



Healing Hearts & Minds

THE JANKI FOUNDATION FOR
SPIRITUALITY IN HEALTHCARE

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 the 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.

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.

Let me understand why I experience pain. Pain is experienced when I become peaceless. Inner blockages which are created by the accumulation of problems also cause pain. I find that I cannot cry in front of anyone or speak to anyone and this leads to depression. The solution to removing such pain is to take time to experience inner peace.

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.

The Power of Silence

There have been huge advances in science and medicine in the past few decades, but the number of illnesses, and patients, and the suffering in the world, have continued to increase. Both doctors and patients need to learn about the power of silence and its effectiveness in the diagnosis and recovery processes, as well as in the alleviation of sorrow and suffering.

Just as there is training for learning certain skills, training is required to learn and develop the power of silence. When doctors learn to practice and maintain this inner silence, they can develop a deeper, more intuitive understanding of their patient's needs. Their own stress will reduce and they will even be able to reduce the stress of their patients.

Patients who practice and develop the power of silence will also be able to draw from their own inner resources to help and expedite their physical recovery, as well as enhance their mental, emotional and spiritual wellbeing.

Duty, Responsibility and Caring for Others

When a human being or even an animal is suffering, it is my duty to send them such good wishes and thoughts that they are helped to go beyond their feelings of pain and sorrow. It is my responsibility to remove their sorrow, if I can; but not to become sorrowful myself. If I do, I become weak and hopeless and will not be able to give strength to those in need.

Where there is a relationship, I don't say my duty is done and it is time to go home. Relationship extends beyond duty and responsibility; it is a matter of giving love, care and attention. For example, in the relationship between mother and child, the mother is not concerned about herself. She will even forget if she has an illness and will simply be caring for the child.

Some have a careless nature and don't care about anyone. They are only concerned about their own selfish needs. But let me remain carefree whilst being caring. If I worry or become anxious, I can neither help nor care for others properly.

Inner Peace, Inner Power

There are four things that every human being is connected with: their body, relationships, wealth, and the circumstances of the world. At this time, all four are in a state of upheaval and this can create upheaval internally.

Usually, there is dependency on these four and it is this dependency that causes me sorrow, not the upheaval itself. When I learn about and develop inner peace and power through the practice of silence, I can become free from external dependencies. I begin to appreciate the need for and importance of developing this inner peace and power, and practice to keep it in my life.

I hold the key to my life in my own hands so that I become the master of my own life. I am then able to resolve things for myself, in my relationships and in the world around me. My health will strengthen and my relationships will improve as I develop good wishes for everyone, that they should be happy. Then no matter what the circumstances, there is no experience of sorrow.

Dealing with Loss

When there is dependency, the loss of that upon which I was dependent causes sorrow. There is a sense of something missing when I am separated from the person, possession or position I have lost. To overcome this sense of loss, it is essential to understand that my body, relationships, wealth and the world are not constant – they are changing all the time. I may think that a person belongs to me alone, but the truth is that they are connected with many others. No one is truly ever mine.

When relationships are based on true love and spirituality, that is, a soul to soul connection, there is no sorrow. Even when the time comes for a loved one to move on, what can help me deal with the loss is the awareness that what we have shared is with me even now and that our connection is an eternal one. It is vital to realise that even now my thoughts and feelings still reach them. Therefore, if I choose to have good wishes and pure feelings, as opposed to feelings of sorrow, this will help them on their onward journey. It will be my gift to them.

The Janki Foundation is a UK charity promoting spirituality in healthcare. Great advances in the field of medicine on the physical level have led to ever-increasing demands on the health services, but at the expense of a more human-centred ethic and practice.

The foundation acknowledges the central role of positive thoughts and feelings, compassion and kindness in maintaining wellbeing and preventing illness. Through publications, experiential learning, talks and networking, the foundation provides opportunities to further such approaches among individuals and professionals.

This booklet is based on a talk by Dadi Janki, President of The Janki Foundation.

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