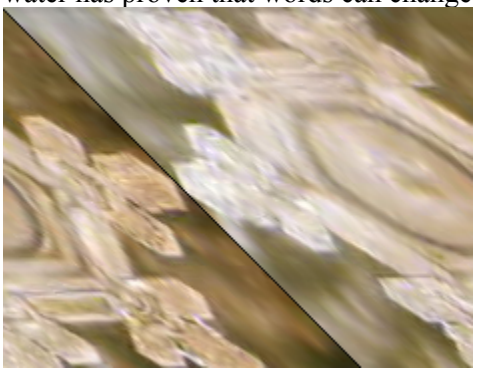
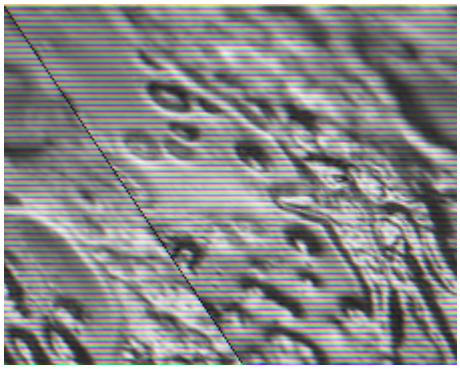
Healing Through Science Of Thoughts Meditation & Creative Visualization

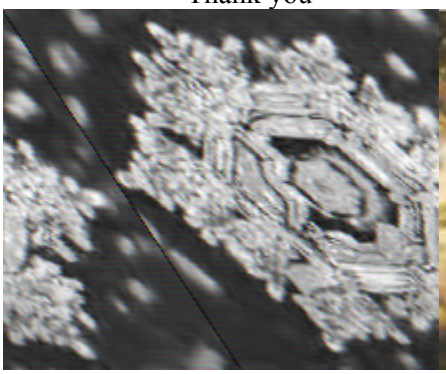
What is a thought?
Generically speaking a thought is nothing but an idea, memory, information or an image etc. However scientifically a thought is a physical pattern of electricity generated by the neurons in our brains.
So a thought is nothing but an electrical signal generated in our brain by the **triggering** of neurons. A man is literally a product of his thoughts, ideas, circumstances & situations. The information he gives to his brain through his thoughts makes him, his health, his relationships, his successes & failures.
The brain processes 400 billion of information per sec, but we only aware of 2000 of the same, & these 2000 bits are only of our environment, our body & time, we are not able to integrate the remaining. We **only see what we are conditioned to see, whereas we can actually see even what the brain has** processed earlier & now fed into the subconscious. The brain does not know the difference between what goes on out there & what goes inside. What makes up things, are our ideas & concepts through the information of our thoughts. Masaru Emoto in his experiment on the Power of words on the molecules of water has proven that words can change the molecular structure of water.



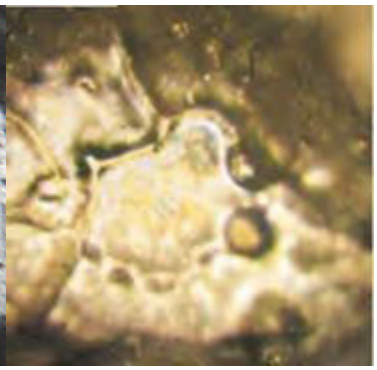
Thank you



You Make Me Sick I Will Kill You



After Prayers



Before Prayers

The brain wave patterns change with the change of thoughts. The brain receives & interprets thoughts, & negative thoughts causes an increase in the Beta brain wave pattern, which releases hormones which brings down the immunity of the body, causing you to go into a state of dis-ease. Positive, happy thoughts results in Alpha waves, which helps in releasing neurotransmitters, chemicals & hormones like DHEA, Melatonin, Seratonin which help in getting good sleep, feeling of wellness & healing of the body. Dr Amit Goswami, a world renowned physicist tells us that the Universe is waves of frequencies, & when there is a focused thought these frequencies collapse into the reality of manifestation of the processed thought.

Dr B.M. Hegde, MD Cardiologist, medical scientist & Padma Bhushan Awardee, tells us "the human energy field is interacting & influencing the quantum field all around us at all times. The energy of our beliefs & intentions are infused into our energy field, which are defined by the energy of our thoughts & emotions.

Our physical body is made up of 9 systems & these in turn are made up of tissues & organs, which in turn are made up of cells. Cells are made up of molecules, molecules are made up of atoms & of sub atomic particles which are made up of 99.999999…% of air or energy. Therefore we are pure energy in its most beautiful & intelligent configuration, which is constantly changing because of our thought & emotions. Our body is an effect created by a Cause & this Cause is a Thought. Coherence is the language between our heart & brain, & heart based experiences which we call emotions have a profound effect on our bodies & lives. Human heart is now documented as a strong generator of both electrical & magnetic field in the body just as the brain. The electric & magnetic field of the brain is found to be relatively weak as compared to the heart. Thoughts strongly felt as emotions are therefore responsible for the onset of a dis-ease in the body. Thoughts powered by the emotions create frequencies or electro-magnetic waves in the brain in the form of-

1. Delta- 1-4 hz- deep sleep, dreamless
2. Theta- 4-8 Hz- light sleep, deep meditation
3. Alpha- 8-14 hz- light meditation, creative visualization, base of conscious awareness
4. Beta- 14-40 hz- heightened alertness & also stress
5. Gamma- bursts of insights.

Whenever thoughts are repeated over & over again, by thousands of people, for a particular idea or information, it brings a shift in consciousness on the cellular level & it becomes a frequency for the same. For example, Om mantra which has been chanted over a million years by millions of people is the first and foremost of all mantras. OM is the sound of cosmic energy and contains all the sounds in itself. The spiritual efficacy of OM is heard, not by the ears but by the heart. It surcharges the innermost being of man with vibrations of the highest reality. Frequency of OM is 7.83 Hz , which in inaudible to us as the human ear with 2 strand DNA human cannot discern sounds of frequency less than 20 hertz. OM releases Nitric Oxide, sufficient amounts of Nitric Oxide in blood controls Blood Pressure, it also eases angina pain.

Meditation

There are several types of meditation- breath work, creative visualization or imagery therapy, chakras, & more. It is a state of complete focus & tranquility of the mind, creating an alpha state. The meditation done by the yogis & rishis is a state of complete stillness, wherein there is a sync with the incoming & outgoing breath, its awareness, bringing a profound change on the cellular levels. It stimulates the Vagus nerve which connects almost every organ of the body & related to the chakras in the body. It carries the electrical impulses to the different parts of the body & the chakras, thus resulting in the health of the body.

What happens within us is what we create outside us. Scientific experiments have shown that when we take a person & hook their brains up to a certain PET scans or computer technology & ask them to look at certain objects, it is seen that certain related part of the brain lights up. Now when they are asked to close their eyes, imagine & visualize the same object…it is observed that the same part of the brain lights up, as if they are actually seeing the object From the scientific perspective, the higher intelligence you refer to is none other than the innate intuitive inner wisdom we all possess and can access when we relax our mental processes and allow our subconscious to sort out what is really going on.

Just as thoughts create frequencies which manifest into the desired actions, Creative Visualization helps in enhancing the frequencies to help faster manifestations. Creative visualization is a tool that helps us take positive actions & enhance its energy. Through the

process of visualization we can clear goals that provide direction in life. The ability to live out & manifest our dreams depends on how well we can visualize. The key to understand how creative visualization works is to first understand that our subconscious mind cannot differentiate between what is real & what is fiction. It simply creates the reality what the mind can think & visualize. . Every time you shut your eyes & attempt to visualize, your alpha brain waves profoundly increase. If you learn to focus on the images in your mind or use your imagination to create pictures, you can successfully learn to access Alpha brain waves, which is associated with the ability to learn, process, store & recall the stored information quickly & efficiently. Effective visualization is done with the use of all the 5 senses- visual, auditory, smell, kinesthetic & olfactory. You must change your thoughts to change your life to the new goal you want to achieve. Creative visualization helps you to relax, access alpha state & also manifest your goals.

Since the past 2 decades I have been putting my patients through a programme of positive thinking, emotional releases & visualization of healing themselves. I personally have been able to completely become medicine free since 2 decades. Depressions, OCD, IBS, rheumatism, acidity, memory enhancement, allergies, eczemas & more have been successfully cured with homoeopathic medicines & the science of positive thinking much sooner than expected.

There have been reported cases of even cancers being cured with the change of thoughts & emotional releases like Louise Hays, Brandon Bayes, Anita Moorjani to name a few.

Why should we wait for a dis-ease state to occur, when we can keep ourselves happy & healthy by practicing the science of positive thinking, meditation & visualization.

CHANGE YOUR THOUGHTS TO CHANGE YOUR LIFE

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