
ART OF
MEDITATION
AND
SELF-HEALING





Art of Meditation & Self-healing

There is some meaning to our ancient texts, people and their ways of life. If we were to stay during the lives of old monks and personalities of spiritual importance, we could observe one thing in common—meditation and self-healing. Theoretically, self-healing is guiding yourself through specific processes that calm your inner soul. While meditation is an art, a science or even a therapy for many, that helps you focus on your breathing. Although there can be varying practices of meditation.

In human lives, there are certain situations, circumstances and associated emotions that are inevitable. As far as they remain surficial and do not consume your mind and body, everything seems navigable. But one can't go far with these once they begin to affect adversely. Here is when self-healing becomes primarily important.

Nobody knows what works the best for your body and soul, other than you. This remains a fact that the people around you and your loved ones can only empathise with your pain and simply help you discover meaningful solutions. But it is you who has to tread through the troubled times.





Meditation

an art & a science

Meditation can be a wonderful tool to help yourself in distressed situations. It is an art, an exercise and definitely a science to focus on your breathing levels. No wonder, there are many who intend to live a stress-free life seeking the help of meditation but aren't completely able to achieve the same. They might be ignorant to their self-healing process. While meditation is just another form that can help you calm yourselves in stressful times, self-healing is something beyond that.

Before we delve on to know self-healing as a process or try to define it, let us understand this ancient art of meditation. While some say it is a way of life, others consider it as an excellent tool to calm your mind and soul during stressful situations. Medically, it can be considered as a medicine to help you cope up with negative situations, sufferings caused due to any physical pain as well. If you talk to monks and people who have been practising this art since ages, it is their path to inner wisdom and enlightenment. The techniques and paths might differ, while the purpose remains the same-inner healing.

Meditation as an exercise can have a massive impact on your body and soul-all of that enlarging your sphere of positivity. For instance, when you are focused enough, you put in all your efforts and energies in the work at hand. As simple as it can be, with enhanced focus and right efforts, your mind can work at optimum capacity. And when the outcomes are positive, it enriches you emotionally and spiritually as well. The bottomline is the same-meditation is one tool with a plethora of benefits. So ultimately you heal yourself by practising this ancient art of meditation. Hence meditation becomes a means to an end of self-healing.



Self-healing

Self-healing is something that does not fit into one box or is not theoretical. It totally depends on your instinct. You may not be able to spot the exact cause of the suffering—physical or emotional or any kind of bruise that is bothering you. That slight discomfort which does not align with your current goals and your usual ways of living can hamper your normal ways of functioning. Self-healing is exactly that process wherein you practise certain things consciously or unconsciously in order to regain your normal and happy mental space.

Here, 'YOU' lies at the core. Your wellness, internal well-being becomes the focus area.

Amidst all of this, self-awareness and acceptance become the primary thing. While you are figuring things out, there might be times you can discover certain issues that might seem uncomfortable to digest. Remember: all of that is okay. Your self-healing is crucial at the end of the day.

Today, there are different guided programs available to help you self-heal. Many meditation camps are organised to help you find that space. Here is when meditation slowly and gradually manifests itself to provide benefits and aid in your self-healing process.

Such programs take into consideration your pain points, your age and stage of life and deliver a customised plan for you.

Self-healing through meditation can really be helpful. It makes your journey of self-discovery, self-awareness even more meaningful. Since your haywired thoughts and ideas become organised, it becomes effortless to act on the bruise that was bothering you. The time taken is comparatively less with long-lasting results.

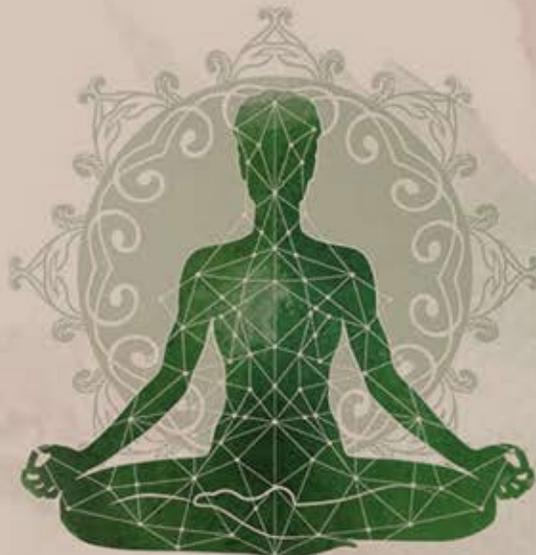


Self-healing

Have you ever wondered why certain people practise meditation, exercise daily but aren't able to extract optimum results out of it? Here is the time to realise that even though meditation sounds easy to just focus on breathing patterns, it is beyond that. Meditation is a guided practise that needs refinement with every set you do. This polishing spurts your self-healing, self-discovery process.

Overall, you can't find an escape to your problems with merely practising meditation as an exercise. You need to dig deeper, deal with the problems with all the mindfulness you have achieved with the help of meditation.

There will be pain, sufferings, stressful situations in life. They are potent enough to cause you pain and disturbance as well. You can keep enduring the same with a background of negative emotions and troubling your loved ones along or choose to work on it. It depends on you on how to react, respond or deal with this. For, it will always be your call on working on your stressed mind and body. It will always be you who can take any action to work on the solutions of the problems. Everything starts and ends at you. Practise meditation to heal yourself so that you enjoy your life to the fullest.





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