

*Holistic Wellness*

*The Sai Way*





*Inauguration of the Holistic Counselling Programme at the SSS Wellness Centre, Mumbai, India*



*Inauguration of the Holistic Counselling Programme at the SSS Wellness Centre, Mumbai, India*

Shri Sathya Sai Trust, Maharashtra Mahakali Caves Road,  
Andheri East, Mumbai 400093

ISBN No.

Published by  
Sohum Sai Solutions, Sydney Australia, sohumsai@optusnet.  
com.au, www.sohumsaisolutions.com.au

Printed by  
Edited and Proof read by Sudha Vijay, Aroona Naidoo, Cover  
picture by Preeti Rajadhyax

## ***Dedicated to Bhagawan Shri Sathya Sai Baba***

*To my beloved Baba, I am eternally indebted to you for everything. The gift of cancer, a unique experience that was confronting and challenging, but gave me incredible learning, growth in consciousness and many beautiful glimpses of Thy Unconditional Love, Wisdom, mercy, and healing power. Your constant question to me was, "CAN-CER (can-sir): Can you surrender, align and Be ONE with Sir (my atmic Self), at every integrated moment, even with the distractions and disruptions of this Maya, illness?" My constant prayer to You was and still is, "It is Your power and glory that is grander than anyone and anything. You created this delusion of illness, so You return me to Wholeness and Wellness. The unceasing challenges of life toss me like clothes in a washing machine; illness was my repatriation to learn complete surrender; renewed and rejuvenated with Your Love and wisdom to live further in service to Your children for Your glory. I am truly grateful for this opportunity.*

### **My Prayer**

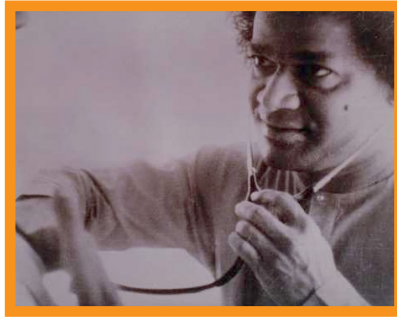
*My deep love and faith gazes at Thee Baba divine.  
Please hear me while I pray,  
Take my monkey mind poisons away.*

*O let me from this day be wholly Thine.  
May Thy Grace, Love and Wisdom never resign,  
Give strength to my fainting heart to untwine,  
Arouse within me zeal and fire,  
Return me to be Thy living dynamic wire,  
To ever uphold, fulfill Thy every divine desire.*

*I surrender power, position or any fame,  
For the glory of Your name.  
Be my guide and strength in sickness and in health,  
Death unlike life will never separate us in play.  
Won't You wipe the Maya of illness, suffering and pain away?  
Won't You turn this deluded night to day?*

*When this life's transient dream does finally end,  
Surely be there to carry me away from this bend.  
I would rather always be with Thee,  
Than roam aimlessly in eternity.*

## Foreword



*If I am you and you are Me.  
Why do you still fall ill and not heed?  
Why do you My dearest children bleed?  
When I have provided enough for you to feed,  
Why then your greed?*

*Health and Holistic Wellness for all shall be,  
When you, My children consciously flee,  
From jealousy, anger, sadness and fear,  
Your vices you shall surely clear,  
When you see all your brothers and sisters as dear.*

*A loving, wise parent to all,  
I shall constantly say  
Share LOVE, Be One, do not build walls.*

*The Wellness Centre is My final legacy,  
To remove your stress and lunacy,  
If you clear your mind of inadequacies and prevailing toxicities,  
Your body cannot freeze but move with ease.*

*Meditation and Nama are the only way,  
For Healing to become My natural play,  
Let yoga, music, drama and dance,  
Become verily your stance.*

*I shall never be far away,  
As your prayers never go astray,  
You will once again be Me.  
This is your True destiny.*

*4/4/2015=8 Baba*

*Health is the foundation on which human life rests. There is no greater wealth than health. What is the origin of this word 'Health'? It is derived from the Anglo-Saxon word 'Heilig ', meaning that which is sacred and pure. The body is a combination of different limbs. So, only when all limbs are utilized for sacred purposes can one have good health and happiness. For a healthy mind, one should have a healthy body. The Spirit (Atma) sustains human life based on the health of the body and the mind. Health is the primary requisite for the realization of the four objectives of human life - Dharma (righteousness), Artha (wealth), Kaama (desire) and Moksha (liberation).*

*Good health is ensured by the proper utilization of head and heart. There are many unseen qualities in man. But man values only that, which he sees, listens and experiences. But, no importance is given to that which is unseen. That which is unseen is actually responsible for experiencing the fruits of one's action. All human qualities spring from the heart only, they cannot be obtained from teachers or texts.*

*The main cause for illness is psychological disturbances. These are nothing but illusions and delusions. In olden days diseases were few in number. But today they are rampant. What is the reason for this? The fear that one may be a victim of the prevalent disease. **80% of the diseases are psychological.** If you check your pulse rate under anxiety, you will find it abnormal. Do not bestow undue attention on your health; discharge your duties peacefully, then everything will be alright.*

*Just as each limb is as important as any other in the body, so also is each individual in the society. All limbs have to work in unison for the effective functioning of the body. Unity is most essential for man. Unity leads to purity, which in turn leads to divinity. Cultivate the feeling of brotherhood of man and fatherhood of God. People may come from varied cultures, languages and countries, but all are the children of God. Since you make distinctions based on country, culture and language, you are unable to comprehend divinity. Everyone is a member of the universal family.*

*Everything in God's creation follows certain rules and regulations. Even*

*the sunrise and sunset are regulated by the Divine command. But, man today is not following the dictates of God, though he is endowed with supreme intelligence. Today man is acquiring knowledge, which is information-oriented, not transformation-oriented. This information-oriented knowledge makes man a machine, a computer; whereas, transformation-oriented knowledge makes man a composer. The transformation-oriented knowledge confers human values.* **Bhagawan Shri Sathya Sai Baba**

Compilation from: Bhagawan Shri Sathya Sai Baba, Divine Discourse "Unity is Divinity" 20 Nov 1998, Prasanthi Nilayam<sup>1</sup>.

---

<sup>1</sup> Sathya Sai Baba's - Health, human family and human values by Swami  
[www.saibaba.ws/teachings/health.htm](http://www.saibaba.ws/teachings/health.htm)



# SHRI SATHYA SAI WELLNESS CENTRE,

MUMBAI, INDIA

**A message from Prof. Keki Mistry, Trustee,  
Shri Sathya Sai Baba Trust, Mumbai,  
Maharashtra, India.**

Dr Huzan Daver has requested me to pen a few words, which is an article of faith with her and born out of years of experience and conviction. Dr Daver is an amazing person. She has undergone many travails in her life , but her steady fast faith in Sri Sathya Sai Baba and HIS teachings have carried her through the highs and lows of life with love in her heart and HIS name on her lips and a determination to share His teachings which she does with great skill, her beautiful oratory and methodology and with words inspired with love. With such a blessed and devoted teacher to convey the teachings of the greatest personality that walked on our earth we are indeed fortunate to have it in book form for generations to come.

Thank you Dr Daver for enabling us to partner in your knowledge.

Prof Dr. Keki M Mistry

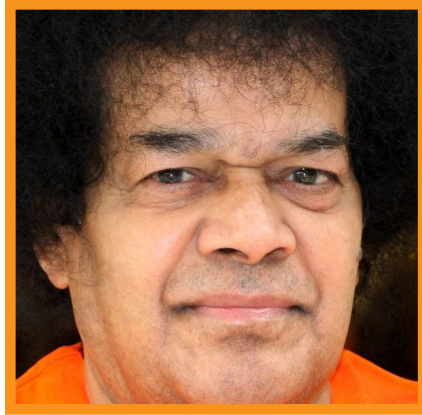


*Prof. Dr Keki Mistry at the Inaugural function with Mr. Nanpalli (a silent but wonderful sevak) in background*



*Some Sai Sevaks of the SSS Wellness Centre with office bearers: Kamala and Nimish Pandey, Dr Pitre, Dhimant Mehta, Prof. Dr. Keki Mistry*

## Contents



- Dedication
- Foreword by Bhagawan Shri Sathya Sai Baba
- Message from Dr. Keki Mistry, Trustee SSS Trust, Maharashtra, India
- Contents
- Acknowledgements
- Preface

Chapter 1 – His Divine *Sankalpana*: Holistic Wellness for ALL

Chapter 2 – Turbulent seas: His opportunities

Chapter 3 – Love is Healing: Returning to Pure Heart

Chapter 4 – Illness: Distortions in the mind

Chapter 5 – Integrated Communication

Chapter 6 – Surrender: A Divine Takeover

Chapter 7 – Healing: Alignment to God's Energy

Chapter 8 – Understanding Mental Illness

Appendix 1 – Further reading material

Appendix 2 -Training *sevaks* in Holistic Wellness – Outline of the workshop power points presentation

## Acknowledgements

To all, your contributions are outstanding. Please note the names are not in any order or prioritized in relation to your effort, time spent or commitment to Him. Also, if I have unconsciously forgotten to mention anyone here, please do not take offence, He knows and may He bless you all abundantly.



Pranam to His lotus feet: Bhagawan Shri Sathya Sai Baba  
The Trustees and office bearers of *Shri Sathya Sai Organization*,  
Maharashtra, India.

Dr. Keki Mistry

Shri Bhaskarji

Ms. Kamala and Nimish Pandey

Dr. Pitre

Dhimantji Mehta

All the SSS Wellness Sevaks: especially Dr. Parmila, Dr. Jyoti, Dr. Deepa, Mr Gunakar, Janki, Shrikant, Sunitaji, Preeti, Yasmin, Srin.

Sai friends from Rydalmere Sai Centre and the Rudram/Gayatri Chanting group

Client/patient friends

Ruth and Ian Gawler from the Gawler Foundation, Gabrielle Tourelle and Dr Im Qua Smith.

Aroona Naidoo, Charlene, Sudha Vijay, Kappi, Hormuzd, Vanessa Gurie

Ana, Vispi, Kaizu, Navzad,

Sorab, Sherzan and Arshan.

*In the vastness of space and time,  
He brought us together to renew,  
Deep gratitude for the support and love so true,  
I thank God for your presence in my life.  
Your dedication and effort I revere,  
Without your encouragement I could not persevere.  
Your nurturing enflames the light in me.  
Together with His Wisdom and compassion we shall BE,  
Working to obliterate disease, suffering and calamity,  
Within us and all of humanity.  
Surrendering to Him in unity,  
There is nothing we need to fear, remembering He is so near.  
Standing together with Him as ONE, there is nothing we cannot  
do,  
To bring His sankalpana of Holistic Wellness through. Huzan*

## Preface

*Transmuting "man" into "God" and experiencing that Ananda or Bliss (Holistic Wellness) is the only achievement for which life is to be devoted. Baba*

Unfortunately, many of us take wellness for granted, more so when we are young and able, getting attentive to health only when we lose it. Andrew Weil defines wellbeing: *as a dynamic and harmonious equilibrium of all the elements and forces making up and surrounding a human being.*<sup>2</sup> He emphasises that health is temporary just like happiness, as the aspects that make us whole can easily go out of balance at any time. Besides that, everyone dies one day, yet some have so much fear around death and even illness; Death is only of the body, the *atma* is eternal. Nonetheless, we worry and wonder, why we get ill?

Individuals today in modern societies suffer from stress and illness due to lifestyles, choices, information and work overload, depreciation in the environment, excessive regurgitation of past thoughts, negative emotions and *karma*. Conflict, violence, anger, hatred, sadness, fear are the poisons in the collective consciousness of the human mind. This epidemic of a toxic mindset is the source of an increase in diseases, known and unknown, and a widespread acceleration of all types of cancer. According to the World Cancer Report, cancer rates could further increase by 50% to 15 million new cases by the year 2020.<sup>3</sup>

We give prominence to treating and curing the illness instead of holistically "healing" ourselves. Medical treatments involve external management that tends to be mechanical and symptom orientated. The goal of all medical cures is the absence of signs or symptoms of a disease. On the other hand, healing involves growth in consciousness,

---

<sup>2</sup> What is Integrative Medicine? – Andrew Weil, M.D. – Dr. Weil <https://www.drweil.com> › Health & Wellness › Balanced Living › Healthy Living

<sup>3</sup> [www.who.int/mediacentre/news/releases/2003/pr27/en/](http://www.who.int/mediacentre/news/releases/2003/pr27/en/)

where responsibility and connection to physical, emotional, mental and spiritual parts of self are vital. Healing is self-regulatory necessitating long-term and continuous holistic balance and integrated living. The principles of co-creation, collaboration and cooperation are essential to the healing process. Therefore, there is a big difference in being treated and healed. Treatments support the internal progression but play only one part of the healing process. Science and mainstream medical model, unfortunately, provide an insufficient response to disease. Their main view is that illness occurs due to the assault from outside sources, such as germs and bacteria. However, more people now recognise that inner states, emotional dysfunctions, mental conditions and a dearth of spiritual awareness play a crucial role in physical illness. This book is not about treatments but healing through incorporating “tried and tested” emotional and spiritual measures, towards Holistic Wellness.

The body reflects deeper emotional struggles consciously or unconsciously from childhood that affects one's health. Disempowering beliefs and negative mental attitudes override the thinking and emotions of un-well persons. Lack of love and joy creates disease. Many are in troubled antagonistic relationships continuing to endure them, never addressing but burying the issues. The body thus becomes an explosive vessel of pent up energies. Edgar Cayce,<sup>4</sup> the great seer, stated that anger, resentment, hatred, self-condemnation, animosity release poisons from the glandular system depleting energy and create disease. Illness is, therefore, a catastrophe of spirit led by negative feelings: fear, loss of self-esteem, self-worth, hatred and a hardened heart. The stress may be long-term from childhood or a recent calamity.

Some are hopelessly out of tune with their soul purpose; being trapped in an occupation that gives no inner joy or fulfillment, “dying” or dis-eased from the inside. Through spiritual awareness comes understanding that human life is transient, its purpose is not for appeasing the body but growing the soul. Hence, Holistic Wellness

---

<sup>4</sup> <https://www.edgar cayce.org/the-readings/health-and.../holistic-health-database/>

is consciously choosing callings that nurture the soul. To determine clues to one's life's purpose, ask: What makes me jubilant? How can I be of service to others? When do I feel closest to God? We are living our soul's purpose when we feel triumphant, happy and in harmony in service of others, aware of our connection to God.

Further, it is beliefs that sway emotions. Divine wisdom influences beliefs and attitudes positively. Hence the principle reason for human suffering is the lack of spiritual awareness and divine consciousness. Illness is a perfect opportunity for reviewing life and changing with courage, without guilt, the patterns that are not serving our evolution; to reinstate direction in life, back to the envisioned soul plans. Our spirit enters the physical body temporarily for learning and experiences. Self-care through personal responsibility, personal empowerment and gaining wisdom are meaningful ways of becoming more whole and well. Illness is a divine opportunity for time out, reflection and re-alignment to our inner states of being. Jesus said, according to the gospels, "*Go into the closet and shut the door and pray to your father who is, in secret*" (Matthew 6.6).

The mind is like a cosmic computer. When the computer is overloaded, hacked, attacked by viruses, laden with garbage data from the world of *Maya* (illusion) it breaks down. We need to delete, shut down, reboot and then re-start in correct alignment. We still need to use the mind to calibrate it, reconnecting to THE MIND. To regain a state of Holistic Wellness, total surrender to Him is vital. However, the individual (*jiva*) energy may choose to merge completely with the Source. The drop fuses with the Ocean. It is at this time that physical death occurs. The spirit is eternal.

Holistic wellness is our birthright and natural state of being. To heal is, therefore, TO BE: it is a return to balance or alignment with Source Energy. God gives us many occasions to detach from the *Maya* world and to go within to find our core. Illness is one of these opportunities. Few people are aware of a disease being an opening for self-realisation. Unfortunately, many are engulfed in the drama of the disease, the suffering, hence forgetting its actual purpose. When illness strikes, it frees one from many practical demands of worldly duties, forcing

concentration on the more fundamental aspects of life. Moreover, the possibility of casualty and death prompts us to urgently search for the meaning of life and who we actually are.

The other factors such as nutrition, exercise, drugs, and alcohol as well as one's genetic makeup also impact the physical body. Then there is *karma*: the principle that till we human souls fully align with God, we will reap what we sow. Divinity has no preferences or prejudices, so He has created a Law of Reaction, Reflection and Resound or *Karma*. When the agony is unbearable we have the option of surrendering to Him to takeover. To be in divine flow means to let go, be flexible, compromise, trusting He will take us through.

Meditation is the most powerful instrument to guide us back, changing our vibrational energy to return to harmony. Many individuals meditate mechanically, without purpose, awareness or discipline. Failure to integrate the ensuing wisdom and knowledge acquired in daily living will negate the value of meditation practice.

*Do not be carried away by the term Meditation. It is not something that one does by sitting for a couple minutes or hours. It should always be at all places (the contemplation on the Lord). It should not be restricted only to a Mandir or meditation room. Wherever one goes, be it market or classes, one should be reflecting on the Lord. We should be sacred in our feelings. This is possible only through the path of love. Speak lovingly to all people. Even such a speech should be in moderation because mind begins to change as words become many.<sup>5</sup>*

The ego, explicitly spiritual ego is the worst kind of ego. Baba explains beautifully that the human being has two fangs of poison *ahamkara* (ego) and *mamakara* (attachment), which causes illness and harm to self and fellow beings. The goal of meditation is *atma vichar* or self-inquiry. Self-reflection should occur on a daily basis, or better still, on a moment-to-moment basis.

---

<sup>5</sup> Meditation as explained by Swami [scriptures.ru/meditate.htm](http://scriptures.ru/meditate.htm)

As Baba says:

*Meditation is meant to acquire purity of the spiritual heart, for, without attaining purity of the heart, the seat of awareness, God cannot be realized. Hence, one has to strive to achieve purity of the spiritual heart. No sadhana will help in realizing God if one is devoid of purity of the heart.<sup>6</sup>*

To regain divine power, we need to surrender to Him totally and for a while do nothing. It is only in nothingness and emptiness that you can hear His voice and receive His guidance. To hollow or empty your self can be very difficult to achieve because the human mind and ego resist a shutdown. The mortal mind convolutes and twists thoughts into being selfish because of the fear of annihilation. It is in the genetic makeup as the subconscious has memories of the first separation from God. Just as the human body is covered with clothes, divinity is shrouded in *Maya* (illusion). Chanting followed by deep states of *atma vichaar* meditation are the tools that help the individual mind to shut down so that the spirit realigns to the Source.

*Have the Namam (God's Name) on your tongue, The Rupa (Divine Form) in your eye, The Mahima (Divine Glory) in your heart, and then thunderbolts will pass you quietly by. Do Namasmarana in some set manner, with full faith and pure heart.<sup>7</sup> Baba*

Jalaluddin Rumi said, "Be grateful to those that return you to God's solitude. Worry about others that give you good comforts and take you away from prayer and going within." Divinity can emerge only when the mind chooses to seek refuge in Him. Completely surrender the inner desire to manage or regulate external existence, no matter how challenging it may be. The best way to get 'spiritually' somewhere is to let go of the need to be anywhere. God has never actually left our side.

<sup>6</sup> Source: [http://www.ssbpt.org/Pages/Prasanthi\\_Nilayam/9\\_05\\_Discourse.htm](http://www.ssbpt.org/Pages/Prasanthi_Nilayam/9_05_Discourse.htm)  
<sup>7</sup> [saiaustralia.org.au/wp-content/uploads/2016/06/NSH-Truth.pdf](http://saiaustralia.org.au/wp-content/uploads/2016/06/NSH-Truth.pdf)

In Truth, He and You are One. To be alone is actually to be All-One.

He does not expect us to become abstemious. He guides a seeker towards living through constant integrated mindfulness. Baba has said that the poison of the mind causes illness hence handling it, is crucial. Mind management necessitates mastery of all the senses, inner spiritual detachment and making wise decisions creating equanimous, peaceful, harmonious living. However, one should not passively accept injustice and wrongful acts. Carl Jung, the famous psychologist, said, *"One does not become enlightened by imagining figures of light, but by making the darkness conscious."* The darkness is negative thoughts and emotions that need to be removed in us and around us, to rise to higher states of consciousness and holistic wellness. Continually emptying our minds to allow divine light to emerge.

Love heals whereas anger destroys and creates illness. God resides in the heart. Humans are bestowed with *hridaya* (spiritual heart). When we are bursting with *daya* or *karuna* (compassion), we are in our divine hearts, *hridaya*.

*See God in everyone you meet;  
See God in everything you handle;  
Live together;  
Revere each other;  
Let not the seeds of envy and hate grow and choke  
the clear stream of love.<sup>8</sup>*

How do we maintain a steady spiritual heart? How do we respond lovingly to people that are hurtful, violent or malicious towards our loved ones or us? It is through forbearance, forgiveness and spiritual detachment. The fundamental Truth is "We are all ONE. God is One". The Veda expounds this principle as *Ekameva Evadviteeyam Brahma* – there is unity in diversity. Duality is created in our minds when we do not stay in Oneness. When doubts arise in the monkey mind, and there is a feeling of separation, illness appears. When you recognise yourself

<sup>8</sup> [www.saibaba.ws/quotes/god.htm](http://www.saibaba.ws/quotes/god.htm)

as divine, you will naturally see divinity in others. This understanding will express as acts of love for all from your 'spiritual heart', without any expectation of reward or acknowledgment.

*Unity leads to purity, which in turn leads to divinity.  
Cultivate the feeling of ONENESS of the brotherhood of  
man and fatherhood of God. Baba*

According to Baba, Sage Narada confirmed that God is realised through these forms of devotion:<sup>9</sup> listening, contemplating on God, serving, worship, servitude, friendship, and self-surrender. Active listening (*sravanam*), part of communication is the key to devotion, the act of loving divinity in others and ourselves. Baba often said, "*If you cannot always oblige you can always speak obligingly.*" And as Mother Teresa said, it is finally only "*between you and God anyway*".

*...The good you do today,  
People will often forget tomorrow.  
Do good anyway.  
Give the world the best you have,  
And it may never be enough.  
Give the best you've got anyway.  
You see,  
In the final analysis, it is between you and God;  
It was never between you and them anyway.<sup>10</sup>*

When putting this book material together, a friend asked me, "*What if you die in the next six months? Why would people read this book then?*" My answer to her was, "*This book is not written to prove or disapprove the healing power of the omnipotent Creator. Everyone dies, including the avatar, and so yes my body will die too, my living or dying is inconsequential.*"

*This book shares the spiritual wisdom, guidance, insights, intuitive*

<sup>9</sup> Source: [http://www.sssbpt.org/Pages/Prasanthi\\_Nilayam/9\\_Oct\\_05\\_Discourse.htm](http://www.sssbpt.org/Pages/Prasanthi_Nilayam/9_Oct_05_Discourse.htm)

<sup>10</sup> This page - <http://www.asa3.org/ASA/education/views/teresa.htm> was assembled-and-written by Craig Rusbult.

*messages and support I continually received from Baba in the “cancer” journey. The experiential wisdom I gained reinforced my desire of giving others not coping with illness; courage, hope, and inspiration. Further, having been through the near death challenge, I have been gifted more consciousness, empathy, compassion and sensitivity: enabling further relevant and meaningful service in the area of Holistic Wellness.”*

My cancer illness is His gift, the book just a recompile of His wisdom woven through a real life experience, with relevant spiritual lessons, practical applications and emotional healing processes to benefit others in their journey from illness to Wholeness. Any inaccuracies are due to my shortcomings; I am only His imperfect student instrument. Baba says explicitly, reading on its own is an insufficient guide, it is essential to integrate and practice the techniques and methods offered. Using discipline and willpower to transform and change dysfunctional thoughts, attitudes, emotions and behaviours. From my own experience, a severe illness is an opportunity to transform into the hollow flute through which He plays His music. I am so grateful to enjoy His celestial melody now and forevermore.

# CHAPTER 1

His Divine Sankalpana:  
Holistic Wellness for all

*Adhere firmly to the truth of your convictions. Be prepared to meet any challenges. Be ready to face any situation. Strengthen your faith in God. Prepare for shouldering the task assigned to you – to be instruments dedicated [to] the mission for which the Divine has come.<sup>11</sup>*

Ever since I was little, I wanted to serve and be with God. Being a Zoroastrian,<sup>12</sup> I was taught that *Ahura Mazda* (God) was the personification of Wisdom. My grandmother was my first spiritual teacher who believed in never sparing the rod and spoiling the child. She was a strict disciplinarian about saying *Avestan* prayers, following Zoroastrian doctrines and rituals and regularly visiting the fire temple. While I now understand the value of spiritual discipline I could not relate to her autocratic and authoritarian way of connecting to God. However, I was grateful as she did infuse in me my passion for God by telling me many spiritual stories about divinity. For me, God was always divine unconditional love who was my best friend.

It was in 1995 when Bhagawan Shri Sathya Sai Baba called me into His orbit that my innermost wish was fulfilled. In Him, I found divinity, the embodiment of unconditional love. A love so profound that a mere taste of it makes one breathless for more. Baba taught me everything about my life and the purpose of my existence. To Him, I owe all. I am so grateful to Him for giving me the opportunity to fulfil my heart's yearning and life's dream to serve most profoundly: teaching, counselling and spiritual healing. It is His constant presence in my life

---

<sup>11</sup> Bhagawan Sri Sathya Sai Baba - Questions & Answers - Saibaba.ws [www.saibaba.ws/teachings/qa.htm](http://www.saibaba.ws/teachings/qa.htm)

<sup>12</sup> For details about the author's journey please see *My True Reality*, page 2, Chapter 1 – The Heat of Fire

that connected me to His *sankalpana* (Divine Will) of establishing a Holistic Wellness Centre that would freely bring people from illness to Holistic Wellness through spiritual methods. I had the opportunity of launching one in Sydney, Australia but I was guided to inaugurate one in His ashram in Mumbai, India. Why? His ashram is the “power-house” of His divine love energy, and I was confident that He would birth and deliver His *sankalpana* to a global platform from there. Besides that India has always been the birthplace of many *avatars* and great spiritual projects too. Baba explains in His own words:

*...In the train of the world, Bharat (India) is in the position of an engine, and the carriages are the several countries attached to it. God is the driver. The engine is His place. Just as we find heat and power generated there, we also find the same element produced as a result of sacred rituals such as Yajnas and Yagas performed from time to time in this land of Bharat.*<sup>13</sup>

My prayer to Baba was delivered to His lotus feet in prayer and meditation in *Dharmashetra* in March 2016 before the inauguration of the Shri Sathya Sai Baba Wellness Centre and before my experience of breast cancer.

*My humble pranams, to Your lotus feet, my beloved Baba.*

*Baba, Your “SSS Wellness Centre” is Your miracle, a sacred space where all Your children will come together to receive and give real Love. The actual purpose of this “SSS Wellness Centre”, it is not for healing of the outer physical bodies of Your children, it is really about Your mission of expansion of unconditional LOVE and return to YOU. That is the spreading of Unconditional LOVE through the excuse of healing body illnesses.*

*Every human being is a cell in the body of human*

consciousness and unfortunately we, Your children have lost sight of our "interrelatedness" and this forgetfulness now threatens to destroy all of us. Just as in cancer, when an ordinary functioning cell elects to no longer function in support of the whole. In its place of being part of the maintenance system of the blood or the liver, the cell goes off and forms its empire. That is a malignancy, which menaces to terminate the organism. So it is, with the body of humanity. The cosmic disease is the "I", "me", and "my" mentality of our egos. Our belief that we are separated from You, and each other makes us fearful, greedy and selfish. The "SSS Wellness Centre" will focus on healing Your children by shifting awareness from body identification to divine identification.

Baba, I know that this body of mine is a tiny fence around a little part of a glorious and complete, perfect part of You. In the human experience, most of us see the body as an end, instead of a means of making more joy and happiness happen. Healing happens to live in the realisation that we are much more than our bodies, that is, when we correct our distorted perception, there will be healing. Baba, it is not the body that gets sick but our minds. Baba, You have always said all illness is caused by the poison of the mind. The health and or sickness of the body depend on how the mind perceives the body and to what purpose the mind uses the body. It is not the body but the mind that is in need of healing and the only healing is for us to return to Love.

Baba, make our minds fearless by living in conscious contact with You at all times. Train our undisciplined minds to always receive information and wisdom from You. Meditation is our time spent with You. It is a time during which YOU have a chance to enter our minds and perform Your divine alchemy. Meditation is Your core curriculum

*at the "SSS Wellness Centre" as it trains us to relinquish a thought system based on fear and instead accept a system based on LOVE. When we are in sailence or meditating, Your power works through us. Meditation is a profound way that makes the ego's frenzied voice and its vain imagination fade away. We have a direct communication line with You, like a radio wave. In sailence, the static of the radio, melts and we hear Your voice clearly. Hence, Your "SSS Wellness Centre's", main agenda is to promote health through meditation and other spiritual practices. Taking what You have given us and devoting it to the restoration of the whole of humanity is our salvation and the salvation of the world.*

*Baba, your mission has always been, to bring together, Love in all Your children, irrespective of their religion, nationality, caste, colour and/or creed. You, my dearest father and mother are the Ultimate Doer, You created the plan, You brought the resources, this structure, the course outlines, the workshops, all of it. You are the Principal of eternal expanding love in action, in all dimensions, in all life. Your power Baba is methodically impartial as you treat all of us as equal, You have never liked some of your children more than others. Grant that we may also always treat each other equally; brothers and sisters under One divine loving father and mother. It is through Your Will that today we all stand here before You in this magnificent building - a temple of Healing. Baba today I surrender to you asking that You grow this "SSS Wellness Centre" from a seedling to an oak tree so that all humanity is swayed by its branches to return to Love, its fruits eternally amplifying Your Glory. Baba make us, your servants, good role models, may we just not theorise and preach but practise Love: Thinking, speaking, feeling and only acting through You, in constant integrated awareness.*

*Hope is born from participation in hopeful solutions. The "SSS Wellness Centre" is the promising solution for Your children returning to LOVE. How can we ever get to tomorrow's dream and the promise of a Golden Age, if we do not make some move today? Only waiting for a great future or as some, waiting for Your next incarnation, is not going to get us there. Your power is with us, in us, around us, in the present NOW, so today let us become Your hands, eyes, ears and heart, help us move Your mission forward. The Golden Age is here, when we all, think, speak and act with Love just like You demonstrated to us, in Your human form for over 85 years. Heaven and God are within us. The work towards enlightenment entails acceptance of our mistakes and faults, so that we may take responsibility, consciously choosing to release our darkness and making a commitment to return to Your light and wisdom. When individuals and nations atone for their errors and ask God for another chance with humility and honesty all Your creations will be healed. As a nation of humanity, our greatness lies not in our military strength, economic growth and or technological advancements but in our holding to sacred Truths. The "SSS Wellness Centre" is the space, open to all freely, to remind us, encourage and inspire us to always stay in alignment to Sacred Fundamental Truths.*

*Spiritual counselling services offered at the "SSS Wellness Centre" recognise that at the core, we are all an equal part of You. The therapist will use psychotherapy as a tool for endless ego investigation, to transform painfully distorted perceptions of the ego that is, destroying us individually and collectively as a society, returning us to our true reality. I believe spiritual psychotherapy will be used more frequently not by just a few that society labels as "crazy", but by all of us who constantly get distracted and forget who we are. Today we all have developed negative thought habits, which are causing us great suffering, the*

*spiritual counselling that the SSS Wellness centre will offer will bring individuals back to positive habits in thought, word and deed thereby bringing about a state of holistic wellness.*

*Personally, Baba, I have no desire to figure out how You will further accomplish Your mission or how You will make the "SSS Wellness Centre" become an oak tree. My only desire is to deeply align my heart and mind with Yours so that my life then becomes an automatic instrument of Your Will. Ultimately it is not my or any one individual's credentials, intellect, efforts and power that matter, but my and all our commitment in Love for You. You are the only electric current that makes our light bulbs glow. You are the only drum that makes my heart beat. To be ever humble and ever Loving is my desire, as only this, will make the "SSS Wellness Centre" grow. Our power comes from You. Your Love through us will heal all wounds. This "SSS Wellness Centre" is not really about transforming human lives, it is about returning humanity to Love. How can we transform something that already IS? We and everyone and everything is a part of You, and You are pure Love.*

*Baba, I am so willing and wanting to be your servant of Love, I ask You today to lead us all. Through Your "SSS Wellness Centre", establish a more compassionate, loving and healthy society. I am not at all ambitious for myself, only inspired by Your vision of a healed loving world. Our power lies in complete surrender to THY WILL; I surrender to YOU, please help us to work in the creation of a more beautiful, loving world. Baba make my devotion become my work, and my work become my love for You.*

*I am so honoured and grateful to be your child. May Your love and Wisdom always guide my mind and my perceptions. Use me eternally to LOVE ALL SERVE ALL.*

*May Thy WILL be done. In profound gratitude, my loving pranams to You my dearest father and mother, your child Huzan.*

**(Delivered to His divine lotus feet in DMK ashram, 9/3/ 2016).**

God is mysterious. One can never really know how His *sankalpana* will unfold, but He will surely deliver through each one of us, His devotees, His Plan. A *sadhak* in one of the workshops asked me: *How can we sevaks make the SSS Wellness Centre flourish and how can we sevaks become an active cohesive team?* I replied that I was reminded of what Theodore Roosevelt said about the road to success in projects such as ours, "*The most important single ingredient in the formula for success is knowing how to get along with people*". I would also add that Baba says, to love each other is to have His presence and *sankalpana* in our minds constantly.

So, what can we do to develop our relationships with those working with a common goal in His Divine mission?

**1. Accept and celebrate differences.** We perceive the world in many ways. Perception is not Truth. We create stumbling blocks when we try to build relationships with a desire or expectation that people will think as we do. We feel comfortable when people accept our opinion. For instance, if everyone was a shoemaker, who would produce the clothing for our bodies? If all flowers were sunflowers, we would never know the beauty and scent of a rose. In a flourishing ecosystem, every species has a distinct and different yet vital role. It is the same in any organisation, large or small, irrespective of its purpose. So accepting and revelling that we are all different is a definite starting point.

**2. Improve communication skills.** Successful groups build teams and efficient teams build healthy relationships. Efficacious relationships rely on effective communication. Effective communication builds trust. Trust creates harmony and cohesion. This is true for a family, group,

company, organisation, community, countries and extends to nations. Communication skills eliminate misunderstanding and misconceptions and minimise fractured relationships.<sup>14</sup> Communication skills have two elements: the ability of expression and the power of listening. Communication is not only a verbal expression; it includes tone and body language. Effective communication builds morale and motivates individuals to give of their best to a cause or organisation. A deep love for Swami is the motivation for thousands of volunteers in global teams serving under His banner.

**3. Develop effective listening skills.** The skill of listening is an integral part of successful communication. Listening and understanding what others communicate to us is essential for successful interaction and harmonious relationships.

Listening has three ingredients:

- The first ingredient is physically 'hearing' what is being said and paying attention. Paying attention requires avoiding other distractions such as paperwork, telephone calls, etc. during the conversation at hand.
- The second ingredient is 'comprehending' what is being said. Positive vibrations are conveyed through genuine interest, warmth, patience and effort to understand what the other person is thinking, feeling or wanting. A valuable and practical strategy would be to restate or paraphrase our understanding of the message and reflecting it back to the sender for verification. This feedback process distinguishes active listening from ordinary listening and makes it an important part of effective communication for successful relationship building and teamwork.
- The third ingredient is 'remembering' what was said. Consultation and follow-up action may be required. When an individual feels

---

<sup>14</sup> Sai Baba's Mahavakya on Leadership, by Padma Bhushan p88

'heard', and more especially 'understood', it fosters self-esteem, confidence and dedication to the common goal of the team.

**4. Develop empathy and divine love.** Empathy is an aspect of successful communication. It arises from effective listening and generates understanding and compassion. It allows one to walk in the shoes of another, without blame or judgement. Empathy builds bridges between people because it requires "reading" another's inner state and interpreting it positively to facilitate a solution. Empathy with understanding builds mutual trust and respect, which reinforces the foundation of healthy relationships. Love is the key to wellness, when we lack love our health diminishes.

Our emotions create drive. Be in alignment with positive emotions and LOVE each other and all. An emotion or feeling creates the action. So act with love so that the action will be loving. If we inspire love in all *sevaks*, we can achieve anything; hence create the right emotion, begin with the self and reach out to others with an attitude of love, humility and selfless service. Service to man is service to God and all beings are a manifestation of God. God can only be served with LOVE. However, service is not for the sake of the SSS Organisations or the good of society. Seva is purely for Your sake. Do *seva* (service) as *sadhana* (divine practice). You should also see it as a loving service to yourself for God-realisation. Love in action is selfless service. With this understanding, *sevaks* can accomplish anything. Bear in mind too, that it is all His Divine *sankalpana*. The work of the SSS Wellness Centre will succeed with or without you. You should grab the opportunity offered to you to serve His embodiments of Love, with love.

Understand and empathise with the needs of others. Illness is the calling card of the Divine to return His lost child to His Reality and Truth, i.e. God. It is like a reset button to refocus on God and transform ourselves. When do people start to live? When they face death. What would you focus on if this were your last day on this planet? TRANSFORMATION.

**5. Develop consultation skills.** Feedback, in my opinion, is the

nourishment of progress, and while it may not always nurture, it can be very healthy for you. The ability to provide beneficial feedback to others helps them to tap into their individual potential and can go a long way to establish positive and mutually advantageous relationships. Any feedback you receive is valuable information, to strengthen your understanding, knowledge, purpose and role and you can choose whether you want to ingest it or not. Feedback stimulates a review of one's perspective, clarification of ideas and removal of possible blind spots. With improved understanding, better quality decisions become possible for the highest good of the team and ultimately, for the benefit of all.

**6. Be accessible.** Giving time to people is crucial for interpersonal bonds and team building. When you are with someone, be true with that someone. Focus your attention totally on the purpose and content of the conversation, maintain eye contact and listen with awareness and understanding. Our relationships with other people are the very touchstone of our existence. Excellent organisational skills go hand in hand with time management skills. Allocate time for team meetings and individual consultations. Allow people time for personal or family issues as illness and tragedies are natural events in our lives.

**7. Manage technology.** Technology is fast become an indispensable tool at work and home. It is a useful tool for communication, but it has somewhat eroded our ability to build real rapport. Almost every teenager and adult have a mobile phone, but research shows that there are more lonely people today than ever before! Cell phone etiquette is virtually nonexistent: private conversations are overheard, meetings disrupted, work hours lost, group dynamics affected, and conversation disrupted. Cyber bullying has reared its ugly head.

**8. Know Thyself.** Being self-aware, devoting time, energy and effort to developing and maintaining relationships is crucial to the success of any team, company or organisation such as the Sai organisation. More important than all these requisites is the need to know yourself. Baba said, "*There cannot be anything more useful than knowledge of*

one's self. It is the knowledge of the atma (inner divinity)."<sup>15</sup> Accept shortcomings, give credit where deserved, and treat others, as you would have them treat you. A team player must be committed, dedicated, responsible and selfless to accomplish the mission and vision of the organisation.

**9. Undertake personal *sadhana* regularly:** *Sadhana* is a spiritual discipline that helps us always stay connected to God. We regularly pray for His Grace. The only way to win His Grace is to dedicate to Him your actions to help, nurse, nourish and save His children. In the process of helping another to find his way back to God, you are yourself returning to the heart of God. Sometimes mindsets hinder behavior and progress in any aspect of life. Meditation awakens self-understanding through introspection. Make *dhyana* (meditation) your *sadhana* to realise that God. The person you think you are serving and you are One.

Finally, "*People will forget what you said, people will forget what you did, but people will never forget how you made them feel, so like Swami always says, Be loving.*"

My Mission has now reached that point in time when each of you now has work to do. This planet has a purpose in the great galaxy in which it is held. That purpose is now unfolding before your eyes. I call upon you to radiate the Bhakti (devotion) within you so that its unseen power will envelop all who come into your orbit. To successfully perform your part, always remain centred upon Me.

Allow yourself to impart that purity of heart within you towards all human beings and all living creatures and do not reach for the fruits of your work.

This part of My Mission is performed in absolute silence. You are My instruments from whom My love will pour. Be always aware that the moment you let your ego descend

<sup>15</sup> Baba, *Summer Showers* 1977, p46

upon you My work ceases. When you have overcome your negative mindfulness, you will again become My Source.

The multiplication of My Love will be felt throughout the world. I have prepared you for this work over many incarnations. I have drawn you to Me. I have made great steps in My Mission over these past incarnations. My work is ceaseless and so your work, too, is without end.

Know that I am within and without you. There is no difference. Rid yourselves of the petty matters forevermore. You are now in Me and I am now in Thee. There is no difference. My Darshan (spiritual blessings) will pour forth from Me to and through you. You may be unaware of this constant action. Be ever pure of heart and soul and mankind in your lifetime will benefit from your unique qualities.

Others, too, will join Me in this Mission when I draw them to Me. The time is approaching when all humanity will live in harmony. That time will be here sooner than one expects. Before it arrives be prepared for whatever is needed to reveal to every living thing the true purpose of existence. It is not what anyone alive can imagine. It is not something that one can try to aspire to. It is beyond all comprehension. I can say that its beauty is magnificent beyond all dreams. And as each of you perform your silent work, I embrace you to My Heart and henceforth your souls shall be lifted up and your eyes will reveal My Presence within.

This I say to all My Devotees from the Lord's Mountain Top where all the Universes become one. Be about My work, My beloved *Bhaktas*. Your breath will carry the scent of the blossoms of Heaven. Your example will be that of Angels. Your joy will be My Joy.

**- Message received by Charles Penn from Sri Sathya Sai Baba - 1979**

In 2009 when visiting India, after my conversation with Dr Keki Mistry<sup>16</sup> a written proposal of starting a Shri Sathya Sai Holistic Wellness Centre was submitted to Baba. It was under His guidance that Dr Keki Mistry and many others did the hard labour of establishing the physical structure of the Centre. It was Baba's last dying wish to create Holistic Wellness for all. In 2011 before He left His physical form He blessed the project, and it was on the 5<sup>th</sup> of April 2015 the SSS Wellness Centre was inaugurated.

### The objectives of the SSS Wellness Centre

Ayurveda evolved in India well before allopathic medicine was discovered. The ancient sacred texts the *Suśruta-saṃhitā* is one of the most significant surviving ancient expositions on medicine and is considered the foundation of Ayurveda. Ironically, we have dissipated this legacy and now India is considered as a developing country in health care. Further, health care is a lucrative cut-throat business, more so in India where the disparity between the rich and the poor treated is colossal. Bhagawan Shri Sathya Sai Baba addressed these issues in His lifetime by building free super specialty hospitals for all. The SSS Holistic Wellness Centre endeavours to carry on His legacy in the field of holistic health. The objectives are:

- To promote spiritual, mental and social well-being for any individual irrespective of caste, religion, status or gender.
- To use therapies which are spiritual but non-medicinal and do not have side effects in nature.
- To promote Human Values in Health Education.
- To promote self-transformation techniques for generating Holistic Wellness.
- To provide facilities, therapies and activities without any charge, keeping with the tradition of the Shri Sathya Sai Trust.

---

<sup>16</sup> The only trustee appointed by Baba himself for Dharmashetra, His ashram in Mumbai India.

- To conduct training and courses in Holistic Wellness for all sections of the community.

The therapies and activities to be promoted are:

- Meditation - *sadhanas, nama* and *atma vichar*
- Prayer - chanting
- Yoga as therapy
- Holistic counselling
- Music therapy
- Dance therapy
- Study circles
- Workshops and courses.

## CHAPTER 2

Turbulent seas:  
His opportunities

*It is only when you experience human suffering of others as your own that human values are manifested - Baba*

Suffering or turbulent seas are His opportunities for growth in consciousness. It is a part of life and everyone in this life experiences problems, loss, illness and suffering, even the *avatar*. Why? This world of duality was created for us to experience, learn and expand love. Contrasts or duality are necessary for learning. If you look into the lives of great saints such as Yogananda or Ramana Maharishi, they too had their fair share of suffering. Baba Himself endured pain and illness. He often took on the pain of His devotees. I believe pain and disease create an opportunity to seek divinity. God does not actively create disease, nonetheless if "not a blade of grass moves without divine will" then the creator part in us does play a role in our challenges at some level. Why? To be tested.

*Those who suffer have my grace. Only through suffering will they be persuaded to turn inward and make an inquiry, and without turning inward and making inquiry, they can never escape misery." How many of us regard suffering as God's grace?" <sup>17</sup>*

Suffering and pain are associated with body consciousness. Illness is a perfect opportunity to experience and to transcend the mind to develop God consciousness. Baba himself explained this with an analogy. Taking a handkerchief He told His devotees "*all you have to do is drop it, let it go*". I believe He meant to drop the "monkey" mind

---

<sup>17</sup> Are you really suffering? - By David Jevons - SaiBaba.Ws [www.saibaba.ws/articles1/areyoureallysuffering.htm](http://www.saibaba.ws/articles1/areyoureallysuffering.htm)

into total surrender to the Source energy or divinity. When I visit the dentist, I surround myself with His light and energy. While chanting the *Sai Gayathri*, I let go the mind, lose body consciousness and see myself with Him. I also did this constantly when I had to have needles on a daily basis through the cancer treatments. I would take a deep breath chanting His name, and I would not feel the discomfort of the needle prick or the chemo drug passing through my veins. This form of meditation through difficulty does help, and I have experienced some relief from the pain.

The everyday human choices create human reality – the soul or *atmic* reality is unchanged. The divine reality IS, will be and is always the same. The soul or spirit is God. We are all cells in the body of God. The One divine energy creates two, separates and creates duality for perfect play to return to One expanded divine love through experience.

I have personally endured and therefore understand that if we do not learn our lessons, the experiences become more challenging and intense. The world today is exploding with dreadful human experiences, with rampant discord in families, communities, organisations and nations only because humanity has moved far away from divine consciousness. It is only in and through contrasting experiences (duality) that awareness grows. For instance, to appreciate pleasure, one must know pain, to recognise light, there must be darkness, and one understands and appreciates equanimity and peace especially after experiencing the volatility of war.

Suffering is a reminder for us to press on until we reach the goal of self-realisation. Suffering is a pain with a purpose; it alerts us to seek God-realization before our lifetime expires.<sup>18</sup>

We originate from Source, God, Sai Baba or whatever name you call Source Energy and we are on a transient journey called life back to fundamental reality. I believe our higher self or God-Self in us decide the significant milestones we are going to experience during our earthly

---

<sup>18</sup> *Pathways to God*, p16

sojourn even before we enter the human vehicle of birth (mother's womb). We have free will and can choose to hasten or delay our return to Source or God-realisation.

Illness is the outcome of our self-created human vibrations, that is, our collective 'negative' patterns of thought and emotions, conscious or subconscious (past stored thoughts and feelings). This world of *Maya* is a projection of our mind. *What we sow we shall reap*. Hence we are subject to *Karma* or the Law of cause and effect. We have *karmic* debts and obligations to fulfil; accumulated over the thousands of lives we have lived.

My significant milestones, the work I do, the person I married, my children and the souls that have come together in my life, even my major illnesses are all decided by my God-self. There are three parts of our Self: 1) God-self, the only real part of us is the spiritual core 2) a part of us that identifies with what others say we are, or messages we get about ourselves from others; 3) develops by the choices we make. It is dependent on our free will, whether we decide to identify with our God self or choose to identify with the messages we get about ourselves from others. The God-self is much like the director of a play. The actor plays the part and may go extempore in delivery once in a while, but the outline of the play is already decided. Some areas of the script may be corrected and changed but only in consultation with the Director of the play, God-self.

I know little about astrology or numerology, but it may in some instances provide a small measure of guidance. I believe God, the Director of our lives can change our destiny for a purpose although Swami has often said that He never removes *Karma*. However, God's grace is stronger than *karma* so illness due to *karma* must be endured. If there is sufficient faith in and love for God, He makes the pain and suffering bearable. For instance, if you were meant to fall and break a leg, with His Grace you may fall and only sprain your foot. A devotee of Sai Baba who I shall name Sheila was experiencing some marital issues. She was of Indian origin and believed marriage was for keeps. However, separation seemed a solution to the mistreatment from her

husband. She had a dream in which she saw Swami take a leaf from her "*nadi*"<sup>19</sup> astrological book and replace it. My interpretation and the valuable wisdom I gained from this was that God could change destiny and is powerful to alter *karma*, through His Grace, if lessons are learnt. Only God knows everyone's present *karmic status* and account; no astrologer knows and neither can he or she give us spiritual grace.

*Karma* means action; it is the good or bad experiences that follow an individual as a result of their previous actions. I believe that if one develops awareness, reforms one's character, transforms one's heart and lives by spiritual principles; we can win grace to help us minimise or even eliminate the pain or suffering.

*If a person has a pure heart and is living Swami's teachings, Swami's grace is automatic. No karma can prevent that.*<sup>20</sup>

There are different types of *karma*:

- *Prarabdha karma* is matured past, already accumulated karma, which is determining the present life situations.
- *Sanchita karma* is the seeds of karma, planted but not yet germinating to bear fruit, but still stored in our subconscious mind.
- *Agami karma* is future karma. The quality of seed we sow in the present will determine the quality of our future life situations.
- *Vartamana* is the present *karma* we are creating, moment by moment.

My *prarabdha karma* resulted in being diagnosed with breast cancer. How I respond now (*vartamana karma*) to this challenge will create my *agami* (future) *karma*. I had free will to choose - to respond with fear,

---

<sup>19</sup> Nādi Astrology (*nāḍi jyotiṣa*) is a form of astrology practised in Tamil Nadu, Kerala and adjacent regions in south India. They were written on palm leaves by a sage called Agathiyar. 20 Conversations, p109; Pathways p 92

sadness, anger and depression, created through body consciousness or to surrender with gratitude and fortitude to HIS WILL? I do believe that if one learns, transforms and changes, God does send His grace to transcend the pain of any experience, but *karma* needs to play out the "game" we all have to play. How we respond with awareness or react impulsively to this game is the individual choice we make. I can decide to surrender and be accepting of the challenging experiences always remembering this world is an illusion, a dream, a game and I need to play along or I can get more involved in the play and impulsively react, making what is real unreal, creating more suffering.

How do I know whether I am creating new (*agami*) *karma*? When you consciously do something making a deliberate choice, you are creating new *karma*, and, when you are forced into an experience without choice due to circumstances, you are only repaying your *karmic* debt. My conscious mind did not choose breast cancer, but it was a life experience thrown at me, so I had to face it (my *prarabdha karma*). My response to this illness is building new *karma*. I can choose to moan and groan and be angry with God and behave like a victim, or I can decide to surrender the body and let go the mind, and see myself as having an experience and respond with courage, forbearance, looking within at learning the lessons. The choices one made yesterday, voluntary or otherwise, have landed one where one is today, and the choices one makes today will dictate tomorrow. Hence, it is paramount that we pay attention to our current actions and our present thoughts. God does not command, control or attack us. He merely communicates through signs and symbols; the question is, are we actively listening to Him? We can only really listen to His voice, feel His presence when we surrender the body identity and go into the NO-MIND state.

My daily morning prayer is "*Think through me, speak through me, feel through me, act through me, make me your instrument*". I have always asked God to use me in this life to serve Him. It is said, "*Not a blade of grass moves without divine will*". Bhagawan Shri Sathya Sai Baba says, "*The best method of spreading My teachings is to live it; there is no other royal road. Let God work through you, and there will be no more duty. Live God, eat God, drink God and breathe God.*"

To be a flute in the hands of divinity, a valid instrument, is to go with the flow with whatever experiences God gives us, even major illness such as cancer. It is not at all easy for most people. It is a natural response to become despondent and react with despair feeling depressed. It takes a lot of spiritual stamina, *sadhana* and inner work to realise; we are not the body, we are not the mind. There were many occasions in this "cancer journey" that I became pessimistic and miserable. Often even thoughts of death plagued me. It was my constant chanting of His name that would bring me out from the darkness I endured.

I believe God challenges us and the changes we make at the micro-level, impact all on a macro-level, in society and on a global level too.

*If there is righteousness in the heart, there will be beauty in character; If there is beauty in character, there will be harmony in the home; When there is harmony in the home, there will be order in the nation; When there is order in the nation, there will be peace in the World.*

Was I practising being Him in thought, word and deed? Could I allow Him in my mind, words and deeds in all circumstances and experiences? Could I live God, eat God, drink God, breathe God in constant integrated awareness even in difficult, challenging times, as well as in good times? It was just my test, the way I saw it. Would I graduate? I knew it was going to be a very tough test, but I also understand that trying is far more important than succeeding. His Grace is assured with effort alone.

## Cancer? What causes cancer?

Cancer is one of the leading causes of morbidity and mortality worldwide, with approximately 14 million new cases in 2012 and 8.2 million cancer deaths worldwide. The number of new cases is expected to rise by about 70% over the next two decades.<sup>21</sup> Cancer is the unrestrained growth of atypical cells in the body. Cancer develops

---

21 WHO | Cancer - World Health Organization [www.who.int/mediacentre/factsheets/fs297/en/](http://www.who.int/mediacentre/factsheets/fs297/en/)

when the body's normal governing mechanism stops functioning. Old cells do not die, and cells grow out of control, forming new abnormal cells. These cells may form a mass of tissue: a tumour. The mainstream medical model believes that DNA damage causes cancer. While cancer cells may have DNA damage, the DNA damage causes the same thing that produces cancer. However, the root cause of cancer is a weak immune system: microbes and parasites that are in the organs, colon or bloodstream deteriorate the immune system. However, other things can also cause cancer. For example, mercury and toxins can also lead to a fragile immune system.

### **Curing cancer: Natural versus mainstream medical model**

Cancer is a big business. The WHO Health Organisation stated in a report (2012) that, *corruption in the pharmaceutical sector occurs throughout all stages of the medicine chain, from research and development to dispensing and promotion*. Individuals with cancer who follow an integrated approach of diet, exercise and change in their emotional stresses with complementary medicine survive longer. Cancer can be conquered. Please read Ian Gawler's book,<sup>22</sup> *You can Conquer Cancer* and Chris Woollams Book, *Everything you need to know to help you beat Cancer*, which has extensive information on conquering cancer through diets, supplements holistic therapies and life style changes. According to Cancer Tutor,<sup>23</sup> there are three main ways to cure cancer:

- Target and kill the cancer cells;
- Kill the microbes inside the cancer cells, and the cancer cells will revert into normal cells;

---

<sup>22</sup> Ian Gawler | The Official Webstore for Books CDs & DVDs <https://www.iangawlerwebstore.com/>

<sup>23</sup> The Independent Cancer Research Foundation, Inc. (ICRF) was founded by R. Webster Kehr in 2006 to research and report on the most effective natural cancer treatments available. The ICRF is a 501(c)(3) non-profit educational organization, headquartered in Nevada, USA.

- Kill the parasites and microbes in the bloodstream and organs that are causing the immune system to be weak.

Good nutrition and exercising play a significant role in curing cancer. Antioxidant vitamins such as C, E, and beta-carotene; minerals such as zinc and selenium; B-vitamins; and herbs said to “cleanse” the liver, such as milk thistle, dandelion root, and schizandra, might help protect liver cells while ridding our body of poisons.”

However, the mainstream medical model uses surgery, chemotherapy and radiation, which severely damage the immune making the illness and immune system worse. Besides that, they do a very little to target the cancer cells and kills the microbes in the organs. This treatment also kills many healthy cells and can damage organs, the lymph system, etc. Often after surgery or chemotherapy, cancer returns called a state of “regression.”<sup>24</sup>

## The first trial

My nephew Navzad was diagnosed with brain cancer, Medulloblastoma in February 2012. He was only 16 years old. The family was emotionally distraught for over three years, witnessing his excruciating pain and suffering. Repeated visits to the hospital for surgery, chemo and radiation gradually and systematically shut down his organs. Finally, he chose to leave his physical body on 24<sup>th</sup> November 2014. The family, most especially his parents were inconsolable. My daughter’s letter to Navzad on his first death anniversary throws some light on his life and death.

### ***To my bro, Navzad...By Sherzan Daver***

*My dearest Navzu, you are not just my cousin but a close sibling: A big brother, being four months older than me.*

<sup>24</sup> Define regression: the act or an instance of regressing; a trend or shift toward a lower or less perfect state: such as — regression in a sentence. ... towards a lower or less perfect state: such as. a :progressive decline of a manifestation of disease.

*Our mothers were pregnant at the same time. Yes, my mum had me knowing you would be around for me to play and grow up with. Both our families migrated to Australia at the same time I came from Canada and you from India when we were just one year old. We initially lived in a joint family. My earliest childhood memories included you in everything: meal times, bathing in the same tub, playing in the sandpit, making sandcastles on the beach, going for picnics and yes every day going to the same day-care, Mama Salty who funnily toilet trained us at the same time. We entered pre-school, kindergarten and primary school together; being scared and shy, I never told you so, but secretly I was always grateful for your presence. We even went to the same class for a year. I remember that year we could not escape from homework as our mothers consulted each other and we would get caught out. And then like true blue siblings we had our inconsequential infant brawls and competitiveness over trifle things. Sometimes we even mischievously provoked and then blamed the other, much to the utter ignorance of our parents. We shared an intense love affair with Pokémon and a common preoccupation with junk food. We often had intense scuffles over who would get the last chip and of course I would win. And if I didn't, I just had to cry and you would give in. To fast-forward, at 12 years, we went to different high schools. You had a strong affinity for everything boys do computers, football and heavy metal music and I had to the arts and music and the girly stuff. We went through the "awkward teenage" phase where the wind blew us in different directions. And then unknown to all, a thunderstorm was slowly brewing in your head, then a volcanic eruption happened, detonating us into shreds. The Medulloblastoma: tiny tumours of malignant nuisances, hurled you into excruciating pain. The light began to waver for us all in the family. I never told you, but I was deeply pained with the endless surgeries and countless treatments*

*that you had to go through. Finally, your misery departed and your spirit was set free. My dearest Navzu, I miss you dearly, there is so much I want to tell you and so much I want to share...I know you are still with me and not gone anywhere. In quiet moments, I often talk to you and even ask you what to do. I want to tell you that in the end love is all that matters. And I love you. You will forever live on in my heart. Cancer took you away for reasons I cannot understand, you were just a child when you left us, but you truly died as a man.*



Navzad on 10/11/2014 a few days before his passing on 24/11/2014

I believe I had a special connection with the spirit of Navzad passing over in the last ten days of his life. I felt his spirit transiting until finally, he was at peace. During Navzad's final curtain call, the family was touched by many spiritual experiences. In a coma state, I was communicating with him. His last most important message was that we are all ONE. Doubting my telepathic abilities, I requested him for a sign. He had not physically moved his limbs for days prior to my communicating to him. However, he did give me an indication; he lifted his head slightly in an endorsement. I was delighted that my brother-in-

law, Vispi also witnessed this exceptional occurrence. Navzad had few lessons to learn but his forbearance, love and humor throughout his illness impacted and transmuted the lives of so many. Navzad's legacy carries on, to teach all to be ONE.

It was at this time, emotionally charged, I wrote a letter to Baba, to please make me His instrument, particularly to serve His children affected with cancer. I am uncertain whether this Higher Self prayer of mine caused the next event to unfold, but I believe it was one of the reasons for the experience of my cancer, personal *karma* being another.

It feels appropriate to share about another brain cancer child client that I had the privilege of serving here. Many years ago, a three-year-old boy presented with brain cancer in my healing room. His parents brought him; His father was Caucasian Australian, the mother was of Chinese origin. The boy was a delightful, happy, playful and enormously enchanting child. I named him my "little Buddha", as he was a wise old soul emanating copious amounts of love and Wisdom. His *chakras* were open and full of vibrating energy. I was in deep in meditation one day, my hands sending divine healing energy to his little body, asking Baba why this boy had so much suffering. I received that he had come to help his parents resolve their issues. Up until then, I was not aware of this; in communicating with his parents they confirmed this. Marriage counselling ensued. The boy passed away soon after. Unfortunately, the parent's marriage did not survive, his mother returned to China, but I believe many lessons were learnt. Research studies indicate that 90% of patients do not survive brain cancer, especially children. Only two in ten children diagnosed with brain cancer will survive for at least five years.<sup>25</sup> The medical causes of brain cancer are still unknown but my hunch is these pure souls have little *karma* left to endure; they come to benefit those around them.

What did I learn from these experiences? The spirit decides the time of exit before it comes into the body. Children are old souls. Vispi had

---

<sup>25</sup> Australian Institute of Health and Welfare 2017. *Cancer in Australia 2017. Cancer series no.101. Cat. no. CAN 100. Canberra: AIHW. Table 9.5(b): Survival and prevalence of brain cancer, by sex; pg. 85, Feb 2017.*

a couple of dreams when Navzad was young, of him hurting his head. Vispi understandably did not know Navzad would get brain cancer then, but now in hindsight, he was being prepared for the event. Further, I realise that we invest considerable time in training children for their careers, focusing on them doing well at school and University but we do little to prepare them emotionally or to grow their souls, or teach them about the afterlife. Death is rarely spoken about as a natural occurrence of existence. Terminal illness can be distressing especially for children; those in palliative care need more emotional and spiritual counselling. Further, life is short, we need to love more and not take each other for granted, involved in petty disagreements. A soul affects a myriad of people, who are actually part of their "group souls", at the time of incarnation and departing from the body.

### My challenge

I have an interest in numerology.<sup>26</sup> Though my understanding is limited, I often see divine connections between events and numbers and often get confirmations from Baba through numerology.

The wisdom of numerology is ancient and goes back to great teachers such as Plato and Pythagoras. Pythagoras said that the Universe had mathematical details with each number having its vibration, meaning and value. He proposed that "*All is number*" or "*God is number*" and considered each number to have its character, personality and significance. On the other hand, Plato believed that everything the Universe created was from basic geometrical shapes derived from numbers, such as triangles (from three) and cubes (from four). I will discuss this again in the *nama sadhana*, which Baba guided me to, that incorporates sacred geometry.

I noticed three 888<sup>27</sup> appearing in the dates of the major occurrences

<sup>26</sup> Numerology is any belief in the divine, mystical relationship between a number and one or more coinciding events.

<sup>27</sup> From [numerologysecrets.net/numerology-888-meaning/](http://numerologysecrets.net/numerology-888-meaning/)

When you see the number 888, prepare for change in your life. 888 reveal itself when your thoughts and vision for your life are in alignment.

that were to follow. I intuitively felt that Baba was going to be with me throughout my illness. On Saturday the 8/8/2015 = **8**, I received two letters simultaneously from the Breast Cancer Screening Association in Australia asking me to participate in their screening program. For four years I have been receiving these letters and my response, much to the horror of my husband and others, was *"I have no time for this, if the good Lord needs me to do this screening, He will tell me."* On this day for some reason, I instinctively felt uncomfortable and decided to call them. Tired and impatient with being put on hold for over 15 minutes I decided to feel my breasts and do my screening. Seated on the sofa, I felt something in my right breast. Confused, I wondered, was that a lump? I mentioned this to my husband, adding it was probably nothing as I could only feel it in a lying down position.

The ego or the mind is nothing, yet in this world of *maya* or illusion it becomes everything as it judges, defines, interprets and projects. The mind was creating worry. Questions flooded my mind: was my life going to change drastically now; could I surrender; could I accept the affliction with 'Thy Will be done'?

The following day was Sunday, the 9/8/2015. Most doctors in Sydney do not work, but as mine had opened a new practice, she was miraculously working. I walked into the clinic, and through His Grace, there were not many patients in the waiting room area. She took me in immediately. She confirmed, of course *"Yes, there is something there, and you are not to take things lightly."* Being diligent she organised tests and appointments with a specialist immediately.

She was enlisting an expert, her fellow colleague in a remote suburb. At that moment I mentally said to Baba, *"Baba, please, You organise the*

---

[numerology4yoursoul.com/what-does-888-mean-numerology-focus-on-power/](http://numerology4yoursoul.com/what-does-888-mean-numerology-focus-on-power/)  
*In essence, it is stepping out of your comfort zone, letting go of your fears and self-judgments and seeking empowerment for yourself and those you touch.*

[www.biblestudy.org/bibleref/meaning-of-numbers-in-bible/8.html](http://www.biblestudy.org/bibleref/meaning-of-numbers-in-bible/8.html)  
*The number 8 in the Bible represents a new beginning, meaning a new order or creation, and man's true 'born again' event when he is resurrected from the dead into eternal life.*

*specialist". I explained to my doctor that I could not transport myself to her colleague as my husband was also just out of the hospital after leg surgery. She randomly searched the Internet and found a hospital only 15 minutes away from my home! I later learnt that Baba had chosen the "best" specialist surgeon not only in the hospital but also in the whole of the Sydney area. Being without family around me then, the news of the lump initially jarred me, and I was in a state of shock. I was running to the toilet with many butterflies in the stomach. "What, is this actually happening? "*

I composed myself once I started the drive home, AL-ONE with Him. I recall His words, *"Child! Why fear when I am near? The harder the circumstances, the more trying the environments, the stronger are the people who come out of these conditions. So welcome all these outside troubles and anxieties. Out of the churning of milk comes butter, and the butter is God..."*

### Am I returning to Pure Love?

The mammogram was scheduled for Tuesday, 11/8/2015=9. My husband was immobile as a result of a leg operation, so of course, Baba knew of my earlier anxieties and orchestrated my niece to accompany me for all the tests. The mammogram confirmed three large lumps on the right breast and calcifications on the left one. The official results were sent to the oncology surgeon.

On Sunday the 16/8/2015 (7-8-8) a spiritual healer and dear friend Charlene came to see me. Over the 20 years that I have known her in this life, we have met a few times. However, when we are meant to connect, it so happens that we always do. We seem to be on a similar spiritual wavelength, and in her presence I always feel Baba's appearance quite strongly when we meditate together. On this occasion, I was in my healing room just chatting with her about my circumstances. Before that, we had connected with Swami through *nama* or chanting His name. I had Swami's robe on my bare body asking Him for His presence, my hands on my breasts, we started chanting His name. Before I knew it, an automatic physical shaking

of my right hand started. Then my whole body continued shaking intensely as if from a cold shiver. This trembling continued for more than one hour. I was not alarmed since I have had this experience a few times before in meditation. I had read in Sri Sathya Sai Baba's *Tapovan*<sup>28</sup> that some people experience a shiver like sensation when the divine energy is flowing through deliberately. Baranowski<sup>29</sup> felt this shiver when delivering a speech in front of Swami, and he explained: *"This shiver is **not** out fear. The supra-human aura that surrounds Baba in indescribable glory is so moving that my body is shivering uncontrollably."*

After the birth of my daughter, my right breast became markedly bigger than the left breast, so much so that my husband also noticed it. After my session with Baba in the presence of Charlene, I went into the bathroom for a shower, and as I looked in the mirror, I was ecstatic to find both breasts were the same size. Was that a miracle or was God giving me some message? I believe every life, every experience, every moment is God's miracle. Of course, I had no doubt it was another phenomenon. I was in a state of gratitude and deeply thankful even though the lump was still there. Deep down I knew the compassionate Divine Mother was doing something ethereally. How could both breasts magically become the same size after nineteen years? Was He telling me something about **Equality and Oneness** symbolically? Was this my lesson to be learned? God often talks to us through symbols and signs. I do not understand it all but I was in total acceptance; I knew He was orchestrating all that I was experiencing. I ceased the analysis of the mind and instead went into a deep state of gratitude and acceptance of His presence.

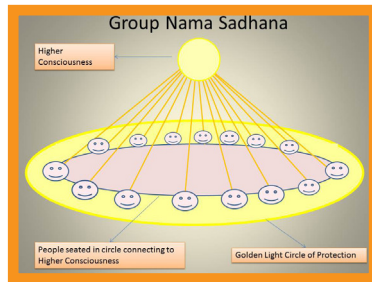
On **17/8/2015 = 8**, another 8, Professor Michael Hughes, my surgeon

---

<sup>28</sup> In the Sathya Sai Baba's Sathcharithra Tapovan page 241

<sup>29</sup> Dr. Frank Baranowski (died 2002) was an American regression therapist, specialized in research on auras, the energy patterns that surround all living beings, and worked at the university of Arizona. He was supposedly an expert in bio-magnetic field radiation photography. He has photographed and interpreted the auras for numerous men and women using the ultra-sensitive Kirlian camera. He saw and met Sathya Sai Baba in the 1970s and claimed he saw a vast aura around him. His perceptions are quoted in the commentary to the Richard Bock film 'Aura of Divinity' (1970s 2 parts).

finally got all the results from the mammograms, biopsy, MRI, CT scan and bone scans. He stated on that day, in a matter of fact way that the right breast had three abysmally large tumours, which had to be removed immediately. Before entering the doctor's rooms, I had meditated and surrounded the whole room in a golden circle of light. I visualised the doctor, my husband and I inside a huge pyramid and at the apex was my beloved Baba, all of us connected to Baba. (Similar to diagram in group *nama* exercise)



Throughout this consultation, I kept surrendering to the LORD saying, *"This is your body, You decide through the doctor what You want to do. I will just flow with Your Will; Thy Will be done"*. Of course, I was experiencing some amount of fear, and hence at a mind level I wanted to be healed, but I had to work on the brain continually to surrender the outcome. I decided to consciously choose life, to love and Be God as I am passionate about learning from Him through service, but I had to relinquish all thoughts, emotions and outcomes and trust Him fully. My need to serve Him also had to be abandoned.<sup>30</sup>

I greatly wanted to go to India at the beginning of the following year to work at the newly inaugurated SSS Wellness Centre and to be with my spiritual family but that too I submitted. He knows best and knows what is for the highest good of all His children. The nature of the ego is to take control and take action. My spirit had to transform into

<sup>30</sup> [media.radiosai.org/journals/Vol\\_02/06March15/03...Sathya\\_Sai.../sai\\_speaks.htm](http://media.radiosai.org/journals/Vol_02/06March15/03...Sathya_Sai.../sai_speaks.htm)  
*Divinity can be attained only when the body, the mind and the soul are all surrendered at the Lotus Feet of the Lord. As long there is a feeling of duality, a sense of I and you, the notion of mine and thine, the Divine state cannot be attained. Baba*

being “No-thing” and no one – I had to practise spiritual detachment. I consciously and frequently had to choose to be **no one** and **no-thing**. The mind is a powerfully, devious instrument; it darts uncontrolled into the future, and the past, FEAR and agitation then trap the senses. I had to keep praying to Baba to release all my and my loved one’s worries that were bombarding me. It was tough to repeatedly go into the NO-MIND, no judgments, and no analysing state of being. I had a choice: I could regress to my ego’s past, with all the guilt, shame and regret, for wrong decisions, hurt and pain caused to self and others; to the place of separation from God. Or I could return to nonduality, non-separation, my Truth, my True Reality where God and I are ONE.

I was frequently practising *Atma vichaar*: Firstly I had to be conscious of what my mind was mis-creating then ask to remove the negative thoughts and emotions. In this early phase of cancer detection, I had to do this constantly. They say old habits die-hard. I became aware that I had constant fear and I had to keep working hard to return to LOVE. Being a co-creator, Baba said in no uncertain words; I had to take 100% responsibility in shaking off my negative thoughts, judgments and other people’s negative thoughts and influences. Go into “*no mind*” He said consistently. My intention was and is to enjoy this journey, to learn to practice total surrender to Him with faith, trust and perseverance. Miracles are His Grace but to secure that I knew I had to take full responsibility for my healing and purification journey and not be attached to any particular outcome.

Assuming responsibility for the consequence of one’s karma implies witnessing the distorted thoughts but without blame. Guilt keeps us trapped projecting unreality. The human monkey mind is critical, judgmental, creates desire seeking to control. A Divine Mind is free from judgment and ego consciousness. A transformation has to take place by asking God to change you. Every day in every way I desired to connect more with Him. I spent more time reading, meditating and listening. I am eternal *Atma*. I then severed myself from all thoughts of possible outcomes.

## The Biopsy

The word "biopsy" is a combination of the words "**bio**"-logy and "**psy**"-chology. Therefore, the process of testing for any illness ought not to be just physical but involve the psychological status of the patient. Unfortunately, this does not happen in the mainstream medical interventions. On hearing my diagnosis, I wanted to understand how I had inwardly and without awareness created my illness. Understanding the psychology of disease creation is really about taking the journey within. I think it is vital for the medical profession to emotionally and spiritually understand and support patients prior, during and in the waiting period, before the "biopsy" results are confirmed. Shock, panic and anxiety flood not only potential patients but also their families at this time.

Not having professional emotional backing at this time, I asked Baba to bring to my consciousness whatever I needed to learn, understand and process. The biopsy was scheduled for the 11/8/2015. I had a counselling client first thing in the morning; I tried many times to contact her to cancel, but I failed to make contact. I surrendered this orchestrated complication and trusted that Swami wanted me to see her. Perhaps there was something I needed to learn from her. We all attract into our lives people we need to either learn from or teach. Often Swami may use me as an instrument to help someone, but in the process, I was also learning about myself. He says, "*You are only serving yourself when you serve others*". The people who come into our lives benefit us to reflect ourselves back to us. We are all cells in the body of God; in Him, we are all ONE.

*Whatever you do to others, your feeling must be that you are serving yourself. In fact and in truth, whatever service you are doing for others you are doing for yourself. Baba<sup>31</sup>*

I learnt that at a micro-level and macro-level there were distortions in both our male and female energies. Human beings have a male and

<sup>31</sup> Qualifications for Selfless service: [www.saibaba.ws/teachings1/selflessservice.htm](http://www.saibaba.ws/teachings1/selflessservice.htm)

female aspect within them. The balance of Shiva/Shakti was disturbed through centuries of anger, arrogance, violence and ego. I saw in my inner vision as I worked on this client, her **perceptions** of being inferior, feeling suppressed, dominated, controlled, lacking equality, without a voice and in the energy of un-lovingness in her relationship with “males” in her family. I have highlighted the word ‘perceptions’ because that is all that it is. Perceptions are not necessarily the TRUTH, but only our interpretation of an experience from the point of limited understanding and emotion. She was in a few relationships with males where she felt lonely, unloved and inferior. Being His instrument, I cleared her vibration through prayer, energy work and invoking the presence of God. I became aware I needed to purify myself too. In retrospection now, I wonder whether my mastectomy (removal of breasts) was symbolic of me entering a state of male and female energy equilibrium? The body is an echo of the internal energy. Divinity is *Ardhanarishvara*, half male and half female. Swami and Source Energy is *Shiva* (male) and *Shakti* (female) energy in perfect equipoise. Was my illness due to an imbalance in my *Shiva Shakti* energy?

Our human reality is created only by our perceptions, and our feelings about and reactions or responses to those perceptions. Our self-image is dependent on what others think and say about us, how they treat us and how they make us feel. There is only one Truth: We are God, and everyone and everything is God. For instance, I was labelled “podgy pudding” as a child. Unfortunately, I accepted that description and made it my own. My thoughts created sad feelings, which caused emotional eating and eventually a fat body. People may trigger sad feelings in us by their opinions and judgements but we should have inner strength, awareness and discernment to not allow their “insults” or opinions to affect us. My clients and I needed to become more conscious of the thoughts and emotions we were creating by accepting or rejecting the emotional garbage of others.

I was not blaming or pointing the finger at anyone in her life or mine. We decide to become victims when we blame others or carry guilt. We then choose in our thoughts, words and actions to feel and think that we are less than God. Most people cannot understand the concept of

being God. But our true inner reality is we are part of God energy. Baba says this, and so does Jesus, who said, "*I and my father are one*".<sup>32</sup> So when someone brings us a garbage bag (of control, domination, suppression or bullying) and we accept it, and perceive ourselves as casualties rather than as powerful children of God, we decide to become less than Love. There is no good or evil in the realm of Truth as Wisdom is beyond the mind and does not involve comparison or judgments. We experience Oneness when we stop projecting our inadequacies. Marion Williamson explains this beautifully:

*Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.*<sup>33</sup>

For instance, as a child and young adult I was very fearful and lacked the ability to speak up, often suppressing my hurt when being bullied or controlled by others, this had built up inner anxiety and worry culminating into illness. I had to overcome my fears and learn to communicate assertively and effectively.

*Communication between two or more people involves a lot of different mental mechanisms. One part of your brain is controlling your listening ability. Another part of your brain is deciphering what the other person is saying. Another part is formulating what to respond with, and another part of your brain is used to share the response. It takes*

---

<sup>32</sup> John 10:30

<sup>33</sup> A Return To Love: Reflections on the Principles of A Course in Miracles, Harper Collins, 1992. From Chapter 7, Section 3 (Pg. 190-191).

*a lot of mental energy to hold a conversation, even if it doesn't seem like it. So it should come as little surprise that when your mind is overwhelmed with anxiety, it could impair your ability to communicate.*<sup>34</sup>

When we communicate, are we articulating our thoughts or are we suppressing or venting our emotion? I do believe one needs communication skills with emotional intelligence to create holistic health and wellness. It is primarily a matter of being conscious and aware, and being willing to process and identify emotions to express them appropriately for the situation. We will look at communications in more detail in the chapter on communications.

Holistic Counselling is a process of unraveling our ego self and our distorted thoughts and perceptions. The undoing of our ego is a process of Atonement. I was ready to rectify my past mistakes through a process of forgiveness. I soon learnt that there are no neutral thoughts; thoughts exist in one of two polarities: either Fear or Love. We can choose to accept or reject distorted perceptions others have of us, or we have of ourselves. God sees us as **equal** to Him. Humans play power and ego games with each other and even within ourselves. We see others as superior or inferior to us; we create inequalities of gender, colour, race, nationality, religion, caste, position, status and even sexuality in our relationships. Once you recognise these ego games, the next imperative is realignment with divine Truth. All thoughts of loneliness, pain, guilt and fear are not real; all thoughts that stand outside of the Mind of God are illusions or *Maya*.

*The world has not yet experienced any comprehensive reawakening or rebirth. Such a rebirth is impossible as long as you continue to perceive through the mind, project or mis-create. - A Course in Miracles.*

Now coming back to my client, both of us needed to release our negative thought patterns. I invited my client to perform the *Cutting*

---

34 How Anxiety Can Impair Communication - Calm Clinic [www.calmclinic.com/anxiety/impairs-communication](http://www.calmclinic.com/anxiety/impairs-communication)

*the ties that Bind*<sup>35</sup> process. I realised the need to release the distorted energies within me and those around me. My client's distorted thoughts and negative emotions were trapped as energies in her right breast. She was teaching me to look at my distorted thoughts and perceptions. My client co-incidentally also had breast cancer in the right breast and a few other similar life experiences and emotional garbage as myself. Baba was thus guiding me to deal with my own issues. A breast is a symbol of nurturing and the right side symbolic of the male (*Shiva*) energies. Were we using divine Wisdom to cherish self? Were we standing in our Truth of oneness and equality? As I did the figure 8 in deep meditation, I was asking for infinite LOVE, WISDOM and GRACE and a release of a lifetime of *karmas* for my client, my loved ones and myself.

**Meditation exercise- 2.1-** Rama and Krishna (Balancing wisdom with divine love) on CD.

### **Surrendering to His WILL, am I response - able?**

A lump in the clump, no larger than a grape  
 Unleashed a force to leave my world agape  
 Slow at first but gathering pace,  
 Waiting to display its hidden, ugly face.  
 An unconscious, habitual garbage collector I have been,  
 Do I really have free will and choices to live out HIS dream?  
 Surrendering, I hear His voice, with infinite wisdom, love and  
 rejoice:

*"A new path for you to travel,  
 A different journey for you to unravel,  
 Why FEAR when I am near, I am always with YOU, in you, MY  
 DEAR."*

<sup>35</sup> [www.phylliskrystal.com/469.html](http://www.phylliskrystal.com/469.html)

*We are all bound by invisible chains that bind us, block us and keep us from being who we really are. These ties come from childhood from family environment, culture, fears or reactions to events that took place years ago.*

A conscious decision made with His permission,  
A tough road to travel through my admission,  
Lying in bed day after day,  
Hiding from animated sun's rays.  
Reminiscent of the next needle,  
A deliberate poison pumped through the veins,  
Live cells, my living angels loosening their reins.  
I hear their crying revolt  
A sudden jolt and awakening begins...  
I am but response -able.  
He transcended poison and soil,  
To teach and Serve One and ALL  
Who am I, if not Him?  
A fight ensued to restore my sight and WILL,  
The dancing angels dressed in red and white returned restoring  
their might.  
In gratitude and eternal love I shall forever be  
For who is HE but ME.

**- Huzan Daver, Sydney Australia 18/3/2016**

I began reviewing many aspects of my life, but I had to do so without judgement, guilt or shame. What had I learnt so far?

1) **I created this illness, not God.** I had ample evidence of this. For instance, when my 19-year-old nephew passed from brain cancer in November 2014, I asked Baba, might I have the opportunity to serve people with cancer? Was He teaching me to understand cancer from personal, first-hand experience, from within so that I may help people with cancer? I also wanted to learn, then teach and inspire others about the importance of holistic wellness and health. How could I be a role model without actually experiencing and practising wellness at the thought, word and action level? I was slowly becoming aware of the many "mistakes" I had made in life: over the years I had not taken care to eat healthily and exercise regularly. Was I practising His message of "*Your body is His temple?*" I had put considerable effort into my

spiritual *sadhana* of chanting, meditating, reading and serving but not practised or fully understood nurturing and taking care of the body. I asked God to help me, and of course, when you sincerely ask for help, He responds. I began receiving more guidance about healthy diet and exercise. I had to start taking more responsibility for body care.

2) **Did I love others with wisdom?** In life, we experience many injustices and painful occurrences. Therefore if we were to cling onto these experiences with anger, sadness or fear, it is unhealthy as the body reflects and manifests the deeper emotional struggles we endure in life. Psychoneuroimmunology is the scientific study of how psychological dysfunctions affect the immune system. This research is proving what Baba has repeatedly said that illness stems from the poison of the mind. Real love is not blind. It is making conscious choices with wisdom and introspection. He expects us to love with wisdom, to be assertive and speak our Truth, to be aware of what we are doing to create "*stress, hurry and worry*".<sup>36</sup> Was my life really in balance? I was at times running around juggling the many roles I had, as a Sai devotee, daughter, wife, mother, sister, friend, counsellor and teacher. Was I a role model of the benefits of practising Holistic Wellness? I observed, acknowledged and accepted all these "mistakes" and much more and yielded to the Lord, asking for His mercy and grace to help me create balance in my world. The key was to give up the roles with which I identified. No one is indispensable; God is the Doer and Director. Could I give up all these responsibilities that defined me and be a no-thing? For many days, weeks and months I was forced, through my illness and the treatment to experience just lying in bed being a no one in nothingness. If it was His Will, then I could.

3) **This illness had a purpose.** My interpretation of the cancer was that I had to accept responsibility for my poor choices in life having been given an opportunity to realign my thinking to His Will. I submitted to chemotherapy and radiotherapy and all other mainstream medical treatments. Primarily, gripped by fear having heard about the side effects of these therapies. I drew on my faith and trust that He was

---

<sup>36</sup> Baba has often said "*hurry, worry and hot curry*" causes illness.

in control of my entire experience, moment to moment. He was the Director; I was the actor under His guidance, and the same applied to all the medical personnel who treated me. I learnt from previous experience: when He wanted me to come to India He would organise everything from the tickets, the family, my work schedule, all would automatically fall into place. I had to move from a state of mindfulness to a state of mindlessness to fully grasp His Divine Play and let His Will be done.

**4) Going into Silence was the only way open to me.** I had to connect to Him by actively listening to Him, more now than ever. This meant more time in silent meditation. I needed to exert every spiritual muscle I had to be aware of my thoughts, words and actions persistently. Am I thinking, speaking, and acting with love like Swami would or am I projecting my fears and ego consciousness?

Swami said clearly, *"This world of maya is a projection of our mind"*. Projection happens when you believe some emptiness or lack exists, filling your mind with hindering ideas instead of Truth.

*Miracles are thoughts. There are two kinds of thoughts. Thoughts of the bodily world experiences or there are thoughts of the spiritual higher realms of experience. One makes the physical one makes the spiritual.*<sup>37</sup>

The key is to make the physical experiences spiritual, bring heaven to earth. The ego lives in time, in history, in a story whereas the *atma* lives in eternity. We have therefore to give up our identity, stories, history and live in **nothingness**, attached to no-one, no-thing but God. We can do this through daily *atma vichar* meditation, which will be explained in detail later on in the book. He was undoubtedly beginning to make me understand this, even though the lesson was so testing.

---

<sup>37</sup> [www.miraclestudies.net/50P\\_12.html](http://www.miraclestudies.net/50P_12.html)

## The mastectomy

The doctor wanted to schedule my surgery within the following two days. I wanted a week to nine days to pray, meditate and BE so that I could tune into Him for this important decision of treatment. I got nine days. It was Baba's Will, through the doctor who only operates on Wednesdays, that the surgery took place on **26/8/2015=8**. Another 8? Making it now 8-8-8. What was Baba saying to me? I recognised His subtle signs and messages in all the decisions, small and big, affecting me. Only through my total surrender could His Will, Wisdom and Love deliver me from my turmoil.

A friend sent me an article on the significance of 8-8-8 by email (see in the box below) at that very same time. My insight into the 8-8-8 signposts that had been popping up in all the milestones of my cancer experience was that this illness could have some spiritual significance?

When we individually shift at a micro-level, I believe we affect each other and the ALL at a macro-level. Many spiritual mystics believe that the 8th August 2015 is one of the most potent, high-frequency days of the year, with remarkable potential for positive change, both universally and individually. According to Numerology 2015 is an 8-year ( $2+0+1+5 = 8$ .) When placed on its side, the 8 becomes the symbol for infinity  $\infty$ . The number 8 is associated with harmony, balance, abundance and divine benevolent power. This is very pertinent as we are now stepping more into our roles as co-creators of a New Earth with infinite creative possibilities. The 8th August is the high point in what is known as the "Lion's Gate". During this time Galactic waves cleanse the Earth with light keys and codes to assist in the evolution of the planet for the next cycle.

### ***The Intuitive Messenger Mitchell Explains Lion's Gate 8.8.2015 = 8.8.8***

*The energy of the Lion's Gateway is about pure potentiality and endless possibilities. The gateway is a portal where*

energies of other higher dimensional galaxies pour into our planet and thus our lives. The energy is full of light codes meant to assist the transformation and evolution of our planet. Light codes are a type of language all their own. They are of a higher frequency and vibration than we have been experiencing to date on Mother Earth. They are meant to raise us up into higher dimensions. These higher dimensions are about **Love and living as One**, essentially delivering the message of Unity. Since 2012, we have felt many different energies building, helping to assist humanity in ascending into a more highly evolved, dimensional space of love, harmony and peace. The energies of the Lion's Gateway are delivering us even more intense and powerful energies for us to use for transformation and manifestation personally and globally.

For each individual, the energy asks you to step into your power, using your strength and courage to co-create whatever you wish with the energies. By moving forward into your authenticity, the energy offers endless possibilities. This is a time for creating or building upon your passions and purpose, which will then bring abundance and prosperity. It is about stepping into your own center and limelight, bringing your dreams to life. When you work with the energies in this manner, you are co-creating a better now and better future for yourself and all of those around you.

Light workers during this time, and for years before, are serving as anchors to ground the higher vibrational energy into our world. Being a light worker myself, it has been energy wave after energy wave this year...this year of abundance. It's both exhilarating and exhausting; as the human body attempts to adjust to these new frequencies and vibrations we are being sent. Light workers, light warriors and light bearers are all here working to assist the world in becoming a healthier, happier and heavenly place to live together as One. The energies of this 8-8-8 portal

*are for each of us to use to better ourselves, and our world, co-creating and manifesting our dreams. These energies deliver the message of Unity and co-creation, recognizing we are all interconnected. I'm honored to be a member of **The Wellness Universe**, which is entirely about co-creation, as we support each other's businesses, messages and more of health and wellness in all areas.*

*It is important to note this is the first of three days of this energetic power of the 8-8-8. The second occurs on August 17, 2015 (where  $1+7 = 8$ ) and the third on August 26, 2015 (where  $2+6 = 8$ ). Essentially, three days of the intense, wonderful energy & the power of Triple 8.*

*May you use the energies to empower your abundance and prosperity, co-creating your passion and purpose, which helps lead to a world of Unity in harmony, balance, love and light.*

*Namaste!*

*Heather Corrine Lane*

I recognised that my illness was about a spiritual, emotional, mental and physical cleansing and clearing to help me grow in divine consciousness. I have never felt more in His presence than during my time of illness. Every step of the way I know He is stage-managing the entire drama, guiding me and healing me of lifetimes of *karma* trapped in my subconscious mind and even healing all those around me. What incomparable, bountiful Grace from the Divine Mother and Father! How blessed are we to know His presence in this *yuga* (time period) on the planet?

I was in the hospital for ten days. He sent me the support I needed as my husband was still convalescing after leg surgery. During that time I walked around the hospital corridors chanting His name, visualising all the cancer patients in His light and care.

The amputation of any parts of the body can be quite traumatic for most people. Women having mastectomy surgery are known to have

body image issues resulting in loss of self-esteem. Fortunately, I was not emotionally traumatised by the surgery. In fact, I saw the body amputation as the Universe sending me learning in spiritual and body detachment. Spiritual renouncement is exceedingly difficult to accomplish. Honestly speaking, I have a lot to grow, as I am so indulged in material comforts and moreover I always took my body for granted. Baba had always said, nothing is permanent in the material world; the body too degenerates. With the rapid disintegration of my body, due to surgery, and then more so, with chemo and radiation therapy that followed, I had to learn to love my *atmic* self. This was quite difficult when well-meaning loved ones, would subtly react to my sudden body changes. I was sensitive to their responses but surmounting what other's thought of me, was also my lesson. Baba has said, to be eqanimous in all situations; forbearance to the insensitivities of others and even to discount flattery and praise. I acknowledge people's sincere intentions but deep down I realise my spiritual lesson is to go beyond body identification and to equanimity in attitude to the purity of my soul.

*Surrender to me only. When that surrender is complete and all acts, words, and thoughts are dedicated to the Lord along with all their consequences, then He has promised that He will set you free from sin and sorrow.*<sup>38</sup>

### Cancer Support groups

The hospital where I was undergoing my treatment had a "support group" who would meet once a week. They consisted of eight to ten ladies who were either going through breast cancer treatments or had survived the illness. Volunteers who had themselves been through the cancer journey facilitated the group. I chose not to continue after the first two sessions. I found that the discussions, which were focused on the harmful side effects the ladies were experiencing, made me more despondent. The main aim of this support group was emotional catharsis through sharing. Some education also transpired. However,

---

<sup>38</sup> Sathya Sai Speaks 5, p54 – Pathways p175

after the individual contributions, these sessions necessitate some optimistic inputs, keeping a balance; with some humour and feedback about cheerful outcomes too or else they diminish in usefulness. There is a saying; "ignorance is bliss". I found it more helpful not knowing about every morbid detail of the damaging occurrences others experienced from the side effects of treatments. Perhaps the support group could instead routinely choose to focus on survival stories and those that have experienced "miracles". I believe support groups that do not make special time in giving hope to patients by including the wonders of a divine power are not actually "supporting" healing. Spiritually and through my professional experience I know that if you concentrate on pain you create more agony. This is one of the reasons I find watching the news, violent and scary movies repellent and keep away from them. You manifest whatever you focus on; I choose instead to have "giggle" nights with my girlfriends. Fun, laughter and humour are vital part of healing. I have now allocated "fun" times regularly, something I did not consciously incorporate in my life earlier. In a busy stressful life, unfortunately we forget to laugh. I whole-heartedly promote a laughter yoga class. This is discussed in more detail in Chapter 7.

## Chemotherapy

Chemotherapy followed after one month of rest from the surgery. A book and video called *Truth about Cancer*<sup>39</sup> by Ty Bollinger was given to me, at this time. The information from these videos was thorough, thought provoking but also quite overwhelming and frightening. It made me realise the systemic disease that exists in the entire mainstream medical profession and pharmaceutical industry. I only got through three episodes and had to postpone watching it as it aroused further distress and confusion within me. '*Should I go through chemotherapy*' was my question to Baba? Eventually, I was guided by Baba in a dream to accept the chemotherapy. He did not explicitly say so, what He did say was, "*I am with you (whatever you do)*". Since my family was so adamant that I chose the mainstream medical model for treatment, I

---

<sup>39</sup> *The Truth About Cancer: A Global Quest | Cancer Documentary* <https://www.cancertutor.com/global-cancer-documentary>

decided to cause the least tension to them and follow through with chemotherapy. I attended the weekly chemotherapy sessions armed with *vibhuthi*, His robe wrapped around my body and His name on my lips.

The after effects of chemo were horrendous with many nights of insomnia and an inability to consume water or food. The weakness set in, and I was unable to even get out of bed. The only thing I could do was chanting His name quietly in my head. Undesirable thoughts enveloped me like a whirlwind. I was at times so negative that thoughts of death were my only solace. Chemo drugs are toxic poisons being pumped into the body, slowly killing of good and bad cells. Swami always said that we return to nothingness. *Mukti* or final liberation is to go beyond good and bad *karma* into nothingness. Chemotherapy was an opportunity for purification. It was teaching me to go beyond good and bad: to nothing. In *kriya yoga* and meditation there are exercises to practise to stare into nothingness and be in nothingness. In killing of my good and bad cells, I was moved to have glimpses of No-thingness: non-judgement, no-mind, even disconnection to the body. In life we are quick to make judgements of others and even ourselves, we need to remember to go beyond the good and bad to nothingness. I prayed that He allows me to serve Him or return to Him.

Being near death brings many lessons. I have discussed these later in the section Palliative Care in Chapter 8.

### The dream

Dreams are an important means of divine communication for me and many other devotees. I have learnt that Swami's dreams do not happen without His will and His dreams are more real than our human reality. I have also been taught not to analyse and judge a dream but to try and interpret and accept His message, if possible. I do not generally share my dreams in order to avoid stimulating the ego of the sharer and the recipient. I only share these to make the reader realise that God is the Creator, Destroyer and the Healer.

*Sometimes you experience nightmares and sometimes you experience dreams that fill you with happiness. All these dreams occur because they are accumulated in your subconscious mind. It is good that they find expression in dreams. Dreams are reaction, reflection and resound of things, which are within you. The same does not apply to dreams in which Swami appears. Swami appears in dreams only when He wills it and not when you want." Baba<sup>40</sup>*

I am relating one of the two most prominent dreams that emphasized to me His love, compassion and His power to heal. I had the first dream before I started the cancer treatments of surgery, chemotherapy, radiation and hormone therapy. Before the first dream, I was hesitant about going through the mainstream medical approach to treatment. I have abundant trust in His *vibhuti*<sup>41</sup> medicine and enjoy chanting *nama* and meditation so I prefer interventions through holistic, spiritual and alternative methods. My family, on the other hand, was very fearful after the loss of my nephew a few months earlier. They were very adamant and vigorously insisted on me going through all the suggested medical treatments. Being so utterly confused and distraught I prayed to Baba, "You choose for me the treatments, You want me to go through".

In my first dream, Swami was coming through a fire in my favourite fire temple (*Wadiaji Atash Behram*) in Mumbai, India. He was dressed in a white robe, He did not speak, but gestured and communicated telepathically, "Why worry, I am there, the power of God is greater than any doctor, medicine, therapy or poison". Then He asked me to kneel down and touch His feet.

40 The Dreams of Sri Sathya Sai Are the Truth Indeed <https://exemplore.com> › Dreams  
41 Sai Baba of India- Vibhuti's power to cure-Sathya Sai babawww.saibabaofindia.com/vibhuticure.htm

Different diseases, different methods and only the Divine Healer Himself knows the reason. All we can know is that this sacred substance that we have learned to call *vibhuti* is imbued with the divine power, glory and opulence to work great miracles.

I shall not go into details of the second dream as they have many personal messages but the second dream indicated to me that He had given me an extension of life.

I understood that He had asked me to repeat constantly: ***The healing power of God is superior and greater than all doctors, medicines; the power of God is higher and bigger than all our illness and problems.*** The supremacy of God's healing can remove any side effects, pain and disease if I believe it and have full faith in Him and surrender to Him. I am Trust. I am surrender.

My heavy heart and despondent mood lifted. I had to revert to full faith and full surrender, letting go of all outcomes. The Glory of God I shall always revere to inspire hope, positivity and healing in myself and for others.

### Radiation therapy

At first, I was fearful, apprehensive and had negative thoughts about radiation therapy. I meditated and chanted most of the day to know His Will. I deliberately chose not to read or work the intellect; instead I tried to focus on connecting with Him through my heart, meditation and chanting.

However, the mental confusion and agitation began with my consultation with the radiation oncologist from the mainstream medical practice, appointed to deal with my case. She began by systematically focusing on and highlighting all the negatives of my "illness" and "breast cancer" that was revealed in the biopsy of August 2015, nine months earlier. This biopsy report was formulated before my surgery (August 2015) and before the onslaught of chemotherapy, which started in October 2015. I had undergone surgery and chemotherapy thereafter. However she ignored this factual detail and continued to discuss my illness from this now outdated, invalid report. She candidly stated that individuals with my "extent" of disease had only 30% chance of survival, if I rejected the recommended treatments, which included radiotherapy.

She instilled sudden fear and panic into my husband who had accompanied me and me as well when she pronounced my illness as "advanced". Without care or concern for me as a patient or human being, she failed to analyse any of the results of the treatments I had received thus far. How could she as, no tests were undertaken after the surgery or chemotherapy to ascertain if there was any change in cancer cells?

Of course, I thought that the fault lay with her medical training or lack of it. I told her that I had no problems with doctors, but I was more partial to those who had an optimistic approach. I understood the mind and its workings and avoided pessimism even if the medical practitioners believed it was "factual, medical or statistical evidence". I told her that I believed in the power of God and His miracles. Unfortunately, like many doctors in the medical fraternity, her training did not include psychology of patient care, nutrition or any holistic approach to mind, body and spirit.

Furthermore, I was flabbergasted that after six months of surgery and pumping poisonous toxins in my body, the doctors failed to even suggest a simple blood test or any other test or scans to determine if there was any change in my condition. With horrendous side effects such as nausea, inability to digest food or even water, nerve pain, bone pain, headaches, extreme weakness, I would have expected them to be concerned. A bone density test was the only test suggested before hormone therapy, as one of the main side effects of this treatment is the weakening of bones.

The current medical belief in Australia, as reiterated to me, was that cancer cells hide and evade detection, so the doctors prefer not to do any tests after chemo- (or even radiation therapy). I believed this to be the standard procedure and protocol that oncologists followed presently in Australia. I was distressed that they still drew conclusions and advised further treatment: radiation therapy, based on the results of a biopsy test done nine months earlier. The oncologist assumed and expressly said so in a letter to me that three weeks after chemo my blood levels would "revert to normal", so radiation therapy should follow

closely. There was no factual evidence supporting this prognosis, and no further tests were considered, conducted or even encouraged to, ascertain if they did. Chemotherapy and radiation do not cure cancer but it is the only available treatments in the mainstream medical arena, the oncologist admitted this. Of course, this saddened me, to think that the doctors had limited knowledge of a remedy for cancer, but having faith in Baba, I surrendered to all medical treatments and continued to pray and meditate trusting His will. My attitude around all of this was to release all my trepidations created by the shortcomings of the medical interventions or even the team serving me. I continued to pray and surrender and leave the entire drama in Baba's hands. Although it was hard work to unceasingly hand over my fears that would erupt from time to time. My never-ending mantra being: the power of God is greater than all.

Chemotherapy finished on 24th March 2016, and I had a break to recuperate for a month (April) before starting radiation therapy on 5th of May 2016. Before undergoing the intrusion of this intervention, which I had apprehensions about, I decided to have some regular blood tests performed. I postponed the radiation therapy by a week or two and instead consulted with a naturopath. As discussed later due to the events that unfolded, I was encouraged eventually to go ahead with radiation therapy.

I always consult with Swami about any decisions, major or minor. I had written to Him about what I should do – accept radiation therapy or not? Interestingly, I wrote in my letter to Him saying, *'please let me know before Sunday'*. On Sunday I received an SMS from a girl residing in Canada but who was visiting Puttaparthi. She said, *"I have been thinking and praying for you while I am sitting near the Samadhi (tomb) of Swami"*. I requested her to write a letter to Swami *"Should Huzan do radiation therapy or not"*. She did and sent me a message that Swami wanted me to have the same. I asked her what signs did she receive from Him and she replied that she told Him to send two pigeons down to the right side of the *samadhi* if He meant yes, and at that precise moment two pigeons appeared exactly where indicated. Doubting Huzan wanted confirmation and asked her to repeat the

same. She replied she was on her way to the airport but her mother was still in *Prashanti* (Swami's ashram) and so she would request her to do the same. I have never met her mom who lives in South Africa. She wrote back that her mother had the same experience. Even though I was convinced that Swami wanted me to have radiation therapy I was bewildered, 'why'? There is evidence that it does not "cure" cancer and may have side effects, so why did He want me to undergo radiation therapy?

He answered my question in a profound meditation. I was serving a client when He gave me this insight: there is a systemic disease in humankind, in our medical systems, educational systems, governments, leaders etc. because of human greed and lack of knowledge and understanding about spirituality and God. He told me again the power of God is greater than all humanity, doctors, institutions, chemotherapy with its side effects, radiation therapy and its side effects, superior to all technologies and everything in the physical world. He wanted me to experience first-hand the healing power and glory of God. Doctors are also His instruments, but the real Healer is God. He said *"Why not have complete trust and faith and surrender to Me? Have I not looked after you at every step of this "illness"? Have you not learnt so much and still keep learning from all of this? If it is meant to be, the healing power of God will come in spite of anything you do or even do not do, so go ahead experience radiation or any therapy but the key is always stay connected to Me"*.

The radiation therapy proceeded daily for twenty-one minutes and finished on June 18<sup>th</sup>, 2016. In the month I had a break, I connected with many holistic practitioners considering them to be instruments of the divine. I am currently learning about accupressure, accupuncture, Neuro Emotional Technique (NET)<sup>42</sup> and holistic chiropractic therapy. Furthermore,<sup>43</sup> an integrated doctor prescribed a range of

---

42 *Neuro Emotional Technique (NET) is a psycho-emotional therapy based on the physiological foundations of stress-related responses. ... Thus, the physiological status of the body, through the process of remembering, is emotionally replicating a similar physiological state that was found in the original conditioning event.*

43 *a system of complementary medicine based on the diagnosis and manipulative treatment of misalignments of the joints, especially those of the spinal column, which are believed to cause other disorders by affecting the nerves, muscles, and organs.*

supplements<sup>44</sup> with weekly Vitamin C infusions to strengthen my immunity, which improved my energy levels. As fluids keep getting wedged in my body due to 16 lymph nodes removed during surgery, I also learnt about lymphatic drainage massage. I appreciated the holistic therapeutic interventions and their practitioners as I find they are more connected with spirituality and divinity and understand we are energy and vibrations.

Every morning I arrived at the hospital after chanting and meditation and applying *vibuthi* all over my body. At first, the radiation therapists did not approve of the “white powder”, but they finally allowed it. I explained what it is and its power to heal. I also hid Swami’s picture on my head under my hat. His photograph carries His vibration and I felt most reassured by His presence. It felt like I was entering a temple of healing. A meditation session followed while I was under the radiation machine. At my request, the radiation therapist played the *Gayathri mantra*, for the entire 21 minutes I was under the radiation machine. It was just He and I for 21 minutes, and I felt His intense divine love. I giggled to Swami and myself when the radiation therapist asked me to place my hands above my head, in a ‘prayer position’; indeed I was in His temple. I thanked Him for this magnificent opportunity of intense introspection, daily prayer and meditation under His Radiation Light. I was actually enjoying my ALLONE time with Him.

Then one day, one of the radiation therapists complained of a back problem, which stimulated a discussion about healing, God and spirituality. Soon all the therapists present were enjoying the *Gayathri mantra* chanting music and connection to divinity. We were having a divine *satsang* (conversation about spiritual subjects) in the hospital! Eventually, the radiation oncologist who initially worked with me also joined the *satsang*. She had begun reading His book, *My True Reality* and meditating with the CD’s He produced which I freely distributed to all the therapists. She later divulged that she is a Buddhist and

---

<sup>44</sup> The magi brought gifts of frankincense, myrrh, and gold; interestingly, these three items can be further identified as three powerful herbs: Frankincense” is *Boswellia*. “Myrrh” is almost certainly the *Guggul* plant (*Commiphora Wightii*). “Gold” is thought to be turmeric, as it was the “golden spice” and was traded more than gold during the height of the spice trade. Today we understand the three wise men were bringing Ayurvedic medicines to baby Jesus.

understands the value of meditation. She was also grateful to learn from me about the benefits of adopting a more positive approach when consulting with patients.

Due to radiation therapy, the skin in the entire chest area was unusually burned similar to third-degree burns. I had one month of daily trips to the hospital for dressing. There was immense discomfort and pain. For relief, I would practise *pranayama* and repeatedly affirm: "*I am not the body, I am not the mind, I am divine*" with each exhalation and inhalation. My chanting of His name and the *Sai Gayathri* was constant. It is His vibration that eased the suffering and made it tolerable. I remembered sage Yogananda who said, "*God can make the penetrating of a sword feel like a pin prick*". It could have been worse. My *karma* had to be endured but He made the suffering more bearable. I was experiencing His daily miracles, and my gratitude knew no bounds.

*To rise above pain one should meditate and chant God's name. Without meditation it is not possible to control and master the mind. Thus, meditation is essential, to immerse the mind in the Supreme Consciousness. Baba<sup>45</sup>*

## MEDITATION EXERCISE 2.2 Positive Affirmations on CD

### Hormone therapy

After a month's break from radiation I began hormone therapy. This treatment, which will last for fifteen years, blocks the estrogen levels but one of the main side effects, is intense bone aches and pain due to the drug developing osteoporosis. Getting up and down the stairs or even getting up from a sitting position was excruciating. I made countless visits to the podiatrist; massage therapist and accupuncturist. Again it was only Swami's love energy through His holistic health therapists that finally reduced my agony considerably.

<sup>45</sup> Are you really suffering? - By David Jevons - Saibaba.ws  
[www.saibaba.ws/articles1/areyoureallysuffering.htm](http://www.saibaba.ws/articles1/areyoureallysuffering.htm)

In January 2017, I visited the SSS Wellness Centre in Mumbai to facilitate a seven-day intensive workshop for sevaks (wellness workers) on holistic wellness focusing on communications and counselling methodologies. Swami orchestrated my entire trip including the months of preparation, organisation and the content, presentation and handouts for the workshop. Often awakened in the middle of the night with inspiration and ideas I was thankful to Him that I was overflowing with His energy and vivacity. When I returned to Australia, I noticed that my chronic leg pain had completely vanished. What had happened? My only explanation is, His healing energy. I had attached profoundly and intensely with Him in sincere service of others. His mission of Wellness for all had become my passionate aspiration and desire.

My prayer in a letter delivered to His lotus feet, in March 2016, before the inauguration of His Wellness Centre came to fruition.

*The real purpose of this SSS Wellness Centre is not for healing of the outer physical bodies of Your children, it is really about Your Mission of expansion of Unconditional Love and a return to You. That is the spreading of Unconditional Love through the excuse of healing body illnesses.*<sup>46</sup>

The love and yearning I had for Baba and His mission was aired copiously through my endeavor of facilitating the Wellness workshops. The activity in itself was not as vital as spreading love through the platform of health education. Love heals and illness is the presented excuse we need to love. The termination of my persistent leg pain was the proof of this.

*Once you bring me into your heart, then those other activities will not seem very important. Whatever form of worship you engage in, using your eyes, your ears, your hands and your feet only serves to control the mind, but when you invite the Lord to enter your heart, then control of the mind and the senses becomes very easy. Baba*<sup>47</sup>

---

<sup>46</sup> Letter in Chapter 1

<sup>47</sup> A teaching from Sri Sathya Sai Baba - Saibaba.ws [www.saibaba.ws/articles1/ateaching.htm](http://www.saibaba.ws/articles1/ateaching.htm)

## CHAPTER 3

Love is Healing:  
Returning to Purity

*A life without love is meaningless. The more you love, the more it grows. True love should be distinguished from attachment either to person, to things (and even Sai projects). Attachment is based on selfishness. Love is based on selflessness. Love is the fruit, which is born from the flower of your good deeds. Only when we engage ourselves in selfless service can we experience the essence of this pure love. SSS 18.28: December 11, 1985*

God created all things wholly through loving, hence to heal is to love: the key to Holistic Wellness and life itself. Baba says one can only heal from disease when you return to Divine Love. What is supreme, transcendental Divine Love? We can only know the answers to this question through experience. Even Narada, the author of the *Bhakti Sūtras* could not explain the nature of Divine Love. He could only describe the state of mind of the devotees filled with love of God, but he could not define *prema* (divine love) itself. Shri Sathya Sai Baba has the purest, supreme, unconditionally loving heart. I feel blessed and privileged to have experienced His heart while still in the human body.

Where is this Divine Love to be found? God, Himself is the only Source of absolute love, as people are conditional in loving. He alone directs us along the path of devotion (*bhakti yoga*), and when we surrender to Him totally, He will deliver us to our goal or destination. All human relationships are temporary and sooner or later dissolve like passing clouds. Divine Love is eternal, unceasing and permanent.

What is purity of the heart? There is pureness in the heart filled with unconditional love. What is contamination of the heart? Impurity reveals

we have temporarily separated from God energy and love. We block the love energy in our hearts with our negative thoughts and emotions of anger, sadness or fear. Love is the core of our true nature; it is beyond all human emotions and it flows only from an untainted heart. All emotions come from the mind while Love is essence of the heart, where God resides. Baba has repeatedly said that, "*Love is full in itself, love lives for itself; there is no selfishness in loving*". He also said out of Wisdom and Truth comes Love. If we have an impure mind, we cannot love.

*Through love alone can you annihilate the mind and through love alone can you get cured of any disease. Only love can eradicate the evil qualities in you. Baba<sup>48</sup>*

A polluted mind creates negative emotions and therefore an adulterated heart. The mind is a powerful, God given instrument. Training the mind to churn out good thoughts, emotions, words and deeds and work for a divine purpose is called *atma vichar* or self-inquiry meditation. The seal of love is *tyāga* or selfless sacrifice: giving for its sake, expecting nothing in return. One should give without acknowledging the giving. The right hand should not know what the left hand is doing and vice-versa. Love seeks no rewards or anything from anyone. Hence selfless loving service kindles no negativity towards anyone.

Baba has said people love in three ways: love confined to only family and friends, the intermediary love that goes beyond to country and community. Both these types of love are an attachment and not love. Romantic love is also an attachment as it is conditional whether subtle or overt. Forgiveness and forbearance are the solutions to hatred, and we have to work hard on removing abhorrence from our minds and heart. Love that does not get anything in return but is love for love's sake is the third and highest form of love, that is, all-encompassing love for humanity without any discrimination. The highest form of love requires one not to have prejudices, judgements or hatred towards

---

48 SSS 33.10: July 16, 2000

anyone irrespective of their colour, culture, caste, position, status, ethnicity, sexual orientation, gender, education and socioeconomic background. Sometimes we accept this principle only at an intellectual level but harbour subtle prejudices against others. Divine love as devotion to God is called *bhakti*. However, devoutness comprises of many emotions, feelings, thoughts and actions: gratitude, veneration, adulation, commitment, discipline and love. Finally, all descriptions fail, as devotedness is an individual experience: God alone comprehends His devotee and their love.

A *bhakta* (a person who has *bhakti*) is compelled to relinquish all prejudices, judgements or hatred towards anyone irrespective of their colour, culture, caste, position, status, ethnicity, gender, sexual orientation, education, socioeconomic background or relationship. *Bhakti* entails acceptance, forgiveness and forbearance; it is selfless and seeks no reward.

How does one develop *bhakti*? Conquering the ego; then His Omnipresence is recognised in everyone and everything. Besides *bhakti yoga*, other paths to God-realisation are *jnana yoga* or *karma yoga*. When our lives are smooth and happy we perceive having His grace. But it is in enjoying abundance, we forget Him. A genuine test of devotion comes in facing tests, challenges, tribulations or any loss that causes pain and suffering.

Baba has said there are four kinds of love: <sup>49</sup>

- *Swārtha-prema* is selfish love, like a lamp kept in a room, restricted to self and does not extend to others.
- *Samanjasa-prema* equated to the light from the moon. Moonlight is visible to all but not very bright. This kind of love extends to a wider group but is not very intense.
- *Parārtha-prema* is likened to sunlight. It lights both inside and outside with brilliance but like the sun it is not visible at night time, it is cyclical.

---

49 SSS 29.29: July 27, 1996

- *Yathārtha-prema* or *Atmaprema* is divine love that is always present, inside and outside, in all places, at all times, in all circumstances, selflessly and expecting nothing in return. When a seeker demonstrates this kind of love, Holistic Wellness becomes possible, with peace and contentment. All of God's creations are made up of five elements: earth, water, air, fire, and ether. According to Baba supreme, divine love or *Atmaprema* is the sixth supernatural element, which God has given to humankind. Illness presents the ultimate challenge of giving up body attachment and connection to people and the material world at large. As Baba said *Love lives by giving and forgiving; Self lives by getting and forgetting. Love is selflessness; Selfishness is lovelessness. Baba.*<sup>50</sup> He has also said that one should be ready to give up life for divine love.

*There is no trace of body attachment in Me. Doctors said they would perform hip surgery on Me. I told, "You can do whatever you want. I am not the body. This body is yours".*  
Baba<sup>51</sup>

It was in 1995 when I was living in Toronto, Canada, very sick and pregnant with my first child that Baba first invited me into His consciousness. I was not aware of His physical presence on the planet, even though I was born in India and lived there till early adulthood. There He was vividly present in my dream. The first time Baba came into my dream, He said nothing. He just stood there in a sky blue gown, gazing at me, inviting me into His delightful adventurous orbit. That day marked the beginning of my voyage from impurity to purity in this life, continuing till to date.

Being quite ignorant and naïve about spiritual matters then, my first visit to *Puttaparthi* in 1999 seemed routine and was uneventful. It was when I relinquished the doubting, overactive, monkey mind and turned inward in silence that my heart began to open. Since then

<sup>50</sup> SSS 14.45 December 25, 1979

<sup>51</sup> SSS 36.19: November 22, 2003

profound spiritual occurrences have been graciously bestowed upon me. The attainment of such grace is never absolute or never ending but requires constant vigilance and hard inner work. I was fearful of fake living sages, having experienced some in India; Bhagawan Baba had to shower me with many miracles and spiritual experiences to convince me of His authenticity. I asked in earnest, and He answered.

When we choose to love, we align our minds to be one with God. Then spiritual development can begin, and life becomes meaningful. Suffering sets in when we turn away from love. Whatever you focus on you manifest, as creation is an extension of thought. Unfortunately, we sometimes perceive God in our image. When we are angry, critical and judgemental with the people in our world and ourselves, we project those characteristics on God. But God's energy has never changed; He was, is and will always be a pure heart of unconditional love. He is merciful, compassionate and has total acceptance of us in spite of our mistakes and even our past negative *karmas*.

How often have I indulged in judging another and myself, how often have I been critical, how often have I acted out of fear or ignorance? It is the ego that plays the game of superiority and inferiority and thus contaminates our hearts. We get on the seesaw ride of ego power even when we feel inferior about ourselves.

We actualise the power of God when love motivates all our thoughts, words and action. We become co-creators with Him. Love eludes us when we act out of fear or ignorance. God is not the creator of fear, we are. Anything that is not "love" is an illusion. Love heaves out sin or fear just as light removes darkness. God does not punish us for our sins or mistakes; instead, He gives us new opportunities to learn from our mistakes. The lessons presented to us will keep appearing in our lives until we 'get it'. His Love is unconditional, and He continues to shower us with His grace and mercy.

Our thoughts are data, programmed into a computer, which projects onto the screen of life. I learnt that if I do not like what is on my screen, I have to consciously and consistently make the effort to change my

thoughts or data. The return to love is the great cosmic drama, under His Direction. When I find it a challenge to express pure love, all I need to do is to ask, *"Please God, repair my mind, help me remove unloving feelings from my heart. Love through me"*. When the ego dies, our true essence of pure love will emerge. The ego is like a virus on the computer that turns self-love into self-hatred. We need to remember that there is only **one** of us here. What we give to others, we actually give to ourselves.

Michelangelo, the world's greatest sculptor when asked how he created his sculptures, he answered that the statues were inside the marble, he was just shaving away the unnecessary marble. Similarly, at the core, we are pure love, the beautiful figurine created by God; the superfluous marble is our ego and fearful thinking. Our achievements in life or our possessions do not determine our value - we are God's perfect masterpieces of pure love.

Many people misunderstand love. What is real love? I adhere to Dr Scot Peck's<sup>52</sup> definition of true love, *"To nurture self and others towards spiritual growth"*. True love therefore is nurturing others and ourselves to return to God. You cannot love others, if you do not love yourself. Illness takes root from the poison of the mind, and even though this may be unconscious, it still infects our heart. Disease in the body begins with incongruence (dis-ease) in the mind. When confronted with a life threatening illness the mind becomes obsessed with body consciousness and thoughts of death. My greatest challenge was to shift my focus to God and spirit. Spiritual practices are rigorous mental and emotional exercises that boost the immune system requiring mental discipline to think, speak and act with love, surrendering all outcomes or expectations.

Healing on all levels requires awareness. It means honestly looking at self to change and transform. If we never look within how can we ever become aware and make the necessary modifications? Healing results from a transformed relationship with self, others and even with

---

<sup>52</sup> Morgan Scott Peck (May 22, 1936 – September 25, 2005) was an American psychiatrist and best-selling author, best known for his first book, *The Road Less Traveled*, published in 1978.

the illness, where we respond to the problem with love and surrender instead of fear. In the Talmud, the Jewish book of wisdom it is said, "*during the darkest night act as if the morning has already come*". I see cancer and all illness as a God given opportunity; dawning of spiritual growth rather than purposeless suffering.

**The 8-fold path to Healing is "Being love". How does one actually love the self?** Becoming and then being Love demands discipline and practice, as we have to defy the ego's voice. We will discuss some of the points mentioned above here. The rest will be dealt with in more detail in the subsequent chapters.

### What is Swami teaching me through this cancer experience?

God willing I will learn:

- 1) Regular *sadhana*: involves chanting *mantras*, meditation including *atma vichar*.
- 2) Total surrender
- 3) Healthy Assertive Communication
- 4) Acceptance and contentment- all is in divine order
- 5) Non- judgement
- 6) Total responsibility
- 7) Truth comes before love
- 8) Forgiveness and forbearance

**1) Regular *Sadhana*** is most beneficial for Wellness of which *nama*, calling the name of God is the most imperative. Swami once asked a devotee, "*What is sadhana?*" The devotee replied, "*love*". Swami asked, '*how is it done?*' The devotee replied, '*by seeing God in everyone*'. Swami affirmed this with great emphasis; "*Sadhana without love or it resulting in not seeing God in everyone is a waste of time*".

*Trials and tribulations are the means by which this cleansing is done. Sadhana (spiritual endeavour) is most essential, in order to control the mind and the desires after which it runs. If you find that you are unable to succeed, do*

*not give up the sadhana but, rather, do it more vigorously. Sadhana means inner cleanliness as well as external cleanliness.*<sup>53</sup>

**What is *sadhana*?** According to Baba *sadhana* is a simple spiritual practice or discipline to remember God. These days spirituality has been commercialised with so many "healing therapies" and complicated methods of healing, but Baba has repeatedly said that purity of heart and a yearning for God is the only essential ingredient for Holistic Wellness. He has further emphasised that in this *Kali Yuga* or era the most important, yet simplest *sadhana* is *namasmaranam*: the chanting of a divine name with full focus and love. Most people neglect *sadhana* believing it is time- consuming. Baba lovingly says, even just 11 seconds of full focus and a deep yearning for God is enough. If you do *namasmaranam* without love and concentration, with drifting thoughts, you are certainly wasting your time.

*Make your mind steady and sit still for as short a period as eleven seconds. You can attain realisation even in such a short period. Baba*<sup>54</sup>

**Why is *sadhana* essential?** Throughout the four *yugas* (ages) *Avatars* (divine incarnations) appeared to impart appropriate spiritual practices relevant for that period: *dhyāna* (meditation) for the *Kritā Yuga*; *tapas* (penance) for the *Tretā Yuga*; *upāsana* (worship) for the *Dwāpara Yuga*; *nāmasmaraṇam* (constant name chanting and remembrance) for the *Kali Yuga*.

Love for God is the common denominator in all these *sadhanas*. According to Baba, love flourishes, and meditation becomes easier when we say *Nama* regularly. With other practices such as *yoga* and *tapas*, *siddhis* or psychic occult power grows and with that comes the likelihood of one's ego increasing. With *nama*, there is no such risk, and therefore it is the easiest and fastest way to spiritual growth in

<sup>53</sup> A teaching from Sri Sathya Sai Baba - Saibaba.wswwww.saibaba.ws/articles1/ateaching.htm

<sup>54</sup> SSS 40.13: July 28, 2007

consciousness. The key element, of course, is a full focus with love and yearning for God.

*All the japa (recitation), dhyana (meditation) and the deeds of merit you perform will be futile if you do not cultivate universal and selfless love. Baba<sup>55</sup>*

According to Baba exercises such as meditation, *yajna* (ritual) or *tapas* only provide mental satisfaction. It is only Divine Love that makes the heart shine in its flawless effulgence.<sup>56</sup>

Baba says that there are three types of *sadhana* to develop an unwavering mind:

- *Meena Sadhana* - is likened to a fish that can only survive in a particular environment. The *sadhak* needs to be alone in solitude to avoid distraction by people and activity.
- *Mriga Sadhana* - is likened to an animal that can only function in a group. The *sadhak* has difficulty concentrating when alone and thoughts drift to personal problems.
- *Kurma Sadhana*<sup>57</sup> - is likened to a tortoise. The *sadhak* can fully focus irrespective of whether he is alone or in the company of others.

Similarly in meditation practices, the student may firstly learn in a quiet space, then in a group, and finally learns to sit in silence, alone. Eventually, meditation awareness needs to be integrated consciously in daily activity.

## Meditation exercise: Nama

Chant the name of any divine form closest to your heart. The name of the *avatar* Bhagwan Shri Sathya Sai Baba is significant at this time in

---

<sup>55</sup> SS 1979.29

<sup>56</sup> SSS 25.36: October 24, 1992

<sup>57</sup> Sathya Sai Baba - Discourses - Detachment is Possible for One and ...askbaba.helloyou.ch/discourses/d1973/d19730500-11.html

the *Kali Yuga*. Why? What is in a name? Why is it necessary to chant a divine name?

*My name and form will be found getting established everywhere. It will occupy every inch of the world.* <sup>58</sup>

Baba says that God responds to all names, as all names are one, source energy is after all One. We have to grasp what Baba means by this. I humbly believe that names have a vibrational code or frequency attached to them. Hence if you, for example, call your friend a derogatory name such as "fatty" or "stupid" it carries a negative vibrational energy. Human names are our personal *mantra* and have certain vibratory energy. God is said to whisper the name of a child to the parent at birth. So I believe there is a reason for using some names and not others when also calling God.

Divinity has many aspects: Unconditional Love, Absolute Truth, All-powerful, All-knowing, Ever-present. The vibration therefore of Rama, Krishna, Shiva, Shakti etc. carry a particular aspect of divinity. There are more than 1008 names of God, each name revealing a characteristic of Him. Further, God's names show us many diverse ways in which He is there to help us in our times of need.

Bhagawan Shri Sathya Sai Baba's name carries all aspects or vibratory frequencies of Source Energy. Hence in the *Kali Yuga*, His name has the highest and greatest potency. His parents named Him Sathya, but He Himself chose the vibration of Sai Baba: Divine mother, divine father. In His name, there is the power of unconditional love, joy, divine power, omnipresence, wisdom and Absolute Truth. His name is all encompassing - Shiva and Shakti energy. Therefore illness, which is an unbalanced vibratory state, can be brought into equilibrium just by chanting His name. The law of manifestation states that whatever one focuses upon develops and becomes part of reality. Hence I recommend chanting His name daily, so we return to the highest states of consciousness and Love. How should we chant?

---

<sup>58</sup> GDOE, 1990, 37.

*Have the Form of the Lord before you when you sit quietly in a place for meditation, and have His Name, that is, any Name, when you do repetition of a holy Name. If you do that repetition without that picture or Form before you, who is to answer? You cannot be talking all the time to yourself. The Form will hear, and the Form will respond. All agitations must cease one day, is it not? Meditation on the Form and repetition of the Name — that is the only means for this task.<sup>59</sup>*

### **Benefits of repetition of the Name (Namasmarana)**

The Name of God, if recited with love and faith, has the power to bring upon the enthusiastic aspirant His grace and total wellness. The name has the power that can bring strength and courage to face any challenge.

*The following are a few aphorisms on the benefits of repetition of the name (namasmarana), based on Swami's discourses:<sup>60</sup>*

- *The best antidote for all ills.*
- *A boat that will take you across the sea of birth and death.*
- *Will give you consolation, courage, and the true perspective.*
- *The main discipline for this age.*
- *Enough to give you all the results of every type of spiritual practice (sadhana).*
- *The fountain of primal energy.*
- *Will guard and guide you throughout life.*
- *The one hope for man; remembrance (smarana), being an inner activity, helps that inner transformation.*

---

<sup>59</sup> *ibid*

<sup>60</sup> Bhagavan Sri Sathya Sai Baba on Namasmarana - Sai Baba Website

- *Will keep the antics of mind under control.*
- *The life-giving nectar.*
- *It's like moonlight for the waves of the inner ocean of mind.*
- *Nearness to God is attainable.*
- *The operation of boring to tap the underground water.*
- *Previous birth effects (prarabdha) will melt away like fog before the Sun.*
- *Reliable for a trouble-free journey.*
- *The spring of all consciousness (Chaitanya).*
- *The thunderbolt that pulverizes a mountain of sin.*
- *The unfailing cure for the deadly sin of delusion.*
- *Vitamin G, which is required for the nutrition of the mind.*
- *Withdraws the mind from the sensory tangle.*

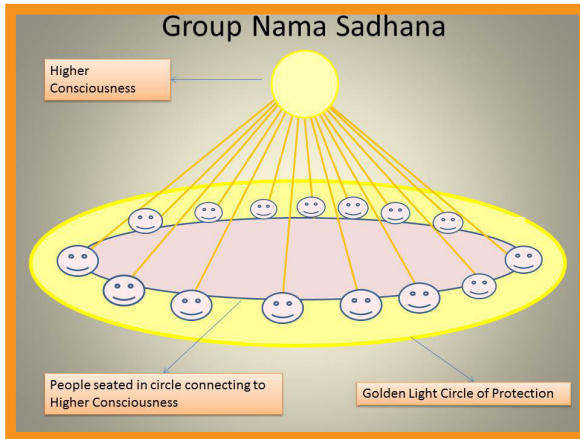
There are two methods of *Namasmarana*:

- With a rosary (*japamala*), mechanically turning a specific number of beads around, as attentively as any other routine activities of daily life.
- However, the most beneficial method is repeating the name, irrespective of the target number, dwelling deeply on the form and on the divine attributes, enjoying and appreciating the energy behind the Name.<sup>61</sup>

---

<sup>61</sup> Sai Speaks II, "Believe in Yourself"

## Meditation exercise - Group Nama sadhana



### Instructions to participants for group nama sadhana:

Sairam. Let us now create a group of people in an outer and inner circle. The inner circle is for those requiring wellness. Hence people can be seated. Please allow the ladies and gents to participate in different groups in keeping with Swami's directives. Those in the inner circle have your palms facing upwards in a receiving *mudra*. Those standing in the outer circle raise your hands in a giving *mudra* (*abhaya hasta*). Now connect to Baba by closing your eyes and seeing His divine form. Ask for His protection and presence; see Him.

In the Hindu epic story Ramayana, Rama drew a protective circle around Sita and told her that she would be safe for as long as she did not step outside the circle. So also every time we visualise a circle of golden light around us or a group, we are asking God for His protection.

Now draw a circle of golden light around the group and the room. Inside this circle visualise a golden triangle, this is a symbol of ascension, we are asking Baba to purify us and ascend us to be One with His energy of pure Love. Visualise the whole group connected as One at the feet and heart. Now visualise Baba at the apex of the triangle. We now invoke or invite the presence of Baba. Let us fully focus on His form

when we one pointedly chant His name and receive and give His love, light and wisdom for us and to those in the inner circle. Intensify your yearning by opening your heart centre and increasing the tempo of the chanting for the Lord to bring in His presence. End with *Pranams* and profound gratitude to Baba/God/All that is.

This exercise can be done in a group to create Holistic Wellness. The powerful vibrations not only benefit the participants but also have a far-reaching impact on the whole community and society.

However, there are some points to relay to contributors when facilitating group *nama* exercise:

1. Only God heals. It is His Will; He directs His love energy to where it is needed and who needs to receive it.
2. Illness is due to a toxic mind and an individual's own accumulated *karma*.
3. God does not remove *karma*; His grace helps one to tolerate suffering. God may alleviate *karmic* debts according to His wisdom, if lessons are learnt. The grace of God is higher than any *karma*. Focus on God and let go the need to control any outcomes. All outcomes are in His hands only.
4. This exercise is successful when practised in combination with inner work - continuous *sadhana*, introspection, emotional and mind management with the goal of self-transformation. God is always sending us His light and love like sunshine, but we hide in a cave, meaning we have to consciously become aware of our darkness and work on removing it. As Karl Jung said, enlightenment is not seeing the light but being conscious of the darkness that lies within and working at removing it by making the right choices and truly loving self and others.

5. This exercise uses symbols and sacred geometry,<sup>62</sup> which have been used since ancient times symbolically in meditation, rituals and creating *vastu* (a science of good earth energy). Baba has affirmed that sacred geometry plays a role in intensifying concentration, attention and intention to God. Hence we use the golden circle of light for God's protection and the triangle that represents the Trinity principle of God and our ascension to Him.

## Sacred geometry: Yantras

Bhagawan has coined the word Saithree and developed the Sai Yantra.<sup>63</sup> A *yanthra*, or *chakra*, is a geometrical diagram used as an icon in meditation or worship of a deity. It is a potent diagrammatic inscription of letters/words pertaining to that deity. Baba created the *Sri Sai Yantras* through His instrument Ghandikota V. Subba Rao. This *yantra* came to him on Monday, 11 October 1999, and Bhagawan Shri Sathya Sai Baba blessed it three times that same day, after discussing the significance of the *yantra* with him.



<sup>62</sup> It is said that Plato said God geometrizes continually and developed sacred geometry.

<sup>63</sup> Saithree - Sathya Sai International Organisation

<https://www.sathyasai.org/devotion/saithree/saithree.htm>

## What is the importance of circle, squares, lingam shapes and the triangle?

The Divine *yantras* are bounded by a square, Apex Spiritual City; it constitutes the universal stage where the plays of the individual, collective, and cosmic forces are at work. The dot at the centre is the nondual, monistic, holy mark for deep contemplation: *Sai Shivoam* (I am this Supreme Universal force, *Shiva Sai*). The sides of a triangle, inside the *yantra* represent Truth, Goodness, and Divine Beauty, emitting outward purifying the spiritual field or *Sai Mandala*. Between the inner triangle and outer perimeter of the square has three circles, within which are contained the three *Sai Gaayathrees*. Further, there are nine appendixes, each containing Sai principles. The main purpose for *yantras* is for the spiritual aspirant to use meaningful symbols to intensify their concentration and connection to God. They contain positive vibrational power just like sacred *mantras*.<sup>64</sup>

### Using symbols for spiritual purposes

Phyllis Krystal has been a perfect instrument for Bhagawan Shri Sathya Sai Baba and has written many books. Her main contribution through His grace is the use of symbols in meditation to connect to God and remove any negative energy from the subconscious mind. Symbols are cryptograms that describe a thought or belief and can be personal or universal. When they are evoked, by many people with the same contemplation or idea they gain power. Describing symbols in words is hard. The experience of trying to put a symbol into words is similar to trying to describe a vivid dream soon after waking. Finally, symbols act most strongly by conveying a feeling state.

Science is beginning to understand why symbols can induce intuitive spontaneous reactions. The different hemispheres of brain process sensory input contrarily. The right hemisphere of the brain thinks in

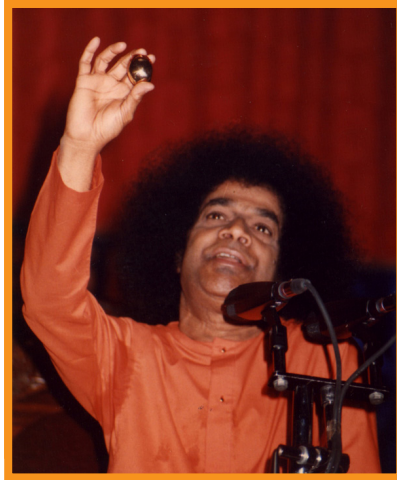
---

<sup>64</sup> A "mantra" (/ˈmæntṛə, ˈmæn-, ˈmɒn-/ (Sanskrit: मन्त्रः)) is a sacred utterance, a numinous sound, a syllable, word or phonemes, or group of words in Sanskrit believed by practitioners to have psychological and spiritual powers

pictures and is engaged primarily in the present moment. The right brain does not embody time or separation of Self, experiencing sensory input but not organising or analysing it. Therefore the right brain gets stimulated with symbols in meditation. Meditation does not aim to conquer the left-brain or elevate the right brain instead it creates balance, wholeness and transcendence. A positive or inspirational symbol can create positive energy in the recipient.

### **Baba's golden lingam- Hiranyagarbha Lingam<sup>65</sup>**

Bhagawan manifested a golden lingam during a discourse to college students at His ashram in Bangalore. Just touching the photograph has healed many people. Dr Doraisingham from London raised a dead child by holding the picture seen below against the body of the child. Baba said that wherever this photo is kept there will be blessings, healings and miracles.



*"I can cure, save, even resurrect people provided they are in a spiritually receptive condition. It is like the positive and*

<sup>65</sup> The Golden Lingam photo of Sai Baba - Hiranyagarbha Lingam [www.saibaba.ws/miracles/goldenlingam.htm](http://www.saibaba.ws/miracles/goldenlingam.htm)

*negative currents of electricity. My capacity to heal can be compared to the positive current. Your devotion to Me is like the negative current. Once the two come together, the devotion provides what is called the miracle of healing."*

*"It is man's mind that is really responsible for his illness or health. He himself is the cause or motivator of either. So when it comes to healing or curing, the necessary faith has to be created within his mind for the purpose. All I do is invest him with the confidence, will and power to cure himself. It is My abounding love reciprocated by the intensity of the devotee's faith in Me that produce the desired result." Sathya Sai Baba*

## Mantras for Healing

Bhagawan speaks of the potency of mantra chanting in meditation for healing. The simple and most basic ones are:

### Omkar<sup>66</sup>

Om is the primordial sound. In fact, Swami has said that Om is elemental; every other sound results from it. So, when chanting Om, we are calling God and also affirming that we are God.

*Before creation of the 'three worlds', nothing existed in the universe. In the beginning, the sun, the moon, the stars, the earth, the sky, etc., did not exist. There was only pitch darkness all around. The combination of atoms resulted in the formation of hard matter of a very high density. As a result, a lot of heat was generated. Then all of a sudden, the hard matter exploded with a big bang into pieces and spread all over. This was the cause of creation. The sound that emanated when the big bang took place is known as 'Pranava' or Omkara, the primordial sound. This sound of Pranava is all pervasive. It originated from paramanu*

<sup>66</sup> Significance of Omkar - Sathya Sai International Organisation <https://www.sathyasai.org/devotion/omkar.html>

(minutest atom). 'There is nothing other than atom in this creation.' The primordial sound 'Pranava' is verily the Divinity, which is subtler than the subtlest and vaster than the vastest. It is all-pervasive and stands as the eternal witness. It is from this Pranava that the sun, the moon, the earth, the sky, etc., originated. The atom is the fundamental basis of the entire creation. Every human being is a combination of atoms. There is no matter without atoms."<sup>67</sup>

Each of the 21 Oms chanted is purposeful and not arbitrarily selected.

- Five Oms are for the organs of action: vocal chords, hands, feet, elimination organs (represented by the anus), and generative or reproductive organs.
- Five Oms are for the organs of perception: eyes, ears, nose, tongue and skin, which correspond to sight, hearing, smell, taste and touch.
- Five Oms are for the five vital airs of the body. They are *prana* (located in lungs), *apana* (flatus, which moves downward through the rectum), *vyana* (diffused throughout the whole body), *samana* (navel; essential to digestion), and *udana* (rises through the throat to head).
- Five Oms are for the five sheaths of the body: gross, vital air, mental-emotional, intellect, and bliss.
- The final Om is for the individual growth or self-realisation.

Chanting twenty-one Oms cleanses and prepares the human being for merger with the Supreme. The Omkar ends with three *Shantis*: peace, prayed for the wellbeing of the physical, mental, and spiritual states. Swami has said, "*This recital of Om will tone you up, calm all agitations of the mind, and quicken the downpour of grace.*"

## Gayatri mantra<sup>68</sup>

*Aum Bhuh Bhuvah Suvah Tat Savitur Varenyum  
Bhargo Devasya Dheemahe Dhiyo Yo Nah Prachodayat*

We meditate on that *Isvara's* glory who has created the Universe, who is fit to be worshipped, who is the embodiment of knowledge and light, who is the remover of all sins and ignorance, may He enlighten our intellect.

## Saithree mantras<sup>69</sup>

The three *Sai Gayatris* are powerful *Manthras* for creating Holistic Wellness as they connect the individualised self (*Jeeva*) with the Divine Self (*Paramathma*). The three *mantras* represent the three aspects of Sai consciousness climaxing finally in the state of transcendental Consciousness (*Thureeya*). They purify at three levels: the outer gross body; the subtle emotional, psychosomatic level of the intellect, the subconscious mind, memories and ego; and the causal or etheric level which exists in all levels of consciousness: wakeful, sleep and dream states.

*Supreme Cosmic Divine Principle in here as well as transcends its three macrocosmic states of Viraat (Cosmic Body), Hiranyagarbha (Cosmic Mind-Intellect) and Eeshvara (Cosmic Life). Hiranyagarbha is the indweller, the inner controller, the Antharyaamin: it is the thread that runs through all the flowers of the garland, the unifying principle of the individual with the collective, THE DIVINE LOVE PRINCIPLE, the Suuthraathma.*<sup>70</sup>

<sup>68</sup> Sai Baba - The Power and the Potency of the Gayatri Mantra  
[www.saibaba.ws/teachings/powergayatri/powergayatri.htm](http://www.saibaba.ws/teachings/powergayatri/powergayatri.htm)

<sup>69</sup> SAIThree - Sai Darshan  
[www.saidarshan.org/baba/docs/saithree\\_3.html](http://www.saidarshan.org/baba/docs/saithree_3.html)

<sup>70</sup> Saithree - Manthra, Yanthra, Tanthra - Sai Darshan  
[www.saidarshan.org/baba/docs/SaiThree\\_3rdEdition.pdf](http://www.saidarshan.org/baba/docs/SaiThree_3rdEdition.pdf)

These three aspects are together termed SAITHREE. *SAI Eeshvara Gayatri*

- *OM. Saayeeshvaraaya Vidhmahe Sathya-Dhevaaya Dheemahi Thannah-Sarvah Prachodhayaath*
- *SAI Suurya Gaayathree*  
*OM. Bhaaskaraaya Vidhmahe Sai-Dhevaaya Dheemahi Tannah-Suuryah Prachodhayaath*
- *SAI Hiranyagarbha Gaayathree*  
*OM. Premaathmanaaya Vidhmahe Hiranyagarbhaaya Dheemahi Tannah - Sathyah Prachodhayaath*

### Healing mantra to Lord Sai Dhanvantari<sup>71</sup>

In the *Vedas* and the *Puranas*,<sup>72</sup> Dhanvantari is said to be the father of medicine and health and an incarnation of Vishnu. He is referred to as the physician of divinity and the originator of what is known as Ayurvedic medicine and is said to be the guardian of the world against all diseases. The Dhanvantari mantra is recited to eradicate fears and disease:

*Bhootha Bhavya Bhavath prabho  
sri Prasanthisai  
Bhoothathma, dharmathma  
sri dhanvanthari amsa,  
sathyasai mama prarthana  
uthishta sokssankata, dukhanivarana  
Mahakrupakataksha  
Pahimam, Pahimam, Pahi  
Oh Lord, the Glorious - Sri Prasanthi Sai,*

<sup>71</sup> Sage Visvamitra's Manthram on Bhagawan Sathya Sai Baba  
[www.saibaba.ws/avatar/visvamitra.htm](http://www.saibaba.ws/avatar/visvamitra.htm)

<sup>72</sup> Ancient sacred Hindu texts

*May the elements do good always,  
 Thou art the controller of the elements,  
 Thou art the Prime-mover of righteousness,  
 Thy tiny fraction is Dhanvantri (Divine healer),  
 Lord Sai, we pray unto Thee:  
 'Wake up, remove depression, sorrow and misery',  
 Thou, Embodiment of mercy and grace  
 Save us, redeem us, reclaim us, one and all of us.*

### **Maha Mrityunjaya mantra**

This *mantra* found in the *Rig Veda* is dedicated to Shiva energy of divinity (divine power and strength). It is called the *Great Death-Conquering mantra*, known as the *Mrita-Sanjivini mantra*. The sages have acclaimed the *Maha Mrityunjaya mantra* with the *Gayatri mantra* as having the highest place among the many *mantras* used for Holistic Wellness.

*OM. Tryambakam yajamahe  
 Sugandhim pushti-varadhanam  
 Urvarukamiva bandhanan  
 Mrityor mukshiya mamritat*

*OM. We worship and adore you, O three-eyed one, O Shiva. You are sweet gladness, the fragrance of life, which nourishes us, restores our health, and causes us to thrive. As, in due time, the stem of the cucumber weakens, and the gourd is freed from the vine, so free us from attachment and death, and do not withhold immortality.<sup>73</sup>*

**2) Total and unconditional surrender**, trust and faith in Him, His omniscience, omnipotence and omnipresence is the only way to overcome challenges. Surrender means accepting all suffering just as

<sup>73</sup> Sathya Sai Baba: Maha Mrityunjaya Mantra - Chant it  
[bhagavanbaba.blogspot.com/2011/04/maha-mrityunjaya-mantra-chant-it.html](http://bhagavanbaba.blogspot.com/2011/04/maha-mrityunjaya-mantra-chant-it.html)

we accept joy, and surrendering all outcomes, even death of the body. Effort, steadfastness and awareness are required on the journey.

Shift focus to others, instead of focusing on illness. Baba Himself agonized from disease and discomfort but He never cured Himself even though He could. Why? He understands that we have to endure our suffering and through His boundless compassion He wanted to teach us to go beyond misery, to turn inward and find our true nature, and reach the goal of self-realisation.

*Suffering teaches us the lessons of loving wisdom and compassionate understanding.*

*It impresses on us the need for strength and fortitude.* <sup>74</sup>

Through serving others we forget our distress and thereby essentially serve ourselves. In the days that I was confined to bed I endeavored to assist others and counselled people in need, by phone. A few patients that I met were far worse than me; I focused my energies on helping them, when I was able to. I understood HIS message of loving others but loving without attachment was once again reinforced for me. Bhagawan was always compassionately concerned about the welfare of others and He set the example for us to follow.

*What is important is love but not love for the physical form. It is only those able to love for love's sake, who can attain real love. Baba*<sup>75</sup>

- **Healing is the road to self-realisation**, a journey back to God to assume our true identity as God. The Lord does not give His devotees more suffering than they can bear. He protects and nurtures those who call on Him.
- **All souls, family, friends, acquaintances, come into our lives for a purpose.** The ones who challenge us the most, teach us the most significant lessons for our spiritual growth; we have *karmic*

<sup>74</sup> Pathways, p. 165

<sup>75</sup> SSS 36.18: October 28, 2003

bonds with them, either positive or negative. Through my own life's experiences I have consciously or unconsciously, harbored resentment, anger, deep sadness and made judgements about situations from my own limited perceptions. It is the ego in control. I had to conquer this false master.

- **I am responsible ONLY for myself.** I can only control my thoughts, words and actions. The behaviour of others towards me, in the present or the past, should not be my concern. Each makes their own choices and maps out their own karmic consequences. I find daily self-review reinforces my awareness for my own spiritual growth.
- **SILENCE** is potent and it is in silent moments that God can be experienced, felt and heard. Only in silence and with a quiet mind can the voice of our conscience be heard and our true divinity be realized. I learnt to relinquish the need to read, talk, and constantly rush around in DOERSHIP. Instead I connect with Him and make Him the doer.

Ramana Maharshi recommended that his disciples ask continually, 'Who am I?' Through deep introspection, the answer inevitably emerges: *'I am divinity itself.'*

**3) ASSERTIVE Communication** is speaking lovingly with Truth. Rather than holding frustrations, irritations and anger within, I am learning to stand in my own Truth and to lovingly express my thoughts and opinions. If no resolution or understanding can be reached, I surrender the issue to Him. In His way and in His time, the answer will appear. This is also discussed at length in the Chapter on communications. To be assertive, I draw on the Shiva (Wisdom and Truth) energy of God and thus I am conquering my fears of other people's perceptions, non-acceptance and judgements of me.

#### **4) Total Acceptance:**

There is no measurement of excellence or perfection except what

you perceive, judge and accept as true. When you recognise your divinity, you can accept yourself as you are. Even if you aren't perfect in the physical form, be happy with who you are and work towards transformation. Change necessitates positive intentions and committed plans for the future, not founded in fear or guilt. Culpability about past misdeeds keeps you stuck and impedes improvement. A client full of shame was ill from a cyst in her ovary. Circumstances in her life resulted in her being divorced and being a single mother. Her young adult daughter was displaying improper behaviour, and as the only parent she naturally blamed herself. Her fear and guilt about the past disempowered her so she relinquished her responsibility to discipline her daughter. Our power for change lies in the NOW.

Another client was unhappy with herself, believing that she was fat and ugly, and her temperament was shy and awkward. She was always comparing herself to others. Our physical body and personality regularly alter. Consider the changes from baby to toddler to child to teenager until adulthood. Even throughout adulthood, changes are imperative. Suffering is inevitable when we compare ourselves to others and judge ourselves as being less than we really are. What makes you fat, thin, tall, small, ugly or beautiful: only your comparison, perception and consequent judgement? Appreciate your body; it is the vehicle of your soul. Acceptance engenders peace and contentment at the moment. Only with focus in the NOW, being content with total acceptance of everything happening in the moment, the power of being Love can be experienced. It was a wise person who said that the past is history and the future is a mystery. The 'now' is a gift, that is why it is called the 'present'.

### **5) Non-judgement**

If we can raise our consciousness to understand that all are ONE and that everyone is a part of a whole, each is a cell in the body of God, then this belief alone will empower us to abandon the need to judge and criticise others. If you are judging someone, you are wrong, even if you are right. Being judgemental or critical of someone usually means that our perception of them is negative. They do not fit our standards or norms; they are different – in their behaviour, beliefs, dress,

mannerisms, culture, colour, qualifications, nationality, etc. Our unique personalities are also an expression of past experiences, conditioning, challenges, values, our environments, relationships or education. Judgement and criticism arise from the ego creating misleading perceptions. It reveals more about us than about others. The ego mind seeks intimacy through control and guilt because of fear and fear is simply a lack of love. Understanding the consequence of judgement and criticism, we should accept others as they are.

Returning to pure love demands a deep level of awareness of oneself. Don't we wish the same for ourselves; we too crave approval from friends, family or colleagues and dislike criticism and judgement. Pure love seeks a relationship or intimacy through acceptance and release of judgements. To be in a constant state of unsullied love may sometimes prove difficult. In these moments, return to God; ask for help, *"Dear Lord, help me to see the inner purity in all, help me accept them as they are. Let me see You in them, as You are in me. Love through me"*.

From your perspective, a relationship may not be as harmonious as you wish it to be. However, communicating with compassion, love and understanding improves the chances of initiating transformation in the other person, in the relationship and most of all in you. Anger has never solved a problem or healed a hurt. Furthermore, in the Divine Plan every encounter is perfect; each may have something invaluable to teach the other. How you perceive the interaction depends on your level of awareness.

We love when we allow other people to be who they are. When hurt or harmed by others, forgiveness not only repairs the relationship, but boosts health and wellbeing. Relationships that terminate may be for the highest good of all. *"Let it go, let God flow"*. Divine power lies in being nonreactive to other people's bad behaviour; closer to atmic self. On the other hand, impulsive anger creates hurts and depletes energy. A pure heart does not pointlessly judge and find fault. If you find yourself in ceaseless judgement, ask God to help you see a relationship through His eyes. Ask Him to reveal the goodness within

others. Feedback for improvement should be given with sensitivity and love. People do not learn lessons from elders, teacher and others who speak rudely and behave arrogantly; kindness and love encourage transformation. There is a beneficial saying "a word to the wise is enough". After assertively communicating to others, if stubborn resistance to change persists, let it go. They are not ready to digest the Truth, so there is no point in forcing the point, eat humble pie and pray for them handing over to the Highest Power.

*Speech is produced cheaply, but it has high value. It can elevate as well as demean man. Listening to a speech, a zero can rise into a hero or a hero can collapse into a zero. Speech can inspire or plant despair. Frenzy, fanaticism, and gusts of anger have to be controlled, for they lead to disasters whose range is beyond calculation. By constant practice, these can also resort to the vow of silence. The mind too must desist from wandering when the tongue is desisting from talking. Otherwise, the vow cannot be fruitful. Be conscious that every word we utter or hear will leave an impression on our consciousness and provoke reactions that may or may not be beneficial. This is the reason why the company of God and godly people is to be sought. Baba<sup>76</sup>*

One day my sister and I were arguing aggressively about something. Our seesaw ride of ego power was in full swing. We both wanted to prove to the other that we were right. Of course, neither is right or wrong; it is just the ego that wants to feel righteous. I came home feeling desolate and forsaken. I decided to ask Swami for guidance in meditation. The insight I got was to change my perception, be non-judgemental and see my sister as my youngest, 5-year-old child. Would I need to argue then? Would I need to be right, even though in my heart I knew I was? When I changed my thoughts, perceptions and judgements, my heart opened to pure love, my attitude to her

<sup>76</sup> Sathya Sai Speaks, Volume XV, Chapter 42: The Triple Purity.

completely changed. I accepted her and loved her totally in spite of our differences of opinion.

*There are three things that are immensely pleasing to the Lord: a tongue that never indulges in falsehood, a body that is not tainted by causing harm to others, and a mind that is free from attachment and hatred. These three constitute the triple purity. Baba<sup>77</sup>*

## **6) Responsibility: Take ownership of your life.**

To love yourself and others, we need to take responsibility. What do I mean by responsibility? Split the word into two: response and ability. When we accept 100% response-ability for everything that we experience in our lives, the successes, the failures, the positives and the negatives, when we realise our thoughts create our reality, we will be able to heal our bodies and our lives. Holistic Wellness becomes a reality, and we make progress on our journey back to our divinity.

What does 'responsibility' require? It requires monitoring our thoughts, words and deeds. Response-ability also necessitates a willingness to be accountable and stop blaming others for the failures in life. Changing your limiting thoughts and behaviours and developing your self-awareness and consciousness, will accelerate your spiritual growth and create peace and harmony in your life. The road to Holistic Wellness is accountability, SELF INQUIRY or reflection thus becomes essential: *"What did I create today, in my reality?" "Did I create joy, love and happiness and feel aligned to my God self? Or was I sad, miserable and stressed because I lacked consciousness? Did I react out of compulsive, habitual thinking and mis-create due to my past conditioning?"*

Responsibility does **not** always require action; it can be an internal desire for betterment. For example, *there are many global atrocities: war, hunger and natural disasters and direct action or involvement*

---

<sup>77</sup> Sathya Sai Speaks, Volume XXI, Chapter 9: From Annam to Ananda.

*is not always possible, but prayer and sending positive thoughts or visualisations is always achievable.*

Furthermore, responsibility should be a steady effort to make a conscious shift from reluctance to eagerness. We can conjure up in an instant a petty excuse to justify why we cannot be responsible. Essentially, all that it takes to be responsible is just a conscious awareness and an effort to love.

## **7) Truth comes before love**

Truth and authenticity are the basis of a loving relationship. Even the best relationships whether these are familial, marriage, work relationships or friendships, have some measure of discord. Individuals cannot all have identical beliefs, understandings, values, behaviours, likes and dislikes. Therefore differences are inevitable. Honest discussions and communications are necessary, for understanding or compromise to rectify an unhealthy relationship. One needs to lovingly express true feelings about the issues rather than suppress them; practising assertive communication as opposed to aggressive communication. Communication will be further examined later in the book.

Honesty means accepting responsibility for one's own part in a disagreement instead of playing the blame game. When we confront a challenge we usually demand, the other changes, and insists everyone else is to blame. The truth is only one thing needs to change: you! Truthfulness means being frank about our own transgressions and limitations. Facing our own demons takes courage and strength of character. Speaking lovingly and straightforwardly is expressing one's true divinity. If anger arises, wait until all parties are calm and ready for dialogue. With truthfulness and openness a discussion has a greater chance of positive outcomes for all involved. Solutions are more accessible in an environment of loving energy.

Suppressing unresolved anger is the unhealthiest choice of all options available. The negative emotions remain in the body at a cellular level and in time will manifest as illness. If one is serious about spiritual

progress, then it is incumbent on one to confront the ego, destroy it and eradicate it from our code of conduct. It will be the ego alone that will stand in the way of your spiritual growth and journey back to your God-self. A spiritual aspirant, who experiences difficulty conquering the ego and the anger, can ask for help, *"God, show me how to resolve this problem, show me what I am not seeing. See through me that I may find a clear way forward for the highest good of all."*

### **8) Forgiveness and forbearance**

Forgiveness creates a loving heart; it is the most powerful armament to heal mayhem at an individual and universal level. Angry people cannot create a peaceful planet. God and man are the definitive ingenious team. He is the electricity, and we are His lamps. It does not matter who we are, what we do or what talents we have. What is imperative is we have a willingness to serve Him in whatever way we can. The servants of God embrace the imprints of their Master. Lamps without electricity and electricity without lamps, throw no light, working together however they cast out darkness. Focusing on positive memories instead of the hurtful ones creates healing vibrations for optimum health in our bodies. The human mind may not easily wipe out an adverse wounding memory. However, each experience is an opportunity to upsurge and move forward in our quest for our Divinity. In accepting that hurt or suffering is a learning opportunity, forgiveness comes easily. It is an act of healing oneself as well as others.

Forbearance is the capacity of dealing with a difficult person or situation, practising tolerance and patience in the face of provocation and the ability to endure what is difficult or disagreeable without complaining. How often people in our lives are on a different wavelength of understanding and make choices that hurt us? Are we aware that we may be doing the very same to others? Therefore in practising forbearance and forgiveness, we are allowing others and ourselves to flourish on the road to self-realisation. We are doing to them what we would have them do to us. Christ bore His suffering on the cross and pleaded to God for compassion for his tormentors when He said, *"Forgive them for they know not what they do"*. When one attains this level of forgiveness and forbearance, one has found one's

Divinity. That is why Jesus claimed at the end: *"My Father and I are One."*

*We must be the change we want to see in the world.* All change begins with *us*. If we do not want violence in the world we must first remove the guns from our minds or consciousness. If we do not want to experience fabrication in our lives, we must be truthful. If we do not wish to be victims of wrongdoing, we must not contribute in unlawful activity. If we long for love, we should give love. If you smile at someone, they will spontaneously beam back at you. What you give out returns to you.

The spiritual path involves consciously accepting responsibility for what we choose to perceive. No perfect humans are walking the planet. We create our mental perceptions about people or situations, we judge far too quickly, even before a situation has unfolded. Sharing a case study to elucidate the above. A lady who came to me for holistic counselling was studying to become a lawyer in her country of birth, South Africa. She was happy in her second year of law and was producing exceptional results. She fell in love with a fellow University student, but her mother strongly objected to the relationship, as he was of a different caste. The relationship continued despite intense pressure. When all efforts failed to end the relationship, as a punishment, her parents stopped paying her course fees, forcing to abandon her studies. She held a deep resentment and anger against her mother for preventing her from becoming a solicitor. She had no other option but to do a teaching course, which offered a bursary with no repayments required. Fifteen years later she and her family migrated to Australia. Within a month she was offered a permanent full-time teaching position and placed on the highest salary scale. Furthermore, she enjoys her job and cannot see herself in any other profession. As a lawyer from South Africa, she would have had to return to University to meet the Australian standards, study full-time and reapply to practice as a solicitor. This could have taken years and made resettling in a new country with two little children, extremely difficult. Her mother had done her the greatest favour by forcing her out of law and into teaching! With this new realisation, her anger and

resentment dissolved. She felt immense regret for judging her mother so harshly and realised that through her unfounded perceptions she had harboured harsh resentment, anger and even hatred for so long. Her mother was only God's instrument that knew years before what her destiny was to be and so directed the drama. She had judged too quickly and far too harshly *before* her story unfolded. She created false perceptions of the situation spending years feeling hurt, disadvantaged and angry. As a result, she unlovingly did her duties as a daughter, defending her behaviour because she felt unjustly treated. Storing these negative emotions at a cellular level caused her to be ill. Unfortunately, lacking consciousness, she did not practise forbearance and forgiveness. Her ego became her master. In Australia she found Baba consciousness, so she asked Him for purity of heart and mind. Healing through forgiveness began, knowing that all is in perfect order in His divine play.

The only love that fulfills us is God's love, His essence in everything. Fear is the absence of love; it is the impurity that lurks in the heart. We must be aware of our ego's feelings to release them. In awareness, if we sincerely ask God to change our hearts and minds, He will. Finally, the process of moving from an impure heart to a pure heart is twofold:

- 1) Acknowledging honestly the errors or distorted thoughts, words and deeds within us.
- 2) Asking God to take away our poisons, heal us and return us to Love.

I remember what a man with full-blown AIDS told me in Canada, twenty-one odd years ago: *"Life threatening illness is God's greatest gift – it is His gift of escalating learning and soul development 10,000 times"*.

## CHAPTER 4

### Illness - Distortions in the mind

*The main cause of illness is psychological disturbances.*

*Baba.<sup>78</sup>*

*Oh, Baba make my mind, pure, strong and merged with  
Thee. Huzan*

Holistic Wellness through the Sai way is gained through awareness and inner Wisdom of our real Self and by releasing our negative thoughts and emotions that are interfering and hindering our alignment with Source energy. All creation is fashioned from the pure light and unconditional love energy of Source Energy. All are perfect clones, cells in the body of the God. The six vices in human beings: desire, greed, attachment, pride, anger and jealousy generate alterations in divine energy. Imagine an impaired prism where the light cannot come through, creating no rainbows. We reflect, co-create or refract, distort God's light, depending on the flaws we imbibe. The dense negative energy blemishes His light and entombs the subtle emotional body and the causal body (kosas)<sup>79</sup> and the *chakras*<sup>80</sup> finally manifesting in the gross body as illness. Distorted light imprints or *Vasnas* begin to crystallise and cause an imbalance and then illness in the material body. There is a strong connection between mind, body and spirit. Baba says the six vices cause the poison in the subconscious mind and subtle body, which eventually causes illness. Therefore one must make sincere efforts to filter and develop pure thoughts through the management of the mind.

The intellect and inner voice or conscience (*buddhi*) when used for

<sup>78</sup> Divine Discourse "Unity is Divinity" 20 Nov 1998, Prasanthi Nilayam.

<sup>79</sup> Refer to My True Reality by Dr. Huzan Daver page 98 and 91

<sup>80</sup> *ibid*

discrimination and good decision-making circumvents us becoming energetic garbage collectors. The human body likened to a chariot, the sense organs to horses; the intellect (*buddhi*) to the charioteer. The chariot (body) may be beautiful. However, it depends on the charioteer *buddhi* or inner wisdom to firmly rein the senses (horses). The ego (*Ahamkara*) tries to lure the conscience or *Antarvaani*, senses and mind, into selfishness. Egotism results in a gradual decline of the Source Energy in mind, the senses, consequentially the body finally gets contaminated. On the other hand, if it discerns and chooses right conduct, it retains divine consciousness. Fear creates all the iniquities at the emotional level. These trapped energies can cycle through time, life after life until we correct them. There is always cause and effect. How do we correct imbalances or trapped negative memory? In His Wellness Centre, spiritual and psychological approaches will be utilised in helping people cleanse and clear their "garbage" energy from their minds with holistic counselling, meditation, self-reflection, *sadhana* and *atma vichar* (self-inquiry).

Darkness is unreal it is only the absence of light. We create darkness and so when we illumine ourselves through awareness in meditation and self-inquiry we disband the darkness. Our true reality is divine light. Through self-reflection, we make conscious our mistakes even if they are hidden and unconscious. We can go to the original cause or memory of the adverse effect we are experiencing through deep meditation therapy. We can even access the archives, the *Akashic records*<sup>81</sup> of our soul's journey through meditation, getting divine guidance. Edgar Cayce<sup>82</sup> was legendary in going into a trance like state and getting into the root cause of people's illness by accessing their *Akashic* records. Through accessing past lives and memories

---

81 The Akashic records are a compendium of all human events, thoughts, words, emotions and intent ever to have occurred, believed by theosophists to be encoded in a non-physical plane of existence known as the etheric plane.

82 Edgar Cayce (pronounced Kay-Cee, 1877-1945) has been called the "sleeping prophet," the "father of holistic medicine," and the most documented psychic of the 20th century. For more than 40 years of his adult life, Cayce gave psychic "readings" to thousands of seekers while in an unconscious state, diagnosing illnesses and revealing lives lived in the past and prophecies yet to come

trapped in the subconscious mind<sup>83</sup> negative energy is released and surrendered to divinity, thereby restoring balance and reconnection to our core divine power. In recent times, Dr Brian Weiss has written a book, *Miracles Happen*,<sup>84</sup> in which he shares many real life stories of patients experiencing miraculous spontaneous recoveries from illness through hypnotherapy.

Hypnotherapy<sup>85</sup> is no different from deep meditation therapy except that the former has labels that are more medical and scientific. The process similar to spiritual meditation procedures, letting go the mind and submitting body consciousness to tap the subconscious mind, recalling unconscious and subconscious memories, even past lives. Sometimes the effect of this deep work is not immediately observable in the gross body due to dark *vasnas*: programs and conditioning from past lives. It takes a longer time for the body cells to free from old imbalanced memories. Besides, the person needs to work hard to integrate the learning acquired in meditation therapy in everyday life. The healing grace of God descends when the lesson is learnt; shifting *karma*.

The key is awareness of our “mistakes” and learning. We repeat patterns in this life till we learn from our mistakes. What is a “mistake”? A mistake is nothing but a momentary gap in consciousness and wisdom and separation from divine love due to fear. Just like an actor needs many “takes” before his performance is finally flawless, we may require many experiences of mistakes before we learn the lesson, in all its aspects. Failure is a stepping-stone to success; progress cannot happen without making mistakes. Do not have blame, pointing the finger at ourselves or each other, or self-criticism; focus on learning and resurrecting from old habitual patterns. How do we learn from our mistakes? A short checklist below:

---

<sup>83</sup> See *My True Reality* page 128 for more details on the aspects of the mind.

<sup>84</sup> *Miracles Happen*, Brian L. Weiss, MD, and his daughter, Amy, examine the physical, emotional, and spiritual healing that is possible when you freely accept and embrace the reality of reincarnation.

<sup>85</sup> *Hypnotherapy* is an alternative curative healing method that is used to create subconscious change in a patient in the form of new responses, thoughts, attitudes, behaviours or feelings. It is undertaken with a subject in hypnosis.

- Accepting, acknowledging and then taking full responsibility for situations makes learning possible.
- Do not equate making mistakes with being a mistake: in other words, focus on the error, not the person. Do not go into shame, blame and guilt, which keep one stuck. Look beyond the person, personalities and emotions to the problem.
- You cannot turn the clock back and change the blunders, but you can choose how to respond to them. One can atone for the faults and take steps to correct, where possible. Learn to respond in awareness rather than react impulsively in anger, sadness or fear.
- Growth starts when one sees the possibility for improvement. Visualize and believe in a positive outcome and then surrender to God.
- Work to understand why the mistake happened and what the factors were.
- What information, awareness and wisdom could have avoided the error?
- What small slip-up, in succession, contributed to the bigger fault?
- Are there alternatives one could have considered but did not take?
- What modifications are required to avoid making this blunder again?
- What transformations are difficult? Why?
- How do you think behaviour should change if a similar situation occurred again?

- Do not over-compensate in a similar situation, as the next situation will not be the same as the last.

Through *Sadhanas*, self-reflection and *atma vichaar* meditation, past life regression, one can purify at three levels. 1) The outer gross body; 2) The subtle emotional, psychosomatic level of the intellect, the subconscious mind, memories and ego; 3) The causal or etheric level exists on all levels of consciousness: wakeful, meditation, sleep and dream states.

A couple came in for counselling. The husband who I shall name Tony had repeatedly offended his wife by gambling and womanising. The wife was ready to walk out of the relationship even though they had four children. The couple was counselled separately and then together. Through intensive therapy the husband realized his lack of self-love which generated an addictive pattern which led to bad habits and hurting his wife. The husband moved from holding on to guilt to taking responsibility for his "mistakes" and through atonement and transformation he did not repeat his mistake. The wife finally gave him another chance practising forgiveness and forbearance.

### Desires versus sankalpanas

*Desire brings grief; desire brings fear – to the one who is devoid of desire, what grief is there? What fear? Gautama Buddha*

What is a desire? Desires are thoughts connected to cravings, wishes, needs and expectations that we have related to the material world in the present and the future. On the other hand, *Sankalpanas* are selfless desires or yearnings for the benefit and the highest spiritual good of all. The fruit of *sankalpanas* is divine love with no focus on intended outcomes, even spiritual aspirations, remembering God is in charge. Often obstacles along the way amend envisioned results causing disappointments to the ego. Baba has said that once one experiences divinity in the heart whether you are a *yogi* or a householder, every task taken in hand becomes a divine experience. Hence, have one's *head in the forest hands in society*.

Bliss or *Ananda* comes when your head and heart are filled with God even when your hands and body are involved in the toil of the material world. Desires are necessary for creating and manifesting our dreams and goals. However, when they are attached to selfishness and negative emotions (such as fear, anger and sadness,) they do not manifest into reality. Instead, we miscreate, producing suffering and restlessness in the mind. For instance, a client whom I shall call Sam came to me for counselling. He was depressed and unhappy. His heart and passion were for writing a book, but his head and the fear of not having enough kept him in a job he did not enjoy, for many years. Moreover, his desire to succeed in writing was consumed by his trepidation of failure. Hence Sam was sabotaging himself with his fearful thoughts: resentment towards his work and himself set in for being weak willed to follow his aspiration. He had to be aware of his disrupting fears and start to work towards his dream.

Some desires are an excessive attachment to material objects, things or persons. Unaware of the unpleasant, destructive qualities in something or someone it can cause desperation and neediness. Desires are like pebbles thrown in calm waters, as they create waves of anxiety and rob us of peace. Unfulfilled desires lead to grief and suffering. We have two choices to achieving contentment and happiness: getting what we want in life or not having any expectations and desires in life. The latter is the easier option; hence we need a ceiling on desires or desire management. Esther Hicks<sup>86</sup> has said suffering happens in the mind, as it is a perception of the difference between where you are and where you want to be: the wider the aperture the more the suffering. The key is to close the gap by always being in gratitude for what you already have and what you have already achieved.

*Short-sighted people of the world are the real renunciants, not I. I left only a few paltry dollars and temporary pleasures to gain an empire of endless bliss, and the greatest prize of all – God.* <sup>87</sup>

<sup>86</sup> Abraham-Hicks Law of Attraction Journal [www.abrahamhicks.com/lawofattractionsources/journal.php?journal\\_category=6](http://www.abrahamhicks.com/lawofattractionsources/journal.php?journal_category=6)

<sup>87</sup> Paramahansa Yogananda, *The Divine Romance*.

Aversion is the opposite of desire, making us repel, destroy or escape from the situation or individual. There are several examples of abhorrence in relationships, jobs etc., where we want to get away, drop out and withdraw. Hatred is exhibited because of our fears. Swami says we need to face the devil, our fears and fight till the end for Truth and divine love to manifest.

*Follow the Master, Face the Devil, Fight to the End and Finish the Game. Baba<sup>88</sup>*

A client's mother-in-law lived with her and her husband. The mother-in-law was a bully, very demanding and often rude. All endeavours to maintain an amicable healthy, peaceful relationship had failed. Driven to despair, she gave her husband an ultimatum. "Either it is your mum or me, I have had enough from her". Through therapy, the client became aware of not only her fears but also the anxieties of her mother-in-law and became more tolerant and patient, eventually their relationship improved.

### Attachment versus detachment

*You do not have to give up properties. Instead, what is important is to develop proper ties with God! Baba*

Spiritual detachment is not about giving up worldly material things it is about focussing on God and not being attached to things and people. It is not about being cold and withdrawn from people. It is to love them with divine wisdom for the highest good of all. A *sadhak* once asked me, "Is it not time that chooses who you would meet in life. Your heart decides who you want in your lifetime, and your behaviour determines who is in your existence?" I responded: "Focus love on the only permanent relation you have, which is God. Follow your conscience,

<sup>88</sup> Conversation with Sathya Sai Baba - Saibaba.ws [www.saibaba.ws/teachings/conversation.htm](http://www.saibaba.ws/teachings/conversation.htm)

*the voice within, even if it sometimes means, in wisdom you have to disconnect from human relationships. We are all cells in the body of God, so estrangement is anyway an illusion; we are already one and will forever be One. So "time" does not decide, your Higher Self does. Your behaviour is contingent on whether you follow the inner voice of your conscience. The spiritual Heart always wants all to love all."*

Why is spiritual detachment so arduous? I found many clients having issues of attachment with relatives and their children, thinking they are being loving. What is attachment? It is conditional loving. Most human relationships form with attachment. We all are subtle accountants and do an unconscious calculation of profit and loss in pursuing a relationship. When choosing a life partner, a young female client was listing all her needs for a prospective husband. He must be handsome, have money, be intelligent, like music etc. We often do not even recognize that we are unconsciously doing this. The head may make decisions but finally the heart, where God resides, and destiny, rule. The law of attraction says we attract into our world those we need to teach and learn from. We will discuss relationships in more detail in the following chapters.

Swami once explained to a student that on the contrary attachment is harder than detachment. He illustrated this with an example: You need more effort and pressure to hold onto a handkerchief, while to let it go easier, as you just relax and release, it drops. Attachment and detachment are states of the mind. Why is it that we are tangled with some people more than others? Our mind's judgements and our ego create attachment. Attachment is of three kinds: material wealth; identity or self-image; and people, namely family and friends. Swami says '*Namasmaramam*' or chanting the Lord's name is the best remedy to reduce these attachments.

*One cannot achieve anything in life unless one gets rid of ego and attachment. Anything can be achieved with humility and obedience.*<sup>89</sup>

---

<sup>89</sup> Give up Ego and Attachment and Become Great, Discourse by Sri Sathya Sai Baba, Mahasivarathri Prasanthi Nilayam 17 February 2007

A client had an adult son who lived with her, and she was very attached to him. He could do no wrong. He was addicted to gambling, womanising and other bad habits. Nor could she give him severe consequences for his bad behaviour. Therapy helped her to understand this and her fears. She examined her choices and re-evaluated her behaviour towards him for his and her highest good. Once awareness through conviction kicked in, she developed the inner strength to actually love him, even if it meant that she had to lose her son temporarily. She asked him to leave home, if he continued to misbehave. Eventually, the son learnt that his mother was only acting for his highest good. Sometimes, we have to be cruel to be kind, giving tough love. Swami often gave tough love to His students.

### Greed, Pride, jealousy versus Humility and Oneness

Divinity in nature is full of abundance but we humans are still greedy. Mahatma Gandhi said *there is enough for everyone's need but not everyone's greed*. Greed, another cause of human unhappiness is produced through fear of paucity. How can we eliminate mental gluttony? When *thyaga* (sacrifice), sharing and giving transpire, greed will disappear. Furthermore, mindfulness of the bigger picture and we do not take anything with us when we die, will escalate generosity. Human life is a transient journey. Most people are avaricious because they live in the future with anxiety. Hoarding is trepidation of not having enough in the future. We are acquisitive at individual levels and even at macro levels: some nations would rather waste their resources than share them. For instance, the USA was dumping wheat in the ocean to keep the price-line right.<sup>90</sup>

Jealousy, pride or ego, on the other hand, is created when the person perceives the other as greater or less than himself or herself: inner competitiveness and judgement. It is greed and desires that breeds' jealousy.

*Once jealousy takes root in a man's mind, in due course it destroys all his other achievements. It promotes demonic qualities. It dehumanises*

---

<sup>90</sup> history - Does United States throw wheat in the ocean to keep the ...  
<https://skeptics.stackexchange.com/.../does-united-states-throw-wheat-in-the-ocean-to-..>

*man. It reduces him to the condition of an animal. Because of its egregious evil tendency, jealousy should be rooted out from the very beginning. You must learn to enjoy seeing another's prosperity and happiness. This is a great virtue.* <sup>91</sup>

We are all one. People are not different at the core *atmic* level; we see differences based on our perceptions and judgements. Pride and jealousy enter our hearts when we cannot see divinity in all, and we are full of fear and ignorance. Baba has often said not to entertain jealousy and hatred. If you do not take on a jealous person's feelings, it remains in the hands of those that send it to you. Like a person receiving mail, if you do not take delivery it stays in the hands of the person who sent it to you. Great divine forms such as Jesus and Bhagawan Shri Sathya Sai Baba also faced people's jealousy and envy. Jesus faced Judas's betrayal, and so did Baba who had devotees that turned against Him and depicted Him as fraudulent and made false allegations against Him. The media too get involved in falsehood as a way of increasing their sales. Baba was never perturbed but always smiled at His detractors. He always said a laden fruit tree entices many stones and that the tree receiving the attack without compassion is nonreactive, recognising people have acknowledged its value. We need to learn from Baba to always stand strong with three P's: patience, perseverance, and purity. One needs to relentlessly respond with patience, forbearance and love, persevering to teach others with understanding, realising that all are developing and learning at their own pace. We may be distant from a person or situation that is riddled with competitiveness and jealousy, not out of malice but to maintain harmony and peace, with the knowingness that God's will always prevails in the end, and people learn in their own time.

*God the In-dweller is like the current. He is the same in all beings. People are like bulbs; they differ in their Gunas [intrinsic tendencies], and hence the differences. Baba*<sup>92</sup>

---

<sup>91</sup> *ibid*

<sup>92</sup> Conversation with Sathya Sai Baba - Saibaba.ws [www.saibaba.ws/teachings/conversation.htm](http://www.saibaba.ws/teachings/conversation.htm)

People become cut throat and competitive, even in religious organisations. Why? I believe it is due to ignorance of the Truth and fear. We need to keep remembering, in the final analysis, it is only God and us, He knows and sees all, so stay calm and be equal minded. Spiritual growth happens only when one nurtures patience and overcomes the evils of anger, hatred and jealousy with love. Baba often says, *"Don't be elated by praise or depressed by blame"*.

*It is not proper on your part to love only those who praise you and hate those who criticize you. Criticism will only help you to progress. So, do not harbour hatred towards those who criticize you. Accept everything good that comes your way. Ignore all that is bad. People may praise or criticize, but none can shake Sai. During the time of every avatar, wicked people did play their tricks. Betrayal of God is the worst of all sins. Such betrayal can never be atoned for in any number of births. So, never try to betray God. Love all.*<sup>93</sup>

**What is the e-go?** The (e) energy of God gone: a temporary state of separation from divinity created in the mind. It is through service to others that the ego disappears; we must remember the humility in service of Hanuman.<sup>94</sup> He represented as a monkey because that is a symbol for the agitated human mind. The epic Ramayana, illustrates how a disturbed mind, can be transformed to conquer the kingdom within, through devotion and service to Rama. When one sees God as the ultimate DOER, and you assist with humility, ego evaporates.

*God gave you the time, space, cause, material, idea, skill, chance, and fortune. Why should you feel as if you are the doer?" – Baba*

**What is humility?** Most people view humility as synonymous with weakness. But Baba says humility is divine power because it involves

<sup>93</sup> Overcome Jealousy With Love - Sathya Sai Speaks [www.sssbpt.info/ssspeak/volume33/sss33-23.pdf](http://www.sssbpt.info/ssspeak/volume33/sss33-23.pdf)

<sup>94</sup> Who is Hanuman? | Monkeys And Junkies <https://monkeysandjunkies.wordpress.com/who-is-hanuman>

surrendering to the divine, giving divinity the power to do His will for you. Abandoning the misconception of ownership and doership, one achieves humility. Many great men understood the divine power of humbleness. It is John Ruskin<sup>95</sup> who said: *"I believe that the first test of a truly great man is his humility. I don't mean by humility, dearth of his own power or hesitation in speaking out his opinions; but a right understanding of the relation between what he can do and say and the rest of the world's sayings and doings."* Socrates is known to have said, *"I know that I know not"*.

Jesus said to his disagreeing disciples *"...which is greater, one who sits at the table or the one who serves? It is not the one who sits at the table, but I am among you as one who serves."* In every sphere of life the ability to be aware and accept ones mistakes is vital. A progressive person listens to all views and possesses the discernment to make the right choices by listening to his or her conscience, draws a line where it is to be drawn and does not hesitate to take a weighty decision. Two important keys in humility are discernment (following the conscience) and love for God, leading to compliance when the conscience demands it. When we give up individual personal control through surrender, the God-self part of us takes over. To be able to communicate the truth with unpretentiousness to all, including your superiors requires humility. The difference between a boss and a leader is that a leader leads by example while a boss shows the way and does not practise what he/she preaches.

## Emotions - What Are They?

Emotions are energy (e) in motion; they are feelings generated from thoughts. All emotions are energy. Our feelings are important, as they are our navigation system. They tell us whether our soul is on track with soul purpose. The English word emotion comes from the Latin root *emovere*, meaning something that sets the mind in motion towards

---

<sup>95</sup> John Ruskin (8 February 1819 – 20 January 1900) was the leading English art critic of the Victorian era, as well as an art patron, draughtsman, watercolourist, a prominent social thinker and philanthropist.

action: harmful, neutral or affirmative action. There are destructive or negative and constructive or positive emotions. Adverse emotions are generated from thoughts that are not in tune with reality, that is, there will be disparities between the way things appear and the way things are. Negative emotions create blockages in our energy and *chakra* system. Wisdom and objectivity is lost when we are experiencing intense emotions.

### **Meditation exercise – 4.1 Observing Emotions**

Sit quietly and think about one event of the day, recall as much as possible. Observe and witness your emotions connected to this event.

If an feeling arises from where did it arise? What was the cause? Did you decide to experience the emotion or was it spontaneous?

### **What is the Process of Generating an Emotion?**

The senses pick up information from the environment, which we perceive. Our brain encodes, decodes and interprets this information, and this produces a feeling. If the thoughts, perception and interpretation are positive, then we experience joy and happiness. On the other hand, if the thoughts, perception and interpretation are negative then we generate anger, sadness and fear. Destructive emotions bring harm to self and others. Therefore, the motivation or intent behind emotions should be considered, including the results or consequences arising from them.

1. The senses pick up evidence from the environment.
2. The mind deduces information depending on past experience.
3. If the interpretation is positive, one produces joy and happiness.
4. If the reading is negative, one generates anger, sadness and fear.

According to Buddhist tradition, emotions come from “ego clinging”, which refers to the ingrained grasping of identity that needs protection and pleasing.

*We also feel that this “I” is vulnerable and that we need to protect it and please it. From that come aversion and attraction: aversion to whatever might threaten this “I” and attraction toward whatever pleases or reassures this “I” and makes it feel secure. From these two basic emotions, attraction and repulsion, a host of diverse emotions will come.*<sup>96</sup>

Buddhist philosophy like Hinduism and other Asian traditions further believe that destructive or negative emotions are not the inherent nature of the mind. They are sporadic and arise due to circumstances, perceptions, habits and tendencies of the person.

### How emotions affect our auric field

We are vibrational beings, and feelings disturb *chakras* and auric fields. The emotions of others can also affect vibrations. They can uplift or be sully, depressing, negative or even downright evil. There is a reason why an aggressive mob, seeking revenge or filled with anger or hate is called an “ugly crowd”: each member contaminates the one next to him, resulting in collective expansion of dark and dense energies.

The negative emotions created in the mind, upset emotional equilibrium thereby depleting vital energy and weakening the immune system. Over a period, the adverse reactions to people, life situations and challenges produce mental stress, destroy our peace of mind and disrupt the natural flow of *Prana* or life force (in our Energy body or *Pranamaya Kosha*) to different body parts and organs. This interference in the flow of cosmic energy is usually one of the principal causes of most chronic ailments. Such as asthma, arthritis, back problems, bronchitis, cancers, diabetes, digestion disorders, heart diseases, hypertension, kidney problems, liver problems, multiple sclerosis, Parkinsons, skin problems,

---

<sup>96</sup> D Goleman, *Destructive Emotions: How we can overcome them: A dialogue with The Dalai Lama*, Bantam, 2003.

sleep problems and a host of other ailments. It also results in lack of self-esteem, anxiety, fear, worry, depression, and a host of other mental problems.

## Emotional Management Through Meditation

Can unhealthy emotions be managed and released? Yes. Our true nature is to be tranquil as we are spirit. We put on a mask of restlessness, anger, fear and sadness. Feelings and emotions according to the great Indian spiritual masters obscure the soul from its true nature.

*Perfect control of feeling makes you king of yourself. Paramahansa Yogananda*

## How Can We Remove Destructive Negative Emotions?

*Repentance purifies, contrition cleanses. God is no stony-hearted despot. He is Compassion, He is Grace personified. Once you have cleansed yourself by tears, He draws you near and grants you consolation and courage. Without a cleansed heart, Self-realization is impossible. Wisdom can enter only a purified mind.<sup>97</sup> Baba*

Darkness is the absence of light thus negative emotions block us from being who we are. The body, mind, emotions and spirit are interconnected; there is an intimate relationship between the mental, emotional and physical components of our being. If for instance, we recall a traumatic incident (thought) we will emotionally experience the same feelings we felt at the time. Most of the time we tend to identify with our emotions, e.g. "I am angry", "I am sad", "I am happy". But are we our emotions? No, for we need to interpret our thoughts to experience emotions. For example, if a friend calls you a name, "fatty" or "dumb", how do you construe the friend and situation will dictate the reaction?

<sup>97</sup> *Releasing the Fear - Sai Sanjeevini*

[www.saisanjeevini.org/index.php/getting-started-now/releasing-the-fear](http://www.saisanjeevini.org/index.php/getting-started-now/releasing-the-fear)

Stages in generation an emotion:

**1<sup>st</sup> stage:** You scan all of the sensory input. You listen to your friend's tone of voice, observe his body language and process the content of the communication.

**2<sup>nd</sup> stage:** Identification with sensory input. Associations with the emotional situation happen in the mind. You recall your positive and negative experiences with your friend and the comments he/she has made about you.

**3<sup>rd</sup> stage:** Evaluation of data and discrimination: Was your friend really being offensive? You will accumulate all past experiences and information related to your friend and then make your decision.

**4<sup>th</sup> stage:** Decision-making faculty invoked - to act or not to act. Should I respond to my friend? How should I respond to my friend? Fear of losing a friend, of appearing objectionable, or appearing aggressive, may cause one to suppress one's feelings. Some may respond, react impulsively with anger. Few are capable of responding with awareness and assertiveness.

All this happens at lightning speed. Emotions are experienced at the 3<sup>rd</sup> or 4<sup>th</sup> stage. It is at stage three that we need to connect with our *Atma*, our divine self so that we interpret and see things only as Divine. All thoughts and emotions are energy and this energy we can feel in our body (that is if we are tuned inwards). Predominantly anger comes up in the throat, neck area (*vishuddhi* chakra), fear in solar plex or stomach region (*manipur*) and sadness heart (*anahata*), the back heart chakra, jealousy and envy and so on. If we do not cleanse and clear accumulated negative energy from chakras we fall ill; mentally or physically. Hence it is imperative to look within, feel and explore one's energy fields, to cleanse and clear with the intention not to repeat the behaviour.

Anger, sadness and fear are not always destructive, they may infuse

action or behavior not thought possible. For instance, grief from the loss of loved ones may inspire one to start a movement to save lives. Fear of violence may motivate one to learn karate. The positive aspect of anger energy is when we use this energy constructively to motivate us to achieve things. Anger can also be used to save someone jumping off a cliff, and similarly fear helps us to flee from danger. God is ALL energy. God has given us all emotions so we can experience, choose and work towards making conscious choices.

### Thoughts and emotions

Thoughts and emotions propel us to make decisions and then perform action. Without them we would not be able to make conscious choices and co-create. As negative emotions enter the mind, they transform into mood or habitual patterns and eventually, as traits of temperament. One can work to remove destructive or negative emotions in three ways:

- There are antidotes for each destructive emotion. For instance, the remedy to hatred is love. One has to attend to the positive facets of reality that ignite compassion and loving kindness. My work colleague had a "hot" temperament, much to the dismay of her peers and myself. I was often triggered by her aggressive ways. Focussing on her positive traits and qualities, in meditation, the anger and irritation towards her melted away. My body affected by my reactions returned to balance. In hunting for her positive traits, I used reasoning, taking the other aspects of her behaviour into account. The Dalai Lama has said, *From the Buddhist point of view, even in dealing with the afflictions (negative emotions), understanding the nature of reality becomes very important because lack of understanding leads to either reification, some kind of nihilism or false denial. For that reason, valid, verifying cognition is very important.*<sup>98</sup>
- To address the emptiness or the void nature of the negative

emotion, often individuals have been encouraged to look fear in the face, discussing the trepidation. Negative emotions get generated because of distorted mental images in the mind. I had a patient who had a phobia of water, and the image was so embedded in her mind that she was even afraid to go for a bath or shower. After a few therapeutic sessions, I discovered the reason for her phobia. She was thrown into the deep end of a swimming pool when she was a child. She was not consciously aware of her childhood experience but retrieved it through hypnotherapy. Her unconscious memory traumatised her into believing that all water was hazardous. After therapy, her mind was able to realise the inaccurate thinking that all water is not dangerous.

- Transforming negative into positive that is, using the energy of the negative emotion for positive outcomes. One of my students said he used anger when jogging and running up a steep hill.

### **Meditation exercise - 4.2 Generating an Emotion**

Place any object such as a pen in front of you. You are directed to first experience fondness for this object. Then, try to intensely dislike the same object. Become conscious of the stages you go through before you experience the feeling. Are emotions automatically experienced? Can we make a conscious choice? Can we change the way we feel? How?

Then, deliberately recall a past incident, which caused you to experience intense emotions. Recreate the event in detail. Try to trace the emotion back to its cause. By observing the event dispassionately. Did you choose the emotion or was it spontaneous?

When you create a negative emotion, try to trace the triggering factor/s to one of these three needs: *Was there a threat to your security? Was your power endangered? Were you being deprived of an anticipated pleasure?*

Management of our mind will significantly improve our emotional life.

### **Meditation exercise - 4.3 – Awareness of conscious mind functioning.**

Sit comfortably becoming aware of your right ear, left ear, your nose, your navel your hands, be mindful of your toes, the chair you are sitting on and your breath. You become conscious of these items one by one. If you were to bring all the elements to mind simultaneously, you would find you are overloading, the mind and the body becomes tense. In everyday life, we are continually juggling many roles and obligations. When we do not move at a comfortable pace, trying to do many things all at once, we burden the body and sickness ensues.

### **Meditation exercise- 4.4 – Awareness of unconscious mind**

Now choose something you do automatically, folding clothes, driving a car, writing your name and drinking a glass of water. Now begin to slow down the activity and dissect it into parts being conscious of every body part and the energy going into the activity. The unconscious mind performs routine task unconsciously, as soon as we become aware it becomes a conscious activity.

### **Meditation exercise - 4.5 – Awareness of generating emotions through thought judgement.**

Become aware of how you are feeling. You may use some labels to describe your feelings but you are unable to put into words exactly the subtle energies of emotions. We have to think or make judgements before we can actually feel. For instance, I have to visualise and think about my Sai brothers and sisters in India before experiencing the feeling of love. Judgmental thoughts precede feeling. Sometimes due to the recurring cyclical nature of thought and feelings, we assume that feelings automatically emerge and therefore cannot be changed or managed.

### **Meditation exercise - 4.6 – Awareness of subconscious mind functioning**

Visualise yourself in a market place or shopping mall in a mob, being hassled and shoved around. How does it make you feel? Now conceive you have never had the experience of being pushed around, always been peaceful, as others shop for you but suddenly you have been put in a crowd of smelling noisy people. How would you feel?

Now envisage you are a farmer always in quiet solitude but looking for the excitement of crowds and market places, how do you feel?

Your emotions are rooted in your subconscious mind, past memories and their relationship to present events. Emotions appear in the context of other unconscious memories.

### **Meditation exercise - 4.7 – Developing selective awareness through spontaneous thinking**

Close your eyes and imagine a tree, allow the image to come through spontaneously for about one minute. Now let your mind fill in details of the tree, from roots to leaves to fruits, the environment, sounds etc.

When you put in the effort of categorising and analysing an object, person or situation you will find the body creates some tension and stress. On the other hand, when we passively observe with detachment, without getting involved, we remain in a balanced state. Practise passive detached observation through the day. It helps to say, "I am divine the eternal witness".

### **Meditation exercise - 4.8 – Relaxing the physical, mental bodies and emotional bodies**

Sit in a comfortable position, close your eyes, then systematically go through all the body parts, visualising them letting go in deep relaxation. Once you have done that, count numbers from 100 to 1 backwards. You will observe that initially, you may be loud but soon you

will count quietly, till finally, you stop counting. When you have created this gap of silence choose an image of relaxation or wellness that brings you peace joy and love. Synchronize your breath with breathing in the feelings of peace, joy and love. Do this for the next few minutes. Some may like to go further and do the name form meditation.

### **Meditation exercise - 4.9 – We are Holograms (Please listen on CD)**

### **When Does One Deal With Negative Emotions?**

The novice approaches emotions impulsively and attempts emotional management or intervention only after experiencing them. When one has had some proficiency in this practice then one can deal with emotions as they arise. A person with knowledge in this area will free themselves of the sensations as they arise. Spiritual masters and realised people might avert a destructive emotion even before it manifests by recognising the triggers and patterns that precede these destructive emotions. Conversely, they might take this one step further and mobilize the negative energy to serve humankind. For example, after the tragedy of *Jalianiwalla* Baug, where the British massacred many hundreds of unarmed Indian men, women and children, Mahatma Gandhi harnessed the anger of the oppressed population to launch his historic *satyagraha* movement (i.e. non-compliance and non-violent protests). Gandhi used forceful yet non-violent action against the British Raj to achieve his goal of freedom for his people.

### **The Four Types of Emotion**

1. Joy and Happiness 2. Fear 3. Anger 4. Sadness

- Joy and happiness are created with thoughts of satisfaction and fulfillment. Bliss on the other hand, is a state of being, Love, Divinity, the final goal of meditation.
- Fear generates from a perception of future, worrying thoughts: gloom and doom.

- Anger evolves from a judgment of dissatisfaction, un-fulfillment.
- Sadness forms from a perception of loss and grief, lack of love.

*We could never learn to be brave and patient, if there were only joy in the world.* Helen Keller

**Happiness and joy** are positive emotional states or conditions that we experience, albeit for short periods during our lives. As our mind or thoughts affect the way we feel, happiness is impermanent. On the other hand, bliss is permanent. Bliss is nondual; it is a spiritual state of consciousness when we are one with Divinity or Divine Consciousness. The goal of meditation is to attain Bliss. Suffering is a state of consciousness caused by ignorance, negative emotions and attachment. However suffering and pain help us to become better human beings and grow.

## Fear

Fear can be constructive or destructive. The definition of fear as a destructive emotion is "*False evidence or experience appearing real*": untrue thoughts in our mind about something or someone that appear true to us. The greatest fear we have about ourselves is "mortal fear".<sup>99</sup> Fear about cessation or death, bodily pain, hunger and any threat to the body.

There are three parts of the Self. Firstly, what others say about us. Secondly, what you say about yourself, based on the messages, received from others and thirdly, your true reality, which is *atma*. Fear gets created when we identify with what others say about us. Also our thoughts and associations with past negative experiences create it. If you want to release fear, identify with your true reality which is Divine and indestructible. When we perceive ourselves as being vulnerable, we experience fear. Our perception and interpretation of an object or person as ominous to our well-being, security or power, produce

---

<sup>99</sup> Dr. Samuel Sandweiss coined this term in 1985 in the book *Spirit and the Mind*.

fear. We protect ego integration with every possible means including deluding ourselves about the nature of reality. So we resist the fear of facing mortality by becoming more absorbed in the delusion of duality, that is, life's fleeting superficialities and material pleasures. However, the reality is that we are indestructible. Our true essence is Divine. Fear prevents us from being who we really are and rising to Universal Consciousness. The root cause of fear is the absence of pure and sacred thoughts and "separateness from God". When we see ourselves as one with God, as Divine, we see ourselves as immortal and powerful and have the courage to look at fear in the face.

One of my meditation students, whom I shall name Steve, recounted his experience of being held up by a gunman in the bank. At that grave moment, he stated that he thought about his three children and said to himself, "I am not ready to die". He prayed to God and found himself with great inner courage and strength. Steve made an effort to talk to the man and eventually the gangster did give up his gun. A miracle occurred, not only was Steve's life spared but also the man gave him back his possessions. In that crucial moment Steve had two choices: to think of himself as defeated and "dead" and therefore succumb to the gunman or address his fears with courage and challenge the man with his wisdom. Fortunately Steve chose the latter. Fear is worry, anxiety and stress related to the future.

### **Meditation exercise - 4.10 Eliminating Fear**

Some people are not conscious of the origin of their fears. Go through these steps in a meditative state:

Identify the fear(s). What are they? For example, I have fear of heights.

If possible, identify the origin of the fear. Why do I have these concerns? Identify the thoughts that trigger these qualms. For example, I remember as a child being taken to the top of the ladder and falling.

What are the "core beliefs" that have developed as a result of these

fears? Core beliefs are fundamental thoughts, attitudes, perceptions you have about yourself and your environment, generally derived from past experiences. These beliefs are so deep seated, that they unconsciously affect your actions. The more traumatic and unsettling our past experience, the stronger is our beliefs related to it. For example: Having an experience of drowning leads to a belief: I am not a good swimmer. I am not a good person etc.

Though it is not easy for most people, one can train to turn off the worry, fear and anxiety by identifying with Divinity. There is nothing or nobody that can hurt your spirit or soul. You are a part of the divine energy. "I am not just the body, mind and intellect. I am Divine". Trust and faith in Divinity protect you. Live up to the truth of your being. A fearless person will be detached from all objects of the world and become saturated with the love of God. On the other hand, one who is self-centered and attached to worldly accomplishments will be full of fears.

Have a practical plan to deal with the fear. Put the plan down in writing. For example, dealing with water phobia, I will go for swimming lessons; I know that one negative experience about the water does not necessarily make the water dangerous. Confront the fear by implementing the plan. It does not matter what others think. For example, even at the age of 50, I will take swimming lessons.

Do deep breathing exercises. Watch and observe your breath. Watch your body and transform all the tense areas to a state of relaxation.

Reinforce success with positive affirmations. "I am Safe and Protected; I am Love, I am Divine."

## Anger

*Anyone can become angry-that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way- that is not easy.*<sup>100</sup>

---

<sup>100</sup> Aristotle, *The Nicomachean Ethics*.

Aristotle is postulating in the above statement that anger can be an asset as well as detrimental. Some aggression is used to help someone compassionately. Buddhists use the term "virtuous anger" to describe this. If someone is about to jump off a cliff and I shout furiously at him or her to stop, I am using anger for a positive outcome. On the other hand, destructive anger arises when the mind interprets that the individual needs are unfulfilled. Fear of losing something or unsatisfied needs brings about anger. Hatred, jealousy, envy and pride stem from the root emotion of anger. According to Baba, antagonism is born from thoughts of desire. For instance, if someone calls me a fool or is rude to me, I perceive that as a threat to my self-image, my longing to be respected and valued; anger compels me to fight back.

*Anger is born of desire. Desire arises from thoughts.  
Therefore, thoughts alone are responsible for both anger  
and desire. Baba<sup>101</sup>*

Anger entrenched in judgement debilitates. People are angry with others because they have not met their expectations. We hold others to some standards. As Mahatma Gandhi said, "*An eye for an eye and the whole world will be blind*". If we are in an intense emotional state, we lose touch with our higher consciousness and wisdom.

Anger is responsible for shortening a person's life. How does your body react when experiencing antagonism? The blood pressure rises, the body parts become tense, and the nerves become weaker. We release chemicals in our body that over the long term affect us adversely. Anger has many shades and colours: fury, outrage, resentment, wrath, exasperation, indignation, vexation, acrimony, animosity, annoyance, irritability, hostility, hatred and violence. A person's aura is said to turn a murky red when angry.

*When violent anger is aroused the entire aura (oval shaped etheric envelope that surrounds our physical bodies) is suffused with a ghastly*

<sup>101</sup> Love and Sacrifice — The Cure for Anger and Desire - Sai Darshan Home [www.saidarshan.org/baba/docs/angerdone.pdf](http://www.saidarshan.org/baba/docs/angerdone.pdf)

*red that can obliterate all other colors. Moreover the thought forms, which are emitted from it, and directed towards the object of anger, take the shape of stabbing, pointed knives reminiscent of lightning... For such an eruption of anger immediately attracts those lower astral entities which feed vicariously on these unpleasant and violent emotions and as it were, sprawl on the person, egging him on.*<sup>102</sup>

**Guilt** a form of self-anger turned inwards has tinges of fear energy. You are disappointed with self or you have not lived up to your expectations of yourself. Sometimes anger is a defense against fear. If we let go of the fear, we will let go of anger. A person threatened with losing control of a situation or reputation might go on the attack aggressively to hide his fears.

A client asked me once: what is the cause of anger and why do I feel I have no control over it? It is the mind, particularly our thoughts that cause antagonism. Why do we become uncontrollable and impulsive when fuming? If we train our minds and are conscious at all times of the thoughts we generate, we can be in control and be proactive in our actions. However, we are conditioned and programmed to think in certain ways and we develop certain beliefs and emotional habits. Nevertheless, through meditation, we can deprogramme ourselves and change judgments that are not suitable for others and our highest good.

A habit is a learnt thought, word or behaviour that becomes automatic as we learn it through repetition or imitation. If my father is quick tempered, I may unconsciously learn this from him and develop a habit of reacting like him. Often our behaviours are consciously or unconsciously learned up from our parents in our childhood. Hence it is said that as souls when we choose our parents we choose our life's lessons.

At our core, we are ONE with Divinity but in this physical reality we

---

<sup>102</sup> The Colour of our Thoughts - Saibaba.ws [www.saibaba.ws/articles1/colourofourthoughts.htm](http://www.saibaba.ws/articles1/colourofourthoughts.htm)

are always working with duality and opposing choices (good and bad thoughts, emotions). In a moment we can be Divine and in a moment we can be demonic. If we switch off our consciousness and alertness even for a moment and go into an automatic pilot mode, our past negative conditioning can take over and we can be impulsively angry, sad or fearful. Learning to stay consistently in a state of awareness, or higher consciousness can gradually give you the power to control the negative impulses that arise. Those who are always conscious of their thoughts, words and deeds and therefore their choices are self-realised masters.

A patient, Kavita, presented at the clinic with severe neck and shoulder blade pain. Her work demanded the use of her neckline muscles frequently as she had to bend to pick up things continually. Her posture was also incorrect. However, added to this physical stress, she had rage issues. She felt discriminated against by her colleagues and her boss. She could not express herself and locked her pain in her throat and neck. After a few healing sessions, her pain reduced considerably. She was further empowered by learning assertive communication, changing her attitude and practising forgiveness.

*Holding on to anger, resentment and hurt only gives you tense muscles, a headache and a sore jaw from clenching your teeth. Forgiveness gives you back the laughter and the lightness in your life. Joan Lunden*

Another patient, Susan presented to the clinic distressed with relationship problems. She was forty years old and unmarried. She was the eldest of eight children. After a few sessions, I noticed that she lacked self-love and had a lot of anger towards her mother. As she was the oldest, her mother expected her to take care of her siblings. She could not explain her burdensome feelings to her mother, so suppressed the energy. Thereafter, Susan had had many relationships with men but she found a similar pattern of rejection, anger and oppression in all relationships. Most of the suitors did not want to be committed to her. We did some past life regression work to find out the deep-rooted cause of her situation. In a past life Susan saw herself

as a wealthy English woman in the early 1900's. She was 35 years of age married to a prosperous lawyer. She did not want to bear him any children; afraid of the responsibility of looking after children (remember in this life she had 8 of her siblings to look after). When she was aged 40, in that lifetime, her husband had an affair and left her. Susan was angry, frustrated and saw herself grow old, lonely, distressed, frustrated, bitter and resentful. In that life, at 60, she observed herself at her ex-husbands funeral repenting not having had children and never telling her husband that she loved him. Susan learnt a lot about herself from that session. She committed to speak her truth, and not bottle up her anger and frustration. Her relationship with her mother and her family improved.

*If someone angers you, know you are in material consciousness. Even if you have been maltreated, still you should be ready to forgive. When you forgive you are in spiritual consciousness... Material consciousness is quarrelsome; spiritual consciousness gets along with everybody. Paramahansa Yogananda*

### How can we manage anger?

The key to resolving anger is to look within, self-reflection. Today psychologists think disclosure may do more harm physically and mentally.<sup>103</sup> Psychologists differentiate between "suppressed" and "repressed" anger. Suppressing anger, *"perfectly fine if you do it consciously and for a good reason. But repressing (childhood unconscious memories) leads to trouble because the person has no awareness of the anger."*<sup>104</sup>

We can manage anger from cognitive, emotional, communication, affective, and behavioural aspects:

- **Cognitive:** Identifying provocation or trigger with an alternative

<sup>103</sup> Dr. Leo Madow at The Institute of the Pennsylvania Hospital in Philadelphia

<sup>104</sup> Venting anger may do more harm than good - NYTimes.com [www.nytimes.com/1983/03/08/.../venting-anger-may-do-more-harm-than-good.html](http://www.nytimes.com/1983/03/08/.../venting-anger-may-do-more-harm-than-good.html)...

perspective. When your anger is just, you can cognitively deal with your anger by using your self-statements as self-instructions: "Don't let this get to you," "Take a deep breath."

- **Emotional:** By using body biofeedback, you can use that feeling as a cue for modifying your physiological response or changing your thoughts and behaviour. Use the anger energy productively.
- **Communication:** Assertiveness or speaking the truth in a loving, respectful manner teaches you to stand up for your rights and appropriately express your needs. Listening on the other hand, allows you to open up communication and negotiation helps work the conflict by coming to a reciprocally adequate understanding.
- **Feelings:** it is necessary to acknowledge that they exist.
- **Behaviour:** Identify the behaviours we show when we are angry and change with new more positive actions.

### Meditation exercise - 4.11 Letting Go of Anger

This exercise is done to let go or discard anger in any situation, an attitude, a place, or a negative link to a person, a memory or an illness. When we address our feelings and express them, we are acknowledging and confronting them. This is the first step in letting go of our anger. Facing our feelings in this way takes courage and helps us to affirm that we are far greater than the anger energy. The group is reminded to be non-judgmental of fears expressed. The objective is to support all in annihilating their fears through addressing, accepting and expressing them.

Chant "*Sohum*" (I am divine) in the group. The members should close their eyes, join hands in the circle and imagine breathing in and out of their heart centers as they chant together. Each person begins to send a gold beam of light from his or her heart to the centre of the circle, filling the space with golden energy and creating a beautiful healing pool. Allow everyone to continue the sound softly while each member stops singing in turn and speaks in a clear voice, "I let go

of ... (individual to fill in the blanks appropriately) into the pool of healing light". Release negative feelings, negative links, ties, situations, memory, illness etc. After each person has "discarded", they should finish with "So be it" as a cue for the next person to speak. Continue round the circle till there is nothing more to let go. All the group members should chant OM and collectively transform the negative energy into golden light and see the negative energy being drawn away by the Divine One.

Next, each person has to call into their lives everything they want, need and deserve. You are allowed to ask the Divine One for gifts. This time use the words. "I call into my life..." and again finish with "So be it". Breathe the golden light into our bodies. Chant "Sohum" I am Divine. Sit in silence for a few minutes and experience the peace.

## Sadness

Sadness or grief is an emotional state we produce when we have lost sight of who we really are. Man keeps grasping at material things and people. We feel sad when we think we have lost someone or something. Death is a temporary state of being, the body turns to dust, but the spirit is eternal. As the Buddha and other great masters taught, desire is the cause of human suffering. Man is himself the cause of all his sorrows and difficulties. It is our own *karma* or action that is responsible for our suffering. What we sow we shall reap. It is only through suffering and sorrow that we learn and grow. A patient I shall name Hilda came to me for grief counselling. She told me her daughter was in great pain having lost her five-year-old son. The mother and grandmother were devastated by the accidental death of the boy when he drowned in a swimming pool. Their unimaginable pain moved me greatly. After much soul searching, reading many books, and even experiencing her grandson's presence, Hilda told me that she realised that her little grandson, though not in the physical body, was still "there". She had not lost him, he had just moved on to another dimension of reality. She grief diminished greatly when she saw him "on the other side". Knowing her grandson is always with her in spirit helped her significantly.

A young man named Peter presented at my clinic with severe depression. He was teary. He had tried to turn things around using antidepressants and going to see a psychiatrist. He could not understand why he was feeling so sad and moody as he had everything: a reasonably good job, a girlfriend, a house, a car etc. Under deep meditation and regression, he went back in time to a traumatic childhood memory that he had forgotten. When he was eight years of age he and his father were driving home and his younger brother aged three came under the wheel of their car. Peter had locked away his pain and the harrowing experience was suppressed in his cellular memory. This was released through energetic healing work. Patients are guided into a deep meditative state to apprehend the cause of their pain and sadness. Once the affliction is made conscious, healing happens quickly through energetic work.

*The greatest grief is those we cause ourselves. Sophocles, Oedipus Rex*

### **Meditation exercise -4.12 - Letting Go of Sadness**

In a deep meditative state, investigate the reasons for your grief or sadness. Then detach from your physical self by seeing yourself from your HS (Higher Self) and examine your losses and observing objectively the big picture, who you really are. See yourself as divine, eternal, indestructible, wisdom and beauty.

### **What is Atma vichar?**

*Atma vichar* or self-inquiry is the constant inquiry of who is the "thinker, speaker and doer" in daily life. How does it help in emotional management? According to great sage Ramana Maharishi the mind is a bundle of thoughts so when one looks at the "I" and where it comes from, it automatically annihilates the mind and all thought. What one is left with is the real SELF.

*From where do all thoughts occur? They occur, arise or appear only from ourself, the 'I' who thinks them, and not from anything else. Therefore 'seeing from where thoughts occur' means seeing ourself,*

*the thinking 'I', in whose imagination and by whose imagination all thoughts are formed. Since that which exists in all our three states of consciousness, waking, dream and sleep, is only our fundamental consciousness of being, 'I am', it alone is real, and everything else is just a false figment of our imagination.*<sup>105</sup>

According to Ramana Maharishi, the mind is the ego. When one goes beyond the mind there is the divine SELF. Therefore our attention and then consumption with all thoughts is the obstacle that stops us experiencing the true self or *atma*. The key is therefore to focus only on the "I" or Higher Self-thoughts and inquire who is the "I"? When we disengage from the other thinking process we connect with the SELF/ *atma*.

**Question:** *Why should self-enquiry alone be considered the direct means to Wisdom (Jnana)?*

**Ramana Maharshi:** *Because every kind of sadhana except that of atma-vichara (self-enquiry) presupposes the retention of the mind as the instrument for carrying on the sadhana, and without the mind it cannot be practised. The ego may take different and subtler forms at the different stages of one's practice, but is itself never destroyed... Atma-vichara alone can reveal the truth that neither the ego nor the mind really exists, and enable one to realize the pure, undifferentiated being of the Self or the absolute. Having realized the Self, nothing remains to be known, because it is perfect bliss, it is the all. This is the direct method, whereas all other methods are done, only by retaining the ego. In those paths there arise so many doubts and the eternal question 'Who am I?' remains to be tackled finally. This method, which easily destroys the ego, deserves to be called bhakti, meditation, concentration and knowledge.*

<sup>105</sup> *Atma-vichara is only the practice of keeping our ... - Happiness of Being happinessofbeing. [blogspot.com/2007/08/atma-vichara-is-only-practice-of.html](http://blogspot.com/2007/08/atma-vichara-is-only-practice-of.html)*

*When other thoughts arise, one should not pursue them, but should inquire: "To whom do they arise?" It does not matter how many thoughts arise. As each thought arises, one should inquire with diligence, "To whom has this thought arisen?" The answer that would emerge would be "To me." Thereupon if one inquires "Who am I?" the mind will go back to its source; and the thought that arose will become quiescent. With repeated practice in this manner, the mind will develop the skill to stay in its source. (Ramana Maharshi, WHO, 14.)*

*You must distinguish between the "I," pure in itself, and the "I" thought. The latter, being merely a thought, sees subject and object, sleeps, wakes up, eats and thinks, dies and is reborn. But the pure "I" is the pure Being, eternal existence, free from ignorance and thought-illusion. If you stay as the "I," your being alone, without thought, the I-thought will disappear and the delusion will vanish forever. In a cinema-show you can see pictures only in a very dim light or in darkness. But when all lights are switched on, all pictures disappear. So also in the flood-light of the Supreme Atman all objects disappear. (Ramana Maharshi, GR, 46.)*

This process of constant *atma-vichar* is hard for most people, as Rama Maharishi also admits it:

*This is suitable only for ripe souls. The rest should follow different methods according to the state of their minds.*<sup>106</sup>

### Self-reflection of memories

Self-reflection on a daily basis is very possible. It is a part of the meditative process that cleanses the subconscious mind. Reincarnation exists; it is the concept that our spirit has sojourned many lifetimes. Many people are a skeptic, but my belief has been confirmed and reconfirmed many times through experiencing past lives, in meditation.

<sup>106</sup> Ramana Maharshi, SI, Chapter 2, Question 2.

People including many of my clients have accessed higher realms, retrieved past childhood memories and past lives, experiencing amazing soul learning and even miraculous healing experiences. I have witnessed many life-transforming occurrences through the years as the process creates a direct link to divine wisdom. In his book *Miracles Happen*, Dr Brian Weiss shares many of his client case studies in his words, these stories are filled with wisdom, love and deep knowledge... *helping others heal, to understand and to progress along their spiritual path is the soul's noblest duty.*

Baba has often said there are alternate more effectual ways an *avatar* leads people to higher consciousness to enable them to understand the truth of spiritual laws. One method is past life regression through meditation. We have to make an effort in the process of healing ourselves.

*(Men will) become shareholders of my sankalpa shakti (divine power, universal energy). I have to work through them, rouse the in-dwelling God in them and evolve them to a higher reality in order to enable them to master the natural laws and forces. If I cure everything instantly, leaving the people at their present level of consciousness, they would soon mess up things and be at one another's throats again with the result that the same chaotic situation would develop in the world... Thus death glorifies immortality, ignorance glorifies wisdom, misery glorifies bliss, night glorifies dawn. Baba<sup>107</sup>*

## Is Cognitive behaviour therapy similar to atma vichar and self-reflection in meditation?

Change the way we think and feel and we will modify the way we behave and communicate. Cognitive behaviour therapy (CBT)<sup>108</sup>

<sup>107</sup> Baba in 1976 in SM, 1985, 244

<sup>108</sup> Cognitive behavioral therapy (CBT) is a short-term, goal-oriented psychotherapy treatment that takes a hands-on, practical approach to problem-solving. Its goal is to change patterns of

is a psychological approach using cognition (thoughts) to transform our feelings and actions. I believe the basis of CBT is in meditation therapy. In self-reflection or *atma vichar*, one is using CBT when looking at our thoughts in spiritual detachment and examining maladaptive or distorted thinking that create negative emotions resulting in behaviour that is harmful to us or others. To alter cognitions is to recognise the thoughts and beliefs that make us feel bad and change them to helpful, healthy ways of thinking and feeling. This results in changing behaviours. CBT is focussed on present thinking rather than past, though the past influences the present. In summary, cognitions or thoughts create feelings, which affect our behaviour and communication. Let us examine CBT with Ellis's <sup>109</sup>ABCD model.

A= Antecedent (a situation or experience that triggers our reaction or thought).

B= Beliefs (our perceptions or thoughts about the situation)

C= Consequence of feeling on communication, behaviour and action.

D= Dispute, or challenge the way we perceive the situation and redefine it which will result in better action and communication with love.

Let us illustrate this with an example: A doctor tells a patient she is dying from cancer and has six months to live. The patient who does not believe in miracles accepts and perceives the situation exactly how the doctor triggers her to think. She imagines she is already dead. The consequence is extreme fear and anxiety, which affects her body, her behaviour and her communication to self and others. On the other hand, she receives good guidance to challenge the doctor's and her beliefs and she starts thinking God can make the impossible possible. She changes her beliefs and thinks miracles are possible. This changes the way she feels, behaves and communicates to self and others. The law of attraction says your external reality is a reflection of your internal reality, be careful of what you think, because what you think you will create.

---

*thinking or behavior that are behind people's difficulties, and so change the way they feel.*

*109 Rational Emotive & Cognitive-Behavior Therapy. REBT is the pioneering form of cognitive behavior therapy developed by Dr. Albert Ellis in 1955. REBT is an action-oriented approach to managing cognitive, emotional, and behavioral disturbances.*

Albert Ellis said people with low frustration tolerance, LFT for short, are impulsive and reactive in behaviour and communication. LFT stems from us making "should" statements, black and white thinking and perceiving situations as "awful". We create suffering by exaggerating the negative consequences of situations in our mind. For instance: A client could not tolerate her son's bad language and behaviour. She created such exaggerations of his behaviour in her head that she reached a stage of not inviting him home. She was rude and aggressive in her body language to him when she did occasionally see him. She was not conscious of what she was doing and was miserable when the relationship soured. When we have difficulty in shifting our distorted thoughts the next best thing to do is repeat simple statements that help us to change the way we think and feel. For instance: Do not sweat the small stuff, I am not perfect, we are all cells in the body of God, we are all learning etc.

Sometimes we make assumptions about other people's behaviour or communication. "He should not have said that, or done that". Demanding that people change the way they behave or communicate is as irrational as demanding the sun should shine on a rainy day. We need to change the way **we** think, feel and respond to them. We need to challenge our thinking and feelings that create beliefs with LFT. This can only be achieved by disputing the way we perceive a situation.

**Meditation exercise - 4.13 Self review and  
Atma vichar on CD**

**Meditation exercise - 4.14 Forgiveness  
and forbearance on CD**

**Meditation exercise - 4.15 Problem  
solving the spiritual way on CD**

**Meditation exercise - 4.16 - From illness  
to Wellness on CD**

**Meditation exercise - 4.17 - Healing With Love Energy**

After physical and mental relaxation chant Om and see divinity in the divine form closest to your heart. Ask for healing and protection. See yourself going to the body part that needs healing. See what it would look like when healed. Visualise the body part going through transformation to health. It could be symbolic like seeing an army of soldiers dressed in white killing the invading army. See the divine one pour pure grass green or pink light sending loving energy to the body parts that need healing. Form an image of yourself in a place you would like to be, doing something you would like to do, and choosing the image of you in complete health. Spend a few minutes feeling you have been healed.

You may also do this if someone who needs to be healed asks for your help or seva. If the person is physically present before you, place your hands on their heart centre.

## CHAPTER 5

### Integrated Holistic Communication

*The chief means of worship are listening or hearing, singing, remembering the Lord's Name, prostration, salutation, servitude, friendship, and Self-offering. Baba*

### **Why is communication of self and others important in the healing process?**

We are in an age of interconnectedness and communication is the real lifeblood of our existence. Our awareness of self, who we are and the meaning of our existence comes from introspective communication and learning from others, which includes communion with spiritual non-physical beings, and God. Our authentic self is one with our Creator. However, our mind can create a state of separation. Communication can overcome estrangement. Excellent communication returns us to our perfect whole state, part of the Source Energy.

### **How does one communicate spiritually?**

When one speaks to others and even self, believing one is talking to God one will be loving, kinder and express with a soft voice. Often we create conflict when we impulsively allow our emotions to pour through our speech. Silent introspection with mindfulness should be the beginning of communication with another. Spiritual communication is to have awareness spaces in your dialogue to process your thoughts. Baba spoke very little, but whatever He said was profound. Often His words had several significances to the devotee who had to comprehend His wisdom. For instance, He once told an overweight devotee in a *darshan* (a visual audience with Him) line, "Wait". She reflected and interpreted His word to her in many ways. "Wait for an interview, have fewer desires, lose body weight". He allowed us

to process and reflect on every word He said for our evolvement. Another Sai devotee told me that during an interview Baba said to her "Carry less luggage". Even after ten years, she is still gaining insights whenever she reflects on these words in numerous life experiences.

I believe meditation is communicating to the Self or *atma*. It encompasses being self-aware, in tune with the whole Self: physical, emotional, mental and spiritual bodies. It involves sending-receiving information to others in your environment, which is also part of the SELF. Therefore internal communication requires a lot of introspection, vigilance about our *conditioning* and *programming*, our memories and past experiences that influence our present thinking.

It further requires one to understand at all times, even when others are aggressive, hurtful or disappoint us that, all others are part of the Self. Hence if we understood that all are divine and our well-being is dependent on others' thriving, we would not have conflicts. Furthermore, micro-level conflicts reflect on macro levels as wars between nations. We need to have the attitude of "*My well-being is contingent on others being happy too, as all are part of ME*". It requires a manner of compassion, equanimity and Oneness.

Inner communication, that is your communiqué with Self, affects your communication with others and hence the quality of your relationships. Unless we are in tune with Self regularly, we will not be able to connect with others effectively. There are two parts to the SELF: the *atma* (*the Higher Self*) and the *jiva*: human self or separate part of the One, which operates through the mind at the conscious and subconscious level.

*Silence is the only language of the realized. Practice moderation in speech. That will help you in many ways. It will develop Prema, for most misunderstandings and factions arise out of carelessly spoken words. When the foot slips, the wound can be healed; but when the tongue slips, the wound it causes in the heart of another will fester for life. The tongue is liable to four big errors: uttering falsehood, scandalizing, finding fault with others, and excessive speech. All these have to be*

*avoided if there is to be shanti for the individual as well as for society.<sup>110</sup>*

### **Why is integrated and holistic communication important?**

*The less you talk, the more will become your mental power. With the increase in your mental capacity, there will be an increase in your power of discrimination too.<sup>111</sup>*

Every goal you want in life, happiness, success, a stable family life, successful business or work situation, all require effective communication. It is a process that transmutes and changes you. Communication changes one's feelings, attitudes and values. If it works well, you feel good about yourself and have positive self-esteem and happiness. If not, you can feel small, have low self-worth and feel unfulfilled. I believe one is not born with good communication skills, one learns them. We are all actors on the stage having different roles to play. God is the director, the scriptwriter, and He gives cues to the actors behind the scenes. Meditation alone gives the actor the connection to His inner self and the source energy to listen actively to the divine prompts to carry out his or her role effectively.

Integrated communication is:

- Communicating with the Higher Self, self and then to others;
- Silence: being in the presence of the Higher Self or Source Energy;
- Actively listening to the voice of conscience;
- Introspection: self-reflection, self-review; and
- Training the mind and sifting out negative destructive emotions from memories.

---

<sup>110</sup> Sathya Sai Baba, SSS. Vol.1 p. 62)

<sup>111</sup> *ibid*

Only ten per cent of all communication is the spoken word. Ninety per cent is non-verbal. Are we in tune with others and ourselves? A deeper level of communication requires development of our intuition. Intuition, I believe, is the Higher Self or the Source communicating with the individual self. Intuitional development is linked with the frequency with which you communicate with yourself. *Atma vichar* is self-inquiry, contemplation and self-review or evaluation and an integral part of meditation. It is a substantially undervalued exercise but is essential for soul progress.

Communication takes place on two levels; the **content level**, which focuses on the intellect regarding words spoken and the **feeling level** or the heart level where the real messages and Truth reside. This is why the great masters say, "the soul speaks from the heart". Many breakdowns in relationships stem from a failure to take into account the deep, feeling level. When you are meditating and undertaking self-inquiry and self-evaluation, you are much more in tune with your Self and hence your communications with others will be more clear and compelling.

### What is prayer?

I believe prayer is talking to God and making our intention known to Divinity or our Higher Self. It is communicating to Divinity and plays a pivotal role in healing. It is not so much asking Divinity for healing but declaring and knowing that the God- self is capable of healing. The New Testament affirms, *whatsoever you ask in prayer, believe and it shall be given*. Prayer's efficacy comes from the law of cause and effect that pronounces, "*What you expect and believe is what you experience*". Prayer should be said with a feeling of joy and asking as if it is already happening.

The original bible says *all things that you ask straight (without hidden motive ego or judgement), directly from inside my name; you will be given. So far you have not done this. (That is from our hearts with feeling)*. Ask without hidden agendas or motives and trust that you will receive. Thought and emotion should become one,

for instance, visualise with faith that the loved one already healed. Divinity recognises the love feeling of the heart. You must make your *sankalpana* of healing, materialise by assuming healing has already happened. In healing self, there should be no judgement or analysis. For instance, accept the illness or cancer, but choose another reality, restored whole. By saying, **"I am healed, NOW"**, the body responds. The physical body reacts to the reverberation from the heart. I practised *pranayama* exercises with prayer, similar to *Heart Math*<sup>112</sup> focus breathing techniques, which made a substantial metamorphosis in stressful times. For instance, when I concentrated on breathing into my heart with a prayer, every time an injection jabbed into my veins, I found that I could bear the pain more easily. My veins have become weak and rubbery due to the daily infusions of chemo drugs; doctors had to stab me several times before they were successful. Monitoring the heart rate in peaceful and stressful times has technically proved the connection between the heart and brain. *Heart intelligence* is the presence of harmony and well-being experienced when the mind and emotions are coherent with the heart. Heart coherence increases awareness, understanding and intuition. Effective martial artists or athletes break a lump of wood or run a race, focussing with intensity on the thought with a feeling that the block brakes or the race is successfully run.

## What are rituals?

Rituals are communicating to God through gestures and symbols in action, usually accompanied by prayer and chanting. Further, rituals may involve using sacred sounds. They can create more vibrant energy if the person does the ceremony sincerely with full focus and love connecting to the divine. When asked whether it was necessary to do rituals Swami replied, *"Everything depends on the individual concerned. Whatever he or she does has to be done with faith and sincere devotion. God cannot be fooled with mere ritual."*<sup>113</sup> Besides

<sup>112</sup> HeartMath Institute and HeartMath System FAQs - HeartMath Institute <https://www.heartmath.org> > Support > HMI Frequently Asked Questions

<sup>113</sup> Sai Baba - Answers from the Divine Guru - Saibaba.ws [www.saibaba.ws/teachings/answerfromthedivineguru.htm](http://www.saibaba.ws/teachings/answerfromthedivineguru.htm)

that the intention behind the performance of a ritual is significant. Body language, non-verbal, unconscious or conscious, which includes gestures, eye contact and tone of voice, is an important part of communication and will be discussed in detail later.

## Non-verbal communication

We communicate verbally but researchers have found that non-verbally communication 50 to 70% of the time. Integrated non-verbal communication includes meditation, silent sitting to receive guidance, communicating with spiritual beings, and telepathy. These abilities advance our sensitivity, intuition, clairvoyance, clairsaudience and awareness and are developed through regular *sadhana*. These skills help receiving inner guidance, facing crisis and bearing pain and suffering through illness. Let us examine some of these and their benefits.

## Cultivating Sensitivity to Body language

What is body language? It is communication without words through gestures, eye contact and tone of voice. Often we misinterpret signals from others and even our selves, as nonverbal behaviour is complex and elusive. Body language could be controlled following certain rules, as a learnt behaviour, but sometimes it is innate and flexible. Unlike verbal communication, it is continuous.

Body language incorporates:

- Position and posture of body
- Proxemics, the space between other people and us.
- Facial expressions
- Eyes; how they move and focus.
- Touch
- Body connections with other things, for instance, pens,

cigarettes, spectacles and clothing

- Breathing and perspiration
- Voice: pace, pitch, intonation, volume etc.

Body language is vital in communication to understand more about other people. When we comprehend body language, we become better able to refine and improve what our body says about us, which generates an improvement in the way we feel, the way we perform, and what we achieve.

### What is meditation?

Meditation is communicating to your Self. It is consciously directing your concentration inward to alter your state of consciousness. There's no limit to the things you can direct your attention toward symbols, sounds, colours, breath, uplifting thoughts, spiritual realms, etc. Meditation is simply about attention and intention, where and with what motive one directs, alters consciousness.

The On line Etymology dictionary defines 'meditation' as having been derived from the Latin word *meditari*, which means, "to heal". In the Western world, meditation is loosely confused with "relaxation". Relaxation is a by-product of meditation but meditation is infinitely more than relaxation. In its truest sense, it is union with Divine Consciousness and self-realisation.

According to Dr Krishnan Chopra<sup>114</sup>, there are four levels of consciousness: wakefulness, dreaming, deep sleep and meditation. Meditation is a deliberate way of allowing the mind to transcend, that is, to go beyond its usual limits and attain a higher level of consciousness. Meditation is inner wakefulness without the constant activity of thoughts, feelings and bodily sensations - pure inner calm and bliss (*Sat-chit-ananda*).

Meditation is going within, with the intention of knowing oneself.

---

<sup>114</sup> Chopra, K. (1999) *Your life is in your hands*. (Elements Books Inc., Boston, USA).

The goal of meditation is to attain oneness with cosmic and Divine Consciousness, achieved by transcending obstacles of the mind and the body. In deep meditation, a person can reach such single mindedness that the senses withdraw oblivious to external interferences. Ancient Indian literature provides instances of a snake crawling over the body of a meditating yogi and he is unaware of it.

Yogananda (a revered Indian guru, author of *Autobiography of a Yogi*<sup>115</sup>) stated that prayer is talking to God while meditation is listening.<sup>116</sup> Bhagawan Shri Sathya Sai Baba<sup>117</sup> expanded on this and explains that man has an erratic “monkey mind” that jumps from one thought to another. It is natural for the mind to wander; we have to train the mind to be one-pointed.

Humankind is the embodiment of the cosmic and divine consciousness. To know God, one has to start by knowing oneself. Meditation is the experience of divine consciousness within self.

*Dhyana (meditation) is not mere sitting erect and being silent. Nor is it the absence of any movement. It is the merging of all your thoughts and feelings in God. Without the mind becoming dissolved in God, Dhyana cannot succeed. As long as he knows he is meditating, one is not meditating. In the absorption in God, one puts aside every form and merges in God. In the process, the mind stops.* Shri Sathya Sai Baba  
What we “experience” is real, whereas a description of that “experience” is a non-experience; so it is essential not to intellectualise or analyse, but to experience. However, to understand meditation further some theoretical aspects of the subject must be first examined. Let us start with different concepts of the “mind”.

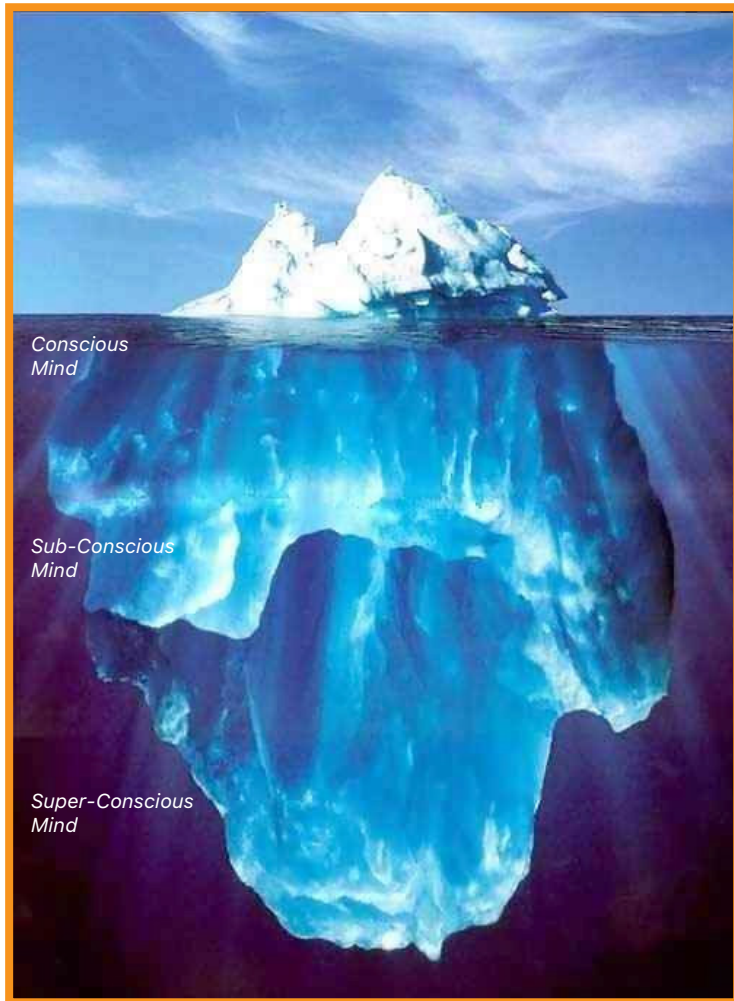
According to Western psychologists, the human being is made up of mind, body and soul (spirit). The mind has different aspects: the conscious mind, the subconscious mind and the superconscious mind.

115 Paramahansa Yogananda (1955) *Autobiography of a Yogi* (Rider and Co., London).

116 Paramahansa Yogananda (1986) *The Divine Romance* (Self-realisation fellowship, USA).

117 Krystal Phyllis (1999) *Taming our monkey mind* (Sri Sathya Sai Books and Publication Trust, India)

The mind likened to an iceberg.



The *conscious* mind is the tip of the iceberg. It is that part of the mind that operates in the present, collecting information from all the senses. The *subconscious* mind is the broad base of the iceberg. It is the storehouse of all past thoughts, words and deeds from all experiences in this life and previous lives. The *super conscious* mind IS, everything

in the universe. It is pure essence of Divinity.

On the other hand, Hindu Scriptures such as the *Vedanta* expound that the mind is made up of three aspects or elements:

1. *Manas* - is the deductive part of the mind. It is the "conscious" mind that collects information from the five senses and is always active. This facet of the mind dwells on thinking about the past and the future and "thrives" on worries. We rarely see things exactly as they are, but coloured by mental reactions to the association of ideas.
2. *Chitta* – the subconscious mind, also called the "heart of the mind". All experiences are recorded, here it is a memory bank.
3. *Buddhi* – wisdom; is the intellectual aspect. It is also the inner voice, conscience or intuition.

The feature of human personality, which is beyond any change, however, is *Atma*, the real Self. The *Atma* is the changeless eternal spirit or the Self. It is Divine Consciousness. The mistake lies in confusing the lifeless dwelling, the body (*deha*) for the eternal indweller, the self (*dehi*), who is God. The aim of meditation is clearing the other aspects of the mind and become one with the Divine Consciousness within us.

In meditation, the conscious mind (*manas*) is stilled. We need to go beyond the subconscious mind (*chitta*) to get in touch with the divine consciousness within our self (*Atma*) and our highest wisdom (*buddhi*). To experience the *Atma*, the surface levels of the mind have to be in total silence. Meditation is integrated overall awareness in the present moment, being in harmony and oneness with all around you. The culmination of meditation is self-realisation. Consciousness moves beyond the exploration of the mind and identifies with the central core of one's existence: the Self.

*Meditation must transmute your attitude towards beings and things; else it is a hoax. The signs of success in meditation are when you see in a clearer light, others as endowed with divinity. Your character and your behaviour should authenticate your progress.*

Bhagawan Shri Sathya Sai Baba

Meditation is awakening the *Kundalini* energy from root chakra to crown chakra. How does one awaken the *Kundalini* power? The power of divinity lies dormant like a coiled serpent in our root *chakra*. We have a spiritual anatomy; the *chakras* are energy centres in our anatomy.<sup>118</sup> According to Baba, to awaken this serpent, we have to control or manage the life principle, our senses and worldly desires properly. Baba explains:

*When we hold breath through Yogic practices, the Kundalini power does not get food near Muladhara Chakra. In search of food, it becomes active and continues to come up. During meditation when we deny the food, it travels upwards from Muladhara to Manipuraka, Swadhishtana and comes to the throat. Even near the throat food is not available for it. Then it reaches Agneya. Unable to find food even from there, it merges into Sahasrara. Therefore, to awaken the life principle or consciousness from Muladhara and let it merge in Sahasrara has been described as 'liberation' by Vedanta.*

*Dhyana (meditation), nowadays, both in India and abroad has taken various forms. They believe it to be concentration. But both are different. Right from dawn to dusk whatever activities we perform, they are done with concentration. To walk, to eat, to read a book, to write a letter - all need concentration. Concentration is natural for man. Why should we spend/waste time for such concentration by sitting separately. But one has to question*

118 Refer to Chapter 4 We are energy, My True Reality by Dr. Huzan Daver

the source from which one derives concentration. We have held a book in hand. We can see with our eyes. What has been seen is sent for enquiry to the intelligence/Buddhi. After the enquiry, mind begins to recollect/reflect upon it. It is an 'Indriya' (instrument/sense) that held a book. Again it is another indriya that saw the matter. It is yet again another indriya that reflected over the matter. It is due to the collective effort of all the indriyas that we are able to perceive the matter. Therefore, concentration is below senses. It is meaningless to call concentration which is below senses as meditation.

**Meditation is beyond senses.** There is a border between concentration, which is below senses and meditation which is beyond senses known as contemplation. Contemplation is said to be the second stage of intelligence. Intelligence is said to be the essence of Satwa...There is a rose plant. It has leaves, thorns and rose flowers. Concentration helps you to identify as to where the thorns are and where the rose flower is. In concentration, we have only rose as the objective, without touching the thorns we have to pluck the flower. "Love is flower; lust is thorn." There is no rose without thorns but we have to pluck the flower without touching the thorns. For what purpose is this cutting of rose? **To cut the love (flower) away from worldly desires (thorns) is contemplation. Concentration is identifying the various locations of the thorns and flowers by looking at the tree/plant. To offer the flower so cut, to the Lord is meditation.** In our body likened to that of a rose plant, we have pure love in the form of rose. It is permeated with fragrance/good smell of virtues. But right under this are the thorns of worldly desires. True meditation is to identify the thorns of worldly desires from selfless love and offer that selfless love to the Lord. From ancient days, meditation has been considered as the highest goal in Bharat. Baba<sup>119</sup>

Baba finally says, meditation has to end in nothingness: no thoughts, no body consciousness, Silence.

## What is silence?

*Truth is beyond words. It does not admit nor explain. It merely indicates through Self in SILENCE. Baba*

## Are there negative and positive forms of silence?

Yes, through communication we demonstrate our feelings, values, intellect, and influence, thereby strengthening or weakening relationships. One should question the intention and feelings behind the silence.

There are negative and positive forms of silence:<sup>120</sup>

**1. Silent treatment:** In a relationship when one or more person ceases all forms of communication with the others is hurtful and painful, and no one wins. The problems may be varied, but no one wins and the relationship gets further destabilised. For instance, one individual in the relationship is angry and hurt while the other person left in the dark of not knowing why, they both stand equally miserable. Thoughts such as, "If I give the cold treatment or no communication they will get the message." Emails unanswered, phone calls not returned and evading of a meeting is often the tactic. Continued extended periods of silence is a form of aggression and ineffective for solving any dispute or establishing a healthy relationship.

*Do not pretend or patronise. If you simply say: "Do not talk loud" or give some blank direction, you are patronising and treating people with disdain. They deserve to be told why.*<sup>121</sup>

---

[meditation.html](#)

<sup>120</sup> Dialogue and the Art of Thinking Together" by William Isaacs

<sup>121</sup> Sathya Sai Baba - Silence. Selection of Swami's Quotations [www.saibaba.ws/quotes/](http://www.saibaba.ws/quotes/)

Negative silence is discussed under three categories:<sup>122</sup>

- **Masking** - withholding the full truth of what you think or know. Sarcasm and sugar coating are some examples of this.
- **Avoiding** - involves moving entirely away from sensitive subjects. There is communication but avoidance of sensitive topics or the issue at hand.
- **Withdrawing** – retracting out of a conversation altogether where one moves away from the conversation or out of a person's life. *When stakes are high, opinions vary, and emotions start to run strong, casual conversations transform into crucial ones. Ironically, the more crucial the conversation, the less likely we are to handle it well. The consequences of either avoiding or fouling up crucial conversations can be severe. When we fail a crucial conversation, every aspect of our lives can be affected—from our careers, to our communities, to our relationships, to our personal health. As we learn how to step up to crucial conversations—and handle them well—with one set of high-leverage skills we can influence virtually every domain of our lives.*<sup>123</sup>

**2. Embarrassed silence:** This happens when blank spaces in conversation exist and cause uncomfortable feelings. Sitting in silence without words for too long can be very upsetting. The expectation is for action, for direction. Our sense of comfort and time are intimately linked. Healthy stable relationships are often comfortable with moments of silence, content with each other's company and no words need to fill the awkward empty spaces.

**3. Creating space through Silence:** Allows the goals of good communication to be achieved. True communication can only

---

silence.htm

122 *Crucial Conversations* by Patterson, Grenny, McMillan and Switzler, *Tools for Talking When Stakes Are High* <https://wizchan.org/hob/src/1449204259443-1.pdf>

123 *ibid*

occur when there is mutual respect and listening takes place. Hence the word "listen" has "silent" in it. By listening and being silent, we think before we speak and therefore there is less chance of speaking impulsively and sending the wrong message. We empower the other person by showing discipline not to open our mouths and savour all the flavours of their conversation.

Baba said there are three kinds of silence: of the tongue, mind, and supreme silence. Stillness in speech means restraining one's dialogue to the needs of the circumstance. A discipline in communication results in truthfulness. The mind is a bundle of thoughts and fancies. When thoughts are reduced, the activity of the mind is condensed; the power of the *Atma* manifests itself, and wisdom becomes more operational than the senses. Monitoring of speech and the mind achieve the state of supreme silence. Silence is golden because it is the state of higher consciousness.

**4. Mindful silence:** by using the skill of self-reflection people are quiet and thoughtful. People are looking inward, listening to themselves for new possibilities. It is a very positive experience, which requires deep thinking. Reflection is in fact, the most under-used performance enhancement tool. Baba has said, *"Kindness has to be fostered in the silence of the mind"*. Spiritual detachment with silence is necessary to avoid entangling yourself in the affairs of others. Often we are only looking at problems from our perspective. Failing to talk effectively will always result in gaps that will eventually need filling for the relationship to survive. Your conscience or heart always knows the right way to move forward - just listen.

## Communicating through creative art

Art and music have provided catharsis for mental health patients and even those suffering from other severe illnesses. Art and music link the gap between the conscious and the unconscious mind conveying areas blocked, inhibited, and stuck, as well as bringing greater focus to those

areas of concern. The primary focus is on the process, which allows a person to discern new insight and meaning that may not be achievable with traditional talk therapy. Appropriate for all ages, it can enhance a person's emotional, spiritual, cognitive, and physical well-being. While no talent in using expressive art is essential, several modalities magnify and deepen the process. The disciplines of art, music, dance and movement, drama or psychodrama, poetry, and play, including sand-therapy support communication.

The methods to creative arts therapy are:

**Art therapy:** use of visual arts materials and media in purposeful intervention in counselling, psychotherapy, and rehabilitation; used with individuals of all ages, families, and groups.<sup>124</sup>

**Music therapy:** utilise music to effect constructive changes in the psychological, physical, cognitive, or social functioning of individual's health or educational problems.<sup>125</sup>

**Drama therapy:** usage of drama and theatre processes, products, and links to attain the symptom relief, emotional and physical integration, and personal growth. It is a dynamic method that aids the client relate to his or her story to solve a problem, achieve catharsis, to share an inner experience.<sup>126</sup>

**Dance or movement therapy,** founded on the belief that body and mind are interrelated; it is the psychotherapeutic use of movement to further the emotional, cognitive, and physical integration of the individual. Dance/movement therapy effects changes in moods, cognisance, physical functioning, and behaviour.<sup>127</sup>

<sup>124</sup> Edwards, 2004; Malchiodi, 2012

<sup>125</sup> American Music Therapy Association, 2014; Wheeler, 2014

<sup>126</sup> National Association for Drama Therapy, 2014

<sup>127</sup> American Dance Therapy Association, 2014

**Poetry therapy and bibliotherapy** deliberately utilise poetry and other forms of literature for healing and personal growth.

**Play therapy:** utilise play to help clients thwart or resolve psychological difficulties and achieve development and growth.<sup>128</sup>

**Sandplay** uses a sandbox and an extensive collection of miniature toys to enable a patient to explore the deeper layers of his or her subconscious. By building sand pictures or models, a client is helped to illuminate and integrate his or her psychological circumstance.

### Telepathic communication

Telepathy is mind-to-mind communication, exchanging messages between a sender and a receiver, without using any of sensory means or physical contact. Most people have experienced transferring thought. For instance, thinking of someone before the phone rings and that very person is calling or sensing someone is sick. Thought transmission, or telepathy, happens when thoughts or sentiments we experience are transmitted via non-physical means from one person to another. To train to be telepathic requires you to understand it and believe it happens, withdraw your senses, relax, and let go the mind. It also helps to work on your energy fields and learn to identify thought patterns: distinguishing your thoughts from others.

### Communicating with divine beings

One can converse with non-physical spiritual beings: love ones who have passed, *devi* and *devas*, spiritual masters, arch angels and angels in meditation and channelling. Often through dreams, they can communicate with us. Jane Roberts and Edgar Cayce were well known to conduit information those from entities. Please refer to my experiences in automatic writing and how to connect with spiritual beings in meditation in *My True Reality*.

---

<sup>128</sup> Crenshaw & Stewart, 2014; Webb, 2007

## Letter writing to divinity and journal writing

Writing a letter to God and divinity is a wonderful way to strengthen your relationship with Him. If a prayer is having a conversation with Him then writing is like sending Him love notes. God becomes an intimate friend. It helps to unburden and surrender to His plan. Besides, journaling and writing letters give us confirmation that things eventually get better and God listens and works. I have been writing to God for a long time, and I even encourage clients to write letters. When I was gravely ill, I found that writing helped me to focus on one thing at a time, organise myself, get clarity and peace of mind. The most beneficial aspect in writing is surrendering problems to Him. Write to Him about your earnest need, or uncertainties and doubts. Write out your prayers, journal your experiences, note anything you hear from God. Baba has always encouraged us to write letters to Him. When He was in the physical form, He would spend countless hours reading letters from devotees. Numerous followers have confirmed His answer to their mails. Devotee Vincent J. Daczynsk <sup>129</sup> suffered from severe leg problems and he could not walk at all. He recounts his story that giving Baba a letter in *darshan* he was cured.

### Some guidelines to communicate holistically and with a higher level of consciousness

1. **Listen:** to your SELF and listen to the other actively and comprehensively. When the other person is talking, listen rather than focusing on what you will say next. Do not give "ad-vice" (adding vice), problem-solve unless you have been asked specifically to help or guide, interpret, finish sentences, or assume anything someone else says. When we do this, people feel controlled, less than and put down. If you do, they will disengage with you.
2. **Speak:** think before you think and then speak without being

---

129 A Personal Healing Experience from Sathya Sai Baba [www.amazingabilities.com/sai12c.html](http://www.amazingabilities.com/sai12c.html)

judgmental (no blaming, shaming. Do not use “you should” messages); use **I-messages** (*I get angry when...* rather than, *You make me angry*). Repeat back the message, so you know you have heard the other correctly. Avoid making assumptions about what the person is thinking or feeling instead summarise what they are saying.

3. **Be empathetic:** put yourself in the other’s shoes and imagine how they feel. I believe advanced empathy necessitates going within and using your intuition to sense how you and others are feeling before you use words to express yourself. This requires periods of silence and thoughtfulness between words and sentences.

4. **Deal with feelings first:** use active-listening to break the code of the real message. Keep silent between words to hear what people are **not** saying what they are actually saying.

5. **Problem-solve:** Always help only when asked to help. When invited to resolve issues attack the problem, not the person, negotiate workable solutions and compromises. Sometimes accept what cannot be changed and look to the future with new possibilities and solutions, always with the attitude of gratitude and the need to grow in consciousness.

6. **Praise publicly, critique privately:** Feedback is helpful but make positive statements before giving negative ones. Acknowledge and compliment effort. It is important, to be honest, and truthful in giving feedback, but always give constructive advice elaborating on the reasons for your views.

## Types of communication

We all communicate predominately with distinctive styles. Some are aggressive, others passive and a few learn assertiveness.

**Aggressive Communication** is expressed in a forceful and hostile

manner and usually involves alienating messages such as you-statements (blaming the other person and accusing them of being wrong or at fault) and labelling. The person's tone of voice and facial expressions will be unfriendly. The assumption behind aggressive communication is *'Your needs don't matter'* (I win/you lose).

Alienating messages are those with:

- You-statements that blame shame and accuse
- Sarcasm
- Negative comparisons
- Threats
- Labelling someone (calling names).
- Avoiding all communication.

Aggressive communication drains our energy, affects our health and interferes with our ability to be happy.

### Anger interruption techniques

To feel something, we must think about it and focus on it. The key to anger management is shifting the focus to other things; counting to ten, finding distractions and taking time out. Time out may entail leaving the room, going for a walk or ignoring the situation for a while. Talking or writing a letter also helps in ventilation. What helps most is slow breathing and relaxation. Assertive communication is effective in problem solving in a calmer state. Sometimes surrendering and letting things go is the best solution.

**Passive Communication** involves putting your needs last. You don't express your thoughts or feelings or ask for what you want. When you use passive communication, it feels like others are walking all over you

because you don't assert your own needs. So, you bottle things up and might feel resentful. The assumption behind passive communication is '*My needs don't matter*' (You win/I lose). When people are anxious or fear driven, they bottle things up. Patterns of thinking that contribute to anxiety are worrying thoughts, exaggerating or regurgitating thoughts, perfectionism, and excessive need for approval or control. Usually, passive communication over a period leads to passive aggressive behaviour. One can release anxiety by mentally de-catastrophising the situation. Realise that fearing is a future based illusion created in the mind, do a risk assessment by objectively weighing the condition and planning coping strategies to resolve situations, which include communication to self and others.

**Spiritual, holistic, integrated communication** involves being **assertive** which is expressing what you think (after contemplation about consequences to both you and the other). It means looking at how you and others feel and what you and others want, without controlling, manipulating and demanding that you must have things your way. People commonly misuse the word "assertive" for "aggressive". Assertive communication is not being aggressive. It does not involve control, subtle or overt manipulation and the ego. It is speaking your truth (in alignment with THE TRUTH) with love and creating solutions or new positive possibilities for change. Assertive communication increases likelihood of getting what you want and giving others what they want, avoiding conflict and maintaining healthy relationships with yourself and others. (*I win/you win*). The basic underlying assumption is '*We all are part of One and so we both matter— let us try to work this out*'.

Baba in the 80's had an unique visitor to *Prashanthi Nilayam*, Narendra the incarnation of Swami Vivekananda. Devotees asked Baba why such a highly evolved soul like Swami Vivekananda incarnated. Swami said that Swami Vivekananda still had some ego thoughts unlike his brother Brahmananda who was of a meek, introvert mild disposition but had a weakness of suppressing his anger and being oversensitive. Their guru Sri Ramakrishna tried to heal both these natures, as both these characteristics retard spiritual development and cause impurity of

heart. Knowing the coarse character of the local ferry boatman, one day Sri Ramakrishna sent both his disciples separately on errands on the local ferry. Narendra was sent first, the boatman was critical and berated Narendra and his guru Ramakrishna. Narendra could not hold back his anger and was rude and hurled back abuse to the boatman. When Ramakrishna heard about this, he compelled Narendra to leave the *ashram* saying, "*no one with such anger has a place in this ashram*". Next, Brahmananda went on the same boat trip; again the boatman was abusive and disparaging of Brahmananda and his guru. Brahmananda did not overtly respond but repressed his anger and was very disturbed, unable to perform his duties or even meditate. Ramakrishna also forced him to leave the ashram saying, "*Why did you not speak up with love to the boatman.*" Assertiveness is a spiritual quality: speaking your truth with love. Both the disciples were seated outside the ashram discussing their experiences and realised the great lesson their master had taught them: Neither aggression nor suppression of anger creates a pure heart. We need to watch our minds that generate the thoughts that create the emotions that produce blockages in the heart.

Unfortunately, the ego glorifies distress, we think of crucification rather than resurrection: meaning we get fixated on pain and suffering rather than learning and development. Yes, I went through that too. It was (and still is) a time for me to go deeper into my soul and connect more with God and learn from my mistakes. Every night I indulge in *atma vichar* or Self-inquiry. What did I learn about myself? I had Narendra's anger, critical judgements about others and myself and Brahmananda's over sensitivities and timidity that bottled-up many negative emotions: hurt and anxiety in me. I had to return to love and assertive communication. If you want spiritual growth, one has to make your personality and character like Bhagawan's and make your life an example of His message.

In holistically integrated communication there is involvement with the Higher Self (the Source) to work things through with **Trust and Surrender** - two important keys in the equation that we need to always keep in mind. We cannot build a trusting relationship with others if we do not trust the Divine within us and vice versa. In my work as an

energy worker, I have often found people with trust issues to have their crown *chakra* closed or blocked. In my experience, this shuts down a person spiritually - much like standing in the shade and not allowing the sun or Universal cosmic energy to flow through. Often one needs to connect with one's guides, guardian angels and Divinity to get guidance from them to always communicate with the highest noble intention for self and others.

To summarise, when you are communicating in an integrated way you need to:

- Express your thoughts, feelings and requirements to yourself thoroughly first and then others. THINK BEFORE YOU THINK.
- Make reasonable requests of other people (while accepting their right to say 'no')
- Stand up for your rights and respect the rights of others, accept what others decide. Negotiate and compromise.
- Say 'no' to requests from others at times when you want to say no, without feeling guilty.

Blocks in communication are due to judgment, criticising, diagnosing, providing solutions, ordering, demoralizing, threatening, avoiding the other's concern, excessive or inappropriate questioning, advising, diverting, diminish others and your self-esteem.

### **How do we develop trusting healthy relationships?**

*So, in your lives, by your examples, live and practise My message, knowing that some will understand and others will not. Have no concern with the outcome of your efforts, for some people are ready and others are not. Each one is free to go his own way in his own time. Many will choose to remain in darkness with all the attachments that hold them back from the true path. But, eventually, their time will come*

*and, one day, all will be re-united in the Kingdom of God.* <sup>130</sup>

- Believe that your Higher Self invites all unhealthy and arduous relationships into your world for your learning.
- Communicate with integrated wholeness with self and others.
- Believe in the goodness of all humankind. See all as part of the One. If others make mistakes remember that you also make mistakes.
- See yourself as Divine.
- Have faith, life is about learning and all people are your teachers just as you are theirs.
- Believe in a power greater than yourself. You are a co-creator and part of the ONE.
- Reduce any sense of competition with others. In the end, we will all return to being ONE. Create more cooperative, win-win situations.
- Learn to listen to the messages that individuals bring to you without shooting the messenger. Remember, if you try and run away from difficult people they will come back to haunt you in others. This is due to the law of karma.
- Release all negative self-talk and negative self-scripts (stories about yourself) that you rehearse about self and others.
- Take a risk to be open to others.
- Forgive self and others.
- Let go of fear
- Practice self-acceptance and give others benefit of the doubt.

---

<sup>130</sup> SMFYM, II, 1988; c1987, 58.

## CHAPTER 6

### Surrender for Divine Takeover

*Be joyful in Hope, patient in affliction and faithful in prayer.  
Romans 12:12*

*Forgive yourself for not being at peace. The moment  
you completely accept non-peace, your non-peace is  
transmuted into peace. Anything you accept fully will get  
you there and take you into peace. This is the miracle of  
surrender. Eckhart Tolle*

### What is surrender?

Surrender is the conscious process of letting go the need and desire to control a specific situation, in this case, illness, and allowing God and the Universe to direct events. To surrender, firstly it is necessary to accept that there is a power far greater than yourself and secondly it means understanding that this greater Power can work through you to accomplish an outcome for your highest good and healing.

Surrender is an integral part of the process of healing. The recipe for self-healing includes: developing faith, self-worth, patience and pure love. Another fundamental ingredient for healing is maintaining healthy relationships. Unfortunately we interfere with or delay the healing process by failing to forgive, harbouring toxic emotions or being judgemental, intolerant or unaccepting of others. Practising pure love returns the body to perfect balance and the body cells begin to work in harmony to heal an illness.

The opposite of surrender is resistance and control. A good analogy to compare surrender and control is floating in a

swimming pool and the struggle when drowning. When we struggle to keep afloat we inevitably sink, or even drown. Floating requires complete relaxation and a surrender of the need to control the body. Surrendering is watching what shows up in life and letting go, and letting God flow. Trusting this compassionate Higher Power feels ever so infinitely better than resisting what life has planned. To surrender requires the three P's of persistence, perseverance and patience: The persistence and perseverance in turning off the voice of your mind, to return to *atmic* states of purity and God's voice. Patience is required for outcomes to emerge in His time.

One day I was visiting my mother-in-law in India and due to some misunderstanding she was very angry with me, so much so that I felt the need to leave her house. Distraught and upset, I went to the local Shirdi temple. With tears rolling down my face, I cried to Baba to heal my mind and heart of this pain. Walking around the statue in a no-mind state for many hours, I heard His voice distinctly say "*saburi*" (patience). Not knowing the meaning of the word back then, I went back to her house that evening only to find that she found out the truth of the situation and was most apologetic. *Saburi* is patience and *shraddha* is faith; they are the most powerful tools needed to return us to a pure heart.

## 25 Can responsibility and surrender both happen at the same time?

Definitely yes! Surrendering to God does *not* mean we are giving up personal responsibility and not taking measures to return to health and well-being. To surrender means to place the situation entirely in the hands of God, giving up our attachment to specific outcomes. It means taking ultimate responsibility by asking God's help and working through His inner voice, our conscience. Who is the real doer? He is. We have to let go the feeling and perception of "doership". Surrender therefore does not obstruct or reduce our power or ability to act, but it enhances it.

Spiritual surrender occurs when we keep focus in every situation on feeling, giving and being love. Something amazing happens when we surrender and just love. We are given His power to share with the world, to heal all wounds, to awaken all hearts. Miracles occur as natural expressions of love. All creation is expressed through the mind so our greatest tool for changing the world is to change our mind about the world. As we relinquish the fears that block the love within us, we become God's instruments. We become His miracle workers. When our minds focus on love we become open vessels through which God expresses Himself.

One client, whom I was counselling had stomach cancer. He was an artist by profession. Given the opportunity to view his artwork, I noticed most of his canvases were drawings of skeletons, sick people, Egyptian mummies and dark objects. To draw such images he would even dress himself up at times to become his paintings. How often Swami has said, "you are and become what you think you are". This case was such a good illustration of that message. I reminded him of Swami's message. He conceded to his fears of sickness, death and dying. We worked on his worries and furthermore he acknowledged his past mistakes. This client took responsibility, altered his thinking and relinquished his fears to God. A miracle occurred: this man of non-Indian, non-Sai background, witnessed Swami's presence in the hospital he was in, he was cured. Ten years later he is in optimum health and vitality.

### **Meditation exercise - 6.1 - on Surrender (please listen on CD)**

#### **Surrender and faith**

*The opposite of faith is not doubt, the opposite of faith is to control. Richard Rohr.*

I often have had many fears before and during cancer treatments, having had to battle my mind to return to trust and faith in God. How

does one keep the faith and overcome fears? By frequently recalling the tiniest miracles you have experienced in life. I saw with profound gratitude everything divinity had done for me and even gifted me: beautiful children, husband, home, family and friends, a wonderful education and great opportunities. I had to constantly be in or return to my heart centre, where His light and love sits, rather than in my head that is incessantly thinking, worrying and analysing. Only in darkness can you see the stars and only in suffering you grow. Illness helped me to see the stars and be in gratitude for all I had. Faith gives us the strength to overcome mountains, our fears creating the mountains or obstacles in the first place. Faith is surrender: F = forwarding: A = all; I = issues; T = to; H = Higher Self. I often did and still do that in deep meditation. I surrender my body and with each breath visualise handing over to God. I use affirmations such as, *"God can make the impossible possible"* and *"God is the power behind all that IS healthy, beautiful and wonderful"*. I often visualise, believe and have faith that the hidden, obscure cancerous cells return healthy, receiving the incredible healing miracle.

My client with bowel cancer asked me how I managed to surrender the outcome and continued to undertake visualisation exercises that focused on positive outcomes. Did I not get emotionally tangled with the results? To surrender involved letting go and the visualisation required sustained focus on an intended outcome? Did it not create inequitable expectations and resulted in disappointments when the imagined outcomes perhaps did not eventuate? The key is a visualisation of cells and organs being whole, much like any meditation, for example, during the *Jyoti meditation* (passing light through the body) one needs to be detached from emotions and thoughts. Let go analysis, and future outcomes stay in the NOW: focus on nothing else but the vision. When the intended outcome does not materialise according to your expectations, know that God has a better plan or another one for you. Go into contemplation and reflection? Why is this happening? What do I need to learn? After upsetting outcomes occur, I say to myself: *When one door shuts, many others will open*. In not getting your hopes fulfilled it may force you to another road. Due to the side effects of hormone therapy, I have so many body aches and

pains, this leads me to uncover new therapies that I have not known. Everything in this life is only about learning.

In my lowest, weakest moments God gave me strength; in my darkness, He was my light, although, often I had to have patience and endurance. I intermittently saw dying as an easier option than living copiously for God. I constantly spoke to Him. I was not afraid of death. I was more afraid of being a useless vegetable, incapable of serving Him. I knew I loved Him deeply and I was passionate about serving Him. I was inspired and motivated to live by these verses in the Bible: Romans 8:28, *"And we know that in all things God works for the good of those who love him, who have been called according to His purpose."* Isaiah (43:2), *"when you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze"*.

To have faith requires patience. God often does His best work in our waiting, as He instills trust. Psalm 37:7 declare: *"Be still before the Lord and wait patiently for Him; do not fret when men succeed in their ways, when they carry out their wicked schemes."* I had to have fortitude and patience when I did not get immediate relief from pain, nausea, insomnia or any other side effects or symptoms. I had to learn forbearance if He did not answer me or was slow in answering me. Our stress and fears sometimes increase when we do not see immediate results. I had to keep retelling myself that God works, in His way, at His time. I had to have conviction and trust in His timing. Everything happens in His time, as He is interested in our highest good. If God answers us with a "no", it just means He is redirecting us, it is not a dismissal or rejection of self. There is a beautiful saying, *"If God takes you to it, He will take you through it."*<sup>131</sup> The Bible reaffirms that *"God won't give you more than you can handle."*<sup>132</sup>.

A client whom I shall name Sam had many health challenges. He suffered from chronic pain, arthritis and heart problems. He was

---

<sup>131</sup> Unknown

<sup>132</sup> 1 Memes 7:77

stressed as his mother was in palliative care suffering from dementia. He was a religious person, but after the many trials he had with health and even life, he became very angry with God and gave up the church and even his community. He claimed to have become an atheist. People react or respond to grave challenges and illness in different ways, depending on their personal capabilities and the tools they have at their disposal. Some retort to anger and fear, others take it in their stride, and a few respond with all-embracing faith and surrender knowing that all is in divine order, for the highest good of all. After studying and understanding psychosynthesis<sup>133</sup> and transpersonal psychology, I realised that Sam's soul was reacting to survive from his primal wounds. Without forcing him to change his beliefs or judge his ways I commenced working with him. With intense psychotherapy, holistic counselling and working with his "sub-personalities"<sup>134</sup> and enduring chronic pain issues, Sam re-established his connection with his Higher Self. I relabelled God for "Higher Self" and the "Wisdom" part of his being. He received guidance and was finally able to dis-identify or detach from his "survival personality". He developed personal responsibility from his inner wisdom and made choices that created healing. Psychosynthesis and transpersonal psychology is discussed in more detail later.

## Surrender and injustice

We forget that we are the pen that God writes with, He or our God-Self is the story, author and director. Often in life illness is created because we hold onto perceived injustices that produce the poison in our mind. Discriminations and inequality happen: a boss will wrongly deal with an employee, a parent may cruelly treat children and have favourites, or a Sai elder may misunderstand one's motives and be unfair and rude. We often hold grudges for years on end because of a perception that someone's single remark, said in the moment is offensive. We

<sup>133</sup> Making the soul whole, a process of transpersonal psychology discussed in detail in the Chapter on Healing.

<sup>134</sup> Giving counseling guidance regarding development of character, traits human personalities has, structured constellations of attitudes, drives and habit patterns which are organized to fulfill our survival and self-actualization needs.

believe that this particular comment defines us. Even at a macro level, negative stereotypes and generalisations emerge concerning large communities and nations by the wrong conducts of a few members of that community or society. For instance, in the current world climate, stereotypes and perceptions that all Muslims are terrorists, violent and fanatic arise. Similar to the early prejudices against, black people, Jews and women. How should one respond to injustice? Fight fire with fire, take revenge and confront or be assertive, speak our truth with love, surrendering the outcomes to divinity? To surrender does not mean we do not contest for equality and fair play. To surrender is to be mindful, wise and assertive in our thoughts, words and actions, always conscious of the consequences of our thoughts, words and actions for others and ourselves. *"An eye for an eye will make the whole world blind"*, said Mahatma Gandhi. Do we escalate violence in the world when we take revenge and harsh measures or diminish it? I believe ignorance and fear are the reasons for people behaving against the norms of an enlightened society. Terrorists seem to have an evil disregard of the values and practices of civilised communities; they are power hungry and use fearful tactics to achieve their goals. This behaviour arises from spiritual obliviousness. "E-vil" is due to a *veil* of spiritual ignorance. In the instance of widespread global injustices, forbearance, spiritual surrender, wisdom of thoughts, words and actions: "educare" (education of the soul) are needed to bring peace in this world.

A client, whom I shall call Rose, experienced abuse, prejudice and injustice from her mother throughout her childhood. Her brother was the favourite child. Rose was the father's favourite, and she perceived her mother as being jealous of her dad's love for her. Rose's father died when she was only 18 years of age. She was devastated beyond measure. She had suppressed her anger towards both her mother and brother for many years. History repeated itself when she met her potential husband. She found a mother-in-law who disliked her and rejected her. After 20 years of not speaking to her husband's family, Rose came to consult me due to relationship issues she had with her young son, Albert. Rose could not understand why her son had distanced himself from her. She did not comprehend that she carried

the same offensive mannerism, a tone of voice and behaviour as her mother. Suppressing her childhood anger towards her mother's injustices, she became angry herself. We will keep inviting into our lives the lessons we need to learn. This dysfunctional pattern projected onto her workplace where she had issues with a colleague. It was through holistic counselling approaches, energy healing and learning to let go (surrendering) the past injustices Rose, returned to having a cordial relationship with herself and others.

Sometimes the Universe puts us to the test. I was selling tickets for a charity event. An acquaintance sought me out and asked if she could sell 50 tickets on my behalf. Happy that she offered to do *seva*, I gave her the tickets with implicit trust and faith. Many weeks later I did not hear from her. I phoned her several times but each time she was evasive and did not want to either talk to me, return my calls or return the tickets. I initially reacted with anger but having observed my body stress I went into meditation with Swami and decided to surrender the outcome to Him. I also had a deck of tarot cards nearby that I consulted after the meditation. One card named, "*The fool*", jumped up at me. Who is the fool? Is it the one who deceives or the one who is the recipient of deceit? Undoubtedly the fool is the one who deceives the other. We forget that ultimate justice happens for every thought, word and deed. No one gets pardoned for hurtful, wrong actions: this is the law of *karma*. I decided to cease chasing her or the tickets and paid for the tickets myself, leaving the issue behind, I said to myself, maybe she needed the money or lost the tickets.

### Surrender and will

The opposite of surrender is to control or "doership", which requires will power. However, in submitting we invite the presence of Divinity within us, and so it increases divine power in us, and the many possibilities including healing. Peter Hubbard (1995) stated, "*Choosing is the action at the back of which is the will*". God has given us measured free will and choice, though with consequences. Will power is the impulse we have that drives us towards wholeness, self-expression, personal integration and the decisions we make. Many people believe

they could improve their health and their lives if only they had more willpower. With more self-control and self-discipline we would all eat right, exercise regularly, avoid drugs and alcohol, stop procrastinating, and achieve all sorts of worthy objectives. The American Psychological Association's, annual "stress in America survey", cites lack of willpower as the number one reason for people not following through with life style changes. Will power is not something we are born with, it requires training. It is like a muscle, the more we use it, the more it grows. All addictions and bad habits are not a physical challenge but a mental one. You become what you regularly repeat in thought and action, so one requires to practice, what you want to become consistently. Mother Teresa rightly said the first step to becoming, is to **will** it.

Furthermore, we begin to express our unique talents in the world, as we align with the Will of divinity and our God-Self. Unfortunately, the absence of life direction and soul purpose creates an existential psychological crisis. When we think about will, it is often in the context of willpower. For example, the willpower to resist a particular food. For spiritual development, we must also learn how to use the aspects of divine will and good will, which helps a person to express will differently.

Assagioli<sup>135</sup> spoke of three stages of will development: identifying that "will" exist; having a will; and recognising that one is "a willing self". As spiritual aspirants, we need to develop a strong, skillful will for the many tasks we must carry out. The resilient will should contain enough passion and energy to carry out its purpose. Yogananda<sup>136</sup>, the great yogi, writing on Self-realisation, stated that environment is stronger than willpower. Our situation surroundings, society and others affect will power.

---

*135 Psychosynthesis is an approach to psychology that was developed by Italian psychiatrist, Roberto Assagioli. Psychosynthesis departed from the empirical foundations of psychology in that it studied a person as a personality and a soul. Psychosynthesis uses psychotherapy approaches of dialogue, Gestalt techniques, dream work, guided imagery, affirmations, and meditation are all powerful tools for integration', but 'the attitude and presence of the guide are of far greater importance than the particular methods used'. Assagioli, R. (1965). Psychosynthesis. New York: The Viking Press.*

*136 Brother Anandamoy, 2002*

The purpose of will is not just to be a source of power or force, but when we are conscious and use wisdom it can stimulate, regulate and direct all the other functions and potencies of our being so that they lead to the goal accomplishment. Assagioli said using will power consciously was being aware of the psychological elements: emotions, impulses, thoughts, sensations, imagination, and intuition and how they operate within a person. To act with the divine will, a person has the additional task of imposing self-discipline to choose goals, which are consistent with the welfare of others and the common good of humanity. An individual cannot be egotistical or lack understanding of others. On the journey to Self-realisation, an individual's will must not only be activated sufficiently to direct the psychological functions but also enough to carry the person from intention through to completion of any endeavour. An act of will contains six stages, which are sequential whether or not we are conscious of progressing through them. The stages are:

1. Purpose – aim – goal – valuation – motivation – intention
2. Deliberation or discernment
3. Choice – decision
4. Affirmation – command
5. Planning and programming
6. The direction of the execution (Assagioli, 1973)

Purpose is the “will” to reach a goal. A person would not embrace a goal if he or she had not evaluated it and found it to have *value*. A divine purpose is in alignment with Divine Will that fulfills the soul's mission towards God. *Motivation* arises when someone has a motive, which means something that is impelling him or her to move toward that goal. Intention gives the direction of the movement. These do not always arise in our consciousness in the order listed above. We are bound inextricably with a will, the most intrinsic function of the self. The right use of will engenders a sense of liberty, mastery and power, which is intensely blissful. Our will power is limited to the

energy and capabilities we have, considering this, how can we increase it? We can upsurge will power by learning how to manage stress, have positive affirmations, positive self talk, good sleep, nutrition, exercise, meditation and learning to focus and concentrate on our goals. Sometimes in surrender, our goals are reached. I have had this experience many times. Many years ago, I endeavoured to find another job near home. I was employed in a psychiatric ward, in a hospital at some distance. Nonetheless, the Universe wanted me to gain mental health experience, so, however hard I tried; I could not get a job. I had to surrender knowing divinity was serving me for my highest good. I spent seven years working in a psychiatric ward and community mental health. In hindsight, it was the best thing that happened. It was my soul purpose to help people in mental health. I did not understand this at that time. To surrender and let go situations, people or dreams and even *sankalpanas* is not weakness, it is humility and acting with a knowingness that God has a plan, and it is for your highest good. The key is to maintain a connection with the voice of God, your conscience, to know when to relinquish and when to keep trying, making an effort.

### Do we have free will?

I believe we have restricted free will with consequences for every thought, word and deed. Prophet Zarathushtra spoke about man having freedom to choose in the *Gathas* (*Yasna* 30 v. 2)<sup>137</sup>: *Listen with your ears the highest truth, consider it with an open mind carefully and decide each man and woman personally between the two paths, good and evil.* The importance of this verse is that having been given the capabilities to make the right or free choice; man must bear the consequence of that choice. Working only with the intellect, clients including myself have had many confusing thoughts and thereby taken decisions that consequently were harmful and unbeneficial for us. How do we filter our thoughts with wisdom so we make the best decisions? For instance, I was confused about undertaking cancer treatments by the many “experts”, books, articles and well-meaning people, who gave me differing opinions. How did I eventually make choices? I heeded

---

<sup>137</sup> A sacred text orally transmitted by prophet Zarathushtra himself.

to all, but blocked listening or reading when it became emotionally overwhelming for me. Ultimately, I took my queries to my Maker, with total surrender to outcomes and my will. I asked Him to decide for me. I got His response through His messengers, gut feelings and signs. This worked every time, as explained in the earlier chapter elucidating my cancer journey.

## Surrender and Self-worth

Surrender is letting go our mind control and allowing our divine potential and talents to emerge. We are all at the core divine and have some godlike aspects, capabilities, talents and gifts. Einstein said, *"Everyone is a genius but if you judge a fish for its ability to climb a tree, it will spend its whole life thinking it is stupid"*. We need to watch our self-talk because all illness happens when we do not love ourselves and hold poisons of low self-worth and lack of self-esteem. To love oneself is not being selfish or being conceited or arrogant. Selfishness is when we are not considerate of others, whereas conceit is our ego thinking of someone else being better than us. To love yourself is therefore to have self-worth and love. Love heals. It is what you think you are that sometimes holds you back or creates illness. Furthermore, it is essential to unhook and walk away from toxic relationships and people that attack your self-confidence and self-worth. It takes a lot of courage for women in abusive, toxic relationships to walk away. Walking away has nothing to do with weakness it takes strength to stand alone. You and not others should determine your self-worth; one should never let the opinions of others measure your self-worth and your decisions. It is said; *no one can make you feel small and inferior without your consent*. Beauty is not what you see in the mirror but what you think and feel about yourself.

A client whom I shall name Sheila had a toxic relationship where there was physical and emotional abuse. It took years of counselling for her to be able to leave the relationship. She had to love herself and see herself as deserving of someone more loving in her life. Another client whom I shall name Tom had been made redundant after 20 years of work in the corporate world. He was depressed and fearful. His self-

esteem and self-worth had hit rock bottom. He did not value himself and created his reality of not finding another job. After six months of trying he developed heart angina. Low self-esteem often can be rooted in childhood experiences and intensified by recent trauma or stress. Holistic counselling involved inner work and also helping the client with CBT<sup>138</sup>, positive self-talk, focusing on things he could do and achieve, guidance on surrounding himself with positive people and helping him gain his confidence by learning a new skill and acquiring knowledge. He learnt about caring for the aged and soon started volunteering. This changed things for him drastically: he developed self-worth, confidence and was soon offered a job in the organisation where he volunteered. He was much happier with a better pace of life and life style even though his remuneration was much lower than his corporate work.

### Forgiveness and surrender

Forgiveness is a crucial ingredient in the process of healing self. When we truly forgive we are surrendering the thought and emotional poisons; mental perceptions that keep us stuck in anger, sadness and fear. Dr Sood<sup>139</sup> says, *"It allows you to free up the real estate in your brain taken up by negative thinking."* By forgiving someone you are not saying the other person is right, you are conceding that to relinquish anger and resentment. To forgive someone is to be able to forget the past hurt. Forgiveness therapy groups for individuals with severe health issues are beneficial. Individuals may write letters describing their hurt and struggles. This is not sent to the offending party but may be sent to Swami or read aloud in group therapy for catharsis. Michigan's Dr Ingersoll-Dayton confirms this. Fred Luskin<sup>140</sup> an expert on forgiveness, says there are nine steps to forgiveness:

---

<sup>138</sup> Cognitive behavioural therapy discussed in more detail in the Chapter on Healing.

<sup>139</sup> The Healing Power of Forgiveness - WSJ - Wall Street Journal [www.wsj.com/articles/the-healing-power-of-forgiveness-1458525864](http://www.wsj.com/articles/the-healing-power-of-forgiveness-1458525864)

<sup>140</sup> Fred Luskin Explains How to Forgive | Greater Good Magazine [https://greatergood.berkeley.edu/article/item/fred\\_luskin\\_explains\\_how\\_to\\_forgive](https://greatergood.berkeley.edu/article/item/fred_luskin_explains_how_to_forgive)

1. Know exactly how you feel about what happened then discuss with a few trusted people about your experience. You can write a letter to Swami stating whom you need to forgive and for what.
2. Acknowledge and validate how you feel honestly in the letter but ask Swami to make you feel better. Forgiveness is for you and no one else, be committed to forgiving.
3. Forgiveness does not necessarily mean resolving or condoning the action of the person that hurt you. In forgiveness let go the blame and seek the peace and understanding by taking those offences less personally. Repeat to yourself the benefits of forgiving.
4. Get the right perspective on what is happening. Recognize that your primary distress is coming from the hurt feelings, thoughts, and physical upset you are suffering now, not from what offended you or hurt you.
5. At the moment you feel upset, practise stress management to soothe your body's fight or flight response.
6. Give up expecting things from your life or other people that they do not choose to give you. Expectation leads to disappointments.
7. Put your energy into looking for another way to get positive goals met.
8. Remember that a life well lived is your best reprisal. Instead of focusing on your wounded feelings, and thereby giving the person who caused you pain, power over you, learn to look for the love, beauty and kindness around you. Rejoice in what you have rather than mourn what you do not have.

9. Amend the way you look at your past, so you remind yourself of your heroic choice to forgive.

A client was upset with a close friend who did not come to meet her during her surgery. She did not see her or hear from her friend for several months. She went through these steps with me during counselling and released her feelings of sadness, anger and fear. Another client whom I shall name Heather had Multiple Sclerosis. In her conscious mind, she was unaware of profound resentment, towards her dad. Through hypnotherapy, she retrieved this information and in deep regression she sought forgiveness from her father, who had passed. After the inner work, she had a dream in which she saw her dad as happy and cheerful. This reinforced that her father "received" her heartfelt apology.

Her uncle had sexually assaulted another client, whom I shall name Silvia, repeatedly as a child. She was gravely sick with severe anxiety and (PTSD) post-traumatic stress disorder when she first came for consultation. Sexual abuse is extremely harrowing causing long-term mental health issues. The victims of sexual assault suffer years after the abuser departs from their life. Through years of counselling, energy work and healing Silvia was able to stop her disassociations, flash backs, nightmares and return to forgiveness. Finally, forgiveness healed her and helped her to forget and move forward.

## Surrender and death

Baba directed a few patients with terminal illnesses some in palliative care for my professional attendance. Some of them were so unprepared for the after-life that my focus was to give them some guidance, relief and comfort them through to the other side. What is palliative care? It refers to the care given to people with life-threatening diseases and are dying. Baba has said that the human body goes through six phases of alteration: birth, growth, change, evolution, death and destruction.<sup>141</sup>

---

<sup>141</sup> Sathya Sai Baba Quotations on Death - Sai Baba Website [www.saibaba.ws/quotes/death.htm](http://www.saibaba.ws/quotes/death.htm)

*Death involves certain developments that weaken and extinguish life. It does not affect the Atma; the Atma has no death. It cannot be destroyed. Therefore, one should not fear death. Death is but another stage of life. However long one suffers from illness or however severe the injury, death can happen only when Time signals the right moment. When the yearning for living ends, there can be no more birth. Sathya Sai Baba, Vidya Vahini*

Baba elucidates that death is only of the physical body and though at times it gives us some notice in the form of grey hair and failing health, it could come at any time. Death though viewed by many as a dreadful event, it is nothing but the end of a journey. Are we prepared for that moment?

The wife of a senior man of 84 years who was dying after a severe heart disease presented at my clinic. She requested me to visit her husband and counsel him. Although I was visiting him regularly at the hospice, I could not do any counselling, so I prayed near him. He was struggling with the thought of his imminent death. He was emotionally ill-equipped for the next stage of his soul's development and any conversation about death or dying would bring him fear and intense distress. I spent hours in silent prayer, as audible prayers terrified him. In the last few days, he went into a deep coma. In the unconsciousness state, the soul is transiting between the different spiritual realms and preparing for the ultimate departure. Prayer and chanting help smoothly transfer to the other side. I was fortunate to be at his bedside when the eventual happened. Even though he had been in a coma for a while, in his comatose state he was crying loudly, "Don't take me". His body was jerking as if he was in an actual battle. He struggled for a while, so the nurse gave him a morphine injection to settle him. It was then that he passed away.

*This life that begins with a wail must end with a smile.  
When you were a little baby, all around you people smiled*

*though you kept on wailing. But when you die around you people weep at the loss, you should smile in peace and quiet resignation.*<sup>142</sup>

When does one die in peace and resignation? When we have realised our spiritual nature and are in tune with the Source of All that Is.

The natural terminating of the body is an incredible process. I saw only a great peacefulness in my nephew Navzad, in his final moments of death. I was praying and sending him my love with another clairvoyant who saw him approaching Mother Mary who was radiating light and unconditional love. I am sure he is now in God's nurturing hands. Prayer is always a comfort for those departing and their family who are grieving. I learned that the death process is natural and not to be feared. My brother-in-law Vispi has had many sightings of Navzad's spiritual body and messages in dreams. Navzad chose to bring solace to his parents and family by ethereally visiting them even after death. His presence could be heard and seen around the house. His parents have since established a charitable memorial foundation in his name, for children who have brain cancer. My sister Ana, experiences Navzad's presence subtly directing and manoeuvring arrangements in the charitable functions they hold annually<sup>143</sup>.

My 80-year-old uncle who was a pure loving soul, always helping others with a smile, died sitting up in a *Samadhi* posture. He had an active life, right until the very end. He had just returned from Pune to his home in Yarra, South India when he went to pray and meditate in his prayer room. His maid found him dead in a sitting position with his eyes turned upward. He was facing the photograph of his *Ishwar deva*, divinity in human form: Shirdi Sai Baba. It was uncanny as at that time I was in Australia writing him an e-mail, not knowing of his death. His sister phoned me several days later to announce his passing and when

---

<sup>142</sup> *ibid*

<sup>143</sup> Navzad Memorial foundation- <https://www.facebook.com> › Places › Sydney, Australia

I checked my email, the date and time was the same as his transiting. Souls subtly communicate to their loved ones at the time of their death.

My son is very close to our pet Cookie and asked me one day what happens to animals after they die. In my opinion, pets do have life after life and continue to live with us in the spiritual realm. I believe the love and nurturing we give them, treating them as our children develop their consciousness and evolution. Baba had remarked that his favourite pet elephant Sai Gita was returning in human form. I have no doubt that Cookie's presence in my life is Baba's blessing. She is always following me around at home and never left my side when I was gravely ill, she is unconditional love. A few animals merge into group consciousness after death. In the *Shirdi Sai Charita*, it is mentioned that humans devolve into animal forms to learn critical lessons.

### What is Samadhi?

It is a total surrender of mind and body being in a spiritual state, in some cases, leading to death. There are four types of *samadhi*: 1) *Nirvikalpa* Samadhi, when the being is permanently exiting, and the body degenerates. In that instance, there is no rebirth. 2) *Savikalpa samadhi*, the being is alive but in deep meditation. 3) Great Spiritual Masters or Gurus undertake *Jeeva Samadhi*. Their gross bodies die, but part of their spirit remains in the tombs where their bodies are laid to rest. This is undertaken so that even after death, the great beings continue their service to humankind. For instance, many visit Baba's tomb (also called *samadhi*) for blessings and even guidance by placing letters for Him near His *samadhi*. A few people have claimed to see His astral body, after all, He is omnipresent. Therefore, I believe there is absolutely no need for a human medium or channel as He still gives direct messages and communications through dreams and His spiritual presence. 4) *Mahasamadhi* (the great *samadhi*) is the act of willfully and intentionally leaving one's body through meditation techniques. A realised spiritual Master such as Baba will consciously exit from their body at their chosen time and accomplish the state of *nirvikalpa samadhi* preferring to revisit and help the needy.

## Surrender and managing pain

Many clients have presented with chronic pain, and I have learnt and experienced from them, that mental resistance plays a significant part in creating pain and therefore alleviating pain is becoming aware of our inner struggle. Acceptance is part of the surrendering process.

*Sometimes what seems like surrender isn't surrender at all. It's about what's going on in our hearts. About seeing clearly the way life is and accepting it and being true to it, whatever the pain, because the pain of not being true to it is far, far greater. Tom Booker, The Horse Whisperer*

Steve a client suffering from chronic pain shares his story:

*I have been diagnosed with CRPS (complex regional pain syndrome). My leg has wasted due to a work injury, I have been on painkillers and the only relief I get is from a wax bath. I have so much anger for my employer as it was due to a lack of safety measures I got this damage. I try so hard to be positive and alive but often I just want to shove a knife in my stomach and kill myself. Every day I do "mirror box" (talking with the mirror) to release my anger, I spend all my money on acupuncture, massage therapists and doctors but get little relief. My daughter has become my carer, is having a hard time accepting this. The pain is getting worse day by day, will my life be normal again? Right now life is a nightmare, and I do not know what to do.*

It is uncertain why people acquire CRPS, while more than ninety per cent of cases, the condition is triggered by a clear history of trauma or injury, some psychological factors are suspected of instigating or causing CRPS symptoms.<sup>144</sup> One might develop psychosomatic symptoms or stress-related disorders due to unresolved emotional issues. Researchers have studied the mind and body interrelationship for several decades have found approximately 15-30% of patients

<sup>144</sup> Bruehl S. An update on the pathophysiology of complex regional pain syndrome. *Anesthesiology*. 2010;113(3):713–25.

with chronic pain also have PTSD (Post-traumatic stress disorder). Peter Levine, a specialist on trauma, elucidates that it occurs *"when our ability to respond to a perceived threat is in some way overwhelming."*<sup>145</sup> Cognitive behaviour therapy, psychodynamic psychotherapy, mindfulness meditation and group therapy all support and help clients with chronic pain. Though the key is for the therapist to change the patient's thinking patterns, attitudes, and help the patient accept the new situation, and surrender.

## **Surrendering stress caused in relationships**

What is the purpose of human relationships? The Divine One first created us in perfect spirit form. We decided to have freedom to explore the physical reality and grow in consciousness and therefore are given a physical form. We choose and contract to learn the lessons we need and then enter the physical realm. Networks of relationships characterise this physical realm. Hence we can only learn and grow in relationships.

The goal of life is the acquisition of knowledge and wisdom of Self. The people we are in relationships with are a mirror of ourselves, and simultaneously, we are mirrors of them. Therefore a relationship is one of the most powerful tools for growth. If we look honestly at our relationships, we can see so much about our belief systems, our self-image, who we are.

We attract into our lives those people and experiences we need to teach us whatever it is we need to learn. Negative occurrences and conflict in relationships are therefore necessary for our learning and growth. We gain knowledge from failure and pain much more than success and pleasure, and therefore problematic relationships are powerful tools for acquiring wisdom and evolution.

Every issue, belief and attitude that you have, are responsible for the

---

<sup>145</sup> The Connections Between Emotional Stress, Trauma and Physical Pain

<https://www.psychologytoday.com/.../the-connections-between-emotional-stress-trau...>

quality of your relationship with yourself and another human being. If you are unhappy about a relationship, examine it and ask yourself, what aspect of this relationship mirrors your thoughts and beliefs. When you change those thoughts and feelings and release old patterns, you will detach from relationships that do not nourish or support you.

The secret to establishing healthy relationships is to become conscious of every thought, belief and attitude you have in that relationship (about self and each other) and make sure they come from Divine Love and Wisdom. Divine Love is giving love without conditions, judgements, expectations and boundaries and accepting people as they are.

Our primary relationship is with our God-self and the Source of all that Is. God treats us as equal, respects and accepts our mistakes and all, with unconditional love. Is divinity your best friend? What is real friendship? Equality and Oneness are the qualities needed for true friendship: *Maitri* in Telugu translates as friendship; it means a feeling of unity at mind, body and soul levels. Human beings can achieve divinity in the human state only when the body, the mind and the soul are all surrendered to the Lord. The divine state cannot occur in duality or separation where there is a feeling of "mine and thine". Baba said that life is full of ups and downs. Illness is the ultimate "downs", if we remember that whatever is happening is for our highest good, then only we have surrendered to God. Swami also remarked that most problems and agitations of the mind occur when changing gears in our life from sorrow to happiness and vice versa. When we tumble into sorrow from joy, there is frustration, irritation, anger and depression. When we promote to happiness from a distressed situation, there is often pride, ego and attachment. All of them are harmful. Instead, when dropping into sorrow from joy or vice versa, if we say, all is God's grace in gratitude for good and bad things happening, we will be steadily equanimous.

Sometimes, you feel that disasters increase instead of diminishing. Do not get agitated. Close your eyes and tell me with faith, "Thy will be done. You think of it." And when you speak thus, I accomplish a miracle when necessary. I think of it only when you trust me totally. I always think of you, but I can help you completely only when you rely fully on Me<sup>146</sup>.

Baba has always said, "My life is my message". Similarly all our lives should be His message to others. The question: Is God existing through us? How can we get God to live through us? By total faith and surrender to Him and choosing to be His instrument.

### **What is a healthy relationship?**

A healthy relationship is a partnership where there is no ownership, control, or manipulation and where partners can be their natural selves without fear or judgment. It is one, which creates an environment where each partner can grow individually and through individual growth the partnership develops. In a healthy relationship both people have equal rights, opportunities and responsibilities. Furthermore, an attraction between two people should come from the soul. Real loving relationships should be based on higher spiritual principles and values, each partner focusing on making the other a better human being. If the purpose of life is growth and development, then all relationships exist for a purpose - to enhance spiritual growth of yourself and your partner. Life is full of problems, and therefore it is inevitable that all relationships will also experience problems. We first have to accept this truth. We have to listen to the message and not shoot the messenger. That is, each relationship brings lessons, we must not get angry with the messenger and blame him/her for the problem, but instead ask, why is this happening? What can I do to stop inviting this pattern of events? The purpose of a close relationship is to enhance each other's growth. All relationships will inevitably experience problems. We need to accept this truth. I have found that most couples expect to experience most if not all of the following in their relationship: love, companionship, personal sacrifice, compatibility, communication, commitment and intimacy.

### **Surrendering unhealthy relationships**

An unhealthy relationship has no mutual learning and growth. There is inequality in rights, opportunities and responsibilities. Either one is suffocating and restricting growth in the other, or both partners are growing separately in different directions. If marriage is based only

on sensual satisfaction rather than love and higher principles then the matrimonial will end in misery.

An unhealthy relationship is also about codependence. Codependence and interdependence are dissimilar dynamics. Codependence is about forfeiting personal "power" and self-esteem. Interdependence is forging relationships and forming partnerships. Interdependence means sharing control for common welfare. Unhealthy relationships can be abusive. Abuse is physical, mental, sexual, psychological, economic, or emotional force on someone with fear or intimidation.

### How can we establish Healthy relationships?

- 1. Seek Divine Intervention through surrendering the mind and body:** Ask the Divine One for help and guidance. Intend to resolve the conflict and work for the highest good of both. Take a realistic approach to problem-solving and have a plan. Put consistent and persistent energy into planning and implementing a solution. Be flexible, as the plan could need to be adapted or revised.
- 2. Communication** - Within a relationship, effective problem-solving in the long run, involves having a game plan for handling difficulties when they arise that is, how you will work together to make it happen. Effectual communication is an essential to a healthy, satisfying relationship. Listen, Listen, and Listen some more! Ask for clarification and say what you mean. Choose the right time to communicate, fight fair. Henry Winkler (1945) said, *"Assumptions are the termites of relationships"*.
- 3. Keep love alive** - loving connections don't just happen; we have to make them happen.

For further information on Healthy and Unhealthy Relationships and resolving conflicts in relationships refer to *My True Reality*.

## CHAPTER 7

### Alignment to God's healing energy

*The body is a shrine for the eternal spirit inhabiting it. Illness, both physical and mental is a reaction on the body caused by the poison in the mind. An uncontaminated mind alone can ensure continuous health.*

*Illness is caused more by malnutrition of the mind than the body. Doctors speak of vitamin deficiency; I call it deficiency of vitamin G. Bhagawan Shri Sathya Sai Baba*

### What is our usual state?

I believe that Divinity made all His creations whole and perfect; first in spirit form, and then this energy was transformed by increasing its density to create matter. Matter is dense energy, but man's true nature is spirit. Plato said that every soul is immortal:

*Everyman's soul has by the law of his birth been a spectator of eternal truth, or it would never have passed into this our mortal frame, yet still it is no easy matter for all to be reminded of their past by their present existence.*

Christian scientists<sup>147</sup> use an affirmation called the "The Scientific Statement of Being" in their healing treatments, which gives an insight into the true nature of our being.

<sup>147</sup> Christian Science was founded by a woman named Mary Baker Eddy. She was born Mary Ann Morse Baker in New Hampshire in 1821. (She died in 1910.). She was the daughter of a New Hampshire Congregationalist church member. She first published "Science and Health with Key to the Scriptures" in 1875

*All is infinite Mind and its infinite manifestation, for God is All-in-all. ...Spirit is real and eternal; matter is unreal and temporal. Spirit is God and man is His image and likeness. Therefore, man is not material; he is spiritual.*

### Why do we become ill?

Illness or "dis-ease" is disharmony in our physical body caused by our disconnection or separation to source energy. There is a strong connection between the physical, emotional and the spiritual. Our outer world is a reflection of our inner world. If we listen carefully to our physical body, it will communicate the state of our inner being.

Our body is communicating to us, especially when there is an inner emotional and spiritual disharmony. Most diseases are opportunities for us to change and transform. We undertake to bear some illnesses, for higher learning for others and ourselves. It is part of our life's mission that we agreed to take on before we came to this physical realm. In fact, our illness may be a gift or an act of service to help other people move towards compassionate awareness.

As such, the majority of physical illness or disease in our body may be the result of years and lifetimes of

- Negative thinking,
- Negative beliefs,
- Negative programming or conditioning. Through childhood, we are socialized and nurtured by significant adults with certain core beliefs that program and condition us. These thought patterns if adverse create undesirable energy or emotions that lead to illness.
- Harmful living: - i.e. poor eating habits, smoking and drinking excessively and living in a physically unhealthy toxic environment.

- A lack of love to self and others, which causes disharmony or imbalance in our spiritual etheric bodies. Illness is the result of us moving away from our true essence, Divinity, and being in ego consciousness rather than godlike consciousness. This causes the *chakras* to become over activated or depleted in energy (*prana*) affecting our spiritual bodies and physical body, causing physical illness.

Sometimes in the spiritual realm, before coming into the physical body, a soul could contract to have a severe illness for higher learning for itself or other loved ones in their immediate environment. A patient, whom I shall call Sheila, came to see me in 1998 when diagnosed with breast cancer. It started with a small lump in her breast. Sheila was not making much progress even after five sessions, so we connected to her guides and asked why she was not shifting from her disease. Sheila heard through guided meditation that she had six years remaining in her physical body. Her soul had "contracted" (intended) to get this illness and die from it even before she came into the physical body. This sickness would bring great lessons to her and her husband and two children. At the time Sheila just heard the message without paying much attention to it. She was a scientist by profession and did not have much understanding about spiritual matters. We did not have much contact after that, but approximately six years later I got a desperate call from her from the hospital. She told me her illness had progressed, and she was very keen to see me as soon as possible. She said quietly, "I want to go home now, help my soul to move peacefully to the other side." I did just that by praying for her. A day before she passed, I was taken aside by her husband who thanked me for my services, but what he said after that amazed me. Her husband who knew nothing about the conversations I had had with Sheila during the healing sessions six years ago, told me that he and Sheila were both genetic scientists and he had all the necessary networks, connections with the right people to help Sheila recover from her illness. In his words, "so many people recover from what she has, but unconsciously she kept sabotaging the recovery". He even said that his six-year-old son remarked to him that, "mummy got the illness when I was in her tummy." I was blown away to know that this child knew (perhaps at birth) that he was coming into a

vehicle, his mother who had cancer. From this experience, I learnt three valuable lessons: 1) We contract to have certain major illnesses in our lives to learn lessons, 2) Children are old souls who have all the wisdom and knowledge and also make important choices and 3) We need to always keep in mind, that we are only channels of God's light and love. We have no right to interfere with a person's choices or lessons. The law of *Karma* operates at a Universal level; we cannot impede this law.'

### **Is it possible to become channels of healing energy and heal others and ourselves?**

Yes, most of the time if we are not interfering with people's *karma* or life lessons. Divinity heals. He fashioned us, so there is no reason why He cannot re-create a part of us that is sick or diseased. Furthermore, formed from Him, we have astounding capabilities to heal, just as He does. We have the power to repair the planet and ourselves, by believing that we can. Baba has often said, "*Hands that serve are holier than lips that pray*," I would add that hands that are involved in the service of healing others and self are the holiest. When we listen to our bodies, and seek divine guidance to change and transform from within, our physical bodies heal automatically. We can become channels of healing for others and ourselves.

Mellen-Thomas Benedict<sup>148</sup> had a near death experience, where it was revealed about the progression of Mother Earth and humankind. He saw the development of soul's journey. He was given the wisdom of humankind's role in the Universe, including a beautiful vision of the future. Benedict indulged in research in *Quantum Biology* - the relationship between light and health. He discovered how living cells quickly respond to light stimulation resulting in rapid healing. His exploration provided new viewpoints on how biological systems work. He was a technology and product consultant, an admired lecturer on the subjects of longevity, energy medicine, and phototherapy. *The revelations were coming from the Light and seemed to go on and on. Then I asked the Light, "Does this mean that Mankind will be*

---

<sup>148</sup> Mellen-Thomas Benedict's Near-Death Experience - Near-Death.com [www.near-death.com/reincarnation/experiences/mellen-thomas-benedict.html](http://www.near-death.com/reincarnation/experiences/mellen-thomas-benedict.html)

saved?" Then, like a trumpet blast with a shower of spiralling lights, the Great Light spoke, saying, "Remember this and never forget; you save, redeem **and heal yourself**. **You** always have. You always will. You were created with the power to do so from before the beginning of the world." In that instant, I realized even more. I realized that **WE HAVE ALREADY BEEN SAVED**, and we saved ourselves because we were designed to self-correct like the rest of God's universe. So, this is what the second coming is about. I thanked the Light of God with all my heart. The best thing, I could come up with, was these simple words of total appreciation: "Oh dear God, dear Universe, dear Great Self, I Love My Life."

### Our spiritual anatomy

The basic description of energy, spiritual anatomy is already dealt with in *My True Reality*<sup>149</sup>. Here, the concepts are expanded on, by emphasis on the relationship between life's issues and the *chakras*. The intensity of psychological dysfunction develops the *chakra* blockage and then physical disease. Spiritual source energy said to be of colossal power, called "*Prana*" and "*Chi*," flows through all beings and opens or activates the energy centers called *chakras*. The *chakras* are the fields through which the energies flow, like doors. Certain tools and techniques such as chanting and hands on healing, unlock them while psychological disturbances block them. The incoherence of consciousness or divine wisdom adversely affect energies. Trials and tribulations and stress therefore can be analysed from an energy perspective. Crushing consciousness acrimoniously hurts body energies, pushing the frequencies of the different primal energies out of tune. Energy tends to be in harmony, or dissonance. Illness is a sign of discord in energy systems.

I believe we choose our illness, genetic makeup, soul purpose and relationships that serve our learning before entering the body. The Persian poet Rumi said, "*when inward tenderness finds the secret hurt, pain itself will crack the rock and AH! Let the soul emerge. The wound*

<sup>149</sup> Dr. Huzan Daver, (2005) *My True Reality*

*is the place where light enters you."*

- 1<sup>st</sup> chakra (root center/ *Muladhara*), the energy that is the origin of our sensing capacity: physical security, safety and material abundance and manifestation of ideas into physical reality.
- 2<sup>nd</sup> chakra (pelvic center/ *Swaddhishthana*), the energy of our will power creativity, personal power, status, position and finance.
- 3<sup>rd</sup> chakra (navel center /*Manipura*), the energy behind our emotional force. Psychological dysfunctions leading to deep-seated fears, block it.
- 4<sup>th</sup> chakra (heart center/ *Anahata*, the source of loving attention, issues related to self-worth, self-esteem block it.
- 5<sup>th</sup> chakra (throat center/ *Vishuddhi*, the energy of communication, truth and purpose.
- 6<sup>th</sup> chakra (third eye/ *Ajna*), the energy of higher reasoning, intuitive skills that perforate the ego and is in direct communication with the Source and all beings.
- 7<sup>th</sup> chakra (crown center/ *Sahasara*), the energy field of imagination that receive the renewing "light" and know itself as part of the whole. Trust, faith and consistent awareness and integration of Universal fundamental Truths enhance this energy.

### The healing methods

The re-emergence of holistic healing processes provides innovative choices to patients suffering from all illness including cancer. Patients are no longer limited to the mainstream approach of surgery, chemotherapy and radiation, instead they can include visualisation, meditation, *chakra* balancing, positive affirmations, nutritional and diet programmes, extensive holistic counselling with subconscious mind work and other therapies outlined below. However, it is vital

that the patient and their family members together support treatment procedures. If kinfolk do not encourage the healing processes, it can be stressful for the patient, especially in advanced cases of illness. My family was leaning towards the mainstream model of intervention, having little faith in unconventional methods.

To be cured means treating the disease with only drugs and surgery till the symptoms disappear. Healing, on the other hand, is a holistic process of reviewing the inner life of the person by examining energy, experiences, beliefs, feelings and thoughts of the person. The holistic healing process recognises the influence of emotional, psychological and spiritual factors and focuses on dealing with them. Unfortunately, there is no chemical or surgical remedy for emotional wounds or blocked *chakras*. The healing process involves the examining of why we become ill by bringing awareness of our emotional nature. The human being is a profoundly delicate system of emotional, psychological and spiritual essences. To heal, a person must be willing to look at their emotional wounds. Therefore, healing requires collaboration, cooperation, and co-creation between the individual and the Source Energy. Self-responsibility, at all stages of the illness is vital. Illness is a messenger that assists to deal with emotional injuries and reset emotional energy states to joy, love and laughter. Thus healing is transformation, requiring awareness and making conscious choices that bring joyfulness, merriment, and happiness, which may entail forgiving others and self. According to Caroline Myss,<sup>150</sup> completion and validation hastens the healing process. Completion is bringing unfinished business to a close or resetting patterns of psychological injuries by making conscious choices. Validation is the process of acknowledging your wounds by sharing with a professional counsellor.

## Holistic methods: therapies, strategies, and techniques

Holistic methods are a combination of psychological and spiritual processes to produce healing of the whole person. It is important to note that the methods explained below marked with an asterisk \* will

---

<sup>150</sup> Caroline Myss, (1993) *Creation of Health*, Bantam books

**not** be employed or offered in the SSS Wellness Centre at this stage nor will the SSS Wellness Centre offer any herbs or homeopathy pills which normally, people associate with holistic methods of Wellness. **The inclusion of new activities and therapies at the SSS Wellness Centre, are finally left at the discretion of the Trustees of SSS Trust.**

Baba's *sankalpana* for holistic wellness is primarily *educare*: enhancing spiritual wisdom and *sadhana* in combination with individual emotional management. Baba always emphasised personal *sadhana*: *yoga, meditation, atma vichar*, nutrition and emotional management. He valued medicine but non-medicinal remedies more. Hence the focus in the SSS Wellness Centre is to provide spiritual emotional and non-medicinal modalities. His world-renowned hospitals and medical centers already provide the mainstream medical model approaches to health with unique embellishments of genuine loving relationships between medical professionals and the patients. In no instance is money ever exchanged or charged for any services provided by the SSS Wellness and His medical institutions. All practitioners serve only with love.

Therefore the primary objective in outlining these methods below is to bring additional knowledge to the SSS Sai *sevaks*, clients and practitioners of what is available in the Integrated Holistic Wellness model. It goes without saying that all the holistic methods especially the psychological approaches require intense training and will be offered in the SSS Wellness Centre by **only** certified trained specialists who attempt to practice what they preach. We, professionals, are not expected to be perfect, but having the spiritual discipline and continuously working on ourselves is vital, when serving others. Swami has always maintained that we need to be effective role models. Therefore, professionals who serve others in the SSS Wellness Centre will need continuous peer or team supervision by experienced professionals, to review their work. Continued professional education is essential. Personal spiritual *sadhana* by the practitioner is also necessary. The Sai *sevaks* committed to the SSS Wellness Centre are already providing each other inspiration and motivation to be on a

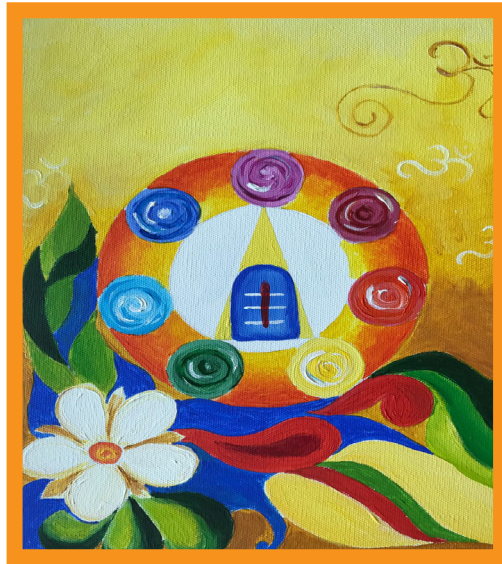
disciplined spiritual pathway, this is vital.

I have used and experienced some of the holistic methods mentioned below, benefiting from them in my journey with cancer. The holistic methods consist of a broad range of healing philosophies, approaches, and therapies. The following are some advantages:

- **Whole-person** - A fundamental difference between traditional and holistic approaches is that most forms of holistic alternative medicine emphasize whole-body care.
- **Self-responsibility** - It teaches personal responsibility and is not a dependency model like the mainstream medical model.
- **Actual attention.** Holistic practitioners often offer patients a great deal of personal attention. Traditional physicians are strapped for time.
- **Focus on prevention.** Another advantage is its focus on prevention rather than cure through education. Whereas traditional medicine tends to intervene once disease is present, many holistic practitioners encourage patients to have treatments that are focused on averting disease before it occurs, in addition to being cared for when sick.
- **Side effects:** Allopathic medicines have many side effects, some which are severe and life long, creating more disease.
- **Low Costs:** Furthermore, holistic methods of treatment, in many cases cost little, while mainstream medical treatments are exorbitant and people cannot afford them.

Despite the fact that holistic methods have many benefits to conventional therapies, these kinds of services are not without disadvantages and risks: for instance if there are unqualified, self-made practitioners. The disadvantages of the holistic approach are such that they may take a longer time; they require life style changes and development of will power. Moreover, there is not enough scientific

research done in these areas, nor are there standardised training and practices. Before embracing any treatment, please research about the value and authenticity of modality and practitioner, whether it is conventional or holistic alternative methods. Further, discuss it your primary care provider or other experts in the field. On the whole, there are many beneficial sides of holistic approaches, if done in conjunction with the mainstream medical methodologies.



Sacred geometry drawing depicting circle of Oneness, Triangle of Growth  
in Consciousness in Holistic Healing by Preeti Rajadhyax

## Spiritual healing methodologies

There are many approaches and techniques used in spiritual healing such as *Pranic Healing*, *Matrix healing*, *Chiron Healing*, *Hands on Healing*, etc. The SSS Sathya Sai Wellness Centre will **not** be offering these spiritual healing services, at this point, directly to patients but the education of these modalities in terms of workshops may be introduced, especially to encourage **self-healing** and **distant healing**.

**Only at the discretion of SSS trustees and experts in the field, they may be offered at some later point.**

In studying some of them and experiencing them myself, and delivering these modalities to clients, I found that the basic framework and principles of all these techniques are the same, with some variety in manoeuvres and procedures, so let us examine a few of these modalities in more detail. *My True Reality* explains in detail the basic process of "spiritual healing": scanning, cleansing, re-energising, sealing. Please refer to the Chapter on healing in *My True Reality* for details.

### **\* Accupressure and Accupuncture**

Accupressure involves putting pressure on precise points on the body or along energy lines or meridians, which kindle healing. On the other hand, accupuncture encompasses spurring of anatomical points on the body by using needles. Accupuncture points are the gateway to the meridians and they redirect, increase or decrease the body's vital substance, *chi*, and restore balance on an emotional, spiritual and physical level. I found a lot of relief from both these modalities, especially when I was experiencing low energy, aches, and pains.

Accupuncture arouses the immune system affecting the circulation, blood pressure, rhythm and stroke volume of the heart, secretion of the gastric acid and production of red and white cells. It invites the release of hormones that benefit the body to respond to injury and stress.

A kind and loving elderly Sai gentleman, specialised in accupressure, visiting from India was God sent for me during my chemotherapy. My body was full of aches and pains, such that at times I had difficulty in walking and even sitting for long periods. I am so grateful to Baba and brother Srini for sending this gentleman, Mr Gunakar, my way, as I acquired so much relief from his treatments, which were full of love and even *satsangs* (spiritual conversations). I also experienced great relief from accupuncture delivered by Dr Im Qua Smith, a world renowned accupuncturist.

### **\* Addictive restoration therapy includes NAD therapy**

Drug addictive therapy involves detoxification, the process by which the body rids itself of a drug, behavioural counselling, medication (for opioid, tobacco, or alcohol addiction) evaluation and treatment for co-occurring mental health issues such as depression and anxiety.

All-Natural Detox Therapy (NAD) one of the newest holistic treatments in the field of addiction recovery is an amino acid therapy, known as NAD IV therapy. Nicotinamide Adenine Dinucleotide (NAD) is a metabolic co-enzyme and is charged with the important job of structuring, repairing, and remodelling every cell in the body. NAD IV therapy usually requires one infusion per day for a period of ten days. A facility physician develops an individualized treatment plan for each patient, including the precise NAD mixture. At the beginning of each day, a trained nurse will insert an IV and begin to slowly infuse the NAD mixture. Withdrawal symptoms reportedly begin to subside in just a matter of minutes.

### **Anger and anxiety management**

Counsellors resolve clients with anger issues by utilising anger management therapy. The sessions could take four to six weeks, although in some cases due to entrenched issues may take longer. The practitioner goes through various areas with the patient:

- What is anger, where it comes from, and how to identify it?
- How to cultivate and practice emotional intelligence, empathy, forgiveness, and self-control
- What is assertive communication, and how to apply it?
- Watching self-talk and shifting negative self-talk.
- How to deal with aggression: meditating, acceptance, and resolution.

- Understanding constructive aspects of anger.
- The forms of anger are: road rage, aggression/abuse, conflict at work, and home.
- Self-esteem.
- How to set boundaries.
- Why is it important to respect others?
- What is Stress? How to identify it and manage it.
- Time management and organization skills.
- Coping Skills.

There are different types of psychological treatments for anxiety. Some people prefer to work with a professional, while others get more out of a group environment. The therapies for anxiety: Behavioural, cognitive therapy and exposure therapy including meditation and relaxation therapy. Nutrition, exercise and life style choices need to be assessed and enriched. Further, Heart Math techniques are beneficial, discussed below.

A client I shall call Par, suffered from anxiety disorder. Her symptoms included panic attacks, sweating, insomnia, headaches and tightening of her chest. She was a young girl of nineteen when she presented at the clinic. After thorough physical examination by her physician, we started holistic treatments which included all the above but excluded exposure therapy, as it was not relevant for her. She made steady recovery. Her anxiety was tied to low self-esteem with body image issues.

### **\*Animal/dog therapy**

Man's best friend is God and God spelled backward is a dog. Why? Dogs are man's best friends too besides that they are ideal healers as they exhibit unconditional love continually. Baba had rescued many

animals, nurtured and loved them and they lived in the ashram. His favourite was Sai Gita and then many others.

Pet therapy is a term used that includes animal-assisted therapy and other activities. It is a developing field where dogs and other animals help people to recover from or better cope with health problems, such as heart disease, cancer, and psychological disorders. Pet therapy thrives on establishing a bond between the patient and animal. Many illnesses can be reduced: blood pressure and overall cardiovascular health, as it releases endorphins oxytocin, the hormone combating stress and anxiety.

My nephew Navzad's dog, Wendy gave him a lot of love and care. My pet dog Cookie, a cocker spaniel, is a natural healer; she was constantly by my side during the days when I was ill. I even saw her in a dream with Baba and know she is unconditional love energy. I am so grateful for this divine creature being present in my life.

### **\*Aura therapy**

The aura or *kosas*<sup>151</sup> or spiritual sheaths surrounding your gross body is your energy identity. It is a whirling mass of lights in different colours that represent the mental, physical and emotional states. Your thoughts and feelings have different energy frequencies and colour making it possible for a psychic to know what you are experiencing. Healthy auras are brighter and bigger, radiating a positivity and warmth that is tangible to everyone. Swami's aura was measured by Barowniski and was a beautiful pink with gold and silver streaks spreading over 40 km. Auras are denoted in various religious pictures and texts, since ancient times.

In recent times, Aura therapy is becoming a widespread method of revitalizing energy. It is a healing technique constructed on reading a person's aura, or vital energy field, and then treating diseases revealed by the aura colours. It is also called *Pranic Healing*. White light

---

<sup>151</sup> For further information on kosas please refer to My True Reality.

cleansing is one of the most widely used techniques that provide quick but short-term relief. In conjunction with aura therapy, other methods used include crystal healing, salt baths, burning camphor, frankincense and white sage.

I am trained in Aura therapy and use it to benefit others. A client whom I shall call Tom had anger issues. His throat *chakra* was blocked and his aura emanated a murky red. Prayer, meditation, hypnotherapy and aura therapy was utilised. It is vital to identify the triggers of anger and aid the client transform his perceptions so that there is permanent healing. Anger as we know only hurts the person who creates it.

### **\*Aqua therapy**

Aquatic therapy refers to treatments and exercises performed in water for relaxation, fitness, physical rehabilitation, and other therapeutic benefit. Typically a qualified aquatic therapist gives constant attendance to a person receiving treatment in a heated therapy pool.

### **\*Bowen therapy**

Bowen is a holistic technique that works on the soft connective tissue (fascia) of the body. A Bowen treatment consists of sequences of small moves, each at a specific site on the body. It can be done through light clothing. Make sure you use a registered therapist. I am grateful to Farida Irani for giving me Bowen therapy.

### **\*Cancer therapies**

- The **Gerson Therapy** and Juicing- The Gerson Therapy is a natural treatment that activates the body's extraordinary ability to heal itself through an organic, vegetarian diet, raw juices, coffee enemas and natural supplements.
- The **Budwig Diet** is an unproven anticancer treatment developed by the German biochemist Dr. Johanna Budwig in the 1950s. The diet consists of multiple daily servings of flaxseed oil and cottage cheese, as well as vegetables, fruits

and juices. Processed foods, meats, most dairy products and sugar are prohibited. Juicing vegetables can give your body a large concentrated dose of enzymes, vitamins, minerals and antioxidant that can support the body in cancer recovery. Frankincense essential oil was recommended by Dr. Budwig especially when it comes to fighting brain tumours. Rub this essential oil on your body (neck area) 3x daily and take 3 drops internally 3x daily. Sunshine therapy with getting 30 minutes of direct sunlight exposure daily can increase low vitamin D3 levels which can help fight cancer. This full on protocol including all of the above therapies is called the *Cellect Budwig Protocol*.

- **Diet** – Dairy foods, red meat and farmed fish, fats and oils, refined and processed foods, preservatives, excessive salt and sugars, caffeine and fizzy drinks all are not helpful, producing acid in the body. Alkaline producers are kale, fresh ginger, curcumin, chlorella, spirulina and wheatgrass.
- **Proteolytic Enzyme Therapy**- Proteolytic enzymes digest protein by aiding in the digestion process, breaking it down into amino acids. They can be taken as a supplement, but better yet, they can be found naturally in certain foods. A great example is papaya, which contains the proteolytic enzyme papain, a popular meat tenderizer.
- **Vitamin C** - High-dose vitamin C has been studied as a treatment for patients with cancer since the 1970s. Laboratory studies have shown that high doses of vitamin C may slow the growth and spread of prostate, pancreatic, liver, colon, and other types of cancer cells. Vitamin C dosage is calculated by using the Vitamin C flush test. NAC (N-acetyl-cysteine) increases glutathione body levels. This is the main amino acid helping in detoxification. Alpha-lipoic acid is a powerful antioxidant that mobilizes heavy metals to enhance the chelation process.
- **Frankincense Essential Oil Therapy** - Frankincense, sometimes referred to as olibanum, is a common type of essential oil used in

aromatherapy that can offer a variety of health benefits, including helping relieve chronic stress and anxiety, reducing pain and inflammation, boosting immunity and even potentially helping to fight cancer.

- **Probiotic** - Probiotics are live bacteria and yeasts that are good for your health, especially your digestive system. We usually think of bacteria as something that causes diseases. But your body is full of bacteria, both good and bad. Probiotics are often called «good” or “helpful” bacteria because they help keep your gut healthy.
- **Sunshine and Vitamin D3, Vitamin B12**- Vitamin D is an important part of a healthy diet. It helps promote a healthy immune system, and being insufficient in this vitamin can compromise immune function. For people faced with a cancer diagnosis, vitamin D may help prevent tumours from developing new blood vessels. Vitamin D also affects cell growth, by encouraging healthy cells to grow and discouraging the growth of cancerous cells. Researchers have reported that women with breast cancer tend to have lower vitamin B12 levels in their blood serum than do women without breast cancer.
- **Turmeric and Curcumin** – Curcumin is a naturally occurring chemical compound that is found in the spice turmeric. The two words are sometimes used interchangeably, but the technical difference between the two is that turmeric is the yellowish powder used to flavour foods, while curcumin is a chemical contained within turmeric.
- **Immunotherapy** - Immunotherapy is the “treatment of disease by inducing, enhancing, or suppressing an immune response.
- **Boost immune system** – with Vitamin supplements, probiotics and healthy emotional state with less stress.
- **Regular exercise** – Is important, research has shown that

overweight individuals are more prone to cancer.

- **Coffee enemas** – to remove toxins from the body.

## Chakra analysis and cleansing

Everything in the Universe is energy: every person, every thought, every emotion is energy. Our energy fields and systems are part of Source Energy and are alive and intelligent.

The auras and energy systems can become clogged, distorted, and tattered by emotional dysfunction but the energy fields can be restored through cleansing. *Chakras* or energy centers can be assessed through intuitive kinesiology using a pendulum or through using intuition in meditation. Energy healing influences the energetic, physical, emotional, spiritual and intellectual aspects of a person.

Many issues that affect the functioning of auras, *chakras*, and the meridian energy systems, lead to a variety of health problems. The following are some crucial problems that produce *chakra* blockages:

1. Unreleased emotions.
2. Psychic attack: adverse energy from others, energetic spells, entities or spirits.
3. Chemical, metal toxins and other poisons.
4. Past life memories or experiences.
5. Lack of harmonisation between the auras, *chakras*, and meridian system.
6. Drug and alcohol use.
7. Environmental pollution.
8. Negative energy from another individual's aura is absorbed into your energy field.
9. Imbalances from earth energies especially the intersecting points

of the *Hartman* and *Curry* grids and underground running water.

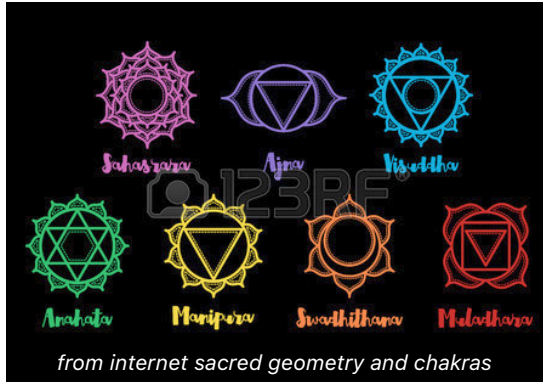
### Do earth radiation and geopathic stress symptoms exist?

To date, ground radiation and geopathic stress have ignited controversy among scientists and researchers, as they are not measurable by scientifically. Some ridicule these concepts entirely, while others appreciate that energetic forces exist on Earth, which affect health, both positively and adversely. The effects are detected with dowsing rods or compass needles. Geographical Grids, electrically charged lines have been identified globally: The *Curry Grid*, made prominent by Dr Manfred Curry and Dr Wittmann (1952), and the *Hartmann Grid*, discovered by Dr Ernst Hartmann (1954), are the most well-known. In ancient India, *Vastu shastra*, a traditional system, which translates to "science of architecture," has been used for centuries. The ancient Hindu texts describe principles of design, layout, measurements, ground preparation, space arrangement and spatial geometry. *Vastu shastra* aims to remove harmful vibrations and improve energy at a place or location.

### Chakra configurations allied to energy types, balancing them

A healthy person's *chakras* are balanced and in alignment with Source Energy. As chakras are affected by emotions, every individual develops a pattern of *chakras* depending on his personality, archetype and emotional patterns. This is what I have found over the years of working with clients. However, note that this does not hold true for spiritual aspirants, as their *sadhanas* have created balance of their *chakras*. It would be beneficial to undertake a through research into this area to get more evidence on the same. For instance, the emotional energy types (see "Identifying energy types" by Rita Bruce below) are more likely to have blockages in the heart area, "physical energy" types in the lower root *chakra*, "Intellectuals" in the third eye or *ajnia* and "Discriminatory energy" types in the throat or *vishudhi chakra*. *Chakra* imbalances can be tested through kinesiology and intuitively in a meditative state. Rebalancing is undertaken through, meditation

exercises, energy work, *pranic* healing, using sacred geometry symbols, colour therapy and chanting *beej* sounds. See images of sacred symbols for each *chakra*.



<https://www.123rf.com/stock-photo/ajna.html> Ajna Images and Stock Pictures



***Mandala Chakra - Awaken the One Within.***

Author and Artist - Laural Virtues Wauters

## Cognitive behaviour therapy

Cognitive-behaviour therapy involves identifying and modifying faulty patterns of thinking through the use of rational intercession strategies. A further focus is on strategies that augment the desired behaviour change in clients. The therapy emphasises client collaboration and participation, is goal oriented and problem focused. It aims to teach clients to be their own therapist by identifying and evaluating thoughts and beliefs by utilising a variety of techniques to change thinking, mood and behaviour. The Cognitive Behaviour approach is based on the process of (1) Identifying a client's automatic thinking (2) Questioning the validity of the automatic thought (3) Identifying core beliefs and (4) Challenging core beliefs. Of course, the counselling process is considerably more complicated than a simple four-step model.

## \*Craniosacral therapies

Craniosacral therapy (CST) is a form of bodywork or alternative therapy using gentle touch to manipulate the synarthrodial joints of the cranium. A practitioner of cranial-sacral therapy may also apply light touches to a patient's spine and pelvis.

## Creative therapies

Numerous creative arts such as drawing, painting, sculpting, music, writing, and drama are utilised in therapy, in a supportive setting to facilitate growth and healing. As self-expression is developed, it is also called "expressive therapies." It employs a process of self-discovery that stems from emotional issues through an art form. The most commonly used and professionally reinforced approaches include art therapy, writing, sand play, clay, movement therapy, psychodrama, role-play, and music therapy.

Creative therapy is used when the clients, including children, cannot participate in traditional therapy involving speech. It is also valuable when talking therapy is unproductive due to stroke or dementia or deep hidden subconscious fears in trauma or abuse **cases**. Creative therapy is effective when exploring fears around medical issues. Risks could

ensue if the client is exposed to intense emotional material or memories before the essential foundation work is undertaken in therapy.

### **Cutting the ties that bind therapy – Phyllis Krystal**

We are all bound by invisible chains that bind us, block us and keep us from being who we actually are. These ties come from childhood, from the family environment, culture, fears or reactions to events that took place years ago.

A method developed by Phyllis Krystal can help us to cut the ties that bind us to anyone or anything that wields unbeneficial power over us. Detachment from such control will allow the removal of accumulated layers of conditioning which obscure the inner light of the Higher Consciousness (Hi C) or Real Self. The meditative exercises Dr Krystal has developed help to free us from everything that prevents the Real Self from being expressed.

### **Distant Healing**

Distant healing is a simple, effective way to impact someone even if they are miles away. All that is needed is intent, a sincere desire to help people and a willingness to sit quietly in prayer and meditation, sending love and light to someone.

### **EFT or Tapping therapy**

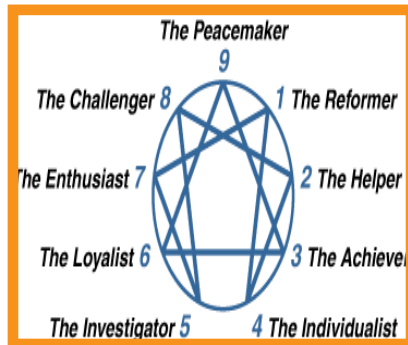
The Emotional Freedom Technique (EFT) also known as “Tapping Therapy” or “Meridian Tapping Techniques (MTT) was created by Gary Craig. Tapping is a combination of accupressure therapy and Psychology that physically alters the brain, energy system and body all at once. The practice consists of tapping with your fingertips on specific meridian points while talking through traumatic memories and a wide range of emotions. The basic technique requires focus on the prevalent negative emotion such as a fear or anxiety, a bad memory, an unresolved problem. One taps to upto 5-7 times each on the nine meridian points of the body.

## Enneagram

Enneagrams are a nine-sided figure used in a particular system of analysis to represent the spectrum of possible personality types in clients. The clients are asked to fill out a questionnaire from which the personality type is gauged. The Enneagram's structure draws a circle and mark nine equidistant points on its circumference. Each point is designated by a number from one to nine, with nine at the top: representing nine basic personality types. The inner lines of the Enneagram also link the nine points on the circumference with each other. Three, six, and nine points form an equilateral triangle. The remaining six points are connected in the following order: One connects with Four, Four with Two, Two with Eight, Eight with Five, Five with Seven, and Seven with One. These six points form an irregular hexagram.

### Identifying Your Basic Personality Type

The Riso-Hudson Enneagram Type Indicator is a questionnaire that categorises basic personality types.



The Enneagram with Riso-Hudson Type Names<sup>152</sup>

They are merely features and do not characterise the full spectrum

<sup>152</sup> How The System Works — The Enneagram Institute <https://www.enneagraminstitute.com/how-the-enneagram-system-works/>

of each type. Type **One** is ethical, determined, self-controlled, perfectionist. Type **Two** is bighearted, affectionate, pleases others. Type **Three** is flexible but driven and image-conscious. Type **Four** is communicative but dramatic, self-absorbed, and temperamental. Type **Five** is perceptive, innovative, secretive, and isolated. Type **Six** is engaging, responsible, anxious, and suspicious. Type **Seven** is spontaneous, versatile, acquisitive, and scattered. Type **Eight** is self-confident, decisive, willful, and confrontational. Type **Nine** is receptive, reassuring, complacent, and resigned.<sup>153</sup>

### Gestalt therapy

The word "Gestalt" (of German origin) refers to a "whole, configuration, integration, pattern or form" (Patterson, 1986). Gestalt therapy was developed in the 1940's by Fritz and Laura Perls and further influenced by the likes of Kurt Lewin and Kurt Goldstein (Corsini & Wedding, 2000). Gestalt therapy focuses on the integration between the "whole" person and his or her environment. Gestalt therapy rejects the dualities of mind and body, body and soul, thinking and feeling, and feeling and action. According to Perls, people are not made up of separate components mind: body and soul, rather human beings function as a *whole*. In doing so, one defines who one is (*sense of self*) by choice of responses to environmental interactions (*boundaries*).

This therapy sees a healthy individual as being someone who has awareness in the here and now, rather than focusing on the past or future. Gestalt therapy has a number of successful techniques that are applicable in therapy today and may be utilised across a broad spectrum of emotional issues.

### Group therapy

Psychotherapy that encompasses one or more therapists working with several people at the same time is called group therapy. The reasons individuals choose group therapy is because it is affordable; people gain from each other's experiences; people feel safer in a

---

<sup>153</sup> *ibid*

group setting; group members can serve as role models, empathy and understanding the issues from other's perspective is enhanced. Group sharing provides catharsis to members and group bonding helps members to develop. Education and information can be shared easily in a group situation.

### **\*Hands on Healing**

Hands-on healing, also known as spiritual energy healing, has been practiced by many societies. The practitioners lay hands above the client's body with prayer and in meditation. For instance, in Greek mythology, Chiron, trained Asclepius, the God of Medicine, in hands-on healing. This will be discussed in more detail below.

### **Heart Math therapy**

This therapy involves instructing clients to slow down their hearts, especially in stressful situations. The technology of a computer program is used, where an individual's heart can be monitored, as the subject trains with numerous breathing exercises. It is beneficial as the client's daily tuition is recorded in a graph. It creates noteworthy improvements in health, psychological well-being, and the quality of life in people.

### **Holistic Spiritual Counselling**

The difference between Counselling and Holistic Counselling is rather than treating just the symptoms, a holistic counsellor, works with the whole person. The therapist has extensive psychological and spiritual training looks holistically at the physical, emotional, mental and spiritual development of the client. Holistic counselling combined with spiritual healing modalities is a powerful way of restoring people on a physical and emotional level. Holistic counselling recognises the deep connections between body, mind, emotions, and spirit. It incorporates various counselling models and includes the "energetics" of a person. Damaging emotions are generated by negative thoughts, as we have seen earlier in the Chapter on *emotions*. A proliferation of harmful

energies creates blockages and disturbances in the energy system of a person. So a holistic counsellor cum spiritual healer works not only with the mind and the memory, which causes blockages in the energy system but also works to cleanse and remove the blockages and disturbances through energetic healing. Energy imbalance is detected through muscle testing or other scanning techniques, such as intuitive Kinesiology. The whole energy system is reinstated in fullness and harmony, through the re-energising techniques.

The psychological process in Holistic counselling draws from *Cognitive Behavioral Therapy*, *Gestalt*, *Person Centered* and broader context of the holistic and humanistic theory. Some of the areas of work are: basic counselling skills, grief counselling, addictive process, systems theory, family therapy, relationships, conflict resolution, and group process. The therapies restore health by exploring mental and emotional states, and examining how they manifest physically in the body. Counselling facilitates patients to work through emotional issues, to release blocked energy and allowing healing to occur. Holistic Counselling, as a philosophy and practice, is based on the following principles: Respect for the individual as a whole person rather than a cluster of symptoms or problems. Understand the person as a member of a wider familial social and political context. Acknowledge that it is the fundamental right of every human being to be loved and acknowledged and feel good about themselves. I have used holistic counselling in combination with healing and meditation techniques with clients and have a great success rate in dealing with individuals suffering from:

Depression

General Anxiety Disorder

Obsessive Compulsive Disorder (OCD)

Simple and Complex Phobias

Stress Management

Self-Assertiveness

Low Mood

Sleep problems

Low Self-Esteem

Post-Traumatic Stress Disorder

Aftermath of Childhood Abuse

Anger Management

Relationship problems: marital and family.

### **\* Hypnotherapy**

Hypnotherapy is a healing method that generates subconscious changes in a client: thoughts, attitudes, feelings and behaviours. The subject undergoes a trance-like condition but in an enhanced state of awareness, concentrating entirely on the hypnotist's voice. In this state, the conscious mind gets suppressed, and the subconscious mind revealed. The therapist can propose concepts, ideas and changes in life style during the process.

Hypnotherapy is a kind of psychotherapy but performed in deeper states. One can re-programme patterns of behaviour within the mind, overcoming irrational fears, phobias, negative thoughts and suppressed emotions. During hypnosis the breathing becomes slower and deeper, the pulse rate drops and the metabolic rate falls. Further changes along nervous pathways and hormonal channels allow pain to lessen, and the cognizance of unpleasant symptoms is relieved.

Hypnosis modifies consciousness so that the logical left-brain turns off, while the intuitive right brain made more vigilant. The conscious mind repressed, and the subconscious mind alerted. For example, a patient who consciously wants to overcome the fear of heights may try everything but fail if their subconscious mind recollects the terror of heights. Healing happens when reprogramming the subconscious through hypnosis so that deep-seated instincts and beliefs are eliminated or rehabilitated.

### **Identifying energy aspects– Rita Bruce**

Rita Bruce acknowledges getting this wisdom from Bhagawan Shri Sathya Sai Baba. The information of the four energies explains human nature, which direct one to being divine. Each person has four aspects: physical, intellectual, emotional, and discriminatory. These four traits form a program placed within each individual before birth. This database regulates a pattern of behaviour that dictates which

style of communication an individual adopts: through feeling, sensing, reasoning or judging in daily activities.

Every individual is said to use one of the four energies, more than the others. It is most conversant and comfortable, and one places unconsciously a higher significance on its qualities, hence it contributes to ego-identity. One of the energy aspects is our primary identification energy. The order in which we value and use the four energies is dependent on our primary identification energy.

Predominantly the emotional energy feels, physical energy senses, intellectual energy thinks and discriminating energy reasons and judges. As our primary identification energy was not a conscious choice but a program given at birth, like a computer chip, we think and function in certain manners. We identify with our primary energy - we believe it is who we are. Once we understand this operational system, we can understand ourselves, as well as others, with expanded awareness.

Knowledge of the four energies helps change our behaviours, if we consult our conscience before taking any action. God communicates through our conscience; so our thoughts, words, and deeds must be placed before our conscience. Humanity does not understand human nature, and even less our divine nature. When we more fully understand ourselves then the divinity within will be more apparent.

We partner with the opposite aspect for growth and learning, as eventually, we need to balance all four of these aspects within: "emotional" with "intellectuals" and "physicals" with "discriminatory" energy types.

The four aspects are related to Bhagawan Shri Sathya Sai Baba's five human values. In an interview, Baba said the following:

*The job of emotions is to evolve Peace.  
The job of the intellect is to evolve Truth.*

*The job of discrimination is to evolve Right Conduct.  
The job of the physical body/senses is to evolve Non-Violence.  
The value that is within all values is Love<sup>154</sup>.*

## Types of Kinesiology<sup>155</sup>

There are many different varieties of Kinesiology:

- 1) Applied Kinesiology utilised by chiropractors, osteopaths, doctors, and dentists.
- 2) Traditional Kinesiology is biomechanics and exercise physiology.
- 3) Specialised Kinesiology includes Touch For Health, Neural Organisation Technique, Applied Neurogenesis, Hyperion-X, One Brain, Manual, Applied Physiology, Neuro Linguistic, Psych-Energetics and Allergetics.

## \*Kinesiology

The science of movement utilises muscle testing and monitoring to gauge energy and body function, applying healing techniques to improve health and vitality.

## What does a Kinesiologist do?

All specialised Kinesiologists and applied Kinesiologists use manual muscle testing as a tool. They also recognise flows of energy within the body that relate not only to the muscles, but to every tissue and organ that make the body a living being. The client is observed as a whole organism, rather than a collection of symptoms.

<sup>154</sup> <http://love-in-human-nature.org/love-conscience.htm>

<sup>155</sup> [http://www.naturaltherapypages.com.au/energetic\\_medicine/Kinesiology](http://www.naturaltherapypages.com.au/energetic_medicine/Kinesiology)

Ultimately, Kinesiology relies upon the muscle feedback system that measures how the nervous system controls its muscle functions and the channels of the brain and body. In this way, it helps the body into a better position to heal itself or reach a specified goal by 'balancing' its energies. It is thought that all stress, imbalances and blockages in the nervous system can be detected by testing the tension in certain muscles.

### Laughter yoga therapy

Laughter Yoga therapy was developed by Dr. Madan Kataria, a physician from India in collaboration with his wife Madhuri, a yoga teacher in 1995. Laughter yoga (*Hasya yoga*) involves voluntary merriment. It is based on the belief that voluntary laughter produces health benefits and the same physiological and psychological benefits as spontaneous laughter. It is done in groups, with eye contact, jokes and playfulness between participants. There are groups, which meet regularly.

### Mantra therapy

Mantra, an invocation of a sacred formula, brings alignment to Divinity Self and therefore brings Wellness. The vibration sounds involved in a chanting a mantra generate in the individual, spiritual power. Mantras produce a set of vibration in the environment, and the power depends on faith, sincerity and intensity of the chanting.

The recitation of mantras for a prescribed number of times at different timings gives desired results. Mantras that are performed through faith have robust results. There are three ways to chant mantras:

UPAMSU JAPA: where chanting is done softly with lip movements, so that nobody can hear.

MANASIC JAPA: The chanting is done silently without any sound or lip movements.

VACHIK JAPA: recited in a low, medium or high tone.

Mantras work directly to remove negative karma. The vibrations of

these ancient sacred formulas increase the flow of beneficial energy throughout the subtle body. They improve the quality of energy, bringing about healing. Though mantra therapy will not remove karmic debts but it will still lessen the karmic baggage you take into future lives.

## Matrix Healing

What did Sathya Sai Baba say about matrix healing? Science is now proving what Bhagawan Sai Baba has said for 85 years. We are quantum energy: the smallest particle of energy<sup>156</sup>. God is the smallest and yet the biggest energy in the whole Universe. In Baba's own words,

*The sound that emanated when the big bang took place is known as 'Pranava' or Omkara, the primordial sound. This sound of Pranava is all pervasive. It originated from paramanu (minutest atom). There is nothing other than atom in this creation. The atom is the fundamental basis of the entire creation. Every human being is a combination of atoms. There is no matter without atoms.*"<sup>157</sup>

Mellen-Thomas Benedict also talks about many universes and also about many Big Bangs. He had a Near Death Experience (NDE) in 1982. He is the most studied and has devoted much of his time to scientific research after his NDE. After he "died" he was taken to the light and he goes on to explain:

*I was rocketing away from the planet on the stream of Life. I saw the earth fly away. The solar system, in all its splendor, whizzed by and disappeared. At faster than light speed, I flew through the center of the galaxy, absorbing more knowledge as I went. I learned that this galaxy, and all of the Universe, is bursting with many different varieties*

<sup>156</sup> Quantum is the Latin word for amount and, in modern understanding, means the smallest possible discrete unit of any physical property, such as energy or matter. Quantum came into the latter usage in 1900, when the physicist Max Planck used it in a presentation to the German Physical Society.

<sup>157</sup> Divine Discourse, 24 Jul 2002, Prasanthi Nilayam

*of LIFE. I saw many worlds...I was in pre-creation, before the Big Bang. I had crossed over the beginning of time/the First Word/the First vibration. I was in the Eye of Creation. I felt as if I was touching the Face of God. It was not a religious feeling. Simply I was at one with Absolute Life and Consciousness. Scientists perceive the Big Bang as a single event, which created the Universe. I saw during my life after near death experience that the Big Bang is only one of an infinite number of Big Bangs creating Universes endlessly and simultaneously. The only images that even come close in human terms would be those created by super computers using fractal geometry equations. The ancients knew of this. They said God had periodically created new Universes by breathing out, and recreated other Universes by breathing in. These epochs were called Yugas. Modern science called this the Big Bang. I was in absolute, pure consciousness. I could see or perceive all the Big Bangs or Yugas creating and recreating them. Instantly I entered into them all simultaneously. I saw that each and every little piece of creation has the power to create. It is very difficult to try to explain this. I am still speechless about this.*

Quantum particles exist in all the spaces in the Universe. They can exist in different places at the same time, they can communicate and connect to each other. Scientists have observed that the particles can change to the past, present and future. Quantum particles make us up and are showing our potential. Consciousness holds particles together. We carry quantum particles of memories that we hold in our subconscious mind and create vibrations that we hold in our hearts.

In 1944 Max Planck<sup>158</sup> discovered quantum energy, he was the father of Quantum Physics. He said that the Conscious Intelligence Mind (God, Intelligence, Spirit) is the matrix of all matter. Matter does not exist except by the force (God). God is the field of energy that holds

---

<sup>158</sup> Max Karl Ernst Ludwig Planck, FRS<sup>[3]</sup> (/plɑːŋk/;<sup>[4]</sup>23 April 1858 – 4 October 1947) was a German theoretical physicist whose discovery of energy quanta won him the Nobel Prize in Physics in 1918.

everything together. Nothing is solid.

*There is no matter as such. All matter originates and exists only by virtue of a force, which brings the particle of an atom to vibration and holds this most minute solar system of the atom together. We must assume behind this force the existence of a conscious and intelligent mind. This mind is the matrix of all matter.*"<sup>159</sup>

In Quantum Theory there is a concept that there is no phenomenon until it is observed. This conclusion is known as the 'Observer Effect'. This means that before anything can manifest in the physical universe it must first be observed. The observing cannot occur without the pre-existence of some sort of consciousness or awareness to do the witnessing. This implies that the physical Universe is the direct result of our consciousness or awareness.

Our consciousness or awareness creates our beliefs. Belief is the code that translates possibilities into reality of this world's materialisation. In quantum possibility healing has already happened. If we imagine healing, peace and abundance in our mind it translates into the physical. With our mind we reach into the possibilities and with our heart we give that possibility energy. Through our feelings we give life to the thoughts or possibilities and create. A belief is a union of thought and emotion. Thought happens in the upper chakra: third eye or *agnya* chakra. Emotion happens in the lower chakras, solar plex and pelvic region: *manipur* and *swadhishtana*, fear and love. When we have a thought in our mind we fuel that thought by fear or love. Feeling is the union between thought and emotion. Feeling happens in the heart. In our hearts we have feelings: hate, passion, etc. Our belief translates our thoughts into atoms of the world. The atom looks like waves of energy rather than particles. If you want to change the physical stuff of the world you must change the energy. Einstein says the field that

<sup>159</sup> *Das Wesen der Materie [The Nature of Matter]*, speech at Florence, Italy (1944) (from *Archiv zur Geschichte der Max-Planck-Gesellschaft, Abt. Va, Rep. 11 Planck, Nr. 1797*)

connects everything is the governing agency; the field is made of electric and magnetic energy. If you change the electric or magnetic field you will change the atom. The organ that produces the strongest electrical field and magnetic field is the heart. Scientist are proving that the human heart is 100 times stronger than the brain. Our heart changes the electrical and magnetic fields through our beliefs, which contain our thoughts and emotions. People do extraordinary things: lifting cars, walking on hot coal because of their beliefs. So really miracles happen due to our beliefs. Scientist have said that quantum particles exist as visible or invisible particles and can exist in many places at the same time, always connected. Quantum particles can communicate with themselves in the past, present and future. Buddhist tradition says reality exists only where the mind creates a focus. Where is your focus today? Focussed awareness is mindfulness meditation. Most people focus on fear. New illness and virus is manifesting in the world today because of our collective focus on fear and bad happenings in the world, if we concentrate on that we create more of it. Language of our heart makes that choice. We can only make what we believe. If the world is based on our beliefs what do you believe about yourself? Belief- our inner experience changes our reality.

*The ancient sages sought to popularise the idea of oneness of body, mind and **spirit** (Atma). They discovered the triad principle in creation and explored it from a number of angles, in order to show this unity. Tat-Twam-Asi (That Thou Art) refers to the role of the mind in integrating the body, mind and spirit. It is an aphoristic declaration calling upon everyone to realise this integral unity, and a call to experience the Divine<sup>160</sup>.*

Everything in creation has a gross, subtle (mental) and causal (etheric bliss) form. Both the subtle and causal form is vibrational. Thus while the gross world is observable to our senses, the subtle world is invisible and experienced in the realm of feeling, intuition and higher wisdom. The Subtle World has form only when we perceive, think, label and try

to describe it. Baba talks of this 'all pervading' subtle world in terms of thought, feeling, and intuitive wisdom qualities - indefinable, invisible, intangible, but full of energy and power. The consequences of our good thoughts, words and deeds are experienced in the subtle body. All the happy and unpleasant feelings and our reactions to the world are experienced in the subtle body, which then affect the gross body and causal bodies. Everything human beings have created was first an idea - a clear image in the mental and spiritual plane. It can be likened to a spiritual seed that was planted and then attended to every day. The thought was given sustenance by putting feelings and emotions into it. It was paying attention with your intention just like you would water a plant to make sure it had whatever it needed to grow and flourish.

All effective people have given consistent, persistent focus, attention and nourishments to their ideas.

Matrix therapy therefore is being mindful and aware of your focus and beliefs. When you shift your focus and beliefs to positive, you change the electric and magnetic waves in the heart that change your reality and miracles happen.

### **\*Medical astrology**

Medico-astrology predicts the effect of planets on the occurrence of disease and advises measures to treat particular illnesses. Precious gemstones such as rubies, diamonds, pearls, red corals, sapphires etc. influence the effect of planets considerably. The precious stones should always be worn with care and on recommendation of a proficient astrologer. Baba has manifested many precious stones in rings and pendants for devotees. For some a green stone, for others diamonds and for still others the nine planet stone rings or pendants. The great sage, Yoganada explains in his book *Autobiography of a Yogi*,

*"Just as a house can be fitted with a copper rod to absorb the shock of lightning, so the bodily temple can be benefited by various protective measures. Ages ago our yogis discovered that pure metals emit an astral light which*

*is powerfully counteractive to negative pulls of the planets. Subtle electrical and magnetic radiations are constantly circulating in the universe. This problem received attention from our rishis; they found helpful not only a combination of metals, but also of plants and most effective of all faultless jewels of not less than two carats. The preventive uses of astrology have seldom been seriously studied outside of India. One little-known fact is that the proper jewels, metals, or plant preparations are valueless unless the required weight is secured, and unless these remedial agents are worn next to the skin."*

### **\*Medical intuition**

There are three types of intelligence: instinctual and it is inherited or hardwired into our body's computer at birth; sensory intelligence; intuitive intelligence.

A medical intuitive uses inner awareness to find the cause of a physical or emotional condition. Other terms for such a person include medical clairvoyant, medical psychic or intuitive counsellor.

Pythagoras (500 BCE) is said to have had this ability many centuries ago, although only in recent times is the term used. It is noteworthy that most of the early medical intuitives had no medical backgrounds. They learned their gifts instinctively.

Habitually, medical intuitives begin by seeing inside the body clairvoyantly. They see a picture in their mind's eye that is similar to looking at a three-dimensional x-ray, but they do not see disease. By observing the auras that surround, they understand the health issues a person has. They can see all the organs, glands and systems in the physical body. The medical intuitive can see scenes from the childhood of the client. Another component the medical intuitive has is the ability to link illness to an individual's thoughts and emotions. Most practitioners focus on the cause rather than symptoms.

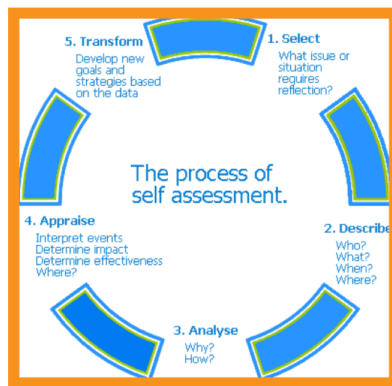
## Mindfulness training

Mindfulness is a method of paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally. It should be done on a moment-to-moment basis.

*As important as methods may be, the most practical thing we can achieve in any kind of work is insight into what is happening inside us as we do it. The more familiar we are with our inner terrain, the more sure footed our work and living becomes.*<sup>161</sup> P. J Palmer

How does one have mindfulness in dealing with others or clients? To be a reflective practitioner, one needs to have time for *sadhana*, be aware and conscious. There are many routes to being an effectual reflective practitioner:

1. Assessing and evaluation: self-reflection, feedback from clients and others.
2. Increasing self-awareness, through a reflection in action, and contemplation after the act.
3. Monitoring conceivable burnout by observing stress at three levels: physical, emotional and mental.
4. Upholding adequate self-care.

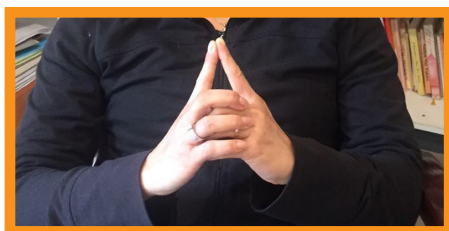


Adapted from Self-Assessment (2006)

I use the above self-assessment cycle for evaluation of clients, others and myself. I find it practical and beneficial.

## Mudra therapy

*Mudras* are figurative hand gestures employed for healing and self-expression. Hands carry the blueprint of body parts and so can be used to enhance wellness. Accupressurists have mapped the hands, see below, showing the connected body parts.



*Mudra for Oneness and Growth in Consciousness*



*Mudra for Oneness and Growth in Consciousness*

See Pinterest – Hand reflexology

The four fingers and the thumb represent the five main elements from which the entire universe is made: Sky (Ether), Air, Fire, Water, and Earth. The hand gestures accelerate healing energy affecting moods, some *mudras* accelerate spiritual energy and so used in meditation. Please refer to *My True Reality* for more details on some basic *mudras*.

## Nama Healing

Gazing at a divine form repeating His name. When I was very ill in bed I had little energy and this meditation exercise was the only one I could accomplish and benefit from. I would repeat the divine name in my mind, seeing the form. Swami has said that if you engage in meditation to see the form, it would lead to the actual manifestation of divinity. I believe I got a lot of respite doing this.

*If you continuously go about doing this - picturing Swami from foot*

to head and vice versa - it would lead to **Sakshatkara** i.e. actual manifestation. Upon practising in this manner you would realise that you are able to see the form for a fraction at least before it fades away. So, this is not the goal. One should not go by imagination. One should go by feeling. One should go on painting each limb. One eye on one side and another eye on the other side-You should not think thus. Is this eye parallel to the other? - In this fashion, one must minutely paint the picture. In the process, mind would become totally engaged.<sup>162</sup>

Repetition of the Name and meditation are means by which you can compel even the concretisation of the divine Grace, in the Form and with the Name you yearn for. The Lord has to assume the Form you choose, the Name you fancy; in fact, you shape Him so. Therefore, do not change these two, but stick to the ones that please you most, whatever the delay or the difficulty.

### For manifesting healing with the name and form

*There is only one God and He is Omnipresent". True. But to concentrate on the Omnipresent, some fixed point or preliminary form is needed. And to conceive of the Divine as present everywhere and at all times, the mind of man is to be clarified and purified by means of a certain psychological process called Sadhana. Baba<sup>163</sup>*

Ask God for healing, voice your intention clearly and then just let your thoughts go like leaves floating in the air, surrender and forget. Slowly move your attention to your spiritual heart. Breathe in deeply. As you inhale, imagine your *prana* moving down into your heart and then expanding out into the Universe. Keep repeating this; connect with feeling of being in your heart space. With unfocused eyes and consciousness in the heart, gaze at a divine form. Imagine the divine form in your heart healing you. Expect being healed! Allow yourself

<sup>162</sup> Meditation - As explained by Bhagwan Sri Sathya Sai Baba [www.saibaba.ws/teachings/meditation/meditation.htm](http://www.saibaba.ws/teachings/meditation/meditation.htm)

<sup>163</sup> Sri Sathya Sai Baba's Words of Wisdom - Saibaba.ws [www.saibaba.ws/quotes/wordsof-wisdom.htm](http://www.saibaba.ws/quotes/wordsof-wisdom.htm)

to recharge on many levels. Pray with conviction, not desperation. Be aware of even the smallest miracles.

### Narrative therapy

Narrative therapy involves relieving client's issues by helping them tell their stories, while the counsellor examines the stories. Most stories have a central plot that often impacts the way an individual construes life events and consequently reacts. The counsellor may help them modify and refashion their stories so that it is helpful for their emotional state. Core beliefs may be examined. A narrative counsellor supports clients in re-authoring their lives, so that unhelpful prevailing plots are replaced with alternative stories of competency and success. The counsellor assists clients in rebuilding their identity.

### Neurobics and Colour therapy

Colour is a frequency wavelength of light. Source energy is light. Illness is a depletion of Source Light, hence colour therapy is a powerful holistic, non-invasive and powerful therapy, used for centuries in many civilisations. Light is the basis of all creation hence colour therapy also known as *Pranic* healing is known to enhance Wellness.

Psycho Neurobic healing is a combination of colour therapy, *chakra* therapy, *pranayama* (breathing exercises), and *mudra* therapy. Psycho Neurobics refers to a healing process of increasing the flow of bioelectrical impulses in the body, which systematically increases healing. Dr Shekhar<sup>164</sup> developed, 'Psycho Neurobics.' Please refer to his book for further details;<sup>165</sup> each of the seven *chakras* when blocked creates an illness:

*Muladhar Chakra* (Root Chakra)

Diseases: Arthritis, osteoporosis, constipation, piles, joint pain, sciatica.

---

<sup>164</sup> He is the Founder Director of Invisible Doctors Solutions & President of SIGFA Solutions.

<sup>165</sup> Dr. BK Chandra Shekhar - Sigfa Solutions [sigfasolutions.com/drcstiware.php](http://sigfasolutions.com/drcstiware.php)

Neurobic exercise: Empowering Neurobics

*Swadhishtan Chakra* (Spleen Chakra)-

Diseases: AIDS, gynaecological disorders, stiffness in lower back, kidney diseases, prostate problem.

Neurobic Exercise: Purifying Neurobics

*Manipur Chakra* (Navel Chakra)

Diseases: indigestion, acidity, diabetes, obesity, ulcer, liver problem.

Neurobic Exercise: Joyful Neurobics

*Anahata Chakra* (Heart Chakra)

Diseases: Hypertension, CAD, heart attack, asthma, bronchitis, angina

Neurobic Exercise: Loveful Neurobics

*Vishudhi Chakra* (Throat Chakra)

Diseases: Hypothyroid, hyperthyroid, ENT problem, rhinitis, sinusitis, asthma, stiffness in the neck.

Neurobic exercise: Peaceful Neurobics

*Agnia Chakra* (Third Eye)

Diseases: Nervous disorder, decaying of brain cells, meningitis, migraine, stress, strain, blindness etc.

Neurobic Exercise: Enlightening Neurobics

*Sahasra Chakra* (Crown Chakra)

Diseases: Hormonal imbalance, depression, confusion, dullness, insomnia, epilepsy etc.

Neurobic Exercise: Blissful Sound Neurobics.

### **\*Past life regression therapy**

Often we have fears and phobias and can never trace the origin; the answers may lie in a past life. Through past-life regression, Brian Weiss, author of *Miracles Happen*,<sup>166</sup> says healing happens. Déjà vu, the sense that you have met a person before or have visited someplace previously is also an indication of a past life experience. The recollections may have some memories with symbols and metaphors that need to be interpreted.

Past life regression therapy involves hypnotising or guiding in deep

---

<sup>166</sup> Miracles Happen: The Transformational Healing ... - Brian L. Weiss, MD [www.brianweiss.com/.../miracles-happen-the-transformational-healing-power-of-past-...](http://www.brianweiss.com/.../miracles-happen-the-transformational-healing-power-of-past-...)

meditation the patient to reveal events and experiences in another lifetime by answering a series of questions. It is not uncommon to find a group of souls travel together through many lifetimes. They are called soul group, mates or families. We are said to learn spiritual lessons and accumulate or resolve *karma* within soul groups: the relationships changing from life to life, but the souls remaining the same. I have found that if one can connect the current fears to a past life, those fears will often disappear in therapy. Couples that are regressed often find answers to their relationship issues and problems.

In ancient Indian literature, the *Upanishads* and *Yoga Sutras* of Patanjali<sup>167</sup> mention in detail past-life regression. The yogi thought the knowledge that a soul could become overwhelmed with the accumulation of *karma* from previous lives and that meditation may reveal this information to heal. The process of past-life regression is called *prati-prasav*, means 'reverse birthing', and viewing memories of past lives to alleviate current life problems. Past-life regression particularly helps healing trauma, understanding what your life lessons, reframing contracts set in spirit realm before incarnation.

## Pranic Healing

*Grand Master Choa Kok Sui developed Pranic Healing.* The channel utilises Universal *prana* energy and life force to balance, harmonise and transform the body's energy processes. Universal divine energy keeps the body alive and maintains a state of good health. *Pranic* healing references are found in the early Vedic literature. They are based on a simple yet powerful and effective system of energy healing not requiring touching the body, as one works with the auric fields. This process requires no drugs, gadgets and not even physical contact with the subject. The physical disease first appears as energetic disruptions in the aura before manifesting as problems in the physical body. Our inability to handle stress affects the auric fields creating ailments. *Pranic* Healing fixes the auric field to heal the body. Colour is used in healing numerous diseases.

---

<sup>167</sup> Shocking facts about Past life regression - Speaking Tree [www.speakingtree.in/allslides/shocking-facts-about-past-life-regression](http://www.speakingtree.in/allslides/shocking-facts-about-past-life-regression)

## Psychotherapy

Psychotherapy utilises psychological methods to help people resolve issues and problems. There are many types of therapies:

- **Psychoanalysis and psychodynamic therapies.** This method focuses on changing problematic behaviours, feelings, and thoughts by discovering their unconscious meanings and motivations. While psychoanalysis is closely identified with Sigmund Freud, it has been extended and modified since his early formulations.
- **Behaviour therapy.** This approach focuses on learning's role in developing both normal and abnormal behaviours.
  - a. **Ivan Pavlov** made important contributions to behaviour therapy by discovering **classical conditioning**, or associative learning. Pavlov's famous dogs, for example, began drooling when they heard their dinner bell, because they associated the sound with food.
  - b. **"Desensitizing"** is classical conditioning in action: A therapist might help a client with a phobia through repeated exposure to whatever it is that causes anxiety.
  - c. Another important thinker was E.L. Thorndike, who discovered operant conditioning. This type of learning relies on rewards and punishments to shape people's behaviour.
  - d. Several variations have developed since behaviour therapy's emergence in the 1950s. One variation is cognitive-behavioural therapy, which focuses on both thoughts and behaviours.
- **Cognitive therapy.** Cognitive therapy emphasizes what people think rather than what they do. Cognitive therapists believe that it's dysfunctional thinking that leads to dysfunctional emotions or behaviours. By changing their thoughts, people can change how they feel and what they do. Major figures in cognitive therapy

include Albert Ellis and Aaron Beck.

**Humanistic therapy.** This approach emphasizes people's capacity to make rational choices and develop to their maximum potential. Humanistic psychology is a psychological perspective that emphasizes the study of the whole person. Humanistic psychologists look at human behaviour not only through the eyes of the observer, but through the eyes of the person doing the behaving. In humanistic therapy, there are two widely practiced techniques: gestalt therapy, which focuses on thoughts and feelings here and now, instead of root causes and client-centered therapy which provides a supportive environment in which clients can re-establish their true identity.

- **Gestalt therapy** emphasizes what it calls "organismic holism," the importance of being aware of the here and now and accepting responsibility for yourself.
- **Existential therapy** focuses on free will, self-determination and the search for meaning.
- **Integrative or holistic therapy.** The therapist does not use one approach. Instead, they blend elements from different approaches and modify and tailor make their treatment according to each client's needs.

### Sai Sanjeevanis <sup>168</sup>

*Sai Sanjeevanis* utilises inspired designs on cards with prayers and positive intention for healing every illness or body parts. There are many cards drawn in various patterns for diseases and body parts that create the vibration needed. This healing process is a simple self-learning method of curing, with little or no cost or side effects. It is prayer-based spiritual healing system for awakening the divine healing power and wisdom within every being. The healing vibrations of every Sanjeevini pattern card can be used in many ways:

1. The person is healed through prayer and the *Sanjeevani* cards, a medium usually water, sugar globules or *vibhuti* is empowered using them. The client then consumes this as a remedy in recommended dosage.
2. The individual could hold the relevant *Sanjeevani* Card(s) or just look at the cards in silence or even by intensely thinking and recalling the name of the relevant cards.
3. Distant healing is undertaken by "broadcasting" a *Sanjeevani* card or prepared remedy to an individual or a large group of people or animals and plants.

The most usual way of giving the *Sanjeevani* remedies is in water or plain homeopathic globules. Remedies for ailments are prepared by keeping the water or the drops on the desired *Sanjeevani* cards for 15 seconds or more. Repeating an affirmation, a *mantra* or a prayer from any religion or faith while preparing the remedies is advocated. *Vibhuti* (sacred ash), a miraculous healing powder, can also be a medium for some.

### Self-awareness assessment tools

Questionnaires such as the one given below help clients and therapist bring more awareness and insight to their problems and even solutions.

Please answer these questions on a scale from 1 to 10: 1 being not all and 10 being definitely. The therapist explains that this is only a tool for self-exploration and helping the therapist, there is no right or wrong answer.

- 1) Do you often exercise self-discipline?
- 2) Do you tend to talk a lot?
- 3) Do you extend compassion to others and yourself effortlessly?
- 4) Do you feel worried easily, or do you regularly avoid situations that might make you anxious?

- 5) Are you inhibited or lonesome, or do you keep people at a distance?
- 6) Do you trust a lot on your intuition?
- 7) Do you express yourself regularly through some art form (music, painting, writing, singing, etc.) or another creative way?
- 8) Do you communicate well in writing?
- 9) Do you feel that coincidences are meaningful and intended, and not random at all?
- 10) Do you have visions or premonitions?
- 11) Do you have a well-developed self-awareness?
- 12) Do you feel grounded, present and unshakable?
- 13) Are you aware of your likes and dislikes, and your needs?
- 14) Do you feel in control of a situation while in a group?
- 15) Are you careful to whom you express love, so as not to get hurt?
- 16) Do you accept everything that happens to you, surrendering yourself to life?
- 17) Do you frequently have good, original ideas?
- 18) Do you regularly avoid particular situations?
- 19) Are you good at developing insight?
- 20) Do you recall dreams easily?
- 21) Do you find it difficult to visualise things?
- 22) If in a conflict, are you considerate of the other's pain?
- 23) Do you express feelings freely, without holding back?
- 24) Do you rely often on the insight of someone else?
- 25) Do you find it difficult to express the things you want and feel?
- 26) Do you tend to hide your emotions?
- 27) Do you give so much love to others that you forget about yourself?
- 28) Are you a team player?
- 29) Do you worry about financial situations or the safety of your home?
- 30) Are you feeling secure?
- 31) Are you able to be assertive when necessary?
- 32) Do you trust most people?
- 33) Do you prepare for situations by thinking about them or are

you spontaneous?

34) Do you tend to be passive and indecisive in social situations?

35) Do you communicate well, balancing talking with listening?

36) Is your voice loud and clear?

37) Are you attached to anyone or anything?

38) Do you feel a strong need to be emotionally connected to people?

39) Do you feel you inhabit your body?

40) Do you have such a strong will that you always dominate situations?

41) Do you work at your relationships being harmonious?

42) Do you generally feel free to act upon what you want?

43) Are you friendly by nature?

44) Do you love most people?

45) Are you a very emotional and passionate person?

46) Do you feel you can express your sexual feelings?

47) Do you see everything that happens to you as lessons for you to learn?

48) Do you tend to be ashamed of your impulses?

49) Do you fantasize a lot?

50) Are you good at thinking in words, symbols and concepts?

51) Do you feel connected to the universe and everything, which is around you?

52) Do you feel at home everywhere?

53) Do you feel comfortable with both intimacy and lust?

54) Are you self-confident?

55) Are you aware of being the expression of something much bigger than yourself?

56) Are you creative?

### **\*Shamanic Healing**

Shamanism originated among traditional herding societies in Central and Northern Asia, the Tungus-speaking peoples of Siberia. Shamanism is a religion characterised by a belief in an unseen world of gods, demons, and ancestral spirits. A shaman is an intuitive healer that travels between the two worlds. Spiritual healers channel

energy through themselves, re-energising patients to start the healing process at a level deep inside them. Shamanic healing tools include guided meditation, breath work, pressure point work, psychic surgery, journeying, ritual, aromatherapy, precious stone therapy, bodywork and sound therapy including chanting and drumming. These used in conjunction with other natural therapies such as herbal medicine, counselling and meditation and can be used to treat people with a range of conditions including physical and emotional discomfort, depression and addictions.

### **\*Shirodhara massage**

*Shirodhara* is a form of *Ayurveda* therapy that involves gently pouring liquids over the forehead and can be one of the steps involved in *Panchakarma*.<sup>169</sup> The name comes from the Sanskrit words *shiro* (head) and *dhara* (flow). I have been trained in this area and found that clients with anxiety greatly benefit from this treatment. It brings deep relaxation to the body and opens the *ajna chakra*.

### **Solution-Focused Brief Therapy (SFBT)**

This is a short-term, psychotherapeutic approach, based on the future, which helps clients change by composing solutions rather than dwelling on problems. The desired solution are elicited from the client and become the basis for ongoing change. It is brief and effective therapy.

### **Sound Therapy**

As all matter vibrates to a meticulous frequency and that imbalances in the body have distorted frequencies that need to be rebalanced, light and sound therapy use resonant vibration to restore health to the body and electromagnetic field.

Tools used in sound therapy include: Tuning forks, Quartz crystal bowls, Radionics, Music, Chanting, Tibetan bowls.

---

<sup>169</sup> **Panchakarma** is an integral part of *Ayurveda*, which helps achieve a balanced state of body, mind and consciousness through detoxification and rejuvenation.

## Sun Gazing and conscious Sun bathing for healing

This meditative sun gazing with *pranayama*, deep breathing, imbibing the health-giving energy from the sun's rays is excellent for healing. It is beneficial and advisable to gaze at the sun only the first four minutes after sunrise and before sunset. The key is to undertake deep breathing visualising the sun's rays entering each *chakra*. I found this very beneficial when I was lacking energy and feeling low. One should not sit for more than five minutes, especially after radiation therapy, as the skin is sensitive.

## Transactional analysis (TA)<sup>170</sup>

Eric Berne, developed psychotherapy, TA. The model aids clients to analyse their communication and interaction patterns. It is a practical tool to bring awareness of interaction patterns and ego states. It is based on the theory that each person has three ego states: parent, adult and child. The ego-state of consciousness is treated to transform behavioural and cognitive problems within a person.

## Transpersonal counselling (TC)

Transpersonal psychology is the study and works with consciousness external to personal identity, or ego. It goes beyond the individual to work with the soul. The three main disciplines of psychology help to understand the difference between TC and other forms of counselling:

- **Behaviourist psychology** studies human behaviour from a mechanical perspective. A behaviourist psychologist pursues treatments for psychological disorders through changing a person's behaviour by outside forces such as prescribing Prozac for the treatment of depression.

---

<sup>170</sup> *Transactional Analysis. (n.d.). Retrieved from <http://www.ericberne.com/transactional-analysis>*

- **Humanistic psychology** views individuals as more than just organisms. A humanistic counsellor works on the postulation that life has fundamental meaning and value. A humanistic psychologist will delve more intensely for psychological causes of disorders and may not prescribe medicine.
- **Transpersonal psychology** embraces the spiritual dimensions and endeavours to understand and explore consciousness.

### **\*Transcranial Magnetic Stimulation (TMS).**

TMS is used for severe depression. It uses magnetic fields to stimulate the brain. There is no need for any medications or surgery or a stay in hospital. It is as easy as having the person sit back in a lounge chair, a magnetic coil is placed over the correct part of the person's scalp and the TMS machine does the rest. The standard treatment session lasts less than one hour and the person can carry on with their day as usual following the treatment session. Studies with TMS on people who have failed other treatments, found that the response rate went up to 70% of patients that responded well to the treatment and remained well up to a year later.<sup>171</sup>

### **\*Vibrational medicine**

Everything in creation is a vibration: Each flower, plant, tree, mineral, rock, crystal, or gemstone has its vibration. Each cell, organ, in each living organism also has its specific wave. Each thought and emotion has its vibration. Each sound and colour has its vibration.

A vibrational assessment is a method where the disharmonious or unbalanced vibrations in the human body and aura are examined through dowsing. Discordant vibrations reveal illness and fatigue, while a healthy body has a high vibration.

An experienced energy dowser connects with the vibrations around the physical and auric body and makes an evaluation. Testing methods

---

<sup>171</sup> <http://www.sydneytms.com.au/professional-research/>

through technology, besides *Kirlean photography* for auras were not yet discovered. Distance dowsing, can be conducted on anyone, in any location by using the name of an individual and date of birth.

According to Dr. Richard Gerber, vibrational medicine is “an evolving viewpoint of health and illness that takes into account the many forms and frequencies of vibrating energy (like atoms) that contribute to the multi-dimensional human energy system.” Vibrational medicine is used to describe a variety of living remedies, and is based on the principle of healing using the living energy within something, such as crystals, plants, sunlight and food. Acupuncture, homeopathy, and sound therapy are also forms of vibrational medicine.

### Yoga therapy

All yoga is therapeutic but Yoga therapy is a treatment that uses yoga postures, breathing exercises, meditation, and guided imagery to improve mental and physical health. The holistic emphasis encourages the integration of mind, body, and spirit. A yoga therapist focuses on eliminating an illness or meeting a certain need of a client. For instance, helping clients with insomnia or pain management. Yoga therapy is a more individualistic tailor-made approach. My friend Gabrielle Tourelle, an excellent yoga teacher customized yoga exercises for me, which helped me immensely during the treatment phase.

### \*Zapping therapy

Parasites are defined as '*any organism that lives within another and benefits at the expense of the other*'. Parasites include *worms, fungi, bacteria* and *viruses*. Zapper is the generic term for an electronic device invented by *Dr. Hulda Clark*, in 1994. The Parasite Zapper utilises a small harmless nine-volt battery, and emits a specific frequency, which helps rid your body of parasites, without the use of harmful chemicals, or drugs with dangerous side-effects. All parasites and diseased tissues are positively charged. However, healthy tissue is negatively charged. The zapper introduces negative ions through the skin and into the body's living tissue, killing the parasites by reversing their polarity and also helping to heal the diseased tissue. The Parasite

Zapper does not alter the body's natural electromagnetic field polarity.

Parasites enjoy and thrive on all the food, vitamins, herbs and minerals that you consume; therefore they are likely to be organisms that are widespread and well entrenched. Parasites not only die when subjected to electricity, but they also disintegrate, and are therefore easily eliminated through normal bowel movements.

A growing number of oncologists are coming to the conclusion that cancer may be caused, or at least aided by the presence of parasites in your body. This is well documented by the National Cancer Institute in the US. If you are trying to fight cancer, the Zapper is the safest and most effective way of ridding your body of parasites.

## CHAPTER 8

### Understanding Mental Health

*If you have been brutally broken but still have the courage to be gentle to others, then you deserve a love deeper than the ocean itself. – Nikita Gill*

### Psychological dysfunctions linked with physical ailments

We now know reliably that all physical health issues link to mental health disorders. In fact, Baba has emphatically stated that **80%** of all illness is psychological, the other 20% is related to our life style, diet, exercise, genetics etc. As a preponderance of illness emanates from the poison of the mind, it is imperative that one comprehends the workings of the mind, creating thoughts and emotions, but also recognises, understands and support individuals suffering from mental disorders. Mental health issues affect one in four people today,<sup>172</sup> and the numbers keep increasing. Mental health disorders are not a sign of weakness but signs of how hard people tried to stay strong through life's trials and tribulations before their mind finally gave up. Mental health patients have the extra burden of feeling ostracised by society, due to society's ignorance and prejudices. From a divine viewpoint, souls choose their lessons, so those experiencing the harshest suffering such as mental illness are conquering the highest echelons in soul growth. Genetics is one of the causes of some disorders such as autism, ADHD, bipolar disorder, major depression and schizophrenia. Again, from a spiritual perspective, we select the parents in this lifetime to fulfil our soul learning and *karma*. The other factors affecting individuals are stress from the environment and health concerns.

<sup>172</sup> <http://chilcottslaw.com/services/mental-health/>

The mental health illnesses are Anxiety Disorder, Depression, Eating Disorders, Psychosis and substance abuse etc. We will be deliberating on Depression and Anxiety in more detail here, as these are common and likely to emerge with severe, chronic and acute diseases in most people.

## **Mental Health Disorders**

### **1) Depression**

#### **What is depression?**

Depression is a mental health state where there is low moods and deep sadness for more than two weeks, where the individual has lost interest and pleasure in usual activities, and this affects one's physical and mental health.

#### **Signs and symptoms of depression**

It is important to remember that not everyone experiencing depression will have the below mentioned symptoms and also most people not diagnosed as depressed would have experienced any of these symptoms in their lives.

#### **Behaviour**

- Not socializing
- Having difficulty getting tasks completed at work, with studies
- Retreating from family and friends
- Coping by using excessive alcohol and sedatives
- Unable to concentrate

#### **Feelings**

- Sad and unhappy

- Overwhelmed by small things
- Guilty
- Irritable and frustrated
- Lacking in confidence
- Indecisive
- Disappointed

Examples of self-talk and thought patterns

- 'I'm a failure.'
- 'It all my fault.'
- 'Nothing good ever happens to me.'
- 'I'm worthless.'
- 'Life's not worth living.'
- 'People would be better off without me.'

## Physiology

- Tired a lot of the time
- Sick and run down
- Headaches and muscle pains
- Churning gut/anxious
- Sleep problems - lack and more
- Loss or change of appetite
- Significant weight loss or gain

## How prevalent is depression?

According to the World Health Organization (WHO), 350 million people globally undergo depression, it being the leading cause of disability.<sup>173</sup> The report states that suicide accounts for more fatalities than either armed conflicts or traffic accidents related deaths, globally.<sup>174</sup> Suicide is now one of the three leading causes of death among people aged 15-34 years, with approximately 900,000 suicide deaths a year, world-wide. The statistics indicate that men are four times more likely to die by suicide than women and they employ more violent means to end their lives.

## Types of depression

### Major depression

Major depression is called clinical depression, or simply depression. It entails low mood and loss of interest and pleasure in usual activities, as well as other symptoms. The symptoms may last for days and at least two weeks. Depression interferes with all areas of an individual's life, including work and relationships. Depression can be mild, moderate or severe; melancholic or psychotic.

### Psychotic depression

Individuals with a depressive disorder can lose touch with reality and experience psychosis. It may entail hallucinations: seeing or hearing things that are not there or delusions: false beliefs that are not shared by others, such as believing they are the devil, or that they are being followed and watched that is, they can be paranoid, everyone is against them or responsible for their illness.

## Prenatal and postnatal depression

Women have hormonal imbalance hence are vulnerable during

---

<sup>173</sup> Depression: Facts, Statistics & You - Healthline [www.healthline.com/health/depression/facts-statistics-infographic](http://www.healthline.com/health/depression/facts-statistics-infographic)

<sup>174</sup> <http://www.suicidology.com.au/>

pregnancy./ few are susceptible to antenatal or prenatal depression; and in the year following childbirth, postpartum depression. Many women experience the short periods of 'baby blues' related to hormonal changes, but this is different from depression, which is longer lasting. Depressed mothers can suffer from intense relationship issues with her baby and family. Ten per cent of women experience depression during pregnancy and sixteen per cent after first three months of having a baby.

## Bipolar disorder

Bipolar disorder, also known as 'manic depression', as the individual experiences periods of depression and mania, with periods of normal mood in between. Mania is the opposite of depression and symptoms include being hyper, lots of energy, overactive thoughts and less sleep, talking fast, difficulty concentrating and feeling irritable. Often the individual may lose touch with reality and could experience psychosis involving hallucinations and/or delusions. The illness is linked to family history, stress and conflict. It is not unusual for bipolar disorder to be misdiagnosed as depression or schizophrenia, and Attention Deficit Hyperactivity Disorder (ADHD). The illness affects approximately two per cent of the population.

## Assessment of clients

A mental state examination (**MSE**) is a methodical appraisal of the behaviour, appearance, mental performance and overall conduct of a person.<sup>175</sup> It often projects a summary of a person's psychological functioning at a given point in time. An individual's mental state assessment is important in deciding a person's ability to function, and whether professional psychological intervention is necessary. Mental state assessments need to consider the developmental level of the person and age. If suicidal or homicidal ideation is present, they must be referred for risk assessment and treatment by a qualified mental health clinician. A diagnostic mental health evaluation would consider:

---

175 <https://quizlet.com/134619700/mental-health-assessment-flash-cards/>

### **1) Appearance**

An individual's physical appearance, such as clothing, grooming and hygiene habits usually gives the clinician useful signs into the level of self-care the person is involved with and indicates their lifestyle.

### **2) Behaviour**

Besides observing the conduct of the individual, the clinician should also observe non-verbal communication such as facial expression, body language, posture, eye contact, etc. of the individual, which can also divulge much about a person's emotional state and attitude. The clinician should be aware of the individual's response to the assessment in relation to anxiety, aggression and any unusual features such as tremors, slowed, repetitive or involuntary movements.

### **3) Mood and affect**

A person's affect refers to the immediate display of emotion, while mood denotes experience of emotions over a prolonged period. Affect is measured by range (e.g. is the mood restricted, blunted, flat, expansive); appropriateness (e.g. suitable, inappropriate, incongruous) and stability (e.g. unchanging, wavering). A person's mood is gauged by happiness (e.g. ecstatic, elevated, lowered, depressed); irritability (e.g. explosive, irritable, calm) and stability.

### **4) Speech**

Sometimes unusual speech is associated with mental health disorders. The practitioner needs to take into account: the speech rate, e.g. rapid, pressured, reduced tempo; volume, e.g. loud, normal, soft; tonality, e.g. monotonous, tremulous; quantity e.g. minimal, voluble and whether the person is at ease in the conversation.<sup>176</sup>

### **5) Cognition**

Refers to the mental process of acquiring knowledge and understanding through thought, experience, and the senses. A person's existing capacity to process information such as level of awareness, orientation to reality, memory functioning, visual spatial processing,

---

<sup>176</sup> [http://www.rch.org.au/clinicalguide/guideline\\_index/Mental\\_State\\_Examination/](http://www.rch.org.au/clinicalguide/guideline_index/Mental_State_Examination/)

attention and concentration, ability to deal with abstract concepts etc. are important indicators of mental health problems.

## 6) Thoughts

A person's thinking is appraised according to their thought content, process and perception.

**a) Content<sup>177</sup>:** Delusions are rigidly held false beliefs not consistent with the person's background.

- Overvalued ideas, irrational belief, e.g. an individual with anorexia believing they are overweight.
- Preoccupations
- Depressive thoughts
- Self-harm, suicidal, aggressive or homicidal ideation
- Obsessions are preoccupying and repetitive thoughts about a feared or disastrous outcome, often indicated by associated compulsive behaviour.
- Anxiety: generalised, or specific, e.g. phobia for insects.

## b) Process

The process of reflection shows the formation and coherence of thoughts and is conditional to the person's speech and expression of ideas. One can measure the person's thoughts through comments, frequent changes of topic, circumstantial thinking or excessive vagueness, use of nonsense words and pressured or halted speech.

## c) Perception

Testing for perceptual disturbance is vital for detecting serious mental health problems like psychosis, severe anxiety, and mood disorders. It is also significant in trauma or substance

---

<sup>177</sup> <https://rmh4ot.com/2012/10/12/mental-state-examination-mse/>

abuse. Perceptual disturbances are noticeable and may be alarming and frightening.

## **Illusions**

The individual perceives things as different to the norm but accepts that they are not real, or that others see reality differently.

## **Hallucinations**

It is common for children to self-talk loudly and experiences an internal voice. However, in adults hallucinations are a known form of perceptual disturbance where the person cannot distinguish reality. Auditory hallucinations are most common, although other senses can also be affected. One must explore whether the individual is experiencing "command" hallucinations, which are, voices telling the person to do something, especially if it puts them and others at risk. It is important to investigate the degree of fear and distress the person experiences with the hallucinations.

## **Insight & Judgement**

Insight and judgement in an individual with mental health illness is evaluated by the individual's acknowledgement of a mental health problem, understanding of treatment options, the ability to comply with these and finally the capability to identify potentially pathological events; e.g. hallucinations and suicidal impulses. Judgement refers to a person's problem-solving ability in a more general sense and is evaluated by their decision-making skills or by posing a practical dilemma. E.g. what should you do if you see the tap running and flooding your house?

### ***d) Dissociative symptoms:***

- De-realization, feeling that the world or one's surroundings are not real.

- De-personalization, feeling detached from oneself.

### Managing depression

- It is important to contact a general practitioner and investigate any medical reasons for depression such as Vitamin and or mineral deficiencies, in particular for people on limited diets. Vitamin B deficiency links to depression.<sup>178</sup> Although it is not known whether depression causes lower levels of vitamin B, especially B12 or deficiency in the vitamins causes depression. Further, new research on Vitamin D has emerged; it is a potent mental health regulator. Thyroid problems, hormonal imbalances also created mental health issues and therefore need to be checked. Certain medications often have side effects, which include depression; more exploration in this area is required.
- There may be genetic links to depression or co-existing illnesses. For instance, depression is often an adjunct to anxiety disorders. Some women that experience premenstrual syndrome (PMS) or premenstrual dysphoric disorder (PMDD) also experience depression.
- Keep the individual busy and active; this will help the person think less about their depression.
- Find a role model someone who has suffered from depression but is successful.
- Research about depression.
- Journaling thoughts and letting go negative thoughts
- Self-care and sleep well; not too much or too little. Exercise and eat healthy food. Groom your body.

---

<sup>178</sup> Amy Norton, *B vitamins linked to depression risk in older adults*,  
<http://www.reuters.com/article/idUSTRE65H4E620100618>

- Support from people and loved ones are important, being with optimistic people forming healthy relationships.
- Keep positive thoughts, have hobbies and engage with pets. Have a structure in the day; keeping occupied and busy is important. Helping others rather than focusing on yourself also helps. Doing fun things is important.
- Depressed people tend to have negative “self-talk” and always have distorted and negative viewpoints on everything, escalating the depression. Cognitive Behavioural therapy and psychotherapy are essential to release negative thinking and establish positive thoughts that increase self-esteem and self-confidence.

### What is suicide?

Suicide is the action of purposely taking one's own life. Suicidal behaviour activated by thoughts, words and actions that focus on one killing self, such as jumping off a cliff on purpose. Suicide and suicidal behaviours usually occur in people with: depression, manic depression, schizophrenia, post-traumatic stress disorder (PTSD), drug or alcohol use and stressful life situations such as relationship issues or grave financial problems.

### Risk Factors for Suicide<sup>179</sup>

The risk factors for suicide include mental disorders, mainly mood disorders, schizophrenia, anxiety disorders and personality disorders. The other influences which include alcohol and other substance use, and impulsive and aggressive tendencies, and a history of trauma or abuse. Major life-threatening illnesses, previous suicide attempt, family history of suicide, also endanger individuals. Other factors are a job or financial loss, damage to relationships, lack of social support and

---

<sup>179</sup> “Understanding Risk and Protective Factors for Suicide” and “Risk and protective factors for suicide” by the *Suicide Prevention Resource Center*.

stigma. Lack of health care, cultural and religious beliefs, exposure to media and the Internet, depicting others who have died by suicide also put individuals at high risk.

### **Suicide prevention**

Providing the following can facilitate suicide prevention:

- 1) Clinical care for mental, physical and substance use disorders.
- 2) Easy access to a variety of clinical interventions;
- 3) Resources; family and community support;
- 4) Maintaining healthy relationships;
- 5) Developing skills in problem-solving; conflict resolution;
- 6) Handling difficulties in a non-violent way.
- 7) Educating by providing cultural and religious beliefs that discourage suicide and support life.

### **Risk assessment**

Questioning must be done with respect, empathy and sensitivity and can explore numerous areas such as: Do they feel hopeless, or that life is not worth living? Have they got any thoughts and plan to end their life? Have they told anyone about it? Have they executed any actions in anticipation of death, for example, putting their affairs in order? Do they have the resources for a suicidal act; do they have access to pills, insecticide, and firearms? Are there any available support, family, friends, and carers? There is clear evidence that visual imagery influences one's behaviour, therefore, ask whether a person has any images about suicide. E.g. If one thinks of death, is there a definite mental picture of it? It is essential for the practitioners to pay attention to non-verbal clues and intuitive feelings about a person's level of risk.

## Anxiety disorder

What is anxiety? Anxiety is energy we feel predominately in the solar plex region that alarms and propels us into action to avoid danger and risk. The Fight or Flight Response is a defence mechanism that kicks in automatically for survival to prevent peril. Murphy and Leighton<sup>180</sup> stated that anxiety is *"a fearful apprehension that is mainly out of proportion to external circumstances accompanied by autonomic symptoms such as palpitations, sweating and other indicators of the body's alarm system"*. Therefore, when anxiety becomes disproportionate, it becomes a disorder.

Hyperarousal or acute stress response enables us to deal with threatening situations by preparing for action. In anxiety or stress, the sympathetic nervous system goes into battle, releasing the hormone adrenaline into the bloodstream. The pulse increases, the breathing becomes more rapid and shallow, the digestive system slows down and the sweating increases; helping fast track oxygen to the muscles, making them ready for action. The organism enters a state of greater vigilance and alertness for some form of physical activity involving either fighting the danger or fleeing from the threat.

### The Fight or Flight Response<sup>181</sup>

*The brain becomes aware of the danger.  
Hormones are released and the involuntary nervous system  
sends signals to various parts of the body to produce the  
following changes:  
The mind becomes alert,  
Blood clotting ability increases, preparing for possible  
injury,  
Heart rate speeds up, and blood pressure rises,  
Sweating increases to help cool the body,  
Blood is diverted to the muscles, which tense ready for*

180 Learning Manual – Introduction to Anxiety Disorders - Mental Health ...  
[www.mhss.net.au/docs/Manual1.pdf](http://www.mhss.net.au/docs/Manual1.pdf)

181 [https://www.mentalhealthacademy.com.au/journal\\_archive/aipc101.pdf](https://www.mentalhealthacademy.com.au/journal_archive/aipc101.pdf)

*action*

*Digestion slows down*

*Saliva production decreases, causing a dry mouth*

*Breathing rate speeds up, nostrils and air passages open wider to allow more air in quickly.*

*Liver releases sugar to provide quick energy.*

*Sphincter muscles contract to close the openings of the bowel and bladder.*

*Immune responses decrease to allow for a massive response to immediate threat.*

## Causes of Anxiety Disorders

### 1) Biological

The limbic systems include the amygdala, hippocampus and hypothalamus and are most correlated with anxiety disorders. This part of the brain acts as a mediator between the cortex and the brain stem. Neurotransmitters such as gamma-aminobutyric acid (GABA), Norepinephrine and Serotonin are linked to anxiety disorders.<sup>182</sup> It can sometimes be hereditary and run in the family. However, no specific genes link to anxiety disorders.<sup>183</sup>

Long lasting severe physical illness often contributes to anxiety ailments for instance: Diabetes, asthma, hypertension, heart disease cancer. Most often anxiety and depression occur together. Substance abuse aggravates anxiety conditions.

### 2) Psychological

Individuals with particular personality traits are more likely to have anxiety: perfectionists, nervous, shy, lacking self-esteem. Most psychological causes of anxiety involve conditioning and cognitive reasons. An anxiety that is a consequence of a threatening situation can generalise to other cases after becoming associated with anything

<sup>182</sup> Learning Manual – Introduction to Anxiety Disorders - Mental Health ...

[www.mhss.net.au/docs/Manual1.pdf](http://www.mhss.net.au/docs/Manual1.pdf)

<sup>183</sup> Genetic approaches to the study of anxiety. - NCBI <https://www.ncbi.nlm.nih.gov/pubmed/15217331>

that reminds us of the original situation. For example, the sound of a dentist's drill can potentially stimulate anxiety even if we are no longer on the receiving end of the drill.

Once anxiety has become associated with reminders of the event that first produced the fear, the fight or flight response can become activated in our daily lives. As anxiety generalises, more and more stimuli can activate the anxiety reaction when there is no actual danger present. For example, a person may initially fear to go to a large shopping centre because of the crowds, and later they might fear to go to the local supermarket because it reminds them of the shopping centre, even without the large crowds. They might then fear driving in the direction of the shopping centre, and finally, they may begin to fear to leave the house.

## **Social**

Some environmental factors such as work stress, relationship issues, trauma, and illness loss of loved one trigger anxiety. Experiences in childhood have a potential to contribute to high levels of anxiety later in life. Stressful life events or cumulative stress can also trigger our biological and psychological susceptibility to anxiety.

## **Types of anxiety disorder**

### **Generalised Anxiety Disorder (GAD)**

GAD is a common prolonged anxiety disorder characterised by worry that is excessive and unrealistic lasting more than six months. Constant muscle tension and anxiety reactions develop headaches, heart palpitations, and insomnia. These issues, combined with the intense, long-term anxiety, make it problematic to manage normal daily activities. Individuals with GAD carry fear but often incapable of knowing what causes their fear. A person suffering from GAD exhibits a continuous state of anxiety and apprehension, and worry that they cannot control. They feel restless or on edge, easily tired, feel irritable, muscle tension and trouble sleeping.

## Panic Disorder

Panic disorder is a severe anxiety attack, which makes people think they are having a heart attack with symptoms including heart palpitations, chest pain or discomfort, sweating, trembling, dizziness, difficulty breathing and feelings of losing control. Although panic attacks sometimes seem to transpire out of nowhere, they occur after frightening occurrences, lengthy stress, or even exercise. Panic disorder involves at least one attack followed by a month or more of persistent concern and worries about another attack changing behaviour.

There are three types of panic attacks<sup>184</sup>:

### 1. *Spontaneous panic attacks*

These come "out of the blue" and are not triggered by any situation in particular. They tend to occur during a period of sleep or when relaxing.

### 2. *Situational panic attacks*

These ensue in a situation where a previous attack has occurred. For instance, being robbed on a train and then every train ride creates a panic attack.

### 3. *Situational pre-disposed panic attacks*

While being pre-disposed to having a panic attack in a certain situation, the person may have an attack immediately afterwards.

## Specific Phobias

Specific phobias are intense anxiety reaction to a particular object or situation. This irrational fear can lead to the avoidance of common,

---

<sup>184</sup> [http://www.messagefloat.com.au/index.php?option=com\\_content&view=article&id=163:what-are-panic-disorders&catid=47:counselling-articles-a-information&Itemid=154](http://www.messagefloat.com.au/index.php?option=com_content&view=article&id=163:what-are-panic-disorders&catid=47:counselling-articles-a-information&Itemid=154)

everyday situations and objects. There are four major sub categories of these:<sup>185</sup>

1. Animals.
2. Natural environment, e.g. Heights, storms, water.
3. Blood, injection and injury.
4. Situational, e.g. Planes, lifts, enclosed spaces

Blood-injection-injury phobia differs from other categories in that the person also manifests the complication of fainting in the presence of the phobic stimulus. Fainting is a symptom that occurs as a reflex in the parasympathetic nervous system and is uncommon to most phobias. In reaction to the display of blood or a needle, the heart rate and blood pressure decrease and less blood and oxygen are directed to the brain, producing a brief loss of consciousness. It is the opposite of most phobic responses, which induce a heightened response - increased heart rate, higher blood pressure and a surge of adrenaline. It is unknown why the blood, injection and injury phobia produces such an atypical response.

### **Obsessive-compulsive disorder (OCD)**

A person has continuing unsolicited intrusive thoughts and fears causing anxiety. The person finds himself or herself trying to relieve their anxiety by carrying out certain behaviours or rituals. The activity is repeated in a very orderly precise way each time. For example, a fear of germs and contamination can lead to constant washing of hands and clothes.

### **Post-traumatic stress disorder (PTSD) and acute stress disorder (ASD)**

PTSD and ASD occur in individuals after experiencing personally or even observing a distressing and traumatic event such as war, assault, accident and disaster. The symptoms include intense fear,

---

<sup>185</sup> <http://www.123helpme.com/preview.asp?id=117534>

helplessness, insomnia, flashbacks, nightmares etc. PTSD is diagnosed when a person has these symptoms for at least a month. This starts affecting their life.

## Treatments

Anxiety disorders are treatable with psychological therapies, holistic methods and medication. Combination therapies are often used, for example a combination of anti-anxiety medication and cognitive behavioural therapy.

## Psychological

### 1) Breathing Retraining

*Pranayama*, in yoga therapy, is slow-breathing techniques that counteract the effects of hyperventilation. It should be done at the first possible sign that anxiety is occurring; this strategy of slow breathing directs a signal to the brain that there is a false alarm. It is a very effective treatment of anxiety, but can prevent anxiety even prior to any stressor occurring.

### 2) Graded Exposure

Exposure to anxiety triggers and situations can be an effective strategy in reducing the stress. Exposure techniques open up or expose the fearful situation to the client, aiming to remove the fear. The exposure period is graded so that the client is gradually introduced to the anxiety-provoking situation in planned, deliberate doses. The exposure is categorized by establishing a hierarchy to order levels from minor levels of anxiety provoking stimuli to greater doses, moving from less intense to more over time. For example, a person with a fear of escalators could plan with a therapist to:

- Stand in front of a stairway until the anxiety subsides
- Stand on the escalator accompanied by a friend until the fear subsides
- Stand alone until the fear subsides

The client practices each step till the anxiety disappears. The association between the situation and the fear eventually diminishes.

### **3) Systematic Desensitisation**

Systematic Desensitisation is a similar process to graded exposure however, it uses visualisation instead of actual exposure to the relevant anxiety-provoking situation. The client trains in pertinent coping skills; progressive muscle relaxation, and then a graded hierarchy of imagined scenes. The client uses progressive muscle relaxation while visualising the anxiety provoking stimuli. Imagined exposure has slower outcomes than graded exposure but is beneficial towards healing from anxiety. Graded exposure techniques can begin with imagined scenarios and then progress to real life.

### **4) Cognitive Restructuring**

Cognitive restructuring, known as cognitive reframing, is a practice taken from cognitive therapy that can assist people identify, challenge and alter anxiety provoking thought patterns and beliefs into positive ones. This has been discussed earlier in Cognitive Behavioural Therapy in great detail.

## **Mental Health and Palliative care**

Stress and anxiety occur in around 10% of patients diagnosed with cancer, in one-third with heart disease, and two-thirds of those with chronic obstructive pulmonary disease or with renal disease.<sup>186</sup> It can be a response to impending death but may result from other untreated conditions or symptoms. Depression also exists but unfortunately is easily overlooked in the palliative care setting. Stated to be one of eleven common symptoms in a review of end-stage patient symptoms across five diseases. For cancer patients, the prevalence rates of depression are reported to be as high as 25-35%.<sup>187</sup> Patients in palliative care, experience both anxiety and depression this is

---

<sup>186</sup> <https://www.caresearch.com.au/caresearch/tabid/225/Default.aspx>

<sup>187</sup> <https://www.caresearch.com.au/caresearch/ClinicalPractice/PsychologicalSocialSpiritual/Depression/tabid/503/Default.aspx>

understandable, given the uncertainties of living with severe illness and the possibility of approaching death.

A patient's anguish is related to physical, psychological, social, spiritual, practical, end of life, and loss issues. Fears about what their death will feel like and what events will lead up to it. The apprehensions are about religious and spiritual issues, existential matters, or how to achieve the end peacefully. Some may require intervention and some may not; reassurance, presence, addressing their concerns directly, and controlling symptoms is needed.

### **Some of the losses experienced with major illness**

- The realisation of a life-threatening diagnosis, prognostic ambiguity, fears about dying and death.
- Experiencing symptoms such as pain and nausea.
- Facing unwanted side effects of medical treatments.
- Loss of bodily functions, independence, forced change in roles.
- Confronting issues with finance, work, housing.
- Relationship issues, concern for loved ones.
- Changes in body image and body functions.

### **Signs of dying<sup>188</sup>**

1 to 3 months before death, one is likely to:

- Sleep or doze more

---

<sup>188</sup> <http://www.webmd.com/palliative-care/journeys-end-active-dying>

- Eat and drink less
- Withdraw from people and stop doing things they used to enjoy
- Talk less (but if they're a child, more)

1 to 2 weeks before death, the person may feel tired and drained all the time, so much that they don't leave their bed. They could have:

- Different sleep-wake patterns
- Little appetite and thirst
- Fewer and smaller bowel movements and less urine
- More pain
- Changes in blood pressure, breathing, and heart rate
- Body temperature ups and downs that may leave their skin cool, warm, moist, or pale
- Congested breathing from the build up in the back of their throat due to Phlegm
- Confusion or seem to be in a daze

Breathing trouble can be distressing for family members, but often it isn't painful and can be managed. Pain can be treated, too. But your loved one may have a hard time taking medicine by mouth.

Hallucinations and visions, especially of departed loved ones, can be comforting. If seeing and talking to someone who isn't there makes the person who's dying happier, you don't need to try to convince them that they aren't real. It may upset them and make them argue and fight with you.

When death is within days or hours, your loved one may:

- Not want food or drink

- Stop urinating and having bowel movements
- Grimace, groan, or scowl from pain
- Eyes tear or glaze over
- Pulse and heartbeat are irregular or hard to feel or hear
- Body temperature drops
- Skin on their knees, feet, and hands turns a mottled bluish-purple (often in the last 24 hours)
- Breathing is interrupted by gasping and slows until it stops entirely

If they're not already unconscious, one may drift in and out. But they probably can still hear and feel. In the last days or hours, one may become restless and confused and have hallucinations so upsetting they may cry out, strike out, or try to climb out of bed. Stay with them. Try to keep the patient calm with soothing music and gentle touch. Sometimes medication like morphine helps.

### What happens after death to the spiritual body?

There are three worlds or *lokas*: physical, astral and spiritual. The physical and astral worlds are transient and temporary while the spiritual world is eternal. There is only formless divine consciousness and light in the spirit realm, and it is the highest state a soul strives to merge into. Ignorance, sullied desires and *karma* stop the soul from reaching the highest state of *moksha* or liberation. Baba has stated that there are four types of *mukti* (freedom of soul). 1) *Salokya mukti*<sup>189</sup>: happens after severe *sadhana* and devotion on a form of God, the aspirant sees and feels, the presence of divinity. 2) *Samipya mukti*: the aspirant experiences, sees and feels, the glory of God. 3) *Sarupya Mukti*: being submerged with God but with traces of difference. 4)

<sup>189</sup> <http://www.saibaba.ws/avatar/thechosenmother.htm>

*Sayujya mukti*: where the soul reaches complete merger state. The final state can be realised only through experiencing deep states of meditation. One has to journey through four bodies: from the gross to the subtle, from the subtle to the causal and finally to merge in Oneness with the Supra-Causal Body (*mahakaarna*). The four states of consciousness are related to the four bodies: waking (*jagarat*), dreaming (*taijas*), deep sleep (*sushuputi*) and merger state (*Turiya*).

The earth *chakras* below the feet get disconnected approximately four to five hours before death, symbolising disconnection to the physical plane. A few hours before an individual dies, their feet turn cold. The consciousness of a dying person converges behind the eyes. When the actual time to depart comes, it is said that *Yama*, the God of death appears to guide the soul. The astral cord, which connects the soul to the body, gets severed enabling the spirit to move out of the body. Some souls that are attached to the body and fearful of death refuse to leave the body and struggle. One may observe subtle hand and leg movements. Hence prayers and lighting a candle helps the soul settle. Prayers are essential for the soul. The earthbound souls cling to their body because of unfinished business, excessive grief, trauma on death, sudden death, fear of moving on to the astral plane and guilt. The soul can hear and see loved ones for a while, when floating around their body. It is said that the soul hovers around the body till the funeral. It is believed that the soul lingers on to observe the funeral ceremony. The body and its five elements return to dust.

Eventually, the soul is forced into the astral realm. All the departed ancestors come to greet the soul and welcome it. It is after a rest period that the soul reviews his or her life. God and the guides do not judge the soul for wrongdoings. It is the soul that self-reflects and based on this, plans for teachings for the next life. We choose parents depending on the lessons we need to learn in life.

There are two pathways for the soul to be assigned after death: the path of light or darkness. The souls desiring liberation continue their search for self-realisation through their subtle and causal bodies crossing the light astral world to enter the spiritual regions. There

are a number of astral realms. The period of stay in the astral realms depends on the *karmas* of the soul. Heaven and hell are states of consciousness in the astral realms.

Some people having had near death experiences talk about moving into a tunnel where there is a bright light.

*There is a narrow subtle tunnel like passage that connects the astral and spiritual regions. The entry to the tunnel opens only to rare souls who have earned the grace of God through complete surrender, pure and selfless love for God, genuine devotion and burning desire and passion to merge in Him.*<sup>190</sup>

The soul returns to being an eternal part of Source Energy. It is the vibrations of Source Energy that produces countless forms of Universes and all creations.

The Universe is the body of the Supreme Self, and He appears as the Universe within His being.<sup>191</sup>

For further reading, please refer to these books: P.P. Arya, *Sai Baba and Moksha*, Ruth Montgomery, *The World Beyond*, Anita Moorjani, *"Dying to be me"*, and Dr Eben Alexander, *"Proof of Heaven"*.

People having a near-death experience, suffering from life-threatening illness, share many spiritual lessons, in how to combat the disease and go through life itself:

1. We attract into our world what we focus on; so do not focus on your fears. Learn about your hidden fears and release them. I had some unconscious fears, which I had to become aware of, articulate and release.
2. It is essential not to fight the sickness in your headspace,

<sup>190</sup> Sai Baba and Moksha, P.P. Arya , p.132

<sup>191</sup> *ibid* page 201

acknowledge what the doctors diagnose, choosing to love yourself no matter what the outcome. Embrace what is happening without letting other's negativity overwhelm you. Love where you are at in the now. Approach your health challenges from the point of positivity. Unfortunately, my doctors and nurses kept feeding me with negative prognosis and about all the possible adverse side effects from the treatments. I had to work hard not to absorb their "information or advice". My continuous self-talk was, "God heals, He makes the impossible possible. He is the power behind all doctors and medicine."

3. Sometimes less information is better. When it comes to illness, more knowledge does not equate to more power, too much research into the disease can add to the fear and symptoms. Friends and acquaintances in their kind-heartedness were sending me books, videos and articles on cancer. I was overwhelmed with all the information. Everyone means well, but you have to move at your pace. A client's wife started him on a strict sugar-free vegan diet. The sudden change was too overwhelming for him. As a result, he was binge eating his favourite foods behind her back. I too found the nutrition aspect difficult to suddenly change. As the saying goes, "old habits die hard", a change should be gradual moving at the patient's pace. Your emotional state dictates your physical state, so remember you need to be in harmony.

4. Through illness, the body is giving a message. Work to understand the message and transform and change old patterns that do not serve you. This process of awareness should be undertaken with the guidance of trained therapists. I was unconscious of the messages my body was giving me. I thought I was loving, and nurturing, but evidently, I realised I was not. I had to spend much more time in joy and laughter. I had lost some balance in living without realising it.

5. Everything comes from within, self-love, worth and confidence. We all go through life carrying disguises. We camouflage our sadness and pain putting up brave faces, never addressing issues.

6. Ask yourself, "What brings me joy?" And do more of that. I have a great passion for Baba, service to others and all spiritual things:

meditation, chanting, spiritual reading but even that has to be in the balance. I had to enjoy silly banter with my friends and family. I had not taken a holiday for twenty or more years. My overseas trips to India were work-related and duty bound to help old relatives. I decided to spend time in “joyful” recreation too.

7. Do not obsess and be consumed by the illness, making it your life. I often observe some patients love to wear the banner: “I have cancer” or “I am depressed”. Caroline Myss brings to light that most people do not heal from illness because they think they benefit from it. People pay more attention to you, are kinder and compassionate when they know you are suffering from a severe illness like cancer. Do not take advantage of their kindness and further moan and groan about your suffering. Swami says forbearance is important. Look at the parts of your body that are functioning in deep gratitude. Many years ago I had sprained my ankle. The doctor had prescribed rest. My husband took over all the household tasks for a few weeks. I noticed that my bandages did not come off, even when I felt better. I was “pretending” to him and myself because I had freedom from the arduous labour of housework. In hindsight, I can laugh about it, but this is what we tend to do, sometimes unconsciously.

8. Love yourself unconditionally and stop judging yourself. Cancer treatments are harsh: loss of hair; nails become blue and brittle and the bones fragile, and also affect teeth. The hormone drugs make one put on weight and feel lethargic. Looking into the mirror, I did not recognise myself, the changes happened quickly, and the body reacts to the treatments for a sustained period, often the damage from treatments is permanent. One becomes oversensitive to other people’s remarks. You cannot control what other people say or express in their body language; you have to be strong enough not to take to heart their unintended hurtful communications. As a result, I found I was isolating myself from social functions and people. It is hard to love yourself and stop judgements, but these are the tests we have to endure and overcome. As Swami said, “We must soldier on”.

9. Positive thinking on its own can only help to a certain extent.

Regardless of what you are going through it is more about feeling good and being yourself and loving yourself.

10. Communicate adequately. Ask yourself: "Am I expressing myself freely? Am I this person because I want to be accepted, or because it is who I am?" I had the pattern of not sufficiently communicating truthfully, afraid I may hurt someone. I had to work hard to communicate assertively: Speaking my truth lovingly.

11. Be centered in your true essence. From the place of pure centeredness, miracles are possible. It's about being, not doing. When you are in the space of being, miracles are possible.

12. Our beliefs limit us. Believe you are healed, and you will be. I had faith that Baba would pull me through the anguishes of chemotherapy and radiation therapy, which helped me come out the other side. Belief is Faith and Trust in God.

13. The best way to get out of a fear state is to do something that brings you into a state of joy. Find something that changes your state entirely. Whatever that might be: music or art or going out in nature. Do something wholly different. Or meditate. If we can be still, we can go into an augmented and enriched reality. I was meditating more but what I appreciated most, during the treatment phase, was having a giggle with my girlfriends. I had nights in with my girlfriends just laughing about anything and nothing.

14. Stay open minded. Get into a calm state in which all of the possibilities lie before you, and you have not blocked any options.

15. Follow your heart and do what you love. We tend to do what we think we should do, rather than what our heart tells us to do. We don't do what makes our heart sing.

16. All the answers are inside you search within. Often we seek out opinions of others. You know more than the experts even, follow your heart and conscience.

17. Nobody is better than or less than you. We are all equal. I always repeat the affirmation, "I am God, but everyone and everything is God'.

18. Focus on your feelings more than your thoughts. Make your everyday choices based on what feels good, rather than what you think you should do, or what others think you should do. I learnt not to base my actions on other people's opinions.

19. Do not let a fear of failing or displeasing others run your life. I kept reminding myself, only God matters.

20. Realize your inner radiance and beauty. You are God!

### Food and Mental Health



Bhagawan Shri Sathya Sai Baba often explicated upon the significance of judiciously monitoring the food we eat. It is not about what we eat but the vibration in the food we eat. Therefore how we eat is vital. When food is handled by people with bad thoughts, or if we have corrupt feelings it also subtly puts undesirable vibrations into the food. For instance, a client was told not to eat any sugar in his diet. He had cravings for sugar so he ate sweets. The guilt and remorse he carried when eating the candies were more detrimental to him than the sugar

content from the sweetmeats. Eat without emotional garbage. One should refrain from eating when watching horror or violent movies or television.

Another client suffering from a severe illness, had cravings for meat, as all her life she was used to eating meat. She knew she should eat wholesome fruits and vegetables and carried guilt every time she ate meat. My personal opinion is we need to pray to divinity to help us get rid of unhealthy food habits. Some do not have strong will power and food habits are so entrenched, so the change may not happen overnight. But He is the ultimate doer; God can help us eliminate all bad habits, but we need to make some effort towards altering our habits. Praying before eating food is essential to decontaminate and purify food. It is a worthy beginning to be conscious of what we are consuming and put effort through prayer, putting good vibrations in the food. Baba has also said that if you offer food to God it becomes *prasadam*: divine food. Baba has provided a food prayer, *Brahmaparnam*. I say the English version. *"God you are the provider of this food, you are this food, thank you for this food, please bless this food"*.

He expounded that the spiritual aspirant should abstain from eating meat, smoking, and drinking alcohol because the subtle bodies of one assimilate the quintessence from food. When we consume meat, we are also consuming the fear of the animal being slaughtered, thus contaminating our energy fields.

Moreover, Baba emphasised eating wholesome, nutritious food to help keep the mind pure.

*"The type of food that you consume decides the degree of concentration you can command; its quality and quantity decide how much of your self-control is lessened or heightened." Sathya Sai Speaks, Vol. 14, July 1978*

It is vital to monitor the type and amount of food you eat too as the vibrations of food affect the thoughts, feelings and emotions. He also

said that food affects the personality and character of individuals.

*Depending on the type of food we take, we can place ourselves in any broad range of classifications, from demons to the immortal ones.... So we should eliminate items which are excessively salty, sour, or pungent...Discourse, Sathya Sai Newsletter, July 25, 1983*

*Take in only simple, pure, clean food – what is called sathwic food by the sages – that is to say, food that will not arouse the impulses and emotions, sharpen the passions, upset the equanimity, or hamper health. Food offered to God is free from the evil vibrations that injure the individual in subtle ways. Food offered to the hungry and then also eaten has the same beneficial quality. Since food has a subtle impact on the feelings and thoughts of man, you have to be ever vigilant. Sathya Sai Speaks, Vol. 10, March 1970*

Baba said that limiting the quantity of food is essential for good health. It is beneficial to have seven to eight cups of water daily. Water cleanses your internal organs.

*"Garlic pills can be taken daily, it will get rid of the cholesterol problem. Green leafy vegetables and drumsticks are very healthy for the body. Drumsticks are good for the brain. Do not take too much of potatoes. Potatoes contain 80 % starch that will only make you slightly fat, but also give you very little in terms of health. Tomatoes are also good. The seeds of the tomatoes may be removed and a curry made of the tomato. This is because the seeds of the tomato do not get digested easily. They remain in the digestive canal and gradually become stones, when they combine with glucose. These stones go down to the stomach and remain a mass, giving frequent trouble. You must avoid taking curds. It is better to take the two cups of buttermilk. Curds have too much of protein."<sup>192</sup>*

## Case studies

Throughout history case studies and research have played an important part of medical health literature. Here the objective of sharing case studies is to give further understanding of how holistic processes and methods can be employed in conjunction with the mainstream model, including medications, providing hope and inspiration to patients and practitioners about the effectiveness of these methods. Although the cases are real, the names and identities of the individuals have been disguised to maintain confidentiality. The treatments undertaken for each client differ depending on their assessments, needs, preferences and the availability of client. The outcomes of therapy also fluctuate depending on clients taking responsibility, their insights, awareness and the intensity of their illness. Severely mentally ill patients suffering from psychosis and schizophrenia take a long time in recovery and will need care from a team of professionals including general practitioners and psychiatrists. I have also shared some of my personal experiences with these modalities besides my experiences being a practitioner of some of these methods. I believe to be a good practitioner one has to experience, being a recipient of therapies too. Furthermore, one can understand illness and the accompanying treatments with their side effects having undergone the same.

### Case 1) Peter

#### Background information

Peter was 38 years of age when he presented himself in my healing practice. He was young recently remarried with three young children aged, nine, three years and an infant of six months. He had been made redundant from his sales job. After a few dismissals from other similar sales jobs, he got depressed and started a gardening business. He had to learn this new business from scratch and made a few blunders with his first few jobs. He enjoyed being a boss but felt misaligned to his soul purpose. He suffered from mild to moderate depression with

---

bouts of anger and frustration. He had relationship issues too. Eight months into his new business he noticed a lump near his groin. He was diagnosed with follicular lymphoma. Lymphoma is a cancer of lymphocytes, a type of white blood cell.

### Assessments with energy investigation

Peter's energy was depleted due to his lack of self-worth. He believed he should be the bread earner and "man of the house" but felt unworthy and powerless due to his job dismissals and insecurities in his new business. *Chakras* respond to the emotional states of the individual, which change on a daily basis. However, interestingly his second *chakra* was repeatedly considerably blocked including his heart and solar plex *chakras*. He also had repeated abandonment issues stemming from the absence of his mother who suffered from depression and the break-up of his first marriage that lead to his separation from his first child in her early years of life. He carried fears of disappointing others and being unworthy hence bottled-up his feelings. He sometimes had anger outbursts. He had a pattern of rescuing people that originated from his need to save his mother. He rescued his ex-girlfriends initially and then felt persecuted and resentful when they were over-demanding and controlling. He had fears of loss emerging from his childhood experiences and so tended to be overindulgent and permissive in parenting with his children. Peter escaped from his life challenges by occasionally binge drinking and indulging in unhealthy food habits. His diet was acidic having a craving for sweets and starchy junk food.

**Diagnosis:** Lymphoma, Mild depression, Anger issues, Relationship issues, Lack of self-esteem and self-worth.

### Peter's journey with holistic counselling

#### Phase 1

- Contracting with the client.
- Built rapport with the client.

A thorough assessment was undertaken.

- Goal setting and planning with client was undertaken: physical, emotional, mental and spiritual needs discussed.

## Phase 2

- Education about emotional and anger management
- Narrative therapy was utilised later to help him reset his “story” that did not serve him.
- Helped him recognise his emotional injuries, his dismissals leading to self-rejection and unworthiness.
- Developed self-esteem and self-worth with solution-focused therapy and Cognitive behavioural therapy.
- The client’s ego pain of wanting recognition, helping him to have clearer soul purpose and meaning in life was identified. Peter realised his potential in facilitating corporate workshops for sales personnel.
- Helped him become aware of his archetype of rescuer and martyr that created his pain. The rescuer, persecution and victim vicious cycle. Jungian Archetype test was used.<sup>193</sup>
- Facilitating him to become aware of his *karmic* inheritance through observing patterns in his childhood and past lives.<sup>194</sup>
- Aided him to recognise his fears with a degree of detachment and repetitively work to return to positive emotions and love.

---

<sup>193</sup> Jungian Archetype Test - Psychologist World <https://www.psychologistworld.com/tests/jung-archetype-quiz>

<sup>194</sup> Further reading: [Breaking the Karmic Cycle - The Isha Blog - Sadhguru](#) [isha.sadhguru.org](https://isha.sadhguru.org) › Blog Home › Yoga & Meditation › Demystifying Yoga

- Cognitive Behaviour therapy was undertaken to shift his thoughts and feelings.
- Making the illness, his teacher helped Peter feel empowered to take self-responsibility. Divinity heals, but we need to take onus in the healing process.
- Awareness to reset his buttons of self-pity, rejection, lack of power.
- Helped him gain clear, assertive communication without fear of displeasing others.
- Relationship work: Cutting the ties that bind work.
- Stop rescuing others for gaining self-worth.
- Re-establish his relationship with his God-self and the divine creating a relationship of partnership recognising oneness. It involves taking responsibility for recovery. God heals when we help ourselves and transform.
- Aided him to surrender all outcomes of the body by focusing on the will power to repair the whole being by taking responsibility in nutrition, exercise etc.
- Healing requires courage, willpower and self-determination. The holistic counsellor is only the motivator, encourager and support.
- Helped him understand being in the “now”, recognising that healing can be instantaneous.
- Encourage him to reset his nutritional, dietary and exercise routine at his pace. A drastic involuntary forced change could lead to binge eating and his drinking on the sly.
- Helped him not to be overwhelmed by all the “treatments,” books, do’s and don’ts, but move at his own pace.

- Daily meditation, self-inquiry and relaxation exercises.
- Encouraged him to create joy, laughter and happy moments in his life.

### Phase 3

- Termination – follow up sessions planned once a month.

### Therapies undertaken

- *Chakra* assessment, cleansing and clearing of *chakras*.
- Energy work and energy balance.
- Narrative therapy.
- Cognitive behavioural therapy.
- Meditation exercises.
- Hypnotherapy for trapped subconscious memories
- Heart Math activities.
- Relationship counselling, Cutting the ties that bind.
- Anger and anxiety management
- Soul purpose connection in Hypnotherapy

**Referral to an** Accupuncturist, Naturopath and Dietician was given for further holistic inputs.

**Outcome:** After just three months of comprehensive holistic interventions Peter's depression had shifted, he was on a health food regime with supplements. His oncologist stated that the tumours had become "insignificant" for chemotherapy and radiation; instead he

would just need six-monthly check-ups.

## Case 2) Sumedha

### Background information

Sumedha was a young 30-year-old recent immigrant. She presented with moderate depression with generalised anxiety disorder. She did not have suicidal ideation. She had trouble sleeping, loss of appetite, lack of concentrating at work. Her main issues were feeling isolated from parents and family. She was unhappy, resentful and angry with self and others due to failed intimate relationships. She had commitment issues in relationships with wavering thoughts about her immigration to Australia. Sumedha was diagnosed with cysts in her uterus and kidneys. It was benign, so the doctors had suggested microscopic surgery to remove the cysts.

### Assessment and Energy investigation

Sumedha's energy was depleted and exhausted by her monkey-mindedness; her over analytical thinking patterns. She was constantly analysing her past failed relationships. She had guilt and fear related to indecisiveness and lack of commitment. She saw herself as a failure having missed the boat in marriage. Her parents were putting immense pressure on her to get married. In her culture girls got married in their early twenty's, She was nearly thirty. This pressure from her parents affected her concentration at work too. She was religious but disconnected spiritually. She had trust issues too with people in general always being suspicious and wary of others. Living alone in a new country had its challenges: she had non-nutritious "takeaway" foods and sometimes did not eat at all. She exercised three times a week, but she was unmotivated and did not have joy in her workouts. She was isolating herself from social functions and going into deep sadness and lack of self-love. Reviewing her energy body, I noticed severe blockages in her crown, third eye and heart *chakras*. This led to blockages in her other *chakras* too. She had a core belief she had missed the boat and would not be able to bear children. She had fears

of loneliness and hopelessness. Her second *chakra* was depleted as she felt powerless and believed she could not get married and have kids. This is the area where cysts developed. Her intensity of fear produced a growth in her kidneys too.

## Diagnosis

Moderate depression, anxiety disorder, and cysts in uterus and a small cyst in kidney too.

## The holistic healing process

### Phase 1

- Contracting with the client
- Built rapport with the client.
- A thorough Mental Health assessment was undertaken.
- Goal setting and planning with the client was undertaken: physical, emotional, mental and spiritual needs discussed.

### Phase 2

- Narrative therapy was commenced to help client rebuild her story.
- Helped client identifying her emotional injuries, rejections leading to self-rejection and unworthiness.
- Assisted her detecting ego pain wanting recognition through marriage and being a mother, regaining clearer soul purpose and meaning in life.
- Facilitated her develop awareness of her archetype: victim
- Awareness of her *karmic* inheritance: life's lessons.

- Worked with her inner fears working to return to love through Cognitive Behavioural Therapy.
- Aided her to make the illness her teacher helped her feel empowered to take self-responsibility. Divinity heals, but we need to take responsibility in the healing process. She started making an effort to socialise, eat well and enjoy exercise through joining dance classes.
- Awareness to reset her buttons of self-pity, rejection, lack of power.
- Helped her gain clear, assertive communication without fear of displeasing others.
- Facilitated her understanding her relationship with her inner divine self, relationship with her God-self and the divine creating a relationship of partnership recognising oneness. This involves taking responsibility for healing. God heals when we help ourselves and transform.
- Encouraged her surrendering all outcomes of the body by focussing on the will to improve the whole being.
- Self-Healing was encouraged; it requires courage, will power and self-determination. The holistic counsellor is the motivator, encourager and support person but the patient has to take responsibility.
- Being in the now by recognising that healing can be instantaneous.
- Return to love.
- Assisted her to reset her nutritional, dietary and exercise routine at her pace.
- Encouraged daily meditation, self-inquiry and relaxation

exercises.

- Nurtured her to create more joy, laughter and happy moments.

### Phase 3

Termination with follow-up sessions planned once in a month.

### Therapies undertaken

- *Chakra* assessment, cleansing and clearing of *chakras*.
- Energy work and energy balance.
- Narrative therapy,
- Cognitive behavioural therapy.
- Meditation workouts.
- Hypnotherapy.
- Heart Math trainings.
- Relationship counselling

### Referral

- Nutrition expert
- Community organisations for social connections
- Dance and music therapy

**Outcome:** Sumedha's depression lifted. She had changed her diet. She was much more sociable and joined a dance class. She had undergone microscopic surgery to remove the cysts. She is emotionally well.

### Case 3) Maggy

#### Background information

Maggy was a 45-year-old unmarried woman. She was diagnosed with severe coronary angiography. She was a carer for her elderly parents. Although she met a man on her holiday in France, she denied herself of developing this relationship because there was no one to care for her parents back home in Australia. Under her outward persona of being a loving carer to her parents, she was outraged and resentful of not receiving love and nurturing from others. She was exhausted from the emptiness of her own life. She felt depressed, alone and broken-hearted. Harsh judgements combined with anger and prejudice was evident about herself and others in her world. People that hold onto resentments are more susceptible to heart attacks. Also, she had given up trying to recover from the absence of love in her life, this precipitated her illness.

#### Assessment and energy investigation

Maggy suffered from depression and guilt issues. The heart **chakra** was predominantly blocked, including her throat *chakra* as she felt unfulfilled, angry and resentful at her “obligatory” role of caring for her parents. She was not in alignment with the truth about her needs and could not find joy in her present life. By exploring her soul purpose and other relationships, she renewed her commitment in life.

#### Diagnosis

Coronary angiography, mild to moderate depression, stress.

#### The healing process

##### Phase 1

- Contracting with the client
- Built rapport with the client.

- A thorough Mental Health assessment was undertaken.
- Goal setting and planning with the client was undertaken: physical, emotional, mental and spiritual needs discussed.

## Phase 2

- Helped her recognise her emotional injuries, broken heart leading to self- rejection, unworthiness anger and bitterness.
- Assisted her in recognising her ego pain in clashes with her archetype and help her regaining clearer soul purpose and meaning in life.
- Aided her to become aware of her archetype.
- Supported her to recognise her frustrations, fears with a degree of detachment and constantly working to return to love.
- Helped her review the causes of her illness.
- Empowered her to take self-responsibility. Divinity heals but we need to take responsibility in the healing process. She made effort to socialise with others, pursue other relationships and develop hobbies.
- Given her empowerment to reset her buttons of self-pity, rejection, lack of power.
- Improved her assertive communication to herself parents and others through *atma vichar* and meditation.
- Helped her understand her relationship with her inner divine self, relationship with her God-self and the divine creating a relationship of partnership recognising oneness. This involves taking responsibility for healing. God heals when we help ourselves and transform.

- Facilitated her surrendering all outcomes of the body by focussing on the will to heal the whole being.
- Healing requires courage, will power and self-determination. The holistic counsellor is the motivator, encourager and support person but the patient has to take responsibility.
- Encouraged her to created joy, laughter and happy moments.

### **Phase 3**

Termination with follow-up sessions planned once in a month.

### **Therapies offered**

- Anger management
- Stress management
- Transactional Analysis, Integrated communication skills
- CBT
- Gestalt therapy
- Narrative therapy
- Energy work
- Relaxation and stress management

### **Referral**

- *Shirodhara* and massage therapy
- Meditation class

**Outcome:**

Maggy was able to find a job that took her to France regularly. She developed a relationship with a Frenchman and was able to look after her parents. She resolved her anger, frustrations and guilt feelings. Her depression lifted, and she gratefully stopped further treatment.

**Case 4) Amy****Background information**

Amy presented with hidden but deep-seated sadness and breast cancer as a 66- year-old. She was a grandmother with three children. She had actively worked as a physiotherapist in private practice most of her life. Through hypnotherapy, I was able to tap her emotional dysfunction that went way back to her foetus stage. Her mother had her by "mistake" but decided to keep the baby hoping it would be a boy. Her mother already had two daughters. Her mother spurned her for three days when she was born as Amy dampened her expectations being a girl. Amy eventually grew up to become her mother's favourite child due to her temperament, which was kind-hearted, obedient, but full of fear. As a child, Amy was always seeking approval from her mother. Her parents did not have a happy marriage, and there were constant arguments in the household. Amy perceived her father as selfish, disloyal and lacking responsibility towards his wife and family. He was a womaniser and alcoholic. Amy had judged him and carried a lot of resentment and anger towards her father, and she felt he had persecuted her mother. She grew distant towards him and regretted her attitude in reflection and hindsight. The lack of nurturing and low self-esteem perpetuated with Amy when she grew into a young adult. Before marriage, she experienced a couple of calamitous failed relationships where there was a pattern of her initially being a pleaser: kind, obedient but extremely fearful, not communicating her truth and not able to voice and fulfil her needs resulting in either her or the partners "falling out of love". Her marriage for 35 years was undertaken on the rebound, fearful she would be alone and miss the boat. It was a marriage of convenience and care but devoid of real understanding

and love. Her husband cheated on her repeatedly and reinforced her feelings of low self-worth. Food became her emotional outlet and as she put on weight, this led to her husband furthermore precluding her. Her focus moved to her children and her work. She was not actively engaged socially and was a loner. She had strong spiritual and religious beliefs, which she pursued by reading books and going to the church, this gave her succour. She was generous in spirit always serving those in need. She experienced a crisis one year before her being diagnosed when her son died in a fatal car accident. She carried some guilt and remorse, as she believed she should have died before him.

### Assessment with energy investigation

Amy's body was mirroring her deeper struggles in life. Cancer is the most feared disease, and Amy was extremely fearful about her diagnosis and prognosis. Typically cancer cells are destroyed by a healthy immune system. Amy's immune system was weak. Cancer cells grow due to environmental toxins, genetic inheritance, nutritional deficiency and psychological issues such as depression. Amy had nutritional paucity and suffered from depression. Amy's grandmothers on both sides had breast cancer and died from the disease. Cancer often is diagnosed one or two years following a shattering emotional trauma. Amy's son's death was exceedingly traumatic for her. The breast corresponds to the energy of the heart chakra. Lack of self-love and nurturing impact the health of the breasts. Amy was not conscious of her lack of love. Caroline Myss believes that all cancers are created through excessive fears, guilt feelings, unfinished business, self-hate or low self-worth. Amy had created relationships that did to her what she was doing to herself: denunciation and unconscious unloving. She was traumatised, and grief-stricken by her son's sudden demise and had nightmares about the same. She was disempowered in speech, assertiveness and lacked personal responsibility in self-care. She was predominantly blocked in her mooladhara<sup>1st</sup>, *swadhishtana* <sup>2nd</sup> and heart <sup>4th</sup> *chakras*. Surprisingly, her third eye <sup>6th</sup> and crown <sup>7th</sup> *chakras* were vibrating efficiently.

## Diagnosis

Breast cancer with moderate to severe depression, anxiety disorder, Post-Traumatic Stress Disorder with grief issues.

## The healing process

### Phase 1

- Contracting with the client
- Built rapport with the client.
- A thorough Mental Health assessment was undertaken.
- Goal setting and planning with the client was undertaken: physical, emotional, mental and spiritual needs discussed.

### Phase 2

- Amy had decided to include traditional approaches of surgery, chemo and radiation including holistic methods of accupuncture.
- Through intensive holistic counselling and hypnotherapy, she became aware of her psychological dysfunctions.
- She was unaware of her lack of responsibility and self-care.
- Amy was more conscientious of nutrition and exercise although often she had difficulties as old habits die-hard.
- She had realised her soul purpose and sacred contract of serving others through the health profession, that is, physiotherapy but had to work on improving her relationships.
- Her reset button was turned on to improve her communication skills and she was trained to be assertive about fulfilling her

needs.

- Amy experienced past life regression and in-between life guidance that gave her insights about the patterns she needed to transform.
- She went through therapies that brought her closure in her relationship with her husband.
- She went through the process of marital counselling.
- Cognitive behavioural therapy was used to help her move her distorted thought patterns and beliefs.
- Her dedication to meditation and self-inquiry enhanced her healing.

### Therapies

- Archetype awareness<sup>195</sup>
- CBT
- Tapping therapy
- Assertive training
- Gestalt therapy
- Relationship and family counselling
- Energy work
- Meditation and *atma vichar* training

---

<sup>195</sup> [Quiz - Archetypes](https://www.archetypes.com/quiz/) <https://www.archetypes.com/quiz/>

- Hypnotherapy
- Past and in-between life therapy
- Grief counselling

## Referral

Accupuncturist, massage therapist, books on nutrition, kinesiology.

## Outcome

Amy is out of the woods but is still in long-term therapy. Her prognosis is much better, and she is optimistic about her full recovery.

## Case 5) Robert

### Background information

A young 20-year-old intellectual student who experienced a fatal car accident that impaired him. His friend was driving the car and both were under the influence of alcohol. He suffered from chronic back and leg pain, cholesterol, high blood pressure, loss of vision and facial injuries. Ultimately he was moderately disabled with chronic pain and severe osteoarthritis.

He was studying to be in the pilot in the air force, but his studies and career were not only disrupted but also overturned by the accident. Without aim and soul purpose we hurt not only ourselves but also those around us. He was unfulfilled in his new choice of career, which he believed he had no choice in, which led him to be bitter and angry on the inside. As Caroline Myss<sup>196</sup> rightly says *our biography becomes our biology*. He came from a simple family. His mother worked long hours in a factory and his father worked as an electric engineer overseas so was absent a lot of the time. He was the youngest of four children. His siblings were boisterous young males who gave their parents a hard

---

<sup>196</sup> Caroline Myss, (2001) *Sacred Contracts- Awakening your divine potential*.

time. He was the academic, silent type who buried his feelings most of the time. In later years, when he was 40 years of age, he came once again to see me when he revealed he suffered from a failed marital relationship still not fulfilled in his career choices. He had very low self-esteem being angry, irritated and frustrated with life. He was in chronic pain most of the time. He drank alcohol, which fuelled his melancholia.

### Assessment with energy investigation

Robert was predominantly blocked in the throat 5<sup>th</sup>, third eye 6<sup>th</sup> and the crown 7<sup>th</sup> *chakras*. Accidents are caused by human error; research studies indicate that they occur more frequently during a person's negative or low energy biorhythms. Calamities can produce sudden acute symptoms that dramatically change the course of one's life. They can also serve to bring higher consciousness and awareness in a person's life, especially if it is a life-threatening catastrophe. I do believe accidents are co-created by the God-self at a soul level. They can release a build-up of negative energy, in particular anger and tension.

We also know that alcohol is the primary stressor being a depressant flagging the immune system. The immune system protects us from emotional and germ assaults. When we feel unsafe, vulnerable or emotionally burnt out, we affect the physical immune system. Conscious control of our emotional dysfunction is essential for maintaining our health.

Osteoarthritis the build-up of calcium deposits, inflammation, trauma and wear and tear affects all human beings at some stage in their life. It could be crippling and painful in some cases. Energetically all forms of arthritis are created in the body due to feelings of anger and irritation. Robert had anger related to his job and subsequently with his wife. He suppressed and internalised the anger using alcohol to escape, blocking his throat *chakra*. He had weakened energy in other chakras required to sustain life.

Energetically chronic pain is the result of an individual's long-term

negative attitudes and unconscious adverse emotional response. These attitudes are so entrenched that they have become automatic with the individual, which assumes that he/she cannot change as that is "who he is". The spine symbolically represents our ability to stand up for ourselves. Energy flows up and down the spine. The suppressed energy of anger can block the *chakras*. We often use the expression. He has blown "his top" indicating overflow of repressed energy in the 6<sup>th</sup> third eye and 7<sup>th</sup> crown *chakras*. He had the archetype of *saboteur* and *addict*. He had a struggle between low self-esteem that made him make choices that blocked his empowerment and success. He battled with his willpower and self-control, being extremely intellectual and emotionally vulnerable and sensitive.

## Diagnosis

Chronic pain from accident injuries, substance abuse, depression and anger issues.

## The healing process

### Phase 1

- Contracting with the client
- Built rapport with the client.
- A thorough Mental Health assessment was undertaken.

### Phase 2

- Alcohol reduction therapy was initiated.
- Pain management techniques in meditation were given, in particular through visualisation exercises.
- Assisted him to accept his emotional injuries, his emotional rejections leading to anger, self-rejection and unworthiness.
- Facilitated him recognising his ego pain wanting identification,

regained clearer soul purpose and meaning in life. He looked at changing his career.

- Helped him become aware of his archetype of saboteur and addict that created pain.
- Ameliorated him of his *karmic* inheritance through helping him observe patterns in his childhood through hypnotherapy.
- Aided him to recognise his fears with a degree of detachment and constantly working to return to love.
- Making the illness, his teacher alleviated Robert to feel empowered and to take self-responsibility.
- Awareness to reset his buttons of self-pity, rejection, lack of power.
- Helped him gain clear assertive communication.
- Encouraged surrendering all outcomes of the body by focussing on the will to heal the whole being.
- Healing requires courage, will power and self-determination; this was reinforced.
- Fortified him to be in the now by recognising that healing can be immediate.
- Resetting his nutritional, dietary and exercise routine at his pace.
- Daily meditation, self-inquiry and relaxation exercises were imparted.
- Assisted him to create joy, laughter and happy moments through music.

## Therapies undertaken

Addiction recovery therapy, pain management, CBT, Behavioural modification, energy work, hypnosis, training in *atma vichar*, biofeedback of his heart rate, stress management with music therapy.

### Referral

Physiotherapy, Chiropractic intervention, supplements such as fish oil and glucosamine, yoga therapy. The Alcoholics Anonymous (AA) program<sup>197</sup> for alcoholism.

### Outcomes:

Robert is emotionally in a better place as he has managed his chronic pain. He has reduced his alcohol and was more mindful of his intake. His diet has improved and he had joined a gym for upper body and slow exercises. Robert also went to a physiotherapist and yoga class, which have helped him. He is working at changing his career and developing joyful hobbies.

### Case 6) Lata and Ramesh

## Background information

Lata and Ramesh were distraught and at crises point heading for a divorce when they came to see me. They had been married for five years but were unable to consummate their relationship during their marital tenure. However, they had been intimate before marriage. They hailed from different family backgrounds but had many similarities in energy.

Ramesh had a wounded childhood. His mother had mental health issues suffering abuse from her alcoholic and controlling husband.

---

<sup>197</sup> The Alcoholics Anonymous (AA) 12-step recovery program is a free treatment program for people suffering from alcohol abuse and addiction. AA program participants follow a set of recovery steps to achieve and maintain abstinence from alcohol. You must be an alcoholic to join AA.

The father had an early demise due to his lifestyle leaving the mother to fend for her three children. Ramesh was fearful, insecure and also wanted to be liked by others. He tended to weave stories and communicate untruths to please others. During his courtship he instinctively felt Lata was not a suitable partner but he was unable to speak his truth or displease her and her family and so agreed to marry her. He was sexually functional having cheated on his wife during their marriage. Lata came from a loving family although she also had deep self-worth issues and fears of displeasing her parents. She was intelligent, bright young woman with a good career but she mirrored Ramesh in that she was always doing and saying things that would please him. She forgave him easily seldom speaking about her deep-seated hurt he caused her. They cared for each other on the surface but were living a lie, playing games with each other. Each was fearful about society, and their family opinions. It had been the reason for their prolonging their marriage façade though Ramesh had wanted to leave the marriage earlier.

### Assessment and Energy investigation

Ramesh's crown 7<sup>th</sup> third eye 6<sup>th</sup>, navel centre 3<sup>rd</sup> *chakras* were predominantly blocked. He carried a lot of guilt, depression and anxiety. His thoughts and beliefs were negative with a constant analytical monkey mind. He was always worried about what others thought of him. Lata was mainly blocked in 3<sup>rd</sup> *chakra*, 2<sup>nd</sup> navel centre and 4<sup>th</sup> heart centres. She carried a lot of fear and low self-worth. She tried very hard not to lose Ramesh and was overly indulgent and tolerant in caring for him. She was mothering him rather than being an equal partner.

### Therapies

Marital counselling, hypnotherapy, past life regression, CBT and training in meditation therapy was undertaken.

### Outcomes:

Marital counselling led them to be truthful and follow their hearts rather

than lie and play games with each other. They both amicably settled for a divorce. Each is working on a positive future learning that, Truth is Love. To be Truthful is to be divinely loving.

## 7) Sylvia

### Background information

Sylvia was a young 23-year-old petit lady who presented with anxiety disorder with panic attacks. She had a wounded childhood. Her mother was Japanese, her father was Caucasian Australian. Her mother had some mental health issues and was subservient to her father, but Sylvia reported that she was mentally and physically abusive to her. Sylvia's dad was a high-flyer in the corporate world but physically and emotionally absent. He was demanding and controlling. Sylvia left home at an early age of 17 years. She was a "physical energy type"<sup>198</sup> who was into art, yoga, and writing poetry. She was very impulsive, emotionally sensitive and reactive. She was binge eating and overeating more so, when she was stressed. She was without a permanent job and had financial issues, so was very scattered in her thoughts and living in different friend's houses, moving from place to place. She had very low self-esteem with deep anxiety and panic attacks. She was living with her boyfriend sometimes but was haunted by her childhood and found it difficult to receive from him. She was self-sabotaging. She moved from yoga to casual jobs but believed she was not good enough putting everyone else on a pedestal.

### Assessment and Energy investigation

Sylvia was holding on to her pain body and in victim mode. She kept returning to the abuse she perceived from her mother's detachment to her emotionally. She was self-centered in her thinking and poverty conscious, hence created a lack of abundance in her life. She had to be reassured all the time. She could not see with gratitude what she did have going for her as she kept comparing herself to others. She was fully blocked in her chakras but predominately her heart *chakras* and

---

<sup>198</sup> Rita Bruce, *Love of Conscience*.

base *chakras* were congested.

## Diagnosis

Anxiety disorder and Depression with eating disorder.

## Therapies undertaken

Acceptance and commitment therapy, Meditation, Mindfulness, energy work, stress management, CBT, pranayama in meditation and stress management were undertaken.

## Referral

Kinesiologist, yoga therapist, acupuncturist and remedial masseur.

## Outcomes:

Sylvia's anxiety and panic attacks were reduced. She got herself a permanent job. She, therefore, could afford to rent and was more balanced. Her other issues needed long-term therapy.

## 8) Gira

### Background information

Gira was only nineteen when she attended my meditation classes. She was a bright, enthusiastic, outgoing extrovert. She was quite sociable and happy go lucky, when I first met with her. However she presented at my healing practice many years later, at 26 years. She was psychotic with severe depression and paranoia. The trigger for her mental health was a break up with her boyfriend. She lived her parents and brothers. There was a family history of schizophrenia and serious mental health disorders. Psychosis is a mental disorder where a person loses the capacity to tell what is real from what is not. The psychotic individual may believe or sense things that are not real, and become confused or slow in their thinking. The causes are complex: genetics, early childhood development, adverse life experiences, drug use and other

factors increase the chances of experiencing psychosis.<sup>199</sup> During the psychotic episode, Gira's thoughts and speech had become jumbled and slow. She would make up words, use them in strange ways, use mixed-up sentences and change topic frequently. She had memory problems and heard voices. Gira had delusions and hallucinations of being a "princess" and God chosen messiah. She thought her parents were her enemies and were poisoning her food. As she was at risk for self-harm and hurting others, she was hospitalised. After three to four weeks in a psychiatric ward, she was under the care of a psychiatrist and General Practitioner who gave her antipsychotic and antidepressant drugs. She saw me subsequently for case management with brief therapy.

### Assessment and energy investigation

A General Practitioner linked Gira to the hospital, mental health services, psychiatrist and psychologist. She made the primary assessment, Psychosis, which is usually diagnosed as part of another mental illness, like schizophrenia, schizoaffective disorder or bipolar affective disorder. Over time, the diagnosis might change or stay the same.

Spiritual wisdom reveals that 90% of severe psychosis is soul-possession or entity attachments from lower astral planes. The aura or the sheath surround the gross bodies is a magnetic energy field. Therefore like any other magnet, it can repel or attract other energies according to the energetic charge. In life we attract people, situations and events according to the inner energetic state. When individuals are defenseless, or the energy field is damaged, torn or frail, one can attract other spirits. The energy field is debilitated due to trauma, surgery, chemotherapy, alcohol, recreational drugs and the negative intention of others. In ancient times, the intense negative intention of others towards one was called "black magic", spells and witchcraft. Gira was behaving totally out of character; she was hearing and seeing things, which were unreal. Her mind was in constant chatter jumping from one topic to another. She was extremely suspicious of everyone

---

199 <https://www.sane.org/mental-health-and-illness/facts-and-guides/psychosis?tmpl=component&print=1>

including her family. She was at risk for herself and others.

## Diagnosis

Psychosis, Schizophrenia with Major Depression.

## Therapy

Treatments for psychosis include antipsychotic medication, psychological interventions, community support programs to help with social connection, physical health interventions, support for accommodation and work or school. Treatment for psychotic illness can last two to five years, or even longer. During that time, treatments may change to improve the results and reduce side effects.

While the patient is psychotic and paranoid, she needed no therapy, just case management, that is, maintaining her medication regime and making sure she was safe and supported. However, her family including her parents came for counselling and education, as they became her primary carers. Subsequently, when she was stabilised, she underwent CBT and family therapy. I believe *vibhuti*, regular daily prayers, *mantra* therapy and *pooja* done by the family at her home were incredibly beneficial. Prayers, *mantras* aid in entity being released and in the retrieval of the original soul. The entities, which attach are usually lost earthbound souls, so they are sent to God's light. Gira parents believed she was cursed with someone using black magic on her. A curse is nothing but a strong malevolent thought or anger sent to others. There can be ancestral and even past life curses. Prayers, daily *sadhana* and psychic protection, which are discussed in *My True Reality* in detail, is the best way to help protect oneself from entity attachment. Often through prayer, one can recover soul fragments. An excellent book, I highly recommend is *Exploring Auras* by Susan Shansky,<sup>200</sup> for Cleansing and Clearing of Auras, entity detachment and dealing with ancestral and past life curses.

---

<sup>200</sup> [Exploring Auras: Cleansing and Strengthening Your Energy Field ...](https://www.amazon.com/Exploring-Auras-Cleansing-Strengthening.../1459639987)

<https://www.amazon.com/Exploring-Auras-Cleansing-Strengthening.../1459639987>

**Outcome:**

Gira has taken two to three years to return to her "normal" state. She is working full- time in a fairly demanding job, leading an active social life. She is still taking small doses of antipsychotic drugs. This medication may be long-term.

**Conclusion**

Mental wellbeing is defined as, *"the state in which the individual realises his or her own abilities, can cope with normal stresses of life, can work productively, and is able to make a contribution to his or her community."*<sup>201</sup> WHO stresses that health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or illness. I would add that spiritual wellbeing is the key to health.

Baba says peace, the spiritual essence of divinity is the critical ingredient needed for Holistic Wellness. P-eace is a "P"erson at "ease" or harmony, without anger, sadness and fear. Ultimate divine Peace is attained in the absence of unworthy desire, anger, greed, and hatred. Peace must be exhibited in speech, feeling, posture, and actions. The body can be healthy only when the mind is stilled and is calm.

*The greatest disease (or absence of ease) is the absence of peace; when the mind gets peace, the body also will have health. So, everyone who craves for good health must pay attention to the emotions, feelings and motives that animate the individual.*

Baba, 1960

The body is the temple (*dehodevalayam*) of God. If we nourish this temple where God resides with Peace, Love, and Truth, we can attain health and Holistic Wellness. A useful analogy: a person decorates the temple but forgets the Lord seated within. The main purpose of the temple is to realise the *Atma*, God essence within All. It is only through the body that the *atma* can be realised. We need to maintain the body well but pay more attention to the consciousness that is caged within the body.

---

<sup>201</sup> World Health Organisation (WHO)

*This supreme peace (Prasanthi) need not be sought anywhere outside: it emanates in the inner consciousness (Anthahkarana) itself. It is the very basis of the urge toward liberation; it is the root of deep-grounded meditation; it is the prerequisite for the state of superconsciousness (Nir-vikalpa-samadhi).<sup>202</sup>*

Prevention is more desirable than cure hence one can build resilience to mental illness through: *sadhana*, service, sleeping well, nutritious eating, rights conduct, and regular physical activity.

*Prevention is better than cure. Instead of treating people after the onset of illness, it is better to ensure than they do not fall ill at all.* Sri Sathya Sai Baba, 1993

It is through peace only that devotion and spiritual wisdom (*jnana*) expands. The Vedas uphold that spiritual wisdom (*jnana*) is the cure for all ills, troubles, and struggles, and devotion (*bhakti*), is the main way of acquiring spiritual wisdom. Spiritual discipline and spiritual exercises (*tapas*) are necessary for acquiring spiritual wisdom as they show true dedication and devotion of the aspirant. Baba has said devotion ripens into wisdom. Human illness is a test of devotion, do we stay steadfast with God or get consumed with our body requirements and the material world? To be spiritually wise is to love all without ego. Direct experience can be gained by constantly reflecting on truth. The four qualifications for inquiry into the *Atma* according to Swami are equanimity, self-control, withdrawal of the senses, and steadfastness.

The world is in great turmoil at the present time. It is imperative that we collectively chant for world peace and for the Well being of all. Swami says that we should endeavor for the well-being of humanity, just as much as we crave for our physical health. When we pray for the advancement of all on the planet irrespective of colour, race, caste and nationality we are resolute for holistic Wellness to be established for All. Everyday there is chanting for world peace and Holistic Wellness for All at the SSS Wellness Sai Centre.

*Just as you crave for physical health, which means health for the*

<sup>202</sup> Prashanti Vahini, Bhagawan Shri Sathya Sai Baba

*limbs of the body, you should strive for the health of humanity, which means peace and joy for all sections of society in all nations. If you dwell in that wider outlook, you will start feeling less and less for your own troubles and worrying more and more about the troubles of others. That is the initial offering of yourself in the great 'yajna' (ritual sacrifice) called 'living.' You should merge your welfare with the welfare of the world. How can you be happy when your neighbour is in misery? Therefore I call upon you to give up praying for your own advancement; pray for the peace, prosperity and happiness of all humanity, irrespective of clime or colour. – Divine Discourse, Dasara, Oct 7, 1970.*

The Grace of God makes everything else superfluous. May the grace of Bhagawan Shri Sathya Sai Baba descend on all of humanity and the world. May all be Well and Holistically Healed.

*O Lord, from untruth, lead us to truth from darkness, lead us to light, from death to immortality.*

*Asatho maa sadgamaya Thamaso maa jyothir gamaya Mrityor maa amritham gamaya. Om Shanti, Shanti Shanti.*

