

ENERGIES, MEMORIES AND DIS-EASES

All emotional problems and physical ailments occur because of lack of understanding about universe and our Mind-Bodies.

Awareness, understanding and action on the following results in healthy mind- body:

- 1 . Universe and all the constituents (including human beings) in the universe are made up of energies. All these constituents are connected through these energies.
- 2 . Our thoughts and emotions are energies, which not only affect us but also affect others through mirror neurons in their brains. For example, If someone suffers from physical pain, you feel some pain at mental level – you sympathize, show concern...
- 3 . Nature has provided each one of us with amygdala, a tiny part in the emotional brain, to cope with protection as well as survival needs. It is many times intense compared to thinking brain. Any stimulus from outside, if considered dangerous, triggers amygdala and it takes any of the three decisions – fight, flight or freeze. These decisions in turn prepare the body and mind to meet the danger. Also, this is where emotions are triggered which is disruptive in nature. They disrupt energy systems. These emotions get trapped within the body or frozen in the FIELD around
4. One's thoughts, emotions and responses are guided by a particular vibrational level caused by stored experiences of the past in form of pictures, feelings and the interpretations he/she gave to those experiences at the relevant time.
5. These interpretations we gave to different experiences (including traumatic) during most of the childhood, during adolescence and at any age subsequently, result in formation of functional or dysfunctional beliefs. These beliefs condition our “experiencing” the current events and conclusions we draw from the events as well as our responses to the events.

6. As it happens with the mind, body is equally governed by energies.

The universal energies naturally flow into body from particular points and circulate through meridians before going out. The flow of the energies maintains the organs in the body as well as mind in harmony, keeping us healthy. These meridians can be seen through infrared photography.

7. Any disruption in the flow of these energies cause emotional upsets or dis-eases in the body and we have been made to learn to suppress the disruptive emotions right from the childhood due to cultural beliefs. For example, “good children don’t cry” or “it is not right for men to cry” etc. For this reason, the emotions get trapped in the body and/or meridians thus:

- Triggering and spiraling the same emotion repeatedly on specific cues from the events;
- Restricting the free flow of energies through meridians causing negativity in thinking or manifesting the physical ailments in the form of disease in the body any time.