

## **PRANA - THE MEDICINE FOR LIFE**

Of late, society is more concerned about health and diet. Of course food serves as a source of energy, required for sustaining life and health.

Unfortunately, food, instead of keeping us healthy, has become a source of poison. Farmers, under the guidance of modern technical advisors have started using fertilizers, which are hazardous chemicals. These fertilizers have gradually eliminated earth worms-“the friend of the farmer’ from the soil. Fertilizers have destroyed the natural source of elements from the earth. Plants grown in this substandard soil accumulate the poisons. Consuming the produce of these plants, toxic chemicals accumulate in the human body resulting in various diseases. Consuming the meat of animals which consume these plants also leads to several diseases. Finally man seeks the help of doctors for remedy. Again medicines that are prescribed are nothing but chemicals. These, in the long run cause side effects, cumulative effects and iatrogenic diseases. Thus medicines have become [poisonous] food at this stage.

Is there any solution?

There is and it is within us!!!We have to observe the Nature and learn to live with Nature. See what is happening in our own life. When a child is delivered, it is only a body without any life! To survive in this world, the first act of the new born is to breathe. Breathing is not taught by anyone to the newborn. Foetal lungs are not functional until delivered. So breathing at birth is a natural physiological phenomenon, allowing the lungs to function. The air, according to modern scientists contains oxygen; but, in fact it is the cosmic energy, available in abundance in the space [Universe]. When the newborn inhales this cosmic energy, the body comes to life. This is the beginning of life for any human being in this world. Once the energy reaches the lungs, immediately it starts functioning. The lifeless delivered body on receiving Prana becomes alive. Once the lungs start functioning, heart gets the stimulation and commences its post natal function. Foetal circulation is different from the post natal circulation, with which we are familiar.

For survival in this world, two sources of energy are required. First is prana and the next one is food. This sequence is the lesson which everyone has to learn by following the natural instincts of a new born. After taking the first breath, for survival, it seeks the energy through food i.e. breast milk for nourishing itself. Surprisingly, no one teaches the new born for drawing the energy form these two sources in the same sequence..

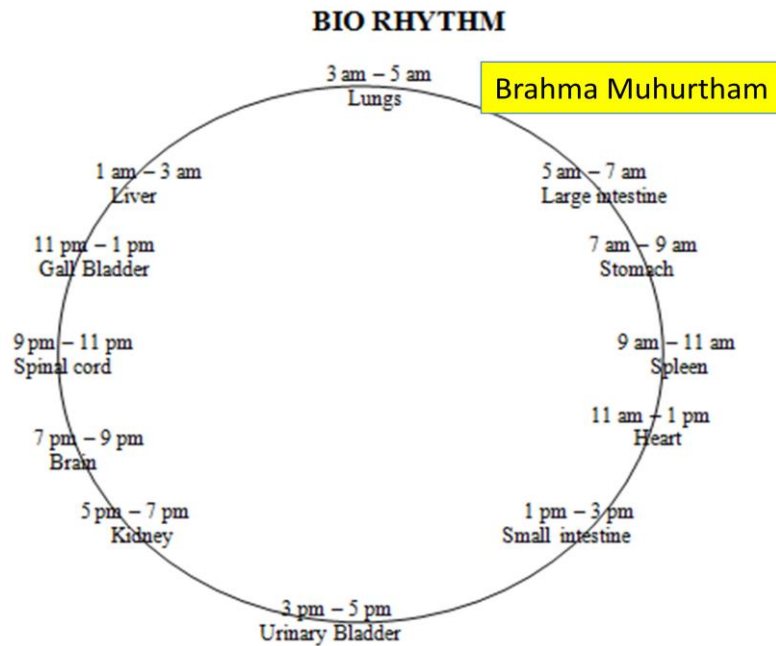


So, what is essential for survival? FOOD or AIR?

There are instances of people fasting for several weeks. But none can survive, even for a few minutes without breathing. During fasting, the cosmic energy cleanses the systems and makes the body and mind healthier. The invisible air we breathe is in abundance, filling up the entire atmosphere. It gives life support and keeps every one healthy. The Creator of this Universe has also created energy which exists in everything in Nature. The energy according to Eastern science exists in five elements. We term this as Pancha Boothas. The human being, as part of Nature also lives by breathing this cosmic energy with five elements. This cosmic energy which is the source of our existence is not visible to the naked eye and hence we are ignorant of its power.

Ancient saints in India recognized this divine support for existence and also identified the appropriate time for energizing the lungs with prana. They were believed to have meditated without food and sleep for years together, but sustained their life only with prana.

How meditation can enhance the inherent power? According to eastern philosophy, a day is divided into 12 divisions. Similarly human body has 12 major organs. Human body, as part of nature synchronizes with the time frame i.e. each major organ is at its peak, for two hours at a specified time in a day. . This is called Bio-rhythm. With this knowledge, they were able to live a healthy life.



For survival, the divine energy from the universe has to reach the lungs, and get distributed to all the organs. The unpolluted divine energy is abundant in the early hours (3 am to 5 am) which synchronizes with lung's peak function. This part of the day is known as "Brahma muhurtham". When one meditates concentrating on his breath at this time, abundant "Prana" enters into the system through the lungs to the heart. This relaxes both mind and brain. Thus the whole body and mind relax keeping one in perfect health.

It is my opinion that for survival and good health, "Prana' Shakhti is absolutely essential; food is only secondary. Once this knowledge is inculcated within our mind and if meditation is practiced daily, one need not resort to medicines. The cosmic energy with which we are born and breathe throughout our life serves as the source of good health and divine medicine. Good, nutritious food supplements and enhances the inherent energy.

In Indian culture, for meditation, one sits on the floor in Padmasana with closed eyes, concentrating on his breathing. This establishes a link between the human mind, universal energy and the Creator (of both). This connection purifies the metaphysical aura, the seven major chakras, mind and physical body. The uninterrupted flow of cosmic energy purifies the mind and the body which results in good health. Once the mind relaxes and is free from stress-- the major cause of all diseases, the body become healthy. Meditation makes one realize the power within, which is absolutely essential for existence.

Usually we say for a healthy person "Food is Medicine"; but for a sick person "Medicine becomes the food".

Hence in order to save self from the hazards of expensive medicines, utilize the cosmic energy which is available in abundance at no cost and lead a healthy drug-free life. Also as far as possible, consume organic vegetarian foods and save yourself from doctor's fat bills.