STRESS – A GLOBAL MALADY

Irrespective of age, sex, Nationality a common disease is prevalent which has a root in the mind. This malady is termed stress. Change in life style, education system, competition, electronic equipments, rat race for survival contribute to stress. No one seems to be free from stress; but how we face the stress determines the extent of this 'disease'.

When mind is overstressed, mental balance is lost. Finally it affects the physical body which exhibits variable symptoms, from headache to cancer. The solution is simple. The first foremost thing is that we have to realize that it is our mind which should be under our control. When stressed it wanders like a monkey and once it is brought under our control, it becomes Maruthi [Hanuman]. Mind cannot be controlled by medication; but it can be controlled by meditation. Meditation makes one realize the healing power within. There is constant source of supply from cosmos which enters into the system to be the source of good health

How does the mind get stressed? Around our physical body invisible aura [energy body] exists. In this invisible aura, seven major chakras are located. The cosmic energy from the Universe flow continuously through these chakras and make the body cosmic conscious and keeps the body and mind in good health. The mind is outside the visible physical body receiving the information from the environment feeding the same to the sensory organs. Through the sensory organs, the brain receives the stimuli and gets registered in the subconscious mind. The mind is capable of analyzing the information. If the processed information is negative then the trouble starts. The negative energy causes disease of the mind and gets disturbed. When this happens, the normal flow from cosmos gets interrupted. Interruption to the free flow of cosmic energy throws the endocrine system leading to several physical or psychosomatic diseases. Hence it is obvious that for all physical diseases there is a metaphysical cause.

What and where is the remedy? How to cope up with the stress? Stress is basically a disease of the mind. If we know how to relax the mind, the rest becomes easy. Life is full of challenges. How we face the same is determined by our wisdom. We should learn to relax the mind which makes us to feel calm allowing the body to relax. Simple technique to relax your mind is meditation on self.

MEDITATION
The universe is filled with abundant cosmic energy. Cosmic energy is not visible to the naked eye since they are in the form of subatomic particles. Though they are invisible they are the ones we breathe to keep us alive. Meditation is to realize not only to keep us alive but also to realize the divine power within. This self realization makes the mind and body to relax and keeps the stress at bay. The simple meditation to achieve the best result is as follows.

Choose a calm clean space; sit quietly on the floor Assume lotus [Padmasana] or suhasana[squatting]   posture. Through your inner eye at the centre of your fore head visualize the Universe filled with invisible cosmic rays. Now concentrate on your breathing visualizing the cosmic energy filing up the chest and abdomen. Let the abdomen expand for retaining energy. While it is retained, it reaches each and every atom in our body. Now breathe out chanting OM. OM is not a mere mantra but it is the universal medicine. As OM emerges from nabhi [lower abdomen] purification of mind and body takes place. Continue this exercise for 15 to30 minutes. This will totally relax the mind. Now visualise the cosmic energy within reaching each and every part of your physical body by auto suggestion. In absolute silence, experience the divine power in yourself. Experience the relaxation of the mind and body derived from absolute coordination between the mind and body. Feel healthy and happy. This positive affirmation fed to the subconscious mind keeps you free from stress. Enjoy the divine power within you.

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