



MIND HAS THE POWER TO
RETRIEVE ANY DISEASE

'food as medicine' is very powerful' including Behave, Practice, Herbs,
Yoga, Meditation, Reflexology, Laugh, & Spirituality make you cure

BLESSINGS ARE NOTHING BUT THROUGHING OF POSITIVE VIBRATION



**ONLY TO FOLLOW
RULE of NATURE**

Mostly treatable and preventable

INFECTION
INDIGESTION

CHOLESTEROL
& HIGH BP
DIABETES

Life cycle
time
• Divorce
• Retirement
• Redundancy
• Menopause

Elderly
isolated
men

STRESS,
ANXIETY,
DEPRESSION
SUCIDAL
TENDENCY

Long term
physically ill

Alcohol &
Drug misuse

Socio-economic
Disadvantage –
poverty, housing,
unemployment



POWER OF MIND~"YOUR HEALTH~ YOUR CHOICE"

This is just to make one remember that you are the powerful soul and you can get what really want.

A skilled one, who knows the power of mind and body, only can assist you to increase immune power to fight with any physical disease which is older, complicated and where modern health institutes has given up hope.

We firmly believe that happenings like birth and death are beyond control and one of the greatest component of suffering is own's KARMIC equation.

But still proven holistic method if associate properly could assure you and help to get rid of symptom like severe pain, where medicine like morphine even fail to relief adequately.

Having no reservation for any system of medicine when those are being used for specific purpose keeping in mind patient's relief scientifically calculating the pros & cons and not to promote any commercial venture, works properly and brings better results.

Non-judgmental, uncritical, unconditional emotional support when sharing one's feelings with total confidentiality and anonymity and also using the customized Diet, Herbs, Yoga, Meditation, Reflexology, Laugh, Life style & Spirituality, helps one to enhance the immunity, for a willing, active, confident patient with self-commitment.

Preference need to prescribe least medicine (hospitals are serving the purpose adequately), and to stop those by improving body-immune, simultaneously, but to keep in mind, that, there is guaranty for any result, as every body & soul is customized.

WHO defined Health is a state of complete physical, mental, and

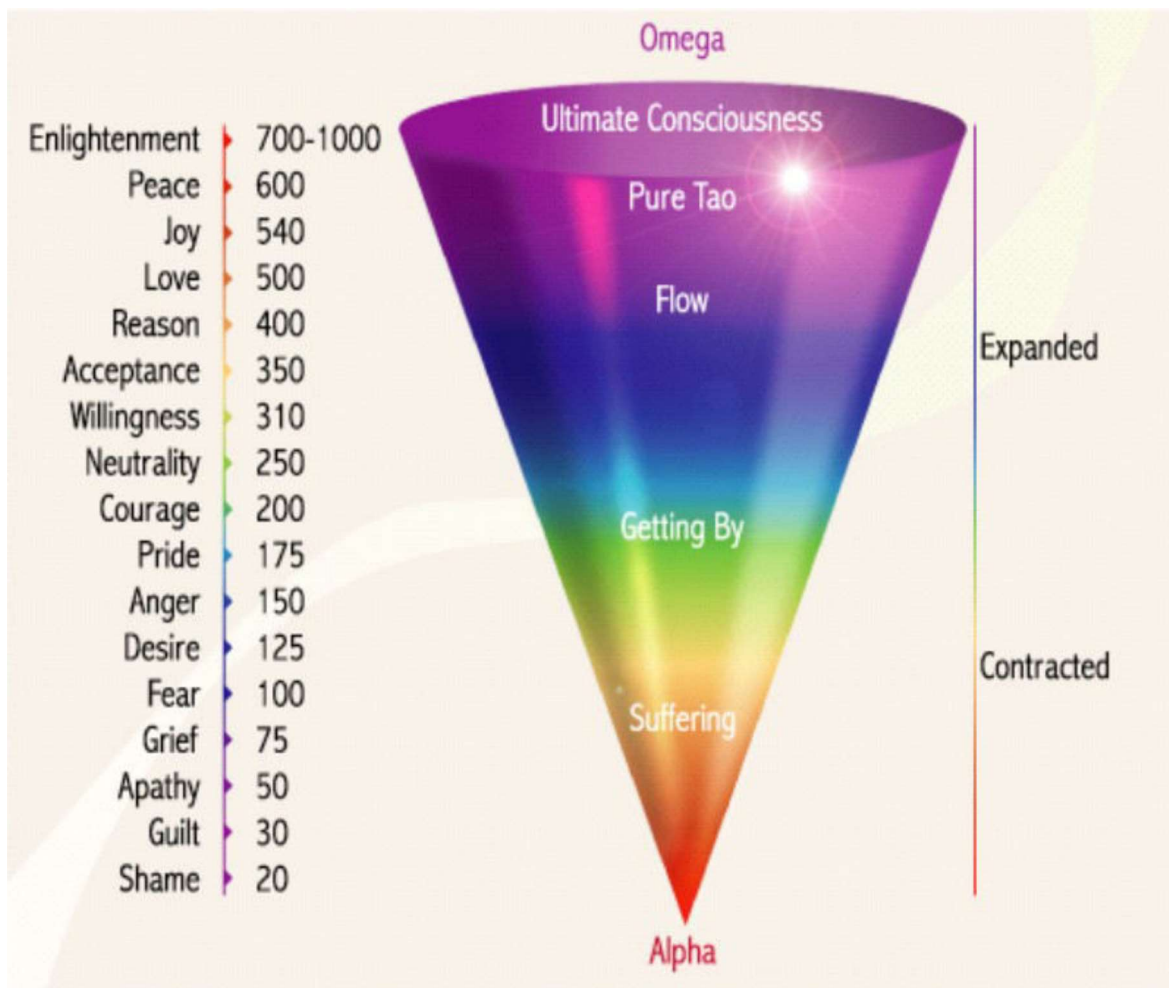
social well-being and not merely the absence of disease or infirmity.

When we talk about disease that normally means about someone who is physically ill.

Mental part we habitual to ignore and majority time we only seek help of psychiatric when psychological problems become visible violent in nature- and those cases as well we emphasize only to relief the symptoms, not to eradicate the root cause of problem.

Most people link health exclusively to the physical body. While the physical body is important, when we only associate health with our physical body, we fail to recognize other factors that contribute to our overall well-being.

Most ancient cultures pointed to a connection between body, mind, and spirit and recognized that each composed a part of the whole.



One's health is dependent on all four facets, as opposed to just one of the four. Building onto this concept, your overall health is also influenced by a trickle-down effect: The physical body is affected by our emotions, our thoughts direct how we feel, and our energy level sways our mind and our thoughts. Let's get more specific on the details of each body and the practices you can follow to maintain their health.



Now, integrative medicine and health psychology are beginning to recognize that health is influenced not only by the physical body but the spiritual, mental, and emotional bodies, too.

In philosophy, the body, mind and spirit are understood as one continuity, but in fact eastern and western thought were never in agreement with each other.

Western philosophy originated from Greece while eastern philosophy originated in India. Greek philosophers in general and western philosophers in particular spoke about the object. Indian philosophers in general and in particular spoke about consciousness, and for many centuries western thinkers could never accept anything beyond object as tangible: here is the object, I can see it, I can touch it, therefore it is.

Now scientific analysis confirmly proved that most of the disease, especially those are chronic in nature appear on physical body due to long term daily practice of against nature activities - which include any life style does not match our biological rhythm, and it comes out later in physical body but generate & persists in our etheric body long before.

Our body is the combination of some trillion of living cells and these cells are also so customized that every person is separate by nature, habit, work practice, attitude, even with every particular action and reaction.

This is the cause somehow with all ultra-modern technological support devices, i.e. medicine we simply try to control the abnormal physical activities, ie disease. Not able to eradicate those from the root - resultant after surgical intervention even relapse happen, same as after chemo the cancer.

Each body has a dimension and a layer. You can call it a field. Just as you say electromagnetic field or radioactive field- in exactly the same way there are fields in your body, called aura. The AURA is the distinctive atmosphere or quality that seems to surround and be generated by a person, thing, or place.

["https://en.oxforddictionaries.com/definition/aura"](https://en.oxforddictionaries.com/definition/aura)

'emotional, mental, and spiritual levels form an energy field around the body known as the aura'



A [Kirlian photo](#) (Kirlian photography has been the subject of mainstream

scientific research, [parapsychology](#) research and art) showing the shape of a man in Lotus position https://en.wikipedia.org/wiki/Kirlian_photography"

In Vedanta, they are known as koshas which means 'sheaths'. These koshas are five in number:

- Annamaya kosha - the physical body
- Pranamaya kosha - the energy body
- Manomaya kosha - the mental body
- Vijnanamaya kosha - the etheric / [Astral body](#) / [Linga Sharira](#)
- Anandamaya kosha - the bliss body

and further sub-divisions of the three bodies, which represent the three states of daily experience- **the conscious mind (awaking), the subconscious mind (dream like status) and the unconscious mind (compare with sleep like status).**

So to get relief from a symptom like pain we have to approach all four aspects of one's - physical, psychological, social and spiritual. The typical modern medicine is success for acute cases, which basically involve the physical layer and not psycho originated but only somatic.

The beliefs one hold about oneself and the world, one's emotions, one's memories, and one's habits all not can but must influence mental and physical health.

The mind-body connection happens on both a physical and chemical level. The brain is the hardware that allows one to experience mental states that are labeled the "mind." This concept of the "mind" encompasses mental states including thoughts, beliefs, attitudes, and emotions.

Different mental states can positively or negatively affect biological functioning. This occurs since the nervous, endocrine, and immune systems share a common chemical language, which allows constant communication between the mind and body through messengers like hormones and neurotransmitters.

Neurological pathways connect parts of the brain that process emotions with the spinal cord, muscles, cardiovascular system, and digestive tract. This allows major life events, stressors, or emotions to trigger physical symptoms.

One may have experienced this aspect of the mind-body connection by feeling butterflies in stomach when feel nervous, or when the heart feels like it is pounding out of one's chest when someone under intense stress.

Thoughts and emotions also carry vibrations that impact on biochemical, cellular, and overall physiological state. At a physical level, the body is made up of atoms and water, which are in a constant state of motion.

"http://www.fmbr.org/papers/cell_comm.php" atoms within a cell vibrate creates a form of wave energy that influences their structure and function. (<http://www.fmbr.org/papers>) Science demonstrates that thoughts, words, and feelings can change the crystal structure of water and cells, (<http://emfschutz.com/wp-content/uploads/2016/02/Coldwell-Web-englisch-2.pdf>)

Positive, kind, and inspiring thoughts and emotions vibrate in harmony with your cells since they share a similar frequency that allows them to function optimally. In fact, various studies (<http://www.aipro.info>

[/drive/File/224.pdf](#)) already found that the type of vibrations or energy patterns that are carried by certain words and intentions are able to cause physical changes in DNA structure, which affect how the genetic code is translated to make different proteins that become the building blocks of your body. (<https://www.ncbi.nlm.nih.gov/pubmed/10841380>)

This may explain why techniques like affirmations and **hypnotherapy** can have such strong effects on the human body. Often, your thoughts are also expressed as words, which carry these energetic vibrations and are then put into action as repeated habits and behaviors that further impact health.

For example, studies show that having imbalances in the way that the nervous system regulates the (<http://emfschutz.com/wp-content/uploads/2016/02/Coldwell-Web-englisch-2.pdf>) overall stress-response, such as producing too high or too low levels of stress hormones like cortisol and epinephrine/adrenaline, may predict early death in patients with metastatic breast cancer. (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3058287/>)

Healing and preventing disease requires a combination of physical, spiritual, and emotional approaches. ([The Whole Cure:Dr.Jennifer L. Weinberg MD MPH](#))

Attitude, derived from whole of one, means the combination of social-financial-cultural-emotional-intellectual (likings-dislikings) -which Indian philosophy called the mixture of "sanskar" and "karma" is the feeling or opinion about something or someone, or a way of behaving is the driven force of achieving goal ~ whatever it may be is manifested by spiritual influenced physical activities.

Life doesn't always go the way you want it to, right? Whether it's a minor inconvenience like unexpected traffic or a major setback in your career, relationships or health, one thing is certain.

Much of our success and fulfillment comes down to how we see things.

It comes down to the meaning we choose to give the events and ci
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we find ourselves in. It comes down to what we believe this one, precious life is all about.

A POSITIVE ATTITUDE: THE WORLD'S MOST UNDERRATED SECRET TO SUCCESS

Train yourself to not only have a positive attitude, but also express it consistently. Because the actions you take, the energy you exude and therefore — the results you create are vastly different when you have a positive attitude rather than a negative one.

While that might seem obvious, most people just react to the world around them and allow their attitude to be dictated by their ever-changing circumstances.

Chakras the connector of one's spiritual body to the physical one. They regulate the flow of energy throughout the electrical network (meridians) that runs through the physical body. The body's electrical system resembles the wiring in a house. It allows electrical current to be sent to every part, and it is ready for use when needed.

MAIN CHAKRA CENTERS friamin.com



SPIRITUALITY

INTUITION

COMMUNICATION

LOVE

POWER

SEXUALITY

SURVIVAL

*CROWN CHAKRA
SAHASRARA*

*BROW CHAKRA
AJNA*

*THROAT CHAKRA
VISHUDDHA*

*HEART CHAKRA
ANAHATA*

*NAVEL CHAKRA
MANIPURA*

*SACRAL CHAKRA
SWADHISTHANA*

*ROOT CHAKRA
MULADHARA*

Sometimes chakras become blocked because of stress, emotional or physical problems. If the body's 'energy system' can not flow freely it is likely that problems will occur.

The consequence of irregular energy flow may result in physical illness and discomfort or a sense of being mentally and emotionally out of balance. (<https://www.mindbodygreen.com/0-91/The-7-Chakras-for-Beginners.html>)

Although most people have heard of seven chakras, there are actually 114 in the body. The human body is a complex energy form; in addition to the 114 chakras, it also has 7,200 "nadis," or energy channels, along which vital energy, or "prana,"

The seven Chakras are arranged along the spinal cord, from bottom to top: 1. Muladhara 2. Svadhisthana 3. Nabhi-Manipura 4. Anahata 5. Vishuddhi 6. Ajna 7. Sahasrara. As per Indian mythology body has five layers and reaching the last layer is getting moksha or which is compared with Christianity of attaining God or salvation.

This may explain why techniques like affirmations and hypnotherapy can have such strong effects on the human body. Often, your thoughts are also expressed as words, which carry these energetic vibrations and are then put into action as repeated habits and behaviors that further impact on health. <http://emfschutz.com/wp-content/uploads/2016/>

The first kosha is annamaya, the physical body. Annamaya kosha can be sattvic, rajasic or tamasic. The word sattwa means harmony, balance and tranquility, where you create a balance between activity and peace. Rajas

means dynamic, active, violent. Tamas means dull and inert. Through the hatha yoga shatkriyas, you develop a sattwic annamaya kosha and when annamaya kosha becomes sattwic, then the bouncing of energy is much greater.

The second kosha is pranamaya, the kosha composed of prana, or life force. This prana is a part of cosmic life. Each and every creature, each and every thing in this world is a part of cosmic life. Prana is the force or energy for all kinds of motion. Prana is a Sanskrit word meaning movement, motion or vibration.

If you study the science of the behavior of positive and negative ions, you will understand the importance of balancing the prana in the body, because prana represents the positive energy in the body, and mind represents the negative energy. When there is a balance between positive and negative energy, then you can see illumination and everything is in harmony.

Prana is the force behind them. You have seen how old people become slow due to lack of prana. Pranamaya kosha is the energy in annamaya kosha.

The third kosha is manomaya, the kosha composed of the mind. Mind is consciousness. It is a field of energy by itself. Even as prana is the positive field of energy, mind is the negative field of energy. In Sanskrit, the mind is known as manas, and has three dimensions. In fact, in Samkhya philosophy, they say that the mind has ten dimensions. Here they mean the mind of everyone, not only of human beings but of lower animals, the vegetable kingdom, the mind of each and everything in this world.

The fourth kosha is vijnanamaya. Vijnana means psyche. Vijnana is a Sanskrit word from the prefix vi and jnana meaning knowledge or awareness, inner perception or experience. **Vijnana has two meanings: external science and also inner experience.**

Vijnanamaya kosha or etheric body is related to a much unknown part of the universe and it is a link or sutra between the conscious mind, the individual mind and the universal mind.

Vijnanamaya kosha is responsible for all inner growth and personal development. This includes the presence and evolution of morals and ethics. It goes beyond simple perception and into more subtle knowledge, discernment and wisdom. Vijnanamaya kosha is what seeks to draw awareness from what is happening in front of the senses to a deeper mental space.

Universal knowledge comes to the conscious mind through vijnanamaya kosha or the psychic mind. Vijnanamaya kosha does not depend on time, space and causation factors.

The fifth organism is anandamaya kosha. It is not possible to translate the word ananda. Some translate it as bliss or happiness, but ananda is when there is no happiness and no unhappiness. In happiness you are jumping, in unhappiness you are dull - sometimes low, sometimes high. So your mind is swinging. In ananda there is no swinging. There is unified experience and that experience does not change.

Death cannot change that experience; birth cannot change it; love and hatred cannot make one's experiences swing.

