



The Healing Power of Meditation

by Sant Rajinder Singh Ji Maharaj

Sant Rajinder Singh Ji Maharaj gave this talk during his 1996 world tour.

In the past decade, people have focused attention on the importance of finding ways to heal themselves at the level of body, mind, and soul in order to live a more fulfilling life. Many new techniques have mushroomed throughout the world to help people heal themselves physically, mentally, emotionally, and spiritually. Various methods of alternative medicine have blossomed to help people have healthy bodies. Many new processes in the field of self-help and personal transformation have gained popularity to help people feel better emotionally and mentally. There are also many paths being explored to help people develop spiritually.

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As I think about all these methods that have flourished to promote healing, my thoughts turn to a technique I learned from two great saints, Sant Kirpal Singh Ji Maharaj and Sant Darshan Singh Ji Maharaj, who were in touch with the healing power latent within all of us. Within each person is a spiritual energy that has the power to make him or her whole. The technique by which we can tap into this latent power is meditation. Once touched by this healing force within us we undergo a profound transformation. We experience a healing of the body, mind, heart, and soul.

What is this healing power and how can we come in contact with it? I am not referring to the power of healing used by people who call themselves healers and who affect a cure for the physical body of others by "laying on hands" or using psychic powers. I am referring to a power by which we heal our own body, mind, heart, and soul by connecting with a healing current already within us. This healing current is known as the current of Light and Sound. It is referred to in all the world's religions as the Word, Logos, *Naam, Shabd, Bani, Jyoti and Sruti, Kalma, Sraosha, Baang-e-Asmani*, Voice of Silence, and many other names. Through meditation we can contact this current and reap its numerous benefits.

Healing the Physical Body through Meditation

To understand how meditation can heal our physical body, we need to first understand how disease and illness arise. There are several causes of physical ailments. I will focus upon three of them.

First, certain illnesses arise because of the law of action and reaction. In the East this is called the law of karma, under which we are rewarded for our good deeds and punished for our bad deeds. We may not receive the rewards and punishments immediately, but they accumulate in a storehouse. At some future time, the law of justice in the universe will see that each of us receives our just deserts. Some of the illnesses and accidents that happen to us despite all our precautions and attention to good health are said to be the reaction, or karma, for what we have done in the past. We often are not aware of the act for which we are punished. It could have been in our past in the current life or due to actions committed in a former life.

These illnesses and mishaps cannot be avoided. But meditation can help us. It can lift our attention to a higher level of consciousness so that we do not feel the pinching effects. We come in contact with a stream of bliss and joy that takes our attention away from the pains of the world. Once Sant Kirpal Singh Ji Maharaj had to undergo an operation. The doctors had administered an injection to make him unconscious. Yet, the doctors were amazed as he did not lose consciousness and

remained in his full senses. Finally, Sant Kirpal Singh Ji Maharaj asked them what they hoped to accomplish by their injections. They said, "We want to make you senseless." He asked them, "How can you make a conscious being senseless? If you want me to withdraw, I will do so, but your drugs can do nothing." Just as they completed the operation, Sant Kirpal Singh Ji Maharaj opened his eyes. The surgeon-in-charge was amazed that a man could return to his senses while under so much anesthesia. He had consciously withdrawn his attention from the body for the duration of the operation and the moment the operation was complete he astounded the medical staff by opening his eyes immediately. They realized they were dealing with a being who could consciously control the withdrawal and return of consciousness to the physical body. Through mastery of meditation we can consciously control our withdrawal and return to the physical body, and thus have a refuge of bliss and peace within, safe from the ravages of physical pain.

Another way in which meditation can help us minimize the effects of the law of karma is that it helps us to keep from creating new karmas that will have to be paid off at a later time. When we meditate, we are connecting with a stream of spiritual power. During that time we are not creating any karma, whether good or bad. In accurate meditation, when our body and mind are stilled, we are not engaging in any action in the world—thus, there are no good thoughts, words, and deeds and no bad thoughts, words, and deeds. In meditation we are not thinking, speaking, or acting. Therefore, time spent in meditation is time in which we are not incurring any new karma for which our body has to reap the fruits. This is true preventive medicine—we are insuring ourselves against creating karma that can result in future illnesses or accidents.

A second reason why we undergo illness is because we have broken the laws of nature. Some people erroneously believe that every time they catch a cold, they are paying off karma. This is not necessarily the case. If we did not take normal health precautions and shook hands with someone else who had a cold and we rubbed our eyes or ate without first washing our infected hands, then it is possible we too would catch a cold. If we had taken precautions we could have avoided the virus. If we are careless when cutting a carrot with a knife, we may cut ourselves. We cannot blame karma for every illness or mishap. Sant Darshan Singh Ji Maharaj, when asked how we can distinguish whether an illness is due to karma or not, once gave this general guideline: "If despite all your efforts to maintain health, an illness or accident seems to come out of the blue with no obvious cause, then take it as a karma that has to be paid. But if it is due to breaking the law of nature, nature will exact her price." Thus, some ailments are due to exposing ourselves to a situation in which we transgress the laws of nature.

Again, meditation can help us. We become more conscious of our actions and take more precautions to respect the laws of nature. Also, if we do get sick because of breaking the natural laws, we can spend time in meditation to rise above the discomfort and find solace and peace above the consciousness of the bodily pain. We have only to look at near death experiences to see how people who undergo excruciatingly painful accidents were lifted above the pain when they left the body. They could see their body with injuries and trauma lying below them, but they no longer experienced any physical pain until they returned to the body. This is one analogous situation to give us an idea of the power of protection from pain afforded to us when we perfect our meditations.

The third reason for getting sick is due to the body—mind connection. Medical researchers have linked certain illnesses to our state of mind and to our emotional condition. They have found that when we undergo mental stress or emotional pain or depression our physical resistance to disease drops. We become more susceptible to catching a disease because our ability to keep our immune system in top working order decreases. Science has pinpointed certain diseases such as heart disease, digestive problems, breathing problems, and migraine headaches, to name a few, to be sometimes stress-related. Spending regular time in accurate meditation has been shown to reduce stress. Many medical centers and hospitals offer classes in meditation as a way to reduce stress and eliminate certain illnesses. In this way, meditation can help us heal our physical body by healing our mind and our emotional state.

Healing the Mind through Meditation

In this hectic world, our mind is often agitated by stress and pressures. Life has become so complicated that people seem to have too much to do and not enough time to do it. Some people hold jobs that require long hours and too much responsibility. Other people work two jobs and raise a family. Too much pressure often causes people to seem to snap—they become irritable, off-balance, and "stressed-out." They begin to act in ways that are not "themselves." Sometimes they take out their frustrations on their loved ones, hurting those they should love the most.

Meditation is a way to eliminate the lack of balance caused by the mental stresses of life. By spending time in meditation, we create a calm haven in which we restore equilibrium and peace to our mental functioning. Researchers have recorded that the brain activity in people who meditate functions at 4-10 hertz, a state of deep relaxation. Their mind becomes calm, and it also calms the body. If we could spend some time each day in meditation, we would find our stress levels would be reduced.

Besides reducing stress during meditation, there is a carry-over effect. We will find that we can maintain more peace of mind as we continue our activities throughout the day. As we perfect our meditations, we can maintain that calm state of mind even in the midst of turmoil and strife. We will find ourselves more in control of our reactions and we will maintain an even keel in the face of other people's conflicts.

Another benefit of meditation is the change in our angle of vision. As we rise above body-consciousness, we find there is more to our existence than what goes on in the physical world. We become more detached from events and problems that might have bothered us in the past. We see the larger picture and realize the higher values of life. Those who had near-death experiences report that what is important is being loving and helpful to others. The petty trifles of life no longer bother them because they realize that when they leave the world nothing else matters but how loving and giving one is in life. Meditation gives us that same angle of vision. Thus, we do not become embroiled in all the petty trifles of life but stay focused on higher goals.

Through meditation, we can bring about a healing of our mental state and can, over time, develop the equilibrium of mind to function more effectively and more peacefully in this world.

Healing Emotional Pain through Meditation

In the last few decades, family life has changed dramatically. As both parents have to work, people have less and less time for their children. Young people are often raised by babysitters, childcare centers, and daycare centers. With the breakdown of extended families, children no longer have easy access to grandparents and aunts and uncles to care for them when their parents work. In increasing numbers, children are not receiving the kind of love and attention they need to become whole, emotionally-healthy people.

We also see an increase in abusive relationships, drug and alcohol addictions, child abuse, and dysfunctional families. With an over emphasis in society on academic achievement and career preparation, we have not devoted much time in our Western society to learning how to get along with others, establishing good human relationships, parenting skills, relationship skills for a healthy marriage, and skills for coping with emotional pain. The result is an increase in the number of people who have emotional problems. What used to be considered a problem of only a few, now has become a problem of the masses—psychological and emotional pain. Psychologists often trace these pains to remnants from unfulfilled childhood. The popular phrase for curing this condition in the West is called "healing your inner child." This refers to the feelings we had as a child that were never healed. We

may have been hurt and abused by our parents; we may have felt unloved, uncared for, abandoned, rejected, and shamed. When the important adults in a child's life do not help the child resolve these pains, the person carries these wounds into adulthood. It is almost as if their emotional growth is stymied at a childhood level. While people grow up and have an adult body and adult mental capacity, their emotions are still functioning at a childhood level. Thus, when other adults hurt them, criticize them, reject them, or do not act loving towards them, adults with inner child pain react as they did when they were children: they cry, act out, run away, withdraw, throw a tantrum, and act childish among other adults. The pain of crisis reopens their childhood wounds and they play out the same pain over and over again in adulthood. Each time they are wounded, more scarring is added to the wound. Instead of healing, it becomes more traumatized, and people ultimately are so hypersensitive some even develop a neurosis in which they can no longer cope with adult situations. They may begin to avoid people, build defenses, or act aggressive even in minor conflictual situations.

Meditation can supplement the various forms of therapy that people use to heal emotional pain. As people work on their emotional problems, often with the guidance of trained specialists, they can increase their healing by meditating. Meditation helps emotional pain in several ways. By rising above the body we can see our lives from a clearer angle of vision. We begin to recognize the roots of our pains and can start to solve the problems. Many people are not even aware of why they act and feel the way they do. By raising our consciousness, we become aware of the causes of some of our feelings. We can then pinpoint the area of our life in which we need to work. In meditation, we come in contact with the source of all love. The current of Light and Sound is made of the same essence as our soul and the Oversoul. That essence is love, consciousness, and bliss. As we come in contact with it, we experience divine love. We connect with the love of God latent within us. It is said, "God is love, the soul is love, and the way back to God is also through love." We may not have had love as a child and we may still be suffering from those wounds, but contact with godly love fills that hole with more love than we can ever imagine. We can get an idea of that love by reading about the near-death experiences people have had. They describe coming in the presence of a being of light who radiated more love to them than they ever felt in their entire lives. In fact, the love was so profound and fulfilling that many did not want to return to their body! And a near-death experience just touches the border of the higher regions. Those saints and religious founders who traveled higher through prayer and meditation have described in their writings the overwhelming love they experienced in the Beyond. St. Catherine of Siena speaks of it as a mystic marriage with God. Mystics and saints from India and Persia speak of union with God as an eternal marriage with their Beloved. Being drenched in that love fills the

void in the heart left over from childhood pains. Thus, meditation can be an effective process for healing emotional pains.

Healing the Soul through Meditation

Even more poignant than the pain of the physical body, the mind, and the emotions, is spiritual pain. The hunger for God causes a pain deeper than any other kind of anguish. St. John of the Cross refers to it as the "dark night of the soul." We want to see our Maker, we want to know the ultimate truth, and we want to unravel the mystery of our existence, yet we do not find the answers. Sant Kirpal Singh Ji Maharaj once said, "Once the question of the mystery of life and death enters our heart, we cannot rest until we find the answer." In fact, he himself would shed tears day and night for God to lead him to someone who could provide the answers to these mysteries.

When spiritual hunger grips us, we begin our search. This is our spiritual awakening. We may search for the answers in our religions. We may read the scriptures, attend our places of worship, and perform rites and rituals. If we do not find the answer there, we may explore other religions and faiths. If we do not find the answer there, we may take up a form of yoga or spiritual discipline. Ultimately, when we analyze the path tread by those who found the answers, the saints, mystics, religious founders, and spiritual teachers, we come to the same conclusion; we come to the same still point—the way lies within and we can reach it through meditation.

Meditation can uplift our soul to realms in which we can find the answers to all our spiritual questions. We can journey to the regions that await us when we leave our physical body at the time of death. The burning question, "where do we go after we die?" will be answered because we will have already journeyed there through meditation. Death no longer fills us with fear for we see for ourselves it holds more bliss, joy, and love than we can ever imagine.

We see ourselves as soul, as a light of God, and know that we are drops of the Oversoul. Ultimately, we reach the stage of merger with God and become all-conscious. It is at that stage of unification that our spiritual thirst is quenched. We no longer yearn for love—we become love itself.

Healing the World through Meditation

As each person heals his or her pain and becomes whole through meditation, another phenomenon takes place. Each person becomes an instrument in bringing about a healing of the planet. When we become peaceful within ourselves, when our physical, mental, emotional, and spiritual pains are healed, we radiate that

peace to others. We no longer are a source of conflict, but are a remedy for conflict. We no longer hurt others in thought, word, or deed. Instead, we apply balm to others' wounds.

When we rise above this world through meditation, we see the Light of God in all and love all creation as one family of God. We become an agent of peace and goodwill, an ambassador of love. If each person offered his or her soothing presence to those with whom he or she came in contact, it would not be long before we would heal the world of the scars of war, of hatred, of inhumane acts. Outer peace would be assured and a golden age of spirituality would begin.



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