

****Consciousness And Quantum Healing***

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DNA : nucleic acid which contains genetic instructions for development & function of living beings.

Function : Long term storage of information.

Carrier of genetic information.

Quantum : a smallest possible amount or unit of something esp. energy.

Quantum Healing : a fundamental change in consciousness leading to healing of body & mind.

***Spontaneous remission /healing *** : * Unexpected improvement or cure from present disease

Paramshanti!

I will try to summarize the topic so that we can understand according to Bapuji s knowledge. It will not only be helpful but also confirm the fact that through science, Bapuji's knowledge is being proven correct.

In the human body we have trillions of cells and in each body part, in every cell, there are genes and DNA present. The DNA is of particular type as in the DNA of that body is the same all over like for example we may say that the DNA present in the brain cells is the same as in the stomach cells, liver or pancreas. However each DNA will work only as per the requirement of its relevant function. In this manner, all the DNA present in the body functions accordingly. For example, in the brain, the DNA present will take the commands to be executed by the brain. Similarly instead of the stomach, the dna present in the stomach will take the commands and does the work of the stomach etc. In this way, dna maintains the functioning of your body.

We can state that our DNA is like an interface. We mean to say that the human DNA serves as an interface between subtle world and physical world. However, present day medical science is

unable to grasp this important fact. In general when we talk about sanskar parivaratan i.e., transformation of basic attitude ; Whatever inputs the soul receives, from the outside world etc then these external inputs definitely cause a change in the behaviour of the dna accordingly.

For example if we have experienced sorrow or we happen to see in the outside world, something which is painful or causing distress to us then, immediately our dna reacts to this and as per the reaction generated on us, it then starts releasing proteins, hormones, amino acids and all other relevant chemicals in our body.

This process generates change in our body and even if we have a healthy physical body we ultimately become sick. So, basically DNA does not do anything on its own but an intelligent force is behind the behaviour of the dna. For, This intelligence works like the intelligent force of this world. This intelligence takes inputs from the surrounding environment, on the basis of which it generates, the necessary chemicals, proteins etc which affects our body , resulting in diseases. Now this fact tallies with Bapuji s knowledge that it's only due to our karmas (past + present actions) that we become ill especially in case of serious diseases like cancer , AIDS, heart diseases, causing heart attack, serious stomach problems etc It corresponds to what Bapuji says that all diseases of the body come in the subtle body first. The illnesses are not generated directly but DNA on its own takes the command to do so. We may experience lot of grief and pain or there may be some negative effect which the DNA absorbs and we wouldn't even know about it. On the other hand, the cells in our body recognise such an effect immediately and act on it. In case of sorrow or grief the Cells in our body recognise the emotion even before we become conscious about and so our body cells become sorrowful. The cells take the required inputs and immediately start making changes to our body. We may not be able to notice such fundamental changes in our body at that time.

This intelligence works like the intelligent force of this world. This intelligence takes inputs from the surrounding environment, on the basis of which it generates, the necessary chemicals, proteins etc which affects our body , resulting in diseases. Now this fact tallies with Bapuji s knowledge that it's only due to our karmas (past + present actions) that we become ill especially in case of serious diseases like cancer , AIDS, heart diseases, causing heart attack, serious stomach problems etc It corresponds to what Bapuji says that all diseases of the body come in the subtle body first. The illnesses are not generated directly but DNA on its own takes the command to do so. We may experience lot of grief and pain or there may be some negative effect which the DNA absorbs and we wouldn't even know about it. On the other hand, the cells in our body recognise such an effect immediately and act on it. For eg., in case of sorrow or grief the cells in our body recognise the emotion even before we become conscious about it and therefore, our body cells react to become sorrowful too. The cells take the required inputs and immediately start making changes to our body. We may not be able to notice but all of a sudden when the disease is at the last stage then only we come to know about it. The illness or disease is detected as such and such has occurred in its final stages. However, from where did

the disease come in the first place, how did it get into our body and why is it happening to us , the answer to these questions, the doctor is unable to answer.

In the treatment of the disease , doctors usually for eg try to stop or plug the leakage of proteins from the affected body part indicating a signal given by the body about the illness. It may also happen that the molecular structure in an atom may change due to a disease. Doctors try and somehow stop or cover up to cure but they are unable to go to the root of the disease and stop the disease totally.

Just as we might talk about treatment in case of a serious disease like cancer. The therapy given in cancer treatment is through radiation wherein the cancer affected cells are given radiation(burnt) and destroyed or the cells maybe removed through surgery etc. Such different types of treatment activities, methods are carried out. However, what about the message that is being created inside the body? That is not being cured or healed. It remains just the same whereas treatment is carried out on the physical body vide surgery etc. Similarly, in case of heart problem, a bypass surgery is done on the patient but again what about the original cells and the DNA in them which is generating the problem? That remains just the same. In short, the present medical treatment does not remove the disease completely.

In the given situation, when the treatment becomes ineffective and the disease is as it is, a doctor has not many options for treatment. What should be done for curing the patient of his disease, how i.e which method suits best etc. And to all these questions, even the best of doctors cannot fully answer. They are fully aware that a disease like cancer cannot be eradicated from the root , but they can only treat it on the surface of it. Their business continues as usual. This, the author has written about quite well and has also experimented on the same. Those who do regular meditation ... meditation doesn't really mean that we sit with our eyes closed. Meditation is something like an energy, consciousness inside of us which enables us to observe the outside world and we are aware of our inner world. This inner consciousness, inner world is what Bapuji calls as Atma or soul. The Bhagvad Gita also has what we can say consciousness. For eg., Bapuji has given Behad or Supreme infinite knowledge. Bapuji has also given us the peace mantra" Paramshanti" to be remembered constantly in our self. Similar to this, in his observations and in his book, the author has described "Silent intelligence, to silently witness in meditation the intelligence within every living thing. The author believes this silent intelligence leads to true healing of the body.

So as per Bapuji and also in my opinion , PARAMSHANTI (Supreme Peace) is nothing else but that silent intelligence as described in the book. This intelligence operates secretly. Secretly in the sense that we are not able to access it consciously but it's with us and within us. One who believes 100% in the silent intelligence theory , the one who loves his Creator of whom we only can imagine, so ultimately it's a matter of faith, belief and imagination. That is the reason why

Bapuji has asked us to imagine again and again about our divine Self. When we constantly use creative visualisation to imagine then only we will be able to access that core to some extent.

In an interesting claim made by the author, when we are able to access this silent intelligence, then the cells and the DNA in them instead of taking commands from outside sources start taking messages within themselves. In this process, what we consider as invisible, the scientists call as quantum, it's from this intelligence field that our DNA will start to take messages. Therefore, it will be an automatic process of DNA secretion. Further, the behaviour of the DNA results in automatic recovery of the cells since they have received power now. We can say that DNA has got the power to do anything, to destroy the body or make it healthy. In short, if one's DNA takes values and principles (samskar) , inputs from external sources then it will eventually harm the body whereas if it takes messages internally then it will keep you in good health. This means that the cancer cells will automatically be cured by the DNA.

The heart cells will be treated, the stomach cells will recover even AIDS can be cured. However, we are not able to access this silent intelligence field at all because firstly we may lack 100% belief. Secondly, as we are busy in worldly activities and consequently we do not love our creator as much. The Creator love us ceaselessly but we are incapable of accessing this power. In order to rectify this it's imperative that we use our imagination. Imagination is of key importance here. So this is silent intelligence or in other words quantum. It is spread throughout the body. This intelligence is connected to each cell of our body. We can believe that this intelligence is like the subtle body. In the experiment conducted with Om meditation, by focussing Om sound (dhwani) on the diseased cells, there was a definite recovery of those cells. So there are many such theories written in the book. So it was a good experience reading the book and also ties up with Bapuji's knowledge very well but we have to do all these practically. As Bapuji says we have to obtain the vibrations, bring them in the physical world. To do this process successfully and get silent intelligence in this gross physical world, there should be a total change in our basic values and attitudes. We are still engaged strongly with the outside world. Our internal beliefs, values (samskar) , our original nature of soul as Bapuji always says must be understood and activated. Here the author, Dr. Deepak Chopra refers to as silent intelligence. has written very well in his book and also has said that whatever we see and believe we will ultimately become the same. It's exactly the same as Bapuji's teachings. Lastly the topics ; Body of bliss and whatever you see you will become, are quite remarkable. The author's has given lot of medical terms and explanations. I believe medical practice is just a business. I also believe like the author that operations and surgeries do really cure or heal. It's true that as long as we live in this gross world, we undergo pain or grief but till we achieve the stage of paramshanti there is no solution. We do not have any permanent solution at all.

One last thing I would like to mention here is that in cases of quantum healing and spontaneous remissions, the treatment given by him through meditation, the success rate of this treatment is very less say about only 1 or 2% and not more than that. On the other hand, the problem is many people who do not believe even though they take up this particular treatment but internally have more faith in surgery and operation on body, in such cases there is a very low success rate due to lack of total belief in this alternative treatment. However, for those with 100% faith in this treatment and the theory, there is an astonishing and immediate recovery from their disease. The complete recovery happens but how it happens no one is clear about it. As per Dr.Chopra he has used the technique of imagination in case of some cancer patients who had 100% belief. Basically cancer is nothing but certain abnormal cells in the body which start to grow uncontrollably and does not respond to the DNA of the body. In the course of the treatment he asked his patients afflicted with cancer to imagine through meditation that the diseased cells have stopped growing anymore, slowly and gradually and their body is getting restored to a normal state of health. So in this manner, constant imagination method produced sudden recovery for patients who followed this method with 100% faith and belief. It did not work on those patients who lacked 100% strong belief and just took the theory of silent intelligence at a superficial level. For such people there was no use of healing through meditation or quantum healing.

Finally, I would like to conclude that meditation has great power and the knowledge given by Bapuji is ultimate and best suited. As to how much we are all able to do and to what extent I humbly do not know but yes we are all putting our best efforts.

Paramshanti.