

# Hope, Healing and Happiness

The Janki Foundation for Spirituality in Healthcare

## **Mind and body connection**

The mind and body have a deep connection. When the mind is peaceful the body becomes serene. If there is any distress or peacelessness in the mind, the body starts to ache somewhere or another. On the other hand, if I experience physical pain, why should I experience sorrow due to that? Taking sorrow in this way is a habit, not a necessity. It comes from thinking excessively about my pain or illness. Or even about someone else's illness, when they are close to me. The worst illness, that causes most suffering, is the habit of experiencing sorrow due to excessive thinking.

## **Types of thoughts**

There are four types of thoughts: negative, waste, ordinary and positive. When I think negatively, I immediately start to suffer. Prolonged feelings of this kind can cause the body to become ill. Secondly, there is the web of wasteful or unnecessary thinking. I can only free myself from this when I realise what I am doing to myself. Then there are ordinary or mundane thoughts. People have a lot of arrogance about this level of thinking, not recognising it as a weakness. In fact, false ideas about myself are the root of much illness. In contrast, a completely positive thought is one that brings happiness both to me and others. It leaves no room for negativity, or worries, or excessive thinking. When I recognise the vast difference between these four types of thoughts, I can choose to have completely pure and positive thoughts.

## **Effect of thoughts, words and actions**

As a person thinks, so he speaks and acts. My thoughts, words and actions have an impact on the state of my mind and body. The heart lies between mind and body: when someone does not receive love, imagine the condition of their heart. There needs to be an alignment between heart, head and hands. My ability to perform good actions creates a sense of well-being inside, and the feeling that everything will work out for the best. When this is missing, the heart suffers. Depression, and pain in the legs, back or head, also start in the heart.

## **Health, wealth and happiness**

Which do I need first? People in the world think they get happiness through wealth. I need to adopt simplicity, so that my wealth is used well – to eat simply, dress simply and live simply. Then I will not have to worry, and can care for myself as well as others.

What is real wealth? It is happiness. Courage and faith are also my wealth. Stay happy and share that happiness with others. It is not a question of just pleasing oneself by satisfying or fulfilling one's desires. When I am free from any desires, others would not feel the need to please me in order to keep me happy. There is just the deep and pure wish that others remain deeply happy.

## **Environment, atmosphere and vibrations**

There are three aspects in being able to share happiness. One is the environment, second is the atmosphere and third is the vibrations. The way I act and interact creates a certain atmosphere in my environment. For example, if there is conflict in the way I behave, this energy creates a similar atmosphere. The vibrations of that atmosphere then reach out and have an impact on others. When I realise that the inner happiness I seek cannot be attained from the outside world but can only be experienced from within, there will be the feeling that it should grow in my life. This will automatically generate a positive atmosphere.

## **Let go of desires and attachments**

In order for this happiness to grow I have to let go of two things: my desires and my attachments. Another root cause of illness is when my desires and expectations born from my attachments are not fulfilled. To remain happy means to remain content; there is no feeling of distress or becoming upset over anything. There is patience. No matter how ill a patient may be, what does the doctor do? The doctor reassures them and helps them to have patience by letting them know they will be well. Patients need patience.

## **Patience, peace and love**

When I develop patience, peace and love also develop internally. When there is a sense of impatience, I become engulfed by feelings of sorrow and peacelessness. Whatever may be happening outside or whatever illness I may have, if I have patience inside it will not feel like a big deal. If I lack the power of patience, I make situations big by thinking too much about them. My head and heart are then affected, and my hands cannot do their work well either. Every day, take these three pills: patience, peace and love. A good life means to be to be healthy, wealthy and happy.

## **Who am I?**

Spirituality is an energy that is beyond religion, culture, caste, creed and language. When my awareness, attitude and vision are heavily influenced by the things of the external world, I cannot truly know myself. Ask yourself: 'Who am I?' I am the living energy of light inside. I draw might from the Supreme and as a result of this everything in my life becomes alright. Receiving divine love, I completely let go of any experience of suffering due to illness, and become peaceful and loving. Look at yourself and ask: 'Do I have peace inside? Do I have love inside?' Where do love and peace come from? They are born of purity and positivity.

## **Connection with the Supreme**

Through connection, communication and the experience of a deep relationship with the Supreme I receive so much power that all my sorrow and illness are removed. Go into deep silence, and the vibrations also help remove the sorrow and illness of others. It is by experiencing myself as a spiritual energy and by experiencing the love of the Supreme that I am able to create healing vibrations. When I develop spiritual power I am able to face the many polarities in life: happiness and sorrow, praise and defamation, victory and defeat. On the basis of this power I can maintain inner stability and become free from suffering.

## **Freedom from sorrow**

As a human being I have the power to understand the difference between right and wrong, happiness and sorrow, truth and falsehood. This discernment can be clouded, but on the basis of understanding I can consciously choose to perform elevated actions. As I continue to make these choices the conscience becomes clear and easily connects with the Supreme. As this experience becomes natural and I live life in this way, I am filled with spiritual power and love to such an extent that I become free from sorrow. No sorrow can enter when these qualities are present.

## Quality of actions

I experience the return of all actions performed through the body. An elevated awareness allows me to rise above the suffering of past negative actions. This awareness is cultivated when I contemplate three things: 'Who am I?', 'Who do I belong to?' and 'What do I have to do?' The deep understanding that I am a soul separate from this body and that I belong to the Supreme enables me to draw power within. Good actions performed in this consciousness further empower me. This inner power and the good wishes of others help me overcome any illness. Not only do I become free from suffering but I become an example of tolerance for others. If I question why the illness has come I open the door to sorrow. It has come to go.

## Power of silence

Through the power of science one can experience the temporary happiness of physical comforts, yet these can disappear at any time. It is through the power of silence that I experience imperishable happiness inside; a happiness that cannot be snatched away. This happiness creates hope and removes the sorrow of illness. Hopelessness adds to the illness. In fact, it is an illness itself. People quickly become hopeless and forget to maintain courage; then, because the heart is weak, it is readily hurt. By maintaining courage, help is received from the Supreme. My heart becomes filled with happiness and hope; the heart that was hurt is healed.

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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