

HEALING BY THE POWER OF SILENCE**Dr. Suniti Ahuja**

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ABSTRACT

"Natural forces within us are the true healers of disease."

– Hippocrates

The power of Inner Silence is greater than the power of Science because every invention of Science takes place only by the power of deep silence. This Silence is also the natural healer of our mind and body. The power of Silence is experienced by all living beings on earth by the process of sleep which helps to rejuvenate the body and mind of every living being. Hence sleep is known as Unconscious meditation and Meditation is known as Conscious sleep. Although disease is a physical manifestation, the root causes of most illnesses are not physical. The true root causes of almost every disease lie deep within every person who is ill. In essence, we create every illness that we experience, be it on a subconscious level or an unconscious level. There are distinct emotional and mental patterns associated with every illness. The way we choose to use our mind and the way we respond to our outer world have more to do with disease than our diet and our environment.

It is said that stress can kill. It is really not the stress in and of itself that kills, it is the way we choose to process the stress that could hurt us or make us very sick. The body in essence is a mirror of our inner thoughts, emotions and beliefs. Every single cell in the body has its own intelligence and is able to listen to what we are thinking and feel what we are expressing emotionally.

In reality, our cells and our body respond to every thought we think, every emotion we have and every word we speak. Repetitive modes of thinking and suppressing negative emotions such as anger, resentment, bitterness, and hatred can and will eventually manifest as disease in the body. Literally, suppressed emotions become like ticking bombs waiting for the perfect conditions to detonate and manifest as disease.

KEY WORDS: Psychology, spirituality, Power of silence, heal your mind and body, emotions and its effect on body

INTRODUCTION

"75 to 90% of all visits to primary care physicians result from stress-related disorders."
- Paul Rosch, M.D., President, American Institute of Stress

The idea that specific illness are produced by individual internal conflicts was perpetuated in the work of Flanders Dunbar in the 1930s (F. Dunbar, 1943) and Franz Alexander in the 1940s (F. Alexander, 1950). Unlike Freud, these researchers linked patterns of personality rather than a single, specific conflict to specific illnesses. For example, Alexander developed a profile of the ulcer-prone personality as someone whose disorder is caused primarily by excessive needs for dependency and love.

A more important departure from Freud concerned the physiological mechanism postulated to account for the link between conflict and disorder. Whereas Freud believed that conversion reactions occur via the voluntary nervous system with no necessary physiological changes, Dunbar and Alexander argued that conflicts produce anxiety, which becomes unconscious and takes a physiological toll on the body via the autonomic nervous system.

The continuous physiological changes eventually produce an actual organic disturbance. For example in the case of the ulcer patient, repressed emotions resulting from frustrated dependency and love-seeking needs were said to increase the secretion of acid in the stomach, eventually eroding the stomach lining and producing ulcers (F. Alexander, 1950).

Dunbar's and Alexander's works helped shape the emerging field of psychosomatic medicine by offering profiles of particular disorders believed to be psychosomatic in origin, -that is, bodily disorders caused by emotional conflicts. Ulcers, hyperthyroidism, rheumatoid arthritis, essential hypertension, neuron dermatitis (a skin disorder), colitis and bronchial asthma. Many of early ideas generated by the psychosomatic medicine perspective persist today (B.T. Engel 1986).

Despite the criticisms of the early psychosomatic movement, it laid the groundwork for a profound change in beliefs about the relation of the mind and the body (B.T. Engle 1986). It is now known that physical health is inextricably interwoven with the psychological and social environment. All conditions of health and illness, not just the diseases identified by the early psychosomatic theorists, are influenced by psychological and social factors. The treatment of illness and prognosis for recovery are substantially affected by such factors as the relationship between patient and practitioner and expectations about pain and discomforts that are well heavily determined by good health habits, all of which are under one's personal control and by such socially

determined factors as stress and social support. The mind and the body cannot be meaningfully separated in matters of health and illness.

An adequate understanding of what keeps people healthy or makes them get well is impossible without knowledge of the psychological and social context within which health and illness are experienced. This current conception of the mind-body interaction is one of the many factors that have spawned the rapidly growing field of health psychology.

The Mind-Body Relationship

There is a saying that “A healthy mind exist in a healthy body.”

Our entire problem starts in our mind and if it is at peak then our body too will be disease free, as both exist in harmony with each other.

Historically, philosophers have vacillated between the view that the mind and body are part of the same system and the idea that they are two separate ones. When we look at ancient history, it becomes clear that we have come full circle in our beliefs about the mind- body relationship.

In the earliest times, the mind and body were considered a unit. Early cultures believed that disease arises when evil spirits enter the body and that these spirits can be exercised through the treatment process.

The Greeks were among the earliest civilizations to identify the role of bodily functioning in health and illness according to the records although it was in practice by people of India which are very well described in Ayurveda and Siddha Medicine. Rather than ascribing illness to evil sprits, they developed a humors oral theory of illness, which was first proposed by Hippocrates(ca.- 460-ca. 377 B.C.) and later expanded by Galen,(A.D. 129-ca. 199). According to this view, disease arises when the four circulating fluids of the body-blood, black bile, yellow bile and phlegm-are out of balance.The function of treatment is to restore balance among the humours. Specific personality types were believed to be associated with bodily temperaments in which one of the four humors predominated. In essence, then, the Greeks ascribed disease states to bodily factors but believed that these factors can also have an impact on the mind.

INFLUENCE OF THOUGHTS

It was Hans Selye, MD who first scientifically showed that animals subjected to stress undergo thymic atrophy (immune suppression), elevations in blood pressure and serum lipids and erosion of the stomach lining (ulcers). Since then literally, thousands of human studies have demonstrated that an angry, stressed, or depressed mind can lead to a suppressed immune system, which allows cancer and infections to take over. Drs. Locke and Horning-Rohan have published a

textbook consisting of over 1300 scientific articles written since 1976 that prove the link between the mind and the immune system.

We are finally beginning to accept what philosophers and spiritual leaders have been telling us for thousands of years: the mind has a major impact on the body and health.

Proverbs 17:22 tells us

"A joyful heart is good medicine, but a broken spirit dries up the bones."

Over 100 years ago, observant physicians claimed that significant life events might increase the risk for developing cancer. In the 1800s, emotional factors were related to breast cancer, and cervical cancer was related to sensitive and frustrated women. Loss of a loved one has long been known to increase the risk for breast and cervical cancer. When 2000 men were assessed and then followed for 17 years, it was found that depression doubled the risk for cancer.

Researchers at the National Institute of Health, spearheaded by Candice Pert, PhD, have investigated the link between catecholamines, endorphins and other chemicals from the brain as they influence cancer. A renowned researcher, Jean Achterberg, PhD, has demonstrated a clear link between the attitude of the cancer patient and their quality and quantity of life. About 90% of the cancer patients have encountered a major traumatic event 1-2 years prior to the onset of cancer. This is especially true of breast cancer patients.

Enkephalins and endorphins, also called "the mind's rivers of pleasure", are brain chemicals that are secreted when the mind is happy. Endorphins improve the production of T cells, which improves the effectiveness of the immune system against cancer and infections. Enkephalins increase the vigour of T-cells, attacking cancer cells as well as increasing the percentage of active T-cells. Essentially, our immune system is a well orchestrated army within to protect us against cancer and infections. And our mind is the four star general directing the battle. Depending on our attitude, our mind either encourages or discourages disease in your body.

Dr. Pert believes that virtually all illness, if not psychosomatic in foundation, has a definite psychosomatic component. *Psyche* meaning mind or soul, and *soma* meaning body. "It is obvious that the public is catching on to the fact that they're the ones paying monstrous health care bills for often worthless procedures to remedy conditions that could have been prevented in the first place."

Dr. Pert read [Anatomy of an Illness](#) by Norman Cousins and was amazed at his experience. After being diagnosed with a life-threatening illness, Mr. Cousins rejected help offered by his doctors, left the hospital, and checked into a hotel with Charlie Chaplin videos. He basically laughed himself back to health, having felt that what his body needed was life-affirming, joyous experience of laughter. He believed that the laughter had triggered a release of endorphins which, by elevating his mood, had somehow brought about a total remission of his disease. This was a direct implication of what Dr. Pert had been working on with the neuropeptides, the brain chemicals of mood and behavior, and the chemical pathways by which they communicated with the immune system and every other bodily system.

HOW SYMPTOMS APPEAR IN THE PHYSICAL BODY

Before any physical symptom appears in the physical body, it has to pass through three different levels.

a. Mental body

Mental body is made of Thoughts. Medical Doctors say 85 to 90% of diseases are psychosomatic, infact 100% of all diseases are psychosomatic, as per spiritual healers, connected with the body and mind since every action is first created in the mind - either in our own mind or others mind.

**“Every human action is destined by the karman particles of the universe.
Karman particles are absorbed by the various emotions of mind”**

- Jainism

b. Emotional body

Emotional body is made of emotions. As long as it is balanced, it never affects the positive outlook towards life and so the subtle body which has seven chakras, the energy centres which distributes the life energy to various organs of the body. Unbalanced, it affects the energy centres of the subtle body causing blockages in the flow of life energy. Life Energy is the life sustaining energy that every human being receives when they experience Inner silence, from the cosmos.

c. Subtle-Etheric body (subtler than nervous system)

Subtle body consists of seven chakras – energy centres.

Mental body consists of thoughts which convert into emotions, when the mind and body are disturbed by the thoughts. These emotions affect the flow of Energy received from God / Cosmos to the seven main chakras-energy centres present in the subtle body, causing blockages in the neuron system.

The disturbance in the natural flow of vital energy from God/Cosmos affects the subtle body creating energy deprive or blockages of cosmic energy, which in turn affects the physical body revealing symptoms.

Although the accumulation of toxins due to different life styles and food habits play a major role causing disturbance in energy flow, the root cause remains the disturbed state of mind – not allowing the mind to experience silence, which hinders the flow of God’s/cosmic energy and its related functions like digestion, creation, transformation, elimination and rejuvenation leading to the accumulation of toxins in the body.

“It is not food that sustains but the God’s energy that enables the digestion”

- **Swami Yogananda**

So, to stabilize the mind to its natural tranquil nature rediscovering the Inner Silence, the emotions are to be healed and hence the natural rejuvenation of body and mind will take place by the constant free flow of God’s/Cosmic energy to the various energy centres of the body.

“Purity of the mind is most important than anything else for healthy mind and body”

- **Siddha Agasthiyar**

The Various methods to heal the emotions and regain the power of silence is to

1. remove the resistance to change
2. know the model of the world, the reality
3. bring the unknown to known from subconscious to the conscious level
4. understand the various psychological, biological and sociological factors of self and others affecting the behavior and actions
5. release or transform the emotions
6. create more choices, expanding our limited awareness to the unlimited awareness
7. empowering the self by transforming conscious and unconscious negative suggestions to positive affirmations
8. Change the perception to life

Psychosomatic diseases:

- ANEMIA
Not recognizing one’s self value, a feeling of weakness
- ARTHRITIS
Unable to express yourself, feeling inadequate, like being in jail
- CANCER
Severe hate and / or resentment toward another individual, but not expressing it openly, hate turned toward and carried throughout one’s life
- COLDS
Indecisiveness, need to make decision and not doing so, feeling sorry for self and wishing to delay activity.
- COLITIS AND ELIMINATION PROBLEMS
Over attachment, holding in communication, not releasing situations
- DIABETES
Holding back, a selfish attitude, not wanting to give
- DIGESTIVE DISORDERS
Worry, not letting self relax (see ulcers)
- EYE DISORDERS
Inability or refusal to see things as they really are

- HEAD ACHES
Feeling threatened by one's environment, pressured.
- HEART ATTACK
Feeling pressured by responsibility, wanting to escape.
- HEART PROBLEMS
Lack of love
- HEARING DISORDERS
Inability or refusal to listen or accept what is heard
- KIDNEY DISORDERS
Condemnation of self, not forgiving self for something said or done, not understanding self value, not accepting love
- LOWER BACK PROBLEMS
Mental power struggle
- LUNG DISORDER
Restricted feeling, attitude of feeling loss of freedom
- MIDDLE BACK PROBLEM
Apprehensive, fearful, unable to support self.
- NECK AND SHOULDER TENSION
Carrying other people's problems, feeling you have the whole world on your shoulders
- NERVOUS DISORDERS
Too demanding and restrictive of self, emotional build up
- PROSTATE DISORDERS (Genital)
Not appreciating masculine expression, guilt and / or fear in the expression of the aggressive quality, feeling unproductive
- REPRODUCTIVE DISORDERS (Female)
Not appreciating the feminine expression, guilt and/or fear in expression of the receptive quality, feeling unproductive
- SINUS PROBLEMS
Restricted in expression, feeling trapped, overly sensitive
- STROKES
Problems with family of origin (Parent's family)
- THROAT DISORDERS
Having to do with using the will, need to make decision and delaying in doing so, or not carrying through on decision
- ULCERS
Feeling out of control and wanting to control others and their situation

NATURAL HEALING

Symptoms of illness result from only the following 3 factors: 1) Toxic Thoughts 2) Toxic Emotions 3) Toxic Chemicals produced in the body from negative emotions.

The toxic (negative) thoughts, which really determine the perception of life events, cause to have negative emotions, which cause the cells of body to create toxic chemicals and in turn cause the body to create toxic cells that lead to DISEASE. Science is now proving that when we are in a state of distress and disharmony, the cells produce toxic chemicals that tend to deteriorate and degenerate the body. In this state, the body become susceptible to attract viruses, harmful bacteria, parasites, candida (fungi), and also store toxic chemicals from food and pollution since there will not be detoxification properly.

Emotional stress has the biggest impact on the immune system above any other factor. If the mind is in a state of balance and harmony mentally, emotionally, and physically, then illness simply can not set in the body. Diet and environment do help to contribute to disease, however, they are not the underlying cause for it. Chronically sick people are ones that are typically very emotional and/or have had serious traumatic experiences in their past. They are also people who tend to hold onto emotions correlating to these past events. The body knows exactly how to heal itself from anything that it is presented with.

True Healing

The fact is, no one can ever hurt other in life. Individuals allow themselves to be hurt. The mental and emotional grief that they had experienced in life was really due to the perceptions that they had about each life event. The key is to learn how to change the wrong perception in life and experience the inner silence of contentment.

Forgiveness is absolutely one of the best remedy to experience the inner silence free from waste, ill and negative thoughts. Forgiveness can actually heal disease. There are many who carry hatred, resentment, anger and bitterness toward the people they think hurt them. These emotions set in the body and get stored over the years until they manifest as disease and other imbalances. The emotions also get stored in the energy fields and form blockages. There are now scientific instruments that can read the energy fields (aura) and are able to tell where there are energy blockages. Based on where there are energy blocks in aura (biomagnetic field generated by thoughts and emotions), that particular organs will be more susceptible to acquire certain diseases.

Releasing old emotions will cause shifts in your energy fields and thus free up the energy blockages. That is why letting go of old stuff can do wonders for health. In fact, there are health promoting biochemical changes that happen in a person's body when they are in a state of forgiveness.

Forgiveness starts with a thought. The thought of really wanting to forgive the person in question, letting the past event go and releasing the need to be right. To forgive someone else, we have to forgive the self first. The same principle applies here where we have to just let go of the past, have the thought of forgiving self and release any anger or pain from the past event leading to peace.

REMOVING THE SOURCE OF MENTAL ILLNESS

What is a mind?

Mind is divided into conscious and subconscious mind. Conscious mind is like the tip of the iceberg and subconscious mind can be called as the part that is hidden inside the sea. At the level of Subconscious, most of the time, there are experiences connected with the childhood issues because children upto the age of 12 to 14 years never think in a logical way and hence emotions are formed and stored.

Conscious mind is not aware of what is there in the subconscious mind. Whatever is stored in subconscious mind will lead the life. When we become aware of what is there in the subconscious mind, 50% of the problems are solved.

The techniques used by Milton Erickson is explained in Neuro Linguistic Programming. In NLP, they say, every individual has their own map of the world, own reality. How do we create this map of the world? We perceive through five senses:

Visual

Auditory

Kinesthetic

Olfactory

Gustatory

Through these five input channels/senses, we create our map of the world.

How this information is processed by mind or brain? What is the standard method of processing information? The mind generalize, associate, distort, delete information, try to read others mind, defence mechanism are also used and there are also influence of attachments

By identifying the mind processing method, It will be easy to understand the reality of our inner world, removing most of misunderstanding or mental disorders.

TECHNIQUES TO ACCESS THE INNER SILENCE FOR HEALING

To experience inner silence, we have to keep all the senses awake all the time and have to keep the internal dialogue quiet by the following method.

Increasing the awareness of being in the present moments, The simple method to increase the awareness of our five senses is to look at the things around, hear the sounds around, feel the air, surrounding, feel the smell and taste. It is said, most of the times, we are under hypnosis (suggestible), we are not aware of what we are doing – not having self control. When we are active, let the five senses be busy. When the work is done, let there be the awareness of Inner silence.

Most of the time, we are not aware of the silence within because our focus is not on silence. When we finish our work, our focus can be moved to inner silence instead of allowing the mind to wander on waste thoughts, negative thoughts, and thoughts about future or past thoughts. Either we allow our mind to wander when there is no work, or let the focus be on silence. We will have to either focus on work or on silence. Even whilst thinking, it has to be done consciously. By experience of this Inner Silence, the emotional attachments, blockages are healed enough to get rid of all the disease.

LAWS OF SPIRITUAL WORLD

We live in physical world, ruled by physical laws. But in fact we are spiritual beings and we are ruled by spiritual laws. As long as we maintain our spiritual identity, being aware of our natural inner Silence, as long as we are aware of our natural nature, we follow the spiritual laws naturally. But, when we are not aware of our spiritual identity, we never follow spiritual laws.

What is our natural nature? All human beings are spiritual in nature, they have the qualities like peace, love, bliss and happiness. When they take a human body, they are affected by the biological factors, psychological and social factors. These three factors influence us to create our unnatural personality. But in fact, spiritual nature of being silent is our natural personality. Throughout our life there is a battle between these two nature of natural nature and nurtured nature. The more we stabilize in our inner natural nature, we remain energetic and keep our cells of the body and mind rejuvenated constantly remaining healthy and happy for ever.

How Knowledge of Actions leads to experience Silence enabling the healing process?

Are Actions are destined? – can we say criminal can be let free? We cannot say everything is destiny. Everything is controlled by individual free will, at the same time. Freewill and Destiny go together. We have the free will to do but whatever we are supposing to experience is based on the destiny or purpose of life. Destiny is experience. Whatever we are doing is not destiny, it is our freewill. Like, as we drive the car, we don't have control over traffic, although we know what time we will reach the destination. Self effort and destiny go together.

The theory of action explains how, why, and what happens to us. It also explains the role that actions play in our lives, how we accumulate actions, and how we get rid of them. The more we experience Inner Silence and related positive qualities, we will be able to perform actions with focus and attention leading to success in all endeavor paving no path for creation of negative actions which is nothing but expression of negative emotions from within.

According to Jainism,

Actions - Karmas are the derivatives of karman particles. Karman particles are non-living matter scattered all around us and all over the universe. They are very fine particles that cannot be seen even with a microscope. A cluster of innumerable karman particles is called KarmanVargana. When you act with passions like attachment, anger, greed, ego, or deceitfulness, Karman Varganas are attracted towards your soul. Karman Varganas that are attached to your soul are called karmas.

At the time of bondage of karmas to the soul, four characteristics of karmas are decided. They are:

- 1) Prakriti (nature).
- 2) Pradesh (quantity).
- 3) Sthiti (duration).
- 4) Anubhag (intensity).

The nature and quantity of karmas depend on the vigour of the activities, while the duration and intensity of karmas depend upon the intensity of the desires behind the activities.

I. PRAKRITI (NATURE OF BONDAGE)

There are eight types of karmas. Depending upon your activities, you can accumulate one or more of these eight karmas:

- 1) Jnanavarniya - Knowledge-Obscuring Karma
- 2) Darshanavarniya - Perception-Obscuring Karma
- 3) Antarya - Obstructive Karma
- 4) Mohniya - Deluding Karma
- 5) Nam - Body-determining Karma
- 6) Gotra - Status-determining Karma
- 7) Vedniya - Feeling-Producing Karma
- 8) Ayushya - Age-Determining Karma

These karmas are grouped into two categories Ghati Karmas (destructive) and Aghati Karmas (non-destructive). Ghati Karmas destroy the true nature of the soul. Aghati Karmas do not destroy the nature of the soul, but affect the body in which the soul resides. The first four types of karmas are Ghati karmas, and last four are aghati karmas.

II. PRADESH (QUANTITY OF BONDAGE)

If the physical vigour of our activities is slight, then we accumulate fewer karman particles, but if the physical vigour is strong, then we accumulate larger numbers of karman particles on our soul.

III. STHITI (DURATION OF BONDAGE)

The duration of the karmic particles to be bonded with the soul is decided by the intensity of our desires at the time of the activity. The milder the intensity, the shorter is the duration of the bondage of the karmas. The stronger the intensity, the longer is the duration of bondage. The time karmas stay bonded to the soul range from a fraction of a second to an innumerable numbers of years.

IV. ANUBHAG (INTENSITY OF RESULTS)

The intensity of karmas depends upon how intense our passions are at the time of our activities. The lesser the intensity of our passions, the less severe is the result of the bondage; the greater the intensity, the more severe the result of the bondage.

When karmas attach to the soul, there are four levels of bondage:

1. Sprusta or Sithil (Loose): Karmas can be easily shed by regret.
2. Baddha or Gadha (Tight): Karmas can be shed by offering an apology.
3. Nidhatta (Tighter): Karmas can shed by very strong efforts, like austerity.
4. Nikachit (Tightest): Karmas can only be shed by bearing the results.

It should be realized that it is not always true that we have to wait in order to bear the results of our karmas, we can change the course of our karmas before they mature. It can be changed in duration and intensity as well as in nature too. This is very important point because it means, that not only we do have control over our karmas, but that we can change our fate by the power of silence finishing the karmic debts, and thus enabling the healing.

CONCLUSION

Human cognition plays a vital role in causation as well as maintenance of maladaptive responding. Psychological disorders (thereby physical disorders) arise from people's own beliefs, philosophies and faulty or irrational patterns of thinking. It can be treated by making people learn how to make appropriate verbalizations to themselves. (Ellis 1979)

Psycho analysis, Emotional healing, Hypnotherapy uses cognitive behaviour therapy techniques, self control, instructional training, Rogerian and Humanistic existential approaches. These approaches attempt to change maladaptive behaviour by changing beliefs and providing training to clients in information-processing skills on what to think and how to think.

The therapeutic goal is to develop necessary skills in the clients to identify irrational beliefs, dispute them and replace them with rational ones. The Client is taught to examine the rationality of their beliefs empirically and change the irrational (self-defeating) beliefs. The social sabotaging conduct is changed into self-healing. The client learns to solve his problems in a socially effective manner.

Alfred Adler suggested that an individual's emotional reactions are generated by his or her attitudes, beliefs and perceptions. They are created by the individual himself.

Therapy is a learning process through which a person acquires the ability to speak with himself in appropriate ways to control his own conduct (Shaffer 1947)

ACTION TAKEN TO INDUCE THE POWER OF SILENCE FOR HEALING

1. RECOLLECT / REMEMBER the particular incidence
2. RE-EXPERIENCE – By association or dissociation - physically, mentally and emotionally activating the parasympathetic system in place of sympathetic system
3. UNDERSTANDING the reality based on Psychological, Biological and social factors of self and the person who is connected with the incidence.
4. EXPANSION OF INTELLECT WITH MORE CHOICES: Releasing the attachment by focusing on solutions rather than on the issues, with the awareness of unlimited intellect. Moving the focus from one repeated thought to other.

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