

UNIQUE METHODS OF SPIRITUAL HEALING

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Divine healing

Sickness is of our own creation. It results from ignorance, or in ignorantly or consciously breaking the physical, mental, and spiritual laws of our being.

Here are three kinds of diseases:

1. SPIRITUAL DISEASES
2. PSYCHOLOGICAL DISEASES
3. PHYSICAL DISEASES

The first kind of disease results from ignorance of the art of preserving the perfect image of God within us. Spiritual disease manifests in lack of Soul peace, want of poise, restlessness, discontentment, unbalance, inharmony, unwillingness to meditate, habit of putting off meditation, unkindness, unforgiveness, melancholia, bigotry, lack of introspection, lack of self-analysis. These are caused by ignorance.

Psychological diseases consist of temptation, fear, anger, greed, jealousy, worry, revengefulness, discontent, absentmindedness, and untruthfulness. These are caused by lack of good company, lack of good judgment, bad Karma, bad heredity, and wrong instincts.

Physical diseases are many and are caused principally by the weakening of the Life Force.

Remove spiritual diseases by:

1. Spiritual and physical exercises
2. Self-control
3. Moderation
4. Hygienic living
5. Right posture
6. Proper breathing
7. Control of Life Force
8. Withdrawal from senses
9. Self-perception
10. Transcendental ecstasy
11. Meditation and reversing Life Force

Healing of psychological diseases

1. Concentration
2. Self-control
3. Good company
4. Will power
5. Power of creating or dislodging habits at will
6. Introspective judgment

The rejuvenation exercises, when practiced regularly, will automatically dislodge psychological and spiritual diseases from the inner Self.

Principal causes which give birth to most physical diseases.

1. Lack of self-control and loss of vitality
2. Want of proper exercise
3. Want of proper eating
4. Over-eating
5. Lack of mental peace
6. Lack of proper meditation

Learn to absorb the vital electric current from your brain battery by self-control and by freeing the mind from temptation.

There are the instrumental, muscular, mental, and vital exercises.

In the instrumental exercises the consciousness of instruments is principally present, whereas the muscular is secondary, and vital and mental parts of the exercises are brought to play unconsciously, like doing the daily dozen with dumbbells while the mind is concentrated on toast and coffee.

In the muscular exercises, through the principal power of imagination, a slight amount of vital force can be injected into the muscles or body parts. People who are sick in bed, or are invalids, or who want to develop concentration, should practice this.

Mental healing.

Concentrate on both feet and imagine a warm electric force trickling all over the soles of your feet. Do the same with calves, thighs, haunches, abdomen, stomach, navel, heart, left and right lungs, each of the fingers, palms, forearms, upper arms, throat, back of head and top of head, in the middle of the head, in the eyes, in the ears, nostrils, and mouth, in the liver, kidneys, intestines, and wherever there is disease or weakness. Concentrate the mind on the weak or diseased part and try to feel that a warm electric force is descending from the mental chanting of “Om”, fifteen times in each place or body part.

Vital healing and exercises.

The rejuvenation exercises teach how to concentrate the mind and energy principally in exercising and healing.

In the vital healing of any body part first inhale, hold breath, then feel the breath in the lungs converted into energy. Visualize that energy reinforcing the energy in the medulla.



Then concentrate on the point between the eyebrows and centralize the energy there, feeling it as a warm force. Then divert the energy from there to the diseased part, feeling that power burning up all disease.

All methods of healing—physical, mental, and vital—become limited without knowing that the unlimited power of God alone is working behind them, and that His power of healing is Almighty and is sufficient by itself.

When the law is fulfilled and when the patient is completely willing and unflinching in enthusiastic practice of the above methods and with faith in God, then healing can be instantaneous, just like the germinating and growth of a seed which has touched the proper irrigated soil. Plough your mind with concentration and put the seed of the spiritual exercises therein and water them regularly with faith, and then your harvest will be spiritual abundance.