

Positive Impact of Psychoneurobics Techniques in Inculcating Health & Wellness

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Article Info

Received: June 8, 2023

Revised: June 25, 2023

Published: December 31, 2023

Editor: Dr. Deepika Rani

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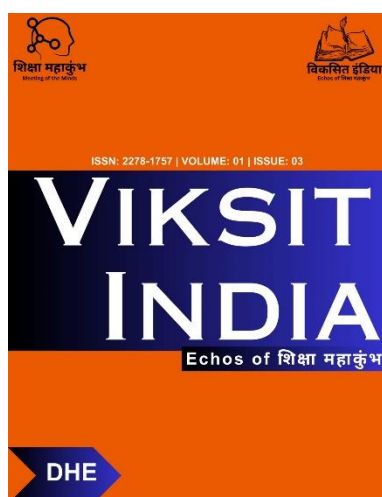
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DOI:

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<https://vi.rase.co.in/>
ISSN: 2278-1757
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Abstract

This research ordeal primarily pays heed on the age-old adage “Healthy mind resides in a healthy body”. At the outset, it sounds really simple, but it takes Herculean endeavors in building a healthy and holistic body sans any ailment. Health is a diverse term that encapsulates not only the physical health, but primarily the mental well-being of an individual. A sufferer, despite whatever ailment he is encountering; the root cause of all illness is stress. Existing in this mechanical humdrum world, every individual in the rat race of hoarding financial security is pressurized with unnecessary stress resulting in psychosomatic diseases, which further complicates the problem. Here, comes the import of Psychoneurobics which is a Pseudoscience that directly assists the candidate in building communion with the Divine energy- the main source of energy via some trusted and captivating techniques and strategies in inculcating health and wellness in the aspirant. The current research paper will apprise about the Psychoneurobics techniques like Sound therapy, Colour therapy, Psychoneurobics Spa, etc. in developing a healthy and balanced lifestyle.

Keywords: Balanced, Herculean, Psychoneurobics, Psychoneurobics Spa, Psychosomatic, Wellness

Introduction

We, the human beings desire to cherish perfection in everything- perfect life, perfect relationships, perfect career and abundant amount of money. But in this rat race of running after perfection, we forget that nothing is perfect in this world. We all are perfectly imperfect. And that is perfectly alright. Commencing my research ordeal with an intriguing thought raised by Muniba Mazari, a Pakistani artist, model, activist, motivational speaker, singer, social reformer and television host in her most cherished speech ‘We’re Perfectly Imperfect’.

Imagining things to happen the way we want it to be and further building castles in the air; this attitude is simply a ‘Catch 22’ scenario as propounded by Joseph Heller in his War fiction entitled the same. Other notions like-

My body doesn’t work.

My relationship doesn’t work.

My finances don’t work.

Such above mentioned negative statements just drool away the bodily energy which otherwise could have been used for a better prospect. A healthy mind resides in a healthy body and this healthy mind can only be created with a switch in thinking. Positive thinking even in the most dilapidated moments of life acts like an outburst of energy. Despite all the on-going negativities in life, the experiencer should affirm as stated by Louise Hay in her inspirational best seller *You Can Heal Your Life*-

“In the infinity of life where I am,
All is perfect, whole and complete,
I no longer choose to believe in old
limitations and lack, I now choose
to begin to see myself. As the
Universe sees me --- perfect,
whole, and complete.”

The human monkey mind is always tossing to and fro like a pendulum. Human beings are merely the scapegoats of ‘paralysis of analysis’. They habitually think the same thought repeatedly and feel tense about the particular situation. Unless this monkey mind is tamed and the to and fro of thoughts is not balanced, it is susceptible that the individual will feel disheartened and dejected from life. Every individual, despite the age he is into, is perturbed by the daily monotonous and humdrum routine cycle. Though life is not as easy as ABC, yet a few human beings have unnecessarily complicated it further.

Bird’s Eye View of Psychoneurobics

No matter what is the intricacy of the problem, our experiences are just the outer effects of inner

turbulence. Psychoneurobics is a pseudoscience that assists the subject in managing his life in the most glorious and subtle way. Psychoneurobics is a simple set of exercises of transferring the Spiritual Divine Energy into neuro cells by connecting Psyche (Mind) with the supreme source of Spiritual Energy. The easy to imbibe practicality of this methodology renders positive impact in guiding and training one's mind to utilize mind power for creative work, to heal your body and maintain a balance between mind, body and soul for a healthy and happy sustenance. Psychoneurobics is a trident approach with muscular-respiratory actions, sound vibrations and visualization of different colours of light that makes Neurobics highly effective leading to a disease-free living.

Role of Energy and Psychoneurobics

Human beings are highly capable of performing amazing physical feats. The human body makes use of the food that we eat to provide sufficient energy to perform multifarious types of work. In simple diction, it is the energy that performs all the actions. Energy is the capacity to pursue work, and channelizing this impeccable energy enhances our capacity. Psychoneurobics, here plays an important role in channelizing the energy. Psychoneurobics aids in enhancing the performance and productivity coefficient of a human being. It also assists in reducing mental stress and increases concentration and memory power in the user.

Importance of Health & Psychoneurobics

In the modernized mechanized world, health does not only refer to physical fitness, but it is an assortment of mental as well as emotional state. Human mindset is the creator of his own illness. The body is a mirror of our inner thoughts and beliefs. Every cell within the human body responds to every single thought that we think and word that we utter. Human beings should listen with love to the messages and signals of their body. They act as the true alarm in case of emergency by providing a clear-cut signal through the various bodily organs.

Negative feelings like anger, impatience, frustration, criticism, resentment, jealousy can impregnate poison in one's body resulting in physical illness. Despite a fearful and horrendous situation that leads to doubt, insecurity, nervousness, etc, one needs to hold faith and optimism in life. An individual should learn from his daily living that what he thinks, he becomes. If the mind is paying heed to prosperity, then the same will be received in bounty by the Universe. Positive thoughts and the right mindset are the only key to a jubilant state of living. Psychoneurobics teaches the art of loving oneself and in a way contributes greatly to healing one's body. And if this Psychoneurobics is handled with love- the language for all, then it acts as the binding force that heals not only the body but the entire Universe. The early hit of the dawn if commenced with a positive thought lead to a healthy and vibrant state throughout the day. Keeping an 'Attitude of Gratitude' the moment an individual steps on the floor should be a part of his daily routine. As an individual, everyone should devote a few minutes in meditation and breathing exercises- the techniques that everyone across the globe is well-cognizant.

Objective of the Research in Hand

This research paper elucidates on the positive impact of Psychoneurobics which is entailed on a human body in

inculcating health and wellness, despite spending on any external resources. Psychoneurobics is a spiritual science which is totally free of cost and leads to the happiest existence ever dreamt by any individual. Once a person imbibes this art of living, he can extract special time from his precious routine to achieve health and wellness as a daily ritual. Psychoneurobics is the methodology to guide one's mind in order to utilize mind power and charged energy in the right direction. As the multitude is living a mechanical life in which stress has turned up to be a common feature. Negative thinking, bad life style leads to stress which in a way hits and creates imbalance in the mind leading to psychosomatic ailments. It is witnessed in majority of reported cases that emotional attack turns into a heart attack and emotional pressure converts into blood pressure. And these patients are finally succumbed on medication for a longer period of their life.

In the current scenario, hefty number of resources goes futile in treatment of psychosomatic diseases whereas, sick mentality and negative psyche is the root cause of all the mental imbalances and insecurities resulting into physical abnormalities. Such diseases are initially germinated in the mind and later reflect in our physical self. This research paper will share brilliant techniques which once learnt can be made a part of the daily lifestyle. Psychoneurobics is a well-established technique that acts as a therapy to the ailing minds and rejuvenation to a doer of it on regular basis.

Psychoneurobics is the cure for all such psychosomatic problems. This science is considered to be a mind shift in healing. These days, even physicians before operating any case express, "I treat, He cures." Psychoneurobics stands purely successful in case of those individuals who hold faith in the process and strong grit to daily execute the strategies with full zeal and enthusiasm.

Exponent of Psychoneurobics

The spiritual science of Psychoneurobics was expounded by Dr. Chandra Shekhar Tiwari, a cancer patient who was on his last legs as claimed by doctors. During his meditative state of mind, he could visualize divine souls dancing and colourful healing rays falling upon them as if it was God's own music. Ras, Rang and Naad which stands for divine dance, colours and music is referred to as the trident healing of God.

Understanding God's Healing Science- Psychoneurobics

Psychoneurobics techniques are the best mind exercises to increase energy in neuro system of the body to maintain holistic health and empower to control thoughts so as to enhance concentration power and develop excellent memory. During the treatment of the Psychoneurobics exercises one should have complete conviction in the daily process and enhance it with positive affirmations. One should visualize God's healing colourful current of VIBGYOR rays flowing flawlessly within the body and healing every cell.

Psychoneurobics- A Must Integrative Science

The term Psychoneurobics is an assortment of three words- 'Psycho', 'Neuro' and 'Bics' which stands for 'Mind', 'Nervous System' and 'Exercises' respectively. Psychoneurobics can be practiced by anyone despite any age group. In order to keep one's body healthy and mind happy,

one should undertake some neuro-muscular and neuro-respirational exercises, which are better known as 'Easy Neurobics' on daily basis. Psychoneurobics is an integrative Science and the doer should make these exercises a part of his daily ritual just similar to the daily ablutions. By doing these Psychoneurobics exercises- mind, body and soul remains fit forever and the doer stays away from any kind of illness or mental imbalance.

Components of Psychoneurobics Healing

Psychoneurobics healing is a technique of transmitting the divine energy into the energy centres or seven basic chakras that are located in our ethereal body near the spinal cord.

- Shasta Mudras - Hand gestures
- Pranayam - Breathing Exercises
- Colour therapy- Visualisation of different colours

The human body has seven major spinning wheels that are located at different positions near the spinal cord. Each energy wheel controls some specific physical, mental and spiritual roles in the human body. These energy wheels have different wavelengths for their normal functioning and thus, these centres need different colours for their charging.

Psychoneurobics Techniques

The bundle of Psychoneurobics techniques can show its positive impact in inculcating health and wellness in the human body if followed as a daily cycle with utter faith in the process.

1. **Light Neurobics-** Regulated exposure to sunlight has a positive impact on our mind, body and soul. It enhances the feelings of self-esteem and raises the level of confidence. The human aura has the capacity to absorb the vibrational energy of sunrays and directs them towards Root Chakra where it releases the blocked energy if any.
2. **Colour Therapy:** Red is considered to be the associated colour of Root Chakra. Red depicts passion and strong emotions which translate into courage, will power and zeal towards life. By visualizing red colour through the third eye, the Root Chakra can be activated and purified.
3. **Sound Neurobics:** The associated note with Root Chakra is 'C'. Chanting 'LAM' while doing Pranayama is a good exercise for healing any kind of ailment in the human body. Even chanting the 'AUM' sound can create vibration in the whole body and removes any kind of blockages.
4. **Easy Neurobics:** Using techniques of 'Centring' and 'Grounding', negative beliefs from Subconscious mind can be disposed of.
 - Centering involves feeling relaxed
 - Grounding refers to connecting with the Mother Earth
5. **Psychoneurobics Spa**
Guided Neurobic Spa can be carried out in which all the 7 chakras get bathed in a particular light energy. Every chakra has its particular name and the connecting colour for instant charging up of the energy.
 - a. **Empowering Neurobic:** Visualization of Red colour with Prithvi Mudra along with repeating in the mind, "I am a powerful soul full of empowering energy. I am merged with the oneness of God, the Almighty- the Supreme Energy."

- b. **Purifying Neurobic:** Visualization of Orange colour with Apan Mudra and affirming, "I am a pure soul full of Divine spiritual energy. I am merged with God, in the ocean of pure energy."
- c. **Joyful Neurobic:** Visualization of Yellow colour with Agni Mudra and saying, "I am a joyful soul filled with inner happiness. I am merged with God, in the ocean of joy and happiness."
- d. **Loveful Neurobic:** Visualization of Green colour with Apan Vayu Mudra and chanting "I am a lovely soul full of inevitable energy. I am merged with God, the ocean of love."
- e. **Peaceful Neurobic:** Visualization of Sky-Blue colour with Vayu Mudra and telling to myself, "I am a lovely soul full of peaceful energy. I am merged with God, the ocean of peace."
- f. **Enlightening Neurobic:** Visualization of Navy-Blue colour with Prana Mudra and continuously repeating in mind, "I am a knowledgeable soul full of wisdom. My mind is enlightened with true knowledge and wisdom because I am merged with God in the Ocean of knowledge".
- g. **Blissful Neurobic:** Visualization of Violet colour with Gyan Mudra and repeating in mind, "I am a blissful soul full of blissful energy. I am merged with God in the Ocean of Bliss"

These simple and easy to imbibe Neurobics act as instant energy revitalizers and can be just used without any space or time constraint. These techniques are far better than gulping a pill that has indeed got some repercussions.

Conclusion

As Rudyard Kipling expressed, "If you can keep your head when all about you are losing theirs and blaming it on you; you will be a man, my son!" Training the mind to see the positive in every situation is the most significant part in the life of a human being and this can be simply imbibed through Psychoneurobics. Psychoneurobics makes the applicant realize that mind is a tool that one can choose to use any way possible and finally makes life easier. The entire research paper has unleashed multiple Psychoneurobics techniques that can leave a positive, corrective and indelible mark on the life of any subject who is experiencing it. At the culmination, it is obligatory to state about health and wellness in the words of Louise Hay,

"In the infinity of life where I am, all is perfect, whole, and complete. Change is the natural law of my life. I welcome change. I am willing to change. I choose to change my thinking. I choose to change the words I use. I move from the old to the new with ease and with joy. It is easier for me to forgive than I thought. Forgiving makes me feel free and light. It is with joy that I learn to love myself more and more. The more resentment I release, the more love I have to express. Changing my thoughts makes me feel good. I am learning to choose to make today a pleasure to experience. All is well in my world."

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