

Nature's Healing Power

Our body is a great machine and a machine with a remarkable inherent mechanism operating as an expression of the divine wisdom and the divine power. If the personal ego, with its materialistic ignorance and blind desire, did not interfere with the body's natural operation in health and in sickness, we would keep healthy and deal with sickness with much ease. Nature's healing power truly exists. To get benefit of nature's healing powers we must draw them, focus on them and concentrate them on us. How we can attract this power is by having full faith, being fully attentive and by relaxing and stilling of the whole being. When you are able to do this you will feel the power flowing through you. Most of the modern day ailments physical as well as mental happening to people today are the result of centering of thoughts on personal ego. One can get rid of almost all of these diseases and discomforts by ignoring the ego and turning to the nature external and internal.

The first principle of healing is to stop the obstructive resistance of the ego and a false belief that "I can manage everything, I will go to a doctor and all will be taken care of." The real method of getting healed is "to cast out all negative thoughts, all destructive feelings and all excessive egoisms." The second principle is "to attune the individual to the universal life-force". This is done by learning the art of relaxing the body and the mind. Universal life-force will work only if the individual takes real efforts to get aligned with it through self-discipline.

Even if one is very ill and on treatment by a physician, if he/she is able to arouse the "Spirit Energy" this energy can be directed to the affected organ or system. This will supplement the remedial agent and enhance healing.

(Based on article, 'Welcome Nature's Healing Power' by Paul Brunton in the Speaking Tree)

- Dr. Usha Ukande