



*Heal Thyself*



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*Understanding and  
Overcoming Illness*

Ian Cameron

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**Heal Thyself**  
**Understanding and Overcoming Illness**

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*I dedicate this book to my loving friends, family, and my spiritual teacher.  
Without them, recovery would not have been possible.*



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## *Preface*

Not only people in our hospitals are ill. Anyone who is not calm, stable, and content is in some way sick. In today's fast-paced world, there are so many people afflicted with health problems. If you are such a person, be comforted by the fact that the words in this book will guide you to calmer waters. Woven throughout the following poems is powerful knowledge that initiates healing. I want you to feel the same joy, love, and peace of mind that I experienced after I received these precious and sacred teachings.

About six weeks after my twenty-first birthday, I awoke with a feeling of dread. Hours later, I experienced my first panic attack, which sent me spiraling into another world. These attacks surpassed any previous experience. They were pure fear and very intense. On a holiday with my parents, I had a massive attack that I'll never forget. I lay on the bed paralyzed by it, completely overcome by its power. I couldn't believe that a state of such extreme suffering was possible.

My mother arranged for me to begin therapy with a local psychologist. During our sessions over the following months, I spoke to him from my heart. Expressing myself from this intimate space gave me some peace. However, such counseling failed to alleviate my main distress, which was feeling isolated from the world. People felt very distant. I could see them, but spiritually I felt a million miles from them. It was like living inside a fish bowl.

After six months of therapy, my psychologist referred me to a psychiatrist who explained to me that I was suffering "depersonalization," a symptom of clinical depression. Under this new specialist, I tried a number of antidepressant medications, but none were truly effective. Some had adverse side effects, and I was forced to abandon them. After about nine months of being unable to find a suitable medication, the psychiatrist recommended that I become an inpatient at a clinic for people suffering from mental illness. Under his close supervision in the clinic, he believed he could find an appropriate medication more quickly.

It took some time for the full impact of living at the clinic to strike me. When it did, it greatly saddened me. I felt as if I had failed at life. One day, the father of a friend of mine visited me. Through my veil of fear and doubt, he instructed me to invite Jesus Christ into my heart. I did so in the still hours of that night.

All the major mental illnesses were represented at the clinic—clinical depression, anxiety disorders, obsessive-compulsive disorder, phobic disorders, schizophrenia, and anorexia nervosa. One patient would jokingly tell me that I would know when he was undergoing electroconvulsive therapy (ECT) as the lights in the hallway would dim. Humor was his way of coping with his dire situation. The girls suffering from anorexia nervosa, their skeleton-like bodies wrapped in dressing gowns, would walk laps around the clinic trying to lose the little weight they had. Later on in my stay, my roommate ended up in intensive care. He was a young man who had a drinking problem. Unfortunately for him, there was a bar across the road, and he was unable to resist its pull.

My condition improved only slightly while I was under treatment at the clinic. For me, the clinic was more of a school rather than a place of healing. Looking back on this episode in my life, I feel that God wanted to teach me about the various kinds of mental suffering and how people coped with them. He was also broadening my understanding of conventional psychiatric treatments. It was painful living at that clinic for nine weeks, but it was an important part of my journey. I can now empathize with people who have a psychiatric condition.

After leaving the clinic, I resumed my studies at university, despite my continued struggle with depersonalization and anxiety. Somehow I managed to complete my teaching rounds and pass my exams to graduate with a bachelor of education degree, majoring in physical education and mathematics.

The year after my graduation, I was still very unhappy. In the fall of that year, my father's friend introduced me to a spiritual healer. Three times a week for the next few months, I experienced spiritual healing, which is a powerful therapy where the healer channels divine energy into the patient through his hands. The energy flushes out toxins in the body that are creating the symptoms of illness. After each session, I felt more peaceful.

As a result of receiving spiritual healing, something completely unexpected happened. While watching television one night, my right ankle suddenly swelled up. Within days, my left knee and hip joint also flared up. I was diagnosed with reactive arthritis, a rare form of arthritis deemed by doctors as incurable with modern medicine. Due to the sharp joint pain, I was forced to use crutches. When my symptoms spread to my chest, I was admitted to a general hospital. Here, the treating rheumatologist drained fluid from my knee, which had

become twice its normal size. With little to distract me in my hospital bed, I endured a suffering deeper and darker than I had ever experienced. I was severely agitated, depressed, and anxious during my stay.

On leaving the hospital, I convalesced in my parents' bed, merely surviving day after day. My temperature remained high as my body tried to kill off the bacteria that was triggering the arthritis. God had closed me down emotionally and physically. I was an extremely sick young man at this time. My mind was engulfed in a thick fog. There were no thoughts about my past or my future. There was just the will to survive in the moment. I hung on to life with grim determination.

Another stay in hospital ensued in the following months. The days were long and difficult, but the bed rest helped my rate of healing. I was concerned with the fact that I was taking so many medications for my array of symptoms. I was swallowing four different kinds of medicines, over twenty tablets a day. My great uncle, a Christian minister who has since passed on, came to visit me. Together, we prayed for my return to health.

Back at home, my day revolved around more bed rest. Two years had gone by since I was first treated for panic attacks. Then a friend of mine from university helped me rekindle my spirituality. Together we would chant at a local temple. The singing was divinely beautiful and my desire to recover grew. I immersed myself in the study of spiritual knowledge written by Baba Muktananda, my friend's guru. The words of this saint soothed and strengthened me.

After three traumatic visits to hospital in the same year, I was completely fed up with being sick. I became furious at my illness for the hell that it had put me through for so many months. Enough was enough. I planned to strike back at my disease, wound it, and kill it. Without money or a job, I packed my belongings, left Melbourne, and headed north to the warmer weather.

For the next nine months, I lived in a two-bedroom apartment in Coffs Harbour, a town on the east coast of Australia. I decorated my new abode with images of enlightened masters with whom I had communed. Determined to overcome my sickness, I embarked upon a health regime of meditation, yoga, exercise, a healthy diet, and a study of spiritual knowledge from various masters. The warrior in me had been awakened, and I fought stoically every day. I made good progress. Each week my mind would clear a little more. I remembered I was a schoolteacher and undertook some casual teaching in schools in the surrounding area. Gradually, I began to win.

A strong intuition drove me back to live with my parents. Returning proved to be extremely difficult. Living alone up north had greatly empowered me. I had

started to forge my own identity and was optimistic about the future. But living at home triggered painful memories, and I regressed to being the sick child of my parents. It shook me—suddenly becoming dependent again after tasting independence. I forgot about all the important gains I had made while I was away. Life became very dark and painful, and I became suicidal. My parents took me to a new psychiatrist, and I was promptly returned to a course of antidepressant medication.

Over time, my life settled down. I accepted a job teaching physical education in a high school. While the position only lasted a school term, it provided an external focus, effectively giving me a break from thinking too much about my symptoms. When this teaching stint ended, I found employment with a local Chinese businessman who had experienced illness himself. We became good friends, and, for the next ten years, I worked with him on a part-time basis while I continued to improve my health.

My recovery was slow, and there were many challenging times of emotional upheaval. At the same time, there was support. I met doctors, healers, and spiritual masters—all of whom contributed to my recovery in some way. I am grateful to them all. As a volunteer, I joined an organization whose members would dress up as clowns to provide comic relief for others. It was great fun wearing foolish-looking clothes, and a red nose bringing smiles to strangers' faces. I also offered my time to other organizations in assisting the homeless and the blind. The most influential spiritual master in my life was, and still is, Sri Sri Ravi Shankar, an enlightened teacher from Bangalore, India. At the age of twenty-four during my stay in Coffs Harbour, I attended one of his courses. Ever since then, I have felt his presence. Lovingly and skillfully, he guided me out of the storm of sickness.

At twenty-seven years of age, I traveled to India and stayed with Sri Sri Ravi Shankar at his Bangalore ashram for five memorable weeks. To stay in the ashram is like a visit to Heaven. The guru radiates a powerful love that flows to everyone in his presence. Participating in various courses at the ashram greatly accelerated my healing. Sri Sri Ravi Shankar is the founder of the Art of Living Foundation, an educational, humanitarian organization that has helped more than twenty million people throughout the world. The Foundation provides relief to people afflicted with health problems, emotional abuse, lack of education, poverty, imprisonment, natural disasters, and war.

Today, I am pain free and no longer require prescription medication. I have clarity of mind and emotional stability. My writing continues to shower me with contentment and satisfaction. I feel truly blessed to have had this gift revealed to me. My life has become much less serious and more of a fun adventure. I've

slowed down and learned to enjoy the moment. And relationships are now a source of joy and love. Over thirteen years of ill health has opened my heart so I can empathize with people and serve them regardless of their situation. In the recent past, a soothing peace for which I prayed has enveloped my mind. To bask in God's light is simply wonderful.

I recommend the reader initially read through *Heal Thyself* in the order that the pages appear. By the end of the book, a picture will have been gradually painted for you of what is required to recover from illness. Certain poems will resonate for you more than other poems. I encourage you to reread these select poems. Be aware of the insightful thoughts such poems release, for this is your healing. To further deepen your understanding, you may feel inspired to reread other poems in *Heal Thyself* that contain similar knowledge. As your health improves, different poems will attract your attention, and these become the ones to then contemplate.

Ian Cameron, BEd  
Melbourne, Australia  
February 2005





# ***1***

## *Packing for the Journey of Recovery*

*Go within  
and find peace.*

## *Just Tonight*

Just tonight,  
I'll drop my defenses  
and all my efforts.

Just tonight,  
I'll float in the peace of the present,  
relax, and let my fears come.

Just tonight,  
I will not resist  
as my bones are tied to a stake  
and sinews burnt by fiery thoughts.

Just tonight,  
I will observe my battered frame  
and its haunting cries,  
which only hush with my retreat.

Just tonight,  
I will reside inside my heart.  
Within these walls, solitude rules,  
and I swim in cool, rainforest pools.  
In here, only God's Love touches me,  
and I smile in the face of adversity.

*Trust your  
heart's voice.*

## *Heart's Voice*

There's a Voice deep inside  
that will guide you safely forward.

Trust your Heart's Voice.  
It's your intuition,  
your sixth sense.  
Freedom and richness will commence.

Trust your Heart's Voice.  
There's wisdom in that.  
I found I smiled again,  
and my broken life did mend.

Trust your Heart's Voice.  
Let it be your staff  
when others blow you  
with their opinions.

The Heart whispers to all  
but many cannot hear,  
for they are lost in a world  
of loud regrets  
and deafening anxieties.

Your present reality,  
where you are today,  
is the sum of your decisions.

But you can make a better now  
if you listen to your Heart.  
For God dwells there  
in subtle rooms.

Start trusting your Heart  
this very moment.  
Loyally follow it  
and begin to truly live.



*Embrace spirituality.*



## *Wintertime*

I will not struggle,  
I will not fret,  
because it's my life's Wintertime.  
Soon the sun will be out,  
and I too will shine.

It's time to reflect and learn  
from years gone by.  
It's time for change,  
inner compass set to a new course  
by embracing the Highest Force.

I'll just let others succeed,  
because for them it's Summertime  
with their families and new houses.  
Their success is a cool breeze,  
so removed from my disease.

But Knowledge is power,  
and it can change the world.  
So learn all you can  
in this precious phase.  
Be grateful for living in the haze.

Everything's in a cycle  
to the beat of Nature's Rhythm.  
You're in the right place  
at the right time.  
Right now, all is perfectly fine.

*Your life  
is an expression of joy.*

## *Life Is*

Life is a journey,  
not a destination.

Life is a marathon,  
not a sprint.

Life is a series of challenges,  
not problems.

Life is a gift.

Life is an adventure.

Life is an expression of joy,  
a celebration!

Life is.

*Visualize yourself  
in vibrant health.*

## *Whole*

Visualization

—one of the keys  
that will set me free.  
Thoughts of sickness  
never bring health.

You become what you think.

So from a new cup I'll drink.

With eyes closed now,  
I see myself as whole,  
running along a golden beach  
with the wind licking my hair  
and the sun warming my bones.  
There's not a cloud in the heavens.  
I'm so happy, healthy, and free  
with abundant vitality!

I arc and plunge into the cool sea...

Feeling excited,  
I swim out to be with my dolphins,  
each one a dear, fun-loving friend.  
With lots of pats,  
I greet my slippery pals.  
I grab a fin from the many,  
and it takes me down deep.  
Swish! At great speed we go,  
through the colored, coral gardens,  
over the shipwreck  
hiding its treasure,

before piercing  
a sparkling rainbow of tiny fish!

I'm a child again.  
How I love to play!  
Suddenly, I realize I starved myself,  
not eating this food for the soul.

Immersed in my fresh, water world,  
I cannot see all those grim faces  
that line the shore.  
I've forgotten my past  
and my future.  
I feel safe and clear.  
There's no goal  
but to simply have fun!

Right now, I have won.

In your mind, paint pictures  
of health, peace, and playfulness.



*Share truth  
with others.*



## *Outside Looking In*

From the outside looking in,  
you say I'm healthy and fine.

But inside, I slay another dragon.

If you could spare one minute  
and leap inside my sinking head,  
only then would you know  
the true meaning of feeling low.

A broken leg and there are flowers,  
soon back to normal working hours.  
But if depression rules thee,  
one doesn't mend so quickly.

Privately and silently we struggle.  
We are all victims of limited Knowledge.  
Our suffering comes because of our karma.  
We acted with insufficient Knowledge in the past,  
and now we're reaping the fruit of those actions.

So, don't judge me.  
And don't judge others.  
Instead, have compassion  
for each other's lack of Knowledge  
—the underlying cause of sickness and suffering.

Heal others by sharing Truth with them.

When we share Knowledge,  
we chew on it, digest it fully  
and heal ourselves.

Discuss your new understandings  
with those willing to hear.

Give the gift of healing and you shall receive it.



*Recovery requires  
you to journey slowly.*

## *Ambition*

Ambition is a venomous snake.  
When it bites you,  
it poisons your whole system  
and paralyzes you.

Ambition ruled my youth.  
I had grandiose plans  
of owning a chain of businesses.

That was just before my fall.

Ambition fills us with feverishness  
that actually impedes our growth.  
It drives one out of the moment  
where the treasure of contentment lies.  
Better progress can be gained  
by living now, being happy.

I was ambitious to make a lot of money,  
live imperially, and win the respect of all.  
But with wealth accumulation as my main goal,  
my life became meaningless,  
spiritually bereft.  
My strong intentions ushered in disease.  
And when you are sick,  
you are unable to even enjoy  
the possessions you've gathered.

Ambition's venom kills the Love and Joy in our lives.  
It sickens us.

Thus, our rehabilitation requires us to go slowly.  
Rushing here and there impedes recovery.

Rushing damages you further,  
as it forces you to bear the fear and uncertainty of the future.

Instead, journey unhurriedly and steadily toward health,  
living in the healing present moment.  
The Divine Love and Joy of right now  
is the convalescent's sacred medicine.

The greatest blessing one can receive  
is to be devoid of feverishness.



*Your body  
is a gift from God  
to be loved.*



## *Love Your Body*

Your physical configuration  
has been given to you by God  
to taste the many flavors of life.

Love your body,  
reduce stress by prioritizing the day's tasks,  
and opt for moderation in your activities.

Unbalanced lifestyles create unbalanced minds.

Love your body,  
choose a joyful job that uplifts you.  
Do what you love,  
externalize your inner gift.

Love your body,  
wrap it warmly when chilly winds blow  
in the depths of Winter.

Love your body,  
be in bed by ten.  
This nightly curfew will help you mend.

Love your body,  
take time to massage it,  
dump your rubbish before it accumulates.

Love your body,  
frequently go out walking.  
Exercise relieves depression and anxiety  
and helps you sleep better.

Love your body,  
fast for a day.  
Fasting activates your natural healing power.

Love your body,  
drink plenty of pure water  
to purge your insides of dust and grit.

Love your body,  
nourish it with fresh, living, organic foods.  
They'll help keep you out of  
dangerous moods.

Love your body,  
eat at the same time each day.  
If you are not hungry,  
don't eat or consume very little.

Love your body,  
chew you food thirty times each mouthful.  
Sixty percent of digestion occurs in the mouth.  
Undigested food turns toxic and causes disease.

Love your body,  
be open to Western and Eastern medicine.  
Ayurveda, the oldest health care system in the world,  
is particularly helpful.

Love your body,  
meditate every day.  
Enjoy the world,  
but don't forget your Spirit.

You're a precious child of God,  
a sapphire in His crown.

*Persistence is needed  
to overcome your illness.*

## *Tunnel Out*

Recovery is like tunneling out of prison  
—one bucket load of soil equals one day.  
What is required is persistence with your digging,  
and freedom will one day be yours.

God has bestowed upon you  
the experience of healing,  
of gradually wriggling under the barbed-wire fence.

Each yard gained elevates your Consciousness.

During my diggings,  
I encountered many rocks and boulders.  
But these obstacles did not stop me,  
for God provided creative ways to break through.  
He told me that wellness was inevitable  
but without Him impossible.

Through mud, clay, and stony soil, persist.  
Dig out your soiled past every day.  
Rest briefly and admire the pockets of gemstone  
but always return to your digging.  
Stay committed to your goal of full health.  
Be tenacious.  
These are your depression's End Days.  
This last tyrant is dying alongside your ego.

Then one morning,  
I tunneled skywards.

It rained down pine needles.

Deep in the belly of the forest,  
I stood surrounded by the sun's rays.  
They were the arms of my Father.

He hugged me.

I escaped into the forest  
and out into the neighboring meadow,  
my heart singing  
in harmony with the sounds of freedom.  
A new day had dawned of steady, sunny Bliss,  
signifying that I was forever His.



*Spiritual practices  
bring you real freedom.*



## *Real Freedom*

Ill, I lay bound to my bed while  
my friends traveled overseas.

My pals' adventures  
and my torturous immobility  
were highlighted  
at opposite ends of the freedom spectrum.

I was green with envy,  
and this added to my woe.

Receiving their postcards in bed,  
it seemed like they had traveled,  
not to another country, but to another galaxy.  
We were light-years away from each other.  
Their hitchhiking through wondrous space  
was taunting me as I placed another pill  
between my lips and rolled over with my chains.

"But what is jealousy?" I pondered.

"Jealousy is not knowing who you are,"  
was the Holy reply.

"It is a symptom of not realizing  
the truth that everyone is part of you."

"Everyone is part of One Spirit  
that exists everywhere."

I began to feel the mist of Niagara Falls on my cheeks.  
I began to see the zebras in Africa through my camera lens.

I began to hear the chatter of Italians at cafés  
as I cycled through the appealing streets of Rome.

The Holy Voice spoke again:  
“Inner freedom is far more valuable  
than outer freedom.”

I performed my spiritual practices.

They made it easier to be me.

My spiritual practices  
reduced the number of incoming thoughts.  
I used to feel very uncomfortable  
when too many thoughts struck my mind.  
Armies of thoughts  
will inevitably fight each other.  
Living with their battle cries was difficult.

Spiritual practices  
immersed me in the present moment  
and stretched the bridges of Lovely Nothingness  
that connected my thoughts.

As the months passed,  
these bridges of exquisite Peace lengthened  
and passed over many islands  
of unnecessary thought.

Serene times are always characterized  
by having very few thoughts.

Freedom from thought is Divine Peace,  
and that is real freedom.

## **2**

### *Journeying through Anger*

*Suffering  
is of benefit to you.*

## *Purpose of Illness*

The purpose of illness  
is to weave  
the uncertainty of this world  
under one's very skin.

The purpose of illness is  
to rock you,  
to shake you,  
to terrorize you!

I craved peace.

Quickly, I found stability  
as I hastily scampered from  
my damaged body  
and hugged my Inner Self.

Next I discovered  
that the pleasures of my senses  
did not compare  
with the utter Ecstasy of my Inner Being.

More and more,  
I bathed in the warm ocean of my Heart,  
letting the water mature me.  
This Holy Water  
brought out all my good qualities.  
And it flushed my murky pain from the past  
out of every pore.

My troubled mind  
became disenchanted  
with worldly attachments,

and I turned ever inward,  
seeking the changeless Truth.

Every ache in my body and mind  
pulled me by the ear  
to the magnificent Abode within.

As my mind surrendered its attachments  
and united with my Spirit,  
it began to dance with all Life.

Joy bloomed like never before.  
When the mind completely withdraws  
from the limited, relative world  
and dissolves into the Infinite,  
an Enlightened soul is born.

All cycles of pain have ended  
for such a blessed, complete Soul.

Welcome suffering.  
Know that it builds a love for the opposite,  
the Bliss of Divine Union.

Buddha taught that  
you must experience something,  
to know it.  
If you don't experience it,  
then you don't know it.

To know suffering,  
to spend time drunk on its essence,  
harvests empathy.  
In the presence of others' tears,  
I am no longer indifferent.

I am compassionate toward lack of Knowledge.  
I now shake hands with people's darkness  
and gently pacify it.

Everything happens exactly as it should.  
What's happening now is appropriate.

Poor health brings the greatest gifts  
—humility, strength, Knowledge, and Peace.

And sorrow opens the gate to independence.  
I gladly welcomed this freedom  
as I moved beyond small, controlling minds.

Don't complain.  
The tough times of sickness are good for you.  
Trust that God has put his attention on you.  
He is speeding up your journey back to Him.

How fortunate you are!  
You are being led  
to the glorious Treasure within you,  
the exquisite Beauty of your own Being.

You are being sculptured into a wonderful healer.

*A peaceful, new environment  
allows you to heal.*



## *Fly Away*

At home there blew a storm  
that longed to see me tattered and torn.

My parents worried about me,  
exacerbating my situation.  
A child's pain is the parents' own.  
Their worry blew the wild wind harder.  
It scooped up debris and hurled it at me.

It grew very dark as more storm clouds rolled in.

We were blown from the others' hands.  
Without mercy, the wind sent us all crashing,  
and the rain flooded our homes.

I was drowning.

I became angry at my illness.

Ahead lay another year of the same.  
I refused to play the sickness game.

This rage demanded change.

Then an Angel gave me her wings,  
a reason to leave.

I flew to a safe place.

This peaceful, new environment provides respite,  
invites healing.

I need this time alone with God.

When the Angel asks for her wings back,  
I will return to my dear ones.  
Their loving support will be required then.  
Complete recovery will not be possible without them.  
And they need to see my grin again.

Together, in the milder, calmer days of better health,  
we will silence our crying past with joy.



*Sow precious seeds  
of wisdom.*

## *Weed Me, Seed Me, Feed Me*

Weed me, please God.

Please God,  
plow in my weeds of dysfunctional beliefs.

These weeds will steal water  
from the important new crop, You say.

As You cultivate,  
You add a fertilizer to my land.  
This manure is suffering  
—although it is foul smelling,  
it will make the crop grow so beautifully,  
You insist.

The stink irritates me terribly,  
causing weeds of rage to appear.  
I am irate at You  
for putting me in this situation!  
I direct all my anger at You.  
Only You can plow in these fresh weeds.  
Only You can relieve me  
of the grip of their roots.

Seed me, please God.

Sow Your seeds of Wisdom  
in the soil of my soul.  
Beside these rows,  
scatter seeds of gratitude.

Feed me, please God.

Water these crops daily  
with Your Love  
that You used to soften my Heartland  
when I was a boy.

The harvest has come.  
It's a bumper crop!  
There are so many hungry souls,  
and this yield is providing for them all.

I receive profound joy handing out  
our produce to others.  
I realize that  
the joy of giving is far greater  
than the joy of receiving.

God winks at me.  
I've been rewarded one hundred fold.



*Live your life  
in the present moment.*



## *This Moment*

Everything's moving so perfectly.  
Everything happens with precise harmony.  
So let go your fears,  
wipe away your tears,  
  
and come back to this moment.

The present moment is a present,  
a gift from God.

The present moment is inevitable  
and comes from great depths.

So much serenity lies in the moment.  
Be with that.

Live in the present moment.  
Live now, now, now...

We regret the past.  
We are angry about the past.  
But regret and anger waste our energy.  
The past is over and cannot be changed.

We fear the future, but this too drains us.  
Look back at all the times that  
you were anxious about tomorrow,  
and yet you have moved through life.

Our thoughts swing between  
regrets or anger about the past  
and fears of the future.  
The result is stress and health problems.

So live in this wonderful moment,  
for there lies the Divine,  
and His Love will heal you.

By living in the now,  
we are free from stress and tension.  
The present is an oasis of Peace  
for your body to balance itself.

Living fully in the present moment is the art of living.



*Be dispassionate.*

## *So What*

Insure your mind with dispassion.

*So what* if I win a million dollars.  
I wouldn't feel lasting joy  
playing with all my new toys.

*So what* if I land a powerful job  
that keeps me in control.  
I could boss everyone around  
but, in that, deep satisfaction wouldn't be found.

*So what* if you shout at me  
with words loaded with hate.  
Those mere utterances won't go that deep,  
my tranquility, I'll keep.

*So what* if I encounter fame  
and appear in the papers every day.  
Thousands of people read my name,  
then soon I'm forgotten, and it's all the same.

*So what* if I never meet my soul mate.  
Perhaps the single life is my fate,  
but God will always be a friend, first-rate.

Dispassion conserves your energy,  
centers you in your Joy.

*Drop your desire  
to please others.*

## *Disease to Please*

I worked hard—so hard.  
I pleased and impressed  
my teachers,  
my parents,  
my friends,  
with outstanding results.

I became addicted to success.  
Like a heroin addict needs his next hit,  
I needed to feel the praise of others  
and receive their accolades.

But my insides were screaming.

Self-affection was so low, barely there.

It's a requirement of the soul  
to receive a certain amount of love.  
My mind was not offering it.  
So I worked excessively and earned it.

In the process, I snared a disease.  
It was the disease to please others.

I fell and pointed the accusing finger.

Blaming others for heartache was a mistake.  
It hurt me more.  
Even I was not to blame,  
as this was the work of God.

Then I began to ask,  
“What do *I* want to do?”

rather than,  
“What do other people want me to do?”

I began to listen to my heart,  
in which sits the Divine.

I began to please my heart  
above anyone else.

And guess what?

Love overflowed.





*Accept everyone.*

## *Acceptance*

Accept each other.

Accept others' positive qualities  
and malodorous ones.

Everyone is doing  
the best they can for their  
level of consciousness.

Let them be.

Be at ease with all.

You don't have  
to mold others  
into something  
that is foreign to them.

Each of us is being  
created perfectly by God,  
so His Creation works.

There's value in  
every character trait.

Real love and healing flow  
when we accept people as they are.

Not accepting people will agitate you,  
block your healing.

Harsh, judgmental thoughts delay health  
as we chew on their bitterness.

If people don't  
accept you,  
don't be disturbed,  
don't worry.  
Save your mind.  
Their reactions  
are up to them.  
Let them carry their cross.



*Accept the world.*

## *Perfection*

The desire for  
the outer to be perfect  
is the root cause of anger.

Through stressed eyes,  
my environment seemed imperfect.

But to God,  
this world,  
with all its car accidents,  
and birthday parties,  
and pollution,  
and jokes,  
all its scraped knees,  
and movies,  
and love affairs,  
and scams,  
all its daffodils,  
and wars,  
and personal triumphs,  
and disappointments,  
is perfect right now.

Through meditation,  
I connected with the Perfect Self within.  
I began to see the outer world  
was just as perfect as the inner one.

Joy transformed my view.

Accept the world exactly as it is  
—but still fight against injustice and cruelty.

When we truly accept what is,  
it frees us to act dynamically for positive change.  
Your efforts to improve the world  
are also part of what is.



# 3

## *Journeying through Fear*

*You are love.*

## *Who Are You?*

Are you a man or a mouse  
or a phobic locked in house?  
Are you a rich man or a poor man  
or a drifter without a plan?

Are you an Englishman  
or are you an American?  
Are you black or white,  
or mixed and lost tonight?

Are you a respected man,  
a lawyer under a wig,  
who rallies in court  
then enjoys a victory hard fought?

Are you a housewife  
who yearns for life  
before nappies, dusting, and dishes  
and all those honeymoon kisses?

Are you a humble writer  
who has fallen in love with words?  
Will you roam the universe until the end,  
creating magic with your pen?

As for me, well,  
let me just see.  
I am all these folk  
as they are Pure Consciousness, Spirit,  
and that is ubiquitous Me.

I am Infinite Peace.

I am Infinite Joy!

I am Love.

I am the Love that is others.

This Love is God,

and He is omnipresent.

God exists as everything  
—as trees, as animals, as people.

There exists only One Life.

I am One and All.

When you experience no duality,  
you experience no fear  
—just Love's open sea.

Break free from your mold.  
You are so much more than your role.

You are Love.



*Observe  
your unpleasant sensations,  
emotions, and feelings,  
and they will dissolve.*

## *Transform*

You have the power  
to immediately erase  
any discomfort.

It's an ancient secret  
that will save your mind  
over and over.

Here it is.  
Whenever you observe  
any unpleasant sensation, emotion, or feeling,  
it is transformed into Love.  
Observing negativity dissolves it.

This is a law.

In the beginning,  
this technique requires some courage.  
In time, you will master it.

Fleeing from your anguish brings anxiety.  
Facing your anguish cures it.

Dissolve bodily pain by watching it.

Observe your fear, and it will fall away.

Go down with your depression.  
Let it take you all the way down.  
God's Ocean within is at the very bottom,  
and this will soon raise you up.

Dissociate from suffering.  
Let it be there.

Watch it.  
Dive deeply into it.  
Transcend it.  
Overcome it.





*Relax, God is in  
complete control.*

## *Relax*

Relax, God is in complete control  
of everything.

Nothing is outside God's control,  
not even your thoughts.

Your illness has come  
because it is God's wish for you.  
He desires for you to grow as you recover.  
He knows you are strong enough  
to burn some outer layers of ego.  
He has taken you down low,  
and now he's raising you up.  
To reach the highest mountains  
one must first trek through the deepest valleys.

Most people believe  
that they are holding up the roof of their life,  
and, if they let go, their world will implode on them.

Let go and see that God is supporting your roof.

Just watch closely—life moves by itself.  
Things happen by themselves.

God is delivering you from poor health.  
He is rebuilding you,  
creating a new you.

You have nothing to do  
but relax, smile, and laugh.

Look over your shoulder at your history,  
at your long, winding trail of desires.  
Some wishes have been granted;  
others have been left yearning.  
God fulfills your wants  
only when the outcome is good for you.  
If a desire has not been fulfilled,  
understand that that was good for you too.

God lays down the right path for us.  
He knows what is best for you.  
Every moment has been carefully chosen  
for your benefit.



*Meditate  
and improve the quality  
of your life.*

## *Small Mind, Big Mind*

My small mind overdosed me on

stress,  
confusion,  
doubt,  
fear,  
depression,  
worry,  
feverishness,  
jealousy,  
greed,  
regret,  
sadness,  
fatigue,  
and feelings of inferiority.

But then I meditated  
and jumped into the Big Mind.  
My small mind grew silent.

Now I experience more

love,  
order,  
serenity,  
humility,  
compassion,  
fun,  
calmness,  
balance,  
happiness,  
depth,

energy,  
bliss,  
beauty,  
freedom,  
and feelings of Oneness.

I thank God for my Big Mind.

In meditation,  
we dive deeply into the Infinite Peace  
of the present moment  
that pulsates as the Big Mind.

The Love of the Big Mind  
will comfort you, satisfy you.

Merge, dissolve, and disappear  
into the Big Mind.

All diseases, mental and physical,  
originate in the small mind.  
If the small mind is ill over a protracted time,  
it will soon give rise to sickness in the body.  
The body follows  
in the footsteps of the small mind.

Meditation helps heal any disease.

The Big Mind, the Infinite Self within,  
is so powerful it can move mountains.





*Be disciplined.*

## *Pole of Discipline*

In the mud hole I stood.

I was sinking  
and fretting over how I arrived there.

All I could intuit was that it was fear.

The stinking mud was eager to swallow me.  
It was going to win.  
But then I grabbed the pole of discipline.

Self-torture for nothing is not discipline.  
Discipline is self-control  
with a purpose of taking us to joy.

I worked my hands up the pole of discipline  
that entered the clouds.  
The clouds conceal Wholeness.

As I ascended,  
I noticed others climbing their own pole.  
Zephyrs were drying the mud on our bodies.  
Flakes of anguish showered the Earth.

Discipline is setting us free.

I pause to take in the view.  
From up here, it's incredible!  
I see all the roads and pathways of my life  
that led me into that mud hole.

I understand now.

*Feel one  
with everyone.*

## *All Belong to Me!*

Deep inside of me  
there's no individuality,  
just the stars, the moon, and the sea.

Deep inside of you,  
beyond all the blood, the bones, and sinew,  
is all that same Beauty too.

Deep inside the school child  
are the same stars, moon, and sea.  
I draw and paint and read,  
then wait for Mom at the gate.

Deep inside the homeless man  
are the same stars, moon, and sea.  
I suffer as they do on the street,  
feel their cold hands and feet.

Deep inside the baby in the pram  
are the same stars, moon, and sea.  
I'm gurgling and burping,  
so free in my natural state.

Deep inside the politician  
are the same stars, moon, and sea.  
I meet and greet the people  
and sometimes opt for war.

Deep inside the film star  
are the same stars, moon, and sea.  
That is I walking the red carpet,  
waving to my adoring fans.

Deep inside the monks of the world  
are the same stars, moon, and sea.  
With their compassion for others,  
I am creating a better world.

Deep inside the atheists  
are the same stars, moon, and sea.  
Through them, I experience duality  
and feel the angst of separation.

My stars, moon, and sea within  
are present in all!

Everyone belongs to me!

Everyone is a member of my Global Family.

Everyone is Consciousness,  
Energy, Vibration.

I am part of you.  
You are part of me.

Feel that there's no difference  
between you and me.

Feel one with everyone.  
That is love.



*Let clouds  
of emotions and feelings  
come and go  
without being overly shaken.*



## *Clouds*

You are so powerful.  
You are more powerful than you realize!

You are the sun.

Sometimes,  
the cloud of fear comes.  
Sometimes,  
the cloud of anger comes.  
Other times,  
the cloud of depression comes.

Clouds cannot permanently obscure the sun.  
All clouds, sooner or later, move on.  
No mood can dominate you for too long.  
Cling to the truth that  
everything is changing,  
changing, changing.

It is not possible to  
always be fearful.  
It is not possible to  
always be angry.  
It is not possible to  
always be depressed.

Clouds cannot touch the sun.  
After they've passed,  
you realize they have not touched the real You.  
No emotion or feeling can scathe or taint You.

You remain pure.  
Stay with the true You.

Identifying yourself as clouds  
exacerbates your condition.

When many clouds of fear come,  
there is a danger of labeling yourself  
as a fearful person.  
If you do this,  
you will attract even more clouds of fear.  
And they will be overwhelming to you  
because you think you are these clouds of fear.

When many clouds of anger come,  
there is a danger of labeling yourself  
as an angry person.  
If you do this,  
you will attract even more clouds of anger.  
And they will be overwhelming to you  
because you think you are these clouds of anger.

When many clouds of depression come,  
there is a danger of labeling yourself  
as a depressed person.  
If you do this,  
you will attract even more clouds of depression.  
And they will be overwhelming to you  
because you think you are these clouds of depression.

But, if you choose to see yourself as the sun,  
you will not be overly shaken by any transient cloud.  
The sun knows that it's more powerful than any cloud.  
The sun is always distanced from the clouds.

You are constantly radiating brilliant rays of health  
beneath the thin, outer membrane that is your illness.

Don't be impressed by any cloud!  
It is temporary  
and will soon move beyond your view.

Let dark storm clouds come.  
Know that you are the sun.  
Know that these clouds are passing  
and will soon be gone.

Clouds cannot destroy the sun.  
However, the sun can destroy clouds.  
Observe clouds.  
Concentrate on them.  
Focus your potent rays on them,  
and you will burn straight through them.  
Then they will dissipate  
and let you shine on the world.

*Be like a child.*

## *Children of the Light*

Peering into a child's eyes,  
suddenly I realize,

that there's so much love in this world.

And this love squeezes out my fear.  
It tells me that everything will be all right.

It tells me that we are all children  
—children of the Light.

Be like a child: natural, joyful, innocent.  
These little angels have no affectations.  
Beautifully, they play in the moment,  
saturated with love and goodness.

The innocence of a child is what the world needs now.

*Accept your  
predicament.*

## *Float, Not Fight*

We all flow down the river  
toward the Ocean.  
Our journey is complete  
when we enter the Ocean  
and become It.

You don't know  
how my river flows.  
In this section,  
I've bounced off rocks,  
been tossed over waterfalls,  
and trapped in whirlpools.  
Here, the water burns.  
Dead trees line the bank.

Meanwhile,  
your scenery is majestic,  
so green and lush.  
A fern gently brushes the fly off your face.  
The water there is calm and cooling.  
Effortlessly, you're being  
slowly carried downstream  
like a wooden boat that kids set loose.

I have to accept my predicament.

I must *let go*

and allow the current to carry me.

The more I cling to my troubled thoughts,  
the more energy they drain from me.  
Resistance in the form of

fears, doubts, and complaints  
slow my repair.

Fear of suffering  
prolongs suffering.

A fearless mind, though,  
recovers quickly.

My body will heal itself  
if I just give it a chance.

I surrender to the river.

The rocks don't feel so sharp.

The river can do what it likes to me.  
Nothing is worth losing my smile.

I think of you serenely drifting  
through beauty.

As you do,  
I float, not fight.





*Open your arms  
to every event  
in your life's story.*

## *The Stage*

We are the actors.

A stage drama is playing out every day  
with the Divine as the Director.

The actor plays his part on stage,  
following the script meticulously.  
Although the story revolves around  
money, struggle, lust, revenge, and crushed dreams,  
it takes the thespians spiritually higher.

Every event evolves their minds.

Consciously or unconsciously,  
every one of these actors  
longs to be a Director one day.

The Director sees no opposites in his tale.  
He doesn't see happenings on stage in terms  
of right or wrong or good or bad.  
To Him, it's simply a play  
—a play of Consciousness.

What the thespian lacks is contentment,  
as he's thrown here and there by the  
story's peaks and troughs.

Everything tires him.  
That is the ulterior purpose of the script.

Before long, he is exhausted  
and is forced to leave the stage,

leave the endless story,  
leave the other actors.

Offstage, in his own time,  
he recuperates  
from his amazing, draining performance.

When he is feeling strong  
and established in Peace,  
he assists the Director in any way he can.



*Take life  
not seriously.*

## *Take off That Mask*

Enter the clown  
to make the world go round.  
He'll draw out your playful side  
that has been told to hide.  
He'll tear down your walls  
and let you laugh.

God loves fools.

He is bored with wise men's philosophies.

Don't take life too seriously.

See it as a game.

Play the game,  
take it lightly, easily.

Be playful.  
Have some fun,  
for it is healing and healthful.

If you are entrapped by seriousness,  
you are easily disturbed by events.  
Break free and smile!  
Your smile carries you from your head  
to you heart, back Home.

Life is short  
—too short to always be stony faced.

Earth: A tiny ball lost in infinite space  
on which lives the human race.

When you see it from this slant,  
you kick up your heels and dance!

Some mislead themselves  
by thinking that to succeed  
they have to wear  
their humorless, staid mask.

Take off that mask.

When you shine  
with the Love and Joy that you are,  
you attract the right people,  
and success comes quicker  
than for the solemn who unknowingly grow sicker.

Laugh and all of Nature laughs with you.





*Revisit your past  
and heal  
painful memories.*

## *Memories*

Memories of tension and malady  
are ghosts that haunt us.

We view the place that shook us.  
It's just a place.

We hear the people from black yesterday.  
They are just people.

We created this illness ourselves.  
Now we are creating health.

You have the power to create Heaven.

Be brave and  
visit the places  
that led you into darkness.  
Be with the unpleasant emotions  
that such places trigger.  
Watch your irksome emotions intensify,  
then disappear.

Let them come and let them go.

Weave some playfulness  
into such shadowy venues.

Sing, laugh, and dance there.

Smell some flowers there.

These sites give birth to beauty too.

Replace the heavy memories  
loaded with dread.

Either in mind or in body,  
shake hands with the people  
who have hurt you.

See them as rag dolls  
who are not in control of themselves.  
These people have simply delivered  
an experience to you  
for which you were due.  
No one can hurt you,  
it's all your own karma.  
Thank such people for helping you grow.  
They have strengthened you.  
  
Heal the past and be free of it.

# 4

## *Journeying through Depression*

*God has the power  
to positively transform  
your life.*

## *Private Revolution*

I felt I had no choice.  
I felt I had to travel this mad way.  
There was too much from the head  
and too little from the heart.  
Locked up in prison,  
I became the subject of derision.  
  
Illness struck like a bolt of lightening.  
  
Down a well I fell.  
  
The light dimmed fast.  
  
Misery.  
  
Pitch-black.  
  
Hospitals.  
  
Then, at the bottom of the well,  
I prayed.  
  
And God came.  
  
He struck a match.  
I found past skeletons,  
old beliefs that were failing me.  
With God's match,  
I burnt all those bones  
amidst my pain and moans.

As we watched the flames,  
God said it was time to wake up  
instead of give up.

The Divine and I  
charged through every cell,  
killing off illness  
and filling each one with His Grace.  
Together we created a new me.  
Peace of mind would visit  
and stay for a while.

After many moons,  
I appeared at the top of the well.  
I sank to my knees  
and thanked God repeatedly.

Returning to the busy world,  
I saw dark souls,  
so lost and lonely.  
Into a mirror with yesterday's reflection  
I peered.  
One poor fellow  
asked me where to begin.  
I told him to journey within.

Inner reform created an outer one  
—old relationships were strengthened  
and new ones came along.  
I now see the Divine in others.  
All are my Sisters and Brothers.

In my private revolution,  
I ended my heartache and confusion



by changing my constitution  
through Holy Union.

*Be open  
to new experiences.*

## *Crossroad*

My profession became mundane.  
I'd grown beyond it.

Poor health stands one at a crossroad.

I contemplated a new career.

Meditation reveals hidden talents.  
It uncovers gifts that one longs  
to share with the world.

I never dreamt I would be a writer.  
I need to wash my soul with Creativity.  
I need to bathe in Beauty,  
Freedom, and Love.

At this challenging junction,  
there was much  
variety in my weekly routine.  
Recovery demands this.  
A tired mind needs  
the freshness of change.  
Several different jobs  
may serve you well.  
Find some light occupation  
in the company of others.  
This is a wonderful time to explore  
new employment opportunities.  
You may also find it helpful to  
do volunteer work,

as this delivers healing to you  
on a number of levels.

Be open to new experiences.

Perhaps at this interesting intersection,  
you develop a desire for greater wealth.  
If so, search for a need in society,  
then greet it.

Money is given to the ones  
who are like lions  
—with incredible focus,  
they stalk their goal  
patiently, persistently,  
until it is between their teeth.

Feelings of powerlessness may come  
at this crossing.  
Such feelings can be overcome  
by knowing that  
*you* are attracting new circumstances around you.  
Your aura is charged with particular emotions  
that draw certain situations and events to you.  
Clean your aura of negative energy  
through spiritual practices  
and witness the glorious renovation  
of your outer world.

We are like magnets.  
Negative energies attract negative situations.  
An aura of Love attracts peacefulness, Heaven.

*You* are attracting your next treatment,  
your next medicine,  
your next phase of healing.

Finally, worry not about money  
as you change paths  
and head for greener pastures.  
If your main goal is to spread love,  
all your needs will be met.

*True success  
is happiness.*

## *True Success*

Worship your goal.  
Dedicate your life to it.

If God manifests your dream,  
be generous and share your success.  
Bestow on others in need  
some of your rewards,  
whether it be money or knowledge.  
Victory followed by donation  
brings you higher and higher success.

Share your joy.  
Share your love.

True success,  
I've come to realize,  
is health and happiness.  
If I have these,  
then I am successful;  
I am wealthy.

Poverty is fear and depression.

Outside events do not determine my happiness.  
The world is not the source of joy.  
*I am Joy.*  
That is my true self,  
my real identity.

I protect my Joy by remaining centered  
and simply observing whatever passes me by.  
I don't have to react  
to happenings with negativity.

There is always the option of  
just watching the situation  
from a calm space within.  
Our mind labels happenings as good or bad,  
then reacts to them accordingly.  
Our Spirit simply witnesses.

More and more,  
withdraw your mind  
from this world  
so your abrasive reactions are hushed.

More and more,  
live from your serene Spirit  
to be with your Peace  
and kindle your Bliss.





*Be creative.*

## *The Power of Art*

Turn your life around  
with the power of art.  
Let's usher out all that spooky stuff.  
Let's move out of the rough.

Drop your worry  
by picking up a brush  
and paint your difficult past.  
The present moment will bring forgetfulness.

Maybe you like to act?  
Share your journey on the stage.  
Your tale of courage will bring closure  
so you can begin a fresh page.

Scribble it all down.  
The black ink flows from thee.  
Pools of heartache wait to be siphoned out  
by your friend the pen.

The Creative Energy of art  
will treat your body and mind.  
It will shade you,  
bring you solace every time.

*Let go your  
expectations.*

## *Astrologer*

We expect the future to be gloomy.  
This is depression doing its job very well.

But who knows  
what treasures the tide will  
wash up onto your shore?  
Who knows  
what fortunes tomorrow will bring?  
Who knows  
what wondrous gifts  
Nature will reveal to you today?  
Who knows  
what delights lie ahead in the  
following minutes?

That said,  
it's best to leave your future alone.  
Expecting good or bad things  
to happen in the future  
reduces your joy now.

Expectations take you out of the present moment,  
which is the very source of your joy.

We color in the future,  
sometimes with dark-colored pencils,  
sometimes with light-colored ones.  
But in the meantime,  
we miss the magical and beautiful masterpiece,  
the present moment.

Let life surprise you by living in the moment.  
That's more fun than playing the astrologer.



*Your hurt  
is part of God's love  
for you.*



## *A Deep Foundation*

My friend of many years wrote me a letter.  
She'd been unwell since the day I met her.

She wrote:

“It seems everything is changing,  
everything except me.

A baby is born in the family,  
and I'm still poorly.

A friend gets married,  
and I'm still poorly.

A relative dies,  
and I'm still poorly.

A war is declared,  
and I'm still poorly.

A war ends,  
and I am still poorly!

But no, really I'm changing too.

Just my changes are subtle,  
not easily distinguishable to the passerby.

Inside me,  
a deep foundation is being built,  
one that is rock solid,  
constructed from Wisdom and Love.

This is what is required  
to fortify my years ahead.

This is what is needed,  
if I'm to grow in the world  
and live as a towering skyscraper.

When they construct a monolith like this,

the foundations are always so deep,  
so entrenched in the earth.

Maybe one day,  
I will evolve to this,  
if that's what my Architect has in mind.  
Perhaps then,  
tourists below will see  
the great benefit of being sick.

That sounds strange, doesn't it?"

Accept that hurt is part of God's love for you.



*Visit God  
within you.*

## *Within Every Heart*

A long time ago,  
God walked this Earth  
for all to see.  
He was a tangible reality.

But too many touched Him  
with their complaints and demands.  
So he escaped to the moon  
hoping to find peace soon.

Devoid of the human race,  
the moon was a quiet place.  
But man built a rocket ship  
to be with God.  
Again, people pestered him.  
Again, God wanted to be alone.  
After lunch,  
without anyone noticing,  
He crept away.

“For some peace, where can I go?”  
God wanted to know.  
“There’s one place I will not be found,”  
He thought.  
“I’ll make a new start,” said He.  
And with that,  
He leapt into the human heart.

Our mind has been imprinted  
with a million photographs,

a million impressions,  
one on top of the other.

To sit close to God again,  
to find the real You,  
all you have to do  
is find a spiritual path  
that will clear the view.

Jesus once told some Pharisees:  
“The Kingdom of God does not come in such a way as to be seen.  
No one will say, ‘Look, here it is!’ or, ‘There it is!’  
because the Kingdom of Heaven is within you.” (Luke:18:20)

The time has come  
to see God within yourself.

Visit Him in meditation.

The time has come  
to see God within everyone.

He smiles at you from within every heart.

The time has come  
to see life as it really is.



*Serve others  
and receive healing.*



## *Serving Heals*

The recipe for depression  
is to sit at home all alone  
and ponder the four walls.

Lend a healing hand  
to those who adamantly believe  
that “no one gives a damn about me.”

Surprise them with your smile!

When you open your heart to the needy,  
the inner tap of Love is turned on.  
This Love flows into all those dim cracks  
in your soul that haunt you  
with their echoes of fear.

Don't sit at home on the couch,  
hypnotized by the television.  
Your cracks will soon become crevasses.

Something watches you serve.

Then It rewards you  
with a soothing, enriching feeling,  
one that antidepressants cannot offer.

Serving heals  
both the giver and the receiver.

Happiness comes from serving others.

Elevate another soul  
and you elevate your own.

I used to help the homeless.  
Like a close-knit family,  
they clung together on the icy streets.  
They were the epitome of endurance.

They were my heroes.

For some, their goal was to  
pass the test of one more Winter's night.  
For others,  
they were more hungry for communion  
than for our soup and bread.  
Hardship had crushed their pride,  
allowing us to speak candidly on any subject.

Then there were the crazy ones,  
lost in their overgrown mental wilderness.  
Their search parties had given up long ago.

What happened to these people?  
How did they slip quietly into the shadows?

To politicians, these people are mere ghosts.  
Helping the homeless is not a vote winner.  
It is incongruent with their grabs for power.

The homeless are our Brothers and Sisters.  
They are part of us.  
We walk by them in a state of amnesia.

Perhaps we are more needy than them?

The only security in this life is to give love.



*Be grateful  
for everything  
you have in your life  
right now.*

## *Wake Up*

You say you'll be happy  
when you finish school.

Then you convince yourself you'll be happy  
when you find the ideal job.

Then you believe you'll be happy  
when you find the perfect partner  
and settle down.

Then you feel that you'll be happy  
when you have children.

Then you think you'll be happy  
when your children leave home.

And you are adamant  
that you'll be happy when you retire.

We believe that we will be happy  
at some point in the future.

But this time never arrives.

We delay our happiness,  
and it constantly eludes us.

Wake up.

You only have this moment,  
nothing else.

There will only ever be now.

You have been asleep for so long,  
dreaming of Utopia on the horizon.

Your contentment, your joy,  
lies in this present moment.

Like a puppy chasing its tail,  
your mind chases gladness in the future.

But your Spirit pulsates joy *right now*.

The great secret in life  
is to be grateful for everything  
you have in your life *right now*.

If you are presently grateful,  
there's no room for  
complaints, discontent, or depression.



*Partake in yoga.*



## *Thousands of Channels*

Although I lie in the gutter covered in mud,  
I am a jewel.

I had to fall flat on my back  
to see the glory of Heaven  
for the very first time.

And receive its Blessings.

I am an intricate network of thousands of channels.  
Along them flows the Universal Life Force.

Some channels are blocked,  
giving rise to symptoms.  
They are congested with toxins,  
choking the Life Force.

I ate impure foods,  
I received polluting thoughts.  
I breathed toxic fumes.

To find serenity,  
to erase the “dis” from dis-ease,  
I must open these pathways  
with yoga and meditation.  
I will clean my inner ducts  
with these golden gifts from Heaven  
and let the Life Force flow once more!

Health comes  
when we raise the Energy within.  
The pressure behind the dam wall builds

and eventually smashes it,  
flooding the dry, damaged valley below.

Drown your fears with Bliss.

Wash depression away.

The resurrected river of Love awakens me,  
rejuvenates me.



*Chant God's  
mantras.*

## *Crystallized Sorrow*

All thoughts  
arise spontaneously.  
You have no control  
over which thoughts you receive.  
They simply arise in the mind,  
species of any kind.

Some convalescents  
drum positive affirmations  
into their psyche.  
Unknowingly, they create more negativity.

If you repeat, "I'm healthy,"  
the mind constructs an edifice of the opposite.

Your mind has a mind of its own.

So-called positive thinking  
appears to be effective in the beginning,  
but it shoves your rubbish under the carpet.  
Soon it begins to smell abhorrently.

Positive affirmations crystallize your sorrow.

Don't worry about thinking positive.  
Don't worry about thinking negative.

Thinking needs to be transcended.

Observe your thoughts.  
See that they come and go.  
You will reach a new plane of existence.

Repetition of words *is* useful,  
if you chant God's mantras.  
This removes the root cause of negative thoughts.



*Be in nature.*



## *Nature*

Be in Nature  
as much as you can,  
for it is Home.

Everything is Consciousness,  
the Being, the Self.  
Everything is Energy,  
vibrating at its own frequency.

Our thoughts are  
a stream of Consciousness.  
When we stress out,  
our vibration rocks others about.

The Vibration in the woods, however,  
has a healing effect.  
It seeps into every pore  
to dance with our Divine core.

And the Vibration of the ocean  
takes you to a higher plane.  
It fishes you out of the mire,  
helps dissolve difficult feelings.

And the Vibration in the mountains  
is as fine as it comes.  
I want to camp there for days  
and contemplate the sunsets.

For now, though, I'm in the city.  
It's where I'm meant to be.

There are too many people here  
who need me.

Soon I'll escape  
and be with my Lover once more.



*Keep healthful  
company.*

## *Healthful Company*

I'll keep healthful company,  
be with inspiring people.  
I'll hang with the Love-givers,  
the Dream-weavers.

Everyone's aura  
is charged with certain emotions  
that rub off onto others.  
We sprinkle our neighbor  
with our own unique star dust.

Some people's star dust is polluted,  
blackened, and dulled by stress and excess.  
Ignorance eclipses their heart.  
They dump their lead cross  
at my front door.  
Like a broken record,  
they speak passionately  
about their tragedies.  
Theirs is a perverted joy.  
They happily clutch  
their limp bouquet of problems.

But friends, you know how to raise me,  
how to take me to Heaven!

I love your humor, warmth, and insight.

Listening, sharing, and being natural  
are the keys to harmonious relations.  
Relax into intimacy.  
Allow The Flow between you both.

Talk to the other person as if  
you were conversing with yourself.

Meditate.  
Clean your aura of negative energies,  
and thus attract peaceful people  
and harmonious relations.

If you associate with criminals,  
you'll turn to crime.  
If you mix with Angels,  
you'll become one.

# 5

## *Journeying through Crisis*

*Don't worry,  
God is always with you.*



## *Don't Worry*

Don't worry,  
a loving God is always with you.

Don't worry,  
He has not forgotten you.  
You might have forgotten Him,  
but every second,  
He cares for you,  
watches you.  
He's like a fish.

And fish never blink.

Don't worry,  
He will carry your cross  
and give you rest.

Let go and let God.

Don't worry,  
He will be there for you tomorrow.

Never feel it's all up to you.

It's a very small job  
for Him to take care of you.

Don't worry,  
He'll carry you through  
this challenging time.

Those footsteps in the sand  
are not yours—they are His.

Go to sleep each night cradled in His arms.

He loves you so dearly,  
more than a mother loves her child.



*Offer everything  
to the Divine.*

## *Offer All*

I had a turbulent day today,  
nothing went my way.  
I'm left with a sour taste,  
felt it was all such a waste.

So to you the Divine,  
I offer this horrible day,  
with all its hopelessness,  
and all its emptiness.

To you the Divine,  
I offer fearful thoughts of tomorrow.  
My imagination paints vivid pictures  
against a bleak sky of doubt.

And to you the Divine,  
I offer that ignorant, judgmental speech  
that someone delivered my way.  
Those words stabbed my side.

And to you the Divine,  
I offer my painful past  
that haunts me  
with whispers of weakness.

My offering appears on a plate,  
accompanied by my prayer:  
"God, I cannot handle this.  
Please take it from me."

Offer Him all your past  
and all your future.  
Offer Him all your bad karma

and all your good karma.  
Offer everything to the Divine.  
He collects your rubbish  
like a garbage collector.

Offering lightens me,  
frees me in the moment,  
as He now carries my cross.

Those who surrender to God,  
who is in complete control,  
win in this life.



*Be a warrior!*



## *Warrior*

On my journey to getting well,  
I'm paying a visit to hell.  
I feel so empty I cannot give.  
I'll reinvent how I live.

I'm a warrior!  
I'm strong and determined!  
I'm a warrior!  
I'm courageous and learned!  
I'm a warrior!  
I slay the disease within!

I look forward to the serenity of sleep,  
but find insomnia takes a bite.  
And then in the blackness,  
nightmares take their slab of flesh.

There's an inner river I must ford  
by putting my faith in the Lord.  
I'll bury myself within my Spirit's Peace  
and let go, despite disease.

My depression is here  
because I've lost the will to fight.  
I need to fight for a good cause.  
This is the best medicine for depression.

To the end I will endure,  
night after night after night,  
until dark days are out of sight  
and I'm reborn in the Light.

*Congratulate yourself.*

## *Doing My Best*

Now I'm stuck.  
I've fallen in a rut.  
It's all my own mess,  
despite always doing my best  
for my level of consciousness.

I reacted to all situations past  
with the awareness I had then.

Therefore, my reactions were perfect.

I believe I've always done my best.  
Today my hands hold no regret.

So listen, that's enough  
of you being too tough  
on where you are.  
Actually, you've come so far.

Periodically congratulate  
yourself in your current state.

*You are not the body.  
You are free.*

## *Burning Up*

Am I in the abode of the damned?  
I'm burning up.

Under constant pressure,  
I fight the armies of illness heroically,  
stoically.  
This is an ugly, dark, cold war.  
Serenity within my ranks  
was taken prisoner months ago.

All I know is long minutes,  
long hours, long days.  
I am being ruthlessly branded  
by the dark side of my history  
with its white hot iron.

Ahh!—

Yes, this *is* purgatory.

The flames rise  
and signal my demise  
from this Earthly plane  
as I clutch the hands of the insane.

A mist descends  
and splits my fear  
into a thousand strands  
then annihilates them all.

As the mist clears,  
I see they are a Saint's hands I hold.

He has such warm hands.

"You are the witness.  
The body suffers  
but the real you is free,  
totally free from this misery!"  
my Heavenly Teacher insists.

"You are not the body!  
You are the Peace," my Savior  
repeatedly drops into my consciousness,  
filling it with cool relief.



*Build your faith  
in God.  
Study the teachings  
of a spiritual master.*



## *Crystal of Faith*

I'm a hundred feet up,  
perched precariously  
on a fragile, thin, twisted path.  
This huge, underworld cavity  
has wrapped me in darkness.  
Below, emanating from a fiery floor,  
is a continuous, agonizing cry of my name.  
In the distance,  
a luminous apparition of God beckons me.

All I have to do  
is take one small step toward Him,  
and He will take one hundred steps toward me.

But illusion paralyzes me.

God beckons me again.

Self-deceiving beliefs anchor me to the spot.

Pale, ugly entities with bulging eyes  
claw at my legs, hoping to pull me down.  
I kick them away.  
They scream as they plummet back  
into the depths of all that is rotten.

Within my weak, ghostly body,  
I desperately search for my faith in God.  
I find it hidden in a far, obscure corner.  
I pull it out and blow the dust off  
this small, mauve-colored crystal.  
In my trembling hand,

it pulsates very faintly,  
weakened by not being held.

Amidst a slew of worries,  
I feel a touch of sureness now.  
Slowly, a flower bud of hope  
begins to open.  
A new belief manifests itself  
that life will work out fine,  
even though the path ahead  
is devoured by a frightening blackness.

I take my first tentative step toward God.  
And He takes one hundred steps toward me.

With my single step,  
my mauve crystal of faith  
glows a little more brightly  
in my still shaking hand.  
As I gaze at it,  
I suddenly realize that  
God *is* taking care of me.

Again, the apparition of God in the distance  
signals me forward.

I nervously take another step in His direction.

God takes another  
one hundred steps toward me,  
causing my mauve crystal of faith in my hand  
to shine more intensely.  
With it comes the knowing that  
God will *always* take care of me.

I again step toward God.  
He steps another hundred steps toward me,  
causing brilliant rays of mauve light  
to burst forth from my crystal of faith.  
It comes alive like never before!  
My confidence builds.

Soon, I meet Him face to face.  
He picks me up and carries me  
the rest of the treacherous way.

The impossible has happened!  
I've made it across the pit of death  
to a safe and sturdy island of ground.  
My body solidifies with strength.  
Friends greet me with hugs.  
God has brought them to this place of rest too.

Suddenly the roof cracks open,  
and moonlight pours in.  
We quickly find ourselves  
in a dew-covered meadow  
under a canopy of magnificent stars.

We light fire-sticks and our optimism.  
God serves us delicious food.  
My friends and I feast  
and dance well into the night.

Those recovering from illness are often  
anxious about their future.  
To them, it feels so uncertain.

Faith conquers such anxiety.

Build your faith.  
Study the words of the Enlightened Ones.  
Bang on the door to Heaven.  
Find a genuine Spiritual Master  
and come out of the darkness.  
Celebrate in  
the Master's Wisdom, Beauty, and Love.



*Suicide is  
not the answer  
to suffering.*

## *Don't Step Out*

The core of you is like the sun.  
Clouds may pass over it,  
but they can never extinguish it.

Don't step out of this life  
because you'll step into an abyss.

You have the strength to endure  
anything that comes your way.

Support is always available.

An early exit stage left  
not only leaves others bereft,  
but you soon realize your anguish  
has not left you.

Suicide removes the body  
but not the problem.

Suicide is like taking off your coat  
and walking out into the snow.

Beyond self-murder,  
one exists in a worse situation.

Those who take their own lives  
soon realize that  
a wonderful opportunity has been missed.  
They see that they could have stayed here  
and resolved their heartache.

They would have evolved and found peace.

Instead, they sit helplessly beyond death,  
suffering their aggravated agony.

Don't step out.  
It is not the answer.  
It will not silence the torment.

If being cooked in life's fry pan,  
don't leap out into fiery hands.





*Be with the silence  
that you are.*

## *Time Alone*

Be with the Silence of your own Being.

Silence is a zephyr that will charm you,  
conciliate you.

Have you ever not spoken  
for a few days, maybe three?  
This therapy immerses you  
in the Godly part of thee.

Silence is a healer.

It bags up all your anger,  
frustration, and anxiety,  
then throws out the lot.

I feel so at home  
when I spend time alone.  
The peace subdues me  
like a lovely, warm bath.  
As I watch thoughts go by,  
I get so high.

Silence is a teacher.

In those quiet moments  
between chores,  
a voice explains  
what is happening to me  
in my current chapter.

Write these intuitions down  
in your journal.  
Catch them before they're gone!

They are the stepping-stones  
on the path  
that curls up to Heaven.

Silence is resting close to God.

Talking is tiring, draining.

So much more meaning  
can be communicated with a glance.

Silence is your very Nature.



*Sing, laugh, and dance  
in the midst  
of your illness.*

## *Dance in the Rain!*

It suddenly pours.

I'm scuttling for shelter.

I'm drenched and uncomfortable.

There's no refuge from this deluge,  
no tree or derelict veranda  
under which to cower.

Alone I sit in the open,  
showered by God's teardrops.

Then peculiar thoughts find me.  
What if I were to dance?  
Wouldn't I arrive at *some* happiness?  
Who says I must endure misery's wrath?  
I have a choice—I can cry and scream or  
I can stand up and dance.

I dance in the rain!

Joy dances within.  
I can't help but sing and laugh  
as I jump from puddle to puddle.

This glorious rain washes my soiled heart.

As I dance,  
my Spirit expands,  
and that is blissfully therapeutic.

Sadness is tossed out of my temple.  
It leaves the grounds defeated, in a foul mood,

in search of a melancholy soul  
who is more accommodating.



# 6

## *Coming Home to Health*

*You are  
in Heaven.*

## *Heaven*

Where am I?

This world is all a touch unnerving.

I speedily put on my sunglasses  
to minimize the impact,  
reduce my anxiety.

Sunglasses darken my view,  
lessen my experience of reality.  
Sunglasses are our faulty beliefs  
that filter, interpret, and modify our images  
of the world around us.  
They reduce the inflow of bright Love,  
inspiring a breeding ground for qualms  
and suspicion.

Everyone wears their own  
unique pair of sunglasses.

Suddenly,  
the caring hand of God steals my trusty shades!

He wants me to see life in its actuality.  
He announces that  
ignorance, confusion, and symptoms  
have reigned long enough.

I watch sparkling souls play their games.  
This playground of Light is sublime,  
wonderful, intoxicating.

Without question,  
I had missed the magic with those sunglasses on.  
I had been receiving mediocrity.

This is God's ocean.  
Nothing lies outside God.  
Everything and everyone  
are His Bliss.

You are an Angel  
and I am in Heaven.



*This world  
belongs to you.*

## *Part of This Existence*

My body is part of this Earth,  
part of this Existence.

My body is made up of the same elements  
as this Earth.

The food I eat is my future body.  
This milk I drink will soon be my blood.

The water in me has the same  
saline percentage as the sea.  
I'm an ocean living on land.

One day my physical form  
will return to the Earth.

My breath is part of this Existence.

The air I breathe is millions of years old.  
There's no new air, only ancient, recycled air.

My thoughts are part of this Existence.

My thoughts are part of God's stream,  
a fragment of His expression.  
With this awareness,  
my small "I" with which I am thinking  
transforms into the Big "I."  
In the process, my ego dissolves.

I am part of this Existence.

I am part of you,  
part of everyone,  
part of God's All.

I belong to this entire world.  
This entire world belongs to me.

Feel one with Everything.





*Everything happens  
in God's time.*

## *Control*

Erroneously, you assumed  
you could control my illness.

You wanted to conquer it  
and claim it as another victory for your ego.

However, things didn't work to plan for you.

When you tried to evict my disease,  
it dug in its heels  
and said that you were forcing things.  
You became frustrated and angry  
with this rude reply.  
You left in a huff, your ego wounded.

After your impressive departure,  
my intuition quietly explained to me that every day  
I was getting stronger  
while my illness was getting weaker.

Then much later on,  
my medical condition became frail,  
packed its bags,  
staggered into the cemetery,  
and buried itself in an unmarked grave.

Everything happens in God's time.

*Live like you  
don't exist.*

## *Jewel of Love*

During the dark night of my soul,  
God woke The Jewel of Love  
inside my heart.

This Jewel pulsated and expanded.

It gave me direction,  
motivation, and order.

It excavated toxins from my organs.

This Jewel expanded again  
and flooded my home  
with a lovely, restful calm.

This Jewel expanded again  
and blanketed my city.

This Jewel expanded once more  
and blew into every town  
across the country.

This Jewel expanded yet again  
and united with the hearts of the world.

This Jewel expanded one final time  
and claimed the universe.

Peace dawned upon my mind.  
How could it not with such expansion?

Sometimes I feel transparent,  
as if I don't exist.

I'm dissolving.

I'm disappearing.

I'm in Love.



*Face your thoughts,  
transcend them,  
and, in time,  
attain enlightenment.*



## *Shadow and Footprints*

Our shadow and footprints  
are our doubts, our fears,  
our regrets.

Once upon a time,  
a man became irritated by his own footprints,  
and his shadow frightened him.

He traveled to another country  
to try and escape his own  
shadow and footprints.  
But his shadow and footprints  
followed him there.

He decided to walk more quickly,  
hoping to leave his shadow and footprints behind.  
Over his shoulder though,  
he saw that his shadow and footprints  
were still following him.

He ran,  
hoping desperately to outrun  
his shadow and footprints.

Faster and faster he ran,  
but his shadow stuck with him.  
And his footprints were always right there,  
hot on his heels.

Finally, defeated and completely spent,  
he fell to the ground and died.

Like this man,  
we are trying to be free of our pain  
by running away from it.  
We busy our lives with so many activities  
to vanquish the ache,  
but it keeps bubbling up.

We refuse to face ourselves.

We rush here and there,  
trying to find relief from our own thoughts.

Fatigue and health problems  
soon bring us to our knees.

If only the man in our tale had stopped running,  
his fate would have been very different.  
If only he had sat down under a tree  
in the shade and meditated,  
his shadow would have disappeared.  
And he would not have created any more footprints.

His disturbing thoughts would have left him,  
and his mind would have been peaceful.

In those special moments  
without our shadow and footprints,  
we gaze into the eyes of God.

When our shadow and footprints  
leave us permanently,  
we attain Everything.

Enlightenment ends all our problems.

It is the completion of the journey.

We travel from being somebody,  
to being nobody,  
to finally being Everybody.

Enlightenment is that blissful state of Unity  
that is full of so much satisfaction.

*Heal thyself  
and create a better world.*

## *Mother Earth*

I once held a child in my arms  
as she cried a lifetime's tears.  
She was frightened to the core,  
her body badly bruised.  
When I asked this sweet girl her name,  
she gazed at the ground  
with a heartbreaking sadness.

Several moments later,  
she looked deep into my soul  
and whispered, "Mother Earth."

Leading Her to comfort inside,  
I promised She would suffer no more.

I meditated  
and thus fed Mother Earth with my Love.

I explained to Her that I would protect Her.  
Those who were hurting Her  
would not come near.  
They would be locked outside.

I told this dear Child  
that I am Her guardian,  
and am joining millions of people  
throughout the world  
who have already taken up this role.

A quiet, global revolution is taking place,  
returning Mother Earth to Her pristine state.

The outer world simply reflects the inner.

Heal thyself  
and thou shall  
heal thy surroundings,  
thy relationships,  
and thy Earth.

A better world begins with you.



*You are  
the Divine Self.*



## *Farewell Gifts*

Relax, let go.  
God is in control.

Meditate.  
Peace is within you.  
Your very nature is Peace,  
and it can never leave you.

Maintain your equanimity.  
Take life not too seriously.  
Live in the present moment.  
Over no event, good or bad,  
is it worth losing your tranquility.

Be grateful.  
Your hardship has made you grow.  
It is delivering you joy and depth.  
To truly value health,  
one must first know what it means to be ill.  
Gratitude is your antidote for discontent.

Walk with confidence.  
You are the indestructible, Divine Self.  
You are the Source of this Creation,  
the center of the Universe.

Go placidly.  
You are Love.

Smile!  
You are Bliss.  
This world is nothing but God's Bliss.  
Only You exist.

# *Appendix A*

## *Heal Thyself Truth Statements*

### **Chapter 1 Packing for the Journey of Recovery**

- \* Go within and find peace.
- \* Trust your heart's voice.
- \* Embrace spirituality.
- \* Your life is an expression of joy.
- \* Visualize yourself in vibrant health.
- \* Share truth with others.
- \* Recovery requires you to journey slowly.
- \* Your body is a gift from God to be loved.
- \* Persistence is needed to overcome your illness.
- \* Spiritual practices bring you real freedom.

### **Chapter 2 Journeying through Anger**

- \* Suffering is of benefit to you.
- \* A peaceful, new environment allows you to heal.
- \* Sow precious seeds of wisdom.
- \* Live your life in the present moment.
- \* Be dispassionate.
- \* Drop your desire to please others.
- \* Accept everyone.
- \* Accept the world.

### **Chapter 3 Journeying through Fear**

- \* You are love.
- \* Observe your unpleasant sensations, emotions, and feelings, and they will dissolve.

- \* Relax, God is in complete control.
- \* Meditate and improve the quality of your life.
- \* Be disciplined.
- \* Feel one with everyone.
- \* Let clouds of emotions and feelings come and go without being overly shaken.
- \* Be like a child.
- \* Accept your predicament.
- \* Open your arms to every event in your life's story.
- \* Take life not seriously.
- \* Revisit your past and heal painful memories.

#### **Chapter 4 Journeying through Depression**

- \* God has the power to positively transform your life.
- \* Be open to new experiences.
- \* True success is happiness.
- \* Be creative.
- \* Let go your expectations.
- \* Your hurt is part of God's love for you.
- \* Visit God within you.
- \* Serve others and receive healing.
- \* Be grateful for everything you have in your life *right now*.
- \* Partake in yoga.
- \* Chant God's mantras.
- \* Be in nature.
- \* Keep healthful company.

#### **Chapter 5 Journeying through Crisis**

- \* Don't worry, God is always with you.
- \* Offer everything to the Divine.
- \* Be a warrior!
- \* Congratulate yourself.
- \* You are not the body. You are free.
- \* Build your faith in God. Study the teachings of a spiritual master.
- \* Suicide is not the answer to suffering.
- \* Be with the silence that you are.
- \* Sing, laugh, and dance in the midst of your illness.

## **Chapter 6 Coming Home to Health**

- \* You are in Heaven.
- \* This world belongs to you.
- \* Everything happens in God's time.
- \* Live like you don't exist.
- \* Face your thoughts, transcend them, and, in time, attain enlightenment.
- \* Heal thyself and create a better world.
- \* You are the Divine Self.



# *Appendix B*

## *The Art of Living Foundation*

The Art of Living Foundation is a nonprofit, international, humanitarian organization offering programs that restore people's health and create a sense of belonging in the world. Sri Sri Ravi Shankar, an enlightened teacher from Bangalore, India, founded the Art of Living Foundation in 1982. At the same time, he initiated the Art of Living Course, a practical workshop in which yoga, knowledge and pranayama (breathing) practices are taught.

A powerful, breathing technique called **Sudarshan Kriya** lies at the core of the Art of Living Course. This technique effectively removes physical and emotional toxins from the body, which are accumulated from "stress." Medical research indicates that a buildup of stress could be a factor in causing various diseases. Through practicing Sudarshan Kriya regularly, thousands of people have overcome illnesses such as asthma, anxiety disorders, clinical depression, diabetes, hypertension, and chronic fatigue syndrome. With the elimination of toxic stress, health, happiness, and peace of mind naturally result.

*"We need to do a cleansing process within ourselves. In sleep we get rid of fatigue, but the deeper stresses remain in our body. Sudarshan Kriya cleanses the system from the inside. The breath has a great secret to offer."*

—His Holiness, Sri Sri Ravi Shankar

More than two million people in over one hundred and forty countries have benefited from the Art of Living Course.

*"What I have discovered since introducing the Art of Living Course in my office is nothing short of miraculous. In every patient who regularly prac-*

*tices the dynamic breath processes taught in this course, we have observed consistent breakthroughs in the health and function of their spine and nervous system.”*

—Fred Kingsbury, chiropractor, NJ, USA

*“At the end of the course, I felt brighter, fresher, clearer, more confident, less irritable...FANTASTIC!”*

—Marie Tully, physiotherapist, WA, Australia

### **Research:**

### **NIMHANS (National Institute of Mental Health and Neuro Sciences), INDIA**

NIMHANS conducted independent clinical and laboratory studies\* on the neurophysiological effects, therapeutic benefits, and the clinical applicability of Sudarshan Kriya and related practices in depressed patients. These studies show that Sudarshan Kriya and related practices achieve a success rate of 68—73 percent in treating people suffering from depression, regardless of its severity. Dr. Janakiramaiah, MD, PhD, DPH, psychiatrist, medical researcher, and director of the Yoga Research Group at NIMHANS conducted several of the studies. He concluded that Sudarshan Kriya has “remarkable therapeutic effects” and “is clinically feasible and effective. It has the potential to become a first-line treatment of dysthymic (chronic, mild depression) patients and possibly in mild and moderate forms of major depressive disorder.”

Sri Sri Ravi Shankar speaks to large assemblies of people in thirty to forty countries a year. In 2000, he addressed the UN Millennium Peace Summit in New York. Everywhere he talks, people are touched by his humor, playfulness, wisdom, and joy. The Art of Living Foundation also teaches a simple meditation technique called **Sahaj Samadhi Meditation**. “Sahaj Samadhi” means “effortless transcendence.”

**For further information about the Art of Living Foundation and its courses,  
visit  
[www.artofliving.org](http://www.artofliving.org)**

\* For details of all six studies conducted by NIMHANS visit [www.artofliving.org/r-depression.html](http://www.artofliving.org/r-depression.html)





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