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Art of Healing Body and Mind

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ABSTRACT

Art of healing is based upon the concept of Consciousness. Consciousness is a fundamental reality in existence. It becomes that with which it identifies. It is not only existence but, it has the energy also which can be used for healing purposes. Various methods are explored to bring out this energy to heal body and mind. These are briefly Thought Power, Raising the level of your Consciousness, Auto-Suggestions, Harmonious breathing, Meditation, Yoga, Surrender to the Divine, Physical, Vital and Mental Transformation.

Keywords: Consciousness, Healing, Body, Mind, Spirit, Methods.

Introduction

Great ideas were put forth by highly realized personalities of the 20th Century to relieve the humanity from physical pain and mental sufferings. Among those are Sri Aurobindo [1,2], Ramana Maharshi [3], Paramahansa Yogananda [4], and Swami Sivananda [5]. Their approach was mostly based on prayer, meditation, and surrender to the Divine. The author in the present paper uses some of their concepts to develop his own methodologies based upon the concept of Consciousness. These are briefly Thought Power, Raising the level of your Consciousness, Auto-Suggestions, Harmonious breathing, Meditation, Yoga, Surrender to the Divine, Physical, Vital and Mental Transformation.

Basis of the art of healing is Consciousness which we need to understand. Some quotations about Consciousness in [6] and [7] needed for this paper are reproduced here as ready references.

Consciousness as defined by Sri Aurobindo is:

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“Consciousness is a fundamental reality in existence –The energy, the motion, the movement of Consciousness that creates the universe and all that is in it. Not only the macrocosm but the microcosm is nothing but the Consciousness arranging itself. It is there even when it is not active on the surface. It can determine its own reactions or abstain from reactions” [6].

Ramana on Consciousness

“Existence or Consciousness is the only reality. Consciousness plus waking, we call waking. Consciousness plus sleep, we call sleep. Consciousness plus dream, we call dream. Consciousness is the screen on which all the pictures come and go. The screen is real, the pictures are mere shadows on it” [6].

Buddha on Consciousness

“Whether he walks or stands, sits or lies down, talks or remains silent, his concentration does not leave him. He is not elated or uplifted, or idle, agitated in mind or body. Calm is his mind, Calm is his voice. Though in a crowd, he dwells apart, even, and unchanged in gain and loss. Thus in happiness and sufferings, in praise and blame, in fame and disrepute, in life and death, with pleasant and unpleasant, with holy or unholy men, with noises or music, with form that are dear or not-dear, he remains the same” [6].



Fundamental on Consciousness

It is eternal. It never dies with the death of the physical body. It has the joy of its own existence. It becomes that upon which it lays its importance. Consciousness becomes that with which it identifies. If it identifies with anger, it becomes angry. If it identifies with love, it becomes lovable. Consciousness organizing itself in the gross form of matter becomes the material consciousness and adopts its behavior. Consciousness organizing itself in the subtle most form of the Spirit becomes the Spiritual Consciousness and adopts its characteristics. Mind is the surface Consciousness and the Spirit is the inmost Consciousness within or the Highest Consciousness above, but still it is the Consciousness. When the Consciousness identifies with the Divine, it becomes the Divine Consciousness and it organizes to be possessed by all the qualities of the Divine, i.e. Divine Light, Divine Power, Divine Knowledge, Divine *Ananda* (Ecstasy). Mind, the Self, the Spirit, the Divine are the same. Only the level of Consciousness is different.

The Divine is not just an abstract entity. It is as real as you and I. It did not come from nothingness. It is manifested as the highest or Supreme Consciousness, just as Krishna, Buddha, Jesus Christ by intense spiritual practice (Sadhana in Sanskrit) to attain those qualities of the Divine. I and you can also become united with the Divine by intense Sadhana.

An analogy, water is called ice when it freezes and is called vapor when it evaporates. But still, it is water. The whole Universe is the result of Identification of the Consciousness with a specific thought.

If we completely identify with the Divine, we can become the Divine. As Sri Aurobindo says:
"Afflicted by the little self, Thy Consciousness forgets to be the Divine" [6]

What is the relationship between the ego and the Consciousness?

When our Consciousness identifies with ego, our Consciousness becomes ego. When we get insulted, it is the ego in us that is affected. This is the mystery behind the sufferings.

Methods

A. Healing the Body

In response to a question raised by one of the disciples of Sri Aurobindo, that it is more difficult to take vital force directly from the universal energy than to take it through some kind of food, Sri Aurobindo replies as under [8] "For me the former is easier. I can draw as much vital force from the universe as I require. In jail I fasted for ten days. I slept on every third night. At the end of the tenth day I felt much stronger. I could lift

weight which I could not lift before. But I lost 11 lbs. in weight. This waste of the purely material substance of the body could not be prevented. Once again I fasted for 23 days when living at Chetty's house. I felt no weakness, I did eight hours work, walked in my room, slept normally and after my 23 days' fast I began at once to take food normally without making small beginnings. I had not lost my balance in the least. I drew sufficient vital force from the universal energy to keep my strength intact, but my flesh shriveled up and this waste of the purely physical substance I could not make up, hence the necessity of taking some material food"

Chit:

Consciousness implies Chit: "*Consciousness is Chit but also Chit Shakti (Energy)*" [7].

Energy:

We do not use that energy (Shakti) in the functioning of our mind and body. As an example, if I ask you to run when you are tired, you will say '*I do not have the shakti to run*'. But if a murderer comes to you to kill you to take some revenge, you will immediately run. From where that shakti came? It is in your consciousness but you were not aware of that.

At present Consciousness has the tendency for outward movement. We need to bring it inside us also, and learn to use its Shakti.

An illustration, when we feel an irritation in our throat, the signal of irritation is sent to the brain via Central Nervous System (CNS).

The brain in turn transmits this signal in response to this irritation and we cough involuntarily. If the irritation becomes chronic, cough also becomes chronic.

This involuntary or automatic action is to be converted into voluntary action by our Consciousness. Consciousness is to be made to intervene, not abstain from reaction.

As Consciousness has *Shakti*, it must be made to send its force on that part of the throat which is feeling the irritation.

In the same manner, when we feel pain in any part of the body, this is an indication that a specific part of the body is in disorder. Therefore our Consciousness must be made to transmit its *Shakti* to that part of the body.

Medical science talks of involuntary and voluntary muscles. According to it, skeletal muscles are voluntary muscles and heart and smooth muscles are involuntary over which we have no control, except through drugs.

But as mentioned above, our Consciousness must be set in motion and send its power to involuntary muscles also.

One way is to breathe in strongly and set the involuntary heart muscles in motion to make the muscles move.

Sometimes transmitting the power of Consciousness to the involuntary muscles may not work in the beginning. At that point of view, we should not conclude that there is no power in our Consciousness.

We may not have attained the higher level of Consciousness to be effective. To achieve that level, we have to raise or merge our human self to the level of the spiritual Self, the Spirit. That can be done by inhaling the parana (manifested as breath) in us to a higher level of the Spirit in us. If we can't attain that level, we need to pray for the Divine Shakti, latent and hidden within us to relieve us our pain. If that also does not work, we have to go in for medical treatment.

If that also does not work, and the pain is severe, we need to make our Consciousness observe the pain happening to the physical body which may be considered as external to our mind. If all methods fail, then acceptance or let go is the only remedy left to relieve you of pain and suffering.

This was demonstrated by Sri Ramana Maharshi who had the tumor of the cancer on his arm. It was so big that the devotees could not see that terrible sight.

Sri Ramana tells us that he was not affected by the tumor, as he did not consider himself to be the physical body. He was on the level of the Self. But the on-lookers were affected, because they were on the mental plane of Consciousness.

He demonstrated the pure, original, silent Consciousness which is unchanged by any calamity, whatsoever.

Unless we reach that state of Consciousness, mental sufferings and physical pain will never cease.

Consciousness and Genes:

It is well known in Medical science that almost all major diseases are genetic. But how the structure of genes is formed is an interesting question. In this regard, my answer to this is given below although this is based upon my intuition.

The intentions or desires in your Consciousness make genes before your birth. These genes fulfill your intentions or desires after birth. You can change your intentions during your lifetime and then your genes will change accordingly.

Therefore the intentions in your Consciousness are fundamental in forming the structure of genes.

B. Healing the Mind

When somebody insults us, our mind reacts badly and immediately. In such a situation, we need to make our Consciousness step back and observe the situation without being affected

Mind is the surface Consciousness but there are higher levels of Consciousness and we need to identify with those levels.

When we get depressed or confused, we must immediately conclude that our Consciousness is *identifying* with depression or confusion. In such situations, we must shift our Consciousness to calmness and confidence states.

Again, some time we feel restless when we have nothing to do and seek some work to do and when that is done, another restlessness sets in. The reason for this is that we make our Consciousness take interest in activities only. When the activity is not there, we feel restless. At that time we must go into Real Emptiness, the state of original, the Divine Consciousness which involved itself in the matter to start with in the process of Involution. Then we can feel the Divine in us.

When that happens, i.e. when we are in union with the Divine Consciousness, we may be doing something or doing nothing. We are then not bound or compelled by Nature to do something. The idea of doing something when you have nothing essential to do is a thought of delusion to satisfy our ego in this play of Consciousness over which we have to attain complete mastery.

Thought Power

It is easy to deal with problems of mind in comparison to those of the body. The mind is subtle and can be changed by identification with higher thoughts, whereas the body is gross and it becomes difficult for it recognize the power of thought

'Imagination is more important than Knowledge' - Albert Einstein [7]

If you look at history, all the major discoveries were made with imagination to start with. The imagination became knowledge after these imaginations were confirmed by experiments. Thought Power is the by-product of imagination.

In the Mandukya Upanishada, we find an interesting statement:

"YADA BHAVA TADA BHAVATI"

That means, you are what you have thought. Therefore thought has its own power. A thought becomes a Mantra which has its own Power. Therefore think that you are the Divine. With great practice, and after some time, you will begin to acquire the Divine qualities.

For that, I take the action as mentioned below:

Inhale the Divine in a quiet mind, and at the same time think that the Divine Consciousness is entering your brain. I call it CHAITANYAM, instead of Pranayama. Then during exhaling, think that the Divine Consciousness is passing through your body organs and penetrating the body cells. The Divine will ultimately possess you and your body will become more

immune to any form of disease. The harmful germs fear the Divine and they dare not enter your body. Your mind will also be guided by the Divine wisdom through intuition. Sri Aurobindo aspired intensely for the Divine and reached a state of Divine intoxication expressed by him in one of his poems [7].

Poem by Sri Aurobindo

*'I have drunk the infinite like a giant's wine.
It has filled my members with a might Divine.*

*I am no more a vassal of the flesh,
A slave to Nature and her leaden rule;
I am caught no more in the senses' narrow mesh.
My soul unhorizoned widens to measureless sight,
My body is God's happy living tool,
My spirit a vast sun of deathless light'*

We need to aspire intensely for the Divine to reach such heights as Sri Aurobindo experienced

Other methods are Practice of Patience, Shanti (Peace), unconditional pure Love for others in our mind with no excessive attachment, and meditation.

I practice the following self-created Mantra to achieve the Divine state of Consciousness:

*"Chitoham, Chaitoham, Chitoham, Chitoham.
Shantoham, Shantoham, Shantoham, Shantoham.
Shaktoham, Shaktoham, Shaktoham, Shaktoham.
Premoham, Premoham, Premoham, Premoham
Shivoham, Shivoham, Shivoham, Shivoham.
Na Punyam, Na Papam. Na Dharmam, Na Karmam.
Na Samay, Na Sanyam, Na Dukham, Na Sukham.
Shivoham, Shivoham, Shivoham, Shivoham"*

Translation

*I am Consciousness, I am Consciousness, I am Consciousness,
Consciousness I am.
I am Peace, I am Peace, I am Peace, Peace I am.
I am Power, I am Power, I am Power, Power I am.
I am Love, I am Love, I am Love, Love I am.
I am Shiva, I am Shiva, I am Shiva, Shiva I am.
Neither virtue, nor sin, neither duty nor work.
Neither Time nor control, neither happiness, nor misery.
I transcend all the above opposites.*

Transcendence is the Ultimate Goal. Sri Ramana Maharshi had achieved this goal and gave a practical demonstration [3]. We have not reached that state. At present, we all are more conscious of our physical body. However, as long as we are conscious of our body, we need to use Shakti of our Consciousness,

Fashioning of Consciousness

As a carpenter fashions wood, we should fashion our

Consciousness to make us healthy and happy. The two important methods to fashion our Consciousness are: One is the Auto suggestions composed by the author and the other is the Attitude narrated by Charles Swindoll, which are reproduced below:

AUTO SUGGESTIONS

RECITE SILENTLY IN YOUR MIND THE FOLLOWING:

PEACE, PEACE, PEACE.

TRY TO FEEL PEACE IN YOUR MIND , HEART AND BODY.

EQUANIMITY, EQUANIMITY, EQUANIMITY.

TRY TO FEEL EQUAL IN FAVORABLE AND UNFAVORABLE SITUATIONS.

LOVE, LOVE, LOVE.

GIVE UNCONDITIONAL LOVE IN YOUR DEALINGS WITH OTHERS.

INDIFFERENCE, INDIFFERENCE, INDIFFERENCE.

TRY TO BE INDIFFERENT TO UNDUE CRITICISM OF YOU BY OTHERS. BUT CORRECT YOURSELF FOR THE RIGHT CRITICISM.

COMPASSION. COMPASSION, COMPASSION.

TRY TO FEEL COMPASSION FOR THE MISERABLE AND HELP THEM.

DELIGHT, DELIGHT, DELIGHT.

TRY TO FEEL DELIGHT IN HAPPINESS OF OTHERS TO AVOID JEALOUSY.

UNITY, UNITY, UNITY.

TRY TO FEEL ONENESS WITH ALL.

DETACHMENT, DETACHMENT, DETACHMENT.

TRY TO FEEL DETACHED FROM THE EXPECTATIONS OF YOUR ACTIONS TO AVOID DISAPPOINTMENT.

FEARLESSNESS, FEARLESSNESS, FEARLESSNESS.

TRY TO BE FEARLESS AND CAUSE NO FEAR TO OTHERS.

ALERTNESS. ALERTNESS, ALERTNESS.

TRY TO BE ALERT SO THAT NO NEGATIVE THOUGHT ENTERS YOUR MIND.

PURE SELF, PURE SELF, PURE SELF.

TRY TO FEEL THAT YOU ARE PURE SELF WITH ALL ITS INHERENT QUALITIES.

SURRENDER, SURRENDER, SURRENDER.

SURRENDER ALL YOUR ACTIONS AS OFFERING TO THE CREATOR OF THE UNIVERSE AND PARY FOR RIGHT GUIDANCE.

Attitude by Charles Swindoll [10]

"The longer I live, the more I realize the impact of attitude on life. Attitude , to me is more important than the past, than education, than money, than circumstances, than failures, than success, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company—a church—a home. The remarkable thing is we have a choice every day regarding the attitude we all embrace for that day. We cannot change our past—we cannot change the fact that people will act in a certain way. We cannot

change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude.—I am convinced that life is ten percent what happens to me and ninety percent how I react to it. And so it is with you.— **we are in charge of our attitude!**”

Daily Schedule

Do Paranayam for 15 minutes. Perform Yogic Asanas for 15 minutes. Meditate on Consciousness within you and raise its level to that of the Divine Consciousness for 30 minutes.

Read Auto suggestions to practice throughout the day. Practice the Art of Healing your Body and Mind as given in sections 2 and 3 whenever you are free from your day to day work. Inhale the rays of the morning Sun and the oxygen of the morning air. Also inhale the moonlight that will improve your calmness.

Results

So far as the use of energy of Consciousness is concerned, Sri Aurobindo had demonstrated that he could use the universal energy in preference to the food energy successfully as mentioned in section A, Healing the Body.

Similarly Sri Ramana Maharshi had demonstrated that how he was not affected by his tumor on the arm as mentioned in section A, Healing the Body.

I myself had been using the methods mentioned above successfully. I have stabilized my blood pressure and corrected my knee problem with the above methods. I am not taking any medicine at the age of 82 plus and feeling fit. My colleagues in the meditation group at my University have some beneficial results by the above methods.

How the Consciousness affects the healing process from medical point of view is evident from the well known beneficial results of effects of meditation. For example when you are tense or anxious, the sympathetic nervous system (SNS) nerves release more noradrenaline (NE), a harmful chemical. But when you are calm and relaxed by changing your Consciousness, less NE is released. Much more can be said about it, but this is not the main purpose of this paper.

I felt very confident by the positive effects of the above methods. This inspired me to compose a poem titled, Dialogue between mind and Pain, given below:

Dialogue between Mind and Pain [11]

Mind said to the Pain:

Why do you inflict pain on me ?

Pain said to the Mind, What should I do?

My profession is to inflict pain on anybody including you.

In His Play of the world.

Mind said to the Pain,

If the world is really a Play,

Then I shall defeat you in this game.

I shall burn you to ashes by the fire of my gaze.

Pain replied,

It is not that easy to burn me.

Mind said,

I am not an ordinary Mind.

The Spirit within me has awakened,

And come to the fore front.

The fire of the Spirit has killed many a hostile being like you.

What are you in front of Him.

Those who abide in Spirit can ward off illness before it causes pain.

Pain receded and went to another weak mind.

Conclusion

The art of healing body and mind is to understand the working of our Consciousness in us. You are Consciousness. Mind and Body are its tools to achieve its goal of freedom. Energy is ingrained into it.

We have to raise our level of Consciousness in action and *inaction*. The higher the level, the greater the Energy. Then from that level of Consciousness, we have to direct the Energy to the ailing part of our physical body and mental disturbance.

Practicing higher or Divine Consciousness as a preventive measure for any type of adverse effect will make our life flow like a beautiful song.

By practicing daily schedule as outlined above, be free from all types of impending un-favourable situations. Specifically practice Auto Suggestions and the right attitude in your dealings with people around.

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