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00:15

All my best lectures and discourses are delivered only to a small group. - She was telling me, she was just introducing me. She was telling. "Let us feel the presence and words of the Master." You can feel anything great only when the group is small. Only when the group is small, the intimate things can be - transmitted. Only for a political meeting you need a big gallery. For spiritual meeting the quantity never minds, only the quality with which people sit.

What I am supposed to speak: Meditation - Preventive and Curative.

Let us understand few words. What is Curative and what is preventive ?

Curative means, you all know, once the disease comes, then you try your best to cure it, to heal the body, to heal the mind. After the disease happening to your system prevent you, you try to prevent the very disease happening to your body and mind. They all give too much of importance to cure. We give so much of our time, energy, not only the individuals, even society, even countries. They concentrate so much on the curative aspect but we miss the preventive aspect.

02:17

Every society, every religion, every country, they put all their efforts, all their money, all their energy in curative measures. So many hospitals, so many other ways: health care centers, this, that, so many things for curative, but I don't know why, people are not putting so much of effort to prevent.

03:00

There's a beautiful saying in Tantra. Actually when you're healthy, you take your body for granted. You take your body for granted. When you're healthy, you don't even remember you have a body. And the Upanishad says, when you forget your boundary, that is what is health. There's a Taoist saying: when the shoe fits, leg is forgotten. When the bell fits, belly is forgotten. When the chain fits, neck is forgotten. So when the body fits, you forget the body. You forget the boundary. That is the reason We never take a step to prevent. You remember your body, you remember your mind only when you have some disturbance. We don't remember of our body or mind when we don't have any sickness.

04:02

But no sickness is only one part - of health. No sickness is not a total effect. No sickness is just one part or health. Clinically alright is only one part of health. There is something more to the health than clinically alright.

04:28

The positive well being, feeling of positive wellbeing is what I call health. Health does not mean only the no diseaseness. No diseaseness is only the negative aspect of health. The Positive wellbeing means there is a real health, I can say. Being healthy means feeling wellbeing. The continuous positive attitude in the body and in the mind, it is not just no sickness. No sickness cannot be health. There are so many people clinically alright, but they're on the verge, any moment they can fall sick either physically or mentally.

05:25

Meditation does - a wonderful job in curative field and **as a less** the preventive field. to cure and to prevent. In both fields meditation does miracles. One of our devotees, and he is a - , doctor. He does, he does lot's of research on this meditation, on this mind - matter, mind over the matter and this body and spirit. In his research report, he says - The power of mind over the matter, when you get angry, when you are in disturbed mood, you have 230% more possibilities of having heart attack, 230%. And some more of his researches are amazing, I think shocking, not even amazing; it is shocking. How much the mind plays over the body. **Then XXX (one word)** he says whether Jesus saves or not, but prayers save. The very attitude, or very prayer, that saves. Physical, physical level, of course more than 80% of our diseases are from mind. It is created in the mind and expresses in the physical level. That is why these Kirlian photographers, they're able to find out any disease six months ahead of its happening in the body. Before the disease happens to your body six months ago, six months earlier, they're able to find out through the Kirlian photographs; Photographs which catches your auric body, which, which catches your aura. They say, every disease first it happens in the

mind. Only then it, it expresses in the body. From the medical point of view, doctors always tell, body is a bio-mechanism. But the spiritual point of view, almost all the mystics, they say: body is the expression of inner self. It is the expression of energy. Mystics say it is the expression of energy. Doctors say it is a bio-mechanism. Whether you take it as a bio-mechanism or as an expression of energy, meditation does big help in the level of curing or in the level of preventing.

08:51

Let me give you few incidences, few solid proofs, then you will be able to understand.

09:00

One lady who had a psoriasis, for more than twenty years. She came to see me.- I was speaking to her. She said that she has tried all the possible things to cure that psoriasis but nothing worked. She was asking what is the reason ? What is happening.? When I was speaking to her I was able to find, I was able to understand. She has too much of self-condemnation. She condemns herself. She feels she's not beautiful. Some way, she's got some low self-esteem, self-condemnation. I told her: stand in front of a mirror every day and just fifteen minutes shout and scream on yourself. Bring out all the negativity or the anger you have upon yourself. Feel as if you are going to burst. Feel as if you're going to jump out of your skin. Shout at yourself, scream. Shout the language you don't understand. It is actually a technique from Sufism, Sufi mystics use this technique. I told her, shout at yourself. She told me. What is this Swamiji? What are you telling? Already I am in a - depressed mood but you are telling me to shout at myself. I said try, just try. I told her to practise for twenty one days. But you will be surprised, It is very clearly recorded, even medically, we have recorded it. Fifteenth day, she has become totally alright. The psoriasis which was there for twenty years got healed in fifteen days and it never came back. It never came again. She was saying. Swamiji you've been doing miracles. She was just praising me. I said No, it's not a miracle. As long as you do not know the logic, you think things are miraculous. When you know the logic, you understand everything is just - logic. The whole world is based on intelligence. That says: The Upanishad says "**Pragya byama**". It means Intelligence is Existence. The whole existence is intelligence but when you don't understand the logic, when you don't understand, when your intellect is not able to grasp the Intelligence of the Existence, you call it as miracle. Otherwise there is no such thing as miracle exists on the - existence. Either whole Existence is miraculous or nothing is miracle. Either, everything is miracle or nothing is miracle. There is no such thing: something is miracle, and something is ordinary. Of course, when you know the logic, everything is - straight. There is one more case. Of course I have given the example for healing, how it cures, how meditation cures. We have thousands and thousands of records, testimonials and medical documents to prove. Even the

cancers have been healed by this meditation technique. There are so many meditation techniques. Even the cancers, from migraine to cancer, disease is getting cured. And there are so many researchers which prove meditation can prevent lot of things happening to your body. Let me explain one or two things. How the mind works over the body. What major role it plays for the body.

13:31

Small example, if you just remember some negative person, somebody who makes you feel uncomfortable or somebody who irritates you. Just remember somebody, and feel, have few thoughts which create anger in you. Immediately, you can see pulse raising and BP (*blood pressure*) increasing. Just few thoughts can create BP in you. Just few thoughts can put you out of balance. When few thoughts can play such a major role on you, continuously what you think is what we call mind. How much it will be playing on your life. The mind, the thoughts, it plays a major role on your - body, of course on your health. There are thousands and thousands of researchers, **I briefly we have to cite.** We can cite so many researchers to prove how the mind works on the body.

14:52

A simple thing you can try by yourself. Hold a pendulum and put your hand, left hand under the pendulum. If your **axe** is free, the pendulum will show the, will run clockwise. If you just tense your hand, you will see the pendulum will go anti-clockwise. You may think it's a psychological effect. You hold the pendulum and close your eyes, let somebody else put their hand. If their hands are relaxed, you will see the pendulum will show clockwise. If their hands are tense, you can do it by yourself and see, the pendulum will show anti-clockwise. Thoughts play a major role on the matter. Before the Einstein, matter and energy, the two were considered separate things. But once the Einstein has declared that "Whatever exists is energy", the gap between the thoughts and the energy has disappeared. So the gap between the mind and the body has disappeared.

16:06

According to me, we don't even have two things called body and mind. We have only one thing: body-mind.

16:16

One end of this couch is body, the other it is mind. That's all. One end is body, the other is mind. The expressed mind is body. An experienced body is mind; Body which is experience is mind. Mind which is expression is body. So there is no two things body and mind separately. Body and mind are one and the same. Two ends of same thing. When it is inside it is mind, when it is outside, it is body. Especially

these psychosomatic diseases, meditation can do miracles in preventing the psychosomatic diseases.

17:07

The countries where the spiritual practice or meditation techniques are prevalent. In those countries you can see practically the psycho, the depression medicines or psychiatric medicines are not at all used. In India if you consider sleeping pill as a psychiatric tablet, even that is taken only less than one % of population. Less than one percent of population takes any psychiatric medicine. And you would be surprised to, - see, in every village, we have a small, what to say, you cannot even call it as a shrine. Just under a tree, under a Neem tree, under a Banyan tree, under, under some - old trees, they will have some small stones which is considered God and worship. Even those small small stones healing hundreds of people. You will see hundreds of people will gather to get healed, to prevent. You will see if you - explore India, you can see miraculously people getting cured sitting in front of a stone. You would be shocked, sitting in front of stone, how people get healed, how people come out of their disease. Of course the power is not in the stone, the power is in the meditation technique which they practice, which they have to practice when they go to the temple or when they go to pray. That's what the XXX Gana, he says. Whether Jesus saves or not, we don't know but prayers saves. The very prayer, the very meditation saves us. Especially the disease related to mind and stomach. These two are very closely related to meditation. Meditation can do miracles. Any disease related to mind, related to brain and related to the stomach because the navel is the place from where we start thinking. All the inner chattering starts only from the navel according to Yoga. So when the navel if you, if the mind is put to rest, the mind is allowed to relax, immediately the first effect will be on the navel. For example if you receive some shocking news and disturbing - message. The first blow will be for stomach on:y. You can see. First you will have stomach upset, or poverty feelings. Always the negativity affects, negativity - disturbs the stomach. So meditation first, work of the meditation is to heal the stomach. It makes you feel totally relaxed. Once this area is relaxed, you will see your whole body is relaxed. This is the main center which meansto be relaxed. If you observe, continuously we are holding it, especially the navel center. Continuously we see there is a tension. There would be a tension, there will be a sort of holding, feeling.

21:05

When your mind relaxes, you will see the tremendous relaxation happening inside the navel center. Of course, - even ten minutes of meditation is equivalent to four, five hours of deep sleep. What can happen to you, how much of rejuvenation can happen to you in four, five hours of deep sleep can happen to you in the ten minutes of meditation because meditation is conscious rest.

21:41

In the sleep, your consciousness is missing. In the meditation you have a deep awareness. Of course sleep and the meditation, deep sleep and deep meditation, both are similar in a way because no thoughts. They are similar because in meditation you're consciousness.

22:09

Finally, I want to tell one word. How much you hear about all these things, unless you experience a glimpse of consciousness, actually we do not know what is health. Only when you experience a glimpse of consciousness, you understand how beautiful to live inside the body, how blissful to live inside the body because just living inside the body itself is a beautiful thing. Body is such a wonderful mechanism. - Body is such a big gift and your mind of course, the best mechanism.

22:58

If, if at all scientists are successful to create - something equal to the mind, in the, like you know something like a, some computer, equal to the mind. I do not know how much of space it, it may need. In such a small space, so much is happening, so silently.

23:22

People come and tell me: Swamiji my mind is creating too much of noise. I'm not able to be silent. And I have so much of inner chattering. Please, give me little peace. I tell them. The amount of work which your mind does, you do not know the amount of silence which it maintains. So much of work, with so much of silence, you cannot imagine. If you do only one tenth of the work, which your mind does, you will create ten times more noise. Such a big mechanism - this body and the mind.

24:03

Living inside this body, living inside this mind itself is a miracle, itself is a joy. Only when you experience living inside this body itself is a joy, living with this mind itself is a bliss, only then you will understand really what I mean by the word health. Till that time, we will understand the word health only as a no-diseaseness, only as a curative. But when you understand, when you have the glimpse of consciousness, then you'll be able to realise what I mean by the word living in this body itself is Bliss. When your body and mind is ease with each other, you are in Heaven. When they're not ease with each other, when they're dis-ease with each other, you are in hell. Hell and Heaven is not geographical. It is psychological. When both are at ease with each other, you will see. You're feeling like Heaven. The very body is Buddha. The very body is divine. The very body is Heaven. When they don't - feel ease with

each other, you will see the very body is Hell and when you feel, when you decide the body is hell, you create more and more disorders. You create more and more disturbances. So it becomes a vicious circle. -

25:49

Experience of consciousness, experience of meditation is the ultimate cure and ultimate technique to prevent, not only the diseases, not only the illness, but the very cycle of birth and death. Of course the very cycle of birth and death itself is a basic disease. The very cycle of birth and death, that happens because you forget you're the energy, you're the consciousness. The cycle of birth and death is the first disease.

26:39

So experience of consciousness can cure the physical illness and the major ultimate illness, the idea I am the body. It can cure the body and it can cure the idea I am the body. Both have to be cured, not only the body. Body can be cured temporarily but how long the body will maintain ? Maximum hundred years. But once the idea I am the body, if it is cured, then you are liberated once for all from all the diseases. All the diseases are cured, and prevented.

27:24

Of course, ultimate again has to come to the ultimate point, experiencing the consciousness. Let you all work intensely towards experiencing consciousness, because your family is happened to you. You are not the family. Your birth, your name is given to you. You are not the name. The form, is a board where you live, it is not you. So when you understand exactly what is you. When you try to go a little deep and experience the consciousness. When you will see the basic disease also can be cured and prevented. The ultimate disease, the idea I am the body, also can be cured, and prevented. So, let you work towards the spiritual experience, towards the glimpse of consciousness and experience the eternal Bliss.

Nithyananda. Thank you.

28:59