

CONVERTING THE HANDS INTO HEALING BATTERIES OF LIFE FORCE)

Swami Yogananda



***Healing like Jesus by the laying on of hands.
Healing stricken people from a distance.***

The body's sources of energy

The human body may be compared to the wet battery of an automobile. Just as the proper functioning of an automobile battery depends upon distilled water from without and energy from within, so the proper functioning of the human body battery depends upon food from without and life force from within.

Will draws energy from the cosmos into the body

This life force is stored mainly in the medulla and distributed through the sub-dynamos in the five plexuses. The medulla is fed by conscious Cosmic Energy which surrounds the body and which is drawn into the body by the power of will.

Cosmic Energy is converted into life force by the will which is the radio as well as the main dynamo of the body. Very often, however, people become discouraged and permit hereditary inhibitions in the subconscious mind to hamper the will. The suggestions of old age, accidents, diseases, heredity, instincts, etc., demoralize the will in many individuals. During a serious illness, for instance, memories of previous ailments as well as memories of past failures, frustrations, and disappointments which were due to weakness, fill consciousness with the fear that the body cannot recover.

Death occurs if one "gives up." If he refuses to be disheartened, the will produces life force which can repair and remodel all tissues, including bones, organs, etc. Therefore, if one refuses to become discouraged or to take seriously illusive body changes and thoughts of hereditary limitations, bodily disintegration is arrested. Different degrees of will power develop corresponding degrees of sensitiveness to pain or death. Some combat injuries and live; others resign themselves "to their fate" at the slightest indisposition. Thus it becomes evident that the duration of life is dependent upon the will.

Many people die mentally long before they die physically. When one ceases to have ambitions and to be interested in life, the will becomes paralyzed. When this will radio is untuned or destroyed, Cosmic Energy ceases to supply the reserve dynamo of the medulla, and physical health slowly fails from want of life force. This is the principal cause for the symptoms of old age. *The stronger the will, the greater the flow of energy into the tissues and body parts.*



Will is the life-sustaining factor

Food cannot rejuvenate the body of an individual whose will is weak, for it is the inner energy, or life force, which converts food into energy. Solids, liquids, and gases cannot be assimilated after the supply of life force, which is dependent upon the will, has ceased. When one has a strong, unflinching will, he grows more and more independent of food. He can absorb the consciousness of changelessness and inject it with Cosmic Energy into all the cells, making them neutral and free from decay, or growth. Then these cells become electrified and live only by the vibratory power of intelligent Cosmic Energy, or the Word of God (which is God according to the Bible).

Thoughts of fatigue shut off the supply of energy

Cosmic Energy, through the will, feeds the medulla which in turn feeds the five plexuses. The life force in the plexuses carries on the telephonic work of the five senses through the sensory nerves and of the muscles and joints through the motor nerves. The same life principle charges the circulation, vitalizes each blood cell, and also feeds every nerve, all of which in turn recharge the other cells of the body. As the cells are but condensed will and energy, they can be instantaneously renewed by the power of strong, unflinching will. Therefore, one should never say or think he is tired, for by doing that one becomes twice as tired and paralyzes the will which must be active in order to draw Cosmic Energy into the body.

Acute and chronic diseases result from lack of life force, a faulty diet, overwork, or other bad habits.

Medicine cannot affect the mental behavior and “disease notions” of the somatic cells

Food and medicine have but an indirect, limited effect on the simple germ cells, and are very slow to change the nature and behavior of the somatic cells and specialized organs. Medicine and the proper food can bring about many cures, but they cannot recreate an organ. Why? The sperm and ovum, drawing nutrition from the mother’s body, develop from boneless specks of protoplasm into a baby with hard bones and nerves and organs, etc. Life force and food created all the specialized organs from the sperm and ovum, because they contained the mind-obeying germ cells. However, as the organs were formed, the cells changed. It is because these changed (somatic) cells, constituting the organs, are very unyielding and hard to control that food and chemicals are unable to recreate organs.

Originally, mind and life force induce the germ cells to create organs, but once the germ cells change into somatic cells, they begin to rule the mind and life force. Hence humanity can regain the power to recreate lost limbs, organs, etc., only by learning to convert the somatic cells back to their original obedient germ-cell state. By freeing life force and mind from bodily slavery, by increasing vitality and mental power, the somatic cells can be made to change into germ cells.

Why do germ cells change into obstinate somatic cells?

The vital organs are maintained and guided by the subconscious mind which contains the record of our experiences and behavior throughout all incarnations. Therefore, though the human body develops from changeable germ cells, subconscious, fixed designers slowly transform these germ cells into somatic cells which make up the specialized organs and limbs of the human body. In other words, the somatic cells are governed by specialized organic designers. These are the result of our past actions, and are born and die with the organs and limbs which they consciously design and build. When one of the lungs or an arm is lost, the specialized designer in that lung or arm dies with it. Therefore, the body is unable to recreate these lost body parts.



Can lost organs, limbs, etc., be recreated?

In order to recreate lost organs, etc., the following is necessary:

- (1) The life force must be made to obey the will instantaneously;
- (2) The will must be changed to all-creating Divine will;
- (3) The life force must be supplied with psychological designers of human organs when such organs are lost through disease or accident. One must visualize a lost designer until it is born again. To be able to do that, one must know how to materialize thoughts;
- (4) The will must be able to float them in the life force, and the life force must be charged continuously with Cosmic Energy. The will must be kept free from, and unhampered by, discouraging hereditary suggestions;
- (5) Lastly, when the will can overcome all hereditary instinctive prejudices regarding the recreation of human organs, and create living psychological designers, then these designers begin to use the extra charge of life energy and condense the semi-conscious life force into electrons which are further condensed into gases, etc. Then the designers begin to use the new protoplasm created by condensation of energy, food chemicals, and blood from the body, to recreate and replace a lost organ.

Buried in the human mind is the evil, weak suggestion of powerlessness of millions of years, and it will take years to learn how to put the above methods into practice.

The efficacy of medical healing methods is limited as other methods are

Therefore, scientific healing can be affected unfailingly by the development and strengthening of will power and life force. Moreover, this human will power must be impregnated with the invincible, all-creating, unlimited healing power of the Almighty. Neither medicine nor any other material agency has managed to obtain control over the electronic, vibratory force and recreating power of the body cells. If the body is deprived of energy and consciousness, it cannot live.

There is no denying that *materia medica* has its uses. However, the more you depend on the limited power of drugs, the weaker your will and access to God’s unlimited healing power, and the more you depend on God, the less *need* you depend on drugs. Organic defects and chronic diseases can be dealt with successfully through divinely charged will power and life force, which alone are the almighty creators and rebuilders of all new or decayed body tissues. Bones, blood, marrow, nerves, brain tissues—everything in the body is directly materialized out of the sperm by the latent will power and life force.

Adam and Eve reproduced themselves by materializing will and energy

Of course, originally Divine Will had to create especially, and materialize, human sperm and ovum, and these contained God's most perfect design. The primeval sperm cells and ova were



materialized into the organism of the original man and woman, Adam and Eve, before propagation by the law of cause and effect was instituted. They could recreate their bodies, and propagate themselves, by materializing their vitality and tendencies and clothing them with materialized limbs and flesh. They were in constant communion with the Almighty. Therefore, their will force was in tune with the Infinite will, and they could create human beings out of the ether in the same manner as God.

Only after their will became subservient to the ego and the senses, instead of being guided by wisdom, did they develop sex and sex creation. This was their fall from heavenly powers to earthly ways of creation and living. Their will, no longer guided by wisdom, opposed the Divine Will which is guided by wisdom only. Ever since, misguided, obstinate self-will and satanic ignorance--being concentrated on the changeable body instead of the unchangeable, infinite Spirit in the body--have created defective, limited mental designers of bodies and their organs. These defective mental designers, inherited from the original erring parents of all humanity, are thus perpetuated in the countless human sperm cells and ova. In this manner did man lose the power to materialize spiritual children and to create perfect bodies in which any organ or limb, etc., could be recreated at will.

The breaking of bones, the loss of limbs or organs, or even injury or loss of the brain would be of no consequence if they could be restored or recreated painlessly by superconscious methods and Divine will, during conscious relaxation or under anesthesia. The territory of the will and energy is the entire human body. The ordinary individual who is a slave to his body finds that he has only imperfect control over the muscles.

First learn to control the muscles and the body by will and life force; then learn to feel the living relation between will and life force and the vital organs by relaxation of the sensory nerves and involuntary organs, i.e., by "switching off" energy from heart, lungs, etc. *The purpose of tension and relaxation is dissociation of life force and mind from the consciousness of the body.* When that is accomplished, the will and life force actually own the whole body and can, through their healing rays, remove chronic defects from any body part.

The astral body, in appearance like a vast nebula or the tail of a comet, charges the physical body with Cosmic Energy through the medulla.

As material science has demonstrated that a piece of chicken heart can be kept alive and growing by the administration of food and chemicals, so Hindu Yoga has shown that the human body and heart can be kept alive in a suspended state, without food, oxygen, or chemicals.*

By practicing the exercises given in the second Yogoda lesson, one can learn, with absolute faith in the almighty power of will, slowly, conscientiously, and patiently to tense and relax: alternately to put forth and withdraw life force, several times, from any body part that is diseased.

A body part may be recharged without tension

This method is not effective for the involuntary organs which can be recharged only by practicing the fourth Yogoda lesson. In order to heal cardiac or cerebral disorders, one may send energy mentally to the affected area by merely concentrating on it, without tensing. By this method one can send a feeble current of energy to any body part. Actually tensing with will, of course, produces more energy than concentration alone, but very gentle conscious tension and relaxation of the whole body also sends healing energy, vitality, etc., to heart and brain. It must be remembered, however, that in tensing and relaxing the whole body with a view to curing heart or brain disorders concentration must be centered on the affected organ.

* If the heart were stopped and energy distributed throughout the body, the latter would not decompose; but if the heart were stopped and energy withdrawn from the spine, bodily decay would be inevitable. Yogis know how to stop heart and lung action voluntarily yet keep physically alive by retaining some Cosmic Energy in their bodies to sustain the cells in a suspended state.

There is also another method of healing

- Sit erect. Gently tense and relax the whole body. Calm yourself.
- Touch the medulla once, in order to make it easier for you to concentrate on it.
- Then visualize Cosmic Energy surrounding and entering the body through the medulla and at the point between the eyebrows, and pouring into the spine.
- Feel the energy flowing down the whole length of the two arms into the hands.
- Continue tensing and relaxing and feeling the life force flow from the medulla and the point between the eyebrows through the spine to the hands.
- Then stop tensing and relaxing, and firmly rub the entire bare left arm with the right palm (up and down, several times).
- Do the same to the right arm with the left palm.
- Then relax, continuously visualizing and willing Cosmic energy to descend from the medulla through the arms into your hands.
- Now, with closed eyes, rapidly but gently rub your palms together about twenty times.
- Then separate the hands, and lift the arms upward. You will feel the life current flowing from the medulla into the spine, especially through both arms and hands, with a pricking, tingling sensation.
- Your energy-magnetized hands may be used either for curing any diseased part of your own body or some other person's who need not be in your immediate vicinity, for it is not necessary to touch your patient. This life force passing through your hands has infinite power of projection.

The human will and energy imperfectly control the human body, but the divinely transmitted will can work perfectly, not only in healing your own ailments, but also those of others, even though they be far away. You must, however, visualize your patient, and he must have faith in you. You must broadcast the healing force by moving your hands, electrified by the above method, up and down in space while willing the current to pass over your patient's diseased body part. Do this in a quiet room for fifteen minutes until you feel that you have accomplished your object.

Convert yourself into a divine battery, sending out through your hands divine healing rays whenever and wherever they may be needed. Then your hands, charged with divine power, will throw healing rays into your patient's heart and brain. Thus his seeds of ignorance will be destroyed, and he will smile with the health of God-love.



SUMMARY

Learn to convert your hands into healing batteries, so that divine currents will flow through them at will. Through this means when properly administered diseases of body and mind, as well as the malady of soul ignorance, have vanished under this benign touch, whether administered at close quarters or from afar. Thus one becomes the fisherman of souls, that he may catch them in the net of his divine healing wisdom and present them unto God.

☞ *Super Advanced Course No. 1, Lesson 11* ☞