



## HOW DOES ONE BECOME A HOLISTIC HEALER BY THE PRACTICE OF SPIRITUAL MEDITATION

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### ABSTRACT

Man's life is a journey towards his ultimate goal of life, in that process, knowing or unknowingly, he does good or bad action as a result he gains good imprints or the bad imprints, by practising meditation, introspection, he realises his good and bad action, to nullify the imprints by increasing his bio-magnetism. In every human body there are three power centres, they are physical body made up of millions of cells, astral body formed by life force energy particles, causal body made up of dust particles (magnetic body). For every living or non-living thing as a centre due to specific gravity principles due to it spinning it forms the centre where the heavier particles attracts the centre and lighter particles goes to the peripheral. In living thing Genetic centre is the coordinating centre for three vital body functions i.e. intensified bio-magnetism, dense concentration of life force particles, sexual vital fluid. By the practising of kayakalpa one can enjoy more bio-magnetism, by the practise of kayakalpa the Mahan's are the sidhdars enjoyed death at will, by the deeper meditation they were trikalagyanis, healers, mokshakaraka, they were full of abundant knowledge about all the subject.

**KEYWORDS:** Meditation, Bio-Magnetism, Mind Frequency, Introspection, Jeeva Bramha Ayakya.

### INTRODUCTION

Meditation is the part of yogic science; it is another important tool in yoga, which means inner travel, with absolute silence, calm state. Meditation does not mean either contemplation or concentration. Meditation is a state of mind. In meditation a process of compression and combustion takes place. There are no special techniques for meditation. Patanjali incorporates meditation as a part of samyamayoga. Holding, meditation and transcendental state constitute what is called samyamayoga. It is an integration of the mind with intellect. In this stage the dualism weakens whereas perspicacity, creativity, adjustability, magnanimity, receptivity all increases in one's personality. When this is exceeded then a person Bio Magnetism reaches more than the 51% then the astral projection happens it's the sign of merging with everything, and seeing him in everything and everything in him, then he gets the immense power in the universe to heal through this touch, thought, seeing, blessing etc.

### AIM AND OBJECTIVE

By the religious practice of the meditation, how one can increase his bio-magnetism and how it reduces his frequency level from Beta to Alfa to Theta and to finally Delta that's the god stage, where a person gets united in everything and everything merges with him to unite, by this no discrimination among each other, oneness is sensed, when a person with lots of pain approaches him his pain vanishes, he feels ecstasy and feels blissful, the bio-magnetism



transfers higher level to the lower level and heals the person in destruction.

### **CLEANSING ACTION**

Cleansing process is a must ,because man's Genetic centre is filled with lot of imprints, like sanchita-prarabha-akarma karmas, when he starts introspection and meditation, the inward process begins, inner travel purifies all the karmas in all the centres like mooladhara, swadhisthana, manipuraha, anahatha, vishuddhi, ajna and thuriyam. By this process one relaxes his mind and body, all the life forces are relaxed, here the bio-magnetism gets intensified and mind is under control and all the sense organs functions properly. When mind is under control one will have a right thinking process, right judgement of life, right guidelines to the society, finally a good thought process, ultimately good genetic centre.

### **INTROSPECTION**

God + 3 impurities=MAN, Ego, Sin Imprints , Illusion which may lead to greed, anger, miserliness, immoral sexual urge, inferiority or superiority complex, vengeance which results to unaware state which leads in pain and miseries, to overcome this we should do introspection for the spiritual perfection one should adopt sublimation then he can adapt to accepting state or the awareness or the conscious state with satisfaction, patience, generosity, chastity, equanimity, forgiveness resulting to peace and happiness. By the practise of introspection one can reduce the mental frequency.

### **Definition and Meaning of Meditation**

Meditation is a practice of concentrated focus upon a sound, object, visualization, the breath, movement or attention itself in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth.

### **Meditation Concept and its Stages**

In meditation a process of compression and combustion takes place. It is a powerful attempt to hold the breath integrated with the life force. The above mentioned five points of navel, thoracic cavity, eyebrow centre, the hind portion of head and the arch of cerebrum can be chosen as the holding points. It has been aptly told in Bhagavad-Gita that one has to hold either with the devotion or skilful device or through the yoga method. Such a compression and combustion make different parts of the body pressed, bulged, exploded and expanded. At each and every step one has to observe the way of controlling the force and source of force and experience. That state of integral experience is the apex state of meditation. Meditation is not a mood or emotion .it is neither a spur nor burst out. It is either suppression or depression.it is a state of sublime equilibrium banked on a conceptual conviction.

As the simplified kundalini yoga has 9 meditations they are Ajna, Shanti, Thuriya, Thuriyatheetha, Panchendriya, PanchabhoothaNavagraha, Nine centres Meditation, Nityananda, Divine Meditation.

### **Bio-Magnetism**

Bio-magnetism is the magnetism present in the human body; Universal Magnetism is the Magnetism present in the cosmic level. Through the various meditation and yoga practices universal magnetism can be attracted more forcefully into human body and get converted into Bio-Magnetism.

We get bio magnetism through food water, air, stars, and planets as universal magnetism the compressed destruction of atoms at the centre of the earth through radioactive waves. There are two exercises for increasing the stock of bio magnetism one is lamp gazing and another is mirror gazing.

### **Healing Concept and Meaning**

1. To make or become well again, especially after a cut or other injury:
2. If a bad situation or painful emotion heals, it ends or improves.

Healing can be to the physical level, astral level or to the causal level. For example if there is any fracture in the body, or any kind of injury, or any health issues, healing regulates the disturbance, like air circulation, blood circulation, heat circulation, life force energy and Bio Magnetism. By the healing once aura is purified and helps to expand. That develops the immune system in all the 3 levels.

Our body is made up of millions and millions of atoms; hence we do have an electromagnetic field known as Bio-magnetic field or Aura. Aura is made up of ether also called bio-Plasma. It is not easy to see this aura through our naked eyes. But using technology, a special device called “Kirilian Photography” we will be able to see the Aura of the person. Aura is classified into four different layers, they are: Etheric body, astral body (emotional body), mental body (mind), casual body (soul/atma/dust particles).

## CONCLUSION

By the practise of the meditation, introspection one will enjoy the powerful resource, like eternal blissful state, Jeeva Brahma Ayakya, eternal wisdom, omnipotent, self-realization etc. Man becomes one with the divinity. Then he becomes poorna, by this one will again immensely high Bio-magnetism, Bio-Magnetism waves become dense, charismatic improvement, divine power, astral projection healing power is very high, diseases can be cured. One will become eligible to accomplish “Dheetchai” to others, i.e. to give others initiation for meditation. Why we feel blissful feeling when we go to the sidhdars, gurus, rishis, temple etc. because they have abundant energy levels, high bio magnetism, when they touch we feel relived, cured, blissfulness.

We have heard story about many sadhguru’s healing their disciple’s, example our so called Thathaiya from kaiwara , well-known for his kalagnana. He use to give pebbles of stones to the shepherd boys will change to the sugar candy, by his foreseeing he use to predict the fortune and avoid all the mishaps, through his blessings use to heal many people who are suffering from many problems.

We know about shiradisai Baba, who use lit lamp in water, he is a great fakirbaba, who had extraordinary powers to help common people and rescue from all kinds of problems,

Potuluriveerabrahmendraswamy is also another kalagnani, had helped people with is extended magnetism power. People were feeling blissful by just visiting and listening to their pravachanas.

Likewise our vethathiri Maharishi heal people through his simplified techniques, not only restricted to himself he further wen t a step ahead and trained common man the simplified kundalini yoga to intensify the Bio magnetism and to become the healer.

These are just a drop out of the ocean imagine there are unseen mahans, siddars, baba, great spiritual souls in Himalayas who are praying, blessings our mankind and for their welfare and trying to avoid the destruction on mother earth.

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