

## 01. POSITIVE HEALTH EXHIBITION

Health is a resource which can be generated and maintained with the help of healthy life-style or can be destroyed by an unhealthy life-style. Positive Health Exhibition illustrates:



**Knowledge about Health:** Knowledge leads to progress and ignorance leads to degeneration or destruction. Knowledge and understanding about the various dimensions of health will help people in healthy living. Positive Health Exhibition contains systematic description about various dimensions of health, major causes of disease, life-style for positive health, and health benefits of Meditation.

**Life-Style for Positive Health:** The proper understanding of these illustrations will motivate a person to adopt such a life-style that promotes his own health as well as helps others to do so. This includes health-promoting thoughts, food, and actions.

**Positive thinking and attitudes:** The seed of all feelings and actions is one's way of thinking and attitudes. This illustration will transform one's way of thinking and attitudes towards the means of achieving health, happiness and harmony in one's life. Spiritual wisdom will bring peace and satisfaction.

**Progress and Longevity:** Most people have fear of death but, at the same time, stress and strain of life as well as wrong habits are taking them near self destruction. If the practices which have been suggested in this exhibition are adopted in daily life, they will bring progress and longevity. Studies in genetic engineering also imply that positive thinking, relaxation response, meditation practice etc. increase one's life-span.

**Alround personality development:** Normally, one desires alround material development but more essential thing which can bring lasting satisfaction and happiness is alround personality development. The techniques shown in this book will become a base for alround physical, mental, intellectual, moral and spiritual development of a person.

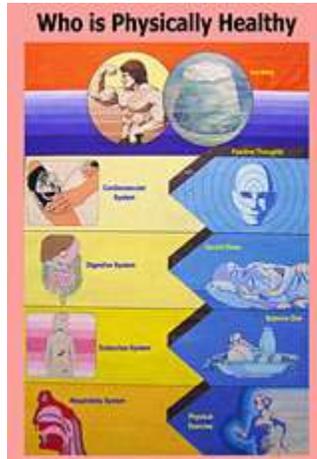
**Answers to many questions:** Many questions arise when we discuss about health. These illustrations will give answers to many such questions. It will also shed some light on the mystery surrounding life and one's existence with the help of facts from some medical researches relating to these.

The practice of Raja Yoga Meditation is suggested to resolve conflicts and dissatisfaction.

## 02. ARE YOU PHYSICALLY HEALTHY?

**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. Yet most people give importance to physical health alone neglecting the significance of mental and social health. The

situation is more pitiable because physical health is generally mis-understood as another name for good outward physical appearance. Often, it is not realised that one may have very good muscular system yet he may be suffering from serious physiological diseases like High blood pressure, High level of blood cholesterol. Diabetes and so on. Such a person is not physically healthy.



Physical health can be compared with an iceberg. A very small part of an iceberg is seen by an observer. Similarly, a very small part of a disease is seen by a doctor. Hence even when a person is not having headache, fever, vomiting, pain, etc., he can be physically unhealthy. Moreover even if doctor has not diagnosed any physical illness, in a person, the person can be physically unhealthy as the disease at that stage, may be clinically undetectable. This implies that to maintain physical health one should have such a life-style that will prevent the development of the clinically undetectable portion of the disease too.

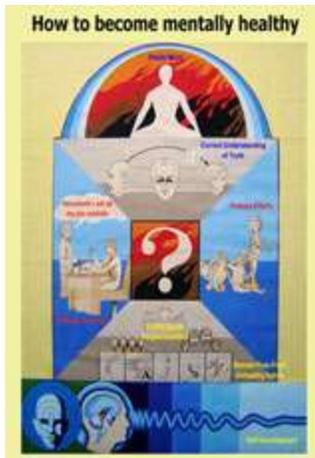
W.H.O. has defined attributes of physically healthy person. It has said that a physically healthy person has normal anatomical and physiological state of various systems such as Cardiovascular System, Digestive System, Endocrine System, Respiratory System, etc. Also, the person has bodily weight, respiration, blood pressure, etc. within the normal limits as per one's age, sex and height.

It has also been found that, in order to be physically healthy, one must have: (1) Positive thinking, (2) Sound sleep (3) Balanced diet (4) Physical exercise. From the above discussion, one can judge whether one is physically healthy?

### 03. DYNAMICS OF MENTAL HEALTH

**MENTAL HEALTH** is an important dimension of health, because the state of one's mind affects one's physiological processes also. Mental health is not mere absence of psychological diseases but the balanced development of individual's personality and emotional attitudes which enable him to live harmoniously with his fellow-beings. A mentally healthy person is able to maintain stability of mind in the midst of adverse circumstances.

William C. Menninger, President of the Menninger Foundation, Topeka, Kansas, (USA) 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 mood from depression to elation, back to depression, which incapacitate you?
6. Are you troubled by regular insomnia?
7. Do you continually dislike being 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 browned off and constantly bitter?
11. Are you afraid without real cause?
12. Are you always right and other person always wrong?
13. Do you have numerous aches and pains for which no doctor can find a physical cause?

The conditions charted in these questions are the major warning signals of poor mental health in one degree or another. According to Dr. Menninger, help is necessary if the answer to any of these questions is definitely 'yes'.

For improving mental health four principles are suggested. **One:** To realize one's mistakes and to take firm decision to correct them. **Second:** To understand the fundamental truths of life. On this basis one's belief system also becomes positive. **Third:** To make sincere and tireless efforts until the objectives of one's life are achieved. **Fourth:** To fulfill the social and family responsibilities like a trustee and, at the same time, to remain free from unhealthy habits.

#### **04. HARMONY IN FAMILY AND SOCIETY IS ESSENTIAL FOR HEALTH**

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 co-operates 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 spiritual service of his fellow beings to show them the means to peaceful and happy life. He tries to prevent the activities that adversely affect the society.



Occupational health is also a significant component of health for, we spend many hours at our place of work. There are numerous psycho-social factors which operate at the place of work. These are the human relationships among workers themselves on the one hand, and with those in authority on the other hand.

Lack of job-satisfaction, insecurity, poor human relationship, emotional tension, are some of the psycho-social factors which undermine the state of health of workers.

Foundation of social health is on the following five factors; **One:** Understanding and Satisfaction in the sphere of one's family. **Two:** Proper attention for the development of children. **Third:** Co-operating with others. **Four:** Social service to others. **Five:** Spiritual enlightenment. The fifth factor is very significant because once a person is spiritually enlightened; other four factors naturally become a part of his life.

## 05. STRESS DISTURBS ENDOCRINE SYSTEM

Stress and strain of day-to-day life affect one's health. Apart from having direct influence on Mental and Social health, stress also influences one's physical health in several ways. Firstly, stress creates disturbances in the endocrine system which consists of several ductless glands such as Thyroid, Parathyroid, Adrenals, Ovary, Testis, Pancreas, Pituitary etc. Hormones are generally connected with different chemical reactions and with transport of substances through cell-membrane. They also control growth and secretions of specific cells. Some hormones affect only local specific cells whereas other hormones exert their influence on distant organs of the body. Examples of local hormones are acetylcholine, secretin, cholecystokinin etc.



General hormones include Anterior Pituitary hormones: growth hormone, corticotropin, thyrotropin, follicle-stimulating hormone, Luteinizing hormone, luteotropic hormone, and melanocyte-stimulating hormone. Posterior Pituitary hormones: antidiuretic hormone and oxytocin. Thyroid hormones: thyroxin and calcitonin. Pancreatic hormones: insulin and glucagon. Adrenocortical hormones: Cortisol and aldosterone. Ovarian hormones: estrogens and progesterone. Testicular hormones: testosterone. Hormones of parathyroid: Parathormone and calcitonin.

Initially, it was thought that the different endocrine glands are separately functioning. Later on it was discovered that pituitary hormones generally control the activity of other endocrine glands. Hence Pituitary was described as the master of endocrine glands. Still further investigations revealed that pituitary hormones are also governed by Hypothalamus which secretes releasing and inhibiting factors for pituitary hormones. Thus

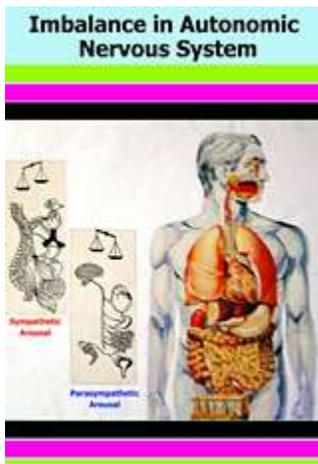
hypothalamus is the master of endocrine glands.

It is very interesting to note that hypothalamus is very sensitive to one's emotions. Psychological stress directly affects hypothalamus and hence secretion of releasing and inhibiting factors is disturbed leading to fluctuations in pituitary hormones and which, in turn, affects all the endocrine glands. The hormonal disturbances affect target organs. If such imbalance continues after variable duration, the bodily organs which are genetically weak or otherwise affected become diseased. Thus, stress can generate a chain of reactions leading to organic disease. The disease, in turn, leads to anxiety, worries and pain and creates a vicious circle.

Mental tension can cause several endocrine diseases like diabetes. Hyperthyroidism or Hypothyroidism, Cushing's disease, etc. Disturbances in endocrine orchestra can precipitate other diseases also. It is, therefore, necessary that one should be free from Stress in order that one may have good health.

## 06. EFFECTS OF STRESS ON AUTONOMIC NERVOUS SYSTEM

The various functions of our body are mainly controlled by two systems, called Voluntary and Involuntary Nervous Systems. The different bodily organs, which are not directly under our conscious control, are governed by Autonomic Nervous System and Endocrine System. Autonomic Nervous System has two components, Sympathetic Nervous System and Parasympathetic Nervous System.



Large number of psychosomatic diseases occurs due to over-activity of either Sympathetic Nervous System or Parasympathetic Nervous System. Usually, Sympathetic stimulation occurs in the whole body whereas parasympathetic excitation takes place in local areas. General effects of sympathetic over-activity are (a) increased heart rate which may cause Palpitation, (b) High blood-pressure, (c) Constipation, (d) High metabolic rate, (e) Dilation of pupils, (f) Copious sweating, (g) Dilation of Bronchial muscles, (h) Increased blood sugar etc., (i) Increase in blood coagulation, (j) Increase in mental activity.

Parasympathetic over-activity leads to more local effects, depending on the parts that are stimulated. This results into (a) Decreased heart-rate, (b) Low blood-pressure, (c) Contraction of pupils, (d) Constriction of Bronchi, (e) Increased peristalsis, etc.

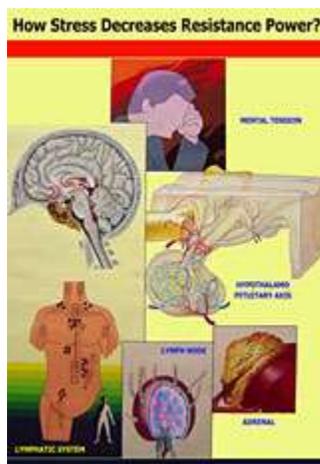
Activities of sympathetic and parasympathetic system are regulated by the respective centers located in hypothalamus. Mental tension creates an imbalance in these two components of autonomic nervous system. Anger, hatred, rage etc. stimulate sympathetic nervous system, leading to high blood-pressure, angina pectoris and heart attack whereas negative emotion, like fear, stimulates parasympathetic nervous system leading to acidity, peptic ulcer and diarrhoea. It is caused due to the over-activity of

parasympathetic system.

Thus the balance between sympathetic and parasympathetic nervous system, which is essential for health, is disturbed due to various negative feelings. This imbalance leads to many physical diseases, starting from diarrhoea to heart attack. This balance has, therefore, to be maintained in the interest of health.

## 07. MENTAL TENSION AND PSYCHO-NEURO-IMMUNOLOGY

As every country has its defence department which protects the nation from enemies, our body has a defence system which protects the body from harmful agents like hazardous chemicals, infective organisms, etc.



Whenever our body is exposed to such harmful agents, it develops specific globulin molecules or sensitized lymphocytes in its lymphoid tissue. They are capable of destroying invading agents. The mechanism by which specific globulin molecules develop is called 'humoral immunity'. In the second type in which lymphocytes become specially sensitized, they can attach themselves to foreign agents and neutralize it. This type of immunity is called cellular immunity'.

Psychological stress adversely affects one's immunity through neuro-hormonal mechanisms. The branch of Medical Sciences which studies these mechanisms is called Psycho-neuro-immunology. Mental tension affects hypothalamus which, in turn, increases the secretion of corticotropin (ACTH) releasing factor. It is carried to anterior pituitary through hypothalamic-hypophyseal portal system. Thus corticotropin secreted by pituitary is increased. Corticotropin stimulates the secretion of Cortisol and other steroid hormones from adrenals.

The high level of Cortisol decreases the number of eosinophils and lymphocytes in the blood. The same effect is observed within few minutes if Cortisol is injected in the blood. Clinically also if low level of eosinophils or lymphocytes are found in the body, it implies over-production of Cortisol by the adrenal gland.

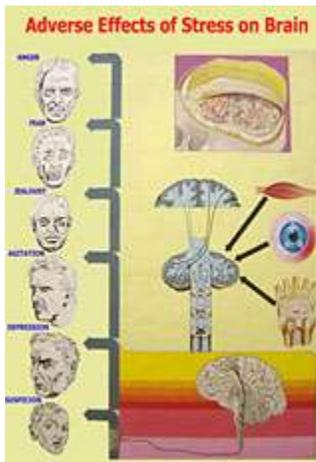
High level of Cortisol also causes atrophy of all the lymph nodes. Thus output of antibodies is reduced. This results into reduction in humoral immunity.

Thus mental tension reduces both cellular and humoral immunity and one easily gets susceptible to infective organisms. During an epidemic due to infective bacteria, virus, etc., many people come in contact with these organisms but only some of them develop the infective disorder. This is because those who have better resistance power are able to destroy the organisms whereas persons having weak resistance power get crippled with the disease. Several clinical studies also imply that stress reduces resistance power. This makes it clear that it is essential to be free from stress.

## 08. NERVOUSNESS CAN AFFECT NEURONS

Within some years, all the cells of one's body except the brain cells are replaced. If other bodily organs get damaged after sometime, they are regenerated but. Brain cells, once damaged, can't be regenerated. Hence brain cells are most important and we should put best efforts to preserve their normal healthy functioning.

One can understand the seriousness of stress-related bodily effects by understanding its influence on Brain Cells. The negative emotions like worries, nervousness, anger, suspicion, hatred, fear etc. can disturb the normal functioning of neurons in several ways.



1. Nervousness and other negative emotions stimulate Sympathetic Nervous System, which, in turn, increases the blood pressure in the arteriols of brain. At times, some small blood vessels may rupture, leading to brain damage and death of neurons.
2. A.M. Rabiner and M. Keschner, in an article on the role of psychic factors in the production of organic nervous disease, described large number of patients who had no signs of organic brain disease when they were first examined. After variable duration, many patients were once again examined. This time they had definite signs of organic brain damage. This implies that a functional psychological disease can cause damage to brain cells.
3. Stress causes abnormal lipid metabolism by disturbing hormonal system. Lipids play an important role in structure and function of neurons.
4. Fight or flight reactions increase the rate of blood-coagulation. This mechanism also takes place in small blood vessels of brain and, hence blood supply to neurons is affected.
5. Through sympathetic stimulation, stress causes constriction of blood vessels. Thus Neurons are deprived of oxygen and other nutrients.

Having understood the effects of stress on different bodily organs, it is not an exaggeration to say that stress is the number one enemy of one's health. It leads to large number of diseases, premature old age and death. Some people have wrong notion that mild stress is beneficial in improving one's performance. This is a misconception because even the mild stress disturbs one's immune system and can cause several diseases in the long run.

## 09. HEALTH-HAZARD OF TOBACCO

No one really wishes to have worries, and tension. Yet due to lack of knowledge about the right method to permanently get rid off tension, one tries to adopt one or another temporary means and, hence, many people take recourse to tobacco, alcohol and drugs. Tobacco is the commonest addiction around the world. Many countries have tried to ban cigarettes without much success. For, little emphasis was given on educating the people about the bad effects on health because of this habit. Also, the authorities had no effective technique to get-rid of the addiction.



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

Those who regularly smoke up to 20 cigarettes a day are about 25 times more prone to lung cancer than a non-smoker. Chances of having chronic bronchitis is also 10 times increased.

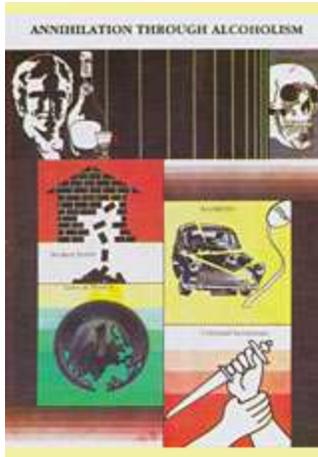
Five percent of the total gas in cigarette smoke is carbon monoxide. The affinity of carbon monoxide for haemoglobin is 200 times greater than that of oxygen. Thus oxygen-carrying capacity of lung is remarkably reduced. Nicotine also has wide-spread actions on the cardiovascular system. All these cause a significant stress upon the heart. The other changes, like rise in the level of cholesterol and other fatty acids in the blood and increased adhesiveness of the platelets, predispose to blockage of the coronaries and occurrence of heart attack. Recent researches have indicated that the risk of dying from coronary heart disease is three times more in smokers than 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 the kidney and other organs of the body.

These carcinogens and irritating substances in tobacco cause the cancer of lips, tongue and oral cavity. Thus tobacco is not a panacea for stress but a poison.

## **10. DOES ALCOHOL RELIEVE STRESS?**

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



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

Alcoholic-population is more prone to pancreatitis than general population. The mortality of alcohol-related acute pancreatitis is greater than other types of acute pancreatitis. 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.

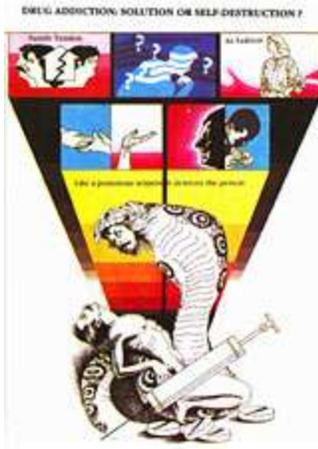
One of the common neurological complications of excess drinking is a loss of nerve fibres in the periphery. In heavy drinkers, several symptoms are observed, viz.: impairment of consciousness, ophthalmoplegia (paralysis of muscles control-ling eye movements) and ataxia are found. It is known as wernickes encephalo-pathy. If korsakoffs psychosis develops, the alcoholic has to lead the whole life like a disabled person. Alcohol also leads to the diseases of heart, lungs, etc. and to premature old age.

Alcoholism is directly related to many types of accidents. It has been found that a majority of fatally injured pedestrians were intoxicated at the time they were struck. 47% of industrial accidents are alcohol-related. Alcohol-use has been found in 44% of pilots killed in general aviation crashes. Its use has been associated with 69% of drownings and 65% of accidental home deaths.

The harmful effects of alcohol are not limited to the drinkers but extended to their families, societies and nations suffering.

## 11. CAUSES AND RESULTS OF DRUG-ADDICTION

Addiction to Charas, Morphine, Brown sugar, etc. are assuming unimaginable proportions especially among the young generation. Causes of such self-destructing habit is shown in the upper part of the picture.



**TENSE HOME ENVIRONMENT** Quarrels and disturbances among parents increase the chances of a child taking to psychotropic drugs. Tension at home pulls a person to seek relief from such addicting substances. If either parent or elder brother or sister is taking such drugs, possibility of younger one falling in trap of these drugs increases.

**PSYCHOLOGICAL STRESS** In the modern times, one's psychological needs have become more complex. One or the other form of Stress is perceived in day-to-day events and relationships. A person who does not know the effective methods of stress-management, tries to relieve stress by adopting such temporary means. Due to increase in stress in recent years, a person taking to drugs is also rapidly increasing.

**AS FASHION AND TO SHOW MATURITY** A huge proportion of youth addicted to drugs have started it just for a fun. They wanted to have some new experience. Among youth the one who takes drugs is considered advanced and those not taking drugs are considered backward and orthodox. Hence just to show that he or she is 'advanced' and 'forward-pushing', psychotropic drugs are used. Use of these drugs is also considered a sign of Maturity.

**MECHANISM OF ACTION** Usually, persons addicted to these drugs such as Brown sugar. Morphine, Mendrex, etc., form a group. In order to attract others in the beginning, the drug is offered. A person enjoys first few trips. Subsequently, his requirement of the drug to produce the same effect increases. If he continues to take the drug, the dependence increases and one feels that he can't live without the drug. Abstinence from the drug produces several psychological and physical symptoms like inability to sleep, running of nose, vomiting, muscular cramps, trammers, etc. Subsequently, to control these psychological and physical symptoms of withdrawal, a person takes drugs. At times, the craving becomes so strong that one indulges in anti-social and criminal activities to satisfy his addictions. This results into a vicious circle, increasing the magnitude of the problem.

The menace of drug-addiction is like a serpent. It completely destroys a person physically, mentally, intellectually and socially.

## 12. HOW TO BE POSITIVELY HEALTHY?

Psychologists believe that the correct method to manage stressful situation is to increase one's stress-tolerance and to dilute the intensity of stress. This can be achieved by relaxation response and transforming one's attitudes towards the stressful events. Dr. David Fink, a neuro-psychiatrist of California writes in this connection: "Relaxation stops the emotions that prod the inter-brain and forebrain into misbehaviour. Skill as well as good health depend upon relaxation" The pioneer in stress research, Dr. Hans Selye, gave importance to one's attitudes: "Rather than relying on drugs and other techniques, I think there is a better way to handle stress. Attitudes determine whether we perceive any experience as pleasant or unpleasant". By developing and improving one's spiritual health, the above

benefits are naturally achieved. From my experience of Raja Yoga, following attributes are basically needed to become spiritually healthy.



A spiritually healthy person has understanding as well as awareness of self as a conscient, eternal and immortal soul, entirely different from the physical body. He remains in the soul-conscious stage even while at work. Due to the deep experience of peace, love, bliss, purity and power, he remains free from mental tension and unhealthy habits.

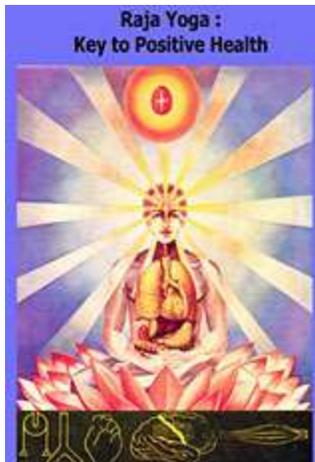
He has the correct knowledge of the Supreme Father of all souls. Therefore, he is not overcome by the distinction of caste, creed and colour, and has the feeling of universal brotherhood.

Constant intellectual communication with the Supreme Being is the means by which positive energy is received and transformed into pure action. One who practices this will have experience of detachment and will lead a life of humility and vicelessness. No worldly obstacles can affect him. He is not overcome by greed or pride. Thus his actions are in complete accord with the spiritual progress. 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 wellbeing of his body.

### **13. PSYCHO-PHYSIOLOGICAL BENEFITS OF RAJA YOGA MEDITATION**

Raja Yoga Meditation promotes mental peace, harmony and health. The state of mind also affects the body. Scientific experiments, conducted at New York, Melbourne, San Francisco, etc. reveal that physiological changes, which occur during meditation, promote health. In one of the studies, twenty-three subjects were examined and their pulse, respiration and blood-pressure were measured. These basic physiological parameters were measured before meditation and at the interval of fifteen minutes, twice during meditation. All other environmental and physiological parameters and conditions were kept constant. The mean difference in pulse rate was 6 per minute. Respiratory rate was reduced by 4 per minute. Systolic blood pressure came down by 6 mm Hg. There is a significant reduction in these physiological parameters yet they are not abnormally low. These changes can be attributed to the reduction in the level of sympathetic arousal. Psychological stress stimulates sympathetic system. Meditation activates parasympathetic system which counter-balances the sympathetic part. It is also anabolic and conservative in nature. Meditation heavily reduces the level of lactic acid in blood. Reduction in the level of lactic acid is a sign of tension-free and peaceful state of mind.



Psychophysiological experiments were made in San Francisco, at the Langley Porter Psychiatric Institute on the members of Brahma Kumaris Spiritual University. Electro-encephalogram (EEG), muscle tension, abdominal and thoracic-respiratory movements, lung carbon-dioxide level etc. were measured while they were meditating and also in other states of consciousness. The results have been found to be quite exceptional. In most of the ten subjects, EEG registered the presence of Alpha or Theta waves in all channels under all conditions. In other words, not only during meditation, but also while engaged in conversation or performing mental arithmetic, or when attempts were made to elicit various emotional responses, their brain-waves were found to be constant and harmonious.

Presence of Alpha waves (8-13 Hz) and Theta waves (4-7 Hz) is not correlated to the number of years of Raja Yoga practice. One of the ten mediators tested had only four years of experiences, yet showed significant Theta waves. Other systems of body also become harmonious and healthy. One who enjoys such a state of mind is definitely on the high path of positive health.

#### 14. NEUROPSYCHOLOGICAL STUDIES GIVE SUPPORT TO THE BELIEF IN SOUL

The Fundamental understanding about soul and the Supreme Soul, which is essential for the practice of Raja Yoga, is not imaginary and unrealistic. Several neurological and psychological studies also support the knowledge of soul and the Supreme Soul imparted for the practice of Raja Yoga by Brahma Kumaris World Spiritual University.



There are many children who have been able, to remember their past life. Genuineness of such cases can be proved by the fact that they are able to reveal certain facts which could have been known to them only in the past life. On the basis of the child's statements, most facts were investigated and found true.

Due to the advances in medical treatment, many patients who are clinically dead can once again be revived. On a number of occasions such patients tell how they went out of the body and what they saw in that state etc. In past, some experts thought that patients may be hallucinating. But now we have many clinical studies done by expert psychiatrists and cardiologists which imply that these out-of-body experiences are not hallucinations. These patients, who had no medical knowledge, were able to tell doctors the precise steps of surgery and type of surgical instruments used on them.

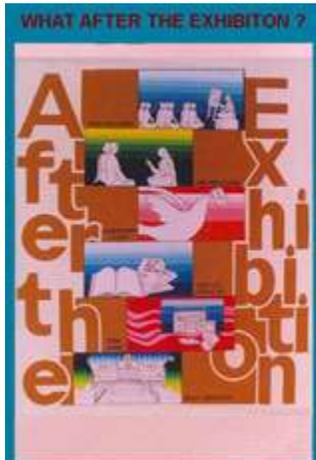
As one cannot see the physical energies such as sound, electricity, etc. but can experience the manifestations of them, so also is the case with the soul. It cannot be seen but can be experienced through the practice of Raja

Yoga.

Regarding the faith in the Supreme Soul, it is the common experience of many doctors that some patients, who were seriously sick and the doctor had lost all his hopes for the recovery, got completely cured. And, on the other extreme, there were many patients who had minor diseases and their doctors had full faith about their recovery but they unexpectedly died. Due to such experiences, many experienced doctors say . "I treat and He cures". For the practice of Raja Yoga, the concept of Supreme Soul should be acceptable. The Supreme Soul is described as a point of Divine Light. Form of God is the smallest of small but the attributes and powers of God are the highest of the high. He is the Ocean of peace love, purity, bliss might and so on.

## 15. THE SECRET OF HEALTHY LIVING

Everyone desires good health. Health is not everything in life but there is nothing without health. Health is destroyed due to several misconceptions, habits and stress of day-to-day life. The secret of healthy living lies in adopting the following Ten Principles of Healthy Living.



**PRINCIPLES OF HYGIENE:** Clean and well-ventilated house. Daily bathing. Regular nail-cutting. Brushing of teeth twice a day. Cleanliness of body parts. Freedom from constipation, etc. is some of the essential principles of hygiene for Healthy Living.

**DAILY MODERATE EXERCISE:** Sedentary life-style leads to high cholesterol in blood, leading to high blood-pressure and other diseases. Heavy exercise is not essential but daily regular moderate physical exercise helps to keep body and mind healthy and fit.

**HIGH-FIBRE BALANCED AND SATTWIC DIET:**Low fibre, high calorie diet which is usually consumed may appear tasty but it is extremely hazardous to health. Green leafy vegetables, fruits, cereals, and other vegetarian foods contain all what is required as food of the body and these also promote health.

**REGULAR SOUND SLEEP:** Sound sleep is essential for restoring physical and mental energy. Researches suggest that five-and-a-half to seven-and-a-half hours sleep is enough for normal average adult. With some adjustments, 'early to bed and early to rise" habit can be developed.

**FREEDOM FROM DRUG ADDICTION:** Consumption of tobacco, alcohol and psychotropic drugs are extremely hazardous to health. It is best not to fall into the trap of these drugs.

**RELAXATION PRACTICE:** Herbert Bensons 'Relaxation response' is well-documented medically. Relaxation is the antidote of stress. Meditation practices is the natural method for relaxation of mind and in turn the bodily parts.

**POSITIVE THINKING AND ATTITUDES:** In the midst of different situations, positive thinking helps to maintain mental stability which is very essential for health.

**PLANNED FAMILY AND STRESS-FREE LIFE:** In the present age of jet race and anxiety, stress and strain of day-to-day life has become number one killer. Stress-related diseases have rapidly increased. From global perspective, a small planned family is essential for health.

**INTEGRATED PERSONALITY:** For healthy living, a balanced and flexible personality which can adjust and accommodate to different situations and persons is most necessary.

**FAITH IN ALMIGHTY:** Transformation in one's belief system and value system, acquired by virtue of faith in Almighty promotes healthy life style.

## **16. DO YOU WISH TO HAVE MORE EXPERIENCE?**

In order to avail the benefits of Raja Yoga Meditation to regain positive health, one must regularly practice the technique. The detailed information about Raja Yoga meditation and spiritual knowledge taught by the Supreme Soul can be had from any of the 1800 Raja Yoga Centers located in 60 Nations across the World.

To experience the benefits and achievements of Raja Yoga, you are cordially invited to take part in an introductory course in Raja Yoga, held in small groups for three days. It is known as Raja Yoga Shivar or Retreat.

The detailed course, which also includes spiritual knowledge, is usually conducted by appointment, free-of-cost at all local centers.

One can also study the basic information at home through correspondence course which is conducted in English, Hindi, Gujarati, Marathi, Kannada etc.

More than 50 books are available on different topics such as Peace of mind, Re-birth, Soul, Health, Karma Theory, Purity etc. etc. The books are published in many languages. Regular magazines also are published in English, Hindi, Gujarati, Marathi and Kannada. Monthly news magazines, 'PURITY', and 'THE WORLD RENEWAL' in English are also available.

Raja Yoga lecture cassettes, a lecture cassette on 'Meditation as Medicine' and many melodious spiritual songs cassettes are available.

To maintain and promote the benefits of Raja Yoga, daily group-meditation classes are held at local centers.

The Spiritual University is affiliated to United Nations as a Non-Governmental Organization. A consultative status is also given to this university on the rostrum of Economic and Social Council of the United Nations. Consultative status is also given by UNICEF to this Spiritual University.