the service of his fellow beings to show the means to peaceful and happy life. He tries to prevent the activities that adversely affect the society. The awareness for spiritual and ethical values in life substantially helps to attain the above attributes of a socially healthy person. It also helps to find satisfaction, success and happiness in day-to-day work. Occupational health is also a significant component of health for we spend many hours at our place of work. There are numerous psychosocial factors which operate at the place of work. These are human relationships, among workers themselves on one hand and those in authority over them on the other. Lack of job satisfaction, insecurity, poor human relationship, emotional tension, are some of the psychosocial factors which undermine the state of health of workers. Hence Park and Park in their textbook of Preventive and Social Medicine pointed out that "Psychological hazards are therefore assuming more importance than physical or chemical hazards. In this brief outline of the characteristics of total positive health, we can see by even casual self-analysis that most of us today do not qualify in all three dimension of health. There is a shortage of this health resource. The health of an individual is a dynamic phenomenon. It fluctuates from positive health to severe sickness and death. Our aim is to attain and maintain the positive health.

1.2.4 SPIRITUAL HEALTH THROUGH RAJA YOGA

From the experience of Raja Yoga, following attributes are basically needed to become spiritually healthy. Spiritually healthy persons have an understanding as well as an awareness of self as a conscient eternal and immortal soul entirely different from the physical body. He remains in the soul-conscious state even while at work. Due to deep experience of peace, love, bliss, purity and power he remains free from mental tension and unhealthy habits. He has the correct knowledge of the Supreme Father of all souls.



Fig 4 Social health includes interpersonal relationship amongst the family members and friends. One's relationship with the society at large is also taken into account.

Therefore, he is not overcome by the distinction of caste, creed and colour and has the feeling of universal brotherhood. Constant intellectual communion with the Supreme Being, by which positive energy is received, helps the person to do pure actions. No worldly obstacles can affect him. He is not overcome by greed or pride. Thus his actions are in accordance with the spiritual knowledge. He tries to fulfil his responsibilities towards family and society. Spiritual health is the foundation of positive health. The spiritually healthy being will have no difficulty in attaining mental and social health, as well as having a distinct advantage in maintaining the well-being of his body.

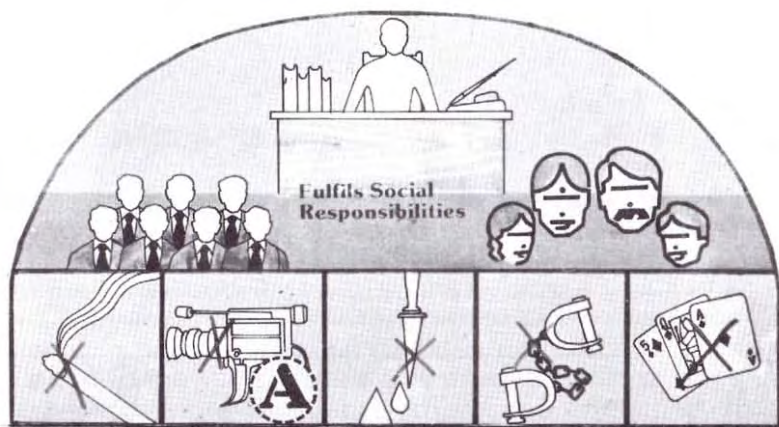


Fig 5 : A socially healthy person does not run away from one's family and social responsibilities, and at the same time remains free from socially hazardous activities such as, smoking, obscene cinema, criminal acts, gambling etc.

Chapter - 3

INFLUENCE OF MIND ON HEALTH

During the last few decades it has been increasingly recognised that health is immensely influenced by one's mental state. Hundreds of researches are done which imply that disease first originates in one's mind and then only it affects the physiological systems. Same truth is pointed in different medical terms: "Colonization of bacteria by itself does not lead to signs and symptoms of infective disorder".

Mind can make one sick or speed the healing processes. This most ancient truth is now being accepted by the doctors of modern medicine.

The several cases which are documented by Dr. Jerome Frank,



Fig 6 : A normal person's mind is extremely susceptible to the changing environments. A mentally healthy person retains the stability of mind under adverse circumstances.

Professor Emeritus of Psychiatry at the Johns Hopkins School of

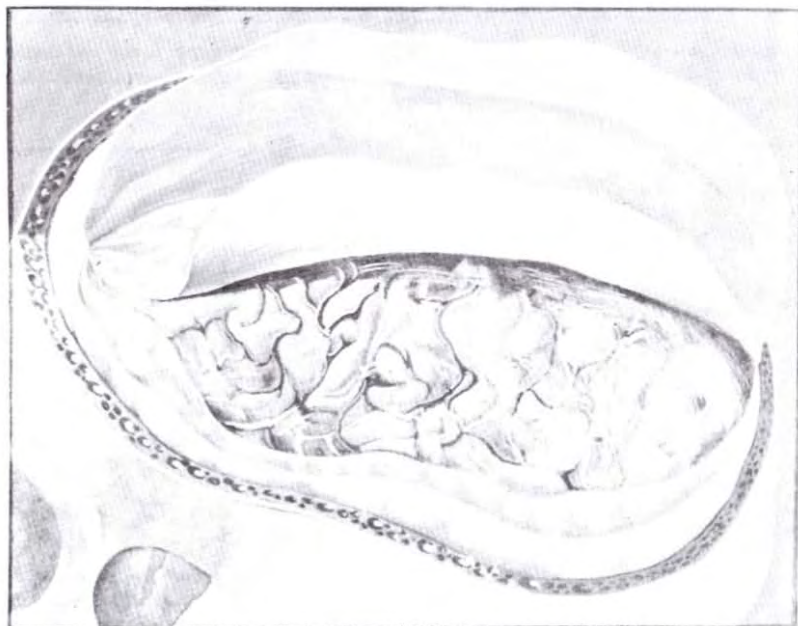


Fig 7 : Anger, agitation, excitement etc. increases the activity of the sympathetic nervous system, which in turn increases pressure in the small blood vessels of the brain which many rupture in such states of mind, leading to brain haemorrhage.

Medicine are quite interesting in this connection.

Three women patients suffering from pancreatitis, gallbladder stone and cancer were studied. They were treated by a faith healer without informing his true identity to the patients. Twelve sessions were given to them without any success. Subsequently, they were informed that a famous faith healer will treat them from his home for three days every morning. To the surprise of every one all the three patients had significant improvement. The results are more astonishing because infact no healing was conducted at all for all the three days.

In another study at a well reputed hospital Psychiatric ward patients were divided into two groups. Stelazine, a tranquilizer was given to one group and the second group received a placebo. It was a double blind study in which neither doctors nor patients knew which medicine was given. The results were unexpected. Those who received placebo had slightly more tranquilizing effect than those who received stelazine. The experiment was continued by giving double the dose of the same medicines. Patients were told that the additional dose will potensiate the effect of the first medicine. No one could believe that those who got placebo were more relaxed than those who received double the dose of actual medicine.

In another study a leading cardiovascular surgeon conducted a fake operation on a patient having anginal pains. He opened the chest but did not perform any steps of surgery. After this operation the patient completely recovered from anginal attacks and resumed his normal duties. In this case the patient's mental conviction had cured him.

Commenting on these studies Dr. Frank said "The studies Indicate that in many cases, particularly in those involving a person's state of mind, the effect of medication is influenced by the hope of a cure coupled with a belief in the physician who in some unknown ways conveys his sense of the strength and effectiveness of the drug. We may cure ourselves more often than we think it is possible.

1.3.2 MIND CONTROL BY RAJA YOGA

Thus the mind plays a very vital role in deteriorating or promoting one's Health. But the more important issue is how to transform the mental process to have positive impact on the health. RAJA YOGA MEDITATION which is a scientific technique of turning one's mind to the ALMIGHTY helps in several ways to transform our mental processes.

FIRST: RELAXATION OF MIND:

During Raja Yoga practice one's attention is focussed on the SUPREME FATHER of all SOULS who is the OCEAN OF PEACE, LOVE, BLISS, PURITY, ETC. Hence one experiences the sense of detachment from the mundane thoughts and experiences relaxation. By tuning the mind with the ocean of peace the practitioner receives positive vibrations of peace.

The benefits of relaxation response are well documented in the Medical Science.

SECOND: POSITIVE THINKING:

The practice of Raja Yoga is based on spiritually based positive thoughts such as I AM A PEACEFUL SOUL

My divine Mother/Father is the Ocean of Peace and I am a peaceful soul.....I am receiving the love of all relationships from the Almighty..... Such positive thoughts make one's mind positive and healthy.

THIRD: TRANSFORMATION OF BELIEF SYSTEM:

The psychophysiological benefits of Raja Yoga goes beyond Relaxation Response. It also helps in transforming one's belief system. One's belief system plays the cardinal role in deciding how one perceives different external situations. In the same situation different person's reactions and responses are not the same. This variation is due to the differences in their belief system. The spiritual understanding about soul, Supreme Soul, Laws of action and reaction and the eternal world drama makes one's belief system positive and optimistic and hence a

Raja Yogi is able to maintain the stability and tranquillity of mind in midst of stressful situations.

The number one stressful situation on the scale of stress producing event is death of near-relative. During such a stressful situation also a Raja Yogi maintains his peace of mind due to his belief in the eternal, immortal and imperishable soul. Under such situations person who believes that the death of a person is the end of his existence becomes sad and depressed. Thus the belief system of a person makes this wide difference.

The knowledge and understanding of God the father of all souls promotes communal harmony in Raja Yogis. He considers the whole humanity as a huge family and all human beings as his fellow brothers and sisters. Thus such positive belief system makes one mentally and socially healthy and improves health.

FOURTH: DECONDITIONING

Whenever a particular thought, feeling and action is repeated several times it leaves a deep impression on one's mind. One's future thoughts, feelings and actions are influenced by these impressions. In very simple terms it can be described as conditions. All our emotions and actions are governed by our past conditions. The knowledge and practice of Raja Yoga helps in deconditioning the negative impressions and reconditioning the positive impressions.

FIFTH: TRANSFORMS LIFE STYLE AND PERSONALITY:

Raja Yoga is not only the Meditation practice that one does for ten to twenty minutes twice or thrice a day. Infact it is the whole life style in which one adopts healthy habits, better interpersonal relationship and a sense of service for others. This life style has positive effects on one's physical, mental and social health.

Raja Yoga practice helps one to attain flexibility in personality traits and hence he is able to adjust in different situations.

1.3.3 PSYCHOPHYSIOLOGICAL EXPLANATION:

Medical scientists would be keen to know the psychophysiological explanation about the benefits of Raja Yoga in promoting the positive state of one's mind.

Enkephalines and Endorphines (Endogenous Morphine) are secreted due to yogic life style which helps in detaching one self from the various kinds of pains. A Raja Yogi is able to detach himself in the midst of day to day activities because it is based on nothing external. He is able to transform his consciousness even while communicating with others. This benefit was obvious in various researches when brain waves of the students of Brahma Kumaris World Spiritual University were recorded. They produced harmonious Alpha or Theta waves not only while meditating but even when various mental and intellectual work was done.



Fig 8 : Various chemicals are secreted in the brain in small quantities. They are known as neuro-transmitters. The state of mind has direct influence on the secretions of these chemicals

PART II

SOME PRINCIPLES FOR HEALTHY LIVING

- ❑ *VEGETARIAN DIET PROMOTES HEALTH*
- ❑ *THE MENTAL STATE OF THE COOK INFLUENCES YOUR HEALTH*
- ❑ *SELF-CONTROL CAN AID TO THE PREVENTION OF DREADED DISEASE AIDS*

Chapter - 1

HEALTH AND DIET

Health is our birthright. It is not only a precious possession but a resource in which the whole community has a stake. To restore the lost health people would give up everything. Yet there is a great misunderstanding about the ways and means to restore and maintain the health. In this chapter we will discuss the effects of the nature of diet on health.

Aim of the life is to achieve perfection. Therefore one must adopt such a life style which helps to attain the goal by maintaining the body (the instrument for experience and expression) in healthy condition as well leads to the transformation of the soul. So let us first consider the effects of diet on health. (Fig. 9)

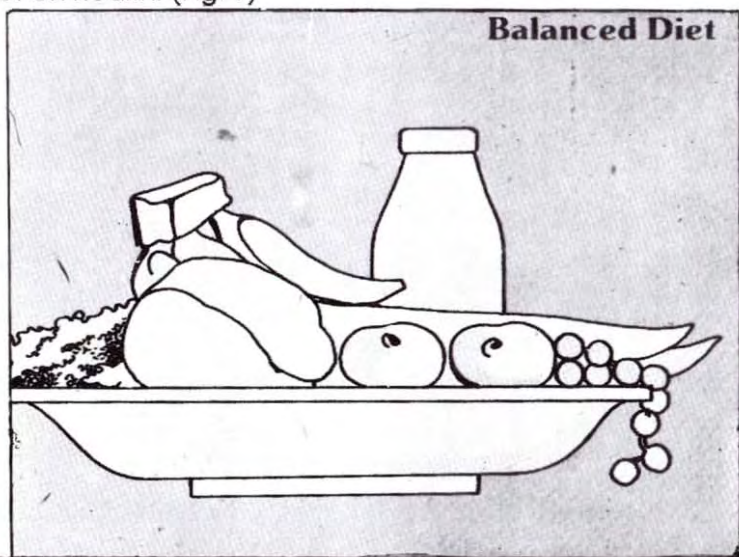


Fig 9 : Food contains different ingredients, such as, carbohydrates proteins, fat, vitamins, minerals etc. A health promoting diet should contain these ingredients in average balanced quantity

2.1.2 CHOLESTEROL IN BLOOD

Increase in the cholesterol in our blood results in narrowing of lumen of arteries due to fatty deposits. It promotes the atherosclerosis in blood vessels leading to increased blood pressure. Due to high blood pressure several pathological conditions may develop in various organs. Cerebral haemorrhage too can occur, resulting in paralysis. If this occurs in coronary arteries, the blood supply to heart muscle itself may be affected causing anginal pain and further to heart attack. Most of the gall-stones are composed of cholesterol hence one must reduce the cholesterol intake in order to prevent stone formation in gall- bladder (cholelithiasis)....

Interestingly chlorophyll helps to reduce the cholesterol in the blood stream. Thus to prevent the cholesterol prone diseases one must reduce the amount of cholesterol intake and increase the chlorophyll ingestion. Animal fats are a well known cause of increase in cholesterol. Hence it is not health promoting whereas chlorophyll which is present in leafy and other greens can be eaten in large quantities to keep the blood stream free of cholesterol deposits, so that neither the clots known as thrombi form in blood nor are the arteries affected.

HOW FAT FORMS

Excess fat is stored in the fat cells. Fat in non vegetarian diet is saturated and cholesterol producing. Increased cholesterol leads to atherosclerosis, high blood pressure and gall-stones. On the other hand chlorophyll present in green leafy vegetables reduces the cholesterol from blood. Hence vegetarian diet protects the person whereas non-vegetarian diet predisposes the person to the number of cholesterol linked diseases.

2.1.3 EXCRETION OF URIC ACID

Uric acid is the end product of various protein metabolisms. Human kidneys can cope with excretion of about seven grains of uric acid per day. As the meat diet contains high amount of uric acid, it increases the load on kidneys. Results may be

kidney stones or inflammation in kidney tissues, to start with and kidney failure in the long run.

Moreover research has shown that the flesh eater has added burden to eliminate tissue wastes, in the meat which the animal kidney would have excreted if animal has not been slaughtered. Nephritis is often the result of these excess fleshy wastes.

In cases that show albumin in appreciable amounts in their vein, a diet free of all meat, eggs results into clear vein in a week or two. Uric acid also leads to troubles such as gout.

2.1.4 BOWEL ACTIVITY

Meat diet has no fibre content, it lacks cellulose or roughage without which bowel cannot move properly and one suffers from constipation. (Fig. 10) Unfortunately modern medicine do not consider constipation for three to four days a health problem. Yet our ancient system lifts a cautionary finger against constipation, calling it 'the fertile mother of many diseases. Interestingly recent statistic also supports the above belief. Australia which consumes 130 kgs. of beef per year, per head, suffers more from bowel cancer than other countries.

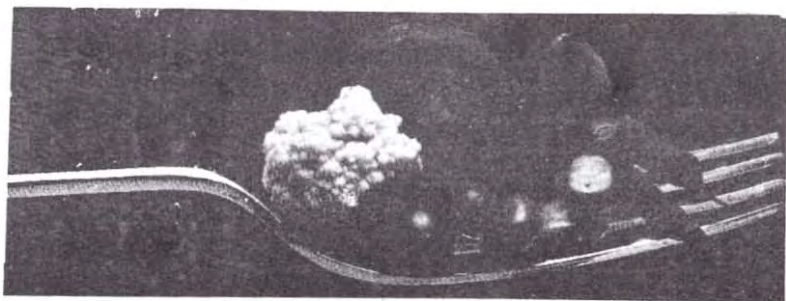


Fig 10 : Although fibers do not contain any basic ingredient of the food, they are essential for normal bowel activity. Non-veg diet contains very small quantity of fibers, which can cause constipation and cancer of large intestines.

Dr. Alan Long, writing for the Vegetarian magazine of U.K. says: 'Intestinal floor of vegetarians differ from flesh eaters.' They

contain more aerobic bacteria. "The flesh eaters anerobic bacteria includes bacterodes containing the enzyme 7-alpha-dehydroxylase, which converts components of the bile juices, into deoxycholates, known to be carcinogenic in animals. Concentration of deoxycholates in the faeces is associated with the prevalence of colonic cancer.

Moreover less serious disease like appendices and hemorrhoids commonly called piles are always due to constipation whether latent or patent.

2.1.5 IS VEGETARIAN DIET LINKED TO DIABETES ?

Some medical experts advise non-veg. to diabetic patients as it contains less carbodydrate. Although the fact is true but it is a very narrow view of total metabolism.

An investigation led by Prof. N.S.P.Verma of Delhi had found that the fibre content of vegetables acts as a protection against diabetes. To reduce the chances of developing diabetes Dr. Verma suggest to eat more vegetables and unpolished cereals. Keeping the total metabolism in view diabetes is an excess-caloric disease more than an excess carbohydrate disease. In obese people fault may not primarily lie in pancrease but with liver. Thus it is a wrong notion that diabetes is linked with vegetarian diet.

2.1.6 SLAUGHTERING OF ANIMALS

Apart from non-violence view point slaughtering of animals brings many toxins to the meat-eater. While animals are slaughtered, the fear and their struggle to escape the death stimulates the secretion of epinephrine, norepinephrine, steroids and other chemicals which are ipso facto toxic in nature. With the meat one consumes various toxoids which are highly hazardous to health.

2.1.7 NON VEGETARIAN DIET LEADS TO ENERGY CRISIS

Conversion of plant protein into animal protein results into a great loss. For example in egg 69%, porker 85% and beef 94% of vegetable proteins ends up as wastes. Energy output of

non-veg., since birth may be because of religious belief yet they are perfectly healthy and strong. I have never tasted meat still my physical growth was more than normal. In fact one can be equally strong and healthy with vegetarian life style too. Moreover vegetarians have more endurance capacity. Hence now it is time to adopt vegetarian life style.

Chapter-2

TOBACCO, ALCOHOL AND RAJA YOGA

No one really desires to have worries, tensions and stress. Yet due to lack of knowledge about the right method to permanently get rid off tension one tries to adopt one or another temporary method and in doing so many people take recourse to tobacco, alcohol and drugs. Tobacco is the most common addiction around the world. Many countries have tried to ban cigarettes without success. For, little emphasis was given to health consequences of the habit. Very significantly no effective technique was available to get rid of the addiction.

Widely accepted authentic medical evidence points out that tobacco is not a panacea but a poison. In the cigarette over four hundred chemical substances have been analysed which are hazardous to health. Over forty eight cancer-initiating, cancer promoting and cancer accelerating agents known as carcinogens have been identified in cigarette smoke.

The carcinogens and irritating substances in tobacco tar cause the cancer of lips, tongue and oral cavity.

Those who regularly smoke upto 20 cigarettes a day are 25 times more prone to lung cancer that a non-smoker. Chances of suffering form chronic bronchitis is also ten times increased.

Five percent of the total gas in cigarette smoke is carbon monoxide. The affinity of the carbon monoxide for haemoglobin is 200 times greater than that of oxygen. Thus oxygen carrying capacity of lung is remarkably reduced. Nicotine also has wide spread actions on the cardio-vascular

vegetarian food is more than energy input in order to harvest or produce it. Whereas in non-veg. food energy output is less than energy input. The white loaf requires twice as much energy from fossil fuels for its manufacture as the consumer will obtain from eating it. Similar loss is ten folds for battery eggs and twenty folds for deep sea fish. Thus to resolve the energy crisis one must adopt vegetarian way of life.

2.1.8 HUMAN BEING IS A VEGETARIAN ANIMAL

A study of human anatomy and physiology also reveals that human is a vegetarian animal. Following is salient comparison between herbivorous and carnivorous animals:

1. Like veg. animal, our small and large intestine is four times longer than our body length whereas in case of carnivores it is about the same size.
2. We do not have fangs which carnivores have for biting into flesh. Human canine are not true canine. They are quite small.
3. Human saliva is alkaline containing ptyalin to digest carbohydrates whereas carnivores is acidic.
4. For digesting highly proteinous flesh diet gastric secretion of carnivores is highly acidic, whereas human gastric secretion is one fourth of the former.
5. Human beings do not have claws for tearing flesh like carnivores.
6. Carnivores liver secretes a much larger quantity of bile into the gut to deal with high fat meat diet.

Thus in final analysis one must choose vegetarian diet on humanitarian and health grounds. Many people fear to adopt vegetarian life style because they think that if non veg. is stopped, appetite will be reduced and they will become weak. In fact it is a myth. In the beginning, due to physical and psychological habit of taking non.veg. it may give little trouble but soon body and mind both will start favouring vegetarian food. There are millions of people who have never taken

system. All these cause a significant stress upon the heart. The other changes like rise in the level of cholesterol and other fatty acids in the blood are increased. Adhesiveness of the platelets pre-disposes to blockage of the coronaries and occurrence of heart attack. Recent researches have indicated that the risk of dying from coronary heart disease is 3 times more in smokers than in non-smokers.

Under experimental condition smoking 4 to 6 cigarettes in an hour significantly increases both the secretion of stomach as well as its acidity. Smoking can lead to peptic ulcer and stomach-cancer.

Tobacco adversely affects kidney and other organs of the body.

DOES ALCOHOL RELIEVE STRESS?

Even in the developed countries people take recourse to alcohol in stressful situations. In England, Scotland and Wales over 93 per cent men and 89 per cent women drink alcohol. Alcoholism is usually referred to as the Country's third most serious public health problem in many developed countries. If mortality is excluded it is the number one problem.

Alcohol inhibits the various mechanisms of the brain. Initially as the inhibitory mechanisms are inhibited a person feels a false sense of relief but later on he feels withdrawn and inhibited.

Alcohol interferes with the normal mucosal barrier of the stomach. Therefore many drinkers complain of the symptoms of gastritis. Over 75 per cent of Americans with oesophageal carcinoma are heavy drinkers.

Ten per cent of alcoholics develop cirrhosis of Liver. The resulting portal hypertension may cause flatulence, anorexia, nausea, vomiting, splenic enlargement, oesophageal varices etc.

Alcoholics are more prone to pancreatitis than general population. In addition alcohol-related acute pancreatitis is more often complicated by pancreatic pseudocysts and

abscesses. Nutritional deficiency of protein, vitamins and minerals are quite often seen in alcoholics.

One of the common neurological complications of excessive drinking is loss of nerve fibres of hands legs etc. In heavy drinkers triad of symptoms are observed viz. : impairment, ophthalmoplegia (paralysis of muscles controlling eye movements) and ataxia. It is known as wrenick's ancephalopathy. If korsakoffs psychosis develops alcoholic has to lead the whole life like a disabled person. Alcohol also leads to the diseases of heart, lungs etc. and premature old age.

Alcoholism is directly related to many types of accidents. A majority of fatally injured pedestrians were intoxicated at the time when they were struck. 47 per cent of industrial accidents are alcohol related. Alcohol use has been found in 44 per cent of pilots killed in general aviation crashes. Its use has been associated with 69 per cent of accidental home deaths.

The harmful effects of alcohol are not limited to the drinkers but extended to their families, society and the nation at large.

HOW TO OVERCOME ADDICTIONS

Dr. D. was a 40 year old ear, nose and throat surgeon. He was a chainsmoker and had very short temper. Even during surgery, he used to smoke. He lost his temper frequently, even while facing minor family and social problems. Occasionally, abusive destructive behaviour occurred. After coming in contact with the Brahma Kumaris Spiritual University and practising meditation for a few months he completely stopped smoking. His nature became more tolerant and peaceful. When I visited the city in Maharashtra during a lecture tour on meditation as medicine "a participating doctor told me this story and added, "From having seen the example of Dr. D., I must fully agree with you that meditation can help to overcome addictions". D.'s wife, also a medical graduate told me, "Now our family life is very happy. I am grateful to the Brahma Kumaris University for transforming the personality of my husband."

Although people take drugs, alcohol and tobacco for many reasons, including a false belief of improving working

efficiency as well as for pleasure and a feeling of calmness, these temporary benefits are soon used up, while the mind and body both become conditioned to the substances and crippling dependence develops. At this point it is very difficult to break the addiction. Even when the body becomes wrecked with pain and incapacity as the result of the addiction one cannot overcome state of the dependency.

Meditation helps to overcome addictions in a number of ways. Firstly a person experiences an immediate sense of tranquility and relaxation during Yoga. This natural feeling of well being removes the intense craving for the artificial alternative. Secondly, by turning his mind to God, who is the Ocean of all spiritual powers, the person is able to improve his own will power, and thus initially at least to reduce the dosage and regularity of his addiction. Thirdly, the deep experience of peace, love and purity as the original attributes of the soul results in a natural aversion therapy and creates a real and inwardly felt emotion of repulsion toward the unhealthy habit. Fourthly, when a person reduces the dose of the drug with the help of meditation, a new self-confidence and faith in technique are generated. Thus, he takes deep interest in the practice of meditation and his general habits of the thought are changed and inner power keeps on increasing, and in due course he is able to overcome the unhealthy habit completely. The Brahma Kumaris University has documented that people who regularly practise Raja Yoga meditation stop smoking, drinking alcohol and using drugs completely.

Chapter - 3

PLANTS ARE SENSITIVE TO YOUR EMOTIONS

What are the influences of the human mind on plants? Numerous researches done on the growth and reactions of plants to study the effects of human mind on plants have definitely revealed the positive influence of our moods on plants.

2.3.2 SCIENTIFIC EXPERIMENTS

Dr. Bernard Grad a research biochemist at Allan Memorial Institute of Psychiatry of McGill University in Montreal has conducted several experiments in the field. Grad's meticulous experiments written up in the Journal of the Society for Psychical Research and the International Journal of Parapsychology, indicated that the sprouting of grains and the total amount of green plant issuing therefrom could be significantly increased when compared to controls, by watering them with a solution sealed in bottles and exposed only to the mental energies of a psychically gifted individual. When Estebany, a psychically gifted individual held in his hands for thirty minutes in the vessels containing solutions with which plants were later watered. It was noticed that this simple experiment produced faster germination and greater growth than in seedlings untreated by him.

After this, Dr. Grad studied many patients available at the institute. In a particular study he selected a twenty-six-year-old woman with a depressive neurotic reaction and thirty-seven-year-old man with a psychotic depression. He also selected a psychiatrically normal man of fifty-two. What Grad sought to ascertain was whether a solution held for thirty minutes in the hands of a normal individual when poured on plants would cause them to grow at a faster rate than plants watered with solutions held for the same period of time by neurotics and psychotics.

Grad found that the little plants watered by the saline solution by the normal human being grew significantly faster than those held by the psychiatry patients, or by a control group left untreated. The plants treated by the psychotic grew the slowest. Contrary to Grad's expectations the plants treated by the neurotic grew at a slightly higher rate than the controls.

Grad noticed that when the psychotic was given the sealed bottle to hold he expressed not the slightest reaction or emotion whereas the neurotic immediately inquired about the reason for the procedure and when told responded with expression of interest and brightening of mood. Thus a depression, anxiety or hostility while treating the solution would

result in an inhibition of cell growth when plants were watered with that solution.

Grad saw the implication of this experiment for reaching. If a person's mood can influence a saline solution held in the hands, it seems natural that a cook's or housewife's mood could influence the quality of food prepared.

2.3.3 EFFECTS OF EMOTIONS

Dorothy Mclean, who had been studying the aromatic plants in the garden and found that plants are most susceptible to human thoughts and emotions. Poisonous and bad tempered moods have as depressing an effect on plants as happy uplifting frequencies have a beneficial effect. Not only that, but the bad effect could come back to humans as they eat the plants they had infected with bad vibrations.

A research chemist of California (U.S.A.) named Marcel Vogel got interested in the effects of human emotions on plants and requested a spiritually gifted friend, Vivian Wailey, to see if she could help. She picked up two leaves from a saxifrage, one of which she placed on her bedside table the other in the living room 'Each day when I get up' 'she told Vogel I will look at the leaf by bed and will that it continues to live; but I will pay no attention to the other. We will see what happens.'

A month later, she asked Vogel to come to her house and bring a camera to snap the leaves. He could hardly believe what he saw. The leaf to which his friend had paid no attention was turning brown and beginning to decay. The leaf on which she had focussed daily attention was radiantly vital and green, just as if it had been freshly picked up from the garden. Some power appeared to be defying natural law, keeping the leaf in a healthy state. Curious to see if he could get the same results as this friend. Vogel picked up three leaves, took them home and laid them on a plate of glass near his bed. Each day before breakfast, Vogel stared at the outer two leaves on the glass for about one minute, exhorting them lovingly to continue to live; the centre leaf he assiduously ignored. After a week, the centre leaf was turning brown and shrivelled, whereas the outer leaves were still green and healthy looking. Even more

interesting was the fact that the torn stems of the leaves appeared to have healed the wounds caused by ripping from the tree. Vogel was convinced that he was witnessing the powers of mind on plant's life.

Many such recent researches obviously imply that the food which we eat brings with it not the nutrients alone, but also carries the moods and state of mind with which it is prepared. Therefore the teaching of Brahma Kumaris World Spiritual University which suggests us to take the food prepared by peaceful harmonious and pure individuals is of real significance. Such happy and uplifting frequencies have a beneficial effect which create a virtuous cycle and leads u to the constant experience of peace, bliss and purity.

Chapter - 4

AIDS: NATURE SPREAD AND PREVENTION

James the 38 year-old male had enlarged glands, irritation of throat, a racking cough, nonstop diarrhoea, and very painful skin itches. He tried home remedies and treatment from family physician but the symptoms were increasing. Finally he consulted Dr. Willy Rozenbeumat Paris's Claude Bernard Hospital. He could not believe the list of symptoms. During the same period in a bulletin dated June 5, 1981, five cases of an unusual illness were described. There was a complete break down in one's natural defence systems which protects a person from infective organisms present in the environment and body. The resulting immune deficiency made a person easily susceptible to the infections of mouth, lungs, brain, digestive system and skin. All the victims had a rare form of pneumonia called *Pneumocystis carinii*. Some of them had a skin cancer called Kaposi's Sarcoma. Two more young male homosexuals were traced having similar disease. Some drug users, a 20 month old infant, a ten year old hemophiliac and some adults who had received blood transfusions were reported to have similar symptoms. Medical scientists were facing a great problem in pointing out the nature of the disease, and moreover to find out the nature of the infective organism which is attacking the immune system of these

patients. The three top virologists of Pasteur Institute viz. Professor Luc Montagnier, Dr. Jean Claude Chermann and Françoise Barre Sinoussi, doing research on the subject were convinced that the disease which was later labelled as "acquired immune deficiency syndrome" (AIDS) was caused due to a virus that exist only in animals. The sixth trial of radio activity test confirmed the evidence of an enzyme called reverse transcriptase which is found in all retrovirus.

A photo of the virus taken through an electron microscope revealed the configuration of the virus. The mysterious virus described as a lymphadenopathy-associated virus (LAV).

The British microbiologist Simon Wain-Honson used a computer to produce a three metre-long printout showing finger print of the attacking virus. Dr. Robert Gallo and a team from the National Cancer Institute had published similar finger print of the AIDS virus called HTLV III.

The killer disease has caused anxiety among medical scientists, Governments and people across the world. The important cause of panic is that within the six years of its confirmed identification the killer disease has spread across the world. Now only 10 nations are free from AIDS. In United State alone there are more than 121000 cases. A recent report in the Wall Street Journal says nearly 200,000 to 300,000 Americans have AIDS related diseases. The disease is spreading very fast because there are many unidentified carriers.

2.4.2 CLINICAL PICTURE

A) Sero-Positive Cases :-

A majority of persons have no signs or symptoms of disease. They only show antibody to the virus;

They are carriers and only 30 percent produce full fledged symptoms. A large number of prostitutes as sero-positive found in Tamilnadu recently belong to this category.

B) AIDS RELATED COMPLEX (ARC) :

These patients also have one or more of the following clinical symptoms.

1. Weight loss
2. Chronic diarrhoea
3. Enlargement of lymphnodes
4. Persistent fungal infection of mouth (candidiasis)
5. Pnaumcystis Cariniis
6. Skin Cancers Kapoisi's Sarcoma
7. Encephalitis or dementia

C. FULL- FLEDGED AIDS DISEASE :

The definite evidence of immune deficiency in the form of significant reduction in helper T4 cells is found. Patients have all the clinical signs mentioned in AIDS related complex. The weight loss is very significant.

2.4.3 DIAGNOSTIC TESTS :

Since its identification nearly eight diagnostic tests are developed to confirm the presence of AIDS. ELISA - enzyme linked immunosorbent assay consists of a plastic tray with shallow wells containing tiny amounts of inactivated or harmless AIDS virus. For identification a drop of serum is put in a well. Some chemicals are added to it. If it results into a tint it normally implies that the persons have LAV-HTLV III antibody in his blood. This indicates that the person is either carrying or infected by the disease. Apart from ELISA two other tests are also available at several hospitals in India. These tests are 1) Invitro lymphocyte inhibition to mitogens and 2) Immunoglobulins A and G by radio immunosay. Western blot

about the disease. The brochure informs that AIDS virus is rarely found in saliva, but it can be transmitted by deep kissing which results into copious exchange of saliva.

Female patient can transmit the disease to newly born child before, during or shortly after birth.

It can spread in Intravenous drug abuser as they use unsterilised syringes and needles. 17 percent AIDS cases were drug abuser. An use of unsterilised instruments for tatooing is also an important mode of spread.

Blood transfusion from infected person is also an important cause. Even Saudi Arabia with their Stringent laws showed eight cases of AIDS between 1981 and 84 as they had purchased blood from United States. Persons suffering from hemophilla need frequent blood transfusion. They have more chance of acquiring the disease if the donor's blood is infected with the AIDS virus.

2.4.5 CHANCES IN INDIA:

AIDS has not arrived in India in a big way but there is a positive evidence that there are persons carrying AIDS virus. The 43% of prostitutes found to be Elisa test are positive carriers. (Forty three percent)

The risk of spread of the disease is very high because of a number of factors:-

- a) There are about 1 crore gays homosexuals in India. If the bisexuals and occasional homosexuals are included total number who are susceptible to AIDS is about 4 crore.
- b) Eunuchs also can spread the virus. In industrial suburbs of Bombay eunuchs are very popular among the migrant industrial labourers who have left their families behind.
- c) The low nutritional status and generally poor sanitary conditions in India increase the possibility of spread.
- d) In India many times proper care is not taken for sterilization

test and immunofluorescence test are not yet available in India. The virus can be detected by electron microscope, but it is used only for research. The Elisa Test gives a specificity of 93-99 percent and sensitivity of 97-98 percent.

2.4.4 ORIGIN AND SPREAD:

According to American researchers the AIDS virus has been in existence for centuries in the *Mucaca Multata*, a type of monkey found in Central America. The researcher is still trying to find out how the virus travelled from monkey to man. Several theories are developed but until the final answer is found the message is clear: No monkey business please!

The AIDS is spreading in humans like fire due to several reasons. The Central Health Education Bureau has described three important ways in which AIDS spreads A) Through sexual contact with an infected person. B) Through improperly sterilised syringes. C) Through administration of blood or blood products from an infected person.

It is very fortunate that the virus spreads only if the blood or semen of an infected person comes in contact with other person's blood. It mainly spreads through homosexual relations or anal sex in heterosexuals. Such unnatural act damages the mucosa and increases the chances of contact between infected person's semen and other persons blood. A Haitian-American Research team recently concluded that heterosexual intercourse has become the predominant means of transmitting AIDS in Haiti. It was found that 72 percent of the Haitian victims of AIDS or the less-serious AIDS related complex are heterosexual. These victims do not fall into any of the high risk categories of AIDS patients. Dr. Warren B. Johnson of Cornell Medical College and this team who had done the present study had found in 1983 that 71 percent of AIDS victims in Haiti were from high risk group viz. homosexual, or bisexual man, intravenous drug users and recipients of blood transfusions. The research implies that normal intercourse with an infected person can be dangerous.

The Institute of Genetics of Osmania University, Hyderabad is planning to bring out a brochure on the facts and fallacies

of syringes and needles, in hospitals and private clinics. Very few centres use disposable syringes.

e) In India tattooing causes another danger. Lakhs could be infected through tattooing by non-disinfected needles.

2.4.6 MECHANISM OF ACTION:

What is the exact mechanism of action of AIDS virus? Understanding the mechanism will make one realize the seriousness of the disease.

The body is like a country and immune system is like its department of Defence. The immune system protects the body from invasion by foreign material and organisms. These systems fight against infectious organisms and against the development of unwanted cells (cancer cells) and cell products within the body.

Amongst the other cells our blood consists of white blood cells (W.B.C.) They are of various types viz: neutrophils, lymphocytes, basophils, eosinophils etc.

In order to destroy the foreign particles or infectious agents neutrophils come out of the blood vessels into the surrounding tissues. They engulf the bacterium by phagocytosis and digest it.

All the cells of one's body are recognised as 'Self'. The proteins from an other organism are recognized as 'Non-Self'. They act as antigens. Infectious bacteria and viruses or any tissue from another organism can be considered as antigen. In response to the presence of antigens (non-self material) in the body a specific substance is produced known as antibody. A particular type of antibody is produced when a particular type of antigen is present without exception.

The particular type of antibody and antigen bind with each other. The combination is harmless. Hence the harmful effect of antigen is neutralized.

The cells of the blood which recognize the antigen are small

lymphocytes. They are not phagocytic like neutrophils. They are of two types functionally.

They are known as 'T' cells and 'B' cells. The 'T' cells fight against infectious agents like fungi and viruses. They are also responsible for the body's rejection of tumours and transplanted organs. AIDS virus attacks T cells and makes them ineffective.

Hence many types of organisms which are generally destroyed by the immune system are able to grow and increase in one's body. The deficiency of Acquired Immunity results. Hence the term acquired immune deficiency syndrome is given to the disease caused by the virus.

2.4.7 PREVENTION:-

Now it is nearly thirteen years since the AIDS was first discovered yet no vaccine as a method of preventing the disease is found. According to experts it will take almost a decade till an effective cure can be found for the disease. Federal health officials had reported the results of experts conference on AIDS recently held in Washington. Dr. Donald Jan Macdonald acting assistant secretary of Health and Human Services, described AIDS epidemic as a staggering and huge problem. The anxiety about it is very much increased among youth in the Modern world. This had added the possibility of spreading AIDS like a wild fire.

Experts in Ayurved say that AIDS was present during ancient time. According to them it is the same disease described as Soshā in Suaruthasamtritha. It was described as the king of disease. The legend about its origin suggests its link with excessive indulgence in sex. Chandramas was the first victim who had 28 wives. Some scholars feel that the disease was not spreading because the moral values had a place in society. Various norms were advised to people through different means. In the modern society free sex is advocated and homosexuality is considered as normal. It is unfortunate that anal and oral sex is also commonly practised in heterosexual relations which increases the spread of the virus. Even if the Ayurvedic theory is not true the above factors definitely had

attributed to the spread of the disease in epidemic proportions.

Having understood the Nature of the disease and factors which attribute to its spread, let us understand the steps that must be taken to prevent the disease.

2.4.8 HOW TO HANDLE PATIENTS:

World Health Organization has issued guidelines for handling patients so that the spread of the virus can be prevented. It is mandatory for health workers coming in contact with the patients secretions or blood to wear gloves and gowns. But gloves are a must while handling linen and bed sheets. It must be double- bagged and decontaminated by auto claving before disposal or reuse by the laundry.

World Health Organization advises disposal of syringes and needles in rigid-wall puncture-resistant containers. Specimens from the patient must be placed in waterproof bag when transporting them to laboratories.

Some instruments and material, such as mask, mount, oral and naso-pharyngeal airway pieces and corrugated tubing from a anasthetic machines, which is not disposable should be pasteurised at 80 (c) for 30 minutes after each use. From time to time laryngoscopes and endotracheal tubes which comes into contact with blood or saliva must be disposed off. There is the highest chance of transmitting the virus to dentist and oral pathologists. In the guidelines they are specifically recommended to use gloves, masks, goggles and disposable cups for mouth washings. Laboratory workers are advised to wear coats or uniforms that must not be worn outside the work area. All laboratory wastes resulting from work with AIDS specimens should be incinerated. In the laboratory eating, chewing, drinking, smoking and application of cosmetics must be prohibited when AIDS specimens are analysed. In such laboratory the control knobs of equipment must be disinfected to prevent contamination.

BLOOD TESTS

In the United States three percent of all AIDS cases were

transfusion related. The best way, although expensive is that every one should be tested by elisa-test before donating blood. Elisa positive donors should be advised not to donate blood even in future. Such persons also must be kept under observations because 30% of them would develop AIDS in future. A noted virologist Dr. K.M.Pavri suggests that unnecessary blood donation must be avoided and disposables syringe and needles can be preferred for blood donation. Pressure cooker can be used for disinfecting the syringes and needles.

There is a hope that the simple test for AIDS which has been developed at the Cambridge University will be soon available for general use. Dr. Abraham Karpas who developed the test says that it is easy, cheaper and reliable. This test will be useful to confirm the cases as well as to remove undue fears from persons mind.

The virus could be killed by heating it to 60°C or by 25% alcohol. Thus haemophiliacs could safely be given the blood by heating upto 60°C in autoclaves available in most of the hospitals. This procedure can overcome the need for Elisa test before receiving blood.

2.4.9 AIDS PHOBIA:

During psychotherapy session, Mahesh, a young man told me: "Doctor I fear that I might have got AIDS because now-a-days I am losing weight. I feel, that during frequent shaving that I used to get done outside, the virus might have entered in my body. Mahesh had depression and this fear was nothing but AIDS Phobia which is similar to the fear of having cancer or heart disease. In such cases repeated examinations and investigations fail to assure patients that they are healthy. AIDS has taken the world by surprise. It has changed the rules of sex. People fear to go close to AIDS victims. There need not be undue anxiety and fear about the disease.

2.4.10 CHOICE IS YOURS:

To prevent AIDS or not the choice mainly lies in the hands of people living in the world. We are responsible for its present

progress and we alone can stop it.

Ancient belief system and value system which was generally practised in India and else-where should once again be practised for inhibiting the spread of the killer virus. The belief in free sex that is prevailing in the Modern World is an added factor for the spread of the disease. The young generations can be educated about the importance of transformation and sublimation of the sex instinct for the constructive and creative purposes. Experts can reconsider the issue from different angles and educate the people with the help of different media. The first advice of Central Health Education Bureau for preventing AIDS is to avoid sexual contact with strangers. But can this target be achieved if we believe in free sex? Prostitutes are a rich source of virus. But can we prevent people visiting prostitutes unless they are informed about the positive advantages of transforming and sublimating the sex instinct? Experts must strongly recommend the censor board to prevent exhibition of films which arouse sex instinct in the society. Such novels should not be allowed for publication. The best way is to transform the taste of people towards a moral and ethical values. To take actions on war footings institutions like Brahma Kumaris World Spiritual University should be supported by Government as it advocates purity in one's life. Government can join hands with such organizations in showing the practical ways through which will power can be increased and control over senses can be achieved.

Raja Yoga Meditation as being taught by Brahma Kumaris is of great help to prevent the fast increase in the incidence of drug addiction. The use of unsterilised syringe and needles by drug addicts in one of the important causes for the spread of AIDS. In final analysis: "To spread or prevent AIDS, choice is yours"

The spread of AIDS is almost always dependent on human behaviour. Promiscuity in sexual life, unnatural sex such as oral and anal sex, both in homosexual and heterosexual relations drug abuse where infection is introduced through contaminated syringes or needles are examples of such behaviours which are responsible for the spread of AIDS virus. Hence, to prevent AIDS we must be able to change our aberrant behaviour. Meditation helps in achieving such

behavioural changes by providing the deep experience of love, peace, bliss and contentment. The practicant of meditation is able to enjoy the above experiences in addition to overcome all the negativity in him by the loveful, and purposeful intellectual communication with God,the Supreme Soul.

Now you are aware that the key to freedom from AIDS is in your hands.

PART -- III

VALUE OF RAJA YOGA IN DISEASE

- ❑ **THERAPEUTIC BENEFITS OF RAJA YOGA**
- ❑ **UNDERSTANDING THE HOLISTIC APPROACH OF MEDICINE**
- ❑ **PRINCIPLES AND PRACTICE OF RAJA YOGA**

Chapter - 1

CURING DISEASES THROUGH RAJA YOGA

Ashok a twenty four years old bus conductor came to the local centre of Brahma Kumaris World Spiritual University at Goregaon, Bombay. When I asked him about the objective of his visit, he said that he was chronic alcoholic suffering from sleep disturbances and nervousness. Due to the disease, his working capacity was almost reduced to two hours a day. For past two years he was taking psychopharmacological drugs and had taken a number of E.C.T. without much improvement. I patiently listened to his story and told him that I would do my best to help him with the spiritual knowledge and Raja-Yoga taught in the Spiritual University. After completing the basic course of seven days he said that he was benefitted upto forty percent in overcoming the chronic depression. After one month he had completely stopped consuming alcohol and was ninety percent benefitted. Even his working capacity had improved and Meditation helped him to resume his job completely. After three years when I met him in a bus, he said that he was still maintaining those benefits.

Ashok is an excellent example of the therapeutic benefits gained through the art of Meditation, based on spiritual knowledge. I believe that Meditation was the only means that helped him because, at the time, my professional knowledge of psychiatry was almost nil. I was just 1st year M.B.B.S. student. Certainly, everyone will not be able to gain the therapeutic benefits so quickly, because there is a need for understanding and practice of the technique by the patient himself. Yet most of the people, who are in touch with reality, can understand and practise the easy technique of Meditation without any difficulty. In describing the usefulness of Raja Yoga in Psychiatry, my aim is not of replacing the conventional medicine. I just want to suggest that Raja Yoga Meditation can serve as an auxiliary tool to the conventional Medicine.

3.1.2 INSECURITY: Modern man possesses many material comforts and is also secured in many ways yet he feels a great

deal of free floating insecurity within. A sense of insecurity is a cause of many neurotic diseases. In fact, a sense of security is one of the most important priceless assets you can have. If you have it, you can become contented and efficient. Without it you cannot think and act harmoniously at all.

Positive thinking, based on spiritual knowledge, amazingly restores the sense of security, because security is within oneself, and not in persons, places or things. Communication with God is first positive step to regain security. It is evident from the remark of Dr. Victor Frankl who is a world famous psychiatrist and professor at the University of Vienna: "It has been his observation that much of the mental trouble we experience today stems from the fact that 'we have broken the sense of the reality of God'. Alongwith this goes a loss in the sense of life's meaning. We feel a decline in well-being; we feel hopeless and insecure." But when a person does establish a closeness to God, a great sense of security follows, says Dr. Frankl.

Relationship with God results into complete security. It is evident from the example of Mrs. Ranjana. Mental tension began when she discovered that her husband was a chronic alcoholic and a gambler. She did her best to reform him. But day by day he deteriorated and gave all sorts of mental and physical torture to his wife. At last she informed her parents and got divorce. At her elder brother's home also she was unwanted and felt hopeless and insecure. Her elder sister brought her to Raja Yoga Centre. Here she was impressed by the selfless love Brahma Kumari sisters had for everyone. After learning to have relationship with Almighty, she felt light and released. She had regained the comfort and security from the Supreme Mother-Father cum Teacher cum Satguru and a Wonderful Companion.

3.1.3 FEARS: The commonest and subtlest of all human diseases is fear. Fear is also the most disintegrating enemy of human personality. (Fig. 11) The best medicine for fear is positive faith in God. Positive faith in God is not only the logical and intellectual, but also acts as a medicine. It is something alive and active. By reason of its superior powers, faith drives fears out. The world is filled with worried, anxious and nervous people



Fig 11 : Among most people, fear of death is observed in varying degrees. Realization of self as eternal and immortal soul helps in removing the fear of death..

who are made so because of the negative thoughts for which they are used to. If such people practise the positive thinking based on Raja-Yoga Meditation, every thing will become different. Many people have been healed of the debilitating influence of fears through no other means than a refreshing influence of positive thinking.

Deepak was a young man of 20. He was suffering from chronic nonspecific fears. He had consulted many a psychiatrist and took psychotropic drugs for several years without much benefit. Within a few months of Raja Yoga practice most of his fears vanished and he felt confident and energetic. When I asked him what helped him to overcome the fear, he pointed out the refreshing positive thoughts that Raja Yoga Meditation contains. (Fig. 12)

Another antidote of fear is love. Love is one of the most misunderstood and misused words in English Language. It has been made synonymous with sex. But love is not that at all. It is positive, strong and curative emotion. It is the power by which we make transference of God, through which God, bestows us with strength and power. Love is a basic, natural relation that a human being should have with God. A Raja Yogi experiences presence of the Almighty with him.

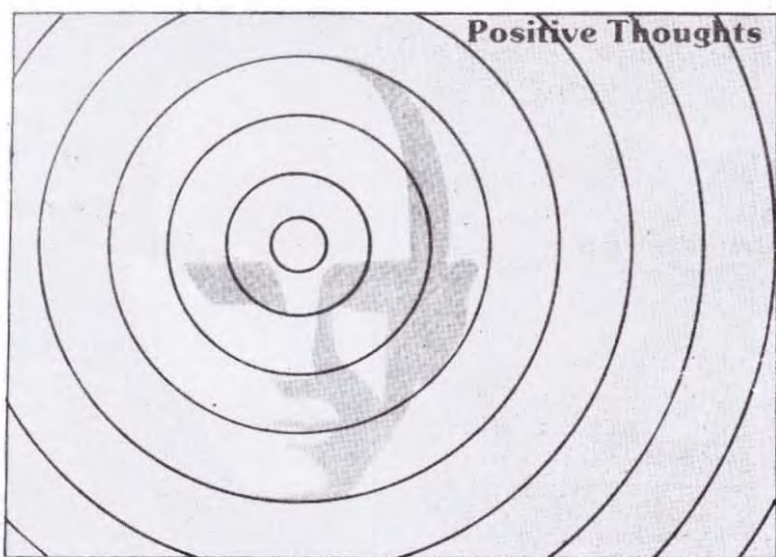


Fig 12: Raja Yoga is the art of positive thinking. These positive thoughts are based on the understanding of Self-realization and God-realization.

3.1.4 INFERIORITY COMPLEX: Basically the inferiority complex -- habitually feeling inferior to others -- arises from wrong thinking acquired either in childhood (Fig. 13) or as a result of later experiences. According to the pioneer psychoanalyst Sigmund Freud 'an inferiority complex is an indication of a person who is negative rather than positive'. An individual with inferiority complex either allows others to dominate him or tries constantly to attempt to dominate them. He suspects friends & acquaintances of making fun behind his back. His posture suggests lassitude and indifference.

Dr. Louis E. Bisch, in the book on nervous emotional tension, lists the following six negative emotions as those most likely to destroy a person. They are: Jealousy, Revenge, Remorse, Irritability, Emotionalism and Over Sensitivity. Any of these negative emotions are present in the manifestations of Inferiority Complex.

Over the entrance to the Athenian Temple at Greece, the word 'GNOTHE SEAUTION' which literally means 'know thyself'. You probably think that you know yourself very well. But what



Fig 13 : Inferiority complex and wrong belief system are acquired in childhood due to wrong parental teaching and some negative experiences.

you know is your physical identity only. In fact to identify oneself with the physical body is a great mistake, for with this awareness a person compares his physical body and material possessions with other fellow beings and feels inferior to others. With body-consciousness the seeds of inferiority complex are sown. Therefore, to remove the inferiority complex from its

roots, the remedy is to practise soul-consciousness. As eternal and immortal souls, we are all peaceful, lovable, blissful, pure and powerful souls. Thus the question of comparison and inferiority does not arise. Another means to overcome inferiority complex is to inculcate the six positive qualities: love, sympathy, enthusiasm, bliss, compassion and self-sufficiency. Positive thinking of spiritual nature definitely helps to inculcate these six positive qualities.

Raja Yoga Meditation in practical sense is relation with the Almighty. In day-to-day life He becomes our beloved companion. When the company of the Almighty is experienced, the sense of inferiority is thrown out.

3.1.5 PSYCHOSOMATIC DISEASES: Modern man no longer faces the epidemic of plague but stress-related diseases are becoming number one killer. Negative thoughts and attitudes are at the root of these diseases. A synergetic combination of positive thinking and traditional medicine results in more than the sum of their individual effects, bringing permanent benefit at every level.

Positive thinking doesnot help to restore the organic damage or traumatic injury. Still it positively helps to overcome the pain and suffering that are usually found in such cases.

This benefit of positive thinking is quite evident from the example of Mr. Swami Rao who met with an accident under an electric train in Bombay. His right upper arm was completely cut-off, yet in the hospital he was quite peaceful. He even comforted his anxious wife, who, he could tell, was worried about the future of the family. "Although my right hand is cut-off", he said to her, "my left hand has enough power to enable me to work and feed my family".

When asked how he could face such a terrible shock so easily, he said: "My first thought after the accident was that I was very lucky that I wasn't killed but only lost an arm, I realised that though a useful part of my physical vehicle was lost, still, I, the soul, was healthy and unaffected, "Mr. Swami Rao is the perfect example of how positive thinking can alleviate the pain and suffering.

3.1.6 SLEEPLESSNESS AND DISTURBED SLEEP : Sleep disturbances are observed in the people, suffering from anxiety as well as depression. This is one of the commonest symptoms observed in neurotic patients. Over sixty percent of the population experience disturbed sleep or complete sleeplessness, either chronically or occasionally. Most people go to bed with worries and tensions. Due to over thinking they are unable to fall asleep easily. They try to have sound sleep with the mind full of problems. Spiritually-based positive thinking makes the mind peaceful. Therefore, hundreds of people who were consumers of sleeping pills have experienced sound sleep with the help of Raja Yoga Meditation just within a few weeks. This fact can be well illustrated by the example of Dr. Mukesh Shah. He was born in a well-to-do family and had been treated with love and affection throughout his life. Being the only son of his parents, he had to look after their pharmaceutical business after completing medical education, he was taking sleeping pills at least once or twice a week.

He was impressed by the effectiveness of Raja Yoga when a man at London told him how he had completely got rid of alcoholism and chain smoking within a span of one year, with the help of Raja Yoga practice and spiritual understanding. This gave him impetus to experiment with himself. "Thanks to Raja Yoga" says Dr. Shah. "For the past four years, I have never had a single occasion to take a sleeping pill. I have also become a more tolerant and peaceful person".

Chapter - 2

HOLISTIC HEALTH CARE

Advancement in Medical Science has given many advantages. It has eradicated a number of diseases, made the illness short and less painful, and invented new equipments for diagnosis and treatment. But unfortunately we have started looking at the patient as a machine instead of a living person with emotional needs. The present health care system has become illness-centred rather than patient-centred.

3.2.2 Definition

The term HOLISM was first introduced by Jan Christian Smuts (1926). As used by Smuts, the term HOLISM, described the study of whole organism and the system. The late Dr. Micheal Balient an internationally renowned psychoanalyst has immensely contributed to holistic health. In his world-famous book. "The doctor, His Patient and the Illness" (1957), he wrote : The discussion quickly revealed, certainly not for the first time in the history of medicine, that by far the most frequently used drug in medical practice was the doctor himself. It was not only the bottle of medicine or the box of pills that mattered, but the way the doctor gave them to the patient. In fact the whole atmosphere in which the drug was given and taken.

3.2.3 DIAGNOSIS AND TREATMENT

Very early in his work Balient spoke about the need for a more comprehensive and deeper diagnosis of each patient than is normally thought to be necessary. He gave importance to the study of patient's mind along with the body i.e. to examine the whole person in order to form an overall diagnosis. Balient also emphasised on improving the doctor-patient relationship and to understand what is going on in the patient's mind in order to understand the patient as a whole. The Holistic Health movement was the landmark in connecting the physical, mental, social and spiritual well being of a person. Much research is being done to discover various subtle energies and auras.

We should replace our mechanistic approach to the study of health and disease with the humanistic one. Aspects of human nature such as caring, sharing, loving, hoping play as important a part in our endeavours to help the sick as the study of alpha fetoprotein and T-suppressor cells. We should replace the REDUCTIONISTIC approach to the care of the sick with a HOLISTIC one. The transplant surgeon should be as concerned about his patient's life-style, and will recognise its relevance to the outcome of his skilled interventions, as he is about the level of the patient's lymphocytes.

3.2.4 HOLISTIC HEALTH AND HOMOEOPATHY

ALTHOUGH the principles and practice of Homoeopathy are less than two centuries old they are very similar to the recently developed principles of Holistic Health Care.

The founder of Homoeopathy Dr. Samuel Hahnemann has vividly described the correct meaning of "Cure" in the second para of the organon. 'The highest ideal of a cure is rapid gentle and permanent restoration of Health or removal and annihilation of the disease in its whole extent in the shortest most reliable and most harmless way, in easily comprehensible principles'. In this statement the correct objective of the treatment is described. "Treatment should not only aim at the removal of symptoms but restoration of the Health Resource".

In the fourth paragraph again Hahnemann says, "The physician is likewise a preserver of Health if he knows the things that derange health and cause diseases, and how to remove them from persons in disease. Homoeopathy considers internal factors which are invisible to be more important than external factors. Internal subtle disturbances is primary root cause and external manifestation in the form of physical disease is secondary". Dr. James Tyler Kent, the renowned Homoeopath physician said "If a man has evil in his very interiors i.e. in his will and understanding and the result of this evil flows in to his life, he is in a state of disorder. Each and everything that appears before the eyes is but the representative of the cause and there is no cause except in the interior. They will also tell you that a bacillus is the cause of the tuberculosis. If there were no children on the earth susceptible to measles we would have no measles".

Mental symptoms are considered to be most important in Homoeopathy. When Hahnemann said "Don't treat the disease but treat the diseased he had the deep insight of Holistic Health. Homoeopathy declares that to think of remedies for cancer is confusion, but to think of remedies for the Patient who appears to have cancer is necessary".

The research finding of the modern psychology that man is responsible for his diseases was very well understood by

illnesses, starting from indigestion to heart diseases. Medical scientist had found our Psycho-Neuro-Immunological mechanisms through which even cancer can be precipitated due to peacelessness.

BASICALLY the desire for universal peace and the search for peace of mind are one and the same in essence. The world is as peaceful as individual living in it. Therefore while discussing the role of my profession that is Medical profession in establishing world peace, we will discuss both the aspects namely "World Peace" and "Peace of Mind".

The Medical profession can substantially help in establishing world peace. The turth is evident from the fact that the Noble Prize for peace was awarded to world Physicians Association, for its contribution in developing awareness among people against war. This is the honour given to Medical Profession for its devoted contribution in establishing the World Peace.

In order to establish World Peace the very important need is to develop a burning urge among the people and politicians against war. War is the result of self centredness, hatred, anger and greed.

DURING the Geneva Conference, the former President of U.S.S.R. Mr. Mikhail Gorbachov expressed his concern that Star War may begin because of the mistake of a computer. Even at the last moment human mind may change but once the computer is programmed, it will work unaltered. A mistake in programming can lead to World War and nearly the annihilation of mankind. Everyone trusts one's doctor and gives regard to the doctor's opinions and suggestions. Therefore they have a capacity to influence the minds of the persons whom they serve. As the politicians also have their Physicians, these Physicians can influence the minds of politicians and create an unfavourable opinion against war. Physicians and psychiatrists can also bring to the notice of politicians the health hazards of war. The genetic damage caused because of nuclear war can be transmitted to many generations. This turth is witnessed by Hiroshima and Nagasaki where atom-bombs were used during world war II. Such health hazards and other far-reaching physical and psychological

Hahnemann when he said that the human economy is more under control of man than under the control of disease.

Homoeopathy teaches that diseases must not be looked upon from a few symptoms that the patient may possess but from all the symptoms that the whole human race brings out.

3.2.5 UNDERSTANDING THE VITAL FORCE

The practice of Homoeopathy in its real sense is truly holistic because it believes that cause and cure of a disease lies in the spirit like power called Vital Force, which is a governing factor of the whole organism. After the organon had gone through a number of editions Hahnemann had somewhat changed his views. In 1823 edition of organon of Homeoepathy he distinctly called a unit of action in the organism as the vital force. The vital principle is considered to be endowed with formative intelligence. Dr. Kent has very precisely described in his lectures on Homoeopathic philosophy that, the vital force which is a simple substance is again dominated by another simple substance still higher, which is the Soul.

The above mentioned principles of Homoeopathy are very much similar to the Holistic Medicine.

Chapter - 3

3.3 HOW MEDICAL PROFESSION CAN HELP IN ESTABLISHING WORLD PEACE.

We do not understand the significance of something until we no longer have it. The awareness given to the world peace by everyone has much increased now a days. This fact itself suggests urgent need for re-establishing the world peace. Across the globe cries for peace are ringing out as military and civil conflicts ignite and increase daily. The amount spent on military expenses around the world per head is more than the amount needed for day to day living of a person.

At individual level too, lack of peace is manifesting through Anxiety, Tension, Depression and Stress related physical

effects of war can be explained by doctors well. Because of their profession itself, they have a better persuasiveness.

DOCTORS can also convince the people about the results of unconscious hatred, fear and a feeling of bitterness over other nations. Due to these feelings the unconscious tension is bottled up in the mind which can result into psychological diseases like Mania, Hypo-Mania, Paranoid states, psychosomatic diseases, aggressive outbursts etc. Sometimes wars and friction result because the politicians who rule the nation are suffering from Mania or obsessive-compulsive neurosis for power. Doctors can trace such persons and see that they get treatment for such psychological illness. If this can be done effectively many wars can be prevented.

DOCTORS come into intimate contact with soldiers, when soldiers are injured or sick. This is the time when soldiers' mind is adaptive. Therefore if physical and psychological hazards of war are explained to the soldiers which they will easily accept and whenever possible will try to act accordingly. During war many doctors treat the soldiers irrespective of their nationality. Therefore soldiers also have a soft corner for doctors. Hence their saying will have a much deeper impact on them.

DOCTORS can give real insight into war psychology and convert people's mind for re-establishing the peace. If we look into a basic quality of a man, he desires peace and security, but because of the fear of domination by other nations, they unconsciously support war. Doctors can convince the people about the benefits of love, co-operation and sympathy for other nations. This will bring a far reaching and long lasting benefits. Medical Association can pass resolutions about creating this form of public opinion. They can also educate other doctors and equip them with detailed information, so that local doctors can transform the attitude of people they come in contact with. Medical Association can also print folders, Booklets, Pictures and other Audio-Visual Aids which can affect people's mind and generate a feeling of hatred and dislike towards war.

PEACE OF MIND

The level of peace in the world depends upon the peace of mind of the people living in it. Peace does not mean the absence of war, but it is a positive experience of peace. In order to establish world peace, the people who live in this world must enjoy this positive experience of peaceful living.

MEDICAL profession can substantially help to attain the objective of making the life of the people peaceful. Psychiatrists and Psychologists can teach people the significance of "Peace of Mind" for "Healthy Living". They can also remove a number of illusionary thoughts from people that material comfort is the objective of life. Apart from removing this mis-conception, doctors can also suggest some techniques and explain scientifically psycho-physiological benefits of positive thinking, Meditation etc. Along with other medicines, if doctors prescribe Meditation to their patients, they will learn and practise it without fail. During sickness patients trust doctors like God, therefore by showing a right path doctors can help the people to regain the peace of mind.

Doctors can also motivate their patients to overcome jealousy, greed, anger, hatred etc. which are the root causes of peacelessness. This will create high frequency peaceful vibrations in the world to make the objective of Golden age a reality.

To sum up, Medical Profession is the ideal profession to propagate awareness for world peace and peace of mind. As people trust doctors, they can help in establishing "World Peace" at different levels. They can transform Politicians' attitudes 'can prepare soldiers' mind and educate people about the benefits of World Peace and Peace of Mind.

Chapter - 4

3.4 GOLDEN PRINCIPLES FOR STRESS FREE LIFE

In this stressful world, where everyone is leading a stressful life, if we can minimise the stress it will be of great help. Stress free life

10. This world is a huge drama in which we are all actors playing the specific roles allotted to each one of us. Hence don't feel anxious by observing the scene related to tragedy, sorrow and frictions.

11. Don't think of taking revenge but put efforts to transform yourself. The thoughts of revenge will only increase your mental stress. The efforts of self-transformation will bring peace, progress and prosperity.

12. Don't feel jealous about others instead churn the gems of spiritual wisdom. Jealousy burns your mind, and body. But the spiritual wisdom will bring you solace' comfort and satisfaction.

13. When you give happiness to someone happiness come's back to you with the same intensity. Hence always give happiness to others and never even think of giving unhappiness to any one.

14. While you are facing problems and difficulties think that you are paying the dues of your past actions. Hence feel happy about it.

15. Even a subtle ego can generate expectations leading to mental ups and downs. Therefore in order to achieve stability of mind give up the ego. Remember that you came to this world with empty hands and you are going to leave this world with empty hands.

16. Make it a rule to stop mental traffic for a couple of minutes four or five times a day. Such a practice will help you to prevent unwanted and unnecessary thoughts.

17. Surrender all your worries to the Supreme Father of all souls.

18. Practise Meditation fifteen to twenty minutes daily.

Meditation takes you beyond relaxation, response and brings several Psycho-physiological benefits.

improves our professional skills and personal relationships. Here are 18 golden rules to lead a stress free life.

1. There is always at least a few direct or indirect advantages in every events of your life. Make it a habit of pondering over those advantages however, small they may be.
2. Don't feel sorry about what you have done yesterday because now yesterday is not in your hands. Yesterday is dead. Also don't worry about tommorrow. Tomorrow is not yet born. ONLY TODAY is in your hands. Put all efforts in making your today positive and successful.
3. Don't feel inferior by comparing yourself with others. Remember that you are a unique person in this world.
4. Consider your critics as your well wishers. By describing your weaknesses and drawbacks they are acting as a Psychotherapist without taking any fees.
5. Forgive all those people who have created hurdles in your life and made it more difficult to live. Unless you take this positive step you won't be able to forget all those unhappy and painful incidences.
6. Don't try to solve many problems at a time. Arrange all your pioblems in the form of compartments. Open only one compartment at a time only when you are free from more productive work. Let all other compartments be closed.
7. Whenever possible spare sometime to help others. By rendering your services to others your worries, tensions and anxieties will definitely be minimised.
8. Have a positive attitude towards day to day events. By changing your attitudes you can transform pain into pleasure, sorrow into happiness and criticism into blessings.
9. Inspite of putting all efforts if you cannot change a situation don't feel unhappy and depressed about it. Remember that time is the best healer.

Chapter - 5

RAJA YOGA: A UNIQUE METHOD FOR REESTABLISHING HEALTHY SOCIETY:

HHEALTH is not only a precious possession but a resource on which the whole nation and world at large can prosper and develop. A Sanskrit proverb says that health is the basis of all happiness. RAJA YOGA a scientific method for raising human consciousness to purity and coherence by means of channelised spiritually based on positive thinking. This is a technique for deprogramming the negativity and reprogramming positivity in our personal computer: the 'Self'. The principles and practice of Raja Yoga as taught by Brahma Kumaris World Spiritual University are quite different from other techniques of meditation. The regular practice of Raja Yoga has a profound effect on physical, mental and social health of a person.

STRESS is the greatest disease of the modern society. As Herbert Benson and many other researchers have shown that Relaxation is an antidote of stress. Mental relaxation is far more beneficial than physical relaxation. Raja Yoga helps one to detach oneself from the outside world even while doing day-to-day activities because the practitioner has also understood the laws of action and reaction.

3.5.2 HYPOTHALAMUS BECOMES HEALTHY:

RAJA YOGA practice harmonizes the neurochemistry of Hypothalamus. It is a small part of the brain centrally situated related with emotional and mental functions. Centres for the control of endocrine system and autonomic nervous system are situated in hypothalamus. Once the neurotransmitters and neurochemistry of hypothalamus becomes healthy, all internal bodily organs like the heart, lung, stomach, kidney etc., also function harmoniously. Homeostasis of hypothalamus is disturbed because of several conscious or unconscious negative emotions. Relaxation response as it is known medically is not sufficient to transform or satisfy these emotions

completely.

3.5.3 RAJA YOGA TRANSFORMS ATTITUDES:

TRANSFORMATION of attitudes which is vital for stress management is not possible by most of yogic techniques. Uniqueness of Raja Yoga is that it immensely contributes to the transformation of attitudes. Deep understanding of 'SELF', 'SUPREME', 'LAWS OF KARMA' etc., are very much necessary for attitudinal change. Research studies by Simoton & Simoton imply that positive attitudes can help to overcome the pain of lethal disease like cancer.

3.5.4 DEPROGRAMMING AND REPROGRAMMING:

MOST of the physical and mental diseases are caused due to wrong programming of our personal computer. Raja Yoga Meditation helps to deprogramme those negative belief systems and value systems. Moreover Raja Yoga also reprogrammes it positively.

3.5.5 DISSOLVES DISSATISFACTIONS:

HUMAN beings can be compared to a pressure cooker. When pressure in the pressure cooker increases the safety valve starts operating. Hence the extra pressure is reduced. Due to various dissatisfactions and conflicts our mental pressure also increases. Human beings don't have any safety valve hence the psychosomatic disease develops. A particular person will suffer from a disease which depends on the weakness of a particular organ. During Raja Yoga practice one receives the love of all relations from the ALMIGHTY hence repressed dis-satisfactions are dissolved. This is possible because Raja Yoga is not based on any physical practice but it is the technique to tune one's mind on a loveful and peaceful frequencies of the ALMIGHTY.

3.5.6 RESEARCH STUDIES:

SEVERAL objective research studies have also verified this claim. In one of the studies 25 Raja Yogis, including both male and females practising meditation regularly were studied in

October 1984. The research was conducted by the Medical wing of Raja Yoga Education and Research Foundation to observe the effect of meditation on the vital parameters. This showed an overall decrease in the mean value of heart rate, systolic and diastolic blood pressure and respiratory rate. On an average the rate of respiration was reduced from 19 per min. to 13 per min. Similar beneficial changes were found for other parameters also.

In another research a series of psychophysiological experiments were performed at the Langly Porter Psychiatric Institute in San Francisco, California. Ten members of the Brahma Kumaris World Spiritual University had their brain waves measured by electroencephalogram (E.E.C.). Simultaneously their muscle tension, abdominal and thoracico-respiratory movements and lung carbon dioxide levels were also measured while they enacted various mental and physical exercises. The Results are quite exceptional. Most of them produced harmonious brain waves not only while meditating but even while performing mental work. This is also a uniqueness of Raja Yoga that a person is able to harmonise his mind not only while meditating but even while doing active mental work. In this study it was found that even a person with only four years of experience was also able to produce considerable alpha and theta waves. This implies that years of experience is not correlated to beneficial results achieved. Raja Yoga can be mastered even by a beginner.

CASE STUDIES:

CASE NO. 1: Mrs. Sunita a 24 year old woman, had thrice attempted to suicide. She suffered depression after her husband had brain damage. For the following five years, he was completely, bed ridden. In the beginning, she selflessly cared for him, hoping that he would improve. But as many years passed by without any sign of improvement, she gradually became hopeless and depressed. Her mother-in-law brought her to the local Brahma Kumaris Centre. At first, she was reluctant to come, but when the teacher there listened to her problems sympathetically, she continued her visits. The teacher showed her how to give powerful spiritual vibrations to help her husband. Her interest in the art of meditation gradually

developed. When the laws of action and reaction (Karma) were explained to her in details, her mind became very clear and peaceful. Her depression disappeared and her temperament returned to normal. She continued to give pure and powerful vibrations through meditation to her husband.

CASE NO.2: Mr. Suresh had been suffering from a peptic ulcer for two years. A casual enquiry revealed that his life was full of tension. One of my doctor friends who had been practising Raja Yoga for several years described to him the fundamentals of meditation. After ten days, the patient said, "The knowledge you are giving me helped me greatly to overcome the mental tension, yet I am not completely free from pain in the upper abdomen".

Such remarks are frequently heard from people suffering from psychosomatic diseases who learn meditation. This is because once a disease has reached the level of organic malfunction, meditation alone cannot eliminate the already occurred damage. Meditation definitely helps to overcome the root cause, which is in the mind. But to heal the organic damage, the conventional medicine which acts at organic level is also necessary.

Chapter 6

MEDITATION FOR MEMORY DEVELOPMENT

For memory development there are seven useful points:

1. ATTENTION
2. INTEREST
3. UNDERSTANDING
4. ASSOCIATION
5. REPETITION
6. STATE OF MIND

7. FORGETTING UNWANTED THINGS

6.8.2 ATTENTION

If you learn whatever you wish to learn with full attention, with less efforts you will be able to remember it. Whenever you do something, do it with this objective that you want to do it with full attention. Do not do it with the attitude that you are forced to do it. For example not that your parents have sent you to college that's why you are coming. Develop interest in it. While you're in the college, if you pay attention, later on you will have to study less. You can go home and play. But now neither you are able to play nor are you able to pay attention to your studies. So it's the best thing that whatever you do, do it with attention.

You have several interests in your life. Divide them in the form of a big table with many drawers, each drawer for a specific interest. Study is one of the interests. Other interests are games, T.V., etc. At a time only open one drawer and see what is there inside. Fully concentrate on that. When you are playing only open the drawer of play and fully concentrate on that. At that time forget drawer of studies. Say "I will just see what is there inside. All my other drawers are closed. I want to get fully absorbed in that." Like this you will be able to improve upon your productivity also. Not only studies but you will be able to do many other extra-curricular things in your life that will help you in self development.

6.8.3 INTEREST

It is a psychological principle that you remember things in which you are interested. Suppose you meet 5 persons. You will try to remember the names of those in whom you are interested. If you're not interested in a few persons automatically you will forget them. How to develop interest in studies? It is very crucial. Because this is the time that you think "I should enjoy life. If I don't enjoy life now then what is the fun in it?" It's true. We have to enjoy life but I would like to give you two choices. You can only choose one of them.

The first choice is: You may have to study for five years of your

life now. If you study with full interest, perhaps you might have to forgo certain things in life, but if you do this, there may be another 50 years of life which you are going to live. And because you will have better qualification, a better professional status, you will be able to enjoy those 50 years of life. You will not have many hardships or problems, rather there will be a lot of comforts and joy in your life. The second choice is: You enjoy these 5 years, don't study, don't pay attention to your studies, no one will be able to force you to study, neither your professors, nor your parents. Perhaps you will be able to enjoy these 5 years. But if you enjoy these 5 years you will not have any good qualification. You will not be able to be a professional and hence you will have many problems for another 50 years. You will not have a good job. nor good social status, nor money which is necessary to make our life more comfortable and peaceful. Hence now the choice is yours. Either do hard work, take interest in your studies for 5 years and enjoy 50 years or enjoy your 5 years and do hard work for 50 years. What do you like? You understand it's very simple. Take it seriously. If you take it seriously, an ordinary student also can improve within 2-3 years. To tell you my own example, till the seventh standard I was a very ordinary student. But in the seventh standard I had this same serious thought. My thought was if I don't become a professional I will have many problems. I come from a middle class family so I knew that my father won't be able to establish a business for me. I will have to do a thing of my own. With that thought itself I took such a deep interest in studies that within 2 years I was a first class student. In Xth standard I stood second; S.S.C. Ist. So with deep interest in studies an ordinary student can remarkably improve. Hence develop your interest.

6.8.4 UNDERSTANDING

THERE is a common mistake we make in trying to learn something or remember something. In trying to remember the difficult material or the language of a book we remember it by heart, we just memorize the thing. It is not necessary. Just understand the subject, remember it in very simple english. If you understand it in simple english you will be able to reproduce it later on. Even when lectures are going on, professors should make students understand a subject rather

than just give information.

6.8.5 ASSOCIATION

THIS is an amusing aid. Association means to link new information to the old information you already know.

Example 1: For remembering name link the face of that new person whose name you want to recall with the face of some relative or friend or famous celebrity having the same name. Then when you see that new person again, the face of the other person already familiar to you will at the same time be remembered and like this you will easily remember the name.

Example 2: ACRONYMS. This is taking the first letter of each word you want to remember and putting them together in the same order you want to remember the words. They will spell out as a single word which you can easily remember. During school days we had to remember diseases caused by deficiencies of Vit. A B C D so the teacher had given one word RABEX. The first letter of RABEX and the first letter of the disease caused by the deficiency of Vit. A was the same. B second letter, C third letter. So we used to write the word RABEX and remember these diseases. Professors can tell you how to associate things or we can develop our own association.

Example 3: If you remember the meaning of a name again you will remember. Many years ago when I came to Bangalore I met one brother named Angana. He said, "How to remember my name? 'Ang' means body in Hindi and 'na' means no. So I am a bodiless person. If you remember this, you will be able to remember my name."

6.8.6 REPETITION

DON'T repeat information 100 times on the spot. Rather, just repeat it once or twice. Understand it. Then go to a new subject, read that also. Then after some time when you become tired, understand it again for a while. Forget it, read a new subject. Changing a subject also helps in overcoming your tiredness. At the end, half an hour before you go to sleep don't read anything new. Just be comfortable and try to recall

everything that was taught to you that day in college. There is hardly any need to read your books. But we don't pay attention in the college so then we have to read other books. Whatever is taught to you in college try to recall that. If you can't then open your books. Once again repeat once or twice. Try to remember and repeat new informations.

Another part of systematic repetition is whatever is taught to you in the classroom pay full attention to it. Try to understand it. Then, after one professor has gone and before another professor comes in there is always some gap. Rather than wasting that time, try to repeat whatever has just been taught to you in that class. Whatever we have read also try to repeat before going to sleep and then go to sleep. If you do this before going to sleep you will be able to use your sleep in a productive way. This is called sleep learning. In sleep the subconscious is active and so you can use your subconscious. Whatever you think before going to sleep is repeated even in your sleep. So if you have repeated your subject matter in sleep also the subject matter will be repeated in your mind and the next morning when you get up it will be very easy to recall. Try to recall those things when you get up in the morning. If you have a problem once again see your books. You will find that repeating thrice will be enough to remember even for a long term.

6.8.7 STATE OF MIND

YOU must have seen a few students who were brilliant previously but within a few years they start failing. What is the reason? Even vice versa happens, that very ordinary students become rank holder. A very significant factor is state of mind. Some children are able to remember things very easily. It is because their state of mind is peaceful, they are at ease. They don't have any confusion. They don't have any negative thinking. And because of that clarity of the mind and peace of mind. whatever information is fed to them they are able to remember it. Anyone can develop this state of mind. Later I will tell you how to do it.

If a child faces certain conflicts, it may be a personal conflict, personal problems, mental disturbances, or if he is facing family

problems he will not be able to pay attention to studies, nor take interest to do association. So memory fails.

In order to remember better we need a peaceful, relaxed, positive state of mind. Even if you have problems at home don't carry your problems with you. This is the headache of your parents it is not your responsibility now. Your responsibility is to study. Tell yourself I want to study with a clear mind, with a relaxed mind, with a positive mind, that's all.' Even when you have a developmental problems realize that a few problems are always there. Especially adolescence is considered to be a stormy age, because you are neither a child nor an adult. You are transforming from a child and trying to take up adult responsibilities. Be comfortable because this is just a growing phase and naturally also you will grow up. Don't take it as a tension. Accept the changes and realize you are adjusting. With a relaxed mind you can study better.

6.8.8 FORGET UNWANTED THINGS:

YOU are not able to remember necessary things because we remember what is unnecessary. There are many unnecessary things. You can tell your self that this is not important, it is in no way going to help me and me and because all these things are not going to help me I need not pay attention, I need not remember. I want to remember what is going to help me in my life so let me concentrate on that.

Perhaps you would like to follow these 7 points from today itself. In spite of having desires and will, we don't have enough will power to put these points into practice. What we need is enough will power, peace of mind and clarity of mind. Because as I told you state of mind is very important for improving memory power. Here, I would like to introduce to you, again a simple technique from your point of view. This is a technique of Raja Yoga or Meditation taught at Brahma Kumaris World Spiritual University. If you use meditation it will be of help for your academic purposes, for your studies. Meditation is the 8th point which will give you better access to all the other 7 points.

I learned Meditation during medical education itself. It was of

tremendous help initially in concentrating on my studies, improving memory and later on in life as an adult person, so to fulfil our short term goals as well as long term goals simple methods of meditation can be of tremendous help.

Chapter - 7

SYSTEMATIC ANALYSIS OF GOD REALIZATION

YOU may ask we have any evidence for the existence of God? Or to practise yoga is it necessary to believe in the existence of God? Both are inter related and inter connected questions. Perhaps you can do some concentration practice, relaxation, and positive thinking even without believing in the existence of God. But when you accept the existence of God in a true sense and in an objective sense, from intellectual perspective, it helps a lot to achieve a very deep stage of meditation quickly and easily, or your efforts are minimised, because yoga is similar to the principle of siphon, in which you link two vessels one at higher level and other at lower level, the fluid flows from higher to lower level. Similarly Almighty is the ocean of all virtues and all positive qualities and we lack those virtues and qualities. So through yoga when you link your consciousness to God those virtues, and qualities, start flowing into your consciousness. You start receiving those positive vibrations, positive qualities. Your efforts are minimised.

3.7.3 NATURE OF THE SUPREME

IN Raja Yoga meditation the explanation of the Supreme is so logical. So scientific, that persons of different religions and different intellectual levels will be able to accept His existence. The Supreme is a microconscious form of light. The form of God is the smallest of small in the world. He is the divine Being. He is a spiritual energy but attributes of God are limitless, they are like the ocean, largest of large. I would like to tell you some parameters, which the highest Being whom we address as God must fulfill.

ONE : The Almighty is the father of all souls, not the father of only Hindus or Muslims. No, He is the father of all. We human

beings, have made these partitions. The Supreme did not divide us into different religions, caste, creed and so on. Thus the form of God should be accepted by all religions.

TWO : When we say Supreme, He is the Highest, He is the only one highest amongst all.

THREE : We souls take a physical body and play our role in the world drama. But the Supreme is the "Director" and does not play the role as we "actors" do by taking birth and rebirth.

If we study all religions, and see fundamental basis of all religions, it's almost the same, later on we have bifurcated and separated. Fundamental belief of all is the same eg. Jesus Christ said, 'I am son of God and He is light. Moses saw light on the mountain. Guru Nanak also said, "Ek Omkar Nirakar". Similarly at Mecca an oval shaped symbol is present. They believe that Supreme is not corporeal. In essence, the belief of all is the same. The Hindus also have temples of Shiv, again the symbol of incorporeal oval form. When one believes that He is corporeal, then there must be someone Superior to Him. So He is above birth and death. He is the director. A point in geometry has no dimension. At Conscious level one may not accept the existence of Supreme, but at subconscious level everyone believes in the existence of the Supreme. There is a humorous example in this connection. Once an atheist wanted to disapprove the existence of God. He gave all sorts of logic and argument to prove that there is no God. In the concluding speech the atheist said: I thank God as I have proved that there is no God.... He was mentally convinced that God does not exist. He did his task well, but when he got concentrated in his speech, that's the time when one's subconscious comes to the surface, such words came out naturally. Thus at subconscious level there is a deep belief in the existence of God.

However don't believe in God out of fear. But as He is the powerhouse, and if I communicate with the powerhouse, my discharged battery will be recharged, my soul will become pure and blissful, with positive wisdom and energy.

As an open minded scientist put efforts for God realisation. If

you experience it very easily, positively Supreme exists. And with little effort you are gaining so much that this itself is biggest evidence about the existence of the Supreme.

Everyone has sometimes experienced, that if our nearest and dearest one is suffering, we also feel the pain or suffering. You may be miles away from the person. It is said that through telepathy we have mental connections. Thus when we are able to communicate with our bodily parents and able to experience that feeling, how wonderful it would be if we have the same link with the Supreme, who is the Ocean of Peace, Ocean of Purity, who is even merciful, Ocean of wisdom. If we establish mental link with Him what a great enlightenment, 'deep peace and relaxation we can achieve! (Fig. 14)

So with such positive approach, let us analyse and realise various aspects of God realisation.

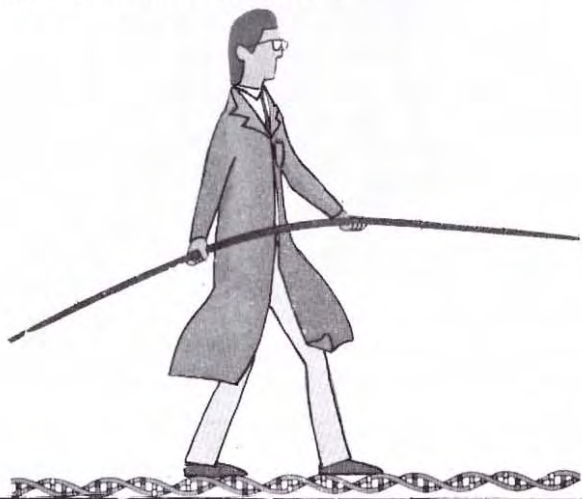


Fig 14 : Communion with Almighty God enables a person to maintain balance in life.

3.7.2 LOGICAL EXPLANATION

MANY logical explanations can be given about the existence of God. If you have the experiences of medical practice for some years, then I am sure most of you must have come across patients, with following two experiences. Some patients who were terminally ill, you might have lost all hopes that these

fig-16



the existence of the Supreme.

God the Supreme is the Source of spiritual energy. We cannot see Him under microscope or by help of telescope. Even after such explanations if one is not convinced about the existence of Higher Being, to whom we can communicate, I think that at the point of spiritual energy on which you can concentrate, and receive power of Supreme, which are limitless. He is ocean of peace, ocean of love, ocean of bliss, ocean of purity. Soul has limited attributes and Supreme Soul has limitless attributes.

3.7.4 NAME AND THE ABODE OF THE SUPREME

MOST of the time one who lacks will power, has so many desires, wants to do so many things but one is not able to put them in practice. By increasing powers of the soul, we are able to put all our desires into practical action. As Supreme is the source of all powers by communicating to Him, we will be able to draw all powers of Supreme. If you want to describe all qualities of Supreme in essence one can say in one word "Almighty is world Benefactor". When we communicate with the Supreme as World benefactor, it is the essence of all attributes. When we address Him by name 'Shiv' all attributes are described in one. Shiv means world benefactor. It does not

patients are going to recover. Even final words might have been given to the relatives. But such patients also come out with unbelievable recovery. And on the other extreme, you must have seen patients who had minor problems, you were sure that nothing is going to happen to the patients, but next day even such patients expire. (Fig. 15) Due to such experiences senior practitioners also think that I treat and God cures, (Fig. 16) which means, as a physician or surgeon.

I do my best but cure or recovery comes from some higher source. Apart from medical efforts there are some other factors or powers which operate for recovery or deterioration of a



Fig 15 : Many experienced doctors also wonder why patients do not respond in an uniform manner to their treatments.

particular patient.

If we analyse out of body experiences three stages are most common to all. Irrespective of their religious belief they experienced that they met a magnificent light which was so relaxing and loving. After regaining their consciousness they were detached from their worldly life. Even they said during their out of body experience, they had deep experience of love, satisfaction and bliss. These experiences imply that there is some magnificent light, some loveful light which you can describe as God, Allah or Khuda but it is a truth and by practising meditation, one can have first hand experience of

have anything to do with religion. It is just the basic word to describe all qualities. Therefore in Bharat and foreign countries all over it is accepted when one understands the meaning of the original name of Supreme SHIV.

We would like to develop relationship with Supreme. Yoga is not just connection or mental link with Supreme, the most important part of Raja Yoga is relationship with the Supreme.

The abode, or original home of the Supreme is not this physical universe. As He is the director of the world drama, so His home is not corporeal: He does not play His role as we corporeal beings play. His original home is Paramdham - Shantidham.

Chapter - 8

SIX STAGES OF RAJA YOGA

Following practical suggestions can be used for Raja Yoga practice:

1. Observe your own pattern of thoughts. Naturally the speed of your mental thoughts is reduced, and then give turn to your mind.
2. Withdraw from physical surroundings for just 10-15 seconds.
3. Generate positive thoughts for soul realisation. I am the point of light... I am the soul... This body is a car I am the user...
4. Try to tune your mind to the Soul World. You are not forcing to go there. Visualise and think of it, see the tranquil red light on the world of silence.
5. See God with the mind's eye. Sit face to face and converse with the Supreme. When you sit in front of your mother and father, even if you have a big status, you are a child in front of your parent. Similarly be like a child in front of the Supreme, narrate all your experiences, in a positive way. Tell your internal feeling to Shiv Baba and receive positive vibrations from him. You can spend as much time as you want.

6. Come back to the physical world of consciousness. (But with determination decide for maintaining your stage of soul consciousness.)

Meditation is of value if you maintain a stage of peace & relaxation in your day to day activities also. Have some affirmations, I return to the physical vehicle. I will also see my fellow beings as peaceful souls... Even if you sit for 5 minutes divide your meditation practice into 6 stages. With this systematic approach, you will reach the stage of concentration and realisation. Try to impress the state of realisation on your mind, and recall it when you sit next time. Recall your past experiences of meditation.

Meditation Practice

FIRSTLY for a few seconds observe your own present thoughts. Watch them. Now turn your thoughts towards self realisation. Withdraw yourself from physical surroundings. Be conscious of your original self-point of light. Experience that light within you. You are a peaceful soul... You are completely different... You feel light... The burden of physical consciousness is removed... You are a pure soul... (Fig. 17) Your consciousness is clear and full of purity... Now try to tune your mind to your original home Paramdham - Shantidham. With mind and intellect visualise the golden red light in paramdham. Experience complete silence. There is another brilliant light, God, the Supreme also resides... The form of the Beloved Father is so small. He is the source of

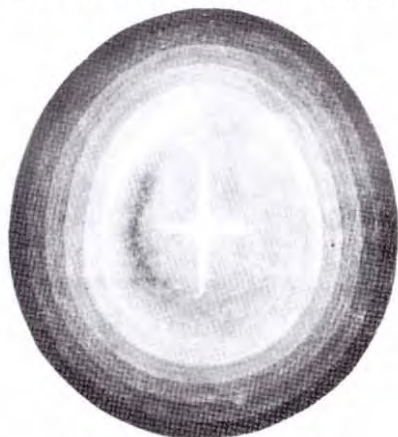


Fig 17 : Soul is a conscient meta-physical point of spiritual energy. The form of the soul is even smaller than a atom. Locus of soul is Hypothalamus : the small central part at the base of the brain. On the surface of the body soul can be indicated between two eyebrows.

the divine laser beam from which we get laser rays.

It Originates and penetrates the soul and makes me pure, positive and powerful... I receive the divine laser rays and it makes the soul completely peaceful and pure. All my relations are with my divine father Shiv Baba, who is my Mother, Teacher, Satguru and my Friend too... I receive love of all the relations from Him. Generate such positive thoughts. Get absorbed in the love of the Almighty. Gradually once again be aware of your physical body. Maintain the soul consciousness in day to day life. See others also as conscient souls...