



Illness to Wellness, Wellness to Wellbeing Mukeshanand Brahmchari

After a few sessions of Silent Heart Meditation, one starts observing changes within. Muscles and joints become relaxed, the head feels lighter (with an occasional need for a short nap!), heartbeat and breathing rate becomes slower, energy seems to flow more freely through internal channels within the body, and the speed and intensity of thoughts reduces. The effect is felt by people of all fitness levels – whether a yoga instructor or an ailing patient. Silence is a powerful medicine! If even without consciously working towards it, silence harmonizes the body, imagine it's effect when directed wilfully towards a specific ailment or part of the body.

One of the effortless fruits from my *sadhana* is the ability to channel Universal Energy, quieten the mind as well as harmonize the body and its organs, initiating the reversal process of disease, manifest and unmanifest. This special power has been revealed to me, to be shared with the world in the spirit of *seva*. Before witnessing, experiencing and receiving this blessing for our well-being, let's understand our body's potential and it's current state, genesis of disease, and reversal process.

The Potential: The human body is the most advanced machine on Earth, designed to last for over a hundred years, and support us in our quest to achieve our highest potential, and to be the best we can be. This tool has been used by great luminaries to reach unprecedented heights in their respective fields.



Mahatma Gandhi

*undertook 17 fasts.
Longest fasts lasted 21
days*



Swami Vivekananda

*could effortlessly memorize
10 volumes of the
Encyclopedia Britannica in
a single reading*



Vinoba Bhave -

*walked 80,000 kms to
Inspire Bhoodan
Movement*

An optimally functioning body is not meant to get a fever or cold at every season change, to need nutritional supplements, to pant after climbing a few stairs, to have aches and pains in various parts, to have trouble sleeping at night, to need an alarm clock to wake up in the morning, or need stimulants such as tea, coffee and tobacco to get through the day.

Yet, for many of us, these and many more complaints of accelerated, degenerative aging are a way of life now. After the age of 45, it seems normal to be afflicted by one or more conditions such as obesity, diabetes, hypertension, arthritis, asthma, allergies, neurological de-generation, spondylosis, menstrual disorders, cancer. Globally, this is the first generation which is expected to live less than its parents, despite the wonders of modern science.

But the miracle of life has given our body the ability to recover and heal itself. Ailments can be reversed, state of health restored, immunity built for future well-being. It IS possible to reverse the effects of aging, to be healthier than we were 10 years ago, and to stay healthy with the passage of time! Not only this, our body can move from being an obstacle, to our biggest supporter as we become the best that we can be. The knowledge of this capacity was known to ancient *Yogis* and *Shamans*, but has been lost to us over time. The Grace of my spiritual Heart Guru has enabled me to experience this natural state of well-being, such as being able to work and meditate for 18-20 hours without fatigue and being able to not only keep my mind immersed in the spiritual heart, but lead many minds to do the same during group meditations.

The principle behind well-being is simple – to **identify and remove the root cause behind our “dis-ease”**. The seeds of disease take root long before manifesting in the physical body. A disease, as the word suggests, is the absence of ease, a natural state of our being. *Rishis* (ancient Indian researchers) in the Yogic tradition, had identified 5 sheaths of existence - Body, Vital Energy, Mind & Emotions, Inner Wisdom and Joy. A “Yogi” is one in whom all these sheaths are in Yoga, i.e. in Harmony. Internal dis-harmony within, moves us away from our inner wisdom. We forget the true nature of our Self and lose touch with peace, love and joy. The starting point of modern dis-eases is our mind. The stress of our hyperactive minds restricts the flow of vital energy to centers of hormonal secretion (such as thyroid gland), thereby impacting functions of organs. If unchecked, this dis-harmonized flow of vital energy becomes more gross, disturbing heart-rate and blood circulation, and our organs, in turn. This is the stage when diagnostic equipments diagnose the dis-ease. This internal dis-harmony has now percolated into our external reality, by manifesting as “dis-ease”. But it had taken root in a subtle, energetic manner long before that. This has been recognized by the scientific community, through the term ‘psychosomatic’ ailments and through new fields of study such as psycho-neuro-endocrinology, which traces the disease pathway in detail - from the mind to nervous system to endocrine system to the organ.

In the live session on ‘Body Scanning and Harmonizing’, with the support of the universal energy, we delve deeper into the disease genesis, from the gross to the subtle, in a way modern science is still unable to. Through Silent Heart Meditation, I “scan” the body, piercing through layers of conditioning and accessing information about one’s body, vital energies, the mind, and emotions. This has often led to the astonishing discovery of diseases in their early stages, which would go undetected by instruments and practitioners of modern medical science. The scanning enables me to determine the extent of damage to various organs and systems (e.g. *how effectively is the kidney performing its function of flushing out toxins?*). The impact on the body is then separated into primary and secondary, so that the healing can be focused on the primary site of impact. Going deeper enables, I can see underlying habits leading to the present state (e.g. *what emotion and thinking*

pattern are at the root of the disease? are any specific foods or meal patterns aggravating the condition?). The entire process is conducted using the supreme equipment available, my spiritual Heart Guru. It is conducted publicly, so everyone has a chance to witness, authenticate, question and understand this powerful science.

This is the start of the healing process. By channeling Universal Energy, I first quieten the mind, and gradually harmonize the body and its organs, initiating the reversal process of disease, manifest and unmanifest. In the aftermath, the student has the potential to continue sustaining this inner well-being and preventing further disease by establishing themselves in their meditation practice and progressing on their spiritual journey.

Namasté

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