

# Healing the Body



by Paramhansa Yogananda

## HEALING THE BODY

### The Supreme and Only Healer

What is it that heals? Is it medicine, X-Ray, massage, or the mind? If it is any of these, why don't they heal all diseases? Can medicine or mind heal the disease of a dead man? Why not? Because **Life Force is the only supreme, invariable power** by which any or all methods of healing can be made effective. A method of healing **is inferior or superior insofar as it is capable of rousing or stimulating the inactive Life Force** in any diseased body part, thus **electrocuting** the disease. Therefore, all methods of healing are really indirect ways of rousing the life energy, which is the **real and direct healer of all diseases**.

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### The Energization Exercises

It is the **life energy**, the cosmic electrical force in all cases, which cures. An understanding of this point is of far-reaching significance... The method which can directly and quickly rouse the life energy to effect healing I term "**Life Therapy**," or direct healing by the rays of the inner Life Force. In all forms of muscular exercise, the concentration is on the muscles and not on the force which moves in the muscles... healing of disease can be effected through **direction of life energy** by will to any part of the body.

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### Healing Technique in Lying Posture

To heal any body part, gently tense and relax that part. Then tense low and hold that tension, counting 1 to 10 mentally, electrocuting the disease with recharged energy. Then relax. Repeat 10 times, three times a day, or as often as you desire. Practice healing of any body part in the lying posture.

## **Relation of Food to Health**

One point that should be explained here is the connection between food and health for the person of the present day. If the stimulation of life energy alone is responsible for man's life and well being, why is food so important? The answer is, that all cells, including those in the food we eat, have latent intelligence and can influence our mind and brain-cells. Natural foods like raw fruits, vegetables, and nuts have a harmonious and strengthening effect on the mind, and permit the life energy to flow unimpeded through the body. Foods like meat, which retain the vibrations of the pain, fear, and anger of the dying animal, and denatured food, or those which have had their natural properties destroyed through cooking, are irritating and disturbing to the equilibrium of the mind, which is thus robbed of its birthright of power to awaken and direct the life energy to heal any part of the body. While food itself cannot heal, natural foods indirectly produce health by keeping the mind calm, thus permitting the normal flow of life energy to flow unobstructed. Unnatural and gross foods have the opposite effect.

The first person who felt disease or discomfort in the body probably desisted at once from eating, as we find the animals doing. Therefore, the first method of healing was fasting, or giving rest to the human machinery. The original sick person must have been instinctively led to eliminate certain hard-to-digest foods from his diet and to seek easy-to-digest roots or herbs. This led to the discovery of the specific uses of the different herbs as medicine. The Chinese and the Hindus have specialized in the knowledge of this second method of healing. Later on, due to migration, change of climate, and difficulty in finding the required herbs on demand, concentrated extracts and medicines began to be made from herbs. Thus the third method was to induce chemical changes in the blood through herbal medicines.

## Mental Diet

While we know that material foods supply the body with energy, we must also remember that good thoughts are nourishing food for the mind, and thoughts of any other nature are poisonous to the *health of body and mind*. Have you ever analyzed your mental diet? It consists usually of the thoughts which you are thinking as well as the thoughts that you are receiving from the close thought contact with your friends. Peaceful thoughts and peaceful friends always produce healthy, magnetic minds. It is easy to tell whether a person feeds on a quarrelsome or a peaceful environment.

Come out of your closed chamber of narrowness. Drink in the fresh air of the vital thoughts and views of other people. Drink vitality; receive mental nourishment from materially and spiritually progressive minds. Feast unstintingly on the creative thinking within yourself and others. Take long mental walks on the paths of self-confidence. Exercise with the instruments of judgment, introspection, and initiative. Exhale poisonous thoughts of discouragement, discontentment, and hopelessness. Go on ignorance-elimination fasts. Refuse to be enslaved by ignorant habits and thoughtless actions. Take up intensive spiritual study and intensive spiritual dieting, and refuse to suffer any longer from the infection of ignorance.

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Although the negative method for overcoming worry poisoning is worry fasting, there are also positive methods. A person infected with the germs of worry must go on a strict mental diet. He must feast regularly on the society of joyful minds. Every day he must associate, if only for a little while, with joy-infected minds. There are some people the song of whose laughter nothing can still. Seek them out and feast with them on this most vitalizing food of joy. Continue the laughter diet for a month or two. Feast on laughter in the company of really joyful people. Digest it thoroughly by whole-heartedly masticating laughter with the teeth of your attention. Steadfastly continue your laughter diet once you have begun it, and at the end of a month or two you will see the change – your mind will be filled with sunshine.