

MASTER E.K.

*Healing and Health*



KULAPATHI BOOK TRUST  
VISA KHAPATNAM

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**KULAPATHI BOOK TRUST  
VISAKHAPATNAM**

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## ***About the Book***

It is a great pleasure to present this book, "***Healing and Health***" before you. It is like a textbook to the doctors in any system like Modern Medicine, Ayurveda, Homoeopathy, Naturopathy or any other branch. This book is a compilation of nine lectures - Spiritual Healing, The Science of Spiritual Healing, Yoga and Healing, Healing and Healers, Astrology, Homoeopathy and Healing, Healing and Cure, Illness in the Transition, Purpose of Homoeopathy and Spiritual Healing and Ayurveda.

Master explained many important subjects like Healing practices, Active and Passive Space, Healing through Word, Different Healing Systems, Communion with Lord, Spiritual Sun, How to use Sun Rays for Healing, Origin of Disease, Meditation, The Power of Auto-Suggestion, Qualities of a Healer, Blockages on Etheric Plane, Human Magnetism, Relationship between Astrology, Ayurveda and Healing, Aquarian Age, Energy centres in the body, What is contagion and Real cause of Diseases, etc.

If anybody reads this book and tries to understand, I am sure he will develop the Healing Magnetism in himself and also I am sure he will transmit his Healing Magnetism to others and serve Humanity at large. Such a wonderful phenomenon Master EK created in this book.

May the Master bless brother Rama Prasad garu and Bhargav for their help in proof reading and Sai for his help in printing.

11th, August, 2023  
Machilipatnam

**Ch. S. N. RAJU**  
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May his family be blessed by the Divine Grace of Master E.K.

**Kulapathi Book Trust**





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The publishing unit is constituted to propagate the Ancient Wisdom given out to Humanity from time to time. The proceeds from the sale of the book are utilised for reinvestment in similar books in pursuance of the objective of the propagating Truth.

The contents of this book are dedicated to the humanity at large. They belong to the One Light and the One Truth that pervades and is beyond the concepts of Caste, Creed, Religion and Nation.



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## *Spiritual Healing*

**M**y brothers and sisters, today's topic is '*Spiritual Healing*'. The term 'spiritual' refers to something related to the spirit. The word 'spirit' means the essence of everything. When a block of ice melts and turns into water, we can say water is the spirit of ice. Certainly, we perceive various sorts of matter in this world, such as the matter in our bodies and the matter in the things around us. All matter is made up of atoms which might be referred to as the spirit of matter. All atoms are made up of tremendous amounts of energy which might be referred to as the spirit of atoms. All this energy is made up of the space consciousness in which we live and this space consciousness can be called the spirit of energy. That is what we call God, because everything is made out of that spirit including our Sun and the solar system. All the planets are made up of solar energy and the actions of the Sun upon the planets created life on each planet.

### *What is Spirit?*

Life created many millions of living beings on every planet. Just as we exist on this earth as living beings, every

planet has its own living beings on it. Similarly the Sun also has millions of living beings on the Sun globe. All these things have come out of the same spirit and we call it 'The Spirit'. When we try to understand the spirit and remember and see the spirit in us and in everyone, then our thoughts, our actions and our speech belong to the spirit. Then whatever we do will be useful to anyone in this world and we will not do anything that is harmful to any one. In the same way, what we think will be useful to everyone in this world, as our mind will not permit us to harbour evil thoughts about others.

All this energy is made up of the space consciousness in which we live and this space consciousness can be called the spirit of energy. That is what we call God, because everything is created out of that spirit including our Sun and the solar system. All the planets are made up of solar energy and it is the Sun's actions that created life on each planet.

Suppose I think somebody has harmed me, misbehaved with me, talked ill about me. Such thoughts will be there in our minds, when we do not remember the spirit in us and the spirit in everyone. But when we train ourselves to remember the spirit at all times, such thoughts find no place in us and all the thoughts belong to healing. Healing does not only mean curing diseases. Healing means rectifying defects in us and others.

In the modern days, in the occident we find a great liking to healing. Many people are trying to learn healing and heal others. A deep desire to make others better has suddenly

increased during the past twenty years in the occident. This is because the world needs much healing in the present day. Whatever is needed to the world will be produced by Nature in the form of our thoughts and good intentions. Whenever something revolutionary is necessary to make things better, something will be produced through our thoughts once again. At present the necessity to heal has become much more important than ever before. Therefore, a strong desire to heal has come to many minds.

### ***Over-Drugging***

In this century, for about 80 years, medicinal healing has become more common. Man has conducted so many unnecessary experiments with medicine that man uses medicines more than is needed for the human body. The result is two generations are spoiled in health and the resistance is not as it was previously. Every time we get a cold and sneeze, we are at risk of contracting a dangerous disease sometimes leading to death. Whenever there is a slight injury to any part of our skin, there is every probability of getting some dangerous infection like tetanus which causes death. It was not the case in the previous generations. Very simple diseases like colds and minor injuries have never harmed anyone on this earth and never caused death in the previous centuries. It was because man did not conduct unnecessary experiments with medicines. Man did not swallow and inject so many medicinal substances into the human body for the purpose of curing diseases. And now, sometimes medicines are used when there are no diseases at all.

For example, when a child is born it is given vaccines and subsequently we make the child unhealthy with the vaccination. By utter ignorance we have taken this as the law of every government. Many times ignorance ruled centuries and now the same ignorance is ruling the modern century also in the form of belief in vaccinations, antibiotics, cortisones and endocrine medicines and many unnecessary things.

The surgery is unnecessarily associated with Allopathy and is being used even if it is not necessary. We see hospitals where there is a big rush for maternity and to avoid delay, Caesarean operations are conducted for deliveries. We are in deep ignorance about these matters, because those whom we call medical professionals, specialists and doctors are themselves in greater ignorance than ourselves. When they wrongly direct us, there is no other option for everyone than to fall victim to ignorance. We see how, when there is a uterine haemorrhage in a woman, the doctor immediately removes the uterus. This is also sheer ignorance. Whenever a person is unable to sleep, medical science produces sleeping pills made up of dangerous poisons and narcotics.

Not only that, the doctors encourage ladies to use pills to postpone and advance menstruation dates. They do not know how dangerous it is, and how a disturbance of the endocrines and hormones in the constitution permanently damages the psychological mechanisms of the ladies, thereby establishing chronic diseases in the physical body which can never be cured by any system of medicine, including

spiritual healing. This is all due to the great ignorance of the present mankind. We are to take every care of it.

We are suffering from over-drugging. There are people who use multivitamins to maintain their health. They do not understand how dangerous it is to use vitamins in the form of chemical medicinal substances.

### ***Need of Spiritual Healing***

Nature feels the great necessity to take care and it has inculcated a big thought of spiritual healing in the human beings of this earth. *Unless Nature produces a thought wave, it cannot take the shape of the thought of a century or a nation.* It is well known that individual thoughts pass through our mind and then disappear. Even though we try to convince others about our own thoughts, they disappear as soon as we die. However the thought produced by Nature in our mind is always progressive and positive, because it only produces thoughts in us to meet urgent needs.

The desire to heal the unhealthy has therefore become very strong during these two centuries in many people. Some sixty years ago, we did not find so many people interested in healing. Many people were not even interested in healing themselves. Now many people are interested in healing others, but they forget that they have to heal themselves first.

### ***Heal Yourself First***

Any one who wants to be a healer should first heal himself or herself and make the physical and mental body perfect. Then only he or she can heal others. But if I happen

to be a psychic patient suffering from severe obsessions in my mind due to financial and domestic issues and still take up a psychology diploma and begin practicing as a psychologist, what happens when people come to me for psychological advice? When they seek healing from me, I will introduce my own obsessions and make them unhappy with my own ailments at the same time.

Likewise, when I experience nervous weakness and hysteria, when I feel over-sensitive in the presence of strangers, when I feel overwhelming tension to meet others and spend time with them, when I suppress weeping, my throat chokes every time, then I have to withdraw to a room once or twice a day and weep for five minutes before returning to the company of others. When my nervous system is in such a dangerous condition, when my liver is not permitting me to appreciate others, when my liver is oversecreting and making me feel jealous of everyone who is happy, then in such a state of mind, if I begin to heal others, what will happen?

I may proudly say that I give spiritual healing and classes to others. However, I will give them classes on infection of my own troubles, and the result is that the seekers also feel restless after coming to me. When they are happy, they become restless and when they are unhappy, they become restless. When there is some great joy, they cannot contain it and weep. When they appreciate others they weep and when any one thanks them, they weep. This is because their nerves are in such a condition that they cannot contain

emotion. It is due to the fact that their emotion is not purified, as their love-nature is polluted with emotion.

*But, to be a healer, we should have love-nature which is distilled from the pollution of emotion. Then only love-nature will be impersonal. But when it is polluted with emotion because of the disturbance of the liver, our love-nature is also polluted with emotion. Then we begin to love only our own people and hate others, yet we call it love. I begin to love my wife and children. All selfishness in the world is due to bad liver and unless we are cured of it, our love-nature will not be purified from the pollution of emotion. Then only we are fit to become spiritual healers.*

So, first of all let us purify and heal ourselves and it is possible only when we have many people working for the same cause as us. If we begin to practise individually in our rooms, we will not be able to heal ourselves at all.

There are people who sit in their rooms for hours together in *Padmasana* or *Siddhasana*. They close their eyes and enter into a strange type of meditation, trying to purify themselves. It results in them experiencing nervousness and being unable to tolerate anyone else's misbehaviour. All the elements of tolerance will be taken away from them. The spirit of pious aristocracy fills their mind. When they come into the world, they see only defects in others because the tolerance in them is lost. When we go into such a condition, there is absolutely no possibility at all to become a healer.

There are people who are very much afraid of bad vibrations from others. They think that people who are sick have sick vibrations and make us sick by their presence. How can such a person be a healer? When he feels himself ready to receive the infection from the sick, how can he heal them? He has grown too negative. Every time a Malady (sick) comes to him, he will suffer from a severe headache that day. We know people who try to heal others and suffer from extensive suffering and diseases afterwards. This is because they say that the diseases of the sick will be transferred to them and that they take others' diseases, but this is utterly false. This is ignorance and the science of healing never teaches us such nasty things.

### ***Healer should be Positive***

The science of healing teaches us that we are positive in our spirit and that the more we remember it in everyone, the healthier we become. *The more positive we become, the more we radiate the positive health around us, and our presence begins to radiate the magnetism of health into others and spiritual healing occurs automatically without our own knowledge.* Consequently, it is not the healer who receives the pollution of the disease, but he is the one who injects a positive injection of health into the sick. Then only he can claim to be a healer. One should not be affected by the environment. *One should be able to affect the environment by one's presence. Such is the nature of a healer.*

Have you ever heard or read that Jesus Christ suffered after healing anyone? When he gave sight to the blind, did

he suffer from blindness for sometime? During the healing of people possessed by evil spirits, did he also get possessed by the evil spirit for a while? Healer can understand and meditate upon Christ, then he too becomes a healer. True healers are essentially spiritual and if you find a holy man or a saint sitting anywhere and approach him and talk to him for five minutes, his healing presence will be with you for months afterwards. Sometimes it will be with you for years and sometimes for life it will be with you.

You might have heard of a holy man called Ramana Maharshi in South India. Many people approached him with many questions about philosophy and religion, about the economic and social problems in the world and with questions that cannot be solved by anyone. We gathered all these questions before approaching him and went to live with him. And what was the result? As soon as we go near him, he smiles and asks us to sit down and then brings something for us to eat. He prepares some breakfast and gives us some fruit and milk and for one or two days we will enjoy his presence. He asks us some questions and then he sits smiling silently for hours. We sit before him silently smiling for hours and days. We never sit there with great tension, because we forget ourselves. And after a few days, people return to their places and wonder why they did not ask him all these questions.

The secret is, they believe that they forgot all these questions in his presence. They thought it was some black magic with him that confused their minds and made their minds not work in his presence. It is all ignorance. The fact

is as long as we are with him, our minds have no questions. This is because it has every answer to it, because our mind is his mind, because our mind is touched with his mind. Just as, if you take some iron pieces into your hand and make them touch a magnet, all the iron pieces are magnets and not iron pieces at all, but only as long as they are in touch with the magnet. And even when they are in touch with the magnet, even if you place the magnet at a little distance from the iron pieces, they receive the induction or the presence of the magnet and they behave as magnets. In the same way, as long as people were with Ramana Maharshi, their minds were perfect. *And a perfect mind has only answers and no questions. It has only solutions and no problems. It is not by logic that we solve our questions, but it is because of our magnetism that we find solutions and answers.* We cannot normally understand this secret and due to our ignorance we believe that our questions are answered by logic, and we find solutions to our problems by logic. It is not at all true. *The truth is, we have solutions for us in the light of our own presence. Since the brain cells are not perfectly healthy, we are unable to express our presence properly through our brain cells.*

The expression is only in the form of questions and doubts and no solutions. Solutions are with us but they cannot enter into the brain cells in the form of mind, because the brain cells do not permit us to enter directly and express.

Perfect healers like Ramana Maharshi and others are those whose brain cells are purified and perfected and whose spiritual mechanism is completely tuned, so that they

are able to enter the brain cells totally and transmit what they want to give us totally. When we are in their presence, we do exist in the same state and the result is that we have only solutions and no doubts or questions. Once again, when we come away home, we have our own brains filled with imperfect brain cells. It is like magnets containing an alloy of aluminium. The magnet in us tries to work perfectly, but the alloy of aluminium gets in the way and does not permit the magnet to act perfectly. That is why people used to recollect their questions when they came from Ramana Maharshi. They wondered why they did not remember their questions. Now you will understand how a real spiritual healer will be like. He never shuts himself away in loneliness in a room, in a cave or in a forest, but he will always be with people. During your training, you should also learn to be with people, not to be influenced by them, but to influence them in a good way. Unless you are mixing with people, you cannot influence people. And while practising healing, you are always more successful when you practise in groups.

You will never be a success when you practise healing as a single person. An institute like this is very convenient and comfortable to practise healing. There should be a possibility of a community living. But it should be something different from the communities we know in the occident. But we should leave evil behind and live in a community. We should be powerful enough to pick up what is good and leave what is not. Now after a long time, after the industrial revolution, the occidental mind is just coming out of the industrial mind and trying to live a community

life. But previously, it was necessary that everyone have his own room to live in.

Even now there are many people in the occident who cannot live without having their own room. Here, the Orientals have great advantages, because more than 50% of them are accustomed to living in great groups. When there is one big hall in our houses, all of us live in the same hall. So, the economic conditions in India produce conditions that are conducive to becoming a spiritualist. Even from India, we should pick out what is good and leave off what is not good, and we have to teach them what is good from us and we have to leave off what is very bad in the Occident. Then only we will be healers in real sense.

A good spiritual and yogic community life is a necessity to become a healer. I have observed many spiritual communities in the occident for these ten years and with what great speed new spiritual communes are developing. I am observing. Five years ago, when I came here, this institute was in its beginning stages. I found with what great speed it has gained its strength and perfect shape and now I understand, with what iron discipline, the yoga teacher is creating order and discipline among these people here. If you want to heal and want to become spiritual healers and if you cannot appreciate what discipline is, it is not possible for you to develop as healers. Anyone should undergo discipline and know what time is and what place is. You should be able to attend your practices strictly according to time.

***Healing Practice***

Discipline yourself to sit in the same place where you sat yesterday and in the same posture you begin to sit everyday. And when you sit for spiritual healing classes, it is absolutely necessary to sit in perfect rows, both horizontally and vertically. When we sit one behind the other in perfect order and one by the side of the other in perfect order, just as you see the armies and the soldiers in an army, then only healing becomes possible in its ideal sense. You can ask me 'why?' It is because everyone is a magnet for some expression of life and mind. And every magnet has its own polarity, its own south pole and north pole, and its own polarity of mind, that is, its own strong likes and strong dislikes. Every one of you will like some things and dislike some things. The strength of your likes and dislikes is always much stronger than those in the Orient. In India or China or Tibet, people cannot like very strongly or cannot dislike very strongly. If you like a person, you can like him very strongly. If you hate a person, you can hate him very strongly. That is, the individuality of the Occident is very very strong and powerful. That means each one is a strong, powerful magnet by himself or herself, generally not accepting the magnetism of another. But when you know how to arrange the magnets, you know that two magnets work as only one magnet. If you arrange one magnet upon the other with like poles, then the two magnets fight with each other. But if you can place the magnets with unlike poles upon each other, they will not only attract each other, close together but also begin to work only as

half magnets to each other and the two put together work as one magnet. That is what happens when you know how to sit in a healing school.

In any type of spiritual practice, let it be yoga, healing, meditation, or liberation, let it be *Karma yoga*, *Bhakti yoga*, *Jnana yoga*, *Japa yoga*, *Laya yoga* or *Tantra yoga*, whatever it may be, if you know how to group people, then each individual becomes a part of a group and the group works as one person. Only when such a thing is possible, the healing magnetism passes as a healing current through your bodies. See how the electrical batteries are arranged in connections, if you are not capable of connecting them, each electric cell works for itself and no two cells will combine to act. We should know this art with human beings if you want to know healing.

### ***Grouping of the Food***

Then you begin to practise yoga. Keep your bodies fit and regulate your intestines, stomach and liver, not with medicines but with practising relaxation and practising the art of breathing, doing some *Asanas* that are suitable to you and practising the art of meditation in its scientific sense, but not in the sense we think meditation to be. Then, instead of medicines, you can use your food materials as medicines. You can make a proper grouping of the foods you eat. Take all the salads into one group, uncooked foods and fruits are another part of uncooked foods. Consider all the uncooked fruits as another group.

Sometimes in the West, there are certain unscientific methods in cooking. People cook fruits and eat them here sometimes. They eat cooked bananas and some other fruits. In eastern countries, they don't cook these things. It is not necessary and also it makes the fruits useless when cooked. So, in your mind, you divide all the uncooked foods into one group, all the leaves of the salads into another group, all the roots like carrot and beetroot into another group, all the fruits and fruit juices into another group, all the uncooked cereals into one group and the cooked cereals into another group. Understand that cereals uncooked will heal diseases, whereas cereals cooked create diseases. We should not feel insulted when we hear such remarks, because both in the Occident and in the Orient, we have a great bad habit of cooking cereals and eating them. The habit has taken such a deep root in mankind that we find it unnatural if any one points out that cereals should not be cooked. Anything is made unnatural because of our habit of looking at things. According to our habitual way of understanding, we understand things to be natural or unnatural.

A person, who is in south India or near the equator and sees an ice block and water says that the ice block is unnatural and water is in its natural state. When the ice melts and becomes water, he says it has returned to its natural state. If you find someone who is residing near the North Pole or South Pole, he thinks the ice block is in its natural state because he should use some heat and make it water when he wants to drink water. He calls water the melted state of ice. To him, water is unnatural and ice blocks are natural.

In India, we take coconut oil into our hands and apply it daily to the skin before bathing. When it is mid-winter, the coconut oil will freeze in the bottle in the form of a white pomade. Then we say that it is frozen, we apply heat, and say it has come to its natural state. But if you go to the Himalayas or Blue Mountains in India, they will sell coconut oil only in bottles with a wide mouth because according to them, the natural form of coconut oil is pomade and the artificial form is liquid. This is because of our habit of looking at things.

The mankind of our earth globe has been habituated through thousands of years to cooking cereals and eating them. Therefore, when someone teaches us that cooked cereals cause diseases, we immediately think that there is something wrong with that person's brain. I too thought like that in the beginning. But gradually we have come to know that it is true. We should remember, especially the cereals that uncooked are good for health, if we want to know the art of healing. *That means not only curing diseases but also curing the body to be free from medicines. We should also cure the body of the medicines we have taken previously. Then only we can call it healing.*

### ***Healing and Cure***

Healing and curing are quite different. The process of cure is to rectify what has already gone wrong. The process of healing includes the medical cures and the non-medical cures put together, as well as the inequalities of the mind. *Yoga practice is one branch of healing because it improves our mental health and we will be free from our*

*likes and dislikes, our jealousies, suspicions, fears and our impressions about others.* This is also included in healing, whereas medical cure does not include it. If you say my friend is very jealous of an allopathic doctor, he says let him hang himself, because he does not know that it is a disease. If you say I have not slept for six months, the allopathic doctor becomes angry with you and says, "You are thinking too much at night. That is why you are not able to sleep. Don't think too much at night, try to think less and try to sleep". Poor fellow, he does not know that sleeplessness is a disease, which should be cured with medicine or by adjusting the diet.

The allopathic doctor has no solution with him for sleeplessness or for thinking too much at night. Therefore, he will prescribe you some sleeping pills which contain all sorts of dirty narcotics and the consequence is we go into a coma - like condition because of the medicine and the next morning we will call it sleep. But you are not refreshed in the morning, because it is not actual sleep. It is nothing but the poisoning of the mind. But since allopathy has no other solution, it prescribes only such dangerous things. So, curing is like this, but healing includes making you free from the habit of taking sleeping tablets. If someone comes to you and complains that he has been addicted to sleeping tablets for ten years and that he is not able to control the habit, if you know the method to make him free from the sleeping tablets, and if you apply it and become successful, it is also a branch of healing.

So, healing is broader in its application than curing. Healing is essentially spiritual, even when you use the medicines. When medicines are stopped unnecessarily, sometimes a situation may arise to use medicines again. Then you can't say, 'I heal him spiritually'. *Spiritual healing includes your knowledge of when to use medicine, when not to use medicine, when to suggest surgery; all this put together should be only 10% of curing of illnesses.*

The other 90% of curing diseases can and should be done with food, with water, with sleep and rest, with the changing of the work of the day and with the changing of the hours of over-work. You should be able to re-arrange and re-adjust these data. If the person is sleeping less than normal because of the nature of his duties or work, you should be able to suggest to him how to sleep at his regular hours. But if he is not sleeping sufficiently because of some hobby with the society, for example, playing cards or chess, then you should be able to educate the patient and make him feel the need to sleep and make him sleep. If someone is sleeping too much, that is, there are people who sleep from 6 p.m. Friday to 10 a.m. Monday. That is, when they leave their office, they come home and they have no weekend, because they are weakened. They go home and begin to sleep and they wake up only on Monday morning. Such people have a set of diseases that are essentially toxic in nature.

### ***Formation of Toxins***

One secret is that the more you begin to sleep, the more you want to sleep gradually. You don't feel like coming out

of sleep, if you begin to sleep for more than normal hours. Why? This is because you sleep for abnormal durations, in the meantime, the body is producing its own excretions; the urine and the stool and the excretions of the skin through the sweat pores and the lachrymation of the eyes, ears and nose.

All these things produce toxic matter in the mind and give it a weighty feeling by making the etheric body dense, dull and heavy. We do not understand the etheric body at first and all the toxic effects are only due to the etheric body and not the physical body because the toxic condition can never be examined under any instrument. You can examine clinically the results of toxic conditions, but toxic conditions should be understood only by seeing the patient. If you take 10 or 15 radiographs of the head of the patient, you cannot find any toxic condition in them.

Sleep produces an excess of toxic products and when the sleep is of a normal duration, then we will wake up in time and clean the body of the toxic products. If the sleep is of undue duration, the body enjoys the presence of toxic materials in it for a long time. The result is the mind is crowded with the toxic effects, and it conveniently wants to sleep for sometime more. And the result is sleep and sleep until death. So, you should be able to suggest all these things to the patient. Educate him properly without feeling delicate and nervous or having any obligations with him and you should be able to make him do the needful. And great ignorance about food habits, sleep habits, and habits of sex has been there with us through

the centuries. You should be able to know, practise and educate others if you want to be a successful healer. And then, actually the process of spiritual healing will be discussed as a final point.

When you have made yourself free from disease, when at least you do not have any nervous disease like tension, or over-sensitiveness or obsessions or psychosomaticism or feeling restless in the presence of new people, then you begin to heal according to the procedure given by the scientific texts of healing.

### ***One Method of Healing***

*One method of healing is to make the patient sit comfortably, close his eyes and submit his mind totally to the mind of the healer. The healer then gives a touch of his palms to the patient. And wherever the affected parts are there on the body, the patient keeps his palm there for sometime inducing healing magnetism through the palms with his thought power. Daily, do this for five minutes to each patient and in the end, place your palm upon the head of the patient, keep it for sometime, and then induce health magnetism into him with the power of your thought. The patient will be healed immediately if the disease is an immediate disease. And if the disease is a slow disease, you should do it daily for sometime.*

But you have to observe if the patient is better or not. This is the general process of healing. If the disease is an immediate one and you think that it will be cured gradually over the course of some days, you are wrong and the patient

dies. For example, if a patient has cholera morbus or toxic fever, which we call septic fevers or cerebro-spinal meningitis, if you think that he will be better within two or three weeks, he will die within 48 hours. If your feelings were correct, the patient should show signs of recovery within six hours. Then you can continue the treatment. If not, you should plainly tell them that a cure is not possible through you. You should know the scope of the disease and how long a patient should be cured. This is one method and as a healer you should exercise caution and thorough knowledge when using your thought power on the patient.

You should be able to know and understand that the living body contains power and great energy moving in the body through your movements, which are voluntary and involuntary. If you move your hand and catch something, that is called voluntary movement, and that requires some power to move the hand. If your heart and lungs are working automatically, it is called involuntary movement and that requires a continuous application of energy and force in you.

### ***A Great Force***

First, you should understand that there is a great force working in you continuously, and there is also a continuous supply of this force in you. You should know how it is supplied to you and wherefrom it is supplied. Some people believe that their food is supplying them with this energy. If you also believe like this, you can never become a healer, because it is great ignorance to believe that food is giving

you this energy. It is neither the food nor the drink that gives energy because the food and drink work only as fuel in a combustion engine. The fuel can be used in the combustion engine only when it is working.

So, there should be another source of energy and force which is making the combustion engine work and using the fuel for the machine. If you make a toy motor car without any machines in it and if you produce a great channel into the motor car and if you pour petroleum in it, the motor car will not move because the petroleum cannot be used as fuel and there is no mechanism in it which can use the petroleum as fuel.

Similarly, if you bring a very valuable vitamin-rich food full of proteins and vitamins and everything for the mechanism to give strength and put it before a person sitting in a chair and say, "Sir, you take it". The person will be smiling but will not take it, because he was dead a few minutes ago, and even if you put the food into his mouth with a spoon, it is as good as pouring the petroleum in the toy car. So, if you believe that food and drink are the cause of the force and energy in our body, it is sheer ignorance and you cannot be a healer.

Where does the energy come into your body? You have to question where the electricity comes from to power the generator. The same answer is given to the human body and the same answer is given to the electrical generator. This is a question that the electrical engineer cannot answer because the electrical engineer can assemble a generator to make a plant of electricity and as a result electricity begins

to flow from it, but the scientist knows as much as you and I do about where the electricity flows from. The answer is that electricity comes from space into the generator because the space is a lake in the generator. So, we have to go into another science to know this, and that another science is not known by the universities today.

Very recently, scientists have been trying to suspect that there is something in space. Previously, scientists believed that space was a big vacuum. This is because our mind is filled with the great vacuum of ignorance. Even now, there are professors of science who still believe that space is a vacuum. But space is a pool of something and the pool is constant and eternal. It cannot be exhausted (*Akshaya Patra*) because every moment the same amount of electricity is returning immediately to the lake.

*What we call electricity is tapped from space and before it goes into space once again, we are using it to give us light and heat and sound and a telephone and a radio. You can ask for electricity to be useful to you, but you cannot purchase some electricity and carry it home or steal some electricity into your pocket. This is because when we touch electricity, instead of taking the electricity into our pocket, it takes us into its pocket. That is what is called dying of electric shock. **Space made active is electricity and electricity made potential is space.***

***Body is like a Generator***

So, you will understand that electricity is space. Now you can understand where the energy and force are coming

into your body. Your body is also a generator that makes electricity manifest. The mechanism of your heart and lungs is exactly like the mechanism of a generator. It has the same alternation of currents, that is, what you call the inhalation and the exhalation and the coming of the blood into the heart and going of the blood from the heart into the body. This is exactly what we find in an electrical generator. You will find magnetism and electricity alternating, and that alteration is made continuously by rotating a wheel and that is what we call a generator. So, your constitution is exactly like that of a generator.

There was a young boy studying in a school. He had a good friend, Mr. Jack. After one year, the friend invited him to his house. He went to the house of Jack for the first time and he saw the grandfather of Jack and he said, "Sir, you are exactly like your grandson". But the fact is, the grandson is exactly like the grandfather and it is not true that the grandfather is like the grandson. Similarly, the electrical generator is made exactly like your constitution and it is not true to say that your constitution is exactly like the electric generator. This is because the electrical generator is made long after your generator is made. A human being is required to erect an electrical generator; to do this, the human being himself must first be made, and the electrical generator is then made by the human being. The truth is, the generator works exactly on the same principle as a human generator does.

### ***Active and Passive Space***

*Now close your eyes and observe your lungs'*

*respiration, the movement of your blood circulation and understand that something is being generated in you. The space where you are sitting or standing is a big lake of that energy or force and when it is made active, you call it your life force. When it is passive, you call it space. When your body stands in space, the space in your body is active, and when you come out, the same space becomes passive and we call it space. This is the truth of it, and your process of knowing it is called meditation in its true sense, not in the sense we use the word meditation blindly.*

Many times, we close our eyes and say, "I am in meditation". It is not true. When you are able to say you are in meditation, it is not meditation. If you can assure others that you are sleeping, that is not sleep. If you loudly assure other people that you are observing silence, it is not silence, because silence can be observed and silence cannot be propagated. When you propagate it, it becomes a noise and there is no silence. Similarly, meditation is something you can experience and now you will understand where the 'energy' comes from. The energy comes to you from the same space where you are standing. But it is quite natural for the human brain to be unnatural; that is we are not capable of believing truths. We want to complicate things and then understand.

When we know that we are drawing our energy from the space where we are standing, instinctively the mind refuses to believe because it wants some mechanism to complicate itself and others; that complication is what we find in the textbooks of healing. They will give you many

diagrams, many paths and many names of the paths, until your mind begins to feel vertigo. Then you begin to believe that there is some healing force. But the real scientists who lived in the ancient times gave simple, straight-forward scientific methods in the scriptures.

Unless we sacrifice the complexity of our minds, we are not able to believe the simplicity of their writings. You can very easily meditate on how energy is being extracted from space into your body and how a strong thought can obstruct the inflow of energy when wrongly created. But at the same time, a strong thought can induce energy properly in a person suffering and make him also healthy, and remove the stuck-up energy. Therefore, the first warning is to observe your belief, whether it is healthy or not. If your beliefs about energy, the supply of energy and the source of energy are healthy, then your healing will be successful. But if your belief is not based on faith and is only a psychological belief, you can stop healing, because you can never heal. There are two types of beliefs in human beings.

### ***Two Types of Beliefs***

One is true belief and the other is psychological belief. Psychological belief means that we try to believe many things. True belief is what we believe without any reason. We have to understand the difference between the two and go to the scriptures to know the difference, because the true psychology of self and mind is given only in the ancient scriptures. All the pages of modern psychology textbooks

contain nothing except analysing your problems and giving us reasons for our sufferings without a single solution in any page of the textbook. So, we don't want textbooks with problems. We want textbooks that contain solutions.

In that case, all the modern psychology books are to be thrown into the ocean. They contain only analysis and reasons for suffering. Go to the scriptures and everything is given in the form of a solution and not a problem. You will understand how the energy flows through you and not from you. If you believe that the energy is flowing from you into the patient, a great danger is always awaiting you because you are emptying your constitution of the energy you have and your energy is being spent on to heal the patient, and you will be filled with diseases because gradually the energy becomes less and less in you. This is not because you are healing the patient, but because of your foolishness to believe that the energy is flowing from you instead of knowing that the energy is flowing through you.

It is the auto-suggestion that creates many diseases in your constitution. Since the human mind is very strong and creative, it can create all the diseases when you believe that you are curing the diseases. And it can heal all your diseases when you believe that healing is done through you and not by you. This difference should be noticed. Many people jump into healing without making a proper understanding of the mechanism. They begin to heal and they begin to grow sick. After some time, they become nervous patients and hysterical patients. Moreover they say

that they take all the diseases of others. In this creation till today, it is not possible to take the diseases of any other person. It is because Nature is not as foolish as we are.

***Nature is God-made and Man is Nature-made but thoughts are Man-made.***

Therefore, thoughts can be foolish, Nature cannot be foolish. Nature can never permit us to take the diseases of anyone, including infectious diseases. Unless there is something in our body to receive infection, you never receive infection from anyone, because all the viruses and microbes are existing in space and air. With every respiration, we are inhaling millions and millions of microbes and viruses. If the microbe theory and infection theory were to be correct and scientific, we would die soon after our birth on inhaling the first breath. So, the theory of infection is as absurd and unscientific as the fairy tales of a little boy. But unfortunately, we believe because we are still little children in the eyes of science. We should understand the truth that there are no enemies in the world except when you create them. There is no man who is a husband unless a lady marries him. There is no woman in the world who is a wife by birth, unless you marry her. Just like husband or wife, infection is also something that you have to permit by committing great offences and blunders. And they permit diseases to be transferred from one person to another.

***Belief and Faith***

We should know the fundamental truths of Nature and

make a repetition and understanding of these truths so that instead of trying to believe, belief should take a strong step in us. If belief comes to you, then only that becomes faith. If you try to believe it, it is false. Only the right understanding can bring faith to you. A forced belief remains only as a psychological belief, which has its undercurrent disbelief. So, while you are touching a patient on the head or body, if your thought that the current of force is flowing into the body of the patient is only a belief and the inner mind is suspecting if the belief is true or not, then the healing never takes place. It is like you are trying to drive the car while your wife is quarrelling with you and trying to stop it. The driving never takes place. Every time you try to start the car, your wife stops it and pulls your hands and legs away from the steering wheel. Such will be your condition if your belief is only a belief and not a faith. The upper mind will be believing, and the lower mind will be his wife which is called doubt. Then there is no use in experimenting with healing for ten or twenty years. So, perfect your mechanism first, then begin to heal. Then understand the second law of Nature.

***Thought produces a channel for force to flow.***

This is a scientific truth. You have to reach this truth, first by knowing and then by believing and finally it becomes faith. Unless you realise this fact, there is no healing. Understand that *whenever you produce a thought, the thought produces a channel in space and through the channel, energy flows and is retained. The channel is retained as long as the thought continues.* Then, if you

say that today the process of healing is complete, your thought that it is complete will wipe out the channel and the energy stops flowing in that direction.

When you observe a very costly calculator and a very complicated memory machine, then you will understand how this process is going on in your mind. Whenever you feed some information into the machine, it goes on working as long as you are producing problems. And if we forget to wipe off the information you have fed long ago into the machine, then whenever you pose a new problem and a new question into the machine, you can forget about the previous information you fed the machine, but the machine never forgets it. It produces the old answers to the new question and the result is a nonsensical result from the instrument. Then you will be confused, as results are very bad in the machine.

The truth is not that the results are bad, but your feeding is bad. You forgot to wipe off the previous feeding before you began the new mathematical question on the calculator. The same is true of the machine, which you have with you while healing. So, make good use of the calculators and then be alert in tackling the machine. Know how to be quick without being confused. Know how to be very happy without being busy and then you can be a healer.

If you are busy, you will be a patient, not a healer. You should be active and not busy. To be busy is a mental disease; to be active is health both mental and physical. You should be able to understand the difference between being busy and

being active. When you are busy, you get exhausted because it is a mental disease. You go into self-pity and you begin to speak of it with everyone. And your sense that you are doing much, much work in the day gives you a negative auto-suggestion, which saps away your energy and you will grow weak. So, you understand the machine properly.

### ***The Presence***

The methods to apply are not very important, because when you know the rules of the machine, and when you are already a magnet, and when you are spiritually conscious, healing takes place automatically when people come into your presence. When you are sitting in an aeroplane in silence, the person sitting with you in the plane will be cured. When you are sitting in a train, the passengers who are sitting in your row with you will find themselves healed after one month, two months or three months. And if anyone is there who has not been sleeping for the past few months, from that very night on, he goes to sleep happily or sometimes he begins to sleep in the train itself. If you go into the house of some friends or strangers, when something has been unhappy in their house for a very long time, when they have a feeling that they have been unlucky and unfortunate for a very long time, and when there is a strong auto-suggestion in all the members in the house that some black magic was done in their house, your entrance immediately dispels this spell of auto-suggestions from their mind in the form of optimism and a thought.

A light begins to glow in their house not because of your presence but because the same light is there in their

hearts all these days; and now only their minds are directed towards their own light once again. This is the method to heal in its real sense. With your smile, you can heal people; with your conversation, you can heal people; but before that, you should be able to conduct conversations in such a way that you will not disappoint or discourage anyone with your conversations or cause displeasure or disagreeability in anyone.

### ***Healing with Word***

You should gain mastery over your conversations, and whatever sentence and whatever syllable you use should induce only optimism and positivism in others, and it should not create any negative thoughts in anyone. Even great doctors and specialists sometimes behave foolishly in this matter. They examine the patient when he is suffering and say, "He is not going to live and this disease is incurable". That means the doctor does not know the fundamentals of how to behave as a doctor. He may have very great qualifications and diplomas in medicine, but in commonsense he doesn't even have an elementary school diploma.

To be a healer and doctor, first we should have the diploma of commonsense and then we should have the diploma of benevolence. Without these two things, one can be a big medical practitioner, but one cannot be a doctor or a healer. So, know all these things and begin to heal while you are talking to others and smiling at others and greeting others. By your presence, your walk, and your talk, you will know that you are healing after some time.

When you once know distinctly, the confidence in you makes the power to heal more powerful. Then you will understand that they need not recognize that you have healed them. If the patient does not recognize that you have healed him, then there is no loss to you, unless you want to make it a business. Since you are a spiritualist and since you are being trained into yoga and spiritualism, you will never make it a business because you will have your own business or your own profession separately.

You cannot sell sacred things like healing or medicine and make it a polluted profession. These are the different requisites and requirements of a healer. Don't give much importance to the various methods of healing because, irrespective of the method, healing takes place through you. When the magnetism is properly included through you, it begins to work and it continues to work.

The only thing you have to take care of is to see that your words, your thoughts or your deeds do not discourage anyone, disappoint anyone or create fear, doubt, or jerk in anyone's mind. This is what makes you a real healer. There is a very good helping agent that helps you as a healer and that is a sense of humour. If you have a fine sense of humour which does not insult anyone, it can give taste and pep to every sentence you speak, so that every one of your sentences will work as a sugar coated pill for others. People begin to receive your healing better when you are humorous than when you are serious. After sometime, you will realise that mental seriousness is not at all required in life.

With your experience, you will also understand that serious-minded people have something wrong with their liver because all the things they can achieve can be achieved even without the seriousness of mind. *Seriousness of purpose is different from the seriousness of the mind.* So, all the seriousness of your mind goes away. Irrespective of your age, you will begin to live like a child, playing a game of healing. This is the actual situation and actual position of a healer. You can systematise these truths into the science of healing. I don't make any claim to these points, because they do not belong to me. They belong to the scriptures of the ancient times. What I have made here is a beautiful presentation of all the rules of healing given by the authors of the ancient scriptures of various nations and you can use them in any way you want. Don't make any new experiments with healing and don't believe any new experiments that are being produced in modern literature because they lack experience and you may go into trouble along with the author who has written those books.

### ***About Books on Healing***

Nowadays, there are some books on healing in the market, but they are the products of surface level modern experiments without a basis in experience. Such books should not be followed. There are some real books that represent the wisdom of the scriptures of the world because the authors are not people of religion; they are people of spiritualism. In English, now we have one good book that represents the age-old scientific laws. We can safely read it and put it into practice.

The name of the book is, '*Esoteric Healing*' by Alice A Bailey. But the book does not contain colour photographs and many attractions. It requires an amount of patience on our part to go through the book. And also, the sentences are very simple and what is conveyed through the sentence is very profound and deep, so that each sentence is equal to a textbook. So, an intellectual reading will not impress the reader, but it must be a slow way of reading the book and understanding the usage of the sentences only as channels of thought, not to exhaust away the meaning of the total book. But understand that the book attempts to produce channels of thought into yourself and not into the meaning of the book. There is a special technique with which the book is written. Until we get the technique, we may try to take away all the meaning of the book from us, but sometimes after two or three pages we have to stop. So, be a bit careful in reading this book. Just as with the Holy Bible, if we read it to try to understand what is there in it, we will fail. If we read it to have whatever change that is conducted through the book in us, then we will have success. The difference is like reading a book on magnetism and having a magnet in your hand.

As a general rule, uncooked foods heal us, whereas cooked foods do not. Cooked cereals are one branch of food and uncooked cereals are another branch of food. All cereals can be utilised without being cooked. There is a book on raw eating. The author is now 80 or older. Yet he is quite young as a man of 40 and his wife also lives on raw food. He has thousands of disciples in the world who eat uncooked

food. He brought up his daughter without giving her any cooked food until now. She is 24 years old now and she is very fresh. She has had no disease till now of any type at all. I do not remember exactly the name of the author, but I have a copy of the book with me in India. If madam is interested, I will send that copy here, so that others may take the address and have a copy of it. And after you are able to secure your own copies, I can leisurely take my own copy with me because I have read the book no less than 12 times. It is a very small book containing reliable, scientific and thoroughly verified information. He shows how to eat uncooked cereals. He gives the procedure on how to prepare the dishes and the salads and how to live on vegetables and milk produced from fresh roots. Yogurt is also a vegetable. Vegetable butter and all these things he gives us. And if milk from cows or animals can be taken, we can take it uncooked and unboiled. Everything is described in detail in the book. And I will send a copy within two months to our Maggie.

*Thank You.*

# *The Science of Spiritual Healing*

*(Lecture Given on 14th October 1983)*

Today's topic for the lecture is, *'The Science of Spiritual Healing'*.

It is one of the foremost topics of discussions and explanations in the modern Age. The word '*Cure*' is gradually being replaced by the word '*Healing*' in the modern age, the difference being the difference in the concept and the process itself. For example, when we take medical science from the point of view of disease and its '*cure*', then we are inclined to use the word '*cure*'. But if we take Medical science from the point of view of health and rectification and not disease; then we are inclined to use the word '*healing*', that's all. It is the formation of the basic concept that makes the difference.

## *Healing and Cure*

In the Modern Age, almost until now medical science means the science of disease and its cure, more than the science of health and its maintenance. This, we have to accept. That is, we have a rather negative approach than a positive approach towards medical science. I think, that requires a little bit of rectification. Since the age is a

scientific age, an age of growing scientific awareness, I think the word healing is gradually replacing the word 'cure', for the simple reason that the word '*Healing*' is more positive in its concept and approach than the word '*Cure*'.

An attempt to cure the disease is basically different from an attempt to rectify the constitution and re-establish health. Health must be the ideal and not the disease. A cure of disease should not be the ideal. In fact, health must be the ideal and a distortion from health should be understood as a disease which has no existence of its own. A rectification and re-establishment of health should be the ideal. I think it is this spirit that is making us use the word 'healing', more than the word 'cure'.

Another aspect I want to bring to your notice is that the medicine we use to cure diseases plays only a minor role in the process of healing. When we take the viewpoint of the Tibetan Master Djwhal Khul, it is only twenty percent that medicine has its role in the process of healing. The remaining eighty percent is based upon the other factors; for example, rectifying our behaviour, our habits like food, drink, sleep, rest, work and sex etc. This includes the major portion of the process of healing, whereas the application of medicine and the role of medicine in cure plays only a twenty percent.

These are the two factors which are to be remembered when we consider the process of healing from the modern point of view. Of course the word healing is predominantly used in a spiritual sense by many people rather in a religious

sense. It should be used in a more comprehensive way. Medical science and its application should also be part of healing.

*The use of solar energy, the use of sound, the use of colour, the use of a thought and the use of the presence of the healer- all these things put together form the process of healing.*

Medicine also is included as one of the items. That is how we should understand the whole subject. Until very recently, healing was considered as a miracle, something which cannot be explained and something which happens in spite of the ignorance of the healer and the healed. Many times the process of invocations or *Mantras* is being used in many countries, many nations and the average healer through sound or *Mantram* uses the process without his own knowledge of the *modus operandi*.

The healer is not concerned about how it works. But he uses healing methods and they work, just as how we use the electricity, though we do not know how to produce it. It is natural. In India, till today the power of thought and the power of sound are being used in a miraculous way in cobra bites and insect bites like scorpions etc. We find instantaneous miraculous cures for these. The healer does not know how he heals in many cases. But, a type of magnetization by the name of initiation is given to the healer. From that day onwards, he begins to heal and he is successful; may be not a hundred percent but a little bit higher than that of medicine.

Medicine also has its own cases of failure like any other science. It depends upon the person who uses it, his degree of understanding and mastery. Cases of insect poisoning, Cobra poisoning, acute diseases like certain types of jaundice, psychological diseases, sudden fright and some type of fevers- are all miraculously cured by a healer who is not able to explain how it works; but confident that he can do it and he does it. This is a statistical truth which occurs in many countries and many nations. Systematisation and a way of formulation of these healing processes have been attempted during the past one century and as a result of which there is much literature on healing. Now we find thousands of books on healing in the market.

Of course there are always some super curious elements when a subject begins to come to prominence. I don't claim that all the literature on healing is scientific, just as all the books in medical science are not scientific. Always in every subject there is literature produced for money making, for self-glorification, aggrandisement and produced as a product of glamour. All these things will be there in every case and in every situation. We should be discreet in such matters and should use our discrimination. The only proof is not the recognition by anybody or any organisation, but the simplicity of its truth, the tenability, the practicality of the procedure and the infallibility of the result.

So, when we do not lose our commonsense in choosing, we have some very good books on the Science of Healing and the Art of Healing. *Healing is also a science*

*while learning and an art while applying.* It is just like medical science. All medical practitioners cannot be doctors. Practitioners can be made, but the doctors are born. Similarly a healer also. Healers cannot be made. Healers are born. But healing is a science which can be learnt by everyone, if he has a purity of motive and continuity of purpose. This is the scope of the subject.

***About the book, "Esoteric Healing"***

The advent of the wonderful book, *"Esoteric Healing"* by Alice A. Bailey is nothing but the theory of Healing given by the Tibetan Master Djwhal Khul to the world through Alice A. Bailey. It stands as a unique book in Healing. According to my understanding, it is the text book for the science and art of healing for the next century. It caters to the needs of the century to come, stands to test, stands as a challenge of the power of understanding and discrimination of the student. It is a book which aids us for decades and repeated reading always reveals a new dimension. That is how the book is composed. The first reading, of course gives us only a conventional way of understanding. We come to understand that it is something tough. The book has something which is very difficult to understand. There are certain points that are vulnerable to reason and some other points that are mysterious and mystical.

However leisurely we may go through, we get the impression as explained above, when we read the book for the first time. But as we begin to observe the patients

and begin to apply the principles which we have understood or half understood, then begin to make a second reading, we will understand that we have to read deep for a third time. Then a second reading reveals to us something more of the practicality and the practical application of that book. Then after about six months or one year, if we begin to read the book once again, we will understand that we skipped off much of the subject and captured only about four or five percent of what the author wanted to convey. So, we should live with the author through the book for at least two decades before we can have a rough understanding of the scope of the subject.

Of course there may be people wiser, but this is my own understanding of the book. Also it is not too much to say that once we begin to understand this book, we will be able to have a correct estimate of other books on the subject and then a proper utilisation of the other text books on science becomes possible. So, the indiscriminate way of application will go away from us and our intellect is realigned into the subject. That is how the book is composed.

### ***Scope of the Subject***

Now let us go into the subject and the application aspect of it. People heal because of the magnetism they have. This is one aspect. At the same time, a healer is not expected to deny the use of medicine. If a healer says, 'let us stop to apply medicine, you should use only healing', it is as good as the doctor claiming that the science of cure is exclusive of the doctors and medicine and the healing process is

unscientific. Both are orthodox in their own way. What they have to do is, they should open the gates and come out. They should have a meeting point.

The orthodoxy of the two fellows should be relaxed and they should shake their hands and try to understand each other. In cases where medicine is required, The Science of Spiritual Healing can help the medicine, act better within a short time. But, where medicine is inevitable, exclusively The Science of Spiritual Healing won't help. That should not be taken because every branch of healing has its own scope and its own limitations. We should not claim too much about anything. We should understand the limitations of our subject and we should know the way of supplementation to make the grand total as a self-sufficient whole.

For example, if we take the clinical approach of understanding a disease, that is diagnosis, taking the results of the clinical tests and diagnosing a disease, naming it and trying to antidote it with medicine- that is one approach. That is an allopathic approach. Then trying to understand the human constitution and not the disease is another approach which should never be denied. The Allopathic approach is trying to understand the disease and the other approach is trying to understand the human constitution, its natural state and the deviation from the natural state. This is what is called the homoeopathic way of understanding.

In the first case, what is required is a good knowledge of anatomy, physiology and pathology. In the second case, something more is required. For example, you should

understand the physical body as an aggregate of matter, where the reversible reactions of biochemistry are taking place. Also the chemical action that is taking place in the constitution by way of metabolism, anabolism and catabolism to be understood. It is not physical and it is not matter. The change that is taking place in matter is not material. There should be a force which is called vital force which is galvanising the matter of the body and which is moving the parts of the body. If we are lifting up something, it is not the matter that is helping us, but it is the force that is helping the matter. Here our knowledge of Anatomy and Physiology is not enough.

There is another dimension called the Force. The Yogic science calls it Pulsation and in Sanskrit it is called *Prana*. Due to the functioning of this *Prana*, the physical body after death is getting itself decomposed into the chemicals that are to be returned to the earth in the form of inorganic substances. Again, whenever there is fertilisation or a germination of the seed, the same substances are called forth from the earth and again they are being synthesised and used to form the organic substances. So, an analysis and a synthesis is taking place in alternating succession.

Whenever there is a death, there is the analysis of the biochemistry into the inorganic substances and a restitution of the substances that is returning is being conducted. Whenever there is a birth, a borrowing just as the industrialist borrows the money from the bank and makes an industry, hypothecated to the bank. So, this reversible reaction which the spiritual astrologer and the esoterist call

the phenomenon of the zodiac sign Cancer in Nature. It is the sign of the reversible reactions that are occurring in every living organism. In the advanced organism they are occurring in the form of the inhalation and the exhalation put together forming the respiration. So, this is what is called the sign Cancer, which represents the respiration and its apparatus.

So, you have to superimpose your knowledge of the vital force upon what you already know, that is the Anatomy and the Physiology. Then the whole process requires intelligence because it is not working at random. There seems to be a plan, a programming, more efficient than the programming of a computer. Because a computer, however sophisticated and modern it may be requires a person to programme it properly. If your feeding were to be defective, the computer gives you defective results. It has no intelligence. But here, there is an intelligence also involved along with the force which can be called Mind and its layers.

So, the homoeopathic approach gives you an understanding of the human constitution as a threefold capsule, *a unit of matter, force and consciousness*. Here the concept of health is a little bit different from the concept of disease. The causes that maintain the constitution exist in the intelligence and the vital force, but not in the matter of the body. So, any disturbance that takes place in the higher planes, that is the mind and the force is bound to have a manifestation of its results on the physical plane. So, homoeopathy teaches us that disease never exists on the physical plane. Always disease exists in the mental, vital planes and the results of disease manifest on the physical

plane. The forces of re-establishing health should take place in the mental and vital planes, whereas the results of health will be once again enjoyed on the physical plane.

That doesn't mean that the theory of Allopathy is incorrect; but this means the true theory is required in the supplementation before we can understand it. So, knowledge is of many branches and all the branches are to be supplemented. As a student of spiritual science, you are expected to be a student having a principle of inclusion and not exclusion. So, we have to relax our orthodoxy through slow degrees. Unless we accept it, we can never be students of spiritual science.

That is the reason why often we feel the books of the Tibetan Master are very difficult to understand because at every step, the 20th century mind refuses to accept something new. Because of the degree of evolution of the 20th century mind, we have a political way of understanding things. We understand allopathy as something different from Homeopathy and Homeopathy as something different from Allopathy, just as we understand democracy different from communism, communism different from democracy etc. Essentially the 20th century is of political nature and the poor human mind on this earth in this century is bound to present only a political way of approaching and understanding things.

But, there is the next century and the next generations, the youngsters who have no obligation to submit their mind to the political way of understanding, because we already

entered into the Aquarian age and the impact of the age is there on the minds of the younger generations. We cannot impose things upon the mind, because it is an ever expanding age and the student is bound to have a greater maturity of mind and understanding than what we have.

Our pious duty is to provide the best of what we can to the next generation. So, let us approach the subject from that point of view and make a supplementation. The Medical student of the 21st century, about the middle of the century is taught to understand that this chapter, namely, "*The science of Spiritual Healing*" will be one chapter in Medical science.

### ***Different Systems***

There is a third chapter which we can call, 'the *science of Diet*'. Call it dietetics or whatever you want. That is understanding the relationship between your food, drink and your constitution; how the body reacts to the food, how the individual constitution reacts to the foods, curing the constitution with the required food and drink and the timings of diet, the qualitative and the quantitative dietetics etc. This is another branch of science which should be supplemented.

The fourth, you can call it Nature cure which is now considered as a different science, Naturopathy. So, make experiments with non-medicinal substances and see how the constitution reacts to those substances and make a supplementation of that science. Then use Sunlight, water and make a cure. You find miracles. Every branch shows miracles in a particular purview of the subject. There are

limitations to each branch. Beyond the limitations you will fail if you apply it to any one of these branches, because none of these branches is an independent science.

If you apply Homeopathy where you have to apply surgery, you will fail. For example, a decayed tooth cannot be healed by *Mantra* or meditation or The Science of Spiritual Healing. It is something physical and we have to make a physical removal. It requires a mechanical approach. There is no use of doing something like witchcraft or something like that.

So, next aspect, use a magnet. It gives wonderful cures but only for certain diseases, not all. For example, if a fellow is suffering from bone abscess, no use of magnetism. If you apply the South Pole or North Pole or both or bring a third pole also, there is no use at all. But there are certain diseases that are not vulnerable to either medicine or surgery; they are only curable by magnetism. You can never cure it in any way, except by using magnetism; for example, certain types of mental depression, unaccountable mental depression. Ask the fellow to have a pair of magnets in his pocket for one week. You need not do anything at all unless you want to make a trade of it. Just ask the fellow to have two little magnets properly arranged in his pocket. After one week, ask him how it is? He says 'splendid'. That's it.

### ***True nature of Miracles***

Then what you call The Science of Spiritual Healing is today's subject. It's not a miracle. I think many of you have gone through the wonderful book "Isis Unveiled" written by Madame Blavatsky. She has given the ten precepts

of the spiritual student. The first precept is, there is no miracle. The so-called miracle is what we have not yet understood. Science also has not yet understood what is called miracle because the sum total of the science of all branches put together discovered by the human being till today is about fifteen percent or eighteen percent and not more than that. The secrets of Nature are still there waiting for the human being to go and get himself tuned and honour the law of Nature and be benefited. Instead of trying to conquer Nature in a beastly way, the human being is invited to make friends with Nature. The attitude of conquering should go. The attitude of friendship and brotherhood should develop. Then Nature reveals many more secrets; otherwise, his own concept of conquest stands as a block on the way and he has to wait for a long time until he is pleased to depart from the beastly concept of conquering.

So, here is a block. We have to wait sometimes for centuries. Nature knows when to reveal. Blavatsky says, *'what we call a miracle is a science which is not yet understood.'* In my childhood, there were people, religious bards, who used to go round singing the glory of the name of God. They used to bring miraculous dolls. One, the Lord and the other, His Lady. They used to bring together and then the two dolls came together. Then the doll of God and the doll of the devil, they brought together. They had gone away from each other.

That is, in case of coming close to each other, on the North Pole of a magnet, the picture of God was placed, and on the South Pole of another magnet, the picture of

the Lady of God was placed. When they were brought together, they came closer. Then on the North Pole of the same magnet, the devil or the giant was placed and brought to God. They went away, because they were like poles. So, in our childhood, we used to believe that God and his Lady come together. It's a miracle; whereas God and devil go away from each other. That's another miracle. For the first time, the science teacher in the school taught us that it was all magnetism and nothing else. Then we were free from the illusion and we could understand the truth of it.

Then another professor asked me, 'what do you mean by magnetism? Why should magnets have their like poles repel and unlike poles attract?' That is what is called God. For thirty years, we were prodigal sons. We went away from the North Pole of God to the North Pole of ourselves that is ego. Again it took thirty years to find another person who asked us the same question. We used to boast, it's not God. It is a magnet of the North Pole and South Pole. He said, 'Why should a magnet behave like that?' Then there was a second awakening into another fundamental truth.

I think you know a book written by Leo Tolstoy-'The Reminiscences'. In the first chapter he said, "*How I believed*", in the second chapter he said, "*How I disbelieved*", in the third chapter he said, "*How I again believed.*" This is what is required. That's why the name of Leo Tolstoy has been removed from the list of the Progressive writers. When people did not know that he had written this book, 'Reminiscences', they were pleased to keep his name in the top list of the Progressive writers because he

seldom spoke of God. From the moment this book 'The Reminiscences' was published, silently his name has been removed.

The Science of Spiritual Healing is also not a miracle. But, it is something which occurs through man and not by man. This is the fundamental truth of the science of spiritual healing. We have to know certain basic principles and fundamental postulates before we do a healing. In the modern age, there is suddenly a great exuberance towards healing. We find tens, hundreds, thousands of people coming forth to heal. They are very anxious to heal. Why? It's not crime, it's not confusion. It is the nature of the age. We have entered into an age where service is the key note.

Yesterday we saw what service is. *Service is a great virtue in the Piscean Age. Service was the motive of aggrandisement in the Arian Age. In the Aquarian Age, service becomes natural.* It is an instinct. That's the reason why we find many healers. Don't brush them aside. There is something hidden there. Why should they feel the instinct of healing? Why can't they feel some other thing? There is a greater truth in that.

Just as the spring season has its own fauna and flora to be presented to earth, every season has its own fauna and flora. The Aquarian season which we call the Aquarian Age has its own fauna and flora and its own characteristics.

### ***Peculiarity of the Aquarian Age***

*Goodness is the characteristic of the Aquarian age. Greatness is considered to be a mental disease, a devil, hysteria and glamour. Goodness is a thing that is to*

*replace greatness. Something valuable is considered to be meaningless in the Aquarian Age. Something useful is invited. The basic change is taking place without understanding which, we fall back and we will be of no use to humanity at all. So, however valuable a thing may be, we cannot present it to the world nowadays without being called a fool. It should be something useful. Something valuable has no place. Something useful has a place. So, this is the kind of change that is taking place in the Modern Age. We can't claim authority or personal element. I may have great achievements, but they do not go in my name. Any achievement goes in the name of humanity, not individuals. That is the peculiarity of the Aquarian Age. No one may feel shame about it or be disappointed by it.*

### ***Spiritual Healing***

So, the The Science of Spiritual Healing is something which is taking place automatically, making its manifestations at a tremendous speed through individuals. To systematise the approach of these individuals, Master Djwhal Khul has given the book, "The Esoteric Healing". The Masters know the need of the day and they are always timely to provide things; not that they do not have this knowledge before, but they don't impose knowledge unless it is needed.

That's the approach of the Masters. Just like a good host, they serve only according to the taste and need. They don't impose upon others. Now it is the need to have the book. According to that book and according to our understanding, let us try to understand the fundamental postulates that are

impersonal and that are to be applied to each and every one to heal, to make healing a success.

### ***The First Postulate***

*"Let the healer be healthy."*

If a lung specialist suffers from asthma or TB, we lose our confidence. So, we find many healers too nervous, too hysteric and too psychic and having depression. They suffer from anxiety, anxiousness in life. They say, 'I heal.' How can you? Be healed first. In the first postulate, be ready to use the required branch of healing. Let it be Allopathy or Homoeopathy or Dietetics or the Science of Spiritual Healing or Magnetism. Find out what is required for you. Apply it to yourself first.

### ***The Second Postulate***

*"It is only a healthy mind that can understand a disease"*

If a patient is irritable and if the doctor is unhealthy, he is also irritable. So, we think that it is a doctor and a patient, but the truth is, they are two patients! Here Homeopathy comes to our aid and whispers in our ear, "My dear doctor, you have a disease which is called susceptibility to moods. Heal yourself. Select a medicine that is most similar in the mental symptoms to your constitution. Take a dose or two, minimum doses. Get yourself healed. Get transformed. Test yourself if you can stand calm when your patient is irritating you. Then you are ready to heal."

So, this is the most important aspect which you have to consider. The second aspect is, to heal yourself. Unless

you know how to heal yourself, you cannot be a good healer for others. To heal yourself successfully, what is required? There are two ways. One is wrong and the other is right.

One, to be conscious of one's own disease, this increases your sickness at a tremendous speed. This is a negative aspect, and you want a positive aspect. Make timely steps. That is what is required. You are not expected to be conscious of your own disease continuously. Taking required steps has nothing to do with being conscious of your disease. They are two different things. The first trait is the most undesirable trait that leads the patient straight to the grave in spite of the best doctor. The right way is the healer has to switch off the mind of the patient from his disease.

He should be able to do it. Otherwise, he cannot be a doctor. He cannot be a healer. I warned you before that every medical practitioner cannot be a doctor. Practitioner is different from a doctor. A doctor should be able to divert the mind of the patient from negativism to positivism. In order to do this, it's not enough if you suggest to the patient, "Don't think of the disease". That means suggesting to him once again about his own disease. Suppose I meditate to remove anger from my mind, what happens? I am meditating upon anger. Within a short time, I become impatient about myself and angry upon anger. So, there is a trickish way of wrongly tackling us.

You should create a nucleus of some new activity which is of a positive nature in the mind of the patient. You should engage him off the disease in something which is positive. You should suggest the mind to do something. If I never

suggest the mind to do anything, it is wrong. You will fail. This is the reason why many yogic students fail in their practice of Yoga. They close their eyes, they suggest to their mind, 'not to think of anything'. After about five or six or ten years of Yoga practice, you ask him "How do you feel? Did you succeed? Is your mind free from thinking?" He says, "Just trying. I may succeed in the next few years." You can assure the fellow that he goes to the grave without success, because he is on the wrong line; not to think of anything. If you suggest to the mind, the mind begins to think of it. So, a negative approach is never needed.

A positive approach is required. Ask the mind to do something which eliminates the mind from existence. That is the process of Yoga. Ask the mind to observe the movements of the respiration; like that suggest something to the mind. Otherwise it is too mischievous.

There was a little story, an allegory about the mind in the Indian tradition.

A fellow went to a Swamiji and asked him, "Give me a Mantra by doing which I can conquer the entire world."

The Swamiji said: "Don't have such thoughts. It is dangerous."

But the fellow insisted, "Give me the *Mantra* if you know."

The Swamiji said: "I know it but it is dangerous."

He said "If you know, give it to me."

"Then I will give it to you. Do this *Mantra* for twenty

one days. A great giant will stand before you. He can do anything in this world. But, it is up to you to suggest something to do every moment to him. The moment you fail to suggest anything, he will eat you."

This is what is called mind. The giant is the mind. This is a story, a parable about the mind. The fellow meditated upon the *Mantra* for twenty one days and on the 21st day, there was the giant standing before him and said, "What do you want?"

This fellow said, "Oh, meals".

The giant said, "Here is a meal, eat." This fellow is eating.

The giant asked, "Next tell me something."

"Water".

"Here is the water".

Then he was agitated and said, "Take this table and put it there."

The giant said, "It is there".

When he saw it, the table was not here. It was there.

Again he said: "Put this table there, take this house there, take this mountain there."

The giant said, "They are there."

Then the fellow lost his head. He did not know what to do. The giant opened its mouth and said, "I will eat you."

This fellow started running to Swamiji, and while running he had to continuously give instructions to the giant, "Bring water, bring tumbler, bring watch, bring paper." He was calling out and running. He ran to the Swamiji and fell upon his feet and said, "Save me".

Then Swamiji said, "What is it?"

"This fellow is eating me. You take him away. I don't want this *Mantra*. Please cancel it."

The Swamiji said, "I know only the *Mantra*. I don't know the process of cancelling it. That is the reason why I did not meditate upon this *Mantra*. It was there with me for a long time, but I do not know how to cancel it. Go to my Guru."

"Where is he?"

"He is in the Alps."

So, from Scandinavia to the Alps, this fellow ran. Then there was his Guru.

He asked, "Why are you so frightened?"

He said: "The giant is chasing me. He will eat me."

"Don't worry. He will not approach there. My presence is there. Sit down for some time. Take the bread and milk and then tell me."

"The giant is there," he said.

"I will tell you a solution which is very easy. You would have yourself discovered it. Poor fellow! I will tell you." He whispered something.

"Oh! It is so easy. Now I will tackle the giant" he said and he went there.

The giant said, "Tell me something to do?"

Then the fellow said, "Bring a big pillar."

The giant said, "Here is the pillar."

"Establish it here".

Then the pillar is fixed.

Then he said "Go up the pillar."

The giant went up and shouted from there. The fellow said, "Come down".

The giant came down.

"Go up, come down. Go up, come down. Be doing this until I call you."

So, until October 14th, 1983, the giant has been going up and coming down, going up and coming down. This is the little story about the mind, narrated in the legendary fables of India.

So, how to control the mind? Not by thinking about the mind or asking the mind to control. But by suggesting something which is significant, which can control the mind. So, create a new centre of activity to the mind. Let it be a fine art, a science, a pursuit, a study etc, where the fellow is kept active.

I have my experience with this. We have as many as 83 big clinics in India conducted by my students in what I call the, "New Era Healing" which includes Allopathy, Homeopathy, Naturopathy and The Science of Spiritual Healing; supplementation theory. There, people come forward to help the patients and to work in the clinic daily, though they have some diseases from which they have been suffering for a long time. When they begin to work in the clinics, within six months or one year or two years, they find wonderful development and they are healthy. For the first time, they feel the real meaning of health because they stopped thinking of their own and they began to think of the health of others. This is my experience. In eighty percent

of the cases, it is a success. The fellows needed no more medicine at all. They needed only a diversion of the mind from their own disease. So, one of the wonderful principles of healing is, see that the patient is not continuously conscious of his own sufferings.

You find some people always talking and talking of their own diseases and complaining about how they suffer again and again. If you want to talk about something, once again they will draw you into their own subject. Within two minutes, they speak of their own diseases and sufferings. You will find that they are not cured. They go to hundreds of doctors. They change doctors, change remedies and medicines, change various systems of medicines, but they deteriorate from bad to worse. It is because they dwell on their own disease and they meditate upon the disease. They are disease conscious. Unless the healer is able to divert the mind of the fellows upon something, a real healing is not possible. So, without making these corrections, you cannot be a spiritual healer. This is the second aspect of it.

### ***The Third postulate***

*"The healers heal through the tips of the fingers. They heal through sight, they heal through voice."*

There are many methods of healing. The secret is magnetism. When once you develop healing magnetism, it can be operated either through your sight or through your voice and conversation or through your fingers or through your touch. If at all you develop healing magnetism, it can be utilised in any way. You can use your leg or head or hand

or anything. So, don't specify exclusively a method to heal. Have all the methods. One method is useful in one case. Another method is useful in another case. Your commonsense should be your constant teacher. The way of applying is with you, the keys are with you. We should use commonsense. But many times, we don't use common sense. That's why Blavatsky says in her book, "The Secret Doctrine", 'it is wrongly called commonsense because it is rarely used.'

So, you cannot apply the same rule to a second patient which you applied as to the first patient. For example, the Naturopath suggests fasting. It works with certain types of people. But it may create havoc with certain people. So, you should be careful to suggest fasting to Mr. X, and to suggest Mr. Y not to fast. You should understand it. If a cardiac patient of advanced stage were asked to fast, he will die. You should be careful. There are certain patients who become better by fasting, but there are certain patients who may die by fasting. Suppose the *Hatha Yoga* teacher suggests the same *Asana* to every patient, in some patients it is wonderful; in some patients it works dangerously and there are casualties.

For example, *Sirshasana* (Head down posture). You suggest *Sirshasana* to a fellow having some bodily pains and some debility, etc. It is wonderful. But if you suggest it to a fellow who has a history of epileptic sickness, a grand mal, the fellow immediately gets the attack whenever he does the *Sirshasana*, because blood rushes to the head and the fellow has the attack once again. The crisis is there and from

that day onwards, his epilepsy increases until it is too damaging. Sometimes, there is a condition of stasis.

So, you should have a selective and judicious way of applying methods. Then only you are called a healer and a doctor. So, you should be able to use your fingers or your sight. Many times, you should practise it without professing that you are healing. Then you will be able to heal to the maximum extent. Fifty percent of the patients are doctor conscious, doctor sensitive and healer sensitive.

Sometimes a patient feels sensitive as long as the doctor is there. Then the doctor cannot have a normal understanding of his pulse, heart and respiration because he is agitated. When the doctor goes, within ten minutes the fellow has another pulse rate, another heart beat and another type of respiration. We had a bitter experience when we were students. I was sixteen and we were studying in a college. There was a medical test for all of us every year. The doctor remarked more than ninety five percent of the students were suffering from heart palpitation. Something was wrong.

The professors and the principal of our college were very much worried and annoyed that so many of the students had palpitations of heart. What is the hell of it? Something was wrong with the medical examination. Once again they got the tests conducted by another doctor. Then it was quite normal. No fellow was suffering from heart palpitation. In the first case, you know what happened?

The doctor arranged his examination on the third floor. The students were required to walk up the three floors. They

were gasping after going up and when they saw the doctor, they had a nervous palpitation. That too immediately they were tested. Except a few fellows who had no sensitivity to the doctor, all the others were reported as having 'heart palpitation.'

So, if the healer professes that he is a healer, there are many patients who are sensitive, and the moment a patient feels sensitive to the doctor or a healer, the centres that are to be opened up to the energies of healing get closed. They get blocked. It is a blockage of energy centres. It is very difficult for the healer to tackle the cases. So, the best way and the most effective way of healing is, not to profess yourself as a healer.

Of course it is in a way sickening and discouraging because the healer is not recognized. That is the great trouble. If the healer has the hysteria called the fame consciousness, then he cannot have this method. While travelling in a train also you can heal wonderfully. While sitting in an aeroplane, in a bus, sitting among ten people talking, you can engage them in a striking conversation with a humorous discussion, then it is the best time for you to supplement healing magnetism. All their energy centres were opened at that time. This is what you have to do. Even the doctor who uses medicine, it is for him to have friendly contact with the patient because his magnetism heals, while his medicine cures. Then you find the best results. The healer, who denies the use of the medicine is a fool. One should have supplementation.

***The Fourth Postulate***

*Let the healer and the patient not sit or stand on the same level.*

No healing takes place. If you stand on the floor and ask the patient to also stand on the floor and begin to heal; or sit in a chair and ask the patient to sit in another chair of the same level, no healing takes place. Always the patient should be at a lower level than the healer. Then automatically healing takes place because healing magnetism flows in a geotropical manner, from above downwards.

We know that the like poles repel. When the two magnets are repelled, there is tremendous activity, undesirable and negative activity which is not visible. Same thing happens if the patient is asked to sit on a higher pedestal than the healer and the healer begins to heal. Even in experiments of hypnotism, let it be the best hypnotist, let the patient sit on the table and let the hypnotist sit on the floor; let him hypnotise anyone. See, it is always a failure. It cannot be a success. Because vital magnetism, that is human magnetism flows from one person to another from above downwards. Why, you can ask. It is arranged that the earth receives this magnetism through the rays of the Sun. The rays of the Sun travel from above downwards. That's the reason why human magnetism also flows from above downwards.

So, you cannot ignore natural law and the process of the natural phenomenon. This is another principle. Ask the patient to sit a little bit lower than you, not too low. If you

ask the patient to stand on the street and you stand here, through the window you can't heal. You should understand how a contact is established and how a circuit is completed. Understand the phenomenon of magnetism and electricity and the working of the electromagnet and the law of alternation of currents. Then you will be able to understand how healing takes place. So, let there be a difference of four feet to six feet, not less than that or more than that. If it is more than six feet, the patient is out of reach of your magnetism. If it is less than four feet, it is inconvenient. Magnetism never flows from you into the patient.

Another aspect is the distance factor. There should be the minimum distance just like in photography. You cannot use a camera however superior it may be, or a lens unless you have the minimum required distance. If you put a piece of chalk here, you cannot see it. You should have some distance, convenient distance and not too much distance. You can heal a person who is sitting at a distance of a minimum of six feet, the distance of the height of an average human being. Maintain a distance from six to twenty feet. Maximum you can conduct healing to a person who is sitting at the end of this room.

*"I AM" that "I AM"*

Another thing is, you should be able to use a vehicle. The best vehicle to heal is sound. That's why the ancients gave us the method of catch words or holy sounds in the name of God or Mantra. In the name of God, healing is done. That is the way they do it through ages. You know how Jesus, the Christ was healing.

They asked him, "How to heal?"

He said, "In the name of God."

That is the secret. What is in the name of God? Everyone has his own name of God unfortunately. But there should be one name of God which heals.

God said, "You utter my name."

Then the disciple asked, "When I go to Egypt and when they ask me what is the name of your God, what should I say?"

What was the answer? What was the name given by God to Moses? That is the Master Key. God never said His name. If God had said my name is "I AM that I AM", Moses would have gone to Egypt and said "He is that He is." "My God is, 'He is that He is.' God never said, "I AM that I AM". But He said "Tell them, "I AM that I AM".

That is what He used. That means, the person who goes there should tell him that "I AM that I AM". He should never say, "He is that He is."

You should know how *Mantras* were given in the scriptures. But unfortunately, when the Old Testament was translated into English, there was much confusion in many places. The *Mantra* lost its purity and only the meaning was translated in many places. For example, in some other places it was said "I am unique." That means, no plurality is accepted. But, unfortunately it was translated in a nasty way. "I the Lord God am a jealous God". That was the translation! So, God was made ugly and jealous because of the translator.

What did Jesus say about the name of God? "I AM" the Way. "I AM" the Life. "I AM" Resurrection." But, the Sunday teacher teaches us, "He is Life. He is the Way. He is Resurrection." It is not "He is." But, it is "I AM". God should exist in your heart, not in picture or in the Church or in the tower.

*In the Bhagavad Gita, Lord Krishna said, "I AM" the one who initiated the Sun God into the first existence." That means, when there was no Sun to this solar system, there was no solar system existing in this space, there was an awakening whose meaning is "I AM". Then there was the existence of the Sun and he shines forth from that time onwards.*

So, the healer should have this as the name of God. Through the "I AM" of every healer, healing occurs. That is what Jesus said, '*in the name of God*'. But, we unfortunately have two "I AM"s. One is the false "I Am", the anti Christ and the other is the real "I AM", the Lord. We should be able to utter the name of the real "I AM."

### ***Five Senses and Mind***

We have the five senses and the mind working; the sense of sight, the sense of hearing, the sense of smell, the sense of taste and the sense of touch. These are the five senses we have, through which the mind is working and through which the environment is forcing itself upon the mind. The mind is receiving the environment and reacting to the environment. So, we live in constant reaction as long as we are existing. The moment we sleep, we do not exist. But,

as long as we exist, we react and we live in reaction. Therefore we have no time to know ourselves and have our actions which are natural to us.

So, the mind and the five senses put together is the negative "I Am", who is the false existence of the entity. So, we have a false existence of ourselves and a real existence. The real "I AM" is who shines forth as mind, who shines forth as the five senses, the faculties and he has no sleep. This fellow, the negative "I Am" sleeps, that is the mind and the senses. We say, we sleep. In fact we don't sleep. If we sleep, what happens? The heart sleeps, the lungs sleep and the body has to be thrown into the cemetery. So, we are not sleeping. It is only the mind and the senses that are sleeping, whereas we are there taking care that the lungs are respiring, the heart is beating, the blood is circulating and the food we have eaten is being digested. We sometimes eat heavy dinner and sleep. What happens if the stomach also sleeps?

What happens if the lungs sleep, the heart sleeps? "For two minutes give me rest", if the heart asks, within the two minutes, the fellow goes away from the body. So, the fact is, we are not sleeping; it is only the mind and the senses, the false "I Am" or the negative "I Am" who is sleeping. He is called the indweller who is always conditioned by the environment. The real dweller is called the Lord. So, his name is "I AM that I AM." So, this is the import of all the scriptures of all nations of all times. Though each scripture is possessed by a separate religion, the scriptures are above religion and beyond religion and they give us the same name of God.

***Communion with the Lord***

*The healer is concerned with the same. He should know how to have a communion with the Lord. Establishing a communion with the Lord is what is called Yoga. The word Yoga in Sanskrit means, a union in the lower sense, a communion in the higher sense and "living as one with Him" in the highest sense. That is synthesis. Just as the petals of a flower live with the flower as one, we should live with the Lord.*

You should practise this as a healer. Not that you have to practise all the eight steps of the Yoga path, but you should be able to discriminate between the true "I AM" and the false "I Am" in you. The false "I Am" includes the lower principles in you which we call the physical, the etheric and mental. The others are called the higher principles. Of course I used the terminology and language used by the Tibetan Master for clarity because there are many students who are going deep into the teachings of the Tibetan Master, Djwhal Khul. Therefore, for the sake of convenience, I used the terminology used by the Tibetan Master.

The principles five and six put together are called Soul. So, the real students of Tibetan Master and Alice A. Bailey should never say, I have a Soul. Should say, I am a Soul, I have a body. If you say, I have a Soul, it must be this sole; it is rather for shoes. So, if any student is studying the book, "Initiation Human and Solar" or "Discipleship in the New Age", if he says, "I have a Soul," it is a pity. A spiritual student should say, 'I am a Soul, I have a body, I have a mind, I have

senses.' All the rest of the lower principles come under belongings, your belongings, what you have. This is what you are. So, from the level of what you have, you should travel to the level of what you are.

### ***Soul and Spirit***

*The seventh is what is called Spirit. Soul and spirit put together form one unit. What is Spirit? The God in man. Soul is the purest "I AM" and spirit is the God in man. How can God exist in man? I gave you an example of the space in this hall. It never belongs to this hall because it was there before this hall was built. Similarly, before our body was created, the space in our heart was there. When we are not there, we are built in space. Space is not built in us.*

That is called the spirit of the omnipresence of the Lord in every one of us. Of course, I have a little bit of deviation but this basis is necessary for a healer. If a healer thinks that it is a psychic experiment or it is a psychology experiment, he is a thorough failure. It is neither a psychic experiment nor a psychology experiment, but it is a total submission of the healer along with the patient to the "I AM" in him. Then the energy flows from the "I AM" through the healer into the patient. That is the process.

Another fact that should be remembered is, we find many healers becoming sick day by day, afterwards going into physical and mental wrecks after some time because they lose their health. They pour their energy into the patients to heal and they are depleted. Whenever a patient comes,

when they heal, they come into their own room and they are fatigued and too much debilitated. Sometimes some fellows go into perspiration and they have to take rest and then come out, because their energy is flowing into the patients to heal. So, they can heal at best two or three patients a day. Then they go sick. This is the one thing from which the healer is to protect himself. Remember that it is not the energy in you that is healing the patient. It is too much to believe.

### ***Spiritual Sun***

It is an auto-suggestion that makes you weak because you sincerely believe that you are pouring your health into him or your healing magnetism into the patient. Remember that healing occurs through you, not by you. When you are a healer means healing magnetism comes directly from the solar energy; through the solar energy from the Solar Logos who is called the personality of our solar system, from a higher source which is called the spiritual Sun, who is called in the scriptures, the space in Sun, because even the Sun is not the Sun globe. It is only a garment of the Sun, whereas the true Sun is the space in the Sun globe. This secret should be meditated upon. *The actual Sun, where does he exist? He exists as the space in the Sun globe. That's why, when we meditate upon Gayathri and other high spiritual Mantras, we are expected to meditate upon the indweller of the Sun, not the Sun.*

From the indweller, through the Sun's rays, it comes and enters into your heart and through your eyes or through

your voice, words or through your hands, it flows into the patient. Now if you begin to heal, you are not going to be weak. You become stronger day by day. You can heal a hundred or hundred and fifty patients a day, but still you are as fresh as you were in the morning. So, don't ignore this fact. Never believe that healing is done by you. It is done through you. If I say, electric current is flowing from this wire, it is not correct. It is flowing through this wire. The source is different and you are conscious of this fact. You are safe as a healer because healing is a holy process. It should improve your health. You should never get depleted if your process were to be correct.

***A noble deed and a good work never leave you weak. That's against the Law of Nature.***

If after healing you are weak, that means something is wrong with your procedure and not in tune with Nature. Nature is essentially progressive. Whenever you attempt a good deed, you are stronger automatically. There is no doubt about it and there is no exception to this rule. This is the next aspect.

**Last and final point to be remembered is,**

*You should be able to classify diseases. All diseases in the world come under two headings. One is hyper. The second is hypo. I will tell you what it is.*

If there is the physical body, it is filled with a vital force. We have seen according to the homoeopathic theory and the The Science of Spiritual Healing theory. We have seen what is called the Etheric body or the Vital body. The vital

force is being supplied to the physical body through centres called energy centres which are beyond the comprehension of the present medical student. Of course tomorrow's medical students know it in the 21st century. Present medical students are directed only towards anatomy and physiology and there the investigation starts. We know only by our frame. That is the physical body, the bony system, the nervous system, the circulatory system, respiratory system, excretory system, ganglion system and the ductless glands, that's all.

Beyond that man is understood only in this term, just as the owner of this hall is understood by the hall; or the person who sits in the chair is understood by the chair. Suppose you say, this is Mr. Krishnamacharya, the chair, the wood in the chair, etc. If it were to be true, then the anatomy must be the person. So, beyond anatomy and physiology, there is what is called the force and the distribution of the force is being done through the nerves; just as the distribution of energy into our houses is being done through electric wires. The wires are not electric current.

So also, the physical body is not the vital force and the nerves are not the vital force. The vital force is flowing through the nerves. There are energy centres, mainly six in number. The seventh is the Head Centre; So, there are six *Chakras* and the seventh.

Where do they exist, the anatomy student demands you. "Show me if there are *Chakras*, otherwise accept that there are no *Chakras* at all."

"What do you mean by *Chakras*? You should show. Take radiography. No *Chakras*. Or take a corpse and cut a longitudinal section of the vertebral column. No *Chakras* at all. Not even a half *Chakra*. Where do the *Chakras* exist? Where does the energy exist in you"? These are the questions from the medical students. You can also question them.

"Do you have energy in you or not? Where does it exist? Shall I take a radiography of your body? Can I show your energy?"

Energy is not physical. Therefore, it cannot be submitted to any instrument or the senses. The mind should understand it through the phenomenon it produces. Can you show electricity? If we touch it, we know it, but we will not be there to explain it. But, we know that electricity exists. How do we prove? This is the proof. There are thousands and one proof that electricity exists. But electricity cannot be seen or shown or touched. It can only be felt from a distance. It cannot be felt by touching because the fellow who touches goes into it. If you want to live, you should have water through a glass but don't jump into a river. The river drinks you. You have to drink water, river should not drink you. So, like that you should tackle electricity. It should not tackle you. So, electricity exists; energy exists; electromagnetic phenomenon exists and the lines of force on the poles of the magnet exist. Where do they exist? So, do the *Chakras* exist! The real student of *Chakras* is a practical student, not a speculative student, but an operative student.

If a mason were to build a house, he should be an operative mason also. A speculative mason can never build anything except his own thoughts and speculations. He uses his mental set square and vertical plumb and spirit level. When an American sees an Indian, an Indian talks to an American, they remember that they are different. So, the spirit level is only mental, not operative. Unless we maintain the same spirit with each other, we are not operative masons. We may call ourselves Freemasons and boast of all those things. We should be operative also, not speculative. Then only we can be healers. Otherwise healing should be done on a speculative level; not on an operative level. Can we eat speculative meals? We have to eat on an operational level. Same is the thing here also. So, energy exists.

### ***Centres of Energy***

The centres of energy exist. Through the centres, energy enters into the body. Where from? Where does electricity come into the electromagnet? Where does magnetism come into the magnet? Where does the solar energy come into the solar system? From galaxies. Where does the energy come into the galaxies? It is there in space. *Space is a pool of energy. In the Sanskrit scriptures, it is called the Ocean, the Primordial Ocean.* There are whirlpools in the ocean which we call the galaxies. Then there are the lines of force in the whirlpools which we call the processions of solar systems. The whole universe is a fabrication of vibrations. That's all. So, energy exists in space and it is flowing into the constitution of every one of us through these energy centres. It exists where we are.

When we have an open mind, a cheerful mood and a positive approach, the channels will be opened and the energy flows in. If we are suspicious or jealous or angry, or ill tempered, the centres close and there is debility. This is the ultimate truth of it.

There are no exceptions to this truth. So, it is the duty of the healer to see that the energy centres are opened. For certain reasons, the centres are closed because more than a thousand times on the way of our life journey, we have fear, suspicion, jealousy. We are in a great hurry and always we are in doubt. We are running; eating before running. All nonsensical things we do. Eating while angry not while hungry, we go into disease. Disease is a wrong distribution of the invisible energies through the visible body.

That is what Master Djwhal Khul defines. There cannot be a better definition of disease at least for the present, for two or three centuries to come. This is the definition of disease and the healer is expected to be conversant with these invisible layers and he should be able to rectify the inhibition. When the energy centres are strained, ruptured or sometimes half closed or paralyzed, wide open, you will find two types of diseases.

### ***Two Types of Diseases***

One is too much energy flowing into the constitution creating diseases. The fellow becomes over sensitive, irritable, nervous. There are outbursts of impulses and impulsive nature. What happens when the electric connections are wrongly made? There are sparks, there is flame, there is explosion, there is fire. Between two people we

find them fighting. If it is individuals, we call it a fight. If it is on a large scale, we call it war. So, some diseases occur because of hyper activity of the energy centres allowing energy to flow too much into the constitution. For example, high temperatures, sclerosis, nervousness, neurosis and neuralgia- all these belong to the first group.

The second group is, the centres are closed. The apertures are dirty. The constitution is debilitated, because there is no constant supply of energy. The fellow goes weak. He goes into palpitations, sweats, debilitation, short of breath, dyspnea etc. The liver is not functioning; intestines are not functioning; chronic diarrhoea, chronic constipation. We use medicines, sometimes purgatives. Again, the next day there is constipation. Daily the fellow takes purgatives and goes into disease. This is because he is tackling the disease wrongly on the physical plane, when the disease exists on the vital plane. This is the second group of diseases. You should know more about this by following the system in a systematic way. Of course one lecture is not enough. I am just showing you how to approach.

### ***Conduction and Induction Methods***

You should apply two different methods with your hands to the two different fellows. If the patient belongs to the hyperactive type and produces a disease of hyperactivity, you touch him in the required places and draw the energy out of him with the thought because energy follows thought. That is one of the *Mantras* or sentences given by Djwhal Khul in not less than eighteen places in all his twenty-four volumes. *Energy follows thought*. It is a scientific truth

which can be understood by objective scientists sometime in the 21st century.

So, you produce a thought and draw the extra energy from the parts of the body. Suppose the fellow has hemicrania, migraines, headaches, pulsating type of headache, blood rushing to the head; then you touch the head. Ask the fellow to close his eyes and you find out the required nerve and muscle and touch it and draw the energy from the head. Within four or five minutes, the fellow is okay.

If the fellow belongs to the second type, if you apply it, he will die. You have to apply the other process. Don't touch him. You produce your fingers just near the concerned parts of his body and induce energy through you into his constitution. Make a free supply of energy and see that his centres are opened. Then he is healed. So, this is a touch for conduction and this is no touch for induction. There is a process of conduction and the process of induction.

Try to understand the patient and classify and apply the method accordingly. Don't apply wrongly. Much harm is done. This in short is the scope of this subject. Of course I have not gone into the subject. It is not possible.

Above all there is one principle without which all the process becomes utterly false including medicine. That is what is called compassion, universal love and real love in its true sense. That is God's presence invoked in you. Unless you have it, unless you have a willingness to share it, all these things are only child's play and false, an utopia and a fairy tale. That's all. So, this is what I want to convey to

you today. Thank you all once again and we go into the invocation before we conclude.

***The Invocation by Master Djwhal Khul***

All those who want to heal and who want to be healed, please repeat the invocation. Let us repeat the invocation given by Master Djwhal Khul.

From the point of Light within the Mind of God  
Let Light stream forth into the minds of men.  
Let Light descend on Earth.

From the point of Love within the Heart of God  
Let Love stream forth into the hearts of men.  
May Christ return to Earth.

From the centre where the Will of God is known  
Let purpose guide the little wills of men  
The purpose which the Masters know and serve.

From the centre which we call the race of men  
Let the Plan of Love and Light work out  
And may it seal the door where evil dwells.

From the Avatar of synthesis who is to come  
Let his energy pour down in all Kingdoms.  
May he lift up the Earth to the Kings of beauty  
Let Light and Love and Power restore the Plan on Earth

\* \* \*

Few of our brothers and sisters asked me to explain about the Vedic chanting invocation I am doing. I take five

more minutes. Those who are interested can pay a little attention and try to understand.

The first sentence I utter is, "*Sanno Mithraha*". The Lord *Mitra* is called the God of measures. *Mitra* means measures. Let him bring peace to me. That is the meaning of the first sentence. The first sentence "*Sanno Mitraha*" means let the God of all measures who works through us, because we live by measuring time, space, etc, let him bring peace to us.

The second is, "*Sam Varunaha*". The same God in the capacity of *Varuna*, that means, the Lord of surfaces. He creates in space, a surface to the solar system and differentiates one solar system from another, similarly one planet is different from another and one human being is different from another. So, there is a Lord who forms by creating a surface to every entity. So, let that Lord bring peace to me.

The third is called "*Aryama*". "*Sanno Bhavath-varyama*". "*Aryama*" means the Lord of reproduction and multiplication. The Lord who multiplies the species, who sees that the living beings exist on this earth continuously. Though living beings are dying every minute, and being born every minute, there is an irreducible minimum which keeps the continuity of the living beings. The Lord, who establishes this truth on this Earth, let Him bring peace to us.

Then *Indra* and *Brihaspati*. "*Sanna Indro Bruhaspathihi*". *Indra* means, the Lord of speech and the Lord of the senses. *Brihaspati* means the Lord of utterance. So, let the Lord of speech and the Lord of utterance bring peace to us.

Next, *Vishnu*. "*Sanno Vishnu Rurukramaha*". That means, let the Lord of pervasion and presence, let the Lord who pervades in everyone and who is giving his presence to everyone, let him bring peace to us. The word *Vishnu* means, the Lord of pervasion.

Then next, "*Namo Brahmane*". That is I bow down to *Brahma*, means the Lord of self-expansion. He is expanding in the form of individuals, their minds, their thoughts and their thinking. So, let the Lord of expansion, who is the creator, bring peace to us. I bow down to *Brahma*, the Lord. "*Namaste Vayuhu*". *Vayu*, that is the Lord of pulsation, called Prana who brings respiration by creating air in space and lungs in us. That is the meaning of it. "*Nasmste Vayo*".

"*Tvameva Pratyaksham Brahmasi*". Addressing the same Lord, 'You are the Lord who is present in us.'. We know all the forms of Lord. But this form of Lord who is in the form of our respiration and the air we breathe in, he is the real presence in us because we feel it every moment. So, he says, you are the very presence in us.

The next sentence. "*Tvameva Pratyaksham Brahma Vadishyami*". That means, 'I utter that you are our presence because if we are to utter, we have to utter you only.' So, unless there is respiration, we have no utterance of the word. So, the indweller of utterance is pulsation in the form of respiration and air that is coming and going. So, he says, you are the very presence of my utterance. "*Tvameva Pratyaksham Brahma Vadishyami*".

*"Satyam Vadishyami"*. So, I utter the truth. I utter the truth, because you made me utter one truth. I am uttering you out. I am able to trace you as living in my lungs and as the truth of my utterance, I have uttered you. Therefore, you see that I utter the truth.

*"Rutam Vadishyami"*. That means that which I do not know as truth also let it be uttered through me. That means, whether knowingly or unknowingly, let me utter only the truth.

*"Tanmamavathu"*. May he save us all.

*"Tat Vaktaramavathu"*. That means may he save us; the one who is teaching all these things to us.

This is a new invocation of the Lord in the form of the teacher and the student. That's why it is said, may he save us all. May he save the person who teaches us these things. That is the teacher. One who teaches.

*"Avathu mam, Avathu Vaktaram"*. Once again may he save us. Once again may he save our teacher.

*"Om Shanti Shanti Shanthihi"*. That is, peace is to all.

This invocation was being used in the morning before the classes started and in the evening when classes were closed in ancient schools in India. So, this is the invocation and the meaning. So, I take leave of you and we will meet once again when the Lord makes us meet.

*Thank you all*

## *Yoga and Healing*

I thank you all for the happy presence you have given me this evening also. I thank the hosts of the evening who have created this occasion. According to the programme, today I am expected to talk about yoga and also something about healing. This is already a yoga school and I feel very happy to speak about yoga in a yoga school. When I find yoga schools here, I have great hope for the physical fitness of humanity in the future. The *Asanas* are regularly taught and practised in the yoga schools. Practising *Asanas* regularly, minimises the inequalities of physical health and makes the physical body fit more and more as time advances.

### *Yoga Asanas*

As age advances, the physical body shows its inequalities but as the *Yogasana* practice advances in years, these inequalities are minimised year by year. Many people find that healing starts with themselves when they practise the *Yoga Asanas*. In fact, healing should start from oneself. Unless one is perfectly healthy, one cannot claim to heal others. This is because the confidence upon healing and the self-confidence upon the healer will not be there, if the

physical body is not fit. The circulation becomes more brisk by the *Yogasanas* and the respiration becomes more active according to the standards of the ancient yoga system.

The number of breaths will be decreased and the volume of breathing is increased by practising the *Yoga Asanas*. It is a fact observed and accepted even by doctors, '*that the more rapid the respiration is, the more number of breaths will take place in each minute and the quantity of breath and the length of breath will be minimised.*' When we practise the *yogasanas* in a systematic way along with some *pranayama* also, then the speed of the respiration will be controlled and the magnitude of each respiration will be increased. This increases the span of life and the health of the body during the span.

Every part of our body and every muscle will be under our control and every nerve will work with responsibility. Especially the cerebrospinal nervous system will be stimulated daily and the ductless glands become more and more active. The whole endocrinal system will become meaningful and it will have a link with our conscious mental body. Then the moments of our daily routine become more and more meaningful. Gradually we begin to do only what is significant, what is useful to us and others. gradually we minimise things that are not so very significant. The time spent in daily pleasures will be minimised and the time used for some utilitarian aspect will be increased. The daily routine becomes more and more significant so that the span is filled with some meaningfulness. This is the starting point of yoga practice and also the starting point of healing. The power

to heal comes only from the power to utilise time and opportunity.

A person automatically becomes a master of his daily routine once he gains the capacity to conduct his routine exactly in the same manner as he did yesterday and to keep up his timings regularly without any strain and effort. Then such a person gains mastery over one's life span. A mastery over the environment is also automatically achieved. Mastery over forces within and without will be simultaneously achieved. The magnetism in the human constitution will be increased. The lines of force that are working through our body become more and more regular just like the lines of force in a magnet. The lines of force that are working through our body or our intentions, thoughts and our hopes also will be streamlined. The quantum of work we do will increase with practice of yoga. Though *Asanas* form only a part of yoga, they will form the basis to practise yoga in future.

First of all, we become more and more self-conscious and less and less nervous. Nervousness leads us into a crazy way of living, whereas self-consciousness leads us into the magnetism of life. This is the point where we achieve mastery over healing powers.

### ***Origin of Disease***

*Healing is nothing but establishing health. It is the arrangement of the lines of force that makes the difference. When the lines of force are ill arranged, it is what we call ill health and it causes disease and it causes the various*

symptoms on the physical and mental plane. What we call nervousness, irritability, restlessness, impulsive nature are only signs of ill health and sickness. The more and more we have sickness in us, the more and more we grow nervous and over sensitive to others. Then our behaviour will be distorted and conditioned according to the presence of people around us. Our behaviour changes with the persons present around us and the nature of the persons around us will alter the nature of our existence. This is the cause of all diseases in its true sense. When man begins to live in confusion, hurry and always feeling that his time is not enough for the daily routine, then he gradually goes into disease. This is what we call the opposite of yoga.

The lines of force in us when ill arranged cause all these evils. They make us think that people around us are disturbing us. That the people around us are forming competition for us and gradually we begin to fight with society. This is the first sign of ill health and disease. When this begins to dwell with us, then the production of the tissues in the body will be altered. A disturbance in the production of tissues causes clinical disturbances. That is the cause of what we understand as physical ailments. Especially a busy way of living, a great tension under which we live, an over-sensitive nature towards other people will cause insomnia and headache. Sometimes they even cause metabolic diseases like diarrhoea, constipation, disorders of liver, pancreas and more commonly the disorder of the kidneys.

All these bring a crisis at a particular stage and when we begin to use medicines regularly, in large quantities, the

medicinal substances also begin to play havoc on us. Just as in an industrial city, the air is polluted, the water is polluted, the roads are polluted and the whole atmosphere is polluted by the toxins added daily. Similarly in a body full of medicines the blood is polluted, the nervous system is polluted, the kidneys, the blood vessels, the heart and lungs are polluted. When every functional organ is polluted, then the whole human constitution becomes a big industrial city, where life becomes impossible to survive.

We begin to live suffocated in this body just as we live suffocated in a big city. When you go to a real country which is not polluted, you can take a bath, you can drink the water in the river and then you will feel very happy.

Similarly, when you begin to practise yoga, you will begin to feel the freshness of life more and more. As the circulation becomes more and more equal; when the cerebrospinal nervous system begins to work more harmoniously; when the two vagus nerves work simultaneously, when the kidneys begin to function in a harmonious way, then the psychological forces will be harmonised. The freshness of life will be experienced and you will find that you are already being healed.

So, a practice of yoga should start with a yoga school like this, but it should not stop there. A practice of yoga is only a beginning and the advanced practices of yoga should also be practised afterwards. But everything will be made possible only if you take daily *Asanas*. The incentive to take *Asanas* daily will be given by the presence of a yoga

school and a group of people, who are practising yoga with you begin to give you health. Health exists in living as a company and loneliness gives disease. Sometimes people think that they have to practice yoga in loneliness, but neither healing nor yoga is useful when it is practised alone.

The great Masters of yoga teach us one essential aspect about the fundamental practices. They teach you that you should be functioning like a string in an instrument of music. When it is in harmony with the other strings, then only it is called a musical instrument. Similarly when you begin to establish a harmony with other people around you, you are fit to practice yoga and your yoga practice will continue. Otherwise you will feel after some time that you are having some impediments. Then your incentive to practise yoga will go down and after some time you will stop practising. Only those who can keep company with others with the right relationship and proper human relations can continue to practice yoga until its culmination. Others who practice only *Yoga Asanas* and do not care for the other aspects of yoga, will practice *Asanas* for health for some time. Then they feel like stopping it. They lose interest gradually and someday they drop off.

More than two years they cannot practice. Those who can practise for more than two years are those who are really interested in the advanced steps of yoga. They will be able to keep company with others and right relationship with others. Our relationship with our parents, our brothers, our friends, our classmates, wife, husband, children, neighbours and our colleagues in our office, all these relationships form

part of yoga practice. When we keep all these relations in a proper way, then only we are called students of yoga. Then only it is possible for us to heal in its true sense.

If we ignore the other aspects and begin to practise yoga singly, disease begins to take its origin in our mind. This is because it makes us think that we are practising yoga and therefore we are greater than others. This is the origin of disease. When we begin to keep company, by maintaining social relationships with others and a good spirit of service, then the real yoga practice starts with us. This only makes us continue the yoga practice further.

### ***Simple Meditation***

*Every day after practising the Asanas and after taking a bath, you have to sit down in a comfortable posture, make your body comfortable, relax every muscle and nerve, relax the mind and for some time begin to observe your own respiration, meditating upon the Mantra, 'So-Hum'. Then you will go into meditation gradually. The mind begins to get itself absorbed in respiration and the process of respiration gets absorbed in the mind. The two become one. A great ease and comfort and relaxation will be experienced.*

A change will be observed in all the parts of the body. The change will be like that of a magnet which is different from that of an iron rod. Just as when an iron rod is being magnetised, every molecule of the iron rod is awakened into magnetism. Similarly this change will occur in you and you will feel that every molecule of your body will

be awakened. You will find yourself different. Then all the discomfort and the burdensome attitude of your mind will go away.

### ***Test Yourself***

When you feel any part of your daily routine as burdensome in the mind, that means your yoga practice is not correctly going on. It is the right test to see if your yoga practice is going on in the right lines or not. Only when you find that you are not impatient with anyone; you don't dislike anyone in your daily routine; you do not feel inconvenienced in the presence of anyone; then only your practice of yoga is going on in the right lines. If you find that some people are not liked by you; this idea continues; your impressions about them continue; you have unfavourable thoughts about others which continue for a long time; you remember the unhappy experience with others for a long time; that means your yoga practice is not going on in the right lines. There must be something wrong in our practice. We should know it and rectify it. Then once again the change begins to occur. You will begin to feel pleasant with everyone because you begin to feel pleasant with yourself. There will be a pleasant muse twenty-four hours in you and as long as the pleasant muse is with you, you will find the presence of anyone pleasant to you.

Just as when your spectacles are coloured, you will find everyone coloured, through that colour. Similarly when your mind is pleasant, you will find everyone around you pleasant. This is the right type of test to test your progress in yoga.

Also this is the starting point of healing. If you are pleasant in your mind for twenty-four hours; you are not irritable; not wild with anyone; you are not nervous with anyone; do not experience fear, suspicion, jealousy; then your mind is healed and that mind heals your body.

### ***Result of Meditation***

So, in your daily yoga practice, when your body begins to take this change, you will be able to observe it in the form of a beautiful colour also. Mentally you will begin to feel that there is something blue around you or something golden yellow around you. Some harmonious colour will be felt mentally by you, when you are doing your work and duty regularly. When you will be able to read books continually or doing your office work continuously you do get bored. The monotony will not be found by you. Every work is found fresh by you and you will feel every moment is fresh in life. This is the result of meditation.

### ***Pranayama***

Meditation will be practised along with *Pranayama*. Right type of *Pranayama* is relaxation of breath. When you practise a harmonious way of breathing, when you begin to breathe in a slow, soft and deep manner and at the same time thinking of your breath, you will find the exact coincidence of the *Prana* and mind. The pulsations of your life will absorb your mind. The mind becomes harmonious and the respiration becomes uniform. The uniformity of the respiration keeps harmony of the mind. When the mind is harmonious, your body is gradually healed, your nervous system is healed and all the nervousness will go away. You

will find everything pleasurable. Your appetite and metabolic activity increases. Diseases will rectify themselves day by day and disappear finally. The usage of medicines will be minimised day by day and it is your duty to see that you do not over drug your constitution. It is enough if you use medicines only when it is an emergency.

This magnetism will be flowing out from your body and people begin to feel it, just as pieces of iron begin to feel the presence of a magnet from a distance. The people around you feel your presence and the presence of healing magnetism. It will be experienced in the form of some happiness. Your friends begin to discover that they are happy in your presence and that their minds are calm in your presence. Their thoughts are suspended as long as they are in your presence. Suspension of thoughts marks the beginning of healing. When the speed of the mind is controlled, when it is made harmonious, then people begin to get healed even without their own knowledge. Sometimes when people with a great headache and heaviness of head meet you and talk to you for five minutes, they will find that their headache disappeared. When they go home, they go with great energy and all the fatigue is gone.

### ***The Real Practice of Healing***

When they experience it twice or thrice, they will begin to talk to you about this. The topics that are being discussed with you begin to heal them because they do not have the critical nature with them. Nobody will be able to argue with you because your argumentative nature has gone from you. A nature of revelation and nature of intuition begin to dawn

from you. A nature to understand how things are correct dawns from you. The capacity to discover the goodness in others gains its candle power and all people will have their goodness stimulated in your presence.

This is the real practice of healing. Without such a practice of meditation and the *Asanas*, healing cannot be properly practised. Healing practiced by a neurotic and an over sensitive fellow will not have the same comfort as it is practised by a yoga student. He may sometimes heal other patients, but he himself becomes a patient. Every time he heals others, he becomes sick and he gets the auto-suggestion that he is taking their diseases. It is utterly false. It is correct that you can heal others of their troubles, but it is utterly false that you take their diseases. Is it a fact that when a doctor gives medicine to a patient, when the patient is healed, is it true that the doctor becomes sick? The doctor is there only to convert the patient into a healthy man by the power of his medicine. Similarly the healer is there to convert the sick man into a healthy man by the power of his own magnetism.

The difference between a doctor and a healer is only the medicine and the magnetism. The doctor uses the medicine in the physical sense, whereas the healer uses the medicine in the spiritual sense. Both the things are medicine in two different forms. There is no necessity for the healer to become sick, by healing others. Still there are some people who believe that when they are healing, they are becoming sick and that they are taking the diseases of the patients. They think that it is a great service. It is not

true. It is a dis-service to the society because their presence increases the nervousness and restlessness in others also.

### ***The Power of Auto-suggestion***

A healer is essentially a healthy man and it is always a great pleasure for him to heal. The more cases he heals, the more pleasurable his constitution is. Just as the right musician is not fatigued after giving a song, so also the right type of healer is not sick after a healing. Is it a fact that the musician who makes the audience pleased with his music goes into great sorrow after the concert and believes that he has taken all the sorrows of the audience? It is only fooling oneself. Same is the case with healing also. If people get sickness after healing, it is only by the power of their auto-suggestion. It is because they strongly believe that they take the diseases of the patients. As they begin to believe this daily, it becomes true with them.

This is what is called the power of auto-suggestion. The power is there with us to use in a right sense and not in a negative sense. So, everyone should not rush so hastily into the art of healing. One should be positive at first before one becomes a healer. He should know and realise the positive nature of healing, understand that all the negative nature is created by himself and not by the healing. This is an essential step which is to be taken before one becomes a healer.

### ***Preparation for Healing***

The real type of healing requires a good sense of cleanliness also. The one thing is, to have a daily bath in plenty of

water to keep all the parts of the body clean. The second thing is to take as much water as possible. Fruit juices will be helpful but without water they will not give any health at all. A major portion of water drunk daily is necessary to become a good healer and a good yogi. Alcoholic drinks should be left off and prohibited to become a healer or ayogi.

Among the food materials also, rich dinners should be avoided. Green vegetables and raw uncooked foods should be taken more and more. Spicy and costly dishes should be minimised. Quality of the food should be increased and quantity should be reduced. The carbohydrates and the starches should be reduced and proteins and vitamins should be increased. All types of narcotic nature, that is cannabis, opium etc. should be completely avoided.

One room should be separately maintained in the house where he and his family members can practise either healing or yoga. The room should be kept clean and pious. His traditional way of prayer should be conducted there regularly at the same appointed time. The prayer should be according to his family tradition or according to the initiation of a Guru. The uniformity in prayer should be maintained. The type of prayer should not be altered often. This is one aspect.

Another aspect is, you should change your clothes when you enter your shrine room. When you have a separate set of clothes in the shrine room, it is the best way to practise healing because impurities are not only physical; they are also astral, etheric and psychological. All these should be prevented. They can be prevented by only changing the

clothes before you enter the shrine room and washing your hands and feet before you enter the shrine room. If it is not possible to maintain a shrine room in every house, you can make it possible by having one hall for a group of practitioners. There may be a hall where healing and yoga can be practised. But, the same purity should be maintained.

The hall should be kept pure. Some perfume and incense should be there in the hall. It should be a little ventilated, so that air comes into the hall. Otherwise you know what happens? When we begin to practise yoga or healing in a hall, after half an hour the oxygen in the hall will be exhausted. Then we will be breathing out and breathing in the same foul air again and again. The result is vertigo, not healing. When we close our eyes and begin to practise meditation, we will feel some strange vertigo in our eyes and we may deceive ourselves by illusions that it is *Samadhi*. Insufficiency of oxygen leads to a toxic type of *Samadhi*. So, there should be a continuous supply of air into the room and people should be able to breathe oxygen even after they sit in the hall for a long time.

There should be an altar on one side in the hall and the hall should not be a square or an irregular shape of room. It should be in the form of a rectangle. The most useful method is to have 1x1/3rd length and breadth. That is, if the breadth is one unit, the length should be three units. In such a hall, practice of meditation and practice of healing will be conducted in a very ideal manner. After taking all these precautions, then only you should begin to heal.

In the beginning stages, you bring the patient into the hall. Ask the patient to sit before you at a distance not less than six feet from you. People should not sit close. The healer should sit separately and the person to be healed should sit before him. You can heal a number of people also at a time. In fact, it is easier to heal a number of persons than to heal one person at a time. It is only an arrangement of the magnetism of the various constitutions. See how it is easier to arrange a set of electrical cells into a battery either in the AC arrangement or in the DC arrangement either in parallel or in series.

You know that a group of generators arranged will give a greater energy than a single generator. Same is true with our human constitutions also. You should make people sit in rows uniformly, so that one sits at the back of the other in a perfect row. Then another row, a third row, so that the vertical and horizontal rows are uniformly arranged. Then they are ready to allow healing magnetism to flow.

If you daily make a group of people to sit like this and meditate or pray, they begin to get healed. The secret is you need not heal them. They begin to get themselves healed. It is because of the arrangement in which you made them sit. You have to sit at a distance facing them, a bit higher than they sit. Your head should be at a higher level than the heads of those who are to be healed.

If you sit horizontally in a line with others you will not be able to heal. Even an expert in hypnotism cannot hypnotise a person who is sitting on a higher level than the hypnotist.

So, just as in hypnotism, you have your method of ease and comfort. Similarly in healing also you have your own method of ease and comfort. The best way for you is to have something to sit upon, which is a little bit higher than others to be healed.

### ***Method of Healing***

Close your eyes and ask others to also close their eyes. Then start your own daily practice. That is observing your own respiration and invoking the *Mantra*, "So-Hum" in your respiration. This is the process in which you have to make others sit. The best process to heal, given by the ancients, which I will explain here.

*Sit in prayer daily at the time of Sunrise. Turn to the East, sit down, close your eyes and make yourself comfortable. Imagine that the energy is flowing from the Sun to the centre of your eyebrows. Then imagine that it is entering into your head through your eyebrows and then it is gradually descending into your heart centre. Then from the heart centre, it is expanding into all parts of your body resulting in an experience of comfort and relaxation. This is the practice you have to do when you want to become a healer.*

Then when the person to be healed is before you, you should imagine that the same force is travelling from you from your heart centre to the brow centre of the person to be healed. From his brow centre it enters into his heart centre. From his heart centre, it expands throughout his body, causing comfort and relaxation to all parts of his body. This is the process with which you have to heal.

*So, the healing magnetism starts from the Sun. It enters into you through your brow centre, from your brow centre it enters into your brain. From your brain centre, gradually it descends into your heart. From your heart, it expands into every part of your body. From your heart centre, it forms a line of force again and enters into the brow centre of the person to be healed. From there it enters into his head centre. From there it descends into his heart centre. From there, it expands into all parts of his body causing relaxation and comfort. This is what heals the person to be healed.*

Healing is possible in the first steps only when the diseases are nervous and mental. Temporary ailments will be easily healed. Fever and headache will be very easily healed. Hypertension will be healed. Any pain or discomfort in any part of the body can be very easily healed. But diseases having deep seated causes cannot be healed. As you gain experience in life in later years, you will be able to heal those diseases also by creating a healing centre in the person to be healed. It takes one year or two years in such cases to get healed, but that's no disqualification. Even in the case of treatment through medicines, sometimes treatment takes ten, fifteen or twenty years. Even then there are cases that are not cured by medicine. So, when the doctors are helpless about that, you have no business to get discouraged.

### ***Right type of Healing***

Know the art of creating a healing centre in the person to be healed himself. The one thing you should practice in

the positivism of healing is, 'don't develop dependency in the person to be healed.' See how the professional doctor tries to make the patient dependent upon him; see how the professional doctor has an art of making the patient always doctor addicted. You should not have the same mentality with the person to be healed.

If the patient learns to believe that he has to come to you every day to get healed, it is not a healthy type of healing. First of all, before you can induce confidence in him, you ask him to come and sit with you for about a month or two or three. For some people, one week will be enough. For very sensible and sensitive people, two or three days are enough. But there are people who want two or three months before they gain confidence in themselves. They feel cured and they get cured, but anytime when ever they have any discomfort, they feel like running to you or telephoning you. Such a mentality should not be encouraged. You should make the person believe and understand that the healing centre of magnetism is within himself and not within the healer. This is called the right type of healing.

*Confidence is the one which heals. The ideas sent through a line of confidence form the line of force which rearranges all the forces in him in a correct way. Every thought current rearranges the forces of the body. Our everyday thoughts are also changing the directions of our forces in our constitution. Our everyday thoughts are also forming lines of force that are changing the direction of force in us. But, since our thoughts are not regular and organised, the lines of force we produce are suffering cross*

*currents. One line of force comes in the way of the other and the result is a fighting of lines of force in us and we feel fatigued.*

Work never gives us fatigue but our idea of working too much gives us fatigue. Our auto-suggestion makes us sick of our work. Every one of us by birth has an amount of self-pity which should be expelled. Everyone feels, 'poor fellow, I am working too much. I require being encouraged. I want other people also to work for me'. Such dirty ideas will be working in us, causing discomfort, fatigue and disease. If there is a real fatigue to the body, automatically the body indicates sleep and immediately you should go to sleep. All the other types of fatigue are only an auto-suggestion and the result of self-pity.

All these things will go away when you become a healer and you should induce the same thing in the person to be healed also. The greatest type of healing is to prepare healers and not to prepare patients just as the professional medical practitioner does. It may be the daily prayer of a medical practitioner every morning going to the altar of God and saying, "My Lord! May the number of patients increase for me." Your prayer should not be like that. The prayer of a healer should be in such a way that the number of healers in this world should increase. The best way of getting healed is to become a healer.

For the past fifteen years it is the experience of our doctors in India who are working in my clinics. As they begin to work in the clinics dealing with the poor people and sick

people, they begin to forget about their own maladies. By the end of one year, they find themselves more than half cured of their chronic diseases. By the end of two years, they feel they are almost cured. By the end of three years they are in perfect health. They are wondering how they are cured because they have never taken medicines. It is only very rarely they take a dose of medicine when it is an emergency. Still when you visit India, you can see how the doctors in our clinics are healthy; how they are gradually cured of their chronic diseases, without medicines.

So, a real healer should make a patient a healer. That is the ideal of healing. If you practise healing on these lines, you can practise according to any method of healing. You can use any formula to heal according to your instructor, but the positive attitude is most important.

***Question : Some people believe that they are getting the diseases of the patients after they give healings. Is it true?***

***Ans :*** The absence of any negative attitude should be first practised. The auto-suggestion that you are getting the diseases of your patients should go away. Also, the auto-suggestion that you are spending your energy when you are healing should go away. Many people believe that they are using their energy to heal. The result is, they feel very weak after healing. It is also a result of auto-suggestion. It is not a fact that anyone uses his magnetism for healing. Healthy magnetism comes from the solar rays day and night and enters into us every minute. Therefore, healing magne-

tism is no one's property to be personally used. It is a foolish idea if we think that it is our energy that we are pouring. This idea gives a great cause of sickness and ill health. So, this idea should also be removed.

The fact is that the healing magnetism comes from the Sun and our body is absorbing energies from the space, from the air and from the Sun's rays. It should be remembered and maintained. The healing energy passes through us, not from us. If the electric wire thinks that electricity is supplied by it, it is wrong. Electricity is supplied through the wire, not by the wire. Similarly, healing magnetism is supplied through us, not by us.

This is the sum total of healing and the last point I want to impress upon you about healing is, "We need not make a demonstration of healing while we are healing. We need not produce many gestures and postures like a dancer or the gestures and the postures of a high-priest. You can sit down in an aeroplane and silently heal the passengers. Because, it is through you that the energy flows. If you find anyone fatigued in the aeroplane or the train or the bus, you can heal him. Anyone going in the street is weak, you can walk behind him at a distance and silently heal him. In your experience, you will find many miracles and wonders."

A real healer never makes an advertisement of his healing. Of course, a professional healer has to make an advertisement of his healing, because he lives upon it. But, for people like you, you can do the healing service without

any noise. In the routine of twenty-four hours, you can heal any number of people in this busy world, especially those whom you meet daily. Like your colleagues in the office or your teachers or your students. You can heal them at first. After one or two years, you will find them quite healthy. They need not know the cause. They need not give you a diploma. It is Nature that confers upon you the real diploma because you are not a professional healer. This is all about healing in short, because our time is short.

***Question : What is the relationship between Karma and Healing?***

***Ans :*** Any sickness little or big is karmic. When the sickness is temporary and of a little nature, it is the result of a little karma. When the sickness is of a prolonged nature, it is the result of a prolonged karma. If the karma is so prolonged, that the tissues of this body are not capable of getting completely healed, then the healing will be only partial. Sometimes if you find a person who is very old and the disease incurable, the only healing you can do is to make him not suffer. You can make an anaesthetic effect upon him. But you can never cure some diseases. We can cure only as much as we are permitted by the Lord Almighty. So, it all depends upon the maturity of the karma and as a result, the curability or the incurability of the disease.

One thing is certain. If the age is reasonable, diseases that cannot be cured by any type of medicine can be cured by a healing method. Provided the healer and the healed are in tune with each other and have the same amount of confidence upon healing and confidence upon each other.

Then only a complete cure is possible. There are certain diseases where even a healer cannot do anything. It is enough if we meditate on the light of the Sunrise. It carries all the colours of healing.

Karma means scientifically speaking only something wrong done and the results being experienced. The science of karma teaches us that good karma is also done by us just as bad karma is done by us. And just as bad results are experienced, good results are also experienced. Healing is a good karma and it does not require any inquiry because human welfare is God's first thought. The moment we have the pious idea to heal or relieve somebody from suffering makes us enter into the kingdom of God and work as one of his vehicles.

So, all the karma is subordinate to God's will. Unless God permits the other fellow to have his good karma done, unless he has a good karma done in the past, he cannot come into the presence of a good healer. With its result, he comes to the purview of a good healer and nothing needs to be doubted about it.

When we begin to practise in a group, after some experience we can heal people sitting with us even without their knowledge. When we complete our meditation of healing daily, we invoke healing of all those who are unhappy on this earth.

Lord Maitreya has given *Mantra* to be uttered by all healers.

The *Mantra* runs like this.

*Loka Ssamastha Sukhino Bhavanthu*

*Loka Ssamastha* means :

"All planes of existence on this earth and the beings that are on the planes."

*Sukhino Bhavanthu* means :

"May they receive happiness, comfort and health."

It should be uttered daily when we get up from our meditation. So, that is the duty of a healer to send a healing invocation to all those who are living on this earth. At the same time, some people require some confidence to get themselves cured. They come to you and they ask you to heal. In their cases, you have to conduct a ritual-like procedure. It is not for you, but for them to invoke confidence in themselves. So, you have to provide whatever is required for the psychological plane of that person to be healed.

*Thank you all*

## *Healing and Healers*

**I**t is a much popular subject in the modern world, popularised during the past three or four decades speedily. Also the number of healers has increased enormously during these few decades. The concept of healing itself has a healing effect when properly used. Using the concept properly means having confidence in the concept. That is the first requisite of a healer. The healer must be confident of the phenomenon called healing. Without the required unconditional confidence, however much the techniques are known by the healer, it is impossible to make a healing.

First of all, remember the fundamental proposition of healing, that it is not the technique that makes a healer to heal the patients. Of course, the technique may facilitate the healer to heal better. It also helps to heal without much resistance to the healer and the healed. But, the capacity to heal never lies in the technique at all. Excuse me if I say that the very detailed books upon the techniques of healing that have come during these few decades have no much healing effect upon the learners of healing. Because at least 50% of the authors of the books have more confidence in the technique than self-confidence.

### ***Qualifications of a Healer***

The first proposition is that they should know that they can heal. Before that, they should know how one can heal. One should be convinced of the process of healing before one knows that one can heal. It's not the argument that convinces us, but it is the process of being healed successfully once or twice that makes us a healer or initiates us into successful healing.

The second and the most important requisite of a healer is his belief in service. Unless one really believes in the process of service, one cannot be a healer. For this, one should be able to know the real meaning of the word 'Love'. These are the inevitable and minimum qualifications of a healer.

I will go into the details of the *modus operandi* of healing later, but during the first half of my lecture, I want to devote my attention and time upon the fact that the process of healing is rather synthetic than analytical. *Confidence is the synthesising force in an individual, whereas understanding is an analysing force.* The result is, it is not enough if we understand the techniques more correctly. Sometimes without knowing the techniques, we heal. Successful healers have experienced this many times before.

### ***How does Healing Work?***

For example, we have many clinics in India. The healers, the doctors and their assistants in our clinics have their regular experience, a peculiar sensation. This is being felt by them continuously from the moment the clinic or the

healing hall is opened for the public. The peculiar sensation which is similar to the touch of a feeble electric current will be going on continuously as long as the healing hall is at work until the last fellow is sent out. Then the healers or the doctors relax back into their normal consciousness.

Every day the healing halls in India start working from 7 am and continue up to 11:30 am or even sometimes more. We have more than 76 clinics and healing halls under us working with most successful results. At first, when people come and join as assistants in the clinics, they do not recognize that it is healing magnetism that is flowing through them. But they feel two or three different features distinctly. One is the touch of a feeble electric current; the second aspect is that their body is too light, too agile and too active, energetic as long as the clinic runs; the body is felt lighter; definitely lighter than what they felt previously. The third aspect they feel is that whatever troubles or ailments they have on their body, they totally disappear and get suspended as long as they are working. As they take part in the healing halls or clinics continuously for about a year or two, they find that the deepest of the diseases in them are being healed. If they work only for a few weeks, their troubles are healed, but healed temporarily. These are the three aspects that everyone feels. With these we come to the conclusion that it is the healer who is really healed and this is one of the fundamental propositions of healing. And I can make a special emphasis of this by framing a theory like this. The more one is conscious of one's own disease, the more one will go into diseases gradually.

***How do Diseases Aggravate?***

You may ask me, are we not to think of our disease? You are expected to think of your disease only to take the required steps. Beyond that, whatever you remember about your own ailment, it will cause an indulgence in sickness. It makes you more and more conscious of your own sickness; so that you go on meditating upon your own sickness unconsciously and go into more and more sickness. You will find people who are continuously sick, always talking about their own ill health. By doing this they grow more nervous, more irritable and less composed than others. They will also be suffering from hyperactivity. This is a fact which no one can deny.

Another observation which is most interesting is, if the healer is not artistic in his way of applying the healing, he too begins to feel nervous in the presence of nervous patients. Whenever a person continuously conscious of his or her own sickness, approaches a healer, the healer begins to feel discomfort. The more nervous the patient is, the more nervous the healer grows. Essentially, a nervous self-conscious patient, critical and over-critical about others, suffers from more analytical faculties than of synthetic faculties. Automatically he applies all these negative faculties unconsciously upon the healer. Then the healer begins to feel nervous and fatigued after two or three minutes in the presence of such a patient. Unless the healer knows how to manage with such people, he goes into sickness.

We see many healers failing in their health over time because of two main reasons. One is, they do not know how

to protect themselves from becoming over-sensitive and nervous in the presence of nervous patients and in the presence of over-critical fellows; over-critical fellows are those, who are not at all conscious of anything except their own disease. Whatever be the subject the other person begins to speak, these patients have the knack of turning into the topic of their own suffering. They bring the other fellow also into the conversation about their own disease and their own suffering. That is why automatically, the healer feels the over-sensitive nature of the patient.

One should know how to protect oneself from this evil. It is not to fight against such a mentality or it is not proper to remember the evils of the presence of such a patient. The more we notice the oversensitivity of the patient, the more we become conscious of his oversensitivity. In such a case, we should practise the art of switching off ourselves from oversensitivity by applying the mind to something different from the patient. If you want to come out of the oversensitivity of the patient, automatically you are thinking of the oversensitivity of the patient. The more you begin to feel the overcritical nature of the patient, the more you go into the consciousness of the oversensitivity of the patient. Then instead of influencing the patient, you are being influenced by the patient fully.

### ***Art of Healing***

So, the first step you have to take up is, you should invent your own world to live in, that is a plane of consciousness in which you are involved; so that the patient also gradually gets into your own environment and your own atmosphere.

The patient already has negative vibrations with him. The more you begin to understand it, the more you become negative. You should have something positive with you. Then gradually, the patient begins to enter into your environment. This is the one thing you are expected to do. Previously, you should have the habit of meditating upon something continuously. That something should be of a positive nature and you should be immersed or involved in it. Then the patient begins to lose his sensitive nature in you and automatically gets his vibrations changed temporarily. After some time, he begins to feel better. Otherwise you will begin to feel the headache of it. Unless we know the art of tackling such people, we the healers are bound to go into all sorts of sickness.

The second thing that a healer should not do is, not to believe that he is healing. If he believes that he is healing, the healing magnetism flows from him into the patient. The healer himself is emptied of his energy stock by the power of auto-suggestion that he is healing. Just as when we begin to spend the money we have in the pocket, gradually it becomes less and less until there is no money in the pocket. This is the defect of auto-suggestion because the very basis is false. It is false to believe that a healer is healing, because of his healing magnetism. If we believe that the wire carrying electricity is supplying the power, it is foolish. It is through the wire that the current is passing, not from the wire. This fundamental truth should be noticed by the mind consciously. We should remember that there is a wonderful mechanism in every one of us, which supplies healing magnetism through the constitution but not from the constitution.

***Misconceptions***

So, there are healers who believe that healing magnetism is sent from them. Gradually they go into nervousness and weakness and they go into all sorts of diseases. Also there are healers who get the diseases from the patients whom they heal. It only proves that they are foolish because the Law of Nature is different. *Nature has arranged everything in such a way that whatever you give, will be given back to you. Also it will increase.* So, the healers should understand that the same law applies to them also. If he begins to give health to others, automatically he will be healed. An ignorance of this law makes some people believe that by healing, they are taking the diseases of others into themselves.

***Misusing of Will***

Though it is a total misconception, having no gain of truth in it at all, still people get diseases from others, whom they heal and make it a truth. It is not because there is truth in it, but it is because of the power of their auto-suggestion. Because every minute they are suggesting to themselves that they are getting the diseases of others. The 'Will' aspect of every one of you is so creative that it creates whatever you believe as truth to yourself. That is the power of creativity in you. If you create a thought that you are getting the diseases from others, it creates diseases in you. So, these are the two factors that a healer should take notice of and believe that healing magnetism comes to him through the various layers of space around himself. The more one knows this truth, the more successful healer one will be.

***Healing Magnetism in Space***

But in the beginning, there may be genuine doubts about this. How can there be any healing magnetism in empty space? Now let us try to understand this single step a little bit. Where does your electricity come from? Does it come through the wires or from the generator? Where from into the generator? From the main electric plant which exists somewhere else. But where does it come into the electric plant? Just try to question yourself. It is not from any part of the machinery that is planted in the plant. If it is a hydroelectric plant, Electricity is not generated from water that rotates the Hydro Turbine. When the revolutions take place, energy makes its manifestation. Where was the energy previously?

We have never questioned it. The fact is, the energy exists in the space where the machine is planted. Space is a source of all energies. When the plant is incorporated anywhere in space, it makes the energy manifest, flow in a particular direction, does the required work and then goes back into the same space where it has come from. If there is any objection to any scientist or any scientific professor about this, we will try to understand his theories and learn more. If there is a better explanation, we will try to learn from them. Where does electricity exist before it manifests from the plant? That is what we want to know about healing Magnetism also.

In the same way, your constitution is also a hydroelectric or an atomic energy electric plant having its intricate mechanism to draw the energy from space; to work in the

constitution; to maintain the biochemistry which builds the tissues of your body. Then to pass through the wires, which we call the nerves or the nervous system; to work every moment night and day to construct, create, set things right and to rectify wherever there is a defect.

This is the reason why our constitutions are living and existing. Can you explain how your lungs are breathing though you are sleeping? Can you explain how your heart is beating though you are sleeping? There is something which is working in spite of your knowledge or ignorance. It's not your knowledge that is protecting you, but it is something which is making you know of the facts around you. So, remember that you will draw the energy from the space and you are training yourself to distribute the energy through your vehicle.

### ***Transmitting Stations of Energy***

There are many places from which you can distribute energy from your body. Nature has provided many spirals in your body through which you can permeate energy into others. If you examine your fingertips, you will have the whirls of membrane in your fingertips. If you examine at the base of the fingers, you find many wonderful designs. These are the places through which you transmit energy to others. This is one station for transmission. Another is your eyes. The third is your voice. These are the main transmitting stations of energy in you. People may laugh at this theory, but bestow your thought for a few minutes.

### ***Transmitting Centres***

How do we understand each other by speaking? I am producing some sounds and the sound vibrations are reaching

your ear. They are being translated into syllables; syllables are being translated into words; words are being translated into sentences and sentences are being translated into the import or the intention of the other fellow. Can any materialist deny this? If one can scientifically deny, we are ready to learn from him.

So, just let us bestow our thoughts a little upon the actions of Nature. How is Nature working? How are conversations making us understand each other? How are wrong conversations making people irritable? How is enmity or friendship caused through conversations? So, we can understand the use and misuse of this energy through sound. When we are looking at each other, what is it that is happening? This is another aspect.

Bestow two minutes upon it. Every day we are using all these faculties but we are failing to bestow a few minutes. They are not very difficult things to understand. They are only unfamiliar to us, because we lived deaf and blind to these things. As Jesus Christ says, "*We should have eyes to see and ears to hear*". If you bestow your thoughts a bit about these things, you will understand clearly the scientific basis of healing. Also you will understand that all the secrets of Nature are very simple to understand and there is no difficulty in understanding them.

Difficulty always exists in intellectualised man-made theories. It may be very difficult to understand an intellectual book, but it is never difficult to understand the working of Nature. The more difficult it is to understand a book, the more unpsychological the author is. He has the defect of

intellectualising simple things. That is one of the defects of the human mind which should be rectified. The more we misunderstand a theory, the more we can intellectualise it and the more difficult a book we can compose out of the theory. The more difficult it is to understand a book, the less he is an expert in presenting it in a book. That is what we can understand by observing Nature.

When you observe the process of what is happening during our conversation and observe what is happening when we are looking at each other, you can understand how healing is going on. We look at the face of each other and the shape of each other. But we do not propose to speak to face. We mean speaking to the person, not to his face. We cannot look at the person, we can only look at the face. So, we are looking at the face and proposing the person to speak. This is how we are talking to each other. We are not understanding the face of the other person, but we are understanding him. This is how we conduct our conversations. But because it is very simple and straight, we refuse to think of it. This is how we have to heal. Understand that energy is flowing through your eyes into the other person, stimulating what is required in the other person. The sound vibrations are flowing through your vocal cords to the other person, stimulating in the other person what you intend to stimulate. It's not a thought that you wanted to give him, but through the thought you wanted to give him something else.

That is what we mean by conversation. Do we mean thoughts by conversation? No, we mean making ourselves

understood to the other person, not thoughts. Beyond thoughts we are there. Be aware of it.

When it comes to healing, you are already a healer, by your existence itself. As long as you remember that you have only thoughts, you will fail to exist and your thoughts begin to exist. The result is, lack of capacity to heal yourself. The consequence is hypertension. The more one exists in one's own thoughts, the more into hypertension one goes. The more one lives in the awareness of oneself beyond his thoughts, the more healing one does for self and others. This is what is called the awareness of the higher self. This should be there and it is not the logic or the intellect or the reason for healing. To know how we heal is only a mental symptom and a disease. The fact is how we heal. Begin to do it. You will do it. But, to know the technique is only to have an advantage in doing something.

The people in our clinics who are interrogating the patients make a case history of every patient and try to speak to him. They smile at him and put him at ease using a certain amount of good humour. They continuously send the energy through them into the patients. They find wonderful results in their healing. At the end of one or two years, they find themselves completely healed. This is the truth of healing. The healer is first healed prior to the persons who are to be healed. The fact that healing magnetism comes from space can be understood by the fact that the solar system is externalised from space. No materialist can deny this, that the solar system is externalised from space. At the same time, the solar system contains intricate mechanisms of

many machines and wheels called the planets, their orbits and the working of the atoms. It also proves that space is the birthplace of atoms.

### ***Atoms***

*We are nothing but a bundle of atoms in space.*

There is everything in space that can produce atoms, which in turn produce solar systems; it is the same thing that is producing our constitutions also including the protoplasm and the biological kingdom of our body. This is mentioned now, only to reestablish the link between us and space. Why should we reestablish? Is it not already there? Yes, it is already there, but we have closed it, some of the channels at least. How is it that we could close it? You observe your sweat pores. When we expose ourselves to sudden shocks, or when there are sudden changes of climate, from a very high temperature to a low temperature, do you know what happens? Automatically the sweat pores are disturbed and they are closed. Similarly, the gateways of energy between us and space; they are many thousands that are being supplied to us. Around every one of you, they are there. You are in the midst of these gateways. They exist as rays of your consciousness.

### ***Aura***

Yesterday I hinted at how the physical magnet has invisible lines of magnetic force around itself and how the materialist can see only the piece of magnet, but forced to accept the existence of magnetism that is invisible. Understand yourself also in the same terms. You have around you

rays of your own presence, which some people call 'Aura'. It is foolish to believe that aura is something different from us. I know many people who talk of their aura in the third person. Just as there are grammatically wrong sentences, there are spiritually wrong sentences and concepts. One is to speak about the aura in third person.

You see, in the early decades of the 20th century, when the Britishers began to rule India, there was compulsory English education in India for the first time. All the people who were employed were forced to learn English quickly. There was one British person, who was a railway officer travelling in a train. The train stopped in a small village railway station where the station master was not very proficient in speaking English.

Then the British fellow asked him, "Who is the station master?" The station master answered, "I is the station master". He had great nausea because the Britisher can never tolerate some fellow talking grammatically wrong English. He repeated the question, "who is the station master?" Then he repeated the answer, "I is the station master?" Then he was irritated. With great vehemence, he asked, "Are you the station master?" Then he said, "yes sir, I are the station master". Then with great vehemence, he asked, "Am you the station master"? He said, "I am the station master". The British fellow was pleased.

We have such sentences in Yoga and Healing also. For example, if anyone says, my aura is blue, that means, "I are the station master". It is part of our own existence and rays of our own existence. They start in space and they enter into

us continuously and between two such rays, there are rays which start from us and go out into space. These two types of rays put together form what we call our aura. They bring energy from space into our constitution and take energy from the constitution out and the equilibrium is what we call our existence. As long as the equilibrium exists, there is perfect health. When we block some of the gateways, then the equilibrium is disturbed. As a result, there will be more outgoing rays and less incoming rays. This is one way of blockage.

Another is the converse of it. Sometimes we block the outgoing rays, whereas the incoming rays exist as they are. We have two ways of blockage and here we have fatigue, enfeeblement and it leads to diseases like emaciation, losing weight etc. We can say that they are diseases of outgoing nature and we also have diseases of incoming nature. That is congestion and blocking of too much energy, heaviness of the whole body and heaviness of head, headaches and swellings, various types of internal and external swellings. We can give a clinical explanation to all these things in the medical language, but it is only partially true. For example, if we test the urine of a person clinically and make an analysis and say that there is sugar in it, albumin in it and pus cells in it, it is true. But why is it so? Therefore the clinical examination leads us nowhere. It helps only in making a diagnosis and making a fine name to the disease.

What a patient wants is not a name, but a cure. With due respect, the existing classical system of medicine has a serious defect in it. We have the art of naming many diseases without knowing what to do afterwards; for example,

diabetes. We can very easily make a clinical examination and find the type of diabetes the fellow has. What is the next step; to feed the fellow lifelong with insulin or something like that and to wait for the infernal function? Of course though we call it a cure, we can never call it a cure. Excuse me if I am a bit harsh here, but if there is something wrong in it, let someone correct me. We want a solution. We want to know what are all the factors that cause the blockage. Here are some of the causes.

### ***Causes of the Blockages***

The first cause is fear. Equally strong cause is sorrow and less efficient but more dangerous is anger. Like that you can enumerate others like irritability, jealousy and malice. These are the things that cause the blockage, besides the things like haste, being busy etc. Let us take a real life example here. You want to catch the aeroplane and there is only ten minutes time. If you want to finish your lunch or supper in a hurry before you catch the aeroplane, then you are establishing blockages in you. So, don't prefer to eat when you are in a hurry. Either cancel your journey and eat, or carry something with you; sit in the plane and then eat or wait until the air hostess gives you something to eat. But, don't smother yourself with food and drink. Also the laws of healing according to the Sanskrit scriptures teach us that, "*Don't eat when you are under a spell of fear. Wait for five or ten minutes until you are pacified. Don't eat or drink under the spell of any of these things*".

Do you know how the disease called spasm starts? It's not at all a disease, but it is the consequence of what is called

habit-forming nature in us. One of the faculties of the constitution, that is the biological constitution is, what we can call habit-forming nature. This is the faculty which causes repetition in us, without which the lungs cannot respire continuously. Nature has engrafted respiration as a habit in the lungs and Nature has engrafted heartbeat as a habit in the heart. Many are the things that are being run in the constitution by the habit-forming nature. Whenever we are stuck by fear or sorrow or by any of these things, automatically we are blocking the regularity of the habit forming nature. If you do it once, that is okay. If you do it a second time, the constitution succumbs more easily. If you do it a third time, the habit-forming nature engraves a new and undesirable habit in the constitution. It disturbs the rhythm of your respiration. Observe your respiration whenever you are angry.

Whenever you are in a hurry, whenever you are sorrowful, whenever there is a cause of fear in you, whenever there is jealousy and malice, every time the rhythm and music of respiration is disturbed. If you repeat for a second time, a habit of disturbance is established. A third time, habit is more established because the very life principle is making you live out of habit called rhythm of Pulsation. When you are disturbing it repeatedly, you are making a habit which kills you. That is which disturbs the rhythm of the pulsation you have, especially in the respiration and heartbeat.

### ***Blockages on Etheric plane***

Circulation and respiration are musical in their nature. They depend upon the regularity of the pulsation in us and

whenever they are disturbed, the life principle is hampered. Automatically we are establishing blockages in our aura. Whenever we try to eat quickly or drink quickly, when the mind is worried about an aeroplane or a railway train, then immediately there will be the closing of some channels in us. A physical blockage is the result of a thousand times of the same blockage on the etheric plane. On the etheric plane, the blockage occurs again and again until it appears on the physical plane. That is how a spasm begins and a second time, it is easier for the spasm to manifest on the body. A third time it becomes a habit. After fifty or sixty times, the habit is established on the mental, etheric and the physical planes. That is the reason why we have no solution in the present classical medicine for spasm because it is a habit disease.

Do we have a successful cure for epilepsy in the classical system of medicine? No. The only unscientific method is to sedate the fellow until he dies. There is no cure for epilepsy in Allopathy because it is not a disease, but it is a habit. So, there is no solution. For correction, you should go to the mental and etheric planes. You should be able to establish once again the older habits stronger than the present ones. Then only, you will be able to cure the fellow successfully. Same is the principle for Yoga and Healing also. The healing energy comes from the same source, where the energy of our life principle is coming into us.

### ***Physical body, Vital body and Mind***

Apart from the matter in our body, you have to accept the existence of energy and then the existence of conscious-

ness. *Every one of us is a capsule of these three aspects. The physical matter is in us in the form of the physical body; the energy is in the form of what homoeopathy calls a vital body or what the spiritual science calls an etheric body and consciousness exists in us in the form of what we call mind.* When we are healthy, it is the mind and the vital body that are healthy. They keep the cells of the physical body healthy because they maintain the natural process of the biochemistry of the tissues. Then we call it health. So, health exists in the mind and in the etheric body. Its effects are enjoyed on the physical body. Similarly, any disturbance first takes place in the mind or the etheric body and the result manifests upon the physical body as a disease.

So, there is no health or ill health to the physical body at all. It is absolutely useless to try to cure the physical body. You have to affect the cure on the first two planes and then the cure is enjoyed on the third plane. Otherwise if there is some disturbance in the liver, if we introduce some chemicals that rectify the tissues of the liver, no doubt they work on the physical body causing relief. But, since the defect lies in the higher plane, once again the tissues of the liver are produced in the same defective way. It becomes a recurring nature to the disease. If we cure on the physical plane, it again recurs, because the cause is on the higher plane. So, we are expected to affect the cure on the first two planes by whatever means we have. So, we have two wonderful methods.

***The Role of Homoeopathy***

Luckily we have the invention of Homeopathy in the modern age that affects the cure in the same direction. Homoeopathic medicine works on the mind and etheric body, which the founder of homoeopathy calls the vital body. Then rectification is affected on the two planes. The effect is enjoyed on the physical plane.

In Yoga and Healing also, we are expected to do the same thing. Don't think that medical science is against Yoga and Healing or Yoga and Healing is against medical science. There are some people who say stop all medicines while I am healing you. That is pure orthodoxy and not a scientific view. If the medicine is healing, what objection should you have to add your healing also on the spiritual plane? Scientifically speaking, is not medicine spiritual? Is it something unspiritual? Spiritualism lies in your way of doing things and in your motives. There is no antipathy between using medicine and Yoga and Healing. In the future century, healing will be used as a composite art having all the other branches of sciences as integral parts of it.

***Different Branches in Medicine***

*For example, allopathy will be used to clean the physical body temporarily; homoeopathy will be used to affect a permanent cure of diseases; habit will be cured by establishing habits through naturopathy and dietetics; sound and conversation and sight will be used to cure diseases that are of a deeper nature. In those that cannot be cured through medicine, at the same time using the*

medicine for the fellow to work on the respective lower levels, the highest step taken by the healer is to make the patient a healer. Let the fellow work daily for one hour or half an hour in a centre where healing is taking place and we know how wonderful and astounding the results are.

Remember that the fourth aspect is the surest of all cures i.e. to divert the attention of the patient from his disease and make him feel sympathy for those who are suffering from diseases. So, when there is a negative current in him creating a disease, you are creating another centre of activity in him which is positive. That establishes itself more and more day by day, so that the negative aspect gradually disappears. You can experience the truth of this in not less than 95% of the cases in which you apply. The only exceptions that cannot be cured by this method are congenital incurable diseases. For example congenital malformation of the heart and many surgical cases that are too much tackled. That is when a part of the body or a functioning organ is amputated. Then there is no possibility of permanent cure at all by any method. You can give him confidence, hope and palliation. With these two exceptions, all the other diseases can be healed by the fourth method.

### ***Healing through Conversation***

The healer should practise daily a type of positive attitude towards patients and positive attitude towards others in general; without which he can never be a healer. If there is fault finding nature in the healer, let him heal himself of it. Then he shall wait until he is healed to become a successful healer. These are some of the fundamental factors that help

us. You can use sound with perfect mastery, provided,

1. You know the fundamental tools of music.
2. You know the difference between music of excitement and music of enjoyment.
3. You can eliminate music of excitement and can make a selective way of giving music of enjoyment i.e. soft tranquillising music.

Then you can cure patients through sound. The more effective way is to cure a patient through your conversations daily. It all depends upon what subjects you introduce to him when you are talking to him. How much good humour and hope you maintain while you are talking to him.

### ***Healing through Sound***

If you are successful in treating everyone in equal terms with you; if you have only a hearty way of doing things and other methods eliminated from your very nature; then whatever conversation you conduct with the patient will heal him. Because the sound of your voice is enough to heal him. We have the advantage of meaning and sound also in our conversation. We can use both with equal mastery. You can introduce such subjects as the meaning of your conversation, that they induce hope automatically in the patient, boost self-confidence of the patient and set him again in action. At the same time, the sounds of your conversation work upon his nervous system and the cerebro-spinal system. You can use colours also for healing. If you can keep a harmonious colour painting in a hall and make the patient spend his time in the hall, then it begins to heal.

This is what was done in the ancient temples of many nations. You know a sacred science called, "*Tantra*" which is unfortunately most misunderstood in a beastly way by the occident. It contains all the secret keys of how to use the meaning and the sound in a harmonious way making it a *Mantra*. When you harmonise the sound and the meaning, whatever you speak will be a *Mantra* for healing. Do you know that there are no special *Mantras*? What the *Mantras* are in the tantric books are only examples worked out and given to you for use. You can make a *Mantra* of any sound you want, just as the musician makes music of any sound he combines. For this it is necessary that the healer should be a musician. So, if you are a musician in mind, your conversations can be used as *Mantras*.

### ***Fivefold Keyboard and Tantra***

The tantric texts teach how to do it and use colour. It is called the fivefold keyboard. Colour to the eye; sound to the ear; smell to the nose i.e. using the perfumes and cosmetics in the tantric science; taste, using the taste of the food for healing; using the touch of the healthy wife to a husband or a healthy husband to a wife. When this is used for healing, it is one aspect of the science of *Tantra*. When this is used for yogic awakening, it is the main aspect of *Tantric* science. But *Tantra* is not yoga of sex as some people in the Occident understand it. It is very unfortunate for them to understand such a great science in such low and mean terms. Let them study the science carefully from beginning to end and let them understand it, not in piecemeal but in total. The total keyboard of this fivefold aspect is given

in the science of *Tantra*. A proper use for yogic awakening as well as healing is given in the *Tantric* texts. So, all these things can be used.

You can select perfumes and herbs to give incense for healing or make some perfume in the hall of which fire rituals form a part. That is, you are given the formula of mixing herbs having good perfumes. For example, camphor, sandalwood and a herb called *Ocimum sanctum* and *Ficus religiosa*. Like this there are many herbs that are compounded and used according to the ailment the fellow has. So, change the atmosphere of the hall and use all these methods for healing. Then the mind also can be used; that is when you know all these things, automatically your mind will be healing the fellow. And a little care should be taken about what is called the law of compatibility. Sometimes you will be surprised to know that a patient is worse by using the same medicines by one doctor, while he begins to improve with the same medicines in the hands of another doctor.

### ***The Law of Compatibility***

This is what is called the law of compatibility. There is something which is agreeable between two persons and disagreeable between two persons. This exists as long as you are on the mental plane. This disappears the moment you practise universalism and universal love. But we can't expect all people to practise universal love. The result is, there are some doctors who have the magnetism of universal love, whereas there are some who are commercial fellows, who do not have it. When such commercial fellows are treating a sick person, if their magnetism is compatible with

the magnetism of the patient, it is okay. If not, the patient gets worse even with the best medicines. This also should be taken into account and we should observe how the patient feels with our presence. If he feels that you should be with him for some more time; that means your presence is agreeable. But if he feels uncomfortable in your presence, understand you are not compatible with the patient.

Don't feel any complex. Let some other healer do the same thing which you do. If you know the fundamentals of astrology, if you can have a birth chart of the healer and the healed, you can very easily avoid such undesirable presences. Suppose in the horoscope of a patient, Saturn is in Aries twelve degrees. Suppose a healer in whose horoscope Uranus is twelve degrees in Aries comes to him. If this doctor or healer spends five minutes with the patient, from that day onwards his disease accelerates. No doubt it is a purifying process, but sometimes the patient dies in the purifying process itself. Instead of having this, if the doctor withdraws from the patient and sends another healer or doctor to him, who has Jupiter in Aquarius twelve degrees, having a sextile aspect between the birth Saturn of the patient and the birth Jupiter of the healer, then the patient feels comfortable within two minutes and says, "Doctor you stay here for two minutes more. I want to narrate my history to you".

After the doctor or the healer 's visit, the patient begins to feel better day by day. Even the best healing with best intentions sometimes harms the patient, if we do not take notice of it. Hence we have to take notice of this aspect

also. Finally I repeat that it is your self-confidence that heals, your power of love that heals and your spirit of service that heals. This is not only my conviction but my experience with not less than at least a hundred healers working under me in India. Also don't believe that you are healing. The more you believe that you are healing, the more energy flows away from you and you will be sick.

Understand that healing is done through you. The best thing to remember about healing is that healing magnetism from the Sun goes into the patient through you. You can heal hundreds of patients every day without yourself going into sickness. So, not by the healer, but through the healer the patient is healed. This is what Jesus Christ called, "*In the name of the Lord*". We should know the meaning of it. Another thing is, if you believe that the diseases of the patient will be transferred to you, stop healing. Don't be a healer because you believe something which is against the Law of Nature. The truth is, the more you heal, the more you are healed. If you believe in this, begin healing. Otherwise it is highly dangerous to you to heal.

***Question : Can we heal the congenital disease through healing?***

***Ans :*** Yes, I will tell you. We have known such a patient since birth. There is his career during pregnancy. There is his career before fertilisation and there is his career in his previous body. Here he carries the seed of the congenital disease on his mental and etheric bodies by which he is attracted to the parents who have the susceptibility to such

a congenital disease. According to the law of magnetism, polarities, the imprint of the disease on his etheric body produces such a heart, as well as the tissues of the heart in the mother's womb.

This is a life for penalising because he penalises himself. We can give only temporary comfort and amelioration. Neither medicine nor Yoga and Healing can be introduced in a drastic way to such people. You should not transfer deep acting vibrations of healing into such constitutions. Because automatically they make a release of the person from the physical body and we may cause his death. So, a soothing and comfortable way of healing magnetism is what all we can give. Same is the case in medicine also. No strong medicine should be used on such people. We can ameliorate and pacify the situation because we are human beings and all things are not possible for us to do. We have our own limitations and we should not harm the patient. We can help only as far as it is possible. That's all that we can do.

***Question : Is it necessary for the doctor to also fast?***

***Ans :*** You should have a practical experience of patients and the way of understanding them with the help of a healer who is also a doctor. That is, the patient to fast or the healer to fast. I believe in making the patient fast according to the scientific rules of hygiene and medicine. *It should be carefully and judiciously done. It can be done only by a doctor and a healer who knows the difference between fasting and starving.* So, they should have a judicious way of doing things. When done like this, it is as effective as

any one of the other methods. It can also be used with the other methods; sometimes more safely and more effectively than medication. About the fasting of the healer, I don't find much reason in doing it. Because the level of the healer is already there by the time the patient has come to him. The efficiency and the moral level of the healer will not be raised by his overnight fasting.

***Question : Can you please explain the practical way of using the colours?***

***Ans :*** It is a matter of practical training and application because except the seven colours, the shades cannot be mentioned and transferred from one person to another person. Unless I have the colours with me, I cannot transfer my concept of colour to you. But roughly speaking, rose colour can heal all and everyone. Certain shades of blue when properly recognized and used will heal many people. But it is better to undergo training personally instead of knowing the names of colours because colour concepts cannot be transferred from mind to mind through the name of the colour. It's very difficult. There is a third colour which I say is the honey colour, but if we remember the fact that one type of honey differs its colour from another type. We cannot speak with the required amount of precision about colours.

It is only practical training under a guide which can help us. It is highly efficient and there is no doubt about its efficiency. Even there, the training should be personal. It is only to have a name key for each colour, that's all. It takes a very short time, about two to three months. After you know the name key, you can develop the faculty of

healing by yourself. The whole difficulty lies in transferring the concept of the colour.

***Question : Can we use the photograph for healing?***

***Ans :*** You can induce the presence of the person who is represented by the photograph. Then only you can heal. So, there should be an efficient medium to heal through photographs because the photograph is not a living medium. Suppose we place the photograph of my Master in a hall where there are strangers and who do not know my Master, it makes no significance upon their mind. The result is, it makes no influence. But, a person like me who knows him and who believes in him exists, with the photo, I can induce the healing magnetism of my Master and heal him. So, it depends upon the person who brings the photograph to you and he forms the medium between the person and the photo and the patient. When it is done by a proper medium, it is most successfully done. But if we believe that only the presence of photographs heals, it is not correct.

***Question : Can we use the energy that is inside and outside for healing?***

***Ans :*** It is the auto-suggestion caused by believing in two different types of energy; whereas the same energy is serving in a thousand different forms outside and inside. If I believe that this space in the hall belongs to this hall and the space outside is different from the space in this hall, it is only an auto-suggestion because there is only one space where this hall was built. This space in the hall was also there before the hall was built. So, the fact that we built the house and

we are in the hall, sometimes gives us the auto-suggestion that the space in the hall is different. So, it is also the same thing with the two types of energies in the constitution. For those who have confidence in the Omnipresence of the One, this problem never exists even to the healer or to the patient.

***Question : Can the same diet be prescribed to all?***

***Ans :*** For the healer, it is the same as the principles of diet for a yoga practitioner. For the patient, the healer should decide according to the situation. Generally speaking, the dietetic principles of hygiene and health generally hold good to all people. But even diet cannot be uniformly prescribed, the same thing to all. According to the nature of the disease and the stage of the patient, we should prescribe a diet then and there. So, it is not very useful to establish some rules uniformly for all.

For example, a person suffering from indigestion requires a diet different from the diet of the one who is suffering from too much appetite and malnutrition. Suppose one person is suffering from lack of appetite, another person is suffering from too much of appetite and emaciation, the two fellows require a different type of diet selection. The first fellow should be made to fast. The second fellow should be made nutritious with valuable foods. So, it all depends upon the stage of the patient. It all depends upon what result we aim at.

***Question : Can the healer save the life of a patient?***

***Ans :*** As far as we can understand, it is the same with the doctor or the healer. He is only instrumental in what is to

happen there. Even the most efficient doctor is only an instrument of what is to happen to the patient. So, it is only the sincerity and the whole heartedness of the healer that counts whether life can be saved or not. Beyond that the healer or the doctor is not the fate maker of the patient. With all humility, one can do what one believes best. There ends the duty of a good and sincere human being. Let it be a healer or a doctor, if you are convinced that life can be saved back, it is good to apply such methods. But, when we are convinced that life cannot be saved, it is too cruel for us to make life prolong in that body. We should try neither to kill him nor to prolong his life. That is my personal belief about it.

*Thank you all*

# *Astrology-Homeopathy-Healing*

**B**rothers and sisters, who have gathered here, I thank you all for the sweet presence you have given me this evening. We are expected to speak about three subjects. That is Yoga and Healing, Astrology and Homeopathy. Each of these three subjects is an ocean in itself. When we begin to speak something about each subject, we have important and useful matters for weeks and months to speak about. But, I am expected to do what is ordained to me carefully, so that I may do equal justice to the given three subjects and make it really useful to those who are really interested.

## *About Healing*

First, we will take up the aspect of healing. We are in an age where we are transcending matter and entering into spirit. This century especially marks a clearcut change in the consciousness of the human being; a change that makes the material aspect of the world secondary and the spiritual aspect primary. But, it is really an achievement that is being done. In between, there is a stairway to climb up. *Unless we carefully climb up the staircase, we cannot reach the plane of spirit where we find pure consciousness, which*

*is ourselves. Staircase is the plane of forces. In between matter and spirit, there is force.* Unless we tackle the forces, we cannot make an achievement. But once we begin to tackle the plane of forces, we have to know how to steer these forces properly. Also know how to harness them in a proper way, so that they are useful to us and we are not lost in the direction of forces.

There is every danger of being led away by the forces that are awakened by us within ourselves and around ourselves. Around ourselves, we have awakened electricity, magnetism, electronics and atomic science. Within ourselves, we have begun to make strides in yoga and rousing the planes of consciousness. This to work for healing and to work for the many branches of modern scientific research. So, man stands between the external and internal forces like a ship, which is floating upon the various waves of the ocean, at the same time having many drums of liquid in the ship. There may be drums of petroleum and also kerosene. There may be drums of alcohol and also drums of water and milk.

Each drum is making a movement because it is floating in the ship and the contents in each drum are making their own movements. So, we can compare the cumulative psychology of 20th century human beings with this. We can compare each human body with a ship and the internal forces like the many drums which the ship is carrying. So, mastery is required. We should work as a master of these forces. Otherwise the internal forces will swallow us and the external forces make us drown. This is the actual situation of the modern human being. But fortunately, we have the

real sciences at our aid. One of the real sciences is the science of cure and the science of healing. Healing is applied only to diseases, but its application is much wider than what we suppose.

If there are undesirable psychological traits in us, it is also healing if we make our psychological forces desirable. If there are gushes of emotion working in us, it is also healing to tranquillise the emotions and make them subservient to the various consciousnesses working in us. So, healing works on the social levels, on the economic levels, on the levels of health and hygiene also. We should not restrict the scope of healing to medical science alone. If you make a man think in the right direction, if you train a boy into the desirable ways of living, if you train a squadron of army in the proper direction and if you can train the inhabitants of a country to behave properly, all this comes under healing. If anyone makes us understand the values of life better, then if we start behaving properly with neighbours and friends, then it can also be called a beginning of healing.

### ***Be a Magnet***

Just as a magnet has its own field of action, everyone of you has your own field of action. Just as the magnet radiates invisibly its own lines of force, you are also continuously radiating your presence into your environment. You know how the right arrangement of magnets makes the magnets behave uniformly. If you place two magnets in the right direction, they are attracted to each other and they begin to work as only a single magnet.

This is true with as many magnets you do as possible. The same thing is possible with human beings also. If two people try to understand the magnetism working in them properly, by not giving value to their ideas and thoughts, but by giving the true value to the direction of forces working in them, then the two people can be companions lifelong. Also they can work like a single mind, a single heart and a single centre.

It is true with any number of people working in the right direction. This is the ideal to be achieved when we consider the aspect of healing. In fact, what we call diseases are only imperfections in us. There is nothing evil or negative in what we call diseases. If two magnets are arranged in the wrong way, if one shows repulsion towards the other, can you say that there is evil in the magnets? Definitely not. It is the same magnetism which is playing evil when wrongly placed. It is the same magnetism that works rightly and positively when placed in a correct manner.

### ***Wrong Approach***

*What we call evil in human beings is nothing but establishing wrong relationships with others. What we call disease, fear, jealousy, sorrow, avarice, covetousness, all these things are only wrong relationships established with others.*

When some jealousy is present in ourselves, we need not think that there is something evil in us. It is enough if we know that we are approaching society in a wrong direction. It is for us to make a rectification. Then our mind

begins to work in the right direction and our mind will be able to appreciate what is there in the world. It appreciates not only the strong points but also the weak points of others. It teaches us that the strong points of others are there for us to imitate. The weak points of others are there for us not to imitate and rectify. If anyone is suffering from lack of self-confidence, we should understand that we are not incapable of doing things. What we call timidity and lack of self-confidence is only a block in self-expression. It is all due to our wrong approach towards fellow beings. It is for us to know that all diseases exist due to the wrong approach.

Some of our diseases exist because of our wrong approach to food and drink. A part of it exists because of our wrong understanding of others. If I see an enemy in a person, the enemy works in me, not in him, because the enemy consciousness is in my mind, not in his body. If I fear anyone, fear is in me, not in the person who fears me. If I feel jealous of any person, jealousy is in me, not in the tissues of the other person. This is the origin of disease. The less the intensity of our impression of others, the less will be the possibility of disease in us. Every one of us has our friends and our enemies. Our relatives and our acquaintances. Our people and other people. About everyone, we have our own impressions. The bundle of impressions about each person is on our head. It is multiplied as many times as the number of persons we know.

We form our own impressions about each person we know. We carry the impressions on our head as our burden. We do not imagine how much burden and weight we are

carrying in our head. There is no reward for this head load. But still we take pleasure in carrying it. Real healing exists in removing this head load. If we meet persons only as persons and if we do not carry impressions about persons, we begin to do what is expected of us. We stop to do what we wish to do. What we wish to do forms a burden to our brain and to our heart. If I remember that I have to do a lot of work in the office, the lot of work exists in my brain and not outside. But if I begin to do it without many thoughts about the work, then work is only a play because we are not foolish enough to carry it in our head.

### ***Human Magnetism***

This is the first step of healing and whoever makes a skillful attempt in this direction will find himself or herself already a healer. He will find that he will be gradually healed of the physical and mental ailments. This is by protecting the energy carefully and saving much energy from burning in unscientific ways. Every time we are nervous about a person, we are burning much of the valuable human energy. Every time we are irritated, we are spoiling much of the human magnetism which is more valuable than anything. Human magnetism which can heal can never be purchased at any cost. There is no doctor here to sell us for any cost. It is a valuable product imported from a foreign land, which cannot be manufactured in our country. It is imported from the solar rays, from the spectrum of the Sun's rays, from the heat, light, electricity and magnetism that is being offered by the Sun. Our earth is receiving it every moment and making a benevolent offer upon us.

Through our feet, we are receiving it from the earth every moment and through our eyes in the form of light, we are receiving it. Through our respiration, we are receiving it as oxygen and we should train ourselves to receive it also in the form of harmonious thoughts. This is the real way of practising healing. Without this background being felt as truth, no scientific method of healing will be of real value.

### ***About Thoughts***

*First of all, remember that thoughts are not true. We are mistaken to believe that thoughts carry truth. Thoughts do not carry truth, but thoughts carry patterns or designs. What we call truth is only a mirage and an illusion. The real truth is ourselves and nothing else because the whole creation put together is formed by ourselves and not by our ideas. We are the real creation of Nature, whereas our ideas are our own creation. We can either create them or destroy them. When we care more for these ideas and thoughts, we begin to care more for the relationships with other persons which we have made.*

Whenever we make a wrong relationship with any person, whenever we believe that our relationship with him is true, we feel disappointed by his behaviour. We feel sorry for his misbehaviour and we feel jealous of his strange behaviour. Do you understand that all these misspent waves of force are spurred only by ourselves and created by ourselves? See how the earth gives us iron and how we can use the iron to make a knife and use it as an implement for eating or use it to kill others or to injure ourselves. So, the iron is the real truth of it whereas the use of the knife we

do, is what we have created. Ideas are like knives. The truth is like iron. If we believe more in our ideas, we learn how to get stuck up. This stuck up is a disease in a real sense.

### ***Difference between Humans, Animals and Birds***

Disease on the mental plane creates disease on the physical plane. When there is no disease on the mental plane at all, there can never be a disease on the physical plane. Unless we misbehave with our food or drink, or work or sleep or sex, we do not go into disease. See how the animal kingdom is having less and less of diseases and the plant kingdom is having far much less of diseases. Unless human beings exist amidst plants and animals, there cannot be diseases to plants and animals. I think you would excuse me if I make a statement. *Wherever the animals and plants live, they make the atmosphere rich by their presence. The trees shed their leaves and branches on the soil to make the soil fertile. Because they have drawn some energy from the soil. Because they have borrowed some food and water from the soil. They repay it with thanks in the forms of their leaves and their parts.*

You see, how the animals with their excrete make the soil fertile. But, what is the result of the human beings living on this earth? The more human beings that live in a place, the more will be the debility of the soil at the place. Because we suck the food value of the soil and we return nothing to the soil. We have to remember this fundamental difference and make good of our living on this earth.

There is also one more thing. The human being is the only species that can kill its own generations. A total suicide

in the name of war is possible only in the human species. It is not possible in the animal and plant kingdom on such a large scale. So, there is something instinctively negative in the human living itself. We should not be ashamed of accepting this because we can't argue against this truth.

### ***Developing Positive Magnetism***

We should know how to alter the magnetism of our existence by making a positive living, by making our thoughts healthy and positive. It is also possible by thinking of people whom we like, by not thinking of people whom we do not like. We shall begin to think good of those people whom we do not like. Then our magnetism begins to change. Then the negative pole in the human kingdom becomes the positive pole. The receiving pole becomes the transmitting pole. From that time onwards, we work as centres of healing and our presence, our speech, our smile, our sense of humour and our way of tackling others includes healing. This healing need not be known by others. Because it is not for others' reward we do healing, but because it is our duty to do healing. We are born as human beings and because there is something negative in us by birth, it is our duty to convert it into positive magnetism and make a proper remuneration of our existence on this earth.

### ***Prayer of a Healer***

So, now you will understand the kingdom of healing. It is not like the duty of a doctor who gives medicines to the sick. But, it is like a father, a wise father who brings up his children. Make them as well-behaved citizens. At the

same time, not punishing the children in any way, at the same time not leaving the children irresponsibly. At the same time having the art of making them masters. Unless he acts as a master, he cannot make them masters. It is not to prepare slaves who are cured by us, but it is an attitude to prepare good healers. It may be the daily prayer of a professional doctor, "Oh my Lord, may the number of patients who come to me increase". It is not the prayer of the healer. The prayer of the healer should be like this. *"My Lord, as many people as possible who come to me will be healers from tomorrow"*. This should be the attitude of a healer.

I know in the Occident many people are making themselves ready to become healers. Even from their very childhood and student life, people are gleaming with the desire to heal. That is a very good step in the advancement of mankind. We did not find this in the previous decades. I have known mankind since 56 years and from about a decade or more, I find the desire to heal becoming more and more common. I know that, some people laughed at it. But they laughed at it because they are still sick in their mind. But, it is a healthy feature that the number of healers is increasing. It is your attitude which makes you heal.

### ***Test Yourself***

First of all, test yourself whether you are already a healer or not. The best test is yourself. See, if you are better day by day physically and mentally. See if your body is able to withstand more and more work on the manual plane. Whether the mind is peaceful and tranquil in the presence of a hundred or a thousand people.

Do you feel the plurality of human beings around you? Then it is said, you are not a healer. You are a healer, if you feel the one human being in all the bodies. If you can really see how bodies are floating in one life, instead of seeing that everybody has his own life, groaning, moaning and experiencing pain in the body. Thinking that the body is a cage, and the indweller is a prisoner.

If you can adapt and train your mind to see how bodies are living in life, how the wave of mankind is floating in all the bodies and all the bodies floating in life like the hundreds of bottles that are sunk in a river.

Every bottle is full of water, but at the same time bottles are floating in water. So, the surface of the bottle is the one which makes the difference between objectivity and subjectivity. So, when you are healing the persons, if you can feel the presence of only one person in both, and if you can observe how the one person is behaving like two in two bodies, then you are a real healer. Before achieving this, you should enter into the realm of forces and make a skillful steering. A skillful driving of the ship of your existence in the ocean of life. Then you will be a successful healer.

You know how one wave comes and collides with another in the ocean and how both the waves are bursting. Similarly, the attitudes of one person are travelling as cross currents of attitudes of another person. The temperament of one person is repulsive to the temperament of another person. The presence of one person is disagreeable to the presence of another person. This is the case when you do not know how to steer. The many types of temperaments

in human beings produce cross currents and the result is a continuous wastage of human magnetism. Do you know how much energy is being released when two waves collide and burst in the ocean? Same thing is happening when two people are quarrelling in a house or fighting in the street or silently thinking against each other. So, it is not the thoughts and ideologies that form truth. Reduce the value of ideologies and thoughts. Improve the value of the direction of the currents.

### ***Value of Astrology***

Try to understand each other and find out how the various temperaments exist in the world. Here comes the value of Astrology. There are the twelve zodiacal signs that are working. The living beings are produced under the influence of different zodiacal signs. Hence you will find that one is different from the other. A person born in the month of Aries is quite different from the person born in the month of Taurus. There is a temperamental difference indeed. The one is dynamic by nature. The other is poised by nature. Before the two fellows are properly trained, if they are put together by making them husband and wife or colleagues in an office, or friends, or student and teacher, or a doctor and a patient, then comes the trouble. The doctor who is dynamic being born under Aries can never understand the basic nature of the Taurus patient whose basic expression is poise and equilibrium.

### ***The Twelve Zodiacal Signs***

Poise is understood as static by the Aries man. He finds that the Taurus man is lacking in dynamism. The Taurus man

finds that the Aries man is a dangerous and risky fellow. If without knowing each other, they become partners in a business, one of them is interested in pioneering spirit. That is the one who is born under Aries. He goes on making an expansion whereas the man born under Taurus is interested to go on making consolidation. The two processes are inimical to each other. The expanding mind is different from the consolidating mind. The first one begins by making an acquaintance with every new customer; speaking everything brilliant; making very happy promises; travelling from customer to customer and pocketing many customers each time.

The Taurus man hates him because he calls the Aries man hasty. He has no retrospection. He has no sense of consolidation. He has no sense of keeping up his promises. These two fellows begin to fight. The result is, the business goes bankrupt. The two fellows begin to accuse each other. All the courage and the pioneering spirit of the Aries man when not properly trained will be spent like the case of Alexander the Great. He went on conquering country after country for no value at all. Because the moment he turned back to his country, once again every country he won became independent, so that the whole game was a total waste. Finally he died drunk in the boat. So, there is greatness, no doubt in Alexander the Great. But there is no work done in terms of realisation i.e. work of no significance.

You know how the Aries man criticises the Taurus man? He says that the Taurus man has no spirit of adventure. That he has no ideals in life and that he has no courage. He cannot achieve anything in life. But in fact, each has its own signi-

ficance in creation. If this were to be the difference between the first two zodiacal signs, what would be the difference if you consider the twelve signs separately?

Each of the twelve signs is unique in its own way and has no second in the zodiac. So, we are created as groups of twelve. We have many errors committed and many rectifications made before we could get the proper training to gain mastery over the forces of Nature. We are drowned many times in the cross currents. For thousands and thousands of years mankind has been trying to gain mastery over these twelve signs. These are the twelve types of temperaments that are living on this earth. The story is symbolically given in the twelve tribes in the Old Testament. There are people who are foolish enough to think that the story of the Old Testament is only historical.

It is not at all historical, but it is allegorical. It is the history of mankind through ages and generations. It should be properly studied and understood, how the twelve tribes got divided, separated and disobeyed the Law of Creation. How they killed themselves in the name of global war. Not only of the first and second world wars in this century, but also in the thousands and thousands of wars that have gone passed in the past. We have not grown wise. We are once again ready to wage a third world war.

*So, the twelve zodiacal signs when properly understood should appear to you as a flower of twelve petals having its oneness in the flower and the manyness in the petals. Now if you understand the diversity of human temperaments in the world, in the pattern of the twelve*

*petalled lotus, the zodiacal ring and how each petal behaves in its own way, at the same time forming a part of the total flower.*

*So, it is not the unity that you have to bring, but it is the innate oneness you have to realise and visualise.*

It is oneness, not unity. Unity is that which we make; that which the politicians are trying to make; that which the sociologists are trying to make; that which the psychologists are trying to make; that which the university professors are trying to make.

But, the oneness that is there as our undercurrent is not yet taught in any one of the universities. With due respect to the professors of the universities, the universities are not evolved enough to teach this. They are still primitive and ignorant. They can only teach the commercial aspect of education. In the name of literacy, we are deceived that education is given to us. Literacy is being sold in the universities. Real education exists in knowing the real oneness of mankind and astrological wisdom essentially forms a part of it. If we know the twelve petalled lotus as the emblem of mankind at large, then we can roughly know each other. We can know the differences in temperaments and we can know how they can be worked out into harmony.

When we gain mastery over the twelve petalled lotus, then we have the twelve planets each of which make a separate mode of expression existing in each of the twelve signs. For example, the Sun travelling in Aries gives a mode of expression which is different from the mode of expres-

ssion given in Taurus. The self-expression of every man differs from the other man just as the temperament of every man differs from the other man. The temperament is given by the zodiacal signs, whereas the self-expression is given by the planets in the various signs. The psychological centres of consciousness that make the psychological pattern of the human being should be properly studied by knowing the horoscope. The horoscope is nothing but a pattern or a design which gives you a clue of your fullest expression, by knowing which you are expected to train yourself into the fullest expression of yourself to help the mankind around you.

In the hospitals we see when one doctor treats a patient, the patient improves and if another doctor treats the same patient does not improve. The difference is in the difference of the magnetism of the zodiacal signs and planets. If we have the zodiacal and the planetary wisdom as a part of the basic education of mankind, the doctors will be trained in such a way that a doctor treats the patient according to the birth sign of the doctor and the patient and the unscientific specialisation of the modern age will go away.

Now we know the specialists of the eye, specialists of the nose, specialists of the ear. But each specialist treats the organ he is concerned with and no one is concerned with the human being who is the patient. This is the fate of medical science, since the time of specialisation. But, medical science should be generalised and not specialised. The medical education of the human being should be given to every doctor first and then in the advanced course, he may know something about specialisation.

***Healing and Astrology***

Healing is not at all possible under the conditions of the present type of specialisation in medical science. Healing deals with the human being as a whole. It is the horoscope that will help you. If you make a horoscope of a patient, if you are a doctor and an astrologer, you will know if you are compatible with the patient or not. You will know whether your presence heals or hurts the patient. There is much truth in this. The same patient treated with the same medicine improves with the doctor and goes down with another doctor. The result is the law of magnetism that is working in Nature producing attraction when properly used and repulsion when wrongly used. This should be an important point in the art of healing.

You know the name of Hippocrates, the great seer whose statue and whose photograph is used as a trade mark by modern science. His name and his photo are being cruelly marketed by the commercial medical science of the day. No medical professor is interested in teaching a single page from the books of Hippocrates. Because he knows that if the book of Hippocrates is opened, all the commercial aspects of modern science go into the ocean. The modern medical man who lives in the commercial world, has to go and drown deep in the ocean, if at all he cares to read a few lines from the book of Hippocrates. All the laws of healing in a scientific way are dealt with by Hippocrates. The law of magnetism, the law of attraction and the law of repulsion have been discussed scientifically by him. The law of transmitting human energy into patients is discussed by him. He

remarks that a doctor who is not an astrologer is a quack. Excuse me, it is a sentence of Hippocrates and not my sentence. If you think it is foolish, you can believe that Hippocrates was a fool. But you are using his photograph to market the students of the day.

You know the oath of Hippocrates. He has given an oath to be taken by those who want to be healers. Now all the commercial doctors hang it to their wall and do many things against it shamelessly. Let us once again try to follow his doctrines and honour his word, that 'no doctor who is not an astrologer is a quack'. If we know the scientific side of astrology, we do not feel, it is below dignity to accept that there were real scientific people in the ancient days also. Then, we can use the art of healing in a scientific way. In fact, the advent of astrology and the advent of homoeopathy in the modern century have opened new horizons to the minds of the real thinkers. But it is a matter of encouragement that is required and people are cruelly discouraged to believe these two branches. They are being discouraged for commercial motives.

It is the duty of the healer not to get discouraged, not to care for the public opinion. Because it is for you to see what others want, not what others think about you.

*Remember this statement once again. Don't look at what others think about you. Think about what others want from you. Don't mind if they misunderstand you. Begin to understand them better. That is the real beginning. You have to make such a heroic beginning and make the cross currents*

*neutralised and make the various temperaments understand each other. The difference should be understood as harmony and just as the musician uses all the sounds to frame into a song and when you see how the same sounds are used in disharmony by two people who are fighting each other. When the same sounds can produce horror and terror, the same sounds can produce music and symphony also.*

This is the basic understanding of the variety of humanity. The supplementary nature of different natures of human beings should be understood. When two people are temperamentally different, they are complementary and supplementary in this world.

*Pythagoras says, "The lower numbers find their LCM in the higher numbers". The lower mind of ideas and thoughts which disagrees with the ideas and thoughts of others finds its own agreement with others' thoughts on the higher and higher planes.*

So, this is the meaning when Pythagoras says, 'that the lower numbers find their LCM in the higher numbers'. If 5 and 7 are not found common, that they are basically different, you find a number 35, where five and seven are harmonic. In such terms, you have to understand your neighbours. Then only you can understand the real statement, "*Love thy neighbour as thyself*". Without knowing this, the meaning of love is only sex. So, let us travel safely and with sufficient caution along the lines of force. Let us cover the staircase which is made up of the various cross currents of force and successfully step into the plane of spirit. Starting our journey from the ground floor, that is the floor of Matter.

Let us leave the material plane and climb up the steps of forces that are many in number and that are ever winding in their spirals. So, no two steps exist on the same height. If the two steps exist in the same height, they are not steps and you cannot climb up. Only because of the difference in the heights of the steps, you are able to climb up. So, only due to the cross currents of existence in this universe, you will be able to climb up the staircase of forces. The temperamental differences among us make us climb up to perfection. The different modes of expression that exist among us should form the mosaic required, so that we may not stumble on the staircase and not fall down the steps. Not break our knees or necks or heads in the vertigo, in stupefaction of our achievements.

*So, sufficient caution is required for the mankind of the present decade because he is on the way of force. He has to make a success in the plane of matter and from matter to spirit via forces should be the goal of the present mankind. In this line, astrology helps us a lot and homoeopathy also helps us a lot.*

### ***The Science of Homoeopathy***

For so many reasons, homoeopathy forms an unavoidable part of progress. *First of all, it minimises the evil of over drugging among us.* It demands from us that we should stop taking so many medicines and use medicines only when the body indicates the existence of some disturbance. Even that, use the medicine in a very minimum dose very much diluted. *The second principle which is healthy*

*in homoeopathy is that it makes us understand that there is no physical disease without mental disease. Unless we have a disease in the mind, we do not misbehave with our food or drink or sleep or work or sex. Therefore we do not purchase a disease to our body. This is the one thing that homoeopathy makes us understand. Unless our mind is diseased, unless our mind is really sick, we do not prefer to choose the wrong thing to eat or drink. That is what homoeopathy not only teaches us, but also makes us understand when we properly follow the philosophy of homoeopathy. In the third step, homoeopathy advises us to understand that we have three planes of existence; the plane of matter, the plane of force and the plane of consciousness.*

*Health exists in the consciousness, consciousness steer the forces to make the matter work. Our mind orders the vital force in us, what to do or what not to do. Then the force in us makes the body parts move. Then we can drive or we can carry things or do our daily routine. So, the body should be galvanised by the force in us and the force in us should be steered by the mind in us. Then it is called health according to homoeopathy.*

When the mind is conditioned by the force in us and when the mind and force are smoked by the matter in us, it is called disease. So, this is the understanding of health and disease according to homoeopathy. It is quite different from the clinical way of understanding. The clinical way is to test the various chemical materials of the body, to see if they are normal or abnormal. Then to decide that there

is disease when there is an abnormality in the biochemistry of the body.

Homoeopathy says, this is only a physical plane and what we find on the physical body are only results and not causes. Some of the causes exist in the vital plane, the forces that steer the matter in the body. For example, when there is constipation, it is not the matter in our intestines that is at fault. But it is the force that is causing the movement in the intestines that is at fault. Unless the intelligence that moves the force is at fault, the force cannot work faultily and the matter in our intestines cannot get a block. If something is kept dirty in the house, it is not the dirt that is responsible. If the walls are spoiled in the house, it is not the wall that is responsible. But the persons who are existing in the house can be understood as fools and require rectification. If you leave the persons away and begin to make the walls better and ask the same fellows to live in the house, they still live as fools.

The more you cure on the physical plane, the more will be the intensity of the disease on the plane of forces and in intelligence. *Therefore, the causes of health exist in the consciousness and the results of health exist or enjoyed in the physical body. Similarly, the causes of disease exist on the mental and the vital planes and the results of disease are experienced on the physical plane.* What is the use of our hunting the physical tissues to find the cause of the disease? So, this is the new dimension that is given by homoeopathic thought. Similarly, the art of healing gives us the various methods to know the rearranging of the intelli-

gences that are working in our body. Similarly, the art of healing gradually makes us understand the various intelligences working in us. How they are to be rearranged properly, so that they may induce our conscious intelligence normally. It in turn makes a selective way of living and renders the physical body healthy.

So, these are the real advanced sciences that are to come in the next century. Since many people in this century are not prepared to receive them, they may laugh at them. But the universities of the next century will teach these subjects as real sciences. Let us make a synthetic understanding of the three subjects together: *the subject of spiritualism, the subject of healing and the subject of homoeopathy*. In the next century, allopathy is not considered as a science at all because it has no solution for psychological and mental diseases till today. The only solution given is the narcotics and the dangerous drugs. These are unfortunately translated into tranquillisers and sedatives. Whenever the expert finds a mental or a nervous patient or an epileptic patient, immediately the modern medical scientist begins to poison him with these sedatives and tranquillisers. So, there is absolutely no solution in the known medical science for mental and nervous troubles.

The science of allopathy stops with the physical body. So, there is not much future for it in the next century. It is Homoeopathy and Yoga and Healing that take a prominent part. This happens in the light of the proper understanding of the polarities and temperaments in the background of scientific astrology. Of course, there is much superstitious

belief about astrology and much unscientific understanding about astrologers. But that does not prove anything against astrology. Just as modern medicine is misused, astrology is also misused sometimes.

Just as an expert cannot save a patient sometimes, astrologers also fail to predict sometimes. *But remember that astrology is not for prediction. It is mainly for self-analysis and self-knowledge. To know your strong points and weak points. To know a selective way of your career, to know what to do and what not to do. To know when to do and when not to do. With whom you have to do and with whom you should not do. It is for the self-analysis and self-realisation that the true scientific astrology aims at.*

In the light of this subject, we shall know how to use homoeopathy and healing properly. Even homoeopathy alone, if it is used only when necessary, then we have an ideal way of doing things.

In our clinics in India, we many times give only sugar pills to many patients if we find that they are to be healed without medicine. We use homoeopathic medicine only if there is a deeper disturbance in the very tissues of the constitution. Also only when a patient comes to us too late. Even without medicine, we find the results astounding and surprising. This is a statistical truth which no one can deny. In all the eighty big clinics we are running in India, we preserve all the successfully cured completed cases on records. With their names and addresses and also the details of how we cured them.

With all this, we are only simple children and students when we understand the vastness of the subject of healing. Let us remember that we are children gathering pebbles on the shores of knowledge. Let us gather more valuable things over time. I only appeal to you to make a synthesis of the various subjects and find the oneness of the various subjects.

***Question : What is the place of acupuncture in the treatment of diseases?***

***Ans :*** It is one of the advanced sciences, at the same time most ancient and it also forms a part of real healing. But, the modern practitioners are still in their infancy. A systematic training and systematic course is required before it can be successfully used. There are experts in acupuncture, but many imitators are also there. Trying to do harm to many people, just as there are false astrologers and commercial doctors. But it is a very valuable dimension in the direction of healing. It should be practised, systematised and made a course to be taught to students in a systematic way.

***Question : Does healing require physical sacrifice?***

***Ans :*** Go through the scientific books on healing and you will know the answers already there. There are various types of spiritual beings who are illumined. Many of them receive the cumulative effect of the misdeeds of mankind and they are ready to make the sacrifice. That is the one cause of cancer among the great people. There are many great people who had cancer in their last days. But the truth is, some people take the cumulative bad karma of the mankind of the day. They don't care about purchasing some betterment to

mankind at the cost of one of their bodies which they think is very cheap. Just as Lord Jesus thought that it was good for him to purchase the kingdom of God to all mankind at the cost of one simple body.

Cancer is due to such causes, especially to mystics and the enlightened ones. You can learn much about this in the book, 'Esoteric Healing' by Alice A. Bailey.

***Question : What is the solution?***

***Ans :*** The solution is to gather into groups and make new trainees in homoeopathy in the light of spiritual sciences. Instead of making long and tiring discussions with people who already know something, it is better to make a new beginning with new recruits, when after a time the old recruits are also ready to receive. That gives much economy of labour and effort. In India, I have started in the same line. I have prepared the first group of servers from those who are around me. Trained them as the first batch of homoeopathic physicians, at the same time, enlightening them into the world scriptures.

Even today the classes run in such a direction that in each session of two months in the vacations, I conduct classes of scriptures in the morning and classes of homoeopathy in the evening. At the end of the two months, I issue a diploma to them, so that they can come and take part in one of the existing clinics for one year, then they can begin to prescribe. Now, at the end of fifteen years, I have prepared many hundreds of qualified physicians in homoeopathy, who are very well versed in the scriptures also. They know yoga and

spiritualism. The so-called scientific doctors of our place, began to come to consult us now. First, they consulted in secrecy and now they consult us openly. They bring their patients to our clinics and they feel it as a joy to get them cured. Gradually there is a time when all the doctors are taking part in our group.

Suppose I began with opposing the existing doctors, what would have been the future? It is only a waste of time and energy. So, the same thing may be attained in Belgium also. We can start in the same direction, doing a lot of good work in our own way. Forming groups, get ourselves trained in homoeopathy and Yoga and Healing. Then begin to heal our own families. That is how we started and that is how I believe everyone should start. We have in our clinics a systematic way of case taking. The form consists of not only the name and address of the patient, but also the date, time and place of birth. In real chronic diseases which take a very long time to cure or which are already over drugged for a very long time, we definitely make a horoscope. By studying the natal horoscope and the progressed chart, we make an estimate of the possibility of curability and the mode of treatment to be used.

In such complicated cases, at every step, the horoscope is useful, so that in the light of it, we may use every part of our healing knowledge and the persons who live with the patient are also carefully decided. When we find a case very much complicated we use astrology, to decide the diet and the daily habits of the patient.

***Question : Is astrology applied anywhere in treating diseases?***

***Ans :*** Some branches of astrology are applied in India, whereas the other branches remain there in the books not applied. Similarly, some other branches are applied in the Chinese tradition and a third method of application is done in the Occident. But basically there are no fundamental differences in the science of astrology. The differences exist only in certain details as far as ancient Indian astrology is concerned. As far as Ayurveda is concerned, exactly the same system as we do in India is followed in the Occident now, except one branch which is not popular in the Occident. That is the knowledge of the fixed stars. The influence of certain fixed stars is there in Indian astrology which is to be supplemented to the modern Occidental astrology. But for this, there is no actual difference in the basic astrological procedures of ancient India and modern Occidents.

If we make a comparative study of the common base of the astrology of ancient India, modern Occident and China, you will find it is exactly identical. The astrology of the fixed stars is much more vast than any branch of astrology known today in any country. Even in India, it is not popular nowadays. But there are people who have studied it and you can know something about it in the book, 'Esoteric Astrology' by Alice A. Bailey and my book 'Spiritual Astrology'.

### ***Great Solar Systems***

The basis of the astrology of the stars is like this. Each star we see is a solar system in its own term. Each solar system is in its own plane of evolution comparatively. There

are some solar systems far more evolved than our solar system in which we live. These are called the sacred stars in the scriptures. You find the same sanctity given to the stars in the scriptures of all ancient nations. Especially in ancient Indian astrology, you will find the science of the tortoise. That is starting from above the pole star, taking it as the tail of the tortoise, coming down to the seven stars of the bear, taking them as the hinged portion of the tortoise. Like that, there is the location of all the stars that are visible to our solar system, dividing the various zones into the various limbs of the tortoise. For example, the Sun of our present solar system is on the right shoulder of the tortoise. Then, each star is given its own study differently and its own significance is given differently.

When the important degrees of a horoscope fall on any one of these stars, you will find the birth of the great peace-makers and the great prophets of the world. How do the wrong degrees coincide with one of these stars at birth, cause diseases like cancer and incurable diseases? How blindness and other things are caused due to our wrong routine, when the important degrees fall upon certain fixed stars? So, a combined study of these stars by the various nations in the modern age makes us understand the common secrets of the ancient astrologers.

How they are used in medical astrology, we will come to know. He need not live according to his horoscope, because instinctively he lives according to his horoscope. Because he does what is to be done. He does not do what is not to be. So, he need not verify his living according to

his horoscope. His horoscope only shows his way of living, because he never transgresses the law.

Only one technique which I have given in an independent lecture and today's lecture included three different subjects. So, I could not go into the details of it. *It is said in the science of karma that the past karma was done by us and the good karma can be done by us. The good karma we do neutralises the past karma we have done, provided if it is not too late.* It is like cooking. The same fire can be used to burn a house or to cook our food. When we have an eye upon the contents of the cooking food, while it is being cooked, nothing can be too late. When we know our duties for today and weaknesses of yesterday, we can make good of our weaknesses. This can be done by making an offering of what we have to do, more than what we are expected to do. So, the results of karma are contrived by ourselves. *In the same way, to neutralise the results of the past karma, we can make use of the present, provided the results of the past karma are not yet achieved. Anything is possible. If the past karma has reached a stage of its results in the present, nothing can be done against it except enduring. We can take care of something or some karma whose results have not yet been stimulated in the present. That is what the karma theory says.*

***Question : Does the patient need spirituality to get healed?***

***Ans :*** The patient need not have much spirituality. Because if he has a sufficient degree of spirituality, he cannot be called a patient. So, there is no use of our dictating terms for the suffering mankind. It is the healer who has to qualify

himself. It is his merit and excellence that makes a patient not only a healthy man but also a healer in his own terms.

***Question : Can we escape from the sweeping effects of Yugas?***

***Ans :*** There is no escape from the bigger cycles for the simple fact that we too form a part of the creation of this earth. Just as the geological changes cannot escape themselves in this earth; just as the fauna and the flora of this earth cannot escape their own way of creation; Just as the animals cannot escape from their own nature; so also the human being is also too little on this earth to escape from his own human nature, however intellectual the human being may be. You see how the dog cannot be a cow and a cow cannot be a human being. Similarly, the human being cannot be anything else except only a human being. He is only subservient to the laws that are geological and geographical. The changes that take place in the vast sweeps of the ages given in the scriptures, create changes upon the continents and the living beings.

Just as we cannot escape the effects of the season, we cannot escape the effects of the *Yugas*. About the details of those *yugas*, it is highly mathematical. If you can spend two or three hours with me personally, I can explain to you how they are computed in the scriptures.

***Question : What causes phobias?***

***Ans :*** The causes appear to be prenatal. In many cases, I detected prenatal causes to such incidents. My research about this point began when I noticed a friend very much

afraid of snakes. He was not only afraid of snakes, but also afraid of a mention of snakes. When he happens to see the picture of a snake anywhere in any house, immediately he receives a nervous shock and goes away. For about one or two days, he is disturbed.

Then, my research resulted in an observation that when his mother was carrying him, she was sleeping in the village.

From the top of the cottage, a snake fell upon her and went away. She was left quite unhurt, but she received a horrible mental shock. Due to such reasons, you find the instinctive fear of certain insects, snakes and scorpions. There is a common fear which is to some extent common to all of us about these insects. There is a deeper cause for this. You will understand it if you go deep into the world scriptures. Until the advent of man on this earth, there were no venomous insects on this earth. When man began to hate man, the thought forms of man escaped from his mind into the space around this earth. The images of jealousy and hatred escaped in thought form, produced the various venomous insects. This is how the scriptures speak about these venomous creatures.

The fear of the human being is quite different from the fear of any of the animals. To the animals, it is an instinct to protect itself. In the case of human beings, fear is intellectualised and magnified. If a scorpion were to be on the way, it never gives a sting to you unless you cause some pressure to it. Even then, it is only a necessity that it makes a sting and there is no vicious motive.

But, when you observe a human being, if he suspects the existence of a scorpion, he makes a thorough search with the help of lights. He hunts it and kills it. We can easily understand where the poisonous nature exists originally. We cannot deny this fact. Man kills for no reason, but for his fear or for his fancy. Whereas animals kill either for food or for protection. Special fear in human beings can be from the previous birth, but the general fear is due to the instinctive evil in human nature. A specific fear may have its causes in its previous karma. Intelligence is given to man by nature to make his place impossible for scorpions to come. If at all they come by accident, the human being has enough intelligence to throw it away. without killing. It is only for that purpose intelligence is given to the human being.

*Thank you all.*

## *Healing and Cure*

This evening, we are expected to discuss something about healing. The word 'cure' has become more popular than the word 'healing' during the past few decades. Once again during the past two decades, the word 'healing' has become popular. Many times, the two terms are interchanged. Rather their equivalence in other languages were interchanged in the past centuries and some thousands of years ago. It is very interesting to notice that whenever a term which means 'cure' came into prominence, there was a materialistic understanding of the process. But wherever a term which means 'healing' in any language came into practice, the process indicated a less materialistic and more effective process.

From the middle of the 19th century or even a little earlier, the term 'cure' has come into prominence instead of the term healing. Consequently we find the medical science of the classical system which is now most popular has taken prominence. It is administering medicine in massive material doses. It has not only come into prominence but also

increased. The concept of materialism in medicine materialised more. The quantity of medicine that is administered by the doctor has become more. The craving to eat more medicine in the consumer has become more.

*So, the material quantity of medicine has increased and the quality of cure has decreased. The degree of health in humanity in general has fallen down awfully. These facts can never be denied by anyone in the present century.*

### ***Healing and Cure***

Whether willingly or unwillingly one has to accept these facts. There are long strides in the science of medicine. The science of medicine is supposed to have developed with leaps and bounds, whereas the ability to cure has fallen down. This is always the case. Whenever a term equal to the meaning of the word 'cure' has been used, the process is understood in physical terms. The body has been understood as the seat of the disease. Physical medicine is being directed to the physical tissues of the body. The result is the same as that of hunting the shadow on the wall to kill the enemy. Whenever any term equal to the meaning of healing has come into existence, the process is understood in a more dynamic way. From the materialistic plane, the process has been lifted to the more vital plane. From there to the more mental intellectual planes. Finally landing in the spiritual plane.

### ***Present Age Medical System***

The present decade shows such a desirable change in the process of healing. This is because of the inevitable interference of the Masters of Wisdom in the field. They

had no other go except to interfere because mankind is going into materialistic terms of cure, in the capacity of doctors and patients. The Masters had to point out once again that the human constitution is more dynamic rather than static. That man is not his body. The indweller is living in the body. Man has a body and man is not a body. This is the term which the Masters had to give once again. As a result of which the concept of healing and health once again dawned on the mind of modern man. As it was done many thousands of times in the past, whenever there was the Aquarian age.

### *Aquarian Age Medical System*

We should not forget that the Aquarian age comes again and again. We should not deceive ourselves by thinking that mankind is for the first time entering the Aquarian age. Whenever in the past, humanity entered the Aquarian age, there was the right type of understanding of the process of healing in more vital and dynamic terms. Every time there was the birth of a new branch of healing science. We find seers and thinkers like Hippocrates in the occident, seers like *Dhanvantari and Charaka*, etc. in the orient. Let us begin to study all those ancient Masters of the Aquarian ages. Also the new dimension of healing they brought again and again. This way we can have a sum total of the scientific thought of healing that has taken place till today. We should have that on one side and the development of medical science and technology on the other side. We should always use the principle of inclusion and not exclusion.

Let us not have the same type of orthodoxy which the allopath has. That is an average allopath, the more famous and more scientific he is, the more sceptical he is about the ancient medical sciences. In that sense he is rather narrow and orthodox. Let us not have orthodoxy or narrowness. Let us have our mind open to conviction and make an inclusion of the positive aspects of the modern dimensions of medical science. At the same time, let us eliminate the evils of modern pseudoscience. For example, using massive doses, strong drugs, sedatives, anaesthetics, tranquillisers and all poisonous materials like that. Also the beastly application of medical matter, for example to advance or to postpone menstrual cycles, disturb the hormones of the body or to try to maintain the youth in an artistic way for no purpose except social opinion.

For example, I use medicines to be considered as young by others or ladies. A lady of sixty years age, uses medicines to be considered as a lady of 35 or 40. It shows an awful fall in self-confidence and moral behaviour. A loss of self-confidence is the worst example of moral behaviour. If the man of medical science accepts such things, worse still encouragement will be there for such nasty products in the market. We have to take immediate care to protect ourselves from medical science. The common man is expected to grow self-sufficient in his medical care. Under such conditions, I personally feel that it is better to die of a disease than due to a doctor. Because of such a crisis, the Masters of wisdom had to interfere into the matter. The result is, the wonderfully scientific book "Esoteric Healing" is given to the world through Alice A. Bailey by Master Djwhal Khul.

***"The Esoteric Astrology" Book***

There is one great defect in this book. Except that, it is wonderful. That great defect is that the book is given too far, much in advance to humanity. Many of us are not yet ready to receive it. But yet, there may be ten or fifteen on the whole globe who are ready to receive it. They use it properly and propagate it. As time goes on, we find that those ten or fifteen people begin to propagate it and practise it. Now we find at least a few thousands of people who have mastered the book. Many thousands are there who read the book and try to understand. Many more thousands are there, who discuss the book. Anyhow a healthy atmosphere is being created by the book.

So, we will take the book into consideration for today's lecture and make a distinction between the meaning of the word 'Cure' and the meaning of the word 'Healing'. *The word 'cure' indicates tackling the disease, whereas the word 'healing' indicates tackling the person and rectifying him.* This is the first change that took place in the modern age with Samuel Hahnemann. For the first time, once again he has stressed the fact that the attempt to cure a disease should go away. The attempt to heal a patient should come into practice once again. Either medicine or a magnet or a colour or a sound should be directed towards the person, not towards the disease. The second truth that was emphasised was that disease is no entity at all. It has no existence of its own. It is unscientific to make an analysis of a disease and try to attack the clinical results. It is time and again proved that it is not true. We are tackling the diabetics with

insulin lifelong. Not only they are not cured, but they are going into complications. They are becoming worse day by day. So, we are tackling the people with hypertension and hypotension. By making them doctor-addicted and medicine-addicted lifelong. The poor fellow is going down day by day in health.

Statistics prove that every attempt to kill disease or attack disease results in killing the patient. There is no existence of disease as an independent entity. Mentally accept the existence of the person and not the disease. Establish positive communication with the person. No negative communication by always thinking about the disease. These two points have much significance. Medical science is wrongly understood as a science of disease and its cure. Once again, we should try to understand the healing science as the science of health, not science of disease. We should know what is health, not what is disease mainly. We should know how to maintain health chiefly and not how to kill a disease. With these few remarks, we enter into the subject. These few remarks are inevitable because the average citizen is wrongly educated about these terms.

He is made to believe that he cannot live without medicines. Once again since the time the esoteric healing has come into prominence, we find groups of people who stopped taking medicines. There are groups, who stopped taking alcohol, stopped smoking, stopped hashish and other drugs. They began to develop their health, not to kill their disease. Today we are much encouraged to see in every country and every nation those little groups of people. They

are developing their health. They are making wonderful experiments through positive methods, for example, micro-biotics, dietetics, hydrotherapy, magneto therapy, relaxation, meditation and yogic methods. We have many wonderful methods today and one healthy aspect of these methods is that many of them are non-medicinal methods. The principle that medicine should be used only when there is an emergency, is being gradually understood.

### ***The Positive Approach***

Those people, those groups and those families who have started applying this positive approach are enjoying the results. They know what health is. They have almost rooted out incurable diseases from their constitution. But the materialist scientist of medicine is trying to fight out cancer and eradicate it from the earth. There are great awards, great prizes that are announced to be given to those who have discovered a radical cure of cancer. More than four decades have passed since the prizes have been announced. But still the jackpot is not hit and man is looking into the skies. Millions and millions of dollars are being spent to hunt out the dangerous devil called cancer. We are making ceremonious openings of new institutes, great slogans and big volumes about the research that are being conducted. All these thousands of volumes put together mean only one thing. That is we are making our sincere attempt to kill cancer. Till now, nothing has been known about it. But on the other hand, if you take the statistics of these groups who have exclusively resorted to the Aquarian way of healing, you find no member of the family goes into cancer at all. Scientifically

speaking, that is the only possibility of curing cancer. That is not allowing the constitution to go into cancer.

We have clear cut wonderful methods to that effect. Among the medical branches of science, homoeopathy is a grand success in that matter. It speaks in clear and unmistakable terms about cancer. Because curing cancer is not possible. This is the verdict of homoeopathy. Tomorrow there may be a discovery to the world that cancer can be cured. But till today, the verdict of homoeopathy is that you can protect your constitution from going into a cancerous state. Hundred out of hundred cases can be protected when we begin to treat children exclusively in homoeopathy. Also in other Aquarian methods by avoiding over drugging and by avoiding the classical way of medicine.

This is a statistical truth and if you ask me, "Do you have statistics with you?", I say, "I have statistics ready with me for 30 years". In India, under my supervision and direction more than hundred clinics are running. Those healers who are trained under me, maintain the records of cases and families with their names, addresses and history of cases. Along with the prescriptions given with the dates. Gradually, we are making a publication of these cases also. So, I assure you on this platform that I am speaking on the basis of statistics and not imagination. There are more than four thousand families in India that have grown self-sufficient in healing through homoeopathy and other Aquarian methods. In no family among them, we find a case going into a cancerous state. So, this is one example.

***The Medical Approach***

In the medical approach, it is the technology of medicine that has developed and not the science of medicine in the modern age. If we make a study of the Aquarian branches of healing, it is the true science that has developed. It needs only a statistical representation of facts and truths. That's all. The essential difference between the two processes is the way of understanding the human constitution. There is the material body or matter which includes the physical tissues of the body. There is the vital body or force which the yogic student calls *Prana*, which the spiritualist calls an etheric body. There is consciousness which has its laboratory in the cerebro spinal system. Finally, there is the heart and the respiratory system which includes yourself, the real "I AM" in you.

This is the basis of understanding the human machine which is not only a machine but also an organism. It is an organisation having the organiser in itself. That's why the material scientist is confused with this machine. Because this is a science age and all other machines are objective to the human being. They exist outside the human being. Human being can tackle them objectively, whereas here the machine is identified with the organiser. Unless we have a special scientific training to understand this, we understand only the anatomy and physiology, not the two other aspects.

We call ourselves medical students, trying to seek for the causes of the disease in the physical tissues, in the name of clinical examination and results. So, a new approach is needed. It is given by the Masters of wisdom. It reached

the common man. It is developing in the understanding and the comprehension of the common man. As a result of which there is a positive and peaceful revolution in the concept of the common man. A silent revolution is in its process. A revolution without violence and without exclusion and with inclusion of every positive aspect. It continues to reach its legitimate end. Within the next fifty years, we can understand that the structure of the healing science will be altogether different from what we understand it now.

For example, today we have divisions like allopathy, homoeopathy, naturopathy, Iscador. Like this, we have various systems of medicine. This is because we belong to a poor political age. Our mind cannot avoid the evils of political ways of understanding things. That is the narrow compartmental system of understanding things. But there comes a generation within fifty years and those fellows will be free from the narrow mindedness of the present age. They will have one science with all these branches as different aspects of the same science. For example, the so-called allopathy, homoeopathy and Iscador etc. They are properly understood as the various branches of the same science. There will be no resemblance between the present structure of medical science and the structure of healing science. So, let us try to understand the three fundamentals.

### ***Man is beyond Disease***

Let us try to understand that man is beyond disease. The vehicle in which he is there, that is the body can go into disease. The disease can happen whenever the behaviour is wrong. Whenever we misbehave with our food, drink, sleep,

rest, work, professional activity and the activity of sex. Whenever we misbehave with anyone or two or many of these aspects, automatically there is an inhibition in the activity. It is reflected on the lower vehicle and we are unscientifically calling it the disease of the physical organs. So, the scientific process to maintain health exists in the behaviour of man. It is essentially positive in nature. Health is an outlook, an attitude towards these aspects. An outlook which is essentially positive keeps a fellow away from misbehaving with these aspects.

Man continues to be healthy, when he learns how to maintain the activity of the twenty four hours, when he begins to regularise the items of his daily routine, when he begins to live for himself rather than for the body. Then he continues to be healthy and the vehicles continue to serve him in a healthy state. When the time comes, the body is dropped off instantaneously without any disease, without any suffering, without any discomfort at all. Still we rarely see such cases of death occurring. But nowadays it is an exception whereas in future, it will be the general rule. Disease will be an exception, because if we read the scriptures, it was also a general rule because they had better possibilities than those we have now. For this reason, we have to understand the human constitution in terms of health and healing, not in terms of disease and cure.

*We should be able to visualise, put into practice a life in which disease is an exception and health is a general rule. Because commonsense tells us that health is a natural state and disease is a distorted state.*

Distortion cannot be the general rule. We have no business believing that diseases exist with us continuously and we are not expected to eat medicines daily. But if you give medicine daily to a pig or a dog, it refuses because it is nearer to Nature than the human fellow in the 20th century. So, we will understand by observing Nature and its functions. The process of healing is dynamic. It starts with a study of consciousness and a study of the etheric body and its functions. The results are enjoyed on the physical body. Just as the causes of disease exist in the inhibition of the consciousness, distortion of the vital body and the results are experienced on the physical plane.

Similarly, health is enjoyed as our conduct, that is our behaviour with food, drink etc. It is practised on the vital plane and the results are enjoyed on the physical plane. This is the alphabet of the man of healing science. The word health comes from the verb, healing and cure has a different meaning. So, we want health. It is not enough if we have a cure. Let us say we are trained to understand what disease is and we are satisfied by having a cure. Then when we cure one disease, there is another disease in the body. Daily we go on curing diseases and there are diseases always existing in the body. So, the process we have to depend upon is healing and not cure. First of all, learn how to enjoy leisure; more than 50% of your diseases disappear.

### ***More Active and Less Busy***

Not that you have to stop your activity of the day, but learn to be more active and less busy. Understand the difference between being busy and being active. *Being busy*

*is mentally nervous and intellectual; being active is something vital and spiritual.* That is, it is a quality of your consciousness, whereas being busy is the quality of your machine and not yourself. Your mind and your intellect are only your machines and not yourself. Don't unscientifically identify yourself with the machine. You are neither steel nor iron nor leather. You are yourself. You have the tissues around yourself in the form of a body, only to serve you as your vehicles. This is the first concept you are expected to have and learn to be leisurely. While the quantum of work is doubled because the converse is already proved. The more busy we are in doing our work, the less work is being turned out. The less efficient is the work we are doing because we begin to falter with our own tools and instruments. Our use of instruments goes from bad to worse. That is the inevitable result of being busy. The busy fellow will be nervous and he tries to do more and more work. He falters over his own tools. He does the minimum work when compared with a boy who is doing his work peacefully.

Let us compare a little boy playing a game with an old man who is very busily selling the implements of games and sports. The boy uses the same implements and he plays with them, whereas the man who sells the implements of games, toils for selling them. He has no joy in those implements. The musician who plays music on the instrument knows the joy of the instrument whereas the commercial businessman who sells the musical instruments, knows only the panic and not the music of the instruments.

This is the difference. You compare the face of the fellow who sells the musical instruments with the face of the fellow who gives you the best music. So, the face of the first fellow will be too nervous, too busy, too irritable and too active. But the face of the musician will be showering life upon you. So, it makes all the difference. Train yourself to be busy in the daily routine. Know how to be really cheerful. Not lip cheerfulness or tongue cheerfulness, but a cheerfulness of the heart is required. There is a lot of difference between positive ways of enjoying others' presence and keeping an inhuman tension in the society to pretend to be nice.

### ***Healthy Living Principles***

Train yourself to live heartily. The idea of disease let go from the mind. Let the thought force be distributed evenly. The vital force is distributed through the energy centres equally, through the nerves, to every part of the body. When the circulation of the etheric substance is even, the circulation of blood is also even. Without which if we try to maintain the circulation of blood on a mechanical level, the patient heads towards a crisis. Goes into cardiac condition and dies. Don't use dilators and vasodilators. Let your cheer, hope and enthusiasm dilate your vascular system. Without magnetism, if you try to induce magnetism into a non-magnetic substance, the result is a waste. What happens if you go on using vaso-dilators, without having leisure, to have cheer of mind and a hearty and yogic way of receiving people? Your vascular system will be dilated, until it loses its peristalsis.

This results in an untimely and sudden death. So, let the distribution of energies be understood in its scientific sense. There are energy centres which are six mainly and these six energy centres exist along the vertebral column, not on the physical plane like the bones or muscles or nerves.

### ***Energy Centres***

These energy centres exist on the etheric or vital planes and the mental plane. Just as the mind, vital energy, Will and understanding cannot be located on the physical body, these six energy centres cannot be located on the physical body. We cannot deny the existence of these energy centres which are called the *Six Chakras*. We have to understand them by the functions they do just as we understand the existence of mind and intelligence. If we take radiography of the brain, we don't find anything like the mind. If I say you have no mind, do you accept? Equally unscientific is to deny the existence of the *Six Chakras* and *Kundalini*. The material student of anatomy and physiology cannot understand them. He should understand them in terms of magnetism and electricity. Magnetism exists in a magnet, which cannot be seen. It can be known through the phenomenon it produces. Just as electricity exists, though it cannot be seen, it can be understood through the phenomenon it produces. We should understand the human constitution as an electromagnet with the technician inside. That is an organism with an organiser put together.

*The organiser is the "I AM" in you. It is organised through the manager called consciousness and through*

*the secretaries called the vital energy centres. These are in the various rooms, seats of the office called the physical body and its parts.*

***First Principle: Be Cheerful***

So, try to regulate the habits and begin to live cheerfully. Don't produce situations which make you run. It is all an art of manipulation. Just be two minutes ahead of every item of your work and that unit of two minutes will help you as a shock absorber. For example, if you have two hours work and another item of two hours work, in between you have five minutes, which is not at all allotted to any work or programme. So, between two items of work you have an allotted shock absorber time. By observing which, you can maintain your programme with stunning punctuality and accuracy. This surprises everyone around you. You will be carrying out your daily routine, without running and suffering from programme-consciousness in the mind. You should have a programme, but you should not be primitive enough to have a programme-minded life. Within one year, more than 50% of your diseases disappear. You will find yourself always leisurely doing nothing, whereas your mind does everything for you with tremendous speed. You are not identifying yourself with your mind or with parts of your body. What's the difference? A person who has achieved this, if he has to take a journey by 10, if it is 9:50, he never thinks of the journey. If it is 9:55, he never thinks of the journey. 9:56, he never thinks of the journey, but starts and goes. That's it.

If he wants to take a train, he never takes the train mentally. His body sits in the train on time. If he wants to take a flight

in an international aeroplane, he will never go into the rush and busy activity of the airport. His mind goes there and does everything. He will never go and sit in the aeroplane. His body goes and sits there. The other fellow who has not practised it, if he has to take a flight the day after tomorrow, he begins to fly from today. So, the cage will be here. Inside, the fellow will be flying. There is no recognition for the enormous burning of human energy. He is burning his candle from both ends, night and day. It is these fellows who eat lots of medicines daily. Because they go into hypertension and hypotension; hypo-tension to hypertension. So, the musical instrument is drummed from both ends. The result is what we call cancer. We unscientifically begin to think that cancer is a disease in itself. We do not understand that it is the cumulative result of all such idiotic activity. So, he is a healer who knows how to heal himself.

### ***Second Principle: Think of others' Health***

The second principle of good healing is to think of others' health. I find stunning results about this. There are many people who are working as assistants in my clinics in India and they offer themselves as assistants in the clinics. They go, sit down and question people about their sufferings. They tackle the patients in a systematic, scientific and psychological way, making a case taking. Some of them interrogate them and some of them supply medicines to them at the dispensing counter. Some of them invite the patients and put them at ease. Some of them make prescriptions. These people enter into the voluntary service of the clinics with their own difficulties of health. Suffering from many

years including diseases like asthma, bronchitis etc. or what we call obsessions, insomnia, haunting of ideas and thoughts and psycho-somatic defects.

They are robust and healthy and an average Indian feels it as an insult to be called nervous. He may be rough, rural and rustic. He may be indifferent. But never an average Indian fellow is nervous or psychosomatic. These people come as helpers in the clinics and they get themselves engaged to inquire about the difficulties of the patients. At the end of six months or one year, we find that these fellows are automatically cured, becoming robust in health and positive in their attitude. Why? They stopped thinking too much about their health. This is one fundamental truth. The more you are conscious of your disease, the more your disease eats you. You should take the necessary steps to make a cure or a healing.

*You should never be continuously conscious of your sufferings. Be conscious of the sufferings of others. Automatically the polarity in you is changed. The direction of the currents of energy is changed and unbelievable changes take place in your constitution.*

I have many hundreds of records with me. Conversely if you find people who are lifelong patients, they always speak of their own disease. Even though you want to speak of something else, within one minute or two minutes, they bring you to the topic of their own suffering. They go on speaking and speaking of their disease. After two or three hours, if they find me, they will leave you. They will catch

me and repeat the same process. They require four or five people a day as victims. So, as a healer, you are successful in healing yourself, producing positive vital currents in you. This is possible only by continuously thinking of others' difficulties. As long as you are in the receiving pole, you are bound to remain negative and die a negative death.

### ***Be a Transmitting Pole***

Learn to be on the transmitting pole. Begin to transmit something. If you have nothing to give to others, transmit hope. Transmit good words. Transmit a positive attitude. The energy centres will be opened. The blockage is removed and the circulation of the etheric currents will be even. As a result of which the blood circulation becomes even and there is no sluggishness in any part of the physical body. Because physical matter is only an illusion. It is only a network of etheric currents. Because as you know from nuclear science, the atoms of any substance are not at all made of any matter. Atoms are constructed by vibrations of force. Molecules are made up of atoms and matter is made up of molecules. So, matter is an illusion, scientifically speaking. Matter is how it appears to our mind and senses. Not how it is there. This fact is to be scientifically understood. Then you will meet the person on vital and mental terms, not on material terms.

### ***The Third Principle***

The third aspect of healing is, "*Don't believe that the healing magnetism is flowing from you into the sick man*". There are people who heal with hands, who heal by touch,

who heal by seeing. Among them there are at least 30% of the people who foolishly believe that the healing energy is passing from them to the patient. It is not true. This idea works as an auto-suggestion and the healer goes into many diseases. Now at least 50% of the healers in the occident are sick. Not because healing is bad. But because they have a negative auto-suggestion that the energy is flowing from them into the patient. That it is being exhausted in them and again they have to wait until energy is being produced. So, healing energy is understood in unscientific terms. Just as we understand money being spent from the pocket, after some time it is finished, we have to go home and again bring money tomorrow to purchase some more things.

So, we have the same foolish attitude towards healing magnetism. But the truth is, healing magnetism is flowing through you and not from you. If the patient is here, you place yourself on a higher position, so that the healing magnetism flows from you into the patient. Never make the patient sit on the platform and yourself the healer sit on the floor to heal him. You can never heal him. He can make you sick because sickness flows from him to you, instead of healing magnetism flowing from you to him. Not only healing, let it be hypnotism. Can you hypnotise a person sitting in this chair, yourself sitting there? Any Master hypnotist can try it. You will fail miserably.

### ***Ethers in Space***

*You should know the fundamentals of doing it and then understand the existence of the source of energy.*

*From that source, it flows into your heart through the air you breathe-in in the form of oxygen. Also through the rays of the Sun and through the various ethers that are around you in space.*

Of course modern science has not yet reached the stage of explaining these ethers in space. Present humanity has just entered into the space age. We are still infants about the properties of space. We have to wait, but we healers need not wait for the recognition of the scientist. Let him conduct his experiments and wait. In the meanwhile you can proceed and do good things. So, there are many layers of etheric substance around you in space. Through space and through water, ethers are working in you.

For example, do you recognize that a shower gives you energy? When you are exhausted, when you are fatigued from work, if you go into your bathroom and have a comfortable shower and come out, can you understand that you are refreshed? Due to what, due to the supply of what, you are refreshed? It is the supply of energy through the medium of water. So, through the medium of air, through the medium of Sun's rays, through the medium of the layers of space around you, it is being supplied to you. It is on account of this energy supply that your heart and lungs are functioning.

Can the most modern cardiologist explain why the heart is continuing to beat? Can the most modern expert, specialist of lungs explain to you why the lungs are breathing? It is due to the supply of this energy by a mind called '*Space Mind*'. By an intelligence called '*Space Intelligence*'. This is called ether by the spiritualists and which the scriptures

call *Mahat* in Sanskrit. *Fohat* in the ancient Egyptian language. These things were once discovered by ancient scientists and thinkers. Because of the subsequent unscientific ages, mankind forgot about them. Once again they wait in the ether to be rediscovered by the present infant humanity.

### ***The Throat Centre***

The sound flows through the vertebral column out, either through the throat centre or through the vehicle of your voice with the help of words and sentences you utter. Then the positive approach of the meaning is conveyed through the sentences you speak and reach the patient to the same centre, i.e. throat centre which is double in its nature according to which man discovered the mechanism of the telephone. The throat centre includes not only sound producing centre, but also sound receiving centre. Remember that the yogic science teaches us that the power of hearing and the power of speaking are complementary.

When you produce a sound, it automatically reaches the ears of the listeners. It never reaches the throat of the listeners. All the secrets of science exist with your common-sense. They do not exist in the laboratory. Even the greatest scientists, they made their discoveries from their science, though they were verified in the laboratory. What takes place in the laboratory is only verification and not discovery. Because the actual laboratory exists in yourself, not outside. So, the energy that flows into your heart with the help of your positive thought current is transformed into a healing thought.

*Sounds are translated into words. Words are translated into sentences. Sentences are translated into thought. It is exactly the same process which takes place in the radio and the television. It is a relationship between the transmitting station and the receiving station.*

When you look at the patient and smile at him, can you scientifically care to understand what a hearty smile is? Is smile mechanical or something more? Is smiling a mechanical expansion of the skin of the face? The expansion of the skin of the face is the result of the smile and not the smile. Smile flows from your heart to your face. That is among the best healing agents when it is a real smile. Lip smile is not enough to heal. A mental smile is not enough to heal. An intellectual smile is not sufficient. A commercial smile is not at all sufficient. A real smile is required. Just as in a radio transmitting station, it is not the microphone that is enough to transmit the programme. It is not the wire that is attached to the microphone that is enough.

It needs a person to transmit the programme. Here also, a smile needs a person and not the lips. When you are smiling, an expansion of the etheric body automatically takes place. Let the smile which you make frequently come from your heart. Let that, there are no limitations between yourself and the person before you. If you can increase the number of persons with whom you have no limitations, then the expansion that is caused by the smile makes you automatically healthy. Makes the ethers of the patient also expand because a smile has an instinctive response. If I smile at

you, automatically you smile at me. This is the nature of life, which we are expected to pause, think and understand. What is required is positive goodness and compassion. When it is there, everything can be understood properly. When it is not there, any amount of intelligence will be a stupidity.

### ***The Brow Centre***

This is the secret of healing. When you use an oil lamp, what is of prime importance in it? It is the oil that is most important. In a candle what is most important? It is the wax that is most important. So, in a human being, what is most important? It is your compassion that is most important. There is no other alternative and there cannot be a substitute for this to a real healer. Then it flows through your eyes because you are stimulating the Brow centre. Automatically the Brow centre of the patient will be responding to you. Then it goes to his heart and the whole process is reversed. So, when you remember that healing is being done through you and not by you, then there is no question of your energy being spent for healing. It is ignorance and stupidity to believe that we pour our energy into the patient.

It is too much and it is audacious to believe that we are healing him. For the simple scientific reason, this vehicle is given to us and it never belongs to us. If we remember this scientific fact, then healing takes place to any number of people through you. You need not do it in the name of healing. Need not ask people to sit down in a ceremonial and systematic manner, like a ritual or a religious ceremony. You need not baptise every patient with healing magnetism.

The patient need not know that you are healing. You can sit down in your office and during leisure hours you can smile at some fellow and heal him. You can play jokes with some fellow and heal him, provided you know how to play jokes without insulting him. An absolutely positive way is required. You can use a humorous way of speech or conversation, provided you know how to use humour. Without insulting others or without scandalising others in their absence. The fundamentals of human ethics are the only rules of real healing and there are no secrets of healing at all.

This is one secret. You can heal a hundred people in the day and yet you are fresh and you are healed in the process. Can you say that this wire is producing electric current? Current is not coming from the wire but it is coming through the wire. So, the healer is like a wire. This is one principle. If you can maintain a place and a time for your meditation and invoke the idea of healing humanity, then your healing magnetism increases. If you sit in the train or bus or aeroplane, the few people who sit near you or before you can be automatically healed through your conversation or smile or seeing them. If you go to the friend's house, spend a half an hour there and come away, they find that from that day onwards the health in the family has increased.

### ***How real healing happens?***

This is how the real healer heals because if the patient is healer-sensitive about you, it is as bad as the patient being doctor-sensitive. It is a great obstruction to healing. Real doctor is one who keeps his patient in perfect ease. If a

patient feels nervous about the presence of a doctor, because of the greatness or the name and fame of the doctor, that means the doctor is a stupid in the fundamentals. Same is the thing with the healer also. A healer never allows his patient to know that he is a healer. Then you can do the maximum amount of healing in minimum time. If you know these fundamentals and practise a positive approach, you can use sound to heal. You need not name it as therapy. You can make miracles. You can use your sight or you can use some colours by having window panes of beautiful colours in your room. Or you can take the patient into a garden of roses and put him at ease by the presence of the beautiful sight of roses.

Automatically his energy centres will open up. Then your healing magnetism works. Take him to good scenes. Make him enjoy the Sunrise or Sunset or a beautiful picture drawn by an artist or you can use music. Any of these things are wonderful to heal. When medicine is necessary, don't think that spiritual healing is against medicine or medicine is against spiritual healing. Don't feel it as an insult to use medicine when you are a healer. Don't have such complexes and limitations. Because medicine is as much God given as healing magnetism. When medicine is required, your thought healing or magnetic healing will never help. When spiritual healing is required, for example in a pre-cancerous condition, your medicine will never help. So, use healing magnetism when it is required and use medicine when medicine is required. Use physical exercise when it is required. When surgery is required, don't boast of your medicine or spiritual healing and kill the patient.

Surgery is as much God given as medicine or spiritual healing. Suppose a tooth is totally decayed, you cannot give holy water and heal it. Understand the required thing. When a bone is broken and is too delayed, you can't boast of selecting the constitutional homoeopathic remedy and try to heal the fellow. Immediately he requires a surgical appliance, because it is too late. Do it. But the only thing is, don't apply surgery when it is not needed. For example, to induce a quicker delivery, don't be a butcher to conduct caesarean surgical delivery. So, the necessary thing should be done. Know the law of proportions and law of propriety. Then you will be able to do the best. Beyond all things, remember your limitations.

*There is the law of cause and effect which is true with yourself and your patient also. The patient has his own effect on his Karma. You have your own result of your own past Karma. As a healer, when there is a compatibility between you and patient, then only you can heal.*

### ***Understanding Karma***

This is true with a doctor, with a surgeon, with a healer, with everyone. A most scientific doctor cannot boast of curing every patient. So, when the patient has a strong Karma, when it is too delayed, when the case is incurable, give the best possible comfort to the patient. Through thought, word and deed. Don't create the idea that he is going to die unless he already knows it. Unless he is an evolved soul, who never cares for death, and can be positive even during dying moments. But in 99% of the cases, they don't discuss the condition of

the sickness in his presence. Don't express that it is a hopeless case. A doctor who talks to the patient, in terms of the hopelessness of the case is awfully stupid however great a scientist he may be. Because sometimes, we may be wrong in our estimation. But when we express hopelessness to the patient himself, it creates a nucleus of thought which was not there with him previously. That begins to eat him and the Karma of which will be with you. Because you are instrumental and responsible for creating hopelessness in the mind of the fellow.

These are the few aspects that are to be considered by a real scientific healer. A healer means a healer of the New Era Healing. When you take spiritual healing as one of the various branches of medicine and when you are able to use the required method, then only you must take the case. Then only you shall call your friend surgeon or doctor or healer to assist you in healing. *If you are a spiritual healer, you should not be ashamed of calling a doctor friend, a homoeopath or a surgeon or a dietitian or a naturopath according to the need.* That is how a new era healer should behave. You shall render the best possible service. Beyond that we are human beings and it is enough if we have done our duty to our best satisfaction. What is required is clarity of thought and understanding. It is possible only when there is compassion and love in your heart.

This is what I sincerely feel about the healing of the new age. I wish you all will be the healers according to the understanding of the new age. Begin to heal day and night without making it a separate ceremonial procedure. Let your

presence, talk and smile be healing agents. That is what I understand from a healer.

***Question : What is the place of the Airy signs in the Aquarian Age?***

***Ans :*** The Airy signs among the zodiacal signs are Gemini, Libra and Aquarius. They are the most important trio in the sense they form the causes of Creation, whereas the elements of fire, water and earth belong to the results of Creation. An age which belongs to the Airy trio automatically leads human comprehension to space age. We are in direct communication with the treasures of space. That is the reason why these finer sciences make their reappearance on man during the Aquarian age.

***Question : Is it possible to overcome Individual Karma?***

***Ans :*** Yes, it is clearly explained in the book, 'Esoteric Healing' the total substance of which I will tell you now.

When a person transcends his individuality and personality and when he enters into the planetary and the solar and cosmic consciousness, then there is no more individual Karma. But at the same time, sometimes voluntarily or involuntarily the Karma of the nation or the human race of the century will find its way of purification through such people's bodies. It is the same thing that led to the crucifixion of the Lord. We find many examples like that. It is the Karma of humanity that is being purified through the bodies of impersonal people. You can know it in more detail in the book, "Esoteric Healing".

***Question : Is it true that the negative forces punish the people?***

***Ans :*** Whenever the negative energy is accepted by the mind, the mind or that particular body having that mind succumbs to the negative energies. This is due to the simple fact that the mind began to accept the negative forces. The mind of a person who never accepts negative or evil forces whose mind is filled with God's presence in its true sense without any doubt; in the scientific meaning of the word faith; there is no application of evil forces or black forces or negative forces at all upon that person's body or mind or constitution. For example, any black magician of any country or nation or race can try his negative force upon me. I am ready because I accept only the existence of a human being in others who is essentially a temple of God. But when one begins to accept the power of the negative forces, that means he has gone into the idolatry of negative forces. When one worships negative forces and accepts their greatness, one is punished by negative forces due to his crime. That's it.

***Question : Is it possible to eradicate the obsessions?***

***Ans :*** Due to a peculiar mental disease, obsessions exist. With medicinal substances, the obsessions can be totally eradicated. That is true through homoeopathy. For example, people who see ghosts, speak with ghosts, talk with ghosts in their dreams and sleep; who make a solid proof of their transaction with devils and ghosts; if you give a single dose of the well selected remedy to the fellow in homoeopathy, it heals not only the patient, but also the ghosts. So, it is

a mental disease that makes obsessions possible. They are medical cases. If we make a spiritual healing to such fellows, there will be wonderful relief but it is only temporary. No amount of moralising will help there. When there is medicine, there is a solution. The fellow will be wonderfully cured with medicine. There is no doubt about it. You can make them stop their use of tranquillisers, sleeping pills and give them a single dose of well selected homoeopathic remedy. Automatically they will be cured of their obsessions permanently.

***Question : Is there any solution to heal with the Sun's rays?***

***Ans :*** Why is there no solution? There is a solution. What we see as Sun rays belong to only optical light which is only a type of light. It forms only 20% of the Sun's rays whether it is night or day, or darkness or light. Sun's rays work through us continuously just as X-Rays work through us, just as Ultra Violet rays work through us, just as Gamma Rays work through us. Similarly Sun's rays work night and day through us. That is the only reason which makes us live even through the night; that is the only reason that makes us breathe and live even while we are sleeping. For this scientific reason, the ancients called the Sun as the, '*eye of the heavens*' and as the '*all seeing eye without a wink*'. So, Sun's rays do not necessarily mean optic light. There are Sun's rays of mental light and intellectual light. These rays heal.

***Question : What is the role of Astrology in Healing?***

***Ans :*** Yes, sure. It is one of the surest scientific guides. I train all my assistants and healers in astrology in India. They

use astrology for diagnosis and to understand the methods of healing. In India when the child is born, we make the horoscope in our traditional families. We educate the child according to the theme of the horoscope. We select marriage partners according to the theme. As a result of which till today, in all the traditional families of India, we find not even 0.001% of divorces.

***Question: Can you explain about the sleep and the poles?***

***Ans :*** If we understand the ideas of the scriptures, or the Masters of wisdom, it is the same law of magnetism that helps in healing. If you place two magnets one upon the other, it is the desirable method to keep up the magnetism of both. This is the method we use. That is with their opposite poles together. In a reverse order, within a few weeks you find only iron pieces and no magnets. Same process is prescribed for healing in the scriptures. We are asked to sleep with our head towards the South for the simple reason the personal North Pole is in our head.

It should be towards the South of the earth's geographical pole. That is how we have to use magnetism. The fellow should be asked to lie down with his head towards the South and feet towards the North. Even while not using a magnet, you can heal the fellow within a few weeks by making him sleep like that.

In India, among our traditional families, we make the bed also according to this direction. You find no family and no fellow sleeping with his head towards the North. We follow it in our families. We advise them to sleep like that.

As far as I am trained by the elders and the books of the Masters of wisdom and the scriptures, I know only that it is very bad to sleep with your head towards the North. There is also an allegory in the scriptures.

*Shiva*, the Lord of destruction cut the head of a fellow, a boy in anger. When he felt compassionate about the boy, after some time wanted to make the fellow alive. Then he asked the angels of the earth to search for a man, who was sleeping with his head towards the North, then cut the head and bring it. The angels of earth searched thoroughly. But they found no human fellows sleeping with their heads towards the North. But they found an elephant sleeping like that. They cut the head of the elephant and brought it.

*Lord Shiva* has attached that head to the body of the boy. That is how *Lord Ganesh*, the elephant headed God was born. Of course it is an astronomical allegory which deals with the properties of the North and South poles of the earth. But there is no second thought in the scriptures about this idea.

*Thank you.*

## *Illness in the Transition*

### *The Triangle*

I want you to draw the triangle on the board. The same triangle proposed by E.S.P. today, so that the triangle will be there in every mind and heart. It so happens that a triangle has been formed, though we think we have formed the triangle, a trend of things have been flowing as undercurrent through us and the triangle is the result of the undercurrent working along with us. The same undercurrent works through many more hearts without our own knowledge. I believe there is an automatic centre heart which forms the centre of a triangle, so that it produces three more triangles, a path of consciousness and a stream of thought along which energies are allowed into the other countries and nations just as rivers flow from one country to another through borders.

We are very sure of the expansion of this triangle. As long as we are working for humanity, as long as we do not care what we personally want, as long as we have the confidence that our personal life is taken care of by God, it is bound to expand. Because expansion is the essential

characteristic of biological theory. Expansion of consciousness is the characteristic of humanity. With these few remarks and true confidence, I now enter into the subject of this evening.

*We know the beginning of this and we don't know the ending of anything. Because as long as we are working for humanity, a beginning produces no ending, but a beginning causes another beginning.* That is what I know during these 15 years of my work. For example, I began to administer homoeopathic medicines to my own family at first. Not that I wanted to, but I was forced or driven to do it. Because one of my sons was suffering from Epilepsy. The doctors of the existing system of medicine assured me that it could not be cured. Also advised me to sedate the boy with tranquillisers which I refused to do. I wanted to allow the boy to meet the consequences of the disease rather than the consequences of the tranquillisers.

### ***The Background Plan***

In the meanwhile, I met a homoeopath just as I met Rudolf. Also I met the energy centre pyramid, just as I met the centre of IPS without my own knowledge. I met the Vice Chancellor of Visakhapatnam without my own intention. Every time it is a salient proof that Nature is wiser than ourselves. The background plan is always better than what we plan. In the same way I met a homoeopath. He had the time to teach me the fundamentals of Homeopathy and I began to treat my boy. At the end of two years of treatment I could cure him permanently of his disease.

I began to administer medicines to my own family members according to my little knowledge of homoeopathy.

In course of time I allowed my son to study homoeopathy and have a degree in homoeopathy. It so happened that he is now a homoeopathic doctor managing as many as hundred and twenty six very big clinics. Each clinic serves medicine for at least eight or nine hundred patients a week on a non-remunerative basis. I never expected that it could be so. People came to me and asked for medicine, then only I began to administer medicine to people, who do not belong to my own family. First there were tens, then there were hundreds. Now there are thousands who smile after getting cured. There is no greater pleasure than that.

So, I believe that the undercurrent works. As long as we have the idea of serving humanity before our eyes, it's not our intelligence that works. It's not our knowledge that works. But it is the undercurrent that works. We do not lead things, but it leads us. This is what I understood about the triangle that is being formed automatically.

Now the subject prescribed to me this evening is "*Illness, physical and mental, during the transition period*". Then you follow my speech and others follow the translation. Let us seek a solution rather than a problem.

### ***Different approaches of Diagnosis***

Let us try to understand the two or three different viewpoints that are there in the world. One point of view is what we call the clinical point of view. Whenever we have some disease, we go and approach a medical practitioner who may

be a doctor or may not be a doctor because a doctor is different from a practitioner.

Through academic courses and degrees, one can become a practitioner, but one cannot always become a doctor in its true sense. As a result all practitioners are not doctors. My father used to say, "*Doctors are born, practitioners are made*".

The doctor makes an examination of our constitution. He examines the various parts of the body. He examines the urine, the blood and the various tissues and tries to make a chart of the distortions in the chemistry of the body. According to the distortions, he decides the name of the disease. Then he tries to locate the cause according to the change in the bio-chemistry or according to the location of a microbe or a virus. This is one way of understanding the disease and treatment. The tissues and the chemicals that exist in the tissues are understood. The doctor knows what chemicals the blood contains, what is normal, what is the biochemistry of the bone and the muscle and when it is healthy.

When there is a distortion in the bio-chemistry it is named after a disease. When some valuable tissues escape through urine, then it is named as Bright's disease. When sugar escapes through urine, it is called Diabetic Mellitus. Here what the doctor examines is the various tissues of the body or the secretions from the body and the excretes from the body, all being physical. They all belong to the physical body. The diagnosis is based on the disturbance of the physical tissues of the physical body.

This is one way of understanding the disease. When some damage occurs to the table, the carpenter may come and do what is needed and we can say that the table has become healthy. If there is something wrong with the electric light here, the electrician comes and sets it right and we can say that part of the building is cured. But suppose it repeats, again the electrician comes and cures. Again this repeats and the carpenter comes and cures. Again the window is broken; the carpenter comes and makes a new window. When the disorders become more and more frequent, the cures are conducted more and more frequently by medical people, whom we can call the carpenters and electricians of the human constitution. They come and make their own cure to the part of the constitution and it so happens that they all to be invited more and more frequently. This is one way of understanding illness and cure.

There is another dimension which we are not conscious of when we consider this dimension. This speaks something about the people who live in the building and who use the building. So, the disease lies in the people who use the building, as they have no discipline. This is a second and a better way of understanding the cause. So, if loafers and vagabonds are allowed to use this room, the disease becomes more and more frequent. The table is broken more frequently. The chair will be broken more frequently with three legs. The lamp is found broken more frequently and stones are thrown upon the windows. You will hear shouts and howlings also.

This never speaks of the quality of the wood of the table or the quality of the metal of the chair or the quality of the bulb that is used. It speaks about the quality of the inhabitants of the house. So, causes are understood in two different ways. If you ask me why the window is broken, I may answer that a stone is thrown, therefore it is broken. This is one way of understanding the cause. But there is a primary concern which is the real cause. If I answer that the person who sits here is an irresponsible loafer who is allowed to sit here and throw the stone. Then it also speaks of the cause of the broken window. In the first answer, the cause is what is called the immediate cause. Through cause, the person who is in the habit of throwing stones is found out.

See there are two types of causes, one, the real cause and the other the immediate cause. Here what the clinical fellow has done is, he has understood the immediate causes. He tries to replace what is deficient in deficiency. He found that calcium is deficient in the bones. With supplemented calcium through medicine, I became healthy within a few weeks. But the moment I stopped taking calcium, within the next few weeks my condition grew worse.

Do you know why? When a watch is stolen in this room, what is the remedy? One can say to replace a watch. So, it is purely foolish, because when the watch is replaced, tomorrow you will find that the watch and the table are stolen because the fellow knows that things are restored daily and we can steal daily. So, there is a fellow in the constitution who is stealing calcium. That causes calcium deficiency in the constitution, but not that calcium is not

available in the world at all. You eat the same food and I eat the same food which contains the same calcium. Your constitution assimilates calcium and you are healthy. My constitution refuses to accept the calcium and I grow deficient in calcium.

Then what is the use of trying to understand the deficiency and replacing calcium to you? So, after about a hundred or two hundred or three hundred years of this way of understanding disease and cure, the human logic and understanding demanded a better understanding of what is disease and what is cure. Then there is a second type of understanding that is trying to locate the living agent of disease in the constitution which is going around producing disorder. Since we locate the living fellow whom we call disease in this second method, it is called the vital cause. In the first case, the cause is physical and physiological. In the second case the cause is vital. That is a living cause. This necessitates us to understand that there are two bodies in us.

### ***The Body of Matter and the Body of Force***

We have with us, one, the body of matter and two, the body of forces. When the forces are properly functioning, the matter is properly distributed. The chemicals in the food and drink are properly distributed among the tissues. It is enough if we maintain good habits of food, drink, sleep and sex. So, if we can take care of a disorder that occurs in the plane of forces, then the material body is automatically rectified. When this is not rectified, what is the use of trying to rectify the physical and physiological vehicles? So, we

should go to what the Master's call, the etheric body first of all.

Our physical body owes its existence and shape to the etheric body because matter has no shape. If you take some sulphur in a bottle, some calcium in another bottle and iron in some other bottle, they cannot have a shape except their own shape. But in us, there is iron, there is calcium, there is sulphur and there is phosphorus. But they do not exist according to their own shapes; they exist in us as our own shape. It is the etheric body that gives the shape. One of the *Devas* of the etheric body is called Shape Consciousness, he remembers the shape and the matter we take in, is arranged into that shape.

Do you know that every second, millions and millions of atoms are escaping from our body and new atoms are entering into our body? Do you know that the matter of this hand is not static though the shape of the hand is stable? The fact is the hand exists only as a shape. Atoms enter into it and come out of it every second. What is it that protects the shape? It is the etheric body which gives the shape. So, when there is a disturbance in the etheric body, automatically the shape is broken and that is what we call Death. Then all the chemicals in the body go to their native places to enjoy vacation before they are appointed in a new body.

Now we wanted a system of understanding disease according to these terms. There was the first attempt which was the best attempt and that is the explanation of Dr. Samuel Hahnemann in the name of Homeopathy. He has discovered a real cause of disease and having its commence-

ment in the body of forces, showing its results ultimately in the body of matter. Now there is a revolution in thought. What we call diseases till now are only the ultimate or the results of disease that is there. Gradually we will understand that it is foolish to treat disease. What the homoeopathic dimension gives us about the cause of the disease and the method of cure is a second way of understanding. I don't want to go into the details of Homeopathy, because the subject of the evening is not Homoeopathy. It is only to understand what disease is and how diseases occur.

### ***The Etheric Body and Pulsation***

So, I will go to the next and a third way of understanding the disease according to a third point of view. The etheric body has three centres of activity, three main centres. Each centre works as a whirlpool of forces. The one whirlpool is called, '*The Pool of Pulsation*'. Those who have studied the books of The Tibetan, Master Djwhal Khul know what the Law of Pulsation is. Let us take it for granted, that is called Pulsation. The one of the ancient most propositions of the ancient scientists was that space pulsates. *That is space expands and contracts in alterations.* When it expands it becomes active space and it throws out millions and millions of galaxies and solar systems. When it contracts, it once again withdraws that particular cluster of solar systems into what we call '*Nothingness*'. Of course it is not nothingness, but to our mind it is nothingness. *So, in the language of Pythagoras, all the worlds come from 'seeming nothingness into apparent somethingness'. Again they are withdrawn from the state of the apparent somethingness,*

*which we call objectivity, into the seeming nothingness, which we call subjectivity. This is how the ancients viewed and understood the properties of space.* We are standing in space and since we cannot escape space and as the Vedic text says we are indebted to space that much of volume, that much of volume of space, which is filled by our body. So, we have borrowed that much space.

We owe that much of space to return to the original space, that is what the one *Mantra* of the Vedic text says. Also it advises us never to refuse space, when someone wants to take protection under you. See you are not expected to say, there is no space in my house because you are living in space. This is what that particular *Mantra* advises you. The same quality called pulsation is working in us and through us. It is causing the expansion and contraction of the tissues of our body. The respiration is the result of the pulsation. The heart beat is the result of this pulsation. The circulation of blood is the result of this pulsation. The elimination is also the result of this pulsation. So, we have one centre of the etheric body, working as a whirlpool of pulsation.

### ***Materialisation and Combustion***

There is another centre which is working as the whirlpool of materialisation. We can call it the process of building the tissues and there is a third force as a whirlpool of combustion that is, destruction. Tissues are built and tissues are destroyed and in between there is what we call the emitting of the calories of heat that causes the equilibrium between building and destruction. So, it is a continuous process. *Continuity is what we call the span of our life.*

Every moment tissues are produced and destroyed. Every moment atoms enter into our body and come out of our body. But the continuous process maintains what is called our body or constitution, a triangle of forces in our etheric body. This is the understanding of the constitution according to the third point of view.

It produces its own ultimates or results. For example, if the building whirlpool is disturbed, we have the production of tissues that are not required, for example the cancerous tissue. When the other centre is disturbed, we find the tissues being destroyed even though they are required. It's not the destruction after use, but it causes destruction while being produced. The result is what we call emaciation, wasting disease, which is nothing but, various types of tuberculosis, wrongly understood as the result of the microbes. So, from ignorance to some knowledge we are travelling. Even now there are people who still believe that diseases are caused due to viruses and microbes.

There are even doctors who assure you that tuberculosis is caused by the microbe and cholera is caused by a cholera microbe. They assure us that the microbes exist in space, in air, in water, in food. If you question them why all people are not dying due to these microbes, the answer is resistance which means ignorance. Why is X not attacked by tuberculosis? Why am I attacked? Why is my lung affected? Why is the person living in the same house for so long not affected? No answer, except resistance.

So, now here we have a reason to understand everything. When the third whirlpool is disturbed, there is a loss of capacity to pulsate. The result is paralysis of the nerve and the muscle. Three groups of diseases are produced by the three groups of disorders caused in the three centres.

### ***Ayurvedic way of understanding***

This is the *Ayurvedic* way of understanding the cause of a disease. These are scientifically called *Vata*, *Sleshma* and *Pittha*. These are the three activities of the three functional whirlpools. They produce three groups of tissues that prepare the body and make us live. When disturbed they produce three groups of byproducts which are the result of the diseased functioning. This is how *Ayurveda* makes us understand.

But of course, unfortunately the books are wrongly translated into English. *Vata* is translated as wind. So, when there is bloating in the stomach, then they say there is *Vata* inside the stomach. It is not *Vata* that is there, but it is a defect of *Vata* or pulsation that caused the loss of peristalsis of that part of the stomach. It resulted in the wind stagnating in that part of the alimentary canal. Unfortunately that wind is called *Vata*. This is how you find the English translations of the most scientific words of *Ayurveda*. Here *Sleshma* is translated as phlegm. Phlegm is only the result of the defect of *Sleshma*. When the cell building activity is disturbed, there is the production of unnecessary matter, which we call *phlegm*. But *Sleshma* means the capacity to produce tissues. It is wrongly translated as phlegm. *Pittha* is wrongly

translated as bile. But unfortunately when there is a disturbance in the combustion activity, the bile tissue is produced unnecessarily too much. There is a misunderstanding of terms while translating. So, these are the three main ways of understanding the human constitution.

The first one is the materialistic way of understanding, which we call the allopathic way of understanding, which is almost out of date to the logic and reasoning of the modern man. The second is the homoeopathic way of understanding the constitution. This is really modern, caters to the needs of the rationalistic mind and which produces solutions not only problems. If we resort to an allopathic way of understanding, we have psychological and psychosomatic diseases. which are analysed wonderfully. The problems are magnified and no solutions claimed. You go through all the text books of the most modern branch of psychology, you will find all the problems wonderfully analysed and magnified.

If you are not sleeping, psychological science can explain to you why you are not sleeping? If you are getting depression psychologically, it can explain to you why you are getting depression in a wonderfully scientific manner. But what we want is a solution and not an explanation. In no paragraph of the modern psychological textbooks you find a single solution. That is because the understanding is made on the physical and the physiological tissues. The mind is also understood as a part of the physical constitution and here you have solutions, not only the analysis of the problem. So, also you have wonderful scientific under-

standing and solutions in the *Ayurvedic* way of looking at things about the cause of a disease and the remedy of the disease.

About a cure, it is primitive to understand only in terms of medicine. Curing a disease with a medicine in any one of the three systems, of course it is something. But the main thing is we want other methods of real cure, methods other than medicines. Because from the two sciences, homoeopathy and *Ayurveda*, we understand that the administration of medicine into the constitution is itself unnatural. Unless it is absolutely necessary, unless there is an emergency, these two sciences do not permit us to admit administering medicines often.

So, by cure we should not understand only a medicinal way of doing things. Things appear that in the few decades that are to come, the use of medicine becomes more and more primitive. People who use medicines to cure more often will be considered as less scientific and backward in science. Those who cure without medicine, they will be considered as the advanced doctors. Now we want, not cure but healing. Cure is a little bit different from healing.

***Healing means restoring health whereas cure means killing a disease.***

To kill diseases and fight diseases, we are expected to study medical science in terms of diseases and not at all in terms of health. As a result, present medical science teaches us only about disease and its cure. It does not teach us about what health is and how to maintain it. So, with all

our advancement and scientific way of understanding, we are at the negative pole of medical science. We are understanding only in terms of disease, not in terms of health. The more years we read medical science, the more we get familiarised with diseases, not health. Commonsense tells us that there is something fundamentally wrong in the very approach.

So, let us have a way of healing, not cure. Let us try to understand what health is. Let us try to know methods to restore health on a stable and permanent basis than to hunt, kill and fight disease. This much we are expected to understand before we can speak of the diseases that occur in the transition period.

### ***Transition Period***

Now let us try to understand what the transition period is. We have our ages and stages of life, necessarily producing changes in the constitution and the construction of the tissues of the body. After a certain age man produces the beard and moustaches. The woman gets what we call the periodicities of menstrual cycles and ability for reproduction. After a certain age we find that the woman stops getting the periodicities. We know how a certain age gives us the teething season, how the teeth are dropped and replaced by the second set of teeth. Again how we lose teeth maturely or prematurely, never to be replaced. So, we have the landmarks of ages and stages. We notice a growth of the constitution. According to the age some people grow in size, height, weight, also in resistance and strength.

But there are some others who grow only in weight and height and no resistance at all. This is called overgrowth and not growth. Every year the fellow produces secondary tissues of his body. Produces the rings of layers of tissues, just as the tree produces its trunk with annual rings. Why do some produce real growth and why do some others produce overgrowth? Attaining age and growth according to age is quite natural. Unless there is something wrong, why should there be a disturbance in the growth? We want science which explains these things. We have that science still which is in its new dimension. Many of us are not very familiar with that science. That science is the science of healing and health produced by real scientists through epochs and ages.

### ***The Great Doctors of all Ages***

The real scientists are Hippocrates whose bust is sold as a trade mark by modern medicine, but whose principles are not followed at all. Similarly, we have Paracelsus and *Dhanvantari*, these are names of the great sages in the world who were great scientists. *Dhanvanthari* was the king of Banaras about 12000 years ago. He renovated the Ayurvedic way of understanding the constitution and he produced two sets of doctors. One set is called *Charakas*, another set is called *Susrutas*. He produced batches after batches of *Charakas* and *Susrutas*. The word *Charaka* in Sanskrit means the mobile doctor who goes round the villages in the country. The word *Susrutha* means the doctor who has learnt many branches of medical science and goes on giving instructions, imparting the knowledge to the people in the

country. He helps people to become self-sufficient in medical science.

So, this great sage scientist produced two groups of people in thousands and thousands. It became possible for him because he was a ruler. He organised everything statewide and country wide. Some of these people have made their observations in the form of a thesis or a book which is called, "*The collection of the Charakas.*" If we see in Sanskrit, the collection is called *Samhitha*. This I told you in Vedic class. So, this volume is called *Charaka Samhitha* and the other volume is called *Susrutha Samhitha*. Now, what reply do you get, if you ask any Ayurvedic doctor or a Sanskrit scholar about these two books ? They say that the *Charaka Samhitha* is written by a person called *Charaka* and *Susrutha Samhitha* is written by a person called *Susrutha*. Just as one of my cousins in his childhood when questioned what is the name of your father, he answered Professor. Because his father was a professor, he used to believe that the name of his father was Professor.

The way of understanding given in these books should be understood. The method of Dr. Samuel Hahnemann, James Tyler Kent and their followers should be properly studied. The most modern dimension in healing is revealed by the book called, "Esoteric Healing", given out to the world by Master Djwhal Khul through one of his disciples Alice.A.Bailey. There are many wonderful scientists who have worked out the theories that Alice A Bailey gave us to understand the causes of disease in the transition period.

***Causes of the diseases***

Now we have many diseases which were not there in the past. This book assures us that it is utterly false to believe that because there are cycles, smaller and bigger in the evolution of man. At the end of every cycle, the human constitution changed basically according to the requirements of evolution and produced the same new set of diseases which were being produced in the previous cycle. After the transition period is gone, the so-called new diseases disappear. Again there will be another set of diseases, which are really new to the new generation. We are as a generation new to everything. We may not know what fathers and grandfathers knew, because things have changed. The concept of pollution has changed and life has become commercial. Commerce and trade are being understood as more important than life, health and yourself.

*Now we have entered into a period in which we believe that our achievements are greater than ourselves; what we earned is more valuable than ourselves, because we are foolish to believe that what we earn saves us. Commonsense tells us that our belongings never save us or protect us, as they depend upon us. Our money never saves us, as it depends upon us for its existence, just as our hair, our moustaches and beard depend upon us for their existence.*

So, we are in such a century where we value our money, our achievements, our degrees, our education and intellect. We lose our head, commonsense and believe that our

knowledge is more valuable than ourselves. Our concepts about food, daily habits and routine changed. The result is the origin of a new set of diseases. The diseases are new to us because our fathers and grandfathers did not have these diseases. The reason simply being they had no commercial pollution what we are having now. They were not idiotic enough to make life as busy as we have done. So, from generation to generation, the nature of diseases change. We have diseases on the etheric plane now existing. As a result when a disease is attacking us, the physical plane medicine always fails to cure.

### ***Health in Aquarian Age***

The medical tests fail to make us understand what is wrong with us. We find radioactive types of diseases on the increase. This is because of the activity of the planet Uranus revealing his particular influence upon the Aquarian age. Just as the Sun sign of everyone has its own influence upon that particular person; just as the person having Sun in Leo is different from the person having Sun in Virgo; just as the seasonal effects of the Sun in Leo are different from the seasonal effects of the Sun in Virgo; similarly there are bigger cycles of zodiacal signs. When there is the Aquarian age, the human constitution of the Aquarian age is somewhat different from the constitution of the Piscean age. So to say, the humanity of the Aquarian age produces altogether a different type of tissue.

Some functions going out of use and some new functions being dawned upon the personality. For example,

little children grow intelligent more early than what was the case with the previous generations. A boy of 10 years now has the understanding and education which is equal to or more than the man of 25 or 30 years of age earlier. The speed of planetary activity has changed. With that the virtues and vices of humanity are magnified. When we behave in a proper manner the good results are magnified. Similarly when we misbehave with our food, diet and habits, the evil results are also magnified. It is like a human being produced under a microscope.

Everything will be magnified. If we behave properly we are rewarded in a magnified way. If we misbehave, we will be penalised in a magnified way. If we are selfish, we get cramped in our own atmosphere and go into poverty, even though we have thousands of dollars in the bank. Then we have to live in utter unhappiness. We have to incur new problems with new amounts of money as long as we work for ourselves. The moment we begin to work for humanity, the significance of money is changed. You will get your things wonderfully done without the need of money. Because you will have commonsense enough, it is the man that does things, not money.

Then I begin to work for you and you begin to work for me. Money is used only as an occasional lubrication. Same is the case with the food also. Food is no more a necessity as much as it was in the previous generation. So, as a result in the 20th century, those who eat a lot and drink beer by litres are going to get horrible diseases that cannot be cured. So, the penalty is also magnified. As long as you

are active and working on something useful, you will require only a little food. A little good drink, just once, twice or thrice in the day. The energy is produced from your etheric centres and you will live healthy until the last moment. This is the secret of health in the Aquarian age. But the diseases that are characteristic to this age have their origin in a wrong way of administering food, believing that rich foods will enrich the constitution, just as sometimes we foolishly believe that money enriches us. So, rich foods produce problems just as more money produces taxation problems. When a simple life is led, the diseases of the transition period will not be there.

People apprehend that something bad is going to happen. If the husband has gone to Paris, the wife dreams that the husband met with an accident and died. Sometimes the wife dreams that the husband is about to marry another lady in Paris. These are the diseases of the transition period. The allopathic system has no solution except asking you to sedate yourself with dirty tranquillisers. It asks you to create false sleep and make yourself an idiot for some hours. That's no solution. Here the Aquarian way of living has every solution. You should know how to live a simple life how to eat simple food which is nutritive and qualitative. By reducing the rich and quantitative foods, you will know what real health is.

The nervous and psychological and psychosomatic diseases we see now are only false diseases; they are not at all diseases. They are produced by self-conditioning, caused by strain and stress, produced by the mind upon the etheric vehicle, which in its turn produces great strain and

stress upon the Cerebrospinal nervous system. Similar way the tension troubles, what we call hypertension and the hypotension are caused. To some people the tension is never normal. It is either hyper or hypo. If one medicine is given, the hyper tension comes down and goes down into the garage. When another medicine is administered it brings the car out of the garage. But it takes it into another garage, which is higher up in the 12 storey floor. So, the person is having either hypertension or hypotension which is not at all a disease.

It is rather the disease of the doctor than of the patient because it is the doctor who is addicted to the patient. When you begin to play with children for one hour every day, your hypertension and hypotension disappear wonderfully because they are false diseases and are not at all diseases. They are self-produced diseases, produced by self-conditioning. Similarly great tension sometimes makes the etheric body stimulate the physical cells in a particular point. The result is formation of a centre on the physical body which begins to produce an enormous number of quantities of new cells. It is wonderfully named Cancer or Malignancy.

### *Origin of Cancer*

Since the cause is not on the physical plane, this false disease can never be cured on the physical plane and there is the jackpot hanging for those who discovered a cure. For the past one and half centuries the jackpot has been hanging there. In the next 20 or 30 centuries it will be hanging there. Because cancer can never be cured when we produce it on the physical plane. We have cancer on the etheric plane

for seven years before we produce it on the physical body. We can very easily understand that we are a cancerous patient, seven years before the doctor finds a tissue of malignancy. During these seven years we can very easily cure ourselves by removing rich foods and dinners, by eliminating many of the cooked foods, by replacing cooked food with fresh uncooked vegetables, roots and fruits, by changing the routine and our way of living. Then the cancer is cured before it descends upon the physical tissue. *But once the physical tissue gets a centre of malignancy, it can never be cured. We can only arrest it and live life long as a patient.*

This is one of the diseases of the transition period that are inevitable according to our self-conditioning. If we live under high tension, strain, stress and begin to identify with every one of our incidents around us, then we will get cancer within a decade or two. The secret of cancer is that cancer exists in the person, not in the centre where it is produced. So, when the centre is treated, let it be with radium or cobalt or some other thing, the tissues in the centre will be burnt and scorched and the disease makes its appearance in a second place and the doctor calls it the secondary.

It is not secondary or tertiary but the disease exists on the etheric plane of the person. Cancer belongs to a person and a constitution and not a location of the body. Until this is understood, the real causes of cancer have been understood, we allow it to appear on the physical body and pay to the doctors without any use. Cancer is one of the horrible diseases which mankind is facing at present. The world statistics show that there is an annual increase of

0.283% of cancer issues. The latest reports show that the aggregate increase of percentage on an average is that. In some countries there is a rapid increase and a bigger percentage. In some countries there is a lesser percentage. For example in the uncivilised backward countries like India and South Africa, the percentage of increase is very much less. The high speed and the maximum rate of percentage increase is the United States of America. That is what the statistics show. So, we are expected to understand the real terms of cancer. The treatment exists in our way of living and daily life. It never exists in medicines or surgical operations or radiotherapy.

### ***About Insanity***

The cases of the peculiar kind of insanity are also characteristic of the transition period. If we take, we have many cases of the so-called Yogis, mystics and spiritualists who are in fact insane and who are astrally disturbed in many ways. There are people who sit in the night and who invoke the dead people to dictate some wonderful things through their pen. There are people who invite Shakespeare, Milton, Novalis, Albert Einstein; they still believe that those people are hanging in the air for these fools to invite.

Have they no other better business than to anchor at the doors of fools who call them? This is what is called conducting the spirit seances. The result is they invite all sorts of astral impurities from the etheric plane of this earth. Many of the recently dead fellows who passed away from the physical body, between three days to two weeks ago,

will be just floating in the atmosphere. They will be floating with all their dirty impurities of astral bodies. They come and lodge in the minds of these people and they make them write all nonsense on the paper. When the fellow questions, "Sir who are you?", the recently dead fellow answers, "I am Shakespeare". Sometimes he says, "I am Master Morya". To some others, he says, "I am Djwhal khul". So, we have volumes of trash and nonsense written by Djwhal Khuls, Master Moryas, Shakespeares and Miltons.

The contents are neither useful to themselves nor to others. They go into horrible diseases because they daily allow themselves to be polluted by the astral impurities of rogues and thieves who are recently dead. You cannot understand these patients' diseases. They will have urinary diseases, stoppage, blockages and horrible nightmares. Also they get disease by name Nephrolithiasis that is the stones formed in the kidneys and bladder. All such wonderful things happen. Finally we find the diseases of the transition period among the purest of the pure.

### ***Why Cancer to Great Spiritual People?***

Every fellow on the street questions why such and such a great man got cancer and died. For example, *Ramakrishna Paramahansa*, he had cancer in the end. *Ramana Maharshi* got cancer in the end. Many of the real mystics and real sages of the modern world had cancer and they left their physical body with cancer. Why so? Have they defaulted with their food or sleep or sex or their work? No possibility at all for such things in their lives. Because they were never slaves of their mind. But why such a thing happened is

because there is what is called the karma of a group of people existing in an area. It becomes unbearable, just as the commercial pollution is too much for us. Then there are people who offer their physical bodies, to attract a whirlpool of consciousness, the group karma. By doing this, they create a lift to thousands of people at a time, by attracting the polluted group karma to a part of their etheric body. As a result, the physical body is producing cancer. This dimension is wonderfully explained in the book "Esoteric Healing".

You can ask why they do so. The answer is why Jesus Christ allowed himself to get crucified. Was he insane? Was he hysterical? No common man can understand what it is. They know that the physical body is a temporary one which can be taken and given at any time. They know the real scientific understanding of the vehicles. They understand scientifically what we call birth and what we call death. To them death is not a sentiment, just as it is to us. To them birth is not a celebration just as it is to our children. Birth is not to conduct birthdays; death is not to fear it. They are simple natural phenomena which are to be scientifically understood. But 999 out of 1000 are not prepared to understand. Because we are not yet scientific in understanding these things. Those people know that the body is of not much value. Just as shoes can be purchased and given away the second or third day to some poor fellow if he wants. Because they know that they can purchase any time, a new pair of shoes.

That is their attitude and the real assessment of what we call the physical body. So, they sacrifice a particular physical body to attract the group karma pollution of an area. The result is there is a spot of stimulation in their etheric body, which produces a centre of malignancy on the physical body. It eats the physical body away. But to our eyes it is the same cancer that the patient in the hospital gets.

So, like this there are many things that are to be understood about the transition period. But the more diseases we try to understand, the more complicated our mind will be. What we want is a solution not a problem. One solution serves the purpose of all these new diseases. Unfortunately the solution is too simple to carry.

*That is leading a simple life. Eating something simple, nutritious and qualitative. Eating only at fixed times, almost the same time daily, not eating very frequently and irregularly. Drinking only positive liquids and only at fixed timings. Sleeping according to hours of sleep and working according to the hours of work instead of playing Bridge or Billiards during the nights. Giving frequent washes to the body in flowing waters of springs or rivers.*

We cannot ask how we can get it. The answer is whether you want the new theory of understanding of health or whether you want the present way of living. If you want the present way of existence, you have no solution. If you want a solution, you have to change your residence to the bank of a flowing river. There is no compromise. Wash your body as frequently as possible with running water and use

the physical body for manual labour at least for an hour. Especially the labour you produce with your body should be of a non-remunerative nature. Many of the modern people are ready to do it because for the past fifty years, the spirit of service has grown wonderfully. Not much effort is required for many people, who are living in this century. The fact is there are only a very few percent of people who are selfish in this modern age. They go into ill health and incurable diseases.

It is enough if people who believe in service, render some type of service to the society, just one hour a day. Their body is cleaned; the etheric vehicles are kept pure. Every day the vehicle is washed of etheric fluids. The physical body is to be washed with physical fluid that is pure water. A little yoga practice will do and a little meditation will do. But we should not believe in dinners and banquets. We should not believe in engagements and too much entertainment. The mind should be 'work conditioned' instead of being busy and crazy about work. Now we are busy and crazy about our own daily routine. The result is we are not capable of living 'work conditioned', we live 'self-conditioned'.

We believe that we are working too much. We believe that we are sitting for long hours at work. We believe that we want more rest. All these things are rather psychological than real. When we are out of this psychological magic, the truth is revealed. That is we want very little rest, very little quantity of good food and very little quantity of something we call entertainment, because the mind gets entertained with everything. When you begin to practise this,

after a certain stage, unconditioned ease and joy will be yours.

### ***Danger of Auto-suggestions***

Auto-suggestions should be removed from the mind. For example when Saturn is transiting over your moon, you are accustomed to believe that you will go sick. Not only that, you will be able to predict impending sickness two years or three years before. Because you can calculate your own Saturn in your horoscope. The wonderful progressions of Saturn in your horoscope are used by you as auto-suggestions. But the truth is there are millions and millions of people who have the Moon in the same degree as you are having. Not only to yourself, to all of them Saturn is coming to the degree of the Moon. Do you see all of them going sick?

*The people who suffer from auto-suggestion only get sick. This is not due to Saturn in the horoscope, but due to Saturn in their own mind. Because they make themselves sick and they won't allow themselves to be free from the sickness. Such is the power of auto-suggestion.*

Many of such things are there. Somebody tells us you are going to die on November 25th as it was something written there in the holy writ. I kill myself daily with the belief that I am going to die on November 25th. Luckily November 25th passes away and the Sunrise of November 26th will be a gala inauguration, a grand opening. But it takes at least one year for you to recover from the shock.

So, the modern man is exposed to all such dirty tricks of self-supposition and self-conditioning. Go strong and believe that these are not the things which kill you. Saturn is not very much careful about killing you because he is at a great distance and our earth is a spec before him. Switzerland is smaller than our earth. Geneva is still smaller and the university building is still smaller. Saturn is not aiming at you. He has many valuable things to do. Just as the train has no intention to kill you, though you may kill yourself by having a slip from the train, when you travel. You cannot attribute it to the train. You cannot call the train a criminal. You are the cause of your fall, not the train. Similarly it is not Saturn or Mars. The auto-suggestions should be removed.

*The pure truth of a spiritualist is that, what we call death occurs in a split second and let it take care of itself. So, let us not kill ourselves beforehand. Let us be engaged in our own work and let Saturn be engaged in his own duties. Let death be engaged in its own duty. These are the vital points required to be practised by the man of the new age, if he wants to be free from the illnesses of the transition period.*

*Thank you all.*

## *Purpose of Homoeopathy*

**B**rothers and sisters, I am expected to speak something about Homoeopathic and Ayurvedic sciences.

According to homoeopathy and Ayurveda, the highest method of healing exists with you. Other methods of healing are less valuable than that. I will first explain a few things about the less valuable things, that is the medicine. Then I will point out what is there with you which is more valuable than medicine.

First of all, let us try to understand the science of healing. This is a century where radical changes from the foundations are taking place in every science. Every time we are seeing wonderful changes happening within one or two years. The speed at which these changes are taking place is really wonderful.

So, the concept of cure and healing has changed a lot during the past twenty years, so that we may not speak about curing diseases. In any system, if we begin to speak of the methods of curing diseases, it will be out of date. What is needed is not the science of curing diseases, but the rectifi-

cation of health. But in all the medical colleges, of all countries, we find that the students are unfortunately taught the science of diseases and their cure.

What we are calling the medical colleges, they are making a butchery of the genius of the new generations. This is happening by throwing the younger generation into the science of disease and its cure. By infecting their minds with disease and its cure, so much for five to seven years. Because of this for a lifetime, they are infected with 'disease intelligence'. Only very few of them are able to recover from their disease of "disease infection". They are able to become healthy enough to understand that health is the truth and disease is not the truth. Because with their professional and commercial behaviour, they are making disease as truth and health as untruth.

In a period of one century, we have experimented to make a diagnosis of the disease, by making various clinical tests of the tissues of the body. Then try to catch hold of the name of the disease and shoot it directly, forgetting that there is a more important thing than disease. That is, the person who came to you with a disease. So, the medical field is making us forget persons and remember diseases. So, we are in a Palaeolithic period about medicine. Hence, there is no scope for the accepted authorities of medicine or the universities or the medical colleges to recover and be able to teach good science to the students. I repeat, that no university on the globe in any country till today has the evolution or the stature enough to teach the Science of Man, as a part of the Science of Health. Because health is understood in

comparison with disease. It is the man on the street, the free thinker who has to take up this cause with courage. By ignoring the authorised medicine and taking up the study of the Science of Man. With this you are expected to become self-sufficient in making yourself healthy.

This is one of the main mottos of my life's work for which I have been working night and day for thirty years. As a result, in India, I could produce many thousands of families who do not require medicine from the doctors. If there is any disturbance in the health due to the various pollutions we are producing around us, at least one member of each family is able to cure the whole family and their neighbours. Another aspect is, making the healing art, a non-professional and sacred art. You know, in the previous centuries, in any nation on the globe, medicine and justice were never sold in the market. There was no century as backward as the 20th century where justice was sold in the court for a high price. A doctor could sell his profession for a price. So, we can understand that we are in the darkest bottom of human existence in certain aspects.

So, with these few remarks of introduction, I will give you the reasons why any other system is better than the system which gives you medicines daily. But we are in the age of such a system that if I have one sneeze, I have to take two tablets. If I have blocking of one nose, I should have two tablets in the mouth and one inhaler in the nose. If I have an urgent business to take a journey, I am beastly enough to suggest to my wife to take pills for the postponement of menstrual cycles. So, these are the atrocious ways

where we are living in the darkness of ignorance without knowing what the meaning of the word 'consequence' is. We know only the sequence of our procedure and not the consequence that is happening in the background.

### ***Death Conditioning Logic***

We have a physical body and whenever there is some disturbance on the physical body, we use physical medicine to the physical body. We are using medicine not only through the mouth, but in the place where the trouble exists locally. Do you understand that the physical body is not an entity in itself? By this time, the yoga students might have understood it. If the boy is blowing bubbles of soap with water, do you believe that each bubble is an independent substance? It is only some soap and some air within and some air outside which makes you call it a bubble. By that do you believe that it is an independent entity? Understand that your physical body is the resultant of thousands and thousands of forces at work in your body. Those who believe that their physical body is an independent true existence, they have to live death conditioned all through their life. Thus fearing in the mind that they would die someday and that they should do everything before they die. You will find their faces eclipsed with death conditioning.

"I have to construct the building before I die. I have to get my children educated before I die. I have to get my children married before I die. See, I have to see my children are settled before I die". So, for every sentence, in the subconscious, there will be the suffix, "before I die, before I die". That is what is called the death conditioning logic of the fool.

That is the fate of those who believe that the physical body is true. But if you have a scientific understanding of what a physical body is, you will very easily know, even a child can very easily understand that there is nothing like death in its scientific sense. What exists is only a transformation, a transformation of consciousness from the limited to the unlimited. A transformation of the pulsations of the body travelling into the pulsations of the solar centre. The transformation of the organic chemistry into the inorganic chemistry, the chemicals of which are both the same. If you test the chemicals in the soil of our earth and the chemicals in the human body, they are the same. There are no new chemicals in your body.

*But the chemicals that are in your body, they are organic in their functioning, the same calcium, phosphorus, etc. When the body is dropped off, the same chemicals will go into the earth in the form of inorganic chemicals. They wait there until once again called into a body through a seed. This is the scientific cycle of life. There is only what we call the cycle of life and the cycles and spirals of evolution of consciousness, not the blind theory of evolution of Darwin, but the scientific theory of evolution. That is the evolution of consciousness.*

### ***Understand the Real Cause***

In the light of this background, if you understand the science of health and healing, you will understand that it is useless to treat the physical body with physical medicine except in very emergent conditions. Because your physical body is the result of many actions and reactions. It is the

equilibrium of many thousands of actions that are taking place and there is no use of fighting with the results. The physical medicine you give will act upon the physical cells of your body and conduct 'physical plane chemical reaction'.

For example, if there is too much acidity in your stomach, the pharmacy produces some acids that work as antacids in your stomach. When you eat that tablet, it reacts with the acid in your stomach. It makes the acid disappear and we feel the relief of it temporarily. Unfortunately, we are unscientific to call it a cure. But, if there is too much acidity in the stomach, you should be scientific to question why there is the production of more acid in the stomach? If there is under production, you should question why there is under production. If there is calcium deficiency in a child, you should question why calcium is deficient in his body. Is mankind dying with a lack of calcium on this earth? Many foods are there which are full of calcium. All the people are extracting calcium from the food materials they eat. Unless there is a cause, why should the child not extract the same calcium into his bones? Without questioning that, what is the use of foolishly supplying calcium in the form of medicine into his body? So, it is useless to fight with the results.

### ***Yoga and Health***

You teach others what you have learned in yoga lessons. There is a body made up of energy in you which is forming energy centres every second along your spinal column. From each centre, there are distributing centres where this energy

is distributed. It is these centres that are receiving matter from outside. They receive from food we eat, the air you breathe in. They receive water you drink or the water which you take as a shower to the body. They receive matter from the Sun's rays, the Moon's rays and the light of the stars that are incident upon you. These are being received from outside. There is another great thing, the content of space.

### ***Content of Space***

You yoga students know what space contains in it. If you ask the laboratory scientist, he will say there is a vacuum in space because there is a big vacuum in his brain. It is simple commonsense. Everything is coming out of space. The solar system itself is a beautiful crystal coming out of crystallisation through space. All the planetary bodies are forming through space. When the millions and millions of atoms in each planet are forming from space, how can one with commonsense call that space is a vacuum? *Everything comes out of space. Everything exists in space and everything melts and dissolves again into space.* When space is such an aqua regia, he must be a fool who thinks that there is vacuum in space.

So, you understand the content of space that is called the energy reservoir. The same is called electricity when we are able to bring it out. Electricity is not coming out in the bulb. It is not coming from the wire. It is not coming from the Power plant. It is there in space. Space is a pool of electricity. The big power plants extract the power from space. After serving us in the form of light, telephone and

TV, etc., again this energy is going into the same pool or the ocean of space. But just as the human being could discover establishing an electricity plant, long before that Nature began to establish the electric plant.

That is what is called a unit living organism. The first organism Nature produced is only one big atom with a centre which we call nucleus. That one atom is what we call the solar system and that centre is what we call the Sun globe. All the other parts of that atom are our planets. The same formula is being conducted into every tiny atom. Just as that big atom has its centre, you also have your centre which you call your heart. Just as that atom produces what we call energy lines of force, just like the magnetic lines of force, we find the same air and wind blowing around the planet of our earth. Same thing, your body is also blowing. That is what you call your respiration.

So, the unit which you call your body is the electric plant that is produced by Nature in the form of your body. That is what is called *Prana* in the science of yoga. It is only to regulate the *Prana*, you are doing *Pranayama*. Because no science or no university in the world can teach you what *Prana* is at the present date. No biology, no chemistry, no physics professor can teach you these things. You are to take up the lead and educate the common public in true science. You have to ignore the authorities of the various universities because you know the truth. You are practising the true methods here.

***What is Contagion?***

Understand if there is any defect in the physical body, which the doctor calls disease; it never exists on the physical body. It starts on the *Prana level* which you call the etheric body or the subtle body. Unless the lines of force are disturbed in the subtle vehicles, the chemistry of the physical body can never be disturbed. Understand the theory of the microbe and the virus and the contagion. Microbe, the virus and the contagion as it is understood now, is unscientific and totally false. Because the theory says that disease giving organisms are everywhere in space as omnipresent as God himself or even more. Everyone is inhaling those disease producing bodies.

When we are eating our food, we are eating these disease producing bodies. Through water, through air, we are inhaling millions and millions of such bodies. There is tuberculosis, leprosy, tetanus, like this every disease is there with us at our nose. But, why are people not getting it? Why are people who are very careful about contagion are getting contagious? The workers in countries like India and Africa who are too exposed to these contagions are healthier and safer. They are healthier than the doctor addicted hygienists and the medicine addicted habitants. We see among the highly educated families, there are people who cannot sleep without pills, who cannot breathe without pills, who cannot wake up without pills and who cannot have digestion without pills. The quantity of pills is more than the quantity of food they eat.

See there is something fundamentally wrong. Unless there is something wrong in the causes, there cannot be a contagion from the so many bodies that are entering into our nose and coming out. So, the real cause of contagion should be known in the future in a right sense.

*Without any mental contagion, you cannot have a physical contagion. Unless you hate a sick person, you have no chance of receiving any contagion. Unless your subtle body is broken to pieces for a few moments by some outburst of anger or jealousy or sudden fear or anger, until then there is no possibility of any contagion attacking you. Only during those moments, when the subtle body is broken, the contagion is received, not in the form of microbes or viruses, but in the form of the life force of a diseased person contacting the life force of the healthy person. Then immediately the person is affected.*

So, he is infected on the *Prana* level, not on the physical level. As a result of which, the physical cells produce a harbour to the enemies of the nation. They will invite these little beings to lodge inside and multiply anti-national elements. That is the true procedure of contagion. So, the science of health is required and not the science of disease. The more you concentrate upon disease, the more you are meditating disease as your personal God. The result is, you are disease conditioned. So, try to meditate on what health is. Try to know what keeps you healthy. Unless one makes a defaultation of either his food, drink, sleep, work, rest, or sex, there is no possibility of the physical cells receiving illness.

When once the physical body receives sickness, understand that something is fundamentally wrong with the vital body. Try to rectify the vitalbody not always with medicines, but with a better way of living, better habits, positive thoughts, enthusiasm and by living in the presence of people who are enthusiastic, but not emotional.

### ***Associations Play a Major Role***

Emotion is different from enthusiasm. The difference is like that of the dog and man. The more you live in the presence of emotional fellows who go into outbursts of emotions, you will also get into outbursts of emotions. One day, they will be very happy with you. They see that you are a God and after a few days, you see they are having the greatest spite to you. One day, they are very sorrowful. They have no hope to live. After a few days, they are the masters of hope. For about two hours, one will be a master of hope as long as the content of the bottle is giving him a kick. When the kick is gone, the emotion is gone. So, this is what is called emotion. It should be purified and distilled, just as dirty and muddy water is distilled into clouds; just as the salt water in the sea is distilled to form clouds, to return into pure water. So also the consciousness in you should be distilled from the mud and mire of emotion, should be distilled into the pure experience of inspiration and living in the presence of those who are inspired.

The method of getting inspired is Prayer, Meditation, Pranayama and regular reading of any scripture. Daily make it a point to read some sentences from any scripture and

spend some time thinking about the thoughts of the sentences. Without doing this, if you want to cure your physical body with physical medicines, the result is frequent disturbing of the chemistry of the body. With the strange chemistry of the medicines you produce into the body.

### ***Understand the cause of Disease***

When you are not tackling the causes, when you are fighting the results, the disease can never be cured. Your body is like your house and when there is something very nasty in the house, is the house responsible? If the furniture is disorderly, is the furniture responsible? It is the fellows who are living in the house to be kicked by some good disciplinarian. But instead of doing it, if you begin to arrange the furniture in a proper manner and remove the dust from every chair and every table, make the house clean, what is the result? You will find the next day the house is still worse because the people who are living in the house are worse than donkeys and dogs. Now, they have understood that there are people who will arrange everything correctly. So, they behave worse. That is what happens when you rectify the physical body with physical medicine.

If for four or five months, I will supply calcium to the calcium deficient child, he will develop like a plum, like a good fruit with the first supplied calcium for the first time. But when you stop it, once again he goes down like a skeleton into bones. Because the intelligences in the *Prana* understood that you are directly supplying calcium. So, they grow immune to the calcium of the food. They are already lazy

in not extracting the required calcium from the food. Now they become more lazy.

### ***Purpose of Homoeopathy***

In the present system of medicine prevailing in the world, we are feeding the physical body with physical medicines. It is like rewarding a lazy fellow in the office. This is what is happening. So, in homoeopathy, it is discovered for the first time that it is the subtler body that is the cause of disease, whereas the results are found on the physical body. The cure must be done on the subtle body. Then the results of rectified health are enjoyed on the physical body. That is what homoeopathy teaches as the main principle. Homeopathy never believes medicine to be administered to a person on the material plane. Because any substance to work on the material plane, it shall be supplied in the gross or material form only. Instead of supplying quantitatively, if you supply qualitatively, the results will be different.

When calcium is required, in allopathy we will supply quantitative calcium. But in homoeopathy, we will supply qualitative calcium. There are only calcium qualities and no calcium chemically in the medicine. What is the difference between qualitative and quantitative calcium? What is the difference between a tree and its seed? The seed is a potential tree or a qualitative tree. See, some of you might have seen what is called the banyan tree, which is one of the biggest of the trees. Not 'Ficus religiosa' exactly, it is bigger than that. It is, I think, 'Ficus benghalensis'. 'Ficus religiosa' is

what is called *Ashwaththa*. This is a big tree which produces its roots into the ground. Those who have gone to Adyar in Chennai, in India, might have seen it. That is what is called the banyan tree. But if you see the banyan seed, it is the smallest of all the seeds. It is much smaller than the mustard. Are you not having a whole banyan tree in your hand? You are having it qualitatively. The tree which you see is a quantitative tree but the tree which you can understand in a seed is the qualitative tree.

So, the calcium which we see on the physical plane is the quantitative calcium. Take a little trace of calcium in much distilled water and shake with the machine many times. What this water contains is qualitative calcium and not quantitative calcium. You take one drop of this water in this bottle and place it in another jar of distilled water. Once again shake it with the machine. Then the same qualitative calcium is more powerful in the second jar than in the first jar. That is what experiment, trial and verification tells us.

To understand a disease, you have to understand the person and not the disease separately. That is what homoeopathy says as a second proposition. Because the existence of disease is false. The existence of the person is true and his normal condition is true. A disturbance in his normal condition is technically called disease. So, can the disturbance be called an independent item? Therefore, disease has no true existence. Health has true existence, because it is the normal state of condition.

We say, this is a building. If there is an old building, we say that it is a broken building. But, the word building indicates something existing. Broken building is not an independent item. It was also a building but broken. That is what disease is. If you call 'broken' a separate entity and have an illusion that Mr. Broken as a person exists, it is absurd. So, it is to rectify the person, the physical calcium is rectified. There is a wonderful method discovered for this in homoeopathy. The person is to be studied, not his tissues because health is to be restored to the person.

Disease is not to be killed on the tissues. Therefore, to give medicine in homoeopathy, we have to talk to the person. Otherwise how can we understand a person? Is it with his physical body? If somebody takes a piece of this into a biopsy, a piece of skin and sends it for medical examination, can the clinical fellow say, this belongs to Mr. Krishnamacharya?

### ***Abnormalities***

So, if we want to administer medicine to a person, we should talk to the person. We should observe his behaviour. Is it normal or abnormal? If it is normal, he never requires any medicine. If it is abnormal, in what way is it abnormal? We have to make a case sheet. That is, some people are shy. Some people lack self-confidence. Some people are brutal in their behaviour. These are abnormalities in behaviour. Some are nervous and some are afraid when they are alone. Some are afraid when they see crowds. You see, these are opposite types. One fellow, if he is left in the room for one hour, he gets wonderful ideas. 'If I suddenly die now, what

happens?' Such ideas come to him. 'If something dangerous happens to me, there is nobody here'. Now he is in fear. There are people who do not travel alone because they fear, 'If I die in the train or in the aeroplane, how can my people know it?'

It is a scientific doubt they get. Many people expressed it to me. One such example is like this. We were many thousands of feet high in the sky, that too travelling for eleven hours in the aeroplane. There was the Atlantic Ocean underneath and above the Aeroplane was the sky. Then one fellow said to me, "If the plane crashes and I die here, how can my fellows know it?" Then I replied to him, "If you die here, there is no question of your fellows, because your wife and children are no more your fellows, but they are only fellows. Therefore, there is no necessity for them to know it. There is no utility even if they know it and no greater danger if they do not know it. So, be a little more scientific in thinking and be factual. If at all you have any fear, you should fear only for one thing. To experience great pain when your body is crushed or broken. Also great pain due to burning of the body when the plane catches fire. It will be only for a few seconds. That is the only thing for which you should feel fear, if you are really scientific. The other fears show that you are a perfect fool." Within fifteen minutes, the fellow became a little bit better, psychologically, because of shock therapy given to him. That's why I talked like that.

So, you should observe what type of abnormality the fellow is having and make a list of those abnormalities. The

list indicates, that person has a defect. Select a medicine which carries the list of abnormalities which you have found in this person. Try to understand from an expert scientific homoeopath, the dilution and the repetition of the dosage you have to make of the medicine. According to the dosage and dilution, you give this medicine to that person and you will see the miracle of it. You will find it verified a hundred times, thousand times. That is the principle of homoeopathy. That is, when a medicinal substance is introduced in a healthy constitution, the constitution produces some abnormalities of behaviour. These abnormalities are properly recorded after verifying the same medicinal substance in a thousand people. All the abnormalities in the thousand people that are common are taken together. Those abnormalities form the indications of that substance as a medicine.

Those abnormalities in a person indicate that he needs that medicine. In homoeopathy, it is the patient that indicates a medicine. It is never the doctor that prescribes the medicine. Every patient should be separately examined and understood by the doctor. Not as a doctor, but as a friend, a brother, as a philosopher and a guide. Understand that the art of healing is not a commercial medical practice. When your duty is finished, when you pay the visit, see the patient, give the medicine and take the fees.

So, definitely the homoeopathic system is what is needed to rectify health, not to kill diseases. If at all, permanent cures are done, they are never affected by physical medicine in the physical body. What we get by physical medicine is daily relief with daily medicine. Hourly relief with hourly

medicine. So that the very busy person going to the office, the very busy businessman running for his market should have temporary relief and run to his work. After such a defaultation for ten or twenty-five years, the result is bankruptcy of defaultation.

That is, we do not have that amount of money in us which requires the repayment of the defaultation. Suppose, I make a defaultation of traffic in the car, the police says, "Pay one thousand francs". If I look in my purse, there will be only five hundred francs. That is what is called bankruptcy. The life force has become bankrupt. Defaultation has exceeded the capability of life force. We are called from every corner to repay. We have defaulted income tax for twelve years, sales tax for ten years, house tax to municipality for twenty years. We have credited the house to a credit bank, bringing money to make business. That money is gone into the sea with business. Now, we are receiving papers from each side. What is it called? It is called the necessity for cumulative payment. That is what we call an incurable disease. Unfortunately, they are also named as diseases. They are not diseases, but they are stages of incurability of the human constitution. Which they call cancer and hydrothorax that is water formation in the liver, the thorax and gangrene. All such diseases have wonderful scientific technical names in medical science. They are not at all diseases, but they are the indications of a cumulative payment demanded by the authorities of law. Law not in the court but in Nature and a bankruptcy in the *Prana*. That is the result if we resort to medicine every day.

***When to use Medicine?***

Medicine should be used only if there is a problem in the body. Medicine should be compulsorily used if there is a serious trouble in the mind, even though there is no temporary trouble in the body. Because disease starts in the mind, not in the body. The abnormality of the behaviour shows that the person is sick. If the person is not able to sleep, he goes to the doctor. The doctor examines all the secretions of the physical body and says nothing is wrong. But the disease is on the mental plane and has not yet descended to the physical plane. Unless it descends to the physical plane, the present doctor is not capable of accepting it as a disease.

So, when there is only insomnia and there is nothing on the physical body, the materialist doctor has no solution except giving some narcotics and dirty poisons under the fine names of sleeping pills and sedatives, with beautiful attractive colours, like the technicolour movies, in very much coloured cartons. See, they eat life daily.

***A Good Story***

You know a small story narrated by one of the world famous story writers. One fellow says that he was sick one day. So, he went to the doctor, got himself examined and took the papers from the doctor. He paid the fees to the doctor, went to the pharmacy and purchased all the medicines prescribed by the doctor. Then he came home and called his wife to bring some water. She brought a tumbler full of water and he threw all the medicines from the window out and took the tumbler full of water and kept quiet. The

wife was an American. She asked him, "What do you mean?" He said, "I was sick. I went to the doctor because the doctor has to live. I went to the pharmacist because the pharmacist should live. I threw the medicines out because I too have to live."

Then the wife said, "Wonderful. Let us make a literature of it and produce it in the world, so that people are benefited". Remember she was an American. So, she wanted to produce the whole useful literature to the world. That is how you should propagate your true science.

Have courage and conviction about the truth of what you follow. Try to understand when serious aberrations in the behaviour of a person are showing up. Aberrations like lack of self-confidence or timidity or its perversion in the form of brutality. Unless one is timid, he cannot be brutal. One cannot show violence unless he is a timid fellow. Observe these things in persons and select the proper drug in homoeopathy. Give the minimum dose of it. If the person is rectified with the first dose, do not give the second dose. If at all he wants a second dose in many longstanding diseases, he requires it only after a long interval. The minimum interval is one month.

This is how we have to use medicines and minimum medicine is prescribed in homoeopathy, that too not quantitative but qualitative. These are a few features about homoeopathy. The subtle body will be rectified in you, what you call the etheric body or *Prana body* is rectified. A rectified body of forces will have all the energy centres reorganised. Each energy centre distributes the tissue material again in

equal terms, so that the abnormalities of the tissues disappear. For example, let us say it is detected that there is sugar in your urine. Instead of unscientifically getting ourselves addicted to anti-sugar pills, you study your own abnormalities on the mental plane. Alternatively your wife or your son also can make a study of the abnormalities in your behaviour. Then select the medicine in homoeopathy. Take one, two, three or four doses in one year or two years. See, the sugar disappears because the disease is cured. That is how you have to make treatment.

### ***Practice that gives Good Health***

*Ayurveda* is also a similar system. We will talk about *Ayurveda*, some other time. Because these are subjects which are a bit heavy to receive. But I want to tell you a greater secret than homoeopathy and *Ayurveda*. That is what is called practising periodicity in sound and thought, regularity in sound, thought and respiration. Every day you practise regularity in your routine. Have some items of your daily routine, let it be one, two, three or four, conducted at the same hour and minute at the same place without changing it. That brings every force in you into regularity. Daily produce some harmonious sounds and repeat the sounds for fifteen minutes or half an hour. Listen to them and attribute a noble motive to them. That heals yourself and others who are in your presence. Until this regularity is established you may use medicine. If you are too nervous, or too restless and too unstable to sit at the same time in the same place, then only use medicine until you get that much stability.

Then sit down every day at the same time at the same place. Produce the same sounds in the same intonation. That is what you are doing daily in your *Sankeerthan*. We call it *Bhajan* also. We also call it *Satsang*. That is the holy singing you are doing here. There is no higher scientific way of healing than musical recitals of Holy Scriptures, repetition of some noble words that you do here again and again. You are repeating the name of Lord in many ways in a musical intonation, rhythm and beat. That is the one which cures permanently. Gradually you will find yourself more and more healthy. Your presence stimulates health vibrations in your family. Believe that this is the highest form of cure.

If you are advanced in your spirit and understanding, you will be the beginner of the new dimension of science. If you are shy and retired about producing this in the world you will miss the opportunity. After ten years or fifteen years, there will be another group of people much younger than you. They will produce the most advanced scientific dimension to the world. This is the highest which I think of as advice to be given to you.

*Thank you all.*

# *Spiritual Healing and Ayurveda*

Today's topic is, "*Healing and the science of Ayurveda*", two big oceans to be covered in a single journey, that too in a very short journey. The subject of healing itself is vast, deep and profound. The science of Ayurveda is still more vast, deep and profound. What we can do in one lecture is a positive introduction of the scope of the subjects, with some hints of real practical values here and there.

## *The Scope of Healing*

We will start with the subject, the scope of healing. We have many systems of medicine in the modern age apart from what we call the classical system or Allopathy. It was once considered that Allopathy was self-sufficient and enough for everything. But, the advent of the Aquarian age has made human being more self-aware and self-conscious. There are more people than ever who can understand things more than in the previous decades. With a growing awareness of their commonsense, which is the real basis of the birthplace of every science and also a growing awareness of the intuitive aspect of the human mind.

A spiritual age has already begun when the human being started his journey from the flesh, blood into the kingdom of the senses and mind. Mankind is going deeper still into what we call the discrimination, into the right type of understanding, the Will or the Buddhist plane. Not stopping there, he is going deeper still into what we call the Soul Consciousness, where one can live in group contact with others. He is also travelling towards the other planets in the inner world. Also towards the centre of all planets, that is, the Solar Centre within himself or herself. The centre which we call the real 'I AM' in all of us.

This is what we call spiritualism. This is an age when the human being is taking a journey to his spirit. This has made a deeper understanding possible. This is leading the human mind away from what is more valuable to something which is more useful. So, man is travelling on one side from the costly and valuable things to the simple and useful things. On the other side, the objective side, he is crazily taking a journey into the outer planets. Without knowing the purpose and without performing his duties on this planet. So, this is a strange period through which the human being is passing.

On one side, he is spending enormous quantities of human energy symbolised with millions of dollars that are being spent to experiment with the bodies that are sent to other planets. Those who are travelling into the inner worlds are growing solidly and more meaningfully. Silently they are preparing the ground for the next generation. We are not much concerned with the objective travellers. Because

they are leaving our planet before they are finishing their duties to the beings of this planet.

So, such a period necessitated a better understanding of the healing science also. As a result of which, man discovered that the scope of the classical science of medicine is not self-sufficient. That the whole scope of Allopathy is diverted only towards the physical plane. The best medication, the best surgery and the best experiments on radiology are in no way better than scavenging the physical tissues. When diseases exist on higher planes, the causes of diseases exist in our mind in the form of our taste to misbehaviour.

The results of the disease are being experienced on the physical vehicle just as the activity of television is received in the little box which we have in our house. What is the use of shouting at the fellows not to fight when you are looking at the scene of fighting on a television? In such a way, classical medicine is found not self-sufficient. The human mind automatically begins to search for some new dimensions. In trying to do so, it has broken its barriers of orthodoxy. It has crossed the limitations of time. It has found no objection to travelling into the past and into the future. The result of the human mind travelling into the past is a proper understanding of the ancient sciences like Ayurveda, Acupuncture, etc. The journey into the future resulted in advanced sciences like Homeopathy, Dietetics, Naturopathy, Hydrotherapy, Colour healing, Sound healing, Music therapy and Magneto therapy.

Now for the first time, after a new journey of about three or four decades, the human mind began to taste some

self-sufficiency in medical science. Yet, there are fields where gaps have been left and the human mind discovered that these gaps can be filled by a step of correlation. That is correlating the different branches of medical science. Also trying to understand that the secret of healing is existing within himself, not outside. Even though medicine is used, it is not the medicine that is curing diseases. Because there is no use of administering medicine into the body of a corpse. If medicine were to be the real curative, it should cure the diseases of the corpse also when administered. Once again, humanity rediscovered the truth that it is not the medicines that are curing diseases. But there is a force that is there inside our constitutions which is continuously working with two functions of its own.

***One is self-preservation. The second is self-protection.***

The first is being done by an intake of food, drink, the excretion of unnecessary material, intake of fresh air and intake of healthy thoughts that can heal through a process of good conversations with accomplished persons. The human mind rediscovered the fact that the constitution of a living individual, that is a biological unit is a coexistence of three entities; Matter, Force and Mind. A proper coexistence causes health and a disturbance of the mutual relationship causes disease. The human constitution is exactly the same as an electro magnet and a dynamo.

There is no difference between a generator of energy and the living organism. The principle of working in both the entities being an alternation of currents. In the electro-magnet and in the dynamo, it is caused by the change of

direction in the magnet, whereas in the human constitution, it is caused by an alteration of currents. That is affected by two processes, which we call the inhalation and the exhalation. The magnet has something invisible also around itself, which we can call the lines of force and the polarity. Similarly we have in our constitution something invisible going on, which is more true than the matter we are seeing, which is responsible for the maintenance of this matter. This self-preservation is being affected by that force which is working inside. The self-protecting activity is also affected by the same force and not the medicines.

Whenever there is a disturbance in the constitution, immediately there is an attempt from inside to rectify and cure itself. Unless we disturb the constitution continuously from external causes, it has its own way to rectify and cure itself. When it is not capable of doing it for certain reasons, some substances which we call medicines will help the vital force to cure itself. In either case, it is not the medicines that are curing; it is the vital force that is curing itself. This fact is once again understood by humanity in the present cycle. This made us search for new and self-sufficient methods of healing.

### ***The Role of Medicine***

It is understood and verified again and again that medicine plays a role of 20% in the process of curing and healing. The remaining 80% depends upon other factors. For example our behaviour with food, drink, work, rest, sleep and also sex. It depends upon our behaviour with friends, neighbours, relatives and those whom we call our enemies.

So, 80% of the causes of disease exist in these factors. The misbehaviour gets converted into a long-standing habit in our daily routine. These are understood as the real causes of disease. Almost 80% of the real cure consists of removing these causes, whereas the remaining 20% can be done by medicines. The one who depends upon his or her cure completely on medicines will be having temporary relief daily, while in the long run, he or she will be thoroughly disappointed and become a total wreck in life. So, the use of medicine should be minimised and our misbehaviour towards things should be rectified. New and positive habits should be engrafted into life. Positive dynamism is to be developed in our way of living.

### ***The Attitude***

The magnetic vibrations of our mind should be altered in such a way that we feel a brotherhood with everyone. For example, when we see bad people, we should be able to understand that they are not bad people. Many of them are weak people, having weaknesses just as we too have our own weaknesses. They are only badly behaving people and not bad people. With this understanding, our irritability and impatience towards them will be transformed into sympathy and love, so that we may give a greater possibility for them to rectify. If our circumstances permit, we can give them a hand to walk together in life and sometimes lift up a little bit into better circumstances. As we try to do this, we understand that we are becoming more and more healthier. Our mental health improves at first. Our dynamism is on the increase and the magnetic vibrations that are positive will

be developing. In course of time, for example in one year or two years, we find that our diseases are cured. This is for the simple reason that it is the vital force that is building the tissues of the body.

### ***Self-Conscious Activity***

The body is not maintained by chance or blind action. A self-conscious activity is going on in the constitution, which is more conscious than our conscious mind. For example, our conscious mind sleeps when we sleep, whereas the consciousness that is working inside never sleeps. For example, when we are sleeping, our lungs are not sleeping. Our heart is not sleeping. Our blood and circulation are not sleeping. Our stomach and intestines are not sleeping. No organ or no part of the body is sleeping when the mind is sleeping. Because when the objective mind sleeps, nothing is lost. Because real intelligences that are at work are not sleeping. When we compare our intelligence with the intelligences that are working in us, we should be really ashamed of our own achievements. Because we cannot protect ourselves, whereas the intelligent forces that are working are protecting us.

For example, if Nature asks us to breathe for ourselves for one hour, what happens? What happens if a fellow sleeps? Immediately he dies. If a fellow is telephoning his friend, the mind goes to the conversation. Then he forgets about his own respiration, because our intelligence is foolish enough to believe that there is something more useful and more immediate. Immediately the respiration stops. The telephone drops off from our hand. We fall on the ground and die.

Nature knows that our intelligence is too foolish. So, it never depends upon our intelligence for important things in our constitution. It has reliable intelligences that are working, in what we call the vital force and the mind. It is these forces and intelligences that are protecting our health; by indicating the needs of the body; by producing hunger, thirst and by producing sleep. It is these intelligences and forces that are healing, whenever there is some disease. Immediately we can understand that if something goes wrong with our health, it goes wrong in spite of the working of these intelligences. That means, we might have worked for a very long time in the wrong way to produce a disease. That we might have misbehaved for such a long time as to establish a disorder in the constitution.

### ***Real Cause of Disease***

This is the real cause of any disease. The theory of contagion, infection, the theory of the microbe and the virus is totally false. It is totally unscientific which will be proved within the next two or three decades. No doubt there is infection and contagion, but it never occurs without any cause. Unless we permit the contagion into our constitution, infection never takes place. The microbe or virus is travelling in the air all around. When all are breathing the same air, how is it that only some people are going sick and some are not being affected by the contagion at all? There are higher scientific laws about contagion and infection which the present accepted scientist is quite ignorant of.

We have to go into the nature of those laws and strangely in the past, there were scientists who understood that parti-

cular law. They have understood how by our behaviour we create susceptibility to contagion; by our mental misbehaviour like anger, jealousy, suspicion, fear, etc. Unless we admit such mental aberrations in our behaviour, it is not at all possible for any contagion to affect us. This law will be understood within the next two or three decades by science and once again it will be established. The present foolish notions about contagion will go away.

### ***The Way of Living***

The ancient scientists who understood this law, established a way of living. They have made a formula of that way of living. They have given us that particular formula in the name of the science which we call Ayurveda. So, don't misunderstand that Ayurveda is a science of disease and medicine. It is mainly a science of health and not a science of disease. Unfortunately, modern medical science is only a science of disease and its cure. We have nothing to offer to poor medical students by way of science of health today. So, the modern medical student is trained into a negative idolatry of disease, accepting only the existence of disease.

He is trained not to visualise the absolute existence of health, but only the very ghastly, negative aspect of health. One of the fundamental laws of healing is that the more we think of our disease, the more we go sick. We are expected to take care of solutions and not problems. We should understand the problems within a very short time and keep our mind in solutions for a very long time. We should remember what to do and we should not remember for a long time what

is making us suffer. Because suffering is given by Nature to us to understand that we have defaulted in our life. To understand that we are doing something wrong and to understand that there is something wrong in the constitution. To warn us that we have to change our way of life. That is the meaning of pain and suffering.

It is not the pain that is to be killed. It is the cause of the disease that is to be enlightened. It is the behaviour that is to be rectified. Before doing it, if we begin killing the pain, that means we are encouraging ourselves into the wrong way of living. If we continue it for a long time, the process speedily leads us to the grave.

This is the scope of the subject of Ayurveda. It teaches us how to behave from morning to night. It teaches us purity of the physical and the mental vehicles; purity of the etheric and the astral vehicles; how our behaviour shall be to maintain this purity; how our behaviour shall be with others, with food, drink, work, sleep, rest and sex. This is what Ayurveda teaches us.

I think some of you know that yoga is a part of Ayurveda. Though some people are teaching it as an independent science, we should remember that it is only a part of a bigger science. It is not an independent science at all. Take the example of *Bhagavad Gita*. It is not an independent book. It is only eighteen chapters of a bigger book. Similarly yoga is not an independent science. It is part of Ayurveda. So, the scope of the subject Ayurveda teaches us that we should rectify our constitution by a practical way of applying some good behaviour. Also cure diseases by using some food

substances for example, milk, honey, etc. and some oils for example, sesame oil and coconut oil. It teaches the various methods of using these substances to cure various diseases. For example, I will give you a practical example which proves the use of Ayurveda.

### ***Ways of Ayurvedic Treatments***

Some of you know a disease called hemicrania. That is what is called migraine on one side, a very obstinate and very teasing type of disease. It is one of the diseases that is challenging Allopathy. The allopath has nothing to do except bending his head. Just as he has nothing to offer for diabetes, cancer, insomnia, depression and nervousness, so also he has nothing to offer for hemicrania.

There is a sure and radical cure. The process of which includes no medicine at all and which you can apply to any of your friends and find the results. Find that they are stunning and infallible. I will tell you how to do it.

At night, take a silver container and place twenty ounces of buffalo milk in it. Buffalo means, you have to find out if you want a remedy. In the hot countries we have buffaloes. You will have buffaloes in zoos. Take Boiled milk into a silver container and add some cooked brown rice into that milk. Add a drop of sour cream in it. Then add one pinch of the powder of dry ginger. Then cover that mixture in the night, take in the morning and have it as the first feed before breakfast.

It should be eaten before sunrise. This should be done daily for forty days. Within the first one or two weeks, the

migraine disappears. You should be patient enough to complete the whole course for forty days, which is a little bit difficult with the Occidentals. If one cares to do it, there is no migraine at all at least in this birth. You can try it.

Many of the ayurvedic principles are like this. In certain cases, you are asked to mix cow's milk and honey with warm water. Then drink it in the morning as the first feed before sunrise, for forty days. People with cardiac weakness which is not of a congenital type, can try this. Then go to their cardiologist doctor after forty days and then try to understand what a cure through food materials is.

Similarly, there is the mixture of honey and lemon juice. Take one tablespoon of honey with the juice of half a citron dissolved in twenty ounces of warm water. This shall be taken as the first feed in the morning before sunrise. It cures all the gastric and digestive troubles of both the types, that means, the troubles of the acidic stomach and the troubles of the alkaline stomachs also. Generally, substances that cure the troubles of the acid stomach prove much more painful to the alkaline stomachs and vice versa. But, this compound cures either dyspepsia or acidity. When healthy people daily take this compound life long, their health will not be disturbed by any minor causes or infection or contagions. They will live an active healthy life until the last moments.

### *Ayurvedic Principles*

These are only a few examples of Ayurveda. Many of the principles exist as instructions in our daily life. For

example, when to wake up in the morning, how to preplan the routine of the whole day within the first five minutes after waking up. Then applying oil to the body and everyone making a process of self-massaging. It invigorates the circulation and also necessitates many postures of the body. For example, if we pay something and go to get a physical massage, we have no advantage of all the postures that are required. Hence we shall attempt a self-massage. Then, about the process of cleaning the teeth, nose, eyes and ears. Then the necessity of at least one wash of the whole body a day. Daily change of garments. Like this from morning to evening, a procedure is prescribed in Ayurveda.

When the procedure is followed by a perfectly healthy fellow who is born to healthy parents, with no hereditary diseases, he lives with the same health until the last moments. He lives very briskly and actively. Take an example of a sickly person with his sickness belonging to a hereditary nature, which is too deep to be cured. If he begins to follow this procedure, then all his sufferings will be gradually rectified. His sickness will be arrested though not cured. Even though the doctor is not successful to cure the fellow from his hereditary disease conditions, he lives quite healthy for all practical purposes. Because the disease is arrested into the background until the last moment. He lives a long lease of life. Only in the end, he leaves his body quite normally without any strain. That means, either the health is perfectly maintained or the incurable disease is permanently arrested for life.

### ***Ayurvedic Treatment***

It is for this purpose that Ayurveda is discovered. About

75% of ayurvedic cures include a systematic and scientific use of food materials and not medicines. When real treatment is required, there are medicines that are prescribed in Ayurveda also. The medicines are divided into three main groups. *The first group is called remedies, those which rectify health. The second group is called rejuvenators. The third group is called regenerators of tissues.* So, the whole scope of treatment is divided into three groups mainly. The first group is medical rectification. The second group is rejuvenation of the tissues. The third group is regeneration of the tissues. The first group is called in Sanskrit, *Aushadhas*. The second group is called *Vajee karanas*. The third group is called *Rasaayanas*.

### ***Three functions of the Vital Body***

The treatment is of these three types in Ayurveda. Another interesting aspect in Ayurveda is, it has the theory of the vital body just as homoeopathy has. The human constitution is divided mainly into three layers; the layer of matter, the layer of force and the layer of consciousness and the second aspect which we call force is called *Prana* in Ayurveda. There is one centre which is called the creative centre which creates the cells in the body for the various tissues. This is taking place every moment. The second activity is destroying the cells every second and making a release of energy for us to live.

For example, the tissues are being built by creative activity. The process of combustion in the lungs is being conducted by the second activity. Also the digestive process is

also caused by the second activity. There is a third activity which is causing pulsation. This pulsation is causing the alternation of expansion and contraction in the nerves and the muscles of our body. It is what is called peristalsis. This function enables blood to circulate properly. So, these are the three functions of the vital body according to Ayurveda.

The first activity is called *Kapha* in Sanskrit. The second activity is called *Pitta*. The third activity is called *Vata*. These are the Ayurvedic terminology for the three activities. Equilibrium of these three functions is what is called health. A disturbance in one of these functions automatically creates a disturbance in the activity of the constitution and it is what is called disease.

So, according to Ayurveda, there are three groups of real diseases. Diseases produced by the defects in the first centre, defects in the second centre and defects in the third centre. The three defects produce three different types of diseases.

The defect of the first activity produces growths, cysts, polyps, putting up flesh, weight troubles with bronchus, phlegm and mucus.

The defect in the second centre that is the destructive centre causes rapid loss of weight, emaciation, temperatures, cough, consumptive type of diseases like tuberculosis etc. Tuberculosis is only one of the consumptive diseases.

The defect in the third centre results in a loss of peristalsis of some part of the body resulting in losing the capacity to pulsate.

Generally, there is wind formation in the stomach, bloating, incapacity of the bladder to expel urine, laziness of the kidneys, accumulation of fluids in parts of the body, for example oedematous diseases, etc. In some other cases, the nerves lose the capacity of movement. Various types of nerve and muscle paralysis, loss of sensation, death of parts of the body are caused by the disturbance of the third centre. This is only a reference. There are many details about each group of diseases. So, these are two examples of the scope of ayurvedic science.

I have given one example about the food materials used as medicines, another example of classifying the medicines into three types and a third example of understanding the vital body and its functions.

### ***Scope of Healing***

Now let us try to have a few words about the scope of healing. Healing is understood in the modern age as Spiritual Healing. The number of people who begin to heal has enormously increased during the past two decades for the simple reason that the age in which we are living is an age of service. Automatically, the instinct to serve humanity increases more and more. We have well entered into the Aquarian age. One of the layers into which our awareness enters speedily is service. Those who still belong to the previous age, that is the Piscean age are not able to understand this fact. They are criticising and making fun of the healers of the modern age. They are speaking very lightly and humorously about people who try to heal. This is because of the simple reason

that they belong to the previous age. They are not able to readily adapt to the changing ideology.

It is our responsibility to encourage the art of healing and regulate the process of healing through scientific methods. We shall standardise, establish the science with simple, practical methods that are infallible and that render results as surely as anything. These are the limitations and the scope of the science of healing. We should also remember that it forms a part of the total medical science. Rather the science of medicines also forms a part of the total healing science. The so-called various systems of medicine that exist today will be scientifically understood in the future as the different chapters of the same science. Since we are now living in a political century, we wish to understand each as a different science with a compartmental and political mind.

In the future, the next generation has no necessity to have a political way of understanding things. The whole science will be understood in a holistic way. With the various systems of medicine, for example Allopathy, Homeopathy, Ayurveda, etc., will be properly understood as the different chapters of the same subject, same science, so also spiritual healing. We have many hundreds of books written on spiritual healing and thrown upon the heads of the modern readers. Some are practical, some are highly intellectual and only theoretical. Some are scientific while some are sweet and philosophical. It is inevitable that any science has fake literature in the beginning. That does not mean that the science is fake. But we should be able to discriminate and have a selective way of reading.

Spiritual healing is beautifully explained by Alice A. Bailey in the book "Esoteric Healing". When we have to speak the truth, no second book on healing is necessary at least for one and half centuries more. But on one condition, i.e. we shall have the continuity of purpose and patience. We shall have enough energy to read the book leisurely. We shall make a repeated reading as many times as possible and simultaneously practise healing. So, a repeated study of the book with a practical application of the principles is required. The scope of healing differs from mind to mind according to one's own understanding of his own life and the scope of life. An average human being understands his life differently from a primitive human being. A scientist understands his life in a different way. A philosopher understands in a different way. A spiritualist understands in a different way. So, the scope of healing differs from person to person.

Some people want only healthy and vigorous physical bodies. They eat well, enjoy the taste of drink and food, enjoy the comforts of life like sex, etc. So, according to some, the definition of healing is that much. But according to a well developed person, the scope of healing is different. For example, Alice A. Bailey has given five different scope of healing.

### ***The Process of Healing***

The first is the scope of a primitive man of animal nature. In his view, 'healing' means to enable him to live a full animal and emotional life. Gaining full growth through his experiences with various contacts and an understanding of his environment. This is the scopes of healing for a primitive man.

But to an average educated human being, it differs. His scope of healing is to respond to his personality. That is to make the force of his personality express to its full extent. His activity belongs to his solar plexus. That is strong likes and dislikes, having strong intellectual policies and approaches that can be vigorously enforced upon others. This is the scope of healing according to an educated average human being of the 20th century.

Beyond this fellow, there is another human being who is called the aspirant of the modern age. That is who is evolved enough to aspire for something nobler, to enter into the activity of service. That is human brotherhood and world goodwill. To such a fellow, healing means some other thing, that is to transfer the forces from the lower centres to the higher centres.

For example, we have seven centres. The Head centre, the Brow centre, the Throat centre, the Heart centre, the Navel centre or Solar plexus, the Spleen centre and the Base centre or *Mooladhara*. These are the main energy centres. To each one, one or two of these centres are more active than others according to his degree of evolution and the plane of consciousness that is active.

So, there should be a scientific process which stimulates and activates the centres of energies which transfers the activity of the lower centres into the higher centres and process which makes the Head centre more active than the Base centre. For that, this is the process. There are centres having conjugate foci. The three lower centres work as lower

counterparts of the three higher centres. If we know how to activate the three higher centres, they predominate the three lower centres. There will be a mastery over our own living. A mastery of consciousness over energy and matter. A mastery of intelligence over forces. The fourth centre which corresponds to the will and love, that is, the activity of the first and the second Rays, works as the fulcrum centre. Because of the activity of the first centre, the head centre has come and joined the heart centre.

In the language of the Tibetan's works, the fellows of the Shambala are in regular contact with the Hierarchy. The circuit is complete and the healing is done in an ideal way. So, to such an aspirant, healing means transferring the energy of the lower centres to the corresponding higher centres. After some years or decades, the aspirant becomes a disciple provided he is going in the right direction. Then his scope of healing differs. He has a bigger scope. According to him, healing means promoting control over centres through three processes. *One stimulating the centres, that is energising the centres, Eliminating impurities of those centres, is the second process. The third process is, transmitting consciousness through these centres. That is, what is called the process of stabilising the centres.*

So, the process of healing must first give stimulation to the centres, a safe and steady process of stimulation. This stimulation causes a vigorous circulation of etheric energies. It results in eliminating the impurities from the vehicles. Continuation of the same process establishes the awareness of the centres. It makes you more and more aware of the

activity of the centres. This is the scope of healing for a fellow whom we call a disciple. After some time, if his luck is good, the disciple becomes an initiate and his scope of healing differs from the others. According to the initiate of the first three initiations, the scope of healing is as follows.

### ***Healing to Initiates***

Every centre should be made responsive, responsive to Ray energy. That is his scope. There are the energies of Seven Rays that are working on the Planetary level, the Solar level and the Cosmic level. He begins to live one with the Hierarchy and Shambala. His scope of healing is to establish proper means of communication. Not only between persons but between himself and the planetary consciousness of this earth. To establish communication with the solar consciousness of our solar system and the cosmic consciousness of our cosmos, through the capability of contacting the Seven Stars of the Great Bear. Of course, it should be properly studied again and again in Alice A. Bailey's books. That is in short is the scope of healing.

Finally, there is one indication in the book, "Esoteric Healing" that is growing more aware of the activity of the Second Ray, the Ray of a double functioning. That is what is the double functioning of the Second Ray- Love and Wisdom. So, unless we have a special assertion upon the working of this Ray, we can't have an activity of the healing process. To whatever Ray we may belong to, we should establish the function of the second sub-ray of our main Ray. How? Not by thinking about the Rays in the book; not

by making an intellectual discussion of Rays and their functions. It is absolutely useless to discuss about the Rays. A fundamental knowledge is enough and more than this is a waste of time and energy. *Stimulation of the Ray activity can be done only in terms of our service to others. There is no exception to this in this law.* We shall go into the street, into the office, into the airport, into the railway station, into the busy places. Then begin to silently heal without declaring that we are a healer. We shall feel compassion with anyone who is suffering around us. Without making a loud declaration of our compassion, without making an advertisement and propaganda of our healing in the newspaper, we have to heal. Then only we can be healers.

It is an attitude to be developed. It is a process to which we are to submit ourselves. Unless we lose ourselves to that process, we shall give ourselves up to that process. Unless there is the cooperation of the activity of the devotion with the activity of the second sub-Ray, there is no healing at all. You should be able to contact others with your soul, through your heart via your intellect through the vehicle of sound. This shall happen when you talk to others, look at others, smile at others, when you engage others in humorous conversation, when you play jokes with others.

This is the first requisite of a real healer. The art of contacting should be practised by having a continuous attitude of compassion. This is the key note. The remaining things are details of the techniques which you can yourself study. All the techniques become true when you practise how to focus your soul, heart and intellect through compassion.

All the scientific techniques become utterly false and useless when the current is not flowing through the electric wires in our house. For example, if the electric current to our house is cut off outside, what is the use of having many scientific instruments like this in our house? So, unless there is contact through compassion, all the wonderfully scientific theories become totally false. So, let us make the theories true. Let us find out the truth of healing. Let us taste and experience the pleasure of healing.

*Thank you all.*

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