

SIMPLIFIED

HEALING RAJYOGA

The 7rays rajyoga can be used to purify the five elements...and to heal illness because disease is caused by impurities in the elements ... When we focus...the energy of God's seven basic attributes... on the five elements of the body, and the mind and intellect, they become pure, powerful and active... Through this, physical and mental illness starts to heal. As well, the five elements of the universe are also purified, empowered and activated...Since the body is made of the five elements of nature, these two are linked together at sub-atomic level... In this meditation, we link the seven energies of God's attributes with the five elements, mind and intellect, and focus our attention on the element or faculty that we wish to receive them...Let us now practice Healing Rajyoga...

First, free the mind from all external matters. Now visualize the self as a conscious point of spiritual energy residing within the brain and controlling the physical organs of the body... Now slowly breath in while counting from 1-15...Hold the breath as long as you easily can...Breath out slowly while mentally counting from 15-1...Now your body and mind are relaxed...

1. I...the soul visualize... the Blissful energy of God Shiva ... being focused on my mind ... My thoughts bring perfect harmony... between physical and metaphysical energies... The 'Inner Child' in the Emotional Body is now free of all fears...I enjoy the perfect blissful stage ... The right brain, the endocrine, nervous and immune systems... are empowered...the negative emotions of lust, hatred, jealousy, confusion, apathy and depression... are absolved... My Emotional quotient (EQ) and Spiritual quotient (SQ) are enhanced...

2. Now, I the soul see Knowledge-energy from God Shiva... being focused on my intellect.... As a result... the Intellect becomes divine...and knowledge of the soul, Supreme Soul and the wheel of Creation are becoming clearer...The Divine intellect is being replenished like a seed... its ability to rule over the conscious and sub-conscious-mind are increasing ... the five senses are now under its perfect control... The left brain... the autonomous nervous system are also... empowered...Nervous disorders, migraine etc. are relieved... My IQ and memory are enhanced...Ah...Ha... now I...experience full vitality for high spiritual endeavor...due to the flow of these energies..

3. Now...I see Peace- rays from God Shiva... being focused on my subtle body ... The Space element of the physical body is becoming peaceful, pure and active...As a result... the respiratory passages.... the sinuses... and the ears are empowered.... Asthma is relieved...The power of silence... subdues the five vices making me vice-less...My communication skills, my power of hearing, and power of speech are enhanced ...stiff neck, thyroid and ENT problems, are resolved... Ah...Ha... I am now experiencing un-interrupted peace...

4. I, the soul now see the selfless... Spiritual Love ... from God Shiva... being focused on my subtle body...This love-energy purifies... empowers.. and activates... the **Air element** of the body... and the universe... is opening up all blockages and softening the hardened blood vessels ...in the cardio-vascular system and the lungs...Consequently...the oxygen supply... to all vital organs ...is enhanced...improving their efficiency... The empowered element of air,, hastens the cure of coronary artery disease... angina, high BP and lung diseases...Due to the flow of Love-energy, the Thymus gland starts functioning optimally... I, the soul am now completely relaxed and detached...

5. Now I, the soul see ...Joy rays from God Shiva ... being focused on my subtle body... These Joy rays purify, empower and activate... the **Fire element** of the physical body... and the universe... As a result... the pancreas... liver... spleen... stomach... intestines are rejuvenated... empowering the digestive system... the endocrine system ...and immune system...My vision is empowered and sharpened...Spectacles are no longer required...my pancreas is Rejuvenated ... it releases more insulin... and diabetes is relieved... The Empowered element of fire ...regulates appetite...thirst...sleep...laziness... and tiredness... it regulates my ability to see...it strengthens my sense of control and leadership... Ah...Ha... I, the soul, am experiencing lightness...hope and enthusiasm.

6. Now I, the soul see **rays of Purity from God Shiva... being focused on my subtle body... The Water element** of the physical body... and the universe is being purified... empowered and activated... As a result... all the body fluids like... blood and lymph... are empowered... and they begin to function optimally... The excretory organs like bowels, kidneys and sebaceous glands are empowered... the reproductive glands sublimate their energies to strengthen the power of *Brahmacharya* which in turn empowers the brain... the nervous system... the endocrine system and the immune system... prolonging my life span... The sense of taste on the tongue... the sense of procreation...are also regulated...AIDS, gynecological, prostate, renal and lower back problems, blood cancer. are relieved... I am free from laziness...

7. **I visualize Spiritual Powers from God Shiva ... being focused on my subtle body... The Earth element** of the physical body... and the universe is being purified... empowered, and activated... As a result... the bones... muscles... tendons... ligaments...skin... teeth and all the solid structures of the physical body begin to function optimally... the sense of smell in the nose... the sense of survival and grounding are also regulated...Diseases like osteoporosis, sciatica. are also being relieved... I am becoming fearless... I am becoming Master Almighty...

Systematic practice of this Healing Rajyoga, on one hand makes our mind healthy, and on the other hand, our body and the entire life become healthy...When the individual becomes healthy, our global society and the entire creation become healthy... Thus, your Health is in your own Hands...

A TIP:

Try to remember God while eating or drinking. With every sip or every spoon, imagine that God's seven basic attributes are being filled within the body, one by one, and further link them to the gross elements of the body that benefit from the spiritual energy as already explained

The Sample thoughts are:

Bliss rays from God are purifying and empowering my Mind or heart
Truth rays from God are purifying and empowering my Intellect
Peace rays from God are purifying and empowering the space element
Rays of spiritual Love from God are purifying and empowering the Air element
Rays of Joy from God are purifying and empowering the Fire element
Rays of Purity from God are purifying and empowering the Water element
Rays of spiritual Powers from God are purifying and empowering the Earth element.

This sequence can now be reversed so as to cover the rays of spiritual Power first and those of Bliss last. This way we can remain in God's remembrance during the entire period of eating or drinking.
While chewing the food, we can contemplate on the benefits we get from each attribute of God as mentioned in the commentary.

. Purifying, empowering and activating the five gross elements of the universe is in fact an act of insuring yourself for safety during natural calamities, as these elements will give you protection in lieu of their service through Healing Meditation.

**For further clarification read: "Mysteries of the Universe" or e-mail to:
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