

Healer, Meditation – Drugless Therapy Dr.P.S.Lalitha

Modern medicine is modern and the so called ‘Alternative medicine’ is the ‘traditional’ ancient Indian medicine. Before foreigners thrust modern medicine on us, Indians knew the art of healing and by living with nature, they were in good health. Our Indian traditional system is an ancient one and was based on spirituality. In contrast, modern medicine depends on machines and chemicals and is materialistic. Materialism is proving itself to be ineffective. So there is a tendency to revive the hidden treasure in the name of Alternative Medicine. Of late drugless therapy is gaining importance because of antagonism and scepticism towards Ayurveda, Siddha, Unani where drugs are used.

In drugless therapy, several systems like spiritual healing, Reiki, Pranic, Rudhraksha, Magnified, Sai Sanjeevani, Tachyon, Crystal, Gems, Acupressure, Acupuncture, Magnetotherapy and Yoga are included. Unique feature in all of them is spirituality. Even in Acupuncture, where needles are used, the basic principle lies in the flow of energy. The ‘CHI`energy is the life supporting energy from the creator. It is based on the recognition of existence of five elements in the universe and in the body specific pathways of CHI termed meridians have been identified. Disease is correlated to the excess or deficiency of energy in the meridians. Acupuncture, which is accepted as scientifically proved alternative medicine, fails where the healer is not spiritual. If any acupuncturist inserts the needle mechanically, results may not be as desired. When we resort to drugless therapy, the healer should be pure in mind because mind precedes all phenomena; purification of the mind, the inner self or soul is possible only by meditation.

According to scriptures, the divine energy lies unmanifested within us. To experience the divine power within us, spiritual discipline is mandatory and it can be attained by

1. Observing moral laws
2. Practicing meditation

Moral laws are self-imposed discipline. Without morality meditation cannot yield any result. Meditation forms a link between the created and the creator. The chakras in the auric field are the energy centres that act like antennae capable of drawing abundant cosmic energy from the universe and saturate the body with the divine power. Thus the healer with a pure

soul becomes a superconductor of the energy. In meditation, the body and mind are healed and anything done with pure mind brings in success.

Meditation

1. Purifies the inner self
2. Removes stress
3. Eliminates ego
4. Mind remains under control
5. Soul purification takes place
6. Concentration power increases
7. Super conscious mind gets awakened
8. Psychic power increases
9. Self realisation occurs
10. With non attachment, the stage of “Samadhi” (oneness with god) is attained

When one reaches “Samadhi” [oneness with God] stage through meditation, he understands ‘Brahman’ within him, possesses compassion, empathy, kindness, universal love and many more noble qualities. A pure minded healer by his mere presence makes the environment a sacred place. The environment gets purified. At times the mere presence of the healer makes the patient feel healthy. At this stage, a healer can heal any disease with any drugless therapy, which sometimes is considered to be a ‘miracle’.

To sum up, in all drugless therapies, purity of healer’s mind is absolutely essential which is obtained through meditation. Irrespective of which tool (like gems, crystals, needles or mere hand) is used for healing, it is the divine energy (healing energy) that reaches the root cause of the disease and cures the same at physical, emotional, mental or spiritual level. In the patient’s body the healing power is at low ebb, which is enhanced during therapy. When healing is done with pure unconditional love, the energy follows thought and healing takes place with the enhanced energy existing within the body of the patient.