

**Positive thoughts:  
How Meditation can help the mind and body.**

There are so many books on the market about positive thinking and its ability to heal all ailments. The Ayurvedic view on disease is that the mind is the root of all our problems, and all diseases do indeed start from the mind. It is our greatest asset and one which is worth fully knowing and befriending. A happy mind leads to a happy, healthy body and person. An unhappy mind leads to a depressed, unhealthy body and person. A person can realise their dreams, ambitions and greatest hopes through the power of the mind. It may still seem far-fetched to some but there is increasing literature and studies to back up these ideas. Two recent phenomena are 'The Secret' and 'The Cosmic Ordering Service'. These books and concepts have entered the wider public arena with the concept of what you give out is what you receive, so naturally when giving out the positive this is what is received. I will expand on this concept further in the article. The medical profession is also becoming increasingly aware that diseases start from the mind, and in fact disease can also be self-healed through the mind. This will be examined further in relation to the seven chakras and how by meditating on them the body can be healed.

Ayurveda, the ancient holistic and healing science, gives great insight to the nature and function of the mind. The mind must first become our best friend; we must get to know it fully. Our awareness is placed in the mind at birth, but we are not taught how to use it. Very few of us know how to use and care for the mind properly. In order to start understanding the mind, we must first observe the mind and its functions. We can begin this by listening to our thoughts and thus beginning to understand the contents of our minds. As soon as you begin to observe the mind, you will find it is almost impossible to control. There will be thoughts being processed continuously and the difficulty of keeping the mind on one thing. Thoughts will either elevate or depress the mind depending on their nature. As we become more aware we consciously project positive thoughts and avoid those which are negative. Most healing consists of changing the thoughts which dominate our lives to those of peace, love and happiness; and lessening the thoughts of conflict and unhappiness. Sometimes however the negative thoughts are so deeply ingrained that deep prayer and meditation are required to change them. A good place to start is a simple meditation which will quieten and still the mind. Due to the moving nature of the mind, the breath is first observed and then deep breaths taken. Once you are seated comfortably and the breath regulated, the meditation can

begin. Meditation is the art of focusing the mind on one object. It encompasses four aspects in its traditional form:

**Pratyahara** - withdrawing the mind from the body.

**Dharana** – controlling the mind.

**Diyana** – immersing oneself in the object to be meditated.

**Samadhi** – realisation state where the person becomes one with the object.

It is ideal to start meditating with a positive object which really sings to the heart. Something which can bring the joy out of the deep of you into the rest of the body. Start with observing this object fully; think of the colours, the sounds, the emotions; absolutely everything about it. Make the object as real as you can. This will help the mind to fully focus and there will be less wandering of the mind onto other topics. When the mind does wander, it is important to acknowledge the thought to think of later and then return to the object which is being meditated on. As more practise is done with the meditation it will achieve an awareness of the mind and inner peace. Inner peace is essential for any positive thinking or self-healing to work. If we are not at peace with our inner selves, it is very difficult to overcome the blocks in order to heal. Once we have gained an inner insight to our true selves, it is possible to embark on the positive thought processes which are available. One such thought is 'Cosmic Ordering'. This is the act of placing an order of what is wanted from the cosmos and then letting it occur. The order should not be thought of again but allowed to happen when the time is right for it to do so. Of course in order to know when the order does come into our lives, it is important to fully know the self as the order may come in a different form than which is expected. If we are closed to it, we could miss it! So a pre-requisite to cosmic ordering would be meditation to gain an insight into ourselves.

It is interesting to see how many Ayurveda principles are in these 'new' processes. The basis of this thought and also of 'The Secret' is gratitude. Once we are grateful and really appreciate the things we have and the life we live, further wonderful things and experiences can come to us. This is the fundamental aspect of life by the Vedic scriptures. Prayers are said daily and are a part of the Dinachariya- the Ayurveda daily routine of life. When a person prays they are expressing gratitude for what they have. There is no thought for future gain but an appreciation of the moment; a fundamental principle which is also set out in the Bhagavad-Gita. So once these two aspects of gratitude and a gain of inner insight are achieved, it will be easier to embark on the positive thinking practices.

I will now expand on the power of positive thinking to self-heal. As diseases have their root in the mind, it should be possible to rid the body of disease through a series of positive thinking meditations. This can be a very lengthy process and there has to be great faith in the person and also a good meditative insight previously achieved.

One technique of self-healing which can be learnt is via the seven chakras, or energy centres in the body. These energy centres are in the subtle body rather than the physical body but can govern the physical by deep, meditative practise.

The first chakra to start with is the **Root Chakra**, this is located at the base of the spine. The basic technique of meditation with the chakras is to locate the place physically and then concentrate on it; this lets the energy flow from and to the chakra. Each chakra also has a colour which can aid the meditation. The root chakra's colour is red. Meditating on the root chakra is good to alleviate pain in the legs, hip and feet. It is also beneficial for poor circulation and a lack of energy. On an emotional level, meditating on this chakra is good for reducing selfishness, fear, poor motivation and a lack of assertiveness. To begin with it is not necessary to spend a lot of time on each chakra, the length of time will increase with practise.

The next chakra is the **Sacral Chakra** and its location is at the lower abdomen, between the navel and the pubic bone. The colour to be meditated on is orange. This chakra is good for cases of lower back pain, sciatica, constipation and menstrual problems. It can also be used to help in problems with fertility. On an emotional level, it is useful when feelings are repressed; when there is an over emotional dependence on others; and when there is fear of sensuality and sex.

The **Solar Plexus Chakra** is located between the bottom of the ribcage and the navel; the colour to be meditated on is yellow. On a physical level this chakra can be used for problems in digestion and in the immune system, such as allergies. On an emotional plane it is good for fear and also the inability to make decisions.

The **Heart Chakra** can be meditated on at the centre of the chest with the colour green. Its use is more beneficial on an emotional level. It helps in the ability to accept ourselves and others, helping to keep a balance between our needs and the needs of others. It is the harmonious interaction between our inner world and the world external to us.

The location of the **Throat Chakra** is at the centre of the throat, and the colour is blue. It can be used physically to alleviate sore throats, stiff necks, headaches and tension in the shoulders. On an emotional level it helps with the ability to listen to others and the means to express ourselves by better communication.

The next chakra is at the eyebrow centre or third eye and is called the **Brow Chakra**. The colour for the chakra is violet. Meditating on this chakra can help with eye problems. On an emotional plane it helps with confusion, making assumptions and is good to increase awareness.

The **Crown Chakra** is right at the top of the head and is depicted as being white in colour. It controls the brain function so any problems with co-ordination and clumsiness can be helped.

Once the meditation has reached the crown chakra, it is very important that the chakras are again focused on in a downward manner to the root again. This will close the chakras and bring the energy back down again, therefore grounding the person. Chakra meditation can be very powerful when practised and is a wonderful aid to self-healing the body.

In conclusion then it has been seen how positive thought processes can help our lives by bringing in positive energy and experiences to us. It is important however that we practise meditation to gain an inner insight into ourselves so that when these experiences come into our lives we can appreciate them. It has also been seen that self-healing can be done by chakra meditation, and how this will be beneficial to the mind and body.

**© Bindi Shah 2007**

**If you wish to reproduce this article, please contact me at [bindi@anamaya.net](mailto:bindi@anamaya.net)**