

HOLISTIC HEALTH CARE



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**Prajapita Brahma Kumaris
Ishwariya Vishwa-Vidyalya**

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PREFACE

The pendulum of the health concept has swung from absence of disease to physical, mental and social well-being of a person in the WHO Conference held at Alma Ata in 1978.

John Last (1987) defines health as a state of equilibrium between humans and the physical, biological and social environment. He further adds that we can never be described as healthy so long as our actions whether deliberate or unwitting, continue to damage other humans or fragile ecosystems with which we are interdependent.

Richard Hetzel, the President of Whole Health Institute, Australia, in his definition of health includes positive, peaceful, caring attitudes expressed towards ourselves and towards the people and circumstances around us.

The changing definition of health also calls for the transformation of approach in the treatment offered to the patients as Richard Hetzel puts: "In considering the philosophy and principles, understanding the practice of medicine, I will first of all define medicine as the art and science of the prevention and treatment of the disease".

The complete health care infra-structure organisation and training needs transformation for meeting the objective of health for all by 2000 A.D as laid down by W.H.O.. Disease care is to be replaced by primary health care which is substantially economical too. The practical example of this change is North Central Bronx Hospital which established neighbourhood Family Care Centre in 1973. The objective was to treat families rather than diseases. For patients suffering from psychological problems value of family therapy is well accepted.

Late Dr. Michael Balint an internationally renowned psychoanalyst described the value of doctor's personality in his book, "The Doctor, His Patient and The Illness" in the following words: "By far the most frequently used medicine in medical practice was the doctor himself. It was not only the bottle of medicine or the box of pills that mattered, but the way the doctor gave them to the patients. In fact, the whole atmosphere in which the drug was given and taken."

Along with the above mentioned facts the meaning of the word Health itself is interesting. Health is derived from old English word 'hal' meaning hale, whole, healed, etc. Thus, appropriate approach towards health

ought to become Wholestic (Holistic).

This book is the part of the unique initiative taken by Brahma Kumaris World Spiritual University in educating Health Care personnel and common people in principles and practice of Holistic Health Care since 1984.

In the first chapter, the concept of Holistic Health, how to take Holistic history, make Holistic diagnosis and offer Holistic treatment are briefly described. The second chapter, gives practical guidelines for improving the doctor-patient relationship. Managing the stress factors of patients is of vital significance for offering holistic health care. In the third chapter, twenty golden points for conquering stress are explained.

The foundation of holistic health is the healthy soul. The pre-requisite of a healthy soul is systematic understanding of the nature and functioning of the soul. Meditation practice is also advised by several medical consultants. But there are several misconceptions about practical meditation. Keeping in view the knowledge of human psychology seven systematic steps of Raja Yoga are described in the fourth chapter. Therapeutic value of Raja Yoga is also dealt with. For the treatment of specific psychological diseases some specific positive thoughts are suggested. Special Visualisation techniques are added during Raja Yoga practice for the treatment of psychosomatic diseases such as headache, acidity, peptic ulcer, high blood pressure, etc. Medical Wing, Raja Yoga Education and Research Foundation plans to prepare a complete manual on using Raja Yoga for the treatment of psychological and psychosomatic diseases.

Medical scientists, Para-medical personnel as well as non-medical intellectuals also would find the content of this book interesting. Your comments and suggestions are welcomed.

Dr.Girish Patel.

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 Acidity, Peptic Ulcer
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CHAPTER - I

HOLISTIC MEDICINE - THE NEED OF THE HOUR.

According to an Arabian proverb, "Where there is health, there is hope and where there is hope, there is everything." Hence, good health should be the highest priority but researches imply that health is pushed to a secondary position on several occasions. In spite of the known fact that insecticide DDT helps in controlling malaria, in North Africa several communities opposed its spray. Their argument was that the spray killed Anopheles which is responsible for malaria as well as a special type of fly that is responsible for carrying pollen from male to female date palm. In those areas date is the source of food and financial gains. This is an example of priority given to economic gains over maintaining good health. This is also true for certain behavioural factors. Although many people know that the specific behaviour is hazardous to health yet they indulge in it. They prefer to be sick rather than controlling the behaviour. Some significant examples are smoking, alcoholism and sexually transmitted diseases. There is an urgent need to place health on the higher priority.

Certainly, there are remarkable achievements in some dimensions of health. As compared to year the 1947 there is almost 42% reduction in crude death rate in United States. On other parameters of Health too we have reached our goals. We're successful in eradicating smallpox. Several infective diseases have become short and less painful. It has been shown that the change in the scenario is due to the better living conditions and availability of some resources like safe drinking water and not due to the change in human behaviour.

Infact, during last several decades diseases related to life styles and stress -induced diseases have reached to an

epidemic proportion. There is a relative and absolute increase in many diseases. The high blood pressure, coronary artery diseases, arthritis, obesity and all types of psychological diseases which also include violence, child abuse, etc. to name a few. Medical scientists, government and non-governmental organisations should focus their attention on controlling these factors.

Parallel to the advancement in medical science doctors have become more and more mechanical and stereotype in treating the patients. They deal with a patient as if they are treating a robot. As they depend increasingly on sophisticated diagnostic tests and specialised knowledge, patients tend to lose their identity as human beings.

In this modern era the conviction was rapidly spreading that disease is just like a fault in the machine and that the doctor's job is to just repair the fault. My professor of physiology told us that in the near future a day may come when a patient suffering from some problem in the right nostril will be refused treatment because the super specialist would be a doctor of the left nostril.

Fortunately, in the last couple of decades it has been felt that patients need to be treated as a whole. Emotions, personality, life-style, behaviour, etc. plays a very important role in causing the disease and hence there is a need to take care of these factors as well if one desires long term improvement in the patient's condition. Extensive researches in the field of stress and the significance of doctor-patient relationship is that of transforming the approach of some medical personnels.

The word 'Holistic' was described by Jan C. Smurt, which means whole or complete. It is only after a few decades that the seed of holistic health movement was sown in California, USA. Now, the movement continues to spread and blossom throughout the world. Holistic Health Associations have also been established in several countries across the globe.

1.2 Taking Holistic History

Unless you take a complete and alround history of the patient, you won't be able to offer them the holistic treatment. Even those patients who are suffering from Psychological problems feel that their past experiences and personality factors don't have any relevance to their present complaints. Hence it goes without saying that patients with physical complaints will never attribute them to their past experiences and personality. Rarely patients themselves know that the particular disease is related to the past experience. But he may feel that it is a personal matter which need not be disclosed to the doctor. It is of vital importance to spare some time and take the complete history of the patient which would also include his relationship with his family members and friends, parental teachings, his opinions about his parents, a brief life history and such other related spheres of life. Rather than asking straight forward questions which can be replied as yes or no formulate your questions in such a way so that the patient can give short descriptive answers. If you are very busy and hence unable to explore all the dimensions of the patients life, you can spread the detailed history taking in two or three sittings.

1.3 Holistic Diagnosis

During medical studies we have been trained to diagnose the diseases in the specific organs. We also accept the role of certain factors such as smoking, alcoholism, high calory, high fat diet, sedentary life-style, wrong postures, stress and strain and so on. But we don't specifically emphasis these and other significant factors in diagnosis. Dr.Michael Balint also advised health professionals to take into account these factors while diagnosing the disease. He described it as 'Overall Diagnosis'. Holmer and Rahe studied the effects of different life events on health. They have also attributed specific score to each event. If the total score is high the

possibility of an individual becoming ill are higher.

For Holistic Diagnosis take these factors into account. There is a need to note such relevant factors along with the formal diagnosis. Recent or past stressful events, causative personality traits, relevant attitude, belief system, value system which needs a change etc. are to mention a few.

Sunita Patil, 28 yrs. old woman consulted me for migraine headache. While taking her Holistic History I found that she was having a strong feeling of hatred for her mother-in-law. She was prepared to do anything necessary to get rid of her headache except transforming her feelings towards her mother-in-law. I specially noted this fact along with the diagnosis of migraine headache. Doctors need to specially note such related factors because complete cure becomes elusive unless these specific factors are transformed.

Rajesh Agrawal, a senior police officer, suffered from chronic depression. Within few sessions of psychotherapy it was noticed that when his wife was away or he was out of the city for some official work he felt better. On further inquiry an extreme difference in the personality trait of the couple was observed. Rajesh had Type A personality. He would become uncomfortable and tense if the things were not systematically kept in their proper place. If he had an appointment with his wife to meet at a hotel at 6.00 p.m. and if incase she was five minutes late he would become seriously restless and disturbed, He was also competitive and highly ambitious. Unfortunately his wife's personality was exactly the opposite. She would never take pain in keeping things orderly. She would be late for an appointment. This exactly opposite personality caused adjustment difficulties in almost all matters of day-to-day life. For couple of years Rajesh tried hard to change his wife's personality. When he felt that his efforts were not yielding significant positive results he became depressed. It's of vital significance to note this personality conflict along with the diagnosis of depression.

1.4 Understanding Cultural Factors

Holistic treatment becomes holistic in reality only when doctors understand the significance of cultural factors, study them and appropriately utilize them in diagnosis and treatment of patients.

Man has always lived with his fellow human beings as a part of a small or big society. He has identified himself as a part of the society, consciously or unconsciously, accepted the habits and belief systems of the society and conditioned himself accordingly. This dependance of man on society is aptly described by Aristotle when he said, "The man who can live without society is either a beast or god." Brownlee (1978) from her experience advised all health care personnel to study all aspects of ones own culture and that of the community where one serves if one indeed desired to meet the requirements of the community.

This is important (White 1982) because one's thinking processes, emotions, experiences and behaviour are coloured by the cultural norms.

What Benedict R. wrote in 1934 about the need of understanding culture of patients is even more meaningful today. "The life history of the individual is first and foremost an accomodation to the patterns and standards traditionally handed down in his community. From the moment of his birth the customs into which he is born shape his experience and behaviour. By the time he can talk he is the little creature of his culture and by the time he grows up and is able to take part in his activities, it's habits are his habits, it's beliefs are his beliefs, it's impossibilities are his impossibilities. Every child that is born into his group will share them with him and no child that is born into one on the opposite side of the globe can ever achieve the thousandth part. There is no social problem. It is more incumbent upon us to understand that this is the role of custom. Until we are intelligent as to it's laws and varieties, the main complicating facts of human life must

remain unintelligible'.

How the understanding of cultural practice can influence the health status of a person can be illustrated from the study conducted at the city of Detroit. It was noticed that when the various steps for preventing infant mortality were in full swing a specific section of the society was not showing positive signs. The study revealed that these particular Mid-European nationals did not breast feed the infants for sufficient period. The adult food was started very soon. In this section of society infant death due to digestive disturbances and intestinal infections were alarming. Hence, do put efforts to study cultural peculiarities of your patient and accordingly give specific suggestions with proper explanation and motivation.

It is all the more difficult to change the cultural habits and conditions. Patients tend to resist any change even if it is going to improve their health status. First of all, they may tend to rationalise their habits. Secondly, they become suspicious when you bring an outsider and suggest any new idea. In a rural area of western Saudi Arabia health workers wanted to motivate local people to get some blood tests done for correct diagnosis. People became suspicious. They thought that these health workers wanted to sell the blood. They even doubted that the health workers were using the powder of their blood in tea. Thirdly, they also feel that the change would lead to more problems and difficulties. Fourthly, even after proper conviction it may be difficult for them to adopt the better and healthy environment. In Bombay some builder constructed multi-storeyed buildings on the land where huts existed. He gave the owners of the huts proportionate space in the building. But they could not adjust to this better housing conditions and hence after sometime some of them sold their houses and once again started living in slum areas.

I had similar experiences while dealing with patients who have suffered heart attacks and were found to have high cholesterol and serum triglyceride. When they were advised

to stop or reduce non-vegetarian food which definitely increases this risk factor, although they were convinced, initially they found it difficult to change their habit and adjust to the vegetarian diet.

I have pointed out these four difficulties in changing the cultural habits so that doctors put more effort and try various strategies for their patients. Such an approach can certainly bring a long term change.

Your job can become very easy if you can convince them to change their habits without changing the belief system. It is more difficult to change the belief system. Our objective is to change their behaviour.

There is a need to clarify all doubts, suspicions, fears, anxieties, etc. which would result in health promoting habit. To the patients who agree to accept a vegetarian diet I always emphatically explain that vegetarian food contains all necessary ingredients in the required quantity. I give them some examples of people who are vegetarian since birth, yet maintain very good physical health. It is also clarified that initially they may have some problem about the palatability of vegetarian food but after sometime would definitely also develop a taste for vegetarian dishes.

All points need clarification otherwise people may adopt one healthy habit but land up with another more unhealthy habit. Brushing of teeth was initiated to a tribal community. As a result of this behavioural change people started brushing teeth in the canal from which they also used to obtain drinking water; thus contaminating it with bacteria which proved more hazardous to health.

1.5 Significance of Social Support System

Several research studies have shown (Berkman L.F, 1983; Cohen.S.,1985; Cassell J.1961) that people who get support from their friends and family are less likely to become sick. Bereaved widows and widowers have increased possibility of suffering from several diseases because they

don't receive the support of their spouse on whom they had depended so long. After the death of a near relative, if a person continues to have enough social contact and receive support from them, he will not face the increased possibility of suffering from any diseases. The sense of loss and the feeling of loneliness that accompanies him in such a situation is in fact very hazardous to health. Even while passing through bereavement stress if a person mixes with friends involves oneself in some community activity or maintains a sense of well being he is able to enjoy positive health. Man suffers more in absence of social support as compared to women. It's not that women don't need the support but they express their feelings more often and hence don't feel lonely and have less sense of deprivation. These factors should be taken into account while offering Holistic Health Care. Necessary suggestions and motivation would change activities leading to complete recovery from illness.

Some people fear in making friends. Sanjay was brought to me for adjustment difficulties. His father complained that he would not continue in one job for long enough. For trivial reasons he would submit his resignation. During the course of therapy I found that he had fears of forming friendships and hence lacked the necessary social support. He remained lonely and sometimes resented himself and others. I taught him the simple way of developing social contacts. There is no need of serious communication. When you meet others talk about common topics or just inquire about certain aspects of the person's life. This does not need a lot of knowledge. If you just come out of your imaginary fear and start talking to others you will be able to make friends.

Even if you feel you are not able to talk at all, you can still make friends. Just become a good listener. In the present era people are so busy that when someone wants to talk no one is ready to listen. If you listen to their others story with empathy they would certainly become friendly. Both of you would receive the necessary social support.

Many patients who benefit from psychotherapy do so because psychotherapists patiently listen to his or her problems. When a patient talks about all his emotional problems he becomes free and light. Hence when you listen to others problems you are partly doing the job of a psychotherapist.

A fact also worth mentioning is that even if you have failed in getting a proper response from one person on you having initiated the talk, don't think that others also won't give you good response. The most probable reason is that he himself had some emotional problem or his personality itself was peculiar. If you attempted making friendship with several persons, you would certainly get a few good friends.

For mental support you don't need many friends. Even if you have one or two good friends to whom you can express all your problems and feelings it is just enough.

Practice of meditation, faith in God, a spiritual belief system, etc. also give tremendous mental support. Raja Yoga meditation practice fills one's mind with positive feelings and hence even in absence of friends one can maintain a sense of security and positive attitude towards life. So long as you have a will and desire to be a useful member of society your physiological process will support you and you will have a surplus health resource. It is only when you feel frustrated and empty within that catabolic physiological processes increase leading to the mal-functioning of bodily organs. Medical experts are of the opinion that over fifty percent of diseases are functional. You become sick because you want to become sick. Knowingly or unknowingly, consciously or unconsciously you accept the illness.

1.6 Creating Holistic Environment

A positive outcome of any treatment is only possible if the patient has confidence in the doctor who is treating him. It is a common observation of many doctors that though two doctors have given the same medicine of the same dosage to

two difficult patients or in some instances to the same patient, there was a significant difference in the level of improvement of the patients. Clinical study conducted implies that if a patient has faith and belief in the doctor, he would show significant improvement to the same medicine to which he had not responded positively earlier when prescribed by another doctor. Even before you actually see your patient and examine him there are two factors which have a great deal of impact on the patient's mind. Firstly, the opinion of the patient whom you have treated earlier and secondly, the environment of your waiting room. For successful healing every doctor should pay some attention to these two factors. While treating your patients make efforts in strengthening the doctor-patient relationship which is discussed in the Chapter II. One point which I would like to emphasise about the Doctor-Patient relationship is that it's not only the particular patient with whom you have good relation will take benefit from you, but he is also going to talk about you to many of his friends and relatives. And, thus, in this way you will continue to get the returns of your efforts for a long time. It's very much possible that your treatment does not give some patients complete relief. Yet those patients certainly have a good opinion about you. This is possible if you have explained the nature of the disease to those patients and also the possible outcome of the treatment. Hence, do give complete assurance to the patients and at the same time explain that only few patients do not recover completely.

Secondly, the environment of your waiting room is also important. Cleanliness, good vibrations and health promoting colours on the walls of your waiting room are useful. Make such arrangements so that sounds from your consultation room are not heard outside specially if you are a dentist or orthopaedic surgeon. Many times the shouts and screams from patients undergoing treatment are frightening to patients waiting outside specially to the children. Children tend to think that the very fact that they have been taken to the doctor

means there is something terribly wrong with them. Parents have unknowingly planted in a child's mind the idea that medical treatments are painful. For e.g. a mischievous child may have been told that if he misbehaved they would take him to the doctor who would give him an injection. If you take care of this environmental factors you become successful in implanting the first positive healing touch on a patient's mind. Doctors need to pay attention to their dress and physical appearance. You must have heard the example of a professor who advised the students to take care of their shoes because if patients observe shabby shoes of the doctor they tend to think that when he does not possess the ability to take care of his own shoes certainly he does not possess the skill of taking care of his patients. If things are properly arranged in your clinic and on your table you are able to win the confidence of your patients.

1.7 Offering Holistic Treatment

The awareness for offering Holistic treatment is needed before a student gets admission in the Medical College. If a student has the motive to serve the society this purpose can be fulfilled.

WHO Expert Committee on the Role of Hospitals at the First referral Level, WHO Technical Report Series No.744 1987: Health Care managers are usually more concerned with managing the existing hospital facilities adequately than with running the whole health system. In some countries, before admission to a medical or para-medical courses students having a service motive were selected but it was found that after sometime the service motive became secondary to financial benefits. Hence, during medical studies, further lessons for developing and maintaining the thought of service and orientation towards Holistic Health Care must be given. This would change the present scenario. As Janet Quinn critically mentioned:- 'Modern Health Care System does not include or even allow for the practice of healing arts'.

Healing consciousness amongst the health practitioner is essential if we indeed want to develop holistic approach within the health profession. In this connection Paul Blythe says: 'It is essential that practioners develop a healing consciousness if patient's care is to be moved from disease management to the healing of the whole person.'

Secondly, the approach towards the patients need is a radical transformation. As soon as the patient enters in your chamber your consciousness should approach the whole person.

Inner Tranquility:- As J.Horwood of Australia says: "Healing depends on the quality of the healer and it is in stillness that both doctor and patient begin to experience this beingness. Medical practitioners continuously transfer their mental vibrations to their patients. If you are under tension, experiencing conflicts or anger you will transfer those specific vibrations to your patients. Hence, the maxim 'Doctor heals thysel' is relevant in this connection. Regular practice of positive thinking; relaxation and meditation are essential if a doctor desires to emerge as a Holistic Healer. This vital role of meditation is also accepted by many psychiatrists. Late Dr.Ainslie Meares, a psychiatrist, from Melbourne was convinced about the healing powers of meditation. He practiced meditation before conducting classes and hence was able to communicate the peace to others.

Paramedical personnel too need the similar consciousness. As Margaret Martin from New Zealand has experienced:- 'Many nurses speak of their awareness of the spark or spirit within their patients and they respond to patients in such a way that they bring this spirit 'to life' again.

The treatment strategies of each patient need to include a correction or change in the patient's life-style, behaviour, attitudes, emotions and so on. To achieve this objective doctors need to give proper suggestions, teach some methods or refer to the appropriate person who can take care of these

factors. Holistic Health Care recognizes the significance of non-conventional methods of treatment. Homoeopathy, Ayurveda, etc. which have a holistic approach are respected. Accupuncture, Magneto therapy, Criopractice, Relaxation therapy, Meditation, etc. can also benefit in treatment of specific factors. At J.Watumull Memorial Global Hospital & Research Centre, which is established with the objective of offering Holistic Health Care it was found that some patients who were not showing significant improvement responded very well to non-conventional methods. More scientific study is necessary, yet there is no doubt that every patient is a unique individual and for Holistic Health Care the service of various methods are essential.

CHAPTER II

ENHANCING DOCTOR - PATIENT RELATIONSHIP FOR HOLISTIC HEALTH CARE.

In order to offer Holistic Health Care, one very important gradient is a good doctor-patient relationship. Proper healing can take place only if the patient has confidence and faith in the ability of the doctor. Mr. Mukesh Shah, a 48 year old bank officer came to consult me for his chronic borderline Schizophrenia. He had consulted a senior psychiatrist for his problem. While narrating his past treatments he said, "The senior psychiatrist was not ready to listen to my full history. I doubt whether he understood my problems." If patients develop such impression, then even though the doctor gives the right medicine it will not have the desired effect on the physiological system of the patient. Due to this sense of doubt in the patients mind, negative signals will be given to the bodily organs which will prevent the positive effects of the medicine.

The patients state of mind has an alround effect on all systems of his body, hence positive expectation on the part of the patient plays the pivotal role in the healing processes.

In this chapter nine simple and practical points are described which can easily be adapted by doctors for enhancing better relationship with patients.

2.2 Address Patient By First Name

Most frequently it is observed that in hospitals and private practice the patients are addressed by their diseases, bed numbers, etc. While taking rounds a junior doctor may say, "This is a chronic nephritis, this is cirrhosis of liver, this is thyroid goitre and so on. When doctors identify patients in this manner i.e. only by the disease, we completely tend

to neglect many other aspects of the patient's personality, environmental influences, life styles, etc., which are significant while offering Holistic Health Care. Unintentionally, while adopting such a mechanical approach we may adversely affect the patients mind. In a civil hospital of a big city, while taking round, a registrar told his honorary, "Sir, this patient is of T.S." on hearing this comment, the patient was terribly disturbed. The patient who was not familiar with the medical term thought that the junior doctor was telling his professor that this patient is in its Terminal Stage (T.S.). Infact the patient was suffering from Tricuspid stenosis.

For a Holistic Health Practioner the first and the easiest step is to address all patients preferably by their first name. Every person, however poor or rich, educated or uneducated, likes to hear his/her first name most frequently. The patient also identifies himself with the first name. When you call him by his first name, his mind will respond with a positive regard for you. And at the same time you are addressing his Holistic identity which includes body, mind and spirit.

Several busy medical practioners feel that they have got to see over hundered patients a day and it is very difficult to remember their names. After one of my lectures Dr.Shah told me, " Although I appreciate your suggestion, it is practically not possible to remember names of every patient." Infact it is a genuine difficulty for few busy doctors but yet one needs to put in efforts if one desires to treat patients Holistically. While studying medicine I have observed the miraculous effect of addressing patients by their first name. One of my Gynaecology professors while taking rounds always addressed patients by their first name. She used to say, Sujata, how are you feeling, Daksha is your health improving and so on. I observed that when the female patients were addressed by their first names there was a sign of happiness on their face. The patients waited eagerly for the doctor at the usual time of her round. The professor also taught us how to remember first names of many patients. She said "Most of the names are

very common and as I have developed this practice I am easily able to remember them. I try to associate names of new patients with the names of old patients, my relatives or people I know." This is a very easy technique. When you have to remember any new name try to link this new name with the name of the person whom you already know or an elite or well known person. If your patient's name is 'Dharmendra' don't just memorize his name but think of another person with the same name whom you know. Next time when you meet this patient you will recollect the association which you had made. If your patient's name is 'Dhiraj' try to remember its meaning which means 'Patience'. In one particular case I wanted to remember the name of a Brahma Kumari Sister which I had difficulty in recalling. Her name was 'Surekha'. So once I thought 'Surekha' means a straight line. In this manner by understanding the meaning of this name I was easily able to remember her name. As quoted in some of the above examples, a little effort will help you to remember your patients name. Surely, for adapting this step of Holistic Health Care, doctors will have to put in these additional efforts. But these additional efforts will in turn give tremendous rewards in the form of a better doctor - patient relationship and rapid healing. If you are a family physician, remembering names of your patient is indeed vital, for those patients are going to visit you quite frequently and if you don't remember their names, the patients will tend to think that this doctor is not interested in me. Jitendra, my close friend was angry with Dr.Majumdar because even after several follow up visits everytime Dr.Majumdar asked him 'What's your name?'" Jitendra told me 'I seriously doubt the ability of the doctor. In spite of my several visits he is unable to remember my name. Then how can he remember all the medical informations which is necessary for diagnosis and treatment.

In spite of making efforts if you still are unable to remember the patients name, don't ask him his name. Instead ask him to give the past prescription or take out his old

records. Once you know his name, use it while taking his history or explaining your treatment. If you do this often it will help you to remember the patient's name. Dr.Majumdar who tends to forget the name of my friend Jitendra could have addressed him in the previous interview by asking, 'Jitendra, how do you feel now.? Jitendra I am giving you this medicine to be taken twice a day after your meals, and again at the end of the visit Jitendra you will definitely feel better, see me after 15 days." Addressing a patient by his first name during a visit has dual benefits. Firstly, the patient feels very happy on hearing his name. He starts developing faith in the doctor; Secondly, by repeating the patient's name you are able to impress it on your mind.

In subsequent visits as soon as the patient enters in your chamber if you address him by his first name you have created a favourable mental attitude towards your treatment. To be a successful in you private practice this is a necessary positive step. This is most necessary in cities where there are many private doctors available and a patient can consult any other doctor if he/she is not happy with your approach and treatment.

2.3 Receive patient with a smile

Whilst consulting your patient don't be mechanical and stereotype. Develop an approach which helps you to remain relaxed and joyous even after examining many patients. In order to have a Holistic effect on the patient, a smiling face is a fundamental necessity. This may be your 25th or 30th patient, but you are the first doctor for the patient to whom he is going to narrate his problems and difficulties. When a patient detects signs of tiredness or seriousness on the doctors face, he tends to think that the doctor is not interested in him.

A few years ago a bus carrying members of a local Raja Yoga Centre met an accident. There were several persons who suffered fractures. I took a few patients to a known

radiologist for X-Rays. Maybe he was tired at the end of the day because he neither received us with a smiling face nor showed any enthusiasm to do the needful. My perception was that although he is known to me he was not interested in helping the patients. So maybe in future it would be better to take the co-operation of another radiologist. Such minor lapses on the part of the doctor can have a traumatic effect on the patient's mind and one may lose that patient for ever. You may relax for a while after examining some patients, if you feel tired, but never show signs of tiredness on your face in front of your patient. Develop a sense of humour, laugh and make your patients laugh too. This is an antidote to tiredness and stress.

A popular saying goes, "You need not have a face which makes you look in the mirror often but have such a face which makes people look at you often."

Another tricky situation is while dealing with children. In our society many parents tell their children, "If you don't keep quiet, I will take you to a doctor who will give you an injection." Hence, the child always associates the visit to a doctor with fright and pain. His fears are all the more reinforced when he observes seriousness on the doctor's face. In order to treat children holistically do spare a couple of minutes talking to the child in a friendly manner so that his misconceptions are erased. You can make use of toys or chocolates to attract the child and make him feel comfortable. Although the above is not part of your medical practice this could make your job very easy in treating children.

2.4 Learn to listen carefully

A doctor friend once told me that one of his friends who visited several psychiatrists felt that they neither listened to his problems nor understood them properly and hence the possibility of the right diagnosis and treatment is negligible. Many patients leave a doctor's chamber with similar feelings. This is not only true for physicians and surgeons but these

days even psychiatrists do not listen attentively to a patients complain. Psychiatrist have also become mechanical in their approach.

These days most patients face tensions, emotional problems and other difficulties in their personal family and social life. Therefore, in order to render Holistic Treatment it is essential that not only psychiatrists but other specialist doctors and family physicians should also have a listening attitude. When one attentively listens to the patients entire problem, the information helps one in the final diagnosis. The patient also develops faith in the doctor that he has understood fully my problem and therefore the treatment he will give me will be the right one. It has often been seen that two doctors have given the same medicine to the same patient but there is a significant difference in the results of these medicines. One of the important factor is the patients faith in the doctor. If the patient thinks that the right kind of medicine is given by the doctor it will have a better effect.

At times when you are very busy and you don't have time to listen to a patients problem, instead of avoiding him say, "today, I am busy but the in the next appointment I will spare sufficient time to understand all your related problems." It has been found that over 50% of patients visiting their family physician or any other branch of medicine have some emotional or psychological problems. For offering holistic health care doctors need to recognise his problems and give appropriate suggestions to relieve the difficulties.

2.5 Explain the disease properly

Many doctors on examining the patient prescribe some medicines right away and handover the prescription paper. This is an erroneous approach in treating patients Holistically. After examination do explain your findings to the patient in simple words which your patient can understand. If possible draw simple figures or keep some ready pictures to explain them. If you explain properly the nature of the disease and

how your medicines are going to help them, the patients will start expecting those beneficial effects and that can have a tremendous positive influence in overcoming the disease. If you have given three different types of medicines and also explained the effects of each medicine as well as the side effects by saying "This medicine has such and such beneficial effects but very rarely such a side effect may occur, don't worry, even if you observe such an effect, take this particular step." For.e.g. When prescribing an anti-depressant which may cause dryness in the mouth, I always explain to my patient that this medicine will make you feel much better. You will develop interest in your life. You will develop positive attitude but very rarely some patients develop dryness in the mouth. In case this happens don't worry. Drink lot's of water. This kind of advice prepares a patient for a some side effect if any. Sujata who had consulted me for her depressive feeling told me on the second visit, "Doctor, I am very happy. Your medicine had the exact effect that you had explained me. I had a very good positive attitude but I felt some dryness in the mouth and as per your advice I drank lot of water."

2.6 Develop Empathy Towards Patient

Majority of the patients are aware that they should disclose all their problems to the doctor. Therefore, the patient may tell you personal matters which may affect you emotionally.

For Holistic Diagnosis it is essential to take all past experiences of the patient into account. Personal and family problems as well as matters of interpersonal relationships having an emotional tone may arouse similar feelings in doctors mind. Doctors may come across such encounters. Often this can adversely influence the mental health of the doctor. The doctor must have sympathy towards a patient but should not get involved emotionally. He should try to logically understand the situation and give proper advice to

face the circumstance in peaceful manner but he should not brood over those problems later on. If one has sensitive personality one can tends to carry impressions for a long time.

This is harmful for your own health as well as for an ideal doctor-patient relationship. A proper attitude towards your job and responsibility would help you in developing empathy towards the patient. Understand that your responsibility is to give proper advice and guide patients to overcome their problems. In no way you are emotionally attached to your patient. If your patient tells you a sad event of his life don't say "I am saddened on hearing your experience". Instead say,"I understand your problem and in the midst of such circumstances you can have this type of attitude or you can handle this matter in such a manner." Chandrika, a housewife, who was taking my therapy for her fearful reactions towards her mother-in-law told me, ``My mother-in-law always finds faults in me but when I answer her back I feel disturbed myself and think later on I should have not back answered her. I keep on brooding over her words which is all the more painful." I explained to her that both these reactions were undesirable. For improving her mental health she needed to either listen to the comments and not care for them at all by thinking logically that due to her old age mother-in-law is having some emotional problems and hence makes such comments. Or if she thinks that logical convictions are not enough she can give reply to the comments of her mother-in-law and then feel that what she has done is absolutely right. In this manner, a doctor can show healthy choices to the patient and let the patient choose what would suit his/her personality.

2.7 Keep Patience with Patients

Every doctor comes across a patient who asks him several unnecessary and unwanted questions. For .e.g. Why have I developed this problem? How long will this problem continue? Should I take these medicine with water or milk?

Should I take these medicines before meals or after meals? Whether the disease would influence her children? and so on. Even if you think that some of the questions are irrelevant do reply them patiently. Understand that the patient is always impatient and the doctor should not lose his patience with such patients. You can tell the patient in a nice way that those questions were irrelevant and not to worry about all those matters. I will certainly tell you the points which are essential. But you need not worry too much. This will have an adverse effect on your health. Even when patient becomes suspicious or sceptical it is the duty of the doctor to do away with such negative personality traits.

In all our behaviour there should not be any sign of impatience or hurry which can be perceived by the patient as a sign of negligence or lack of interest on our part. A doctor friend once took one of his relatives to a very famous surgeon. The surgeon after finishing the consultation in a very rough tone said, "two hundred rupees." The patient as well as the doctor who accompanied him felt insulted. They felt that although it was the right of the surgeon to ask for fees, he should have asked them in a proper manner. If you are very busy you may ask your receptionist to collect the fees but never show rough and careless behaviour. Your manners certainly play a significant role in improving or deteriorating doctor-patient relationship.

2.8 Don't Loose your temper

Anger is a self destroying emotion. Psychologists have described anger as a temporary insanity. At that spur of moment you become illogical and irrational. Therefore, make it a rule that even in extreme situations you will not lose your temper in front of the patient. You can certainly be assertive. There is a difference between assertiveness and anger. If a patient is making disturbing comments or asking useless questions in an assertive manner you can certainly explain your point of view but when you become angry you

loose touch with reality and hence you say things which may be irrelevant in that particular context. Even if you have personal or family problems, understand that this is your personal difficulty and you should not project your tensions on your patients in the form of anger. Your patients are like honoured guests and you should behave with your patients as you behave with your guests. Moreover the patient gives you the fee for the time he has taken. Some senior do not care if patients go to another doctor. The question is not of monetary gain or loss. When you loose your temper the patient loses his faith in you, hence adversely affecting the healing process.

2.9 Don't criticize other doctors

If your patient has consulted another doctor before you, and if you find that his diagnosis was not correct don't criticize the doctor in front of the patient. Some doctors in order to assert their superiority make adverse comments about other doctors. Some say wrong medicines were administered and they had a harmful effects on the patients body. Such comments for a professional colleague are not ethical nor do they benefit the patient. Hence it is advisable not to make such comments. Double Blind Research studies have also shown that patient feels or reacts to medicines/ treatment as per his expectations. When you say that a particular medicine produces adverse effect, the patient starts expecting it.

More significantly, when we make such adverse comments for professional colleagues, the patient develops a wrong impression for the medical profession as a whole and may be one day the ball will be in your court. You cannot become superior by defaming someone else rather put efforts of improving your own abilities.

2.10 Don't Discuss Serious Matters in Front of Patients

In teaching Institutes some professors discuss the case in front of students. During such teaching sessions uneducated patients think that they are suffering from some serious disease. When they overhear some technical terms they become confused and frightened. So as far as possible don't discuss the details in front of the patient or at least assure the patient that his case is being discussed only for the purpose of teaching and that there is nothing to worry about.

The above nine points when adapted in day-to-day practice are beneficial in strengthening the doctor-patient relationship. First of all analyse your own behaviour with the patient. If you're missing any of the points described in this chapter inculcate those missing attributes for building a good doctor-patient relationship and make conscious efforts in improving it. With some efforts everyone can adapt these primary steps for better doctor-patient relationship.

This is a sensitive area of medical practice because every patient is a unique individual. Therefore, you need to be open and observe all the patients and formulate such strategies which would augment the patient's confidence in you.

CHAPTER III

RELIEVING STRESS FOR HOLISTIC HEALTH CARE

At the end of the 20th century, stress and strain of day-to-day life have reached its highest peak. The Jet Race is in full swing. Mental tension, emotional ups and downs, fear, anger, nervousness, depressive feelings and other stressful situations have an alround effect on human beings. Such experiences influence one's mental apparatus, emotional life and physiological systems adversely. Minor problems such as acidity, flatulence (gas in abdomen), headache, backpain, skin diseases and major problems as such high blood pressure, diabetes, arthritis, asthma, heartpain (Angina pectoris), peptic ulcer and so on can be caused or aggravated due to stress. For Holistic Health Care doctor's need to find out these stress factors and systematically guide the patient to relieve this stress for complete and long term recovery from the disease. Majority of the patients' suffering from psychosomatic diseases consult family physicians or other consultants. Psychiatrists are rarely approached for such psychosomatic diseases. In the majority of cases, stress factor is not taken into account while offering a particular treatment. Usually, doctors give symptomatic treatment for such diseases which do help them temporarily to relieve the symptom, but the stress factor continues to play its role, hence, no sooner the treatment is stopped, the symptom tends to recur.

Even when symptomatic treatment is continued for a long time, another rarely recognized phenomenon known as "Shift of Symptomatology" occurs. This means when you treat one particular symptom, stress influences other organs of the body and the symptoms are shifted. Doctors as well as patients think that this is a different disease but infact the root cause is the same unchecked stress factor. For Holistic

Health Care relieving the stress factor is very significant. It's the unfortunate common observation in the present Health System that the patient continues to suffer from one or another type of element for a long time. He may consult the doctor again and again or may keep on changing doctors without relieving his problems permanently. The burden on medical experts and resources can be greatly reduced if doctors identify the specific stress factors in each patient and suggest simple and practical methods of overcoming them. In this chapter practical tips are explained to relieve the stress factor.

3.2 Relaxation Techniques:-

Patients facing any type of tensions can achieve benefit from relaxation practice. Relaxation is a general and a non-specific antidote for stress factor. Progressive Relaxation by auto suggestion, Jacobson's method of Progressive Relaxation and other conventional methods are useful. From my experience of practicing Raja Yoga meditation for the past 18 years, I can confidently say that meditation is an equally effective method for relaxation. Principles and practices of Raja Yoga are described in Chapter IV. Regular practice of Raja Yoga conditions one's mind to elicit relaxation respond.

3.3 Make Locus of Control Internal:-

In my practise, I have asked a large number of patients a simple question, "Whom do you think is responsible for your stress?" Invariably patients consider someone else to be responsible for their stress. Old female patients point their finger towards their daughter-in-law and consider them to be the main cause of their tension. The young housewives feel that their mother-in-law have caused all problems. Likewise during my training programmes for Managers and Union Leaders of multinational companies, I found that Union Leaders consider lack of initiative on part of the management

to be the primary cause of their problem and management personnel point their fingers towards Union Leaders and feel that non co-operation of Union Leaders is the basis of tension in the company. Similarly, parents say that their adolescent child is the cause of their High Blood Pressure and the teenagers feel that parents are not able to understand them and that is the root cause of all their anxiety. When we consider someone else to be responsible for our stress our locus of control becomes external. This means control is not in our own hands. Someone else is controlling our state of mind. Someone else is pulling our mental strings. We behave like puppets and the controller is someone else. In certain cases it may be true that some other person or environmental factors are responsible for the stress. But when we blame others our condition becomes helpless. We are not able to do anything to minimise our stress.

From a psychological point of view too this is a misconception because you cannot experience any stress unless there is a thought about it at a conscious level or at least at subconscious level.

Only when we have some negative thoughts or thoughts of anxiety, depression, nervousness, jealousy, fear, etc., we feel those state of mind and in turn perceive them as stress. If we do not think about stressful situations then we will not experience stress. If we think about peace, happiness and relaxation even in the midst of stressful situations we can experience a positive state of mind. This implies that our thoughts are the basis of our feelings. We are able to raise our hands or put them down as per our desires. Similarly, we can think positively or negatively as per our desires. This implies that to a great extent we are in-charge of our thought processes. We can surely turn our thoughts in a desired direction, and in turn transform our mental feelings to a certain extent. The above explanation also implies that we are the master of our own mind. By following this principle we can make our locus of control internal. To explain this point

let us take few examples:

Ramesh who failed in the final year B.Com. was extremely depressed after the result. He felt like committing suicide. During my second consultation alongwith medicines, I systematically explained to him that the best approach was to accept the reality and do some positive thinking such as: "Now I have learned a lesson. This failure is because of the overconfidence I had. For the next six months I will study very hard and do well in my exams". Besides having such positive thoughts I also advised him to practically start studying 8 to 10 hours a day and systematically prepare himself for examinations.

Jayesh bhai went into construction business. After three years of efforts he came to know that instead of earning anything he had lost about Rupees Fifteen lakh in the business. Previously he was doing Textile business. Out of nothing he had developed a flourishing business. On a friend's advice he invested all his savings in construction business. Initially he hoped he would definitely earn a substantial amount but later on realising that he had incurred a great loss he went into 'reactive depression'. I taught him to face this situation with a positive spirit, to accept that in business ups and downs were bound to be there. Once again if he worked hard and systematically planned the business he would be able to compensate the loss. We also discussed the mistakes that he had made. He made up his mind and resolved not to repeat such mistakes in the future. He also started thinking "although I have lost my saving yet I have a good apartment and a shop where I can do my business and easily maintain my family". Even in adverse circumstances you can repeatedly think "I am a peaceful person.. I am feeling happy.. I am feeling relaxed and comfortable.... I am going to maintain this tranquility and peace of mind". By following this simple method one can retain the tranquility and stability of mind even in stressful situation.

Ultimately we are the incharge of our mind. We are the

controller of our mind and hence we are also responsible for the state of mind directly or indirectly. No sooner we learn to take this responsibility than half the battle is won. Now we can also take some creative steps to change our situation. Through proper efforts we can learn new skills, we can develop new positive relationships.

3.4 Ponder Over Advantages or Look at the Brighter Side of Life

In every event of your life, however small or big it may be, there is some direct or indirect advantage. Make it a habit of finding out that advantage and pondering over it. In some circumstances we may find there is no direct advantage but invariably we can find some indirect advantage. It may so happen that the disadvantage is very big but a small advantage is present in all situations. Learn to search for such small and indirect advantages too. Doctor Majumdar, former Director of CFTRI at Mysore went to Mount Abu, the International Headquarter of Brahma Kumaris World Spiritual University to take a three days course in Raja Yoga. While he was returning he suffered from 'Diarrhoea'. He had to face several inconvenience because of this problem. Outwardly, speaking there were several disadvantages in this particular situation. While narrating his experience he said "I had learned the art of positive thinking at Mount Abu, hence I started thinking positively. During those days I had accumulated extra fat on my belly and I was putting on extra weight. Due to this diarrhoea which lasted for a week or so, I had lost the extra fat. I thought indeed I needed this type of treatment. Infact, the curse of diarrhoea was converted into a blessing". This is an example of finding indirect advantage in an unpleasant situation.

I wish to narrate some of my personal experiences to clarify the point. Before fourteen years I was extremely underweight. In spite of putting efforts, I was unable to put

on weight. I had a hectic schedule of giving lectures in various parts of India. During that period I had an attack of tuberculous meningitis in which I remained semi-conscious for a few weeks. It took almost 3 to 4 months to recover completely from continuous headache and vomiting. I and my family members suffered a lot. Thus outwardly speaking it was an extremely stressful situation but even in midst of such a stressful event I experienced a great benefit. I had put on 5 to 7 kgs. of weight which I very much needed. After the whole incidence was over, I started thinking 'whatever has happened, has happened for my benefit. Now my weight is normal and I feel happy about that. This does not mean we fall sick in order to regain necessary weight. But this is an example of finding benefits in the midst of some inevitable stressful situations. Another personal event which was very much stressful to begin with, became a great boon later on in my life. During pre-medical studies I had the problem of hair loss. Because of this problem I was the recipient of many adverse comments from my friends and others. I was looking five years older than my actual age. This unpleasant part of my personality for which there was no treatment available, became a great boon when I started my private medical practice. In Bombay where there is a lot of competition, it is very difficult for a beginner to do well in private practice. But even during the early days of my practice, patients considered me as an experienced and senior doctor, developed a faith and confidence in me. With this experience I became very positive and optimistic in my life. I am very much convinced that whatever happens is for the good and has some definite advantage.

You must have read the story of a king who had a very optimistic minister who always used to say that there is some benefit in whatever happens in life. accidentally, once the king's little finger was cut off. On knowing this incident the minister said "don't worry whatever has happened has some advantage in it". The king got extremely annoyed and kept

the minister behind the bars. Yet the minister said “whatever has happened is for the best”. After some days when the king went to the jungle for hunting he was caught by the tribes of the jungle. They wanted to sacrifice him on the goddess. But the rule said it was necessary to sacrifice a complete human being. When they found out that one finger of the king was amputated they disqualified him. He felt very happy and remembered the words of his minister that there is always some advantage in every events of life. The king went to the prison and told the story to his minister. On hearing the story the minister replied “because you had put me in the prison I am safe otherwise I would have accompanied you and because I am a complete human being the tribe would have sacrificed me on their goddess”. As described in this story at times we may not see any instant advantage in a particular event but in future that event can bring us some benefit.

Here are two real life incidences in which benefits were experienced in the near future. During the 1940's Mr.Shekh was scheduled to travel Bombay to London by a steamer. As he was walking towards the seaport he met with a small accident in which his right leg was fractured. Due to this small accident he had to cancel his trip. Indeed this was very disappointing but after three weeks he got the news that the steamer had drowned and all the passengers had lost their lives. Thus that small accident saved the life of Mr.Shekh from a major mishap which would have cost him his life.

Mr. Pradeep who also met with a small accident. Even after complete treatment, some deformity in his left leg persisted and he experienced difficulty in walking. He cursed himself and the accident which caused the disability to his suffering. Recently, when Bombay Suburban train department started a small special compartment for the disabled persons, he was able to take the benefit of this facility. He said,“I am lucky because of this small problem I don't have to travel in overcrowded suburban trains. This does not means we become disabled to take the priviledge

of travelling in the special compartment. But what I mean is when you already face the stressful situation you can lessen the pain or depression by looking for some benefit immediately or in the future.

The message is very simple. "Search for advantages in every event of your life and make a practice to ponder over them rather than the mishaps". If you do this in all spheres of your life like personal life, family life, your job environment, etc. you will indeed feel that you are a lucky person.

3.5 Develop Positive Attitudes

Everyone of us faces one or other type of stressful situations in our life. How we react to a particular stressful event depends on several factors. One of the important factors is our attitude towards a particular event. When four persons have to face a specific stressful event, all the four persons are going to react in a different way which depends on their attitude towards that event. Let us consider a situation. You have called your friends at home and you request your wife to bring tea for them, by chance when she is bringing the tea, the tea spills. In this type of situation you may react in different manners. You may start abusing your wife and accuse her of being careless. Second reaction may be that you tell her to be careful in future. The third still positive reaction is you may say what has happened is in the past. Let's enjoy the remaining tea. You may help your wife to clean the floor. These three different reactions are because of your different attitudes. If you don't like your wife or you are already under tension you may tend to say abusive words to your wife and tend to project your anger on her. If you are a positive thinker and have a optimistic attitude towards life, you may develop the third positive reaction.

One day when you come home from a long tiring working day and find that your house is locked and your wife has gone somewhere elsewhere. In this type of situation you can have different reactions. You may become upset

thinking that she knew that this was the time for me to come home why should she go out? Second negative reaction may be you become suspicious about her character. The positive reaction can be you can open the door and relax for sometime and rationalise that she must have gone for some urgent work. As explained earlier these three reactions also depend on your attitudes. Develop a habit of looking at every event from a positive angle. When you see a half filled glass of milk. The negative attitude is that the glass is half empty and the positive attitude is that at least I have got half full glass of milk. Likewise look at all circumstances from a positive angle.

Your past experiences, parental teaching, the type of books which you read, etc., tend to shape your attitudes. Remember even if you have some painful negative past memories, you are not always going to encounter the same past experiences. Its time we learn a lesson from our past experiences but need not become pessimistic and negative thinker because of such negative experiences. If your parental teachings have implanted some negative suggestions in your mind, with help of proper understanding and logical thinking try to erase them. The spiritual knowledge and meditation practice benefits in transforming our attitude towards various life events. With some practice everyone can develop the art of positive attitudes. Once you learn this you will automatically look at the brighter side of each situation and will become immune to various types of tensions.

Your attitudes also depends on your past conditioning. You may be conditioned to find out faults of others or you may be conditioned to look at your own weaknesses. You may be conditioned to feel jealous of others or to criticise others. If any such conditions are the cause of your wrong attitude, first of all consciously perceive them and put efforts of deconditioning and reconditioning your attitudes.

For positive attitudes we should also adapt a positive belief system in our life. If you believe that life is a mystery or a gamble, you will automatically tend to have a negative

attitudes feel sorrow in midst of all life events. Instead, have positive belief system. During the very first step of meditation practice, when you become aware of yourself as an eternal and immortal, metaphysical point of life energy which is perpetually peaceful, happy and a pure being, you are developing a positive belief system. When you identify yourself with this physical body and direct your endeavours accordingly you tend to think that the life is a temporary phenomenon. Death is the end of your existence. You tend to develop a fear of death. Instead teachings of meditation help you to identify yourself with the metaphysical light within. You feel detached, secure and fearless in your life. You understand, realize and perceive that this body is just an instrument which I the soul use to express myself. Temporarily use various organs of the body and as soon as the task is over I once again detach myself from the mundane instrument.

This body is like a horse and I the soul, the point of light within is like a jockey. I am the controller of all my physical organs.

The body is like a temple and the point of divine light within is like a worship worthy deity.

The body is like a car and I am the driver who controls the car and use it in order to reach to my chosen destiny. Such a positive belief system is of tremendous value in leading a happy, healthy and harmonious life.

3.6 You are a Unique Person in this World

Half the tensions, unhappiness and sorrow which we experience in our life is because we compare ourselves with others. Due to such comparison, we feel, we are inferior to others. You feel that you are less privileged. They are happy beings and since you don't possess the luxury you are an unhappy person. Parents tends to compare their children with their neighbours children and think that the neighbours child is good in specific game and your child is comparatively weak. Children think that neighbours parents are more

lenient than their parents or you may think that your wife is less educated than your friends wife. Such comparison continues throughout our life. So the next time you compare just learn to see brighter side of life.

Remember that you are a unique person in this world. Your finger prints, your face, the single hair of your head, and every thing that you posses are unique in itself. You must feel proud about your own uniqueness. Utilise your uniqueness in the best manner for your self development and for helping the society. Even if you want to compare yourself with others, compare with the less priviledged ones. Look at your own blessings and the positive side and the positive side of your family members. Your child may not be very good at a particular game, but he may be doing very well in studies. Appreciate that your child is doing very well in studies as compared to your neighbours child. Also ponder over the fact that your wife is very co-operative and good at cooking even though she is less educated. Even if you don't have specific luxuries, but you may be keeping good health. Even if you compare do it with good spirit think that if my friend has some good qualities, I will also work hard and develop them. Such positive comparison will motivate you to do some positive actions. In final analysis always repeat the following lines to yourself, "I am a unique person in this world and I will develop according to my uniqueness. I am also happy about my uniqueness."

3.7 Take life one day at a time

This very popular slogan when adopted in life can minimise lot of our sorrows, worries, guilt feelings and unnecessary tension. I have seen many patients who keep recalling past deeds and feel guilty about them. Mr.D'sousa who consulted me for compulsive hand washing revealed after some sessions of psychotherapy that when he was young he used to steal small articles from the neighbours house. In adult life this memory continuously disturbed him

and unconsciously and unknowingly he succumbed to compulsive hand washing. Feeling guilty about your past deeds does not help you in anyway because the past is already over. Past is gone. Past is like a cancelled cheque which you will not be able to incash under any circumstances. At the most you can learn a lesson from past experiences. Another segment of society comprises of people who worry about their future. Mr.Tripathi was a very wealthy business man but he constantly worried about his future. His thoughts were: "What would happen if I suffer a great loss? Who will look after my business if I die? How would my business prosper if my children were incapable of looking after the business? Due to such unrealistic worries he remained anxious and insecure. psychologists have shown that over 85% of our worries never become reality in our life. Infact the future is yet not born and any sensible person would laugh at us if we worry about a child who is yet to be born. Future is like a promisory note and we are not sure whether we will get that money or not. Although we do not know what would happen in future, rather than worrying it is sensible to be optimistic about the future.

Only the present that is today is in our hand. We can make our today productive and useful. If we utilize our today in the best possible manner and do useful activity we will be able to erase some of our past mistakes and our future will definitely become bright. Rather than feeling guilty about not having studied seriously and hence not possessing a respectable qualification, it is wiser and appropriate to take up some course of adult education now. Or put efforts in improving upon your skills. Due to the sedentary life style and over eating in past, if you have put on weight rather than feeling guilty about it, exercise regularly and also follow a proper diet so that you can loose the extra weight.

3.8 Practice mental filing system

Mr.Jayesh a young executive was travelling with me in

a train. On learning that I was a psychotherapist, he questioned: "I am fairly efficient in my work but often I have to do many things at a time. I become anxious and confuse because of it, I am not able to take quick decisions and my efficiency is lowered". On further inquiry he revealed that he had an extremely competitive nature. He wanted to do too many things at a time. I advised him to adopt the filing system. This system helps in relieving tension and confusion. It also improves ones working efficiency. We divide all our interests, responsibilities, problems, etc., in the form of different files. At one time we take out only one file, open that file, look into those matters, take the appropriate decision and also the necessary action. Once you have done justice to that particular file you can take out another file and concentrate on those matters. In this manner if you do justice to one thing at a time you will not become confused and your overall productivity will also increase. While you have opened one file if thoughts of other subjects come to your mind don't open another file at the same time. Instead tell yourself now I am working with this file. I will open the another file at the appropriate time and honestly look into that matter. This means when you are studying, open the file of studies only, keeping other files aside. When you spend time with your children totally enjoy those moments. When you are doing office work concentrate fully on office work, other thoughts are bound to intrude when you follow this system but don't be disturbed by them. Tell yourself now I have opened this particular file and I will open the other file only after some time. With a few months of practice you will be conditioned to fully concentrate on one thing at a time.

3.9 You always benefit from criticism

Invariably we feel disturbed when someone criticizes us. We brood over such instances and we become all the more tensed. We consider our critics to be our enemies and hate them. Even from realistic perspective our critics are our well

wishers. Infact they are doing a job of a good psychotherapist. Some persons consult a psychotherapist not for any psychological disease but they want to find out their weakness and short comings. A psychotherapist interviews you or with help of some psychological tests he is able to pin point your personality drawbacks and weaknesses and takes handsome fees from you whereas the critics are doing the same job of finding your weaknesses and drawbacks without taking any fees from you. Therefore you should feel happy about it and thank them.

Your critics are acting like a magnifying lens. They tend to magnify negative points of your life. Your critic may magnify your negative points ten times, hundered times or even more hence when you meet with criticism do a self-analysis and accept those negative points if they are there in your life even in a very small percentage. Make efforts for self-transformation. Very rarely will you find that someone criticizes you on a particular point which is not a part of your life at all. If this is the case you should not bother about it at all but as I explained earlier such occasions will be very very rare. Invariably the particular point is a part of your life to a small extent and your critics tend to enlarge it. For example: If you keep your things neat and clean no one will criticize you for not keeping things in the proper place. Similarly, if you are a humble person no one will say that you are egoistic. Only if you have some ego, your critics will exaggerate the matter and put them before others. Therefore, whenever you meet criticism learn to look at things in retrospective way and remove those negative tendencies.

When someone criticises you rather than becoming unhappy and remorseful you should feel happy and joyous because if you are doing routine things and don't try to progress in life no one will criticize you. The moment you do some thing productive and try to excel other, people who envy you will tend to pass adverse comments against you. This implies that criticism is a sign of 'PROGRESS'. When you

progress in your life or get a promotion you feel happy about it. Criticism is also a similar occasion and you should feel joyous on such instances. While the shooting of any motion picture is going on there is a helper who at regular intervals shows the mirror to the main actor. This helps the main actors to correct his make-up if necessary. Similarly, your critics are also doing the job of the helper projecting your weakness and negative points. It is said that for an efficient functioning of any government there is need for a healthy opposition. Similarly we need critics for our around development. If no one criticises you, you will never be able to correct your mistakes. Hence, from now on when someone criticises you, think over the above mentioned points and use criticism for self development.

3.10 Forgive your enemies in order to forget them

When someone has misbehaved with you or posed hurdles in your life you think over such incidents and persons with distaste and become angry and disturbed. This is also a type of stress which is harmful to your health. For relieving this type of stress, the easiest and the best way is to forgive the concerned person in order to forget the unpleasant events. I have advised many people to follow this principle but most frequently they say that this is not possible. I advise them to practice forgiveness for their own benefit. When you forgive someone you yourself are benefited. Apart from a virtue, to forgive others, is also an art. Mentally we need to follow this art and master it for conquering stress. Early morning and before going to sleep, sincerely tell yourself that I forgive all those persons who have troubled me and put me in difficult circumstances. If you do this you will be able to forget the events and reduce the tension that accompanies such memories.

3.11 Spend sometime in helping others

Everyone considers ones problems and tensions to be of highest magnitudes. We tend to think that we are the most unfortunate person in the world. This happens because you think only about yourself. Rather, if you spare sometime and listen to others problems very soon you will change your opinion. You will find that many other persons are far more less priviledged and unfortunate than you. These days people are engrossed with their own life that nobody is ready to listen to others problem. When you listen to the difficulties of others you give them mental relief and you yourself will be benefited in transforming your beliefs. When you help others you not only help that person but infact you help yourself.

3.12 Use laughter as an antidote to stress

When you laugh you tend to throw away some of your remorseful and unhappy memories. Laughter acts as an antidote to many hidden and suppressed negative feelings, conflicts, insecurities etc. In his book, 'Will to be Well- The Real Alternative Medicine', Neville Hodgkinson described the story of Norman Cousins who suffered from Ankylosing Spondylitis which affects vertebral column. This is an extreme type of Rheumatoid Arthritis. Here is the way in which Cousins used laughter as medicine:-

With his adrenal gland exhausted after an intensely frustrating and demanding visit to the Soviet Union as Chairman of the American delegation considering problems of cultural exchange. (Cousins) was immobilized by an illness in which the connective tissue - collagen in many parts of his body began to become unstuck. At the low point of his illness, Cousins jaws were almost locked. He had difficulty in moving his limbs and even turning over in bed. One specialist declared he had only one chance in 500 of making a full recovery. But he rejected that verdict, and with the

co-operation of his own physician, set about restoring his body's capacity to halt the continuing breakdown of connective tissue. He moved from hospital where he had been subjected to seemingly endless tests, to a hotel room, which was somewhat more conducive to a positive outlook on life. He stopped taking the pain killers and other drugs prescribed at the hospital and put in that place a systematic programme for making himself laugh : Old Marx brothers films, Candid Cameras, recordings and lumirous books. He also received large blood infusions of Vitamin C. Laughter helped Cousins to completely recover.

As this example implies laughter can have therapeutic effects. Whenever appropriate, do laugh, you may also spend sometime reading jokes and comics which make you laugh. Don't resist laughter. Don't think that if you burst out with big laughter others will consider you childish. Without laughter life will become dull and boring. Laughter can bring instantaneous release of stress.

3.13 Time is the best healer

One should positively put efforts easying difficult situations in life. Try to solve your problems with mental ease and positive spirit. In certain situations of life inspite of putting all efforts you may not be able to solve the problem. In such circumstances rather than continuously feeling disturbed just try to divert your mind on some more productive thinking or involve yourself in some useful activity. It is a common observation that as time passes we do not recall a particular event often and in turn don't perceive the tension associated with it. Understand this simple law and just stop worrying and start doing some productive activity. Here another law also comes into action that you perceive stress only when you repeat a particular event several times. If you can cut of the vicious circle you will also be able to free yourself from unnecessary tension.

3.14 You are an actor in this huge world drama

The previous twelve points are well known in psychology. I have only put them together so that you may benefit from their use in stressful circumstances. Now I wish to tell you some points which are related to spiritual knowledge and the teachings of Brahma Kumaris. I have found these points to be extremely useful in managing tensions.

When you feel a sense of attachment to any of life's situation you become tense and uncomfortable. The primary teaching of spirituality that you are an actor in this huge world drama is of tremendous value in leading your life with detachment and happiness.

Stage actors play various type of roles which are connected with tragedy, unhappiness, suffering and so on. But they never forget that they are just playing the role. In real life, they are well off and completely different from this role. They are not attached to their specific roles at all. Similarly when you realize and understand that you are a metaphysical spark of light energy who has adorned body as a costume for playing the specific role allotted to you. You just need to play your role in the best possible manner. The problems which you are facing are just a part of your acting. In reality you are a peaceful, relaxed and happy being.

When a super star plays a role of a beggar or a coolie he in no way feels accordingly because the consciousness is always that I am a super star. In a similar manner while you are facing problems remember that originally you are a peaceful soul.

An actor always acts as per the direction and desire of the director. God, the Supreme, is the director of this huge world drama. Perform your actions according to the directions and the commandments of the Supreme. While playing a role, the actor also knows that I am playing this role for a short while. This mental attitude will also help you hence tell

yourself: "I am just playing my role for a while".

3.15 You are a Guest in this World

When you are at home you expect all comforts but when you go to some other place as a guest even if you have to bear some discomfort and difficulty you don't bother about it because you know that you are just a guest. In day-to-day life too if you consider yourself as a guest in this huge world you will happily face the problems and difficulties. When you consider yourself a guest firstly, you know this is a temporary phase which is not going to last for long. Secondly, you also don't accept many things from others because you know this is not your own home. Thirdly, you also don't become demanding as you do at your home. Similarly, if you remember all these three points in your day-to-day life you will remember that problems are not long lasting. You will also minimise your expectations and not have a demanding nature. When you go somewhere as a guest you are eager to go back to your original place. As a human being when we are guest in this world we become eager to go to our original place which is not the mundane universe but a world of tranquil life.

The soul world is a metaphysical world which is described in different terms in various religions. The soul world is described as Paramdham, Brahmalo, Shantidham, Satva Asman and so on. This is the original abode where souls reside in their original state. In the soul world there are no actions, there are no words as well as no thoughts. The soul resides in perfect stillness in this original home. While being a guest in this huge world do remember your original home for experiencing stillness and tranquility.

3.16 Don't feel jealous but do contemplation

It is said that pyre burns a dead body but jealousy burns a living one. Jealousy has a tremendous negative effect on

our physiological processes as well as the mental apparatus. When you feel jealous of others you are destroying yourself and in no way is the other person affected. In order to overcome this self destroying habit of jealousy as soon as you recognise the thought of jealousy immediately tell yourself: 'such thoughts are not at all beneficial to me instead I should spend time in positive contemplation about my true self, about God, the Supreme and my relation with him'. Such positive contemplation will help me in overcoming my problem. You may also find out the cause of your jealousy. You may feel jealous of your colleague who got a promotion. Instead of feeling jealous think: 'I will improve my ability so that in the future I too shall get a promotion'. This type of positive approach helps in minimising jealousy and will inspire you for positive actions.

3.17 Substitute the thoughts of revenge by Self-Transformation

Thoughts of revenge are also equally harmful. They increase your anxiety and anger. Thoughts of revenge in no way harm the other person, they only disturb your mind and body. Rather than thinking about revenge put efforts of self transformation, to whatever extent you transform yourself its going to benefit you. No sooner you get the thoughts of revenge immediately tell yourself: 'such thoughts are not going to help me in anyway infact let me find out my weaknesses and put efforts of self transformation'.

3.18 Put efforts of giving up subtle ego

Here the meaning of ego is not same as in term of psychoanalysis. By ego I mean self-centeredness, the sense of false pride or arrogance. One should certainly have self respect or self esteem but this false sense of pride even at a subtle level can increase expectations leading to tension. Brahma Kumari Janki Dadi, the Joint Chief of Brahma

Kumaris World Spiritual University who produced the most coherent brain waves not only in meditation but even in various states of consciousness was asked to explain the secret of her unusual stability of mind. She explained : "When I learnt meditation, very soon I was able to overcome the gross form of ego. I experienced that I am a soul completely different than the physical body. subsequently, as I started teaching meditation to others a subtle ego developed in me that I am a Raja Yoga teacher. This subtle form of ego also disturbed me. I started having several subtle expectations from others. I realized I must overcome this subtle ego. With some spiritual efforts I was able to completely overcome this ego and since then my mind remains in the state of perfect tranquility. Nothing disturbs me".

If you do introspection you will find that all of us have the gross ego to some extent and if we overcome this gross ego we certainly have the subtle ego which brings ups and downs in our mental life. Like Janki Dadi all of us should make efforts of breaking the subtle ego.

3.19 Observe thought patterns for few minutes daily

In this era of jet race our life has become so fast that we hardly have some time to observe our own thought patterns. For relieving stress, spend sometime and just observe your own thought processes. Specially when you have negative emotions, do observe your thoughts. When you do self observation, you are able to understand yourself better. On several occasions you will find that although externally you may think of something else but the actual internal desire is completely different. For example, when you become angry with someone externally you may think anger may make the other person do a proper job but infact the reason for your anger was your won frustrations. If you do self analysis you

will be able to identify such minute real cause of your negative emotions and will be able to put efforts to erase them. Surrender your worries to the Almighty. If you are carrying two bags of luggage and if you meet a friend who offers to help you by picking up a bag, you will certainly feel relieved. In the present era when everyone is carrying a lot of mental burden, God, the Supreme is certainly a genuine friend who offers to share your burden. Instead of carrying these bags of worries, anxiety, fears, insecurities and so on it is wiser to take support from the Supreme who is always ready to offer it. Faith in the God brings mental support and inner power to face adverse circumstances.

Details of this principle is described in the last chapter of this book.

3.20 When you face problems think that the debt of your past actions is settled:-

As you sow, so shall you reap. We get equal returns of every action of our life. If our actions are positive we get positive returns and if our actions are negative we get negative returns. For some of our actions, we may receive immediate feedback. Whereas for other types of actions we may get the feedback after a long time. For our undesirable and negative actions of the past we may be paying the dues now. Hence during difficult circumstance if we think we are repaying our dues, we will not feel disturbed. Suppose if you have borrowed Rs.15,000/- from someone and repay Rs.5000/-every month. Although you have to cut down your expenses and you have to forgo some of the luxury, yet you feel happy about it because you know that your dues are getting settled. If you think along these lines when you face some problems in your life you will be able to maintain the stability of mind.

3.21 Practice Meditation for some time daily

Meditation practice brings relaxation response and prepares our mind for positive actions. Psychophysiological changes that occur during meditation also helps in relieving stress. This principle of stress management is extensively described in the fourth chapter.

CHAPTER IV

HOLISTIC RAJA YOGA THERAPY

Raja Yoga is a powerful tool for holistic healing. Raja Yoga practice has positive influence on the whole existence of human being. It harmonises the physiological system as a whole as well as transforms all spheres of human existence - that is physical, mental, emotional, intellectual, occupational, social and spiritual. Raja Yoga therapy is truly a holistic treatment as it heals the governing mechanisms and the controller of the whole person. Raja Yoga also transforms ones life style and relieves emotional and mental conflicts as well as brings lasting peace and satisfaction in one's life. Raja Yoga is not only an intellectual method but its a way of living.

One of the basic rules of holistic health care is healing takes place from within. Raja Yoga also heals a person from within. Raja Yoga practice transforms the biochemistry of brain inturn having a harmonising effect on whole organism. It is said that holistic healing is self initiated. Raja Yoga is also a self initiated technique in which healing takes place as a result of activation of health promoting physiological and biochemical processes. During Raja Yoga practice the person also re-establishes the harmony with other human beings, his environment and the universal life energy. Raja Yoga practice potentiates the length, breadth and depth of human existence. Raja Yoga practice is not a retreat from personal, social and professional responsibility but it's an art of fulfilling those responsibilities in a balanced way and achieving the goal of holistic self-development - physical, mental, intellectual, and spiritual.

Yoga is a sanskrit word derived from another sanskrit word "Uhja" which literally means link, connection or communication. In spiritual terminology yoga means communion of the self with the Supreme being. Once this communion is established the practitioner receives positive

vibrations of tranquility, bliss, purity, mercy, etc. from the Supreme Soul. It is a well known fact that when a 'tuning fork' is vibrating, if you bring another tuning fork close to it, the second one also starts vibrating with same frequency. God, the Supreme, always vibrates with the frequency of peace, bliss, purity, power and all other positive qualities. During yoga practice one just tunes one's mind to the Supreme. In other words one just takes his consciousness near the Almighty and no sooner does this happen then the practitioner's mind also picks up those positive harmonising and health promoting frequencies.

The mechanism of yoga practice can be explained with the help of another example: Different radio stations are broadcasting their programmes on specific wave lengths. When we adjust our radio on a specific wave length it will pick up those particular programme. During yoga practice one simply tunes one's mind to the wavelength of the Supreme Soul and in turn receives all those positive vibrations.

The therapeutic and healing effects of Raja Yoga can be understood by understanding the following steps of Raja Yoga practice:

4.2 Step I

Preliminary Preparations

Before performing minor or major surgery it is essential for the surgeon to prepare himself. Without the basic preliminary preparation successful operation is not possible. Similarly, for a deep and lasting experience of Raja Yoga, some basic preliminary preparations are essential. One needs two types of preparations, namely:-physical preparations and mental preparations.

Physical Preparations

Don't practice meditation when you are physically tired. As a beginner meditation practice in a distracting environment also won't be successful. Select a place which is at least free from noise and other distractions. If the room is illuminated

with red light, it will have a positive effect. Research studies have shown that, dark red light has same adverse effect on one's mind but the light red atmosphere that is pink colour has the tranquilizing effect on one's mind. The red tube which is usually seen at Raja Yoga Centres in fact, creates a pink atmosphere leading to positive effects.

Position

The aim of Raja Yoga is to become a Karmayogi which means to remain in the meditative mood even while doing day-to-day actions. Yet for a deep experience of meditation, special practice, twice a day for 20 to 25 minutes is essential. During such periods of meditation practice it is not necessary to sit in a difficult posture. You can practice Raja Yoga in any easy posture. From anatomical and physiological angles it is advisable to keep one's back straight. Keep upper extremity in semiflexan and all bodily muscles in as much relaxation as possible. For this health promoting position sit cross legged, keep your hands in your lap, stretch your back to a maximum straight position and then slightly let go, automatically your back will take up the natural curves. You can comfortably sit in this position for 20 to 25 minutes. Every time when you practice meditation always sit in this comfortable position. This has a significant advantage because your body and mind will be conditioned to attain the higher stage of meditation in this particular position. After some days as soon as you sit down for meditation your brain will start receiving positive messages and signals and very soon you will be able to go deeper and deeper in the experience of Raja Yoga.

The uniqueness of Raja Yoga is that the practitioner keeps his eyes naturally open. An unexperienced meditator may think that open eyes leads to distractions. One may argue that it is difficult to detach oneself from those visible scenes. On a superficial level this argument is true but the deep analysis would reveal that closed eyes are more distracting. When you close your eyes your sub-conscious mind will come to the surface and your mind will be pulled

by the large number of subconscious memories. Your distractions will have no limits. Your mind may jump from one subject to another. Secondly, when you practice meditation with closed eyes, the possibility to go to sleep increases. Although this is not a positive advantage but the point is worth considering. Thirdly, our object of practicing meditation is to become a karmayogi. We intend to maintain the stage of meditation even during day-to-day activities. If you are conditioned to practice meditation with closed eyes, you won't be able to maintain the same stage during the physical activities, when you need to keep your eyes open. Therefore it is sensible to attain the stage of meditation with open eyes. Once you are conditioned in few days you will atleast be able to partially attain the same level of consciousness while doing the routine activities. You would agree that during several activities we don't apply our mind consciously, because we have repeated those activities for a long time. Fourthly, experience of peace and self-transformation is not the only object of meditation. The higher object is to help the society which would include human being, animals and the environment. Research done in the field of subtle energies and auras have shown that through certain parts we transmit maximum vibrations in the atmosphere. Palms of the hand and soles of the feet are shown to be the good media of transmitting these vibrations. Perhaps this is the scientific reason of touching the feet of elders in order to receive their blessings. The best medium of spreading positive vibrations are eyes. To a greater extent you can perceive the state of mind of the person from his eyes. Even a child is able to perceive the mood of mother from her eyes. The open eye meditation has the profound benefit of making the surrounding atmosphere peaceful and pure.

Having understood all these four points do the experiment of open eye meditation for a few months and experience the benefits yourself.

Time

Meditation can be practiced at any time when one is free yet the early morning and the evening time around sunset, the surrounding atmosphere itself facilitates the meditation practice. Therefore, if you can adjust your schedule prefer these specific times.

4.3 Step II

Self-Observation

Raja Yoga can be used for the treatment of many specific diseases holistically. Regarding yoga practice many people have several misconceptions. One fundamental misconception is the notion that during yoga practice we should make our mind blank. It is a wrong notion because initially it is not possible to make our mind blank and secondly it's not the objective of yoga practice. As a beginner if you sit for practicing yoga and aim to make your mind blank you will find that at that particular point all unnecessary and unwanted thoughts will disturb you. Even such thoughts which do not distract your mind in normal day-to-day work will disturb you when you specifically intend not to think about them. This is a psychological phenomenon. When you tell a child not to handle something or visit a particular place or read a particular book, the child will become anxious and curious to handle that particular thing, visit the prohibited place and read the book.

You might have heard the story of the guru and his disciple. On completing the various lessons on spiritual study, the guru told his disciple to practice meditation and advised him not to think about a monkey while practicing meditation. After sometime when the guru inquired about the experience of meditation practice, the disciple said, "Guruji, although you advised me not to think about a monkey, all the while, I was thinking about a monkey and nothing else." Exactly this is what happens when you aim to prohibit all thoughts during meditation practice. Infact, the

fundamental property of mind is to think. During meditation practice, we channel this faculty of mind in the proper direction. Before you sit for meditation your mind is travelling on a specific road where your final destiny is worldly goals and objectives. During the 15-20 minutes of meditation practice you want to give turn to your mental thoughts on the road where the final objectives and goals are that of spiritual experiences. When you are driving a car if you want to give turn first of all you will reduce the speed of your car by applying a brake or putting it in a lower gear. Similarly, during Raja Yoga practice the very first step is to reduce the speed of your thought processes. It is said that mind is like a naughty child. If you order a mischievous child to stop all mischief most probably the child will not listen. Instead if you start watching the mischievous child continuously no sooner the child realises that someone senior is watching me he will stop his mischief and sit quietly. The same technique can be used to reduce the speed of thought processes. In the beginning of meditation for few seconds observe your own thoughts. Just watch your mind like a second person. When you do this self observation invariably you will find that the speed of thinking reduces.

4.4 Step III

Giving Turn For Self-Realisation

Having completed these preliminary steps of self-observation you are now ready to turn your thought to the road of self-realisation. Naturally and gently generate the thoughts of self-realisation. The basic concept is to be aware about the spark of metaphysical light in the centre of the forehead which is completely different than the physical body. This metaphysical point of light has three potentials namely mind, intellect and personality trait. Mind has the property to think. Thoughts whether good or bad, positive or negative, all originate from the mind. In response to various stimuli the mind responds according to past

experiences and personality traits. Although in midst of adverse circumstances, one can generate positive thoughts yet past experiences and conditions can influence the mind or pull the mind in a particular direction. The intellect takes a final decision for particular action. The intellect is also influenced by past experiences and personality traits. According to the decision the soul gives specific order for a particular action. Brain and bodily organs act as instruments of expression. Every action that you do leaves an impression on the soul. When a particular action is repeated the impressions become more and more stronger and later on influence the mind to think in a particular manner, the intellect to take particular decisions. Understanding this mechanism helps to understand that you are responsible for your own actions. You realise that your habits, conditions and personality traits are influencing your thoughts and actions. You can transform your personality traits, if you consciously transform your thinking pattern and actions. Ones you generate positive thoughts and perform positive actions soon it will become part of your conscience and it will motivate, support and direct you to do more and more positive actions. You also understand that inspite of having particular conditioning you are free to think and decide in a positive direction.

The original nature of the soul is that of peace, love, bliss, purity and power. Everyone in this world desires to have love, happiness and power. All our endeavours be conscious or unconscious, are directed to satisfy this urge of experiencing peace, happiness and to become powerful. It is a different question that we don't experience them permanently but when you put efforts of earning more money, acquiring better luxuries or doing some social activities the motive behind it in one or other way is to satisfy these basic desires. This itself implies that the original nature of self is that of love, happiness and power. You're a loveful soul. You're a happy and blissful soul. The soul is full of power. Everyone also

likes and appreciates peace and purity. This is due to the fact that the original property of the soul is that of peace and purity. You're a peaceful and pure soul. The experience of many meditators is that when they become conscious about the true self as an eternal, immortal, indivisible, imperishable, point of divine light, they experience peace of mind, lasting bliss and inner power. This common experience also implies that the original property of the soul is peace, love, bliss, purity and power.

When you go near fire automatically you experience heat and if one holds a piece of ice in hand they experience coolness. Similarly, when you put the efforts of self-realisation you will experience the original property of soul. The above mentioned basic concept of self realisation can be explained scientifically. Interested readers are requested to refer the book 'ETERNAL DRAMA OF SOUL MATTER AND GOD' - written by the chief spokesman of Brahma Kumaris B.K.Jagdish Chander and 'POSITIVE HEALTH'-script by the author of this book. Now having understood this basic concept, you can practice the following sample of Meditation: "I detach myself from the physical environment... I also detach myself from the physical body I become aware about my original self — a point of divine light in the centre of the forehead.. As I become aware about my true self I feel light and peaceful... I am the master of all my physical senses ... I use this physical body as an instrument I am going beyond the influence of the physical senses ... I am feeling deeply relaxed... I am able to direct my mind in a desired direction.... I am also able to take positive decisions... This body is like a car and I am the conscious driver within... The body is like a robot and I the soul am like a programmer...

My original nature itself is that of peace.. I am a peaceful soul... I am an embodiment of peace... As I become aware of this fact, I experience a deep sense of tranquility and satisfaction... I am a loving soul.. I give unconditional and pure love to every one, I am full of happiness.... There is a

treasure of happiness and peace within I experience a perpetual state of happiness and bliss, because of the true awareness of the self... I am going beyond the physical attraction of the body.. I am experiencing the deep stage of purity which is my original nature... The experience of real happiness makes me naturally pure.... I am also achieving control over my physical senses.... I have regained enough power to direct my mind and intellect in a positive direction and perform positive and pure actions... I am a peaceful soul full of inner mental powers..."

4.5 Step IV

Tuning the Mind to Almighty

Once you generate the above mentioned positive thoughts leading to self-realisation, you will experience the feeling of lightness, tranquility and freedom from attraction towards the physical body. For experiencing this quickly and deeply, first of all churn these positive thoughts with conviction. Secondly, picturise them. When you think that I am a point of light also picturise a point of light or a shining star or a flame of light, whatever you prefer, in the centre of the forehead. Psychological studies have shown that what you see has 70% effect on your mind, what you hear has 25% and remaining 5 % comes from other senses like smell, taste etc. Hence when you generate pictures during meditation practice, it will have a much more profound effect. Thirdly, also feel the positive thoughts that you have generated. When you say that I am an eternal soul try to feel that you are a being completely different from the physical body and your existence is going to last forever. Body is a mortal instrument but you are an immortal being. When you think of yourself as a peaceful soul you will experience a sense of lightness and tranquility. Let go all your bodily muscles. Likewise, along with thinking also picturise all thoughts as well as feel accordingly.

Now during this fourth stage of Raja Yoga practice gently

and naturally generate positive thoughts related to the various aspects of God-realization. The basic concept of God-realization is that He is an infinitesimal, point of conscient light and might. Although the form of the Supreme is the smallest of small beings in the Universe, yet His attributes and powers are inversely proportional to his form. That means His attributes, qualities and powers are largest of the large, highest of the high in the Universe. His form is perceived as a point of light. In geometry a point has no dimensions. The Supreme being is the divine mother, father of all souls. Hence, if you deeply analyse the fundamental teachings of all religions about God, it is similar. In the basic teachings of all religions, the Supreme is considered incorporeal and a being of light. We shall not go in further detailed analysis of the various dimensions of God realization because this is not the primary object of the book. Interested readers are advised to read other publications of Brahma Kumaris in which these dimensions are clarified extensively.

For the basic practice of Raja Yoga it would suffice to say that we can receive unconditional love of all relations from the Supreme. Yoga is not only a mental and intellectual communion with Almighty but during Raja Yoga practice we establish all relationship with Him. We remember the Almighty as our divine mother, father, a beloved friend, spiritual teacher and highest preceptor. Following is a set of positive thoughts which can be used for tuning one's mind to the Supreme:

Having realised myself as an eternal point of divine light, now I turn my mind to the Supreme with the help of my mind and intellect I see another brilliant point of light and might in Shantidham ... Although the form of my beloved Father is the micro conscient point of divine light but His attributes are unlimited.. He is ocean of peace.. I receive soothing and relaxing vibrations of peace from Him.. Like a laser beam these divine rays fall on me. I am experiencing these peaceful vibrations and go deeper and deeper in this

experience of peace.. . God, the Supreme is the ocean of bliss, being His child I am a blissful soul... As I become aware of this fact I feel light and relaxed.. mental relaxation is also spreading to physical body.. the vibration of relaxation in my hands as well as in other parts of the body is being felt... This experience of supersensuous joy is so pure that I feel detached from bodily organs and the whole mundane world... I feel totally satisfied with this experience of bliss... the Almighty is the ocean of purity too ... I am receiving the radiant vibrations of purity... The impurity of the soul is being washed away and thrown out of the body from the extremities... I am becoming clean and bright as the layers of the impurity are removed from the soul.. I am experiencing my original perfect stage of purity... As I realize this truth that I am a pure soul I start experiencing my original inner beauty... I am also regaining mental powers... I am the master of all my physical senses as well as mind, intellect and personality traits - my ministers... I receive the glow of the powerful vibrations from the Almighty who is the ocean of all powers. God, the Supreme being, my divine preceptor is inspiring me to use all these powers in my day-to-day activities... I feel confident that henceforth, all my actions will be divine, positive and pure.. I am experiencing the perfect stage of stillness, fulfillment and total satisfaction.

4.6 Stage V

Re- establishing all relations with the Supreme

Having experienced a deep sense of detachment and positive qualities of the Supreme, we further establish all relations with Him achieving unconditional love of all relations from Him. During this stage, the following positive thoughts are useful: In the stage of perfect silence, now I understand that this world infact is a drama, in which I am playing my role as an actor... my family members, friends and fellow human beings too are just playing their roles.. These are only a temporary relationships... my perpetual and eternal

relation is with God, the Supreme.. this incorporeal point of light and might is my divine Father.. He protects me.. and gives all His inheritance to me.. I feel proud to be His child.. I will also put all my efforts to be like my divine father... He is also a loving spiritual mother... (infact God, the Supreme, gives the love of Father and Mother both, we don't address our father by his name but lovingly address Him as Daddy or Baba. From now onwards the incorporeal father is addressed as Baba.

As my divine mother, Baba takes around care.. Baba looks after me and gives me unconditional love.. not for my any special qualities I possess but ... As a mother gives equal love to all children Supreme loves all His children... equally... Baba is also my spiritual teacher ... He reveals the history and geography of this huge world drama.. He has also given me the insight of the beginning, middle and end of the world cycle.. His teachings have bestowed enormous clarity of mind.. My visions of past, present and future has become so clear that I am able to take my further steps with full confidence...

The Almighty Baba is my preceptor... He liberates me from the bondage of actions and its reactions.. He is my beloved friend.. and a companion... I am able to tell Him all my inner feelings... and by doing so I become light... Baba supports me during all circumstances... I feel so free in front of Him...

4.7 Stage VI

Narrating all feelings to Almighty

In this stage we express all our feelings and emotions to the Supreme and receive his guidance and suggestions. In this stage all hidden and sub-conscious emotions surface. This has a therapeutic effect, this is similar to the stage of catharsis described in the several methods of psychotherapy.

Now I have experienced all relations from you Baba.. Although you know, yet I wish to tell you my complete story.

I wish to express all my feelings and emotions of day-to-day life... You guide me and give your advice according to the situations Now, if you are a beginner tell your complete story to the Supreme and as you practice daily, you can express day-to-day emotions to Him.. for seeking positive guidance... In order to catch the inspirations of the Almighty go to the stage of perfect stillness.. and ask your question to the Almighty in a straight forward manner like talking to a friend.. the immediate inspirations that you receive can be followed in day-to-day life.. Don't keep any pre-conceived notions or preferences in order to receive clear messages from the Almighty.

4.8 Stage VII

Coming back with positive determinations

(This is the last stage during Yoga practice, in which we generate some positive thoughts which would help in performing future actions with purity and peace of mind. A practitioner becomes once again aware of the physical body and the physical surrounding) Now I am gradually regaining the awareness of my physical body and the surrounding .. I will maintain the experience of peace and purity in my day-to-day life.. I will also see others as peaceful and pure souls.. I will use my bodily organs as well as the mind, intellect and personality traits as my subordinates.. I will maintain the harmonious and tranquil state of mind...

Follow these seven steps of Raja Yoga practice, every time you sit for meditation. These are systematic steps hence spend sufficient time in each step. After some practice you will be able to pass each step quickly and achieve higher stage within a short time.

4.9 Psychological Mechanism

Even when you practice Raja Yoga systematically, initially your mind will be pulled by the mundane thoughts of day

to-day activities. Don't be disturbed by them and at the same time don't linger on the details of that subject. for e.g. During meditation practice if a thought about the next meeting comes to your mind don't think about the details of the meeting. No sooner you recognize that there is an unwanted thought, gently and peacefully come back to the thoughts of meditation. Continue the practice of meditation with sincerity and interest. During the first few days of meditation practice, you may get several disturbing thoughts. Follow the mental filing system described in the chapter on Conquering Stress.

During the practice of meditation you will get absorbed in the pure thoughts and achieve some concentration. Even if you get absorbed for a second you will experience the content of positive thinking. For instance if you get absorbed in the thought 'I am a peaceful soul, my original nature is that of peace' you will experience tranquility and lightness. Every experience will enhance your level of absorption and concentration which will further bring deeper experience. This can be described as the virtuous circle in which first positive step leads to the second positive step which in turn enhances the first positive step.

Every positive step during Raja Yoga practice brings transformation in one's life. For instance, if you are a short-tempered person, as you experience peace of mind gradually you will become a more tolerant person. With regular practice of meditation the short-tempered personality can be completely transformed. Similarly many other weaknesses, undesirable, personalities and drawbacks can be completely transformed.

The Uniqueness of Raja Yoga practice is that everytime you are able to generate different positive thoughts as per your objectives and experience the desired transformation. The earlier suggested sample of meditation is not a prayer. One can generate different types of positive thoughts and have a unique experience during every session of meditation. Because of this uniqueness of Raja Yoga one does not feel

bored with the same repetitions daily. It also gives one an opportunity to become creative during Raja Yoga practice.

The one who follows the various steps of Raja Yoga systematically can finally achieve the ultimate objective of life that is PERFECTION.

4.10 USING RAJA YOGA AS A THERAPY

The practice of Raja Yoga as described in the preceding section benefits many people suffering from minor psychological problems known as 'neurotic illness'. Late Dr. David H Fink well known neuropsychiatrist from California, described the term average middle class neurotic. According to him normal people also fall in this category. We all at times feel tensed, nervous, restless, frightened, have difficulty to go to sleep, tend to forget important informations, experience palpitation, undue sweating in hands and so on. Average middle class neurotics experience some of these symptoms on some occasions. If you honestly analyse your own life, you will find that at times you too experience such symptoms. Raja Yoga practice alone can be of tremendous help in overcoming these symptoms.

Relaxation Response

Raja Yoga practice is an easy and natural method of eliciting relaxation response. Herberd Benson at Harward University has done extensive research and shown that relaxation is an antidote to stress. When you are relaxed you are able to face adverse circumstances more easily. Stress increases the susceptibility of a person for neurotic tendencies. Under tension you develop negative approach towards life's events. You tend to become short tempered. The rational and logical thinking is hampered which tends to make a person neurotic.

Positive Thinking

Raja Yoga practice as described earlier, is an art of positive thinking. The thoughts that we generate are all positive thoughts. Within few months of meditation practice you automatically become a positive thinker. Positive attitude towards life acts like a buffer and helps to absorb shocks of day-to-day life.

Relieve Pressure of Life

Human Beings can be compared with a pressure cooker. When the pressure in the cooker increases the safety valve becomes active and extra pressure is released. Similarly, due to several adverse circumstances and other problems of life mental pressure in our daily life increases. But in our life we do not possess the mechanism of a safety valve and hence tensions tend to find an outlet in the form of neurotic symptoms. Raja Yoga practice acts as a safety valve and the amounting pressure is released, minimising the neurotic tendencies.

Gives Satisfaction of All relations

In the present era our psychological needs have become more and more complex. In this era of Jet Race and competition most people are busy in their own world and hence are not able to find sufficient time to satisfy the psychological needs of their family members, relatives and friends. Therefore, they tend to feel dissatisfied with their parents, spouse, children, other relatives or friends. They are also not able to express this dissatisfaction openly, hence consciously or subconsciously tend to suppress them. This suppressed dissatisfactions tends to find an outlet unconsciously and neurotic tendencies are formed giving an outlet to these suppressed dissatisfactions. This mechanism takes place at a subconscious level and normally one is not aware about it. Even when one knows this psychological

mechanism the present daily relationships have become so delicate and complex that one is not able to feel satisfied in all relationship. Raja Yoga practice where the mind is tuned to the Almighty and receives unconditional love for all relations, suppressed dissatisfactions are relieved. Regular practice of meditation prevents all these average middle class neurotic tendencies. Persons having some neurotic problems would also benefit from meditation practice.

Neurotic Diseases

Patients suffering from neurotic diseases such as anxiety, neurotic depression, obsessive compulsive disorders, phobias and so on, routine systematic meditation practice proves beneficial when combined with conventional psychopharmacology and psychotherapy. First of all write down all specific symptoms which you experience. Also do some self analysis and try to pin point the cause of your diseases. Now at the end of the meditation practice during the last 5 to 10 minutes generate positive thoughts to relieve the specific problem. Several positive thoughts described in the chapter on conquering stress for holistic health can be used as per your specific symptoms. Following are some of the few examples of suggested meditation to relieve specific neurotic symptoms.

Insomnia

(Try to feel relaxed.. Don't worry whether you fall asleep or not. When you are moderately tired lie down in bed practicing meditation. Within a few days the sleep centres in the Hypothalamus will become active and you will be able to get a sound sleep. Remember what you need is rest rather than sleep. If you're relaxed even without sleep you will definitely get a good rest which is sufficient). The experience of the communion with the Almighty gives me a deep feeling of relaxation ... As I experience this communion with the

Almighty I experience the original state of the soul ... My tensions and worries are minimised, therefore, I feel free and relaxed... I am able to concentrate on this practice of meditation.. I am feeling light... My eyes are becoming heavier and heavier ... I am feeling sleepy... I let go off my bodily parts... Slowly reduce the speed of meditative thoughts and let the natural physiological phenomenon do it's work ... While you lie down in bed in a comfortable dark atmosphere you may automatically fall asleep. Even if you don't fall asleep just try to feel comfortable with yourself.

Insecurities

Now that I have realised I am an eternal and immortal being and my original nature is that of peace and bliss, I feel comfortable with myself.... God, the Supreme, is my Spiritual Father and I have experienced his power and positive qualities ... When God is with me I am completely secure... Having experienced lasting peace, happiness and inner powers all my desires are fulfilled... I realise that except God no human being can protect me in present as well as in future... In the hands of the Supreme I am completely secure.... As I realise my lasting relationship with the Almighty I don't have any more expectations from others... All my desires are fulfilled. (Repeat these positive thought 3-4 times at the end of each meditation practice and also convince yourself that most of your insecurities are unreal. They are never going to happen in reality. Also find out some points of spiritual wisdom to overcome your negative thoughts and repeat them daily.)

Fears

Now I feel deeply relaxed.. I am receiving positive vibrations from the Almighty.. My self-confidence is increasing.. I am also becoming a bold person.. When God is with me who can be my enemy... In the company of Almighty no one

can harm me in anyway ... Now I have become a bold person and I am capable of facing preciously fearful situations with confidence. (Remember that most of your fears are imaginary. The best antidote to fear is to face it. Never run away from fearful situations. At the end of meditation practice create a picture at the very moment you are facing a stressful situation. Whenever possible, always recall the fearful situation by doing so for a few minutes at the end of meditation practice, you will be able to completely overcome the specific fears).

Hopelessness (Depression)

Having established the communion with the Almighty, I am feeling happy and joyous ... My Supreme Father is Ocean of Bliss ... I am receiving positive vibrations of bliss from the Supreme. I am getting more and more interested in life ... Life is indeed worth living... By understanding the spiritual knowledge I have understood the purpose of life... Hence, now I wish to inculcate positive virtues in my life ... I feel more and more energetic and enthusiastic ... I am also taking interest in the activities of day-to-day life ... Now I have understood that this body is the worthy instrument of the soul and I wish to take proper care of the body...

Obsessive -Compulsive Neurosis

Now I feel a deep sense of tranquility and bliss.. I am receiving love of all relations from the Almighty.. I am completely positive and satisfied... My Supreme Father is the ocean of purity and I am receiving those vibrations of purity from Him ... I am realising that my habits are not normal ... I am receiving enough power from Supreme to stop this unhealthy repetition ... I am also deeply convinced that this unhealthy repetition is not going to help me in anyway ... Even if I have to bear with some discomfort I will not repeat the act ... By tuning my mind with the Almighty I feel completely secured and my will power is increasing ... Day

by day I am able to minimise the unhealthy repetition... Self control is increasing.. I will put all efforts to completely shed these unhealthy habits ... (Along with meditation to overcome obsessive - compulsive disorder like repeated hand washing or doing some ritual, also try to be in touch with your inner feelings. Have positive thoughts during meditation to overcome those unwanted feelings and also make sincere efforts to stop the compulsive act ... If you succumb to your mental urge and repeat the particular act, you may feel comfortable for sometime but your disease is going to increase ... Instead with determination try to stop the repetition. You may feel uncomfortable for a while but later on you will feel much more relaxed. Your self esteem will increase. Day-by-day put more and more efforts to stop your repetitions. Meditation will definitely help to overcome the inner conflict which is the cause of such compulsive behaviour).

Addictions

I am experiencing the deep feeling of relaxation and bliss.. Naturally I am feeling so happy and satisfied that there is no need to depend on any external substance for pleasure... My Almighty Father is the ocean of powers... I am receiving those positive powers from Him.. My will power is increasing... My consciousness is becoming pure... Now I dislike impure addictive substances... I have enough strength to completely overcome my old habits.. I am also realising that these substances are hazardous to my health... Even if I have to bear with some discomfort I will completely conquer this habit and regain the purity of the soul.. (Once you have understood the spiritual knowledge and experienced meditation the best way is to completely shake off the old habit immediately. Even if you have some urge or the symptoms of physical dependence like joint pains, hallucinations, etc. it will not last for long. After 72 hours such withdrawl symptoms will diminish and you will be able to free yourself completely from the hazardous habit forever. Upto six months or so

some craving may persist but don't succumb to the desire. The urge will last only for a few minutes. If you can control yourself for few minutes the war against addiction is won. During the small transit period of craving you may divert your mind on other subjects or take support from your friends but don't surrender yourself to the addiction).

Healing Psychosomatic Diseases

For the treatment of psychosomatic diseases when meditation is combined with conventional medicine. The dose of medicine can be reduced and the disease can be cured permanently because meditation removes the root cause of psychosomatic diseases.

For treating specific psychosomatic diseases specially modified meditation can be used as a therapy. Simonton and Simonton of U.S. and others have successfully used Visualisation techniques in giving relief to cancer patients. For example, if a patient had a tumor in the liver, he was taught to practice relaxation and in the state of relaxation they advised him to visualise a light falling on his tumor and gradually the size of the tumor is getting smaller and smaller and ultimately it disappears. They have shown that such systematic visualisation practice helps quiet a number of patients who had cancer in specific bodily organs. Initially other medical experts did not take them seriously. Subsequent proper documentation and experiences of many patients have swung the pendulum. Now number of research scholars too recognise the value of such visualisation techniques. Certainly visualization practice with relaxation will benefit patients suffering from psychosomatic diseases. Benjamin O Bidd and Joseph J Weed in their book 'Amazing secrets of psychic healing' have given a large number of examples of curing minor or major physical problems by such technique which they named "Medi-Pic". They used various mental images to correct the pathology of a particular illness. Visualisation is a powerful tool because our brain does not

understand the difference between visualisation and reality. Hence, the brain transmits messages for real transformation in the bodily organs. Following are some of the visualisation techniques which can be practised for achieving positive results in specific psychosomatic problem. First practise meditation for 15 to 20 minutes and at the end practise the visualisation technique for few minutes.

Acidity and Peptic Ulcer

A diet rich in chillis and oils as well as mental tension increases the stimulation of the specific nerves responsible for acid secretion in the stomach. The continued acid secretion over a period of time destroys the delicate linings of the stomach resulting into an ulcer. Antacids and other medicines which neutralise the acid or reduce stimulation of nerves helps a person for a short period. For long term benefits a change in diet and transformation of one's outlook and mental state are essential.

Regular practice of Raja Yoga definitely makes ones outlook towards the day-to-day events positive. Raja Yoga also motivates a person and provides enough mental power to adopt a healthy life style.

The following visualisation would benefit to reduce the stimulation of the specific nerve and in turn the acid secretion. This would also promote healing of the ulcer.

In a deep meditation state, visualise that soothing and relaxing rays are falling from the Supreme on to the soul and like a lazer beam have a soothing effect on your stomach. Also picturise that the stimulation of nerves going to the stomach is reduced... Production of acids in your stomach is also reducing and the ulcer is gradually healing ...

Headache

90% of headaches are suggested to be tension headaches in which muscle tension increases or blood vessels tend to

dilate. For relieving headaches visualise that you are receiving relaxing vibrations from the Almighty. Also feel that the muscles have become light and relaxed. You are receiving a divine lazer beam which mildly constricts the blood vessels of your head and you are feeling a sense of relief. Also tell all your feelings to Almighty as suggested in Stage VI. Try to let go the unwanted and unnecessary burdens. Fill your mind with POSITIVE THOUGHTS.

High Blood Pressure

Stress stimulates a specific part of one's nervous system medically known as sympathetic nervous system. As these nerves get stimulated the level of blood pressure increases. The nicotine present in tobacco is also responsible for high blood pressure. There is a natural tendency for high blood pressure as age advances. The flexibility of the blood vessels is inversely proportional to age. As age advances blood vessels become rigid leading to high blood pressure. But high blood pressure observed amongst persons who are not even fifty years old is possibly due to the stress and life style factors. Practise the visualisation suggested below:

Now I am feeling deeply relaxed and peaceful... I am receiving the tranquilising rays from the Supreme... The undue stimulation of the special nerves responsible for increasing blood pressure is reducing... the positive vibrations have covered the complete area of my heart... the heart muscles are becoming relaxed and healthy... Day by day the pressure on my blood vessels is reducing..

Such specific visualisation at the end of each session of Raja Yoga practice can help patients suffering from Artheritis, Backpain, Asthma, Diabetes, Skin Diseases and so on when combined with the conventional medicines.

If you have found the informations given in this book useful, do apply them in your day-to-day life. You may also once again read the relevant portions. The practical meditation described in the fourth chapter cannot replace a systematic

course given at the local Raja Yoga Centres. These seven days courses for one hour daily are offered free of cost. Hence, for profound benefits readers may take this practical course of Raja Yoga at one of the three thousand and five hundred Raja Yoga Centres situated across the world.

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