Healing the self

Most people are aware that pain and sorrow have an impact on both body and mind. To heal the self, it is vital to realise that sorrow may contribute to the manifestation of pain in different parts of the body. When sorrow is removed, the pain in the body can decrease or even disappear. Doctors search for the cause of illness and use medicine to take away the pain of the body, but what is the medicine that takes away the sorrow of the heart and mind?

There is no need to find the cause or go into an analysis of such sorrow. Stillness can provide a powerful antidote: going into silence inside, so that useless thoughts end. For this, I need to stop looking at others, and find out who I am internally. To think ‘I am peace’ is a comfort to my heart and mind, and allows inner peace to develop.

As I consciously change the quality of my thoughts and ensure they are peaceful and positive, my mind becomes strong. Then, my heart becomes happy and is able to create good feelings. These positive thoughts and feelings generate a kind of power inside. As this power accumulates within, it helps remove the sorrow of the heart and mind. It is this power that heals the self.

Inspirations from Dadi Janki, President of The Janki Foundation

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Caring for the self

Wisdom tells me that whatever I do, for example, if I smile or interact pleasantly with others or if I get angry, it all has an impact on my heart and can make me happy or unhappy. If I take time to realise what are the attitudes, thoughts and behaviour responsible for creating sorrow inside and then make the necessary changes, I am taking care to ensure my own happiness.

Why do I experience sorrow? Sorrow is experienced when I am deceived by someone or something. The sorrow of deception can cause illness. The solution to this is to cultivate the power of silence inside, to experience the power of peace, love and truth.

For more information or free copies of this booklet, contact:

The Janki Foundation is a UK-based charity that encourages the integration of a spiritual model in modern health care. It uses a values-based approach to support healthcare practitioners through an educational programme, Values in Healthcare. The Foundation also produces material to support patients including Lifting Your Spirits – Seven Tools for Coping with Illness, a book with CDs.

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The power of silence

There have been various expressions of silence and silence as the most powerful form of expression or communication. In some cases, it can be a symbol of respect, an invitation to listen, or an opportunity to reflect. In other cases, it can be a form of protest, a means of protest, or a way of expressing oneself. Silence can be a powerful tool in many different contexts.

Inner peace, inner power

There are those who believe that every human being is connected with their body, relationships, work, and the universe at large. At this time, all true love is to state of silence and the person creates inner power.

In such a case, there is dependency on the external but it is the deep domain that causes me, more often, to be in little less better. When I learn about and develop inner peace and power through the practice of silence, I can let it to my external environment. If I approach the idea that in need it is important to develop this inner power and find peace, and practice to keep it in my life.

I hold the key to my life in my hand, as I believe that the will of my next moves I can discern and solve the problems in my life. Therefore, I believe that the will of my next moves is to do good things for everyone that they should be happy. I then no matter what the circumstances, there is no experience of loss can.

Duty, responsibility and caring for others

When a human being or inner animal is suffering, it is my duty to look for such good wishes and thoughts that they are helped to push them to their feelings of helplessness. It is my responsibility to remove their sorrow, fear, and not to make any sorrowful act. If I do, I become a weak and hopeless and will not be able to give strength to those in need.

Where there is a relationship, I do not say my duty is to do it and let it to go on. Relationship should be beyond duty and responsibility. It is a matter of giving love, care and understanding. My example is the relationship between mother and child, and the love is not an act but love itself. She does everything to let her have an illness and will simply by caring for the child.

Some have a similar nature and will not allow anyone to love us. They are not so comfortable about being loved. They are not so comfortable about being made to love. But, if we remain Connected while being curing. It is necessary or becoming untreated, it can be the best gift for any person.

Dealing with loss

When there is a departure, the loss of that upon which I was dependent causes sorrow. There is a sense of something missing when I am separated from the prince, possession or position. I knew best. To overcome this sense of loss, it is essential to understand that my body, relationships, wealth and the love are not constant – they are subject to change all the time. I think that a personal bond to one alone, but the truth is that my love is associated with many others.

No one is truly ever alone.

When there is a departure, I think of what is on my mind and feel as if I am alone. Even when the time comes, I feel as if they are not real, but what can I do? This is the awareness that what we have shared is with me even now and that our connection is eternal one. It is vital to realize that even now my thoughts and feelings will reach them. Therefore, I choose to have good wishes and peace as wings, as opposed to feelings of sorrow, this will help them in their journey.