

MEDITATION & HOW SELF REALIZATION HEAL EMOTIONAL AILMENTS

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INTRODUCTION – CHAPTER 1

A human being residing in this universe is built with a combination of 'physical – psychological' compounds. Every human's objective of life should be to realize his inner consciousness, his link with the universe and to understand his Oneness with the Primal Source.

In SRI RAMAKRISHNA – A BIOGRAPHY, Swami Nikhilananda cites Sri Ramakrishna's quotation :

“ One who keeps his mind on the plane of Brahman (God), he had attained the state of a

vijnani, the knower of Truth in a special and rich sense who sees Brahman not only in himself

but in the transcendental Absolute. He would regard himself as one with Brahman...Page 62”.

In today's modernized civil world, man has mastered the art of divergence and has failed to understand the significance of Unification. He has segregated himself from every matter and has lost the understanding his oneness with the primal source.

This segregation has made man to go through a lot of psychological ailments. Examples of psychological or emotional disorders include Depressions, Frustrations, Jealousy, Mental Stress, Bipolar Disorders, Anger, Rebellious Attitudes Unsatisfied Desires and many others. Each and every year the number of patients at the Institute of Mental Health is increasing vastly . One of the prime reason for an increase in such ailments is the lack of

spiritual growth in humans and the lack of self understanding and self consciousness.

Every human has the right to live his life to the fullest with minimum hardship, ailments, sorrows and depression. When one understands that The Almighty, The Primal Universal Source, The Higher Mind is powerful to grant every human the liberty to live his life to the fullest, he immediately seek the right path to achieve his freedom and attains his right to live to the fullest. But, HOW?

In my thesis, I investigate the secret of how one can prevent the psychological / emotional ailments and how one can cure the psychological ailments occurred to them. As the great philosopher Socrates says, "Know Thyself", one has to be conscious about his physical body as well as his spiritual body and believe that the Higher Mind as granted all souls with the power to overcome all psychological ailments and attain a fulfilled life.

I would like to share this secret of how to self realize and unite with the Higher Mind Consciousness with like - minded metaphysical professionals. My research and understanding of Meditation and the Different types of Meditation will certainly be a vast help to them. By writing this thesis, I would like share and express my ideas about how Meditation helps one find himself frees himself from all emotional ailments, His conscious and unconscious state and eventually unify himself with the Cosmic Primal Energy. The primary objective of this thesis to advocate the concept of Meditation and enlarge my and like minded metaphysical tutor's conscious knowledge on the topic and achieve a fun filled complete life.

In a busy world of ours, where time and commitment is a tedious element to spare, I discovered that the understanding of Meditation and practicing various Meditation is one of the most simplest and practical way of self healing for any individual. In today's world, where the concept of meditation and alternate healings are widely accepted by the 'science oriented' society, the idea of Meditation will sure play a vital role in eradicating numerous psychological ailments.

The concept of Meditation has existed from the time man made his entrance to this universe. In the Universal Message of Baghavad Gita (volume 2), by Swami Ranganathananda says, "With the heart unattached to the external contacts, one realizes the joy that is in the Self; with the heart devoted to the meditation of Brahman, he or she attains undecaying happiness. ..Page 79". Thus, the power of meditation has been explained even the Mahabaratha times.

In modern times, with the evolution of science and medical science, the concept of such supreme healing natures and has been ignored and forgotten. Only when one connects himself with the Higher Mind and the Oneness of the Universal Mind, shall be able to understand the great mystical powers of his own body , mind and soul. Understanding the power of Meditation by means of spiritual and scientific understanding helps an individual overcome numerous psychological disorders which prevents one from attaining their dream life and successful life.

The rising number of medical hospitals, medical doctors, mental institutes,

psychologists, para - psychologists and psychiatrists are evident that more and more people are affected physically and psychologically over time. In the recent national newspaper in Singapore, The Straits Times, statistics states that almost 30 % of the population has a record with the mental institutes of which 50% are students. It is a sad to understand that in a society like Singapore with only 4.5 million population, the statistics indicates a high reading.

Modern science and medicines for most ailments specializes in healing more of the physical body rather than the psychological body. We metaphysicians strongly believe and understand that we humans are a 'physical – psychological' unit. What our psychological mind absorbs, understands and act upon affects our physical body and what our physical body absorbs, understands and act upon affects our psychological mind. As such, Meditation is one of the most suitable practice which works both on our physical body as well as the psychological mind. Thus, the understanding of the psychological mind through meditation constitutes one to understand the universal mind and build one's consciousness in the spiritual capacity to deeper levels.

Thus, by indulging into the understandings of Meditation, the different types of Meditation and the fundamentals of Meditation, one's spiritual knowledge dwells further and leads to the path of positive living. Though Meditation has been explained as a scientific measure by some and a spiritual measure by others, I wish to highlight the spirituality involved in the science and how Meditation helps one to overcome the fear of attaining fulfilled life span.

The key note in this thesis is understand the concept of meditation, the different types of Meditation and most importantly to make the attempt to practice it in one's daily life. I wish to highlight that there is a enormous link between or body, mind and Cosmic Universe. The path to understand the Cosmic Universe is through first understand the body and the psychological mind.

With a little practice and a little sacrifice of our time, we will be able to understand and feel the heaven within. As Jesus said, "The kingdom is within you..". With meditations, one will be able to see their physical ailments and psychological hindrances dissolving in no time. In this thesis, I hope to show the power of Meditation and how the Cosmic Universe has given us the power and way to eradicate emotional disorders.

REVIEW OF LITERATURE - CHAPTER 2

Meditation - According to the Online Wikipedia Encyclopedia, **Meditation** is defined as: “any form of a family of practices in which practitioners train their [minds](#) or self-induce a mode of consciousness to realize some benefit...(www.wikipedia.org/wiki/Meditation)”.

Meditation varies widely. Meditation and its practices varies from guru to guru, religion to religion, culture to culture, society to society and belief to belief. Various methods of meditation are used throughout the world for various reasons and purposes. Some meditation practices are solely for physical understanding, physical cleansing, physical treatments and physical cures while some meditation practices are for psychological treatments and cures. When I mention the about psychological treatment, I hereby refer to “Spiritual’ herein as well. The notion of finding oneself ,understanding the Cosmic Power and unifying the Higher Consciousness are classified as Psychological in my thesis.

Whether, it is for the purpose of physical treatment or psychological treatment, Meditation has one note in common. It is done with the intention of unifying with the Higher Consciousness, understanding the Oneness in all universal life and believing in the power of the Cosmic to solve all physical and psychological ailments and attaining answers to unsolved mysteries in life.

Different types of meditation methods are used by different people throughout the world to attain this goal. Chakra Meditation (Activating the seven chakra points namely,

The Muladhara Chakra; The SwadhisthaChakra, The Manipura Chakra, The Anahatha Chakra,

The Vishhudha Chakra, the Ajna Chakra and The Sarashara Chakra in the body and meditating upon them); Kundalini Meditation (Raising The Kundalini or Serpant Power from the Muladhara Chakra to the Ajna Chakra) ; Raja Yoga Meditation, Vippashana Meditation (Practiced by the Buddhist for self mastery of the mind), Japa Meditation (meditated with use of mantras or rosaries and beads); Tatrak Meditation (meditating upon a light energy)are some of the various common meditations practiced throughout the world.

In this thesis, I am going to share my understanding of meditation with like-minded metaphysicians and highlight how these meditations can help the society and individuals from numerous physical and psychological ailments. I have used various books and guides for my research.

Betsy Rippentrop and Eve Adamson, in their book titled, “The complete’s Idiots’s Guide To Chakras” has explained about the physical body and its link with the spiritual / Psychological Body and has defined the seven chakras in detail. Betsy has explained the functions of the seven chakras and how meditating upon helps each physical body organs function without any ailments and how organs with ailments can be cured upon meditating on the chakras. Betsy also highlights how these chakras create an effect on one’s psychological mind and helps cure various illnesses like depression, anger and forgetfulness etc.

Donna Thomson in “Meditations To Energize Your Life” highlights about

why meditation is vital to a human's life and discusses about how meditation creates a change in one's physical energy level which eventually creates a vast change in their psychological state of mind. The author focuses on the breathing mechanisms and the use of light energy to balance the energy level in the body.

Naomi Ozaniec ,in "Teach Yourself Meditation" incorporated the Eastern Meditation and Western Meditation practices to help cope with the modern stay stress filled life with deep explanations of meditations and how it helps in coping with family, work, society and the environment. In modern day context, coping with stress and become a part of our daily activity and getting into the practice of meditation is a good source of exercise to relieve one's tension. Naomi explains that meditation should a be a part of our life rather than a 'time-tabled' activity. "Practice is something you do from moment to moment, all through the day. It is the way you relate to the people you meet. It is the way you drink your tea, approach your work and how you become more aware of your internal responses to things..Page 84"

Ek Nath Easwaran, the founder of The Blue Mountain Centre of Meditation, in California in 1961 wrote the book, "MEDITATION" In his research, he focused more on the eastern meditation technique where the use of mantras are used as a meditation tool. In his discussion, he highlights what meditation is all about, who should meditate, how a meditation should be carried out, the effects of meditation and how mantra recital helps one to realize themselves with the cosmic universe and how meditation can help change one's craving for desires which is root cause of all psychological ailments. "As meditation deepens, compulsions, cravings, and fits of emotion begin to lose their power to dictate our behavior.

All that we are is the result of what we have thought...Page 11” .Eknath’s explanation about meditation and its effect are very practical and his books covers on all aspects of physical, psychological, emotional and spiritual capacities.

The famous sage, Ramakrishna has practiced almost all form of meditation once advocated to all his disciples that all meditation eventually lead to one ending: That is to understand one’s inner self and unite with the Brahman or the Cosmic Mind. In accordance to this principle, Swami Ritajananda of Sri RamaKrishna Math in his “The Practice Of Meditation” clearly defined the depth of meditation and the value of meditation. He explains that when one’s physical body is cleansed through prana meditation (breathing techniques) the psychological mind is cleansed and once the psychological mind is cleansed through Jnana Meditation (Knowledge based meditation), the physical body is cleansed. His knowledge on meditation and his explanation in his book are classic where he states that meditation is done for the purpose of spiritual enhancement. He gathers that spiritual enhancement can only be achieved with a healthy body and healthy mind. He claims that meditation is not to be done for the purpose of power and such powers will not sustain. “Real yogis do not seek to work miracles. Their only aim is to find their true nature, that is to say union with the Ultimate Reality... Page 66” .

During my research, I came across and interesting book by Margaret Rogers. In her “50 Spiritually Powerful Meditations” ,she has clearly stated how our soul and body is linked why meditation is very vital to understand the soul if one wants to free themselves from psychological or emotional ailments. In Chapter 4, Page 24, she covers on “Meditation To

Tap Into The Spirit Body” She says ,” Your spirit body is full of light and peace. Tapping into this body enables you to bring inner awareness forward to a conscious level, where you can apply it to your everyday experience. You will awaken to new ways to achieve a fuller life.”

The author teaches meditation techniques that release fear from previous lives. In this chapter she explains how fears from previous birth or karma affects our current psychological state. The techniques taught in this book is very easily understandable and applicable.

One of the books that attracted me to a large level and gave me the interest in Chakra meditation was “Chakras For Starters” by Savitri Simpson (1st Publication in 2004 and 4th Publication in 2008). Numerous psychologist and metaphysicians have given accolades for Savitri’s work. Carol Ritberger, author of “Your Personality, Your Health” commented : “Chakras For Starters is not only rich in information about the chakras, it offers techniques that can help you learn how to tap into these energetic bridges that connect the physical with the spiritual... bridges that will change the way you see yourself and others forever..Page 1”. In her discussion, Savitri explained how each and every chakra is linked to the physical body as well as the spiritual body. She explains that how chakra meditation can help cure physical disorders as well as psychological disorders.

No Metaphysical teachings can be summed without an incorporation of Swami Vivekanantha’s work or words. The founder of World famous Sri Ramakrishna Math with the headquarters in Calcutta, has indulged in meditation throughout his life span. Swami Vivekanantha has practiced and experienced Chakra meditation, Raja Yoga meditation, Bhakti

Yoga, Hartha Yoga, Karma Yoga , Kundalini Meditation and many other forms of meditation. In his book, “Raja Yoga” (35th Edition in 2008), Swami has clearly defined how with the practice of Raja Yoga meditation, one could identify himself with the Brahman or the Prime Source and how this unification liberates him from all psychological – emotional ailments. Swami claims that The mastery of one’s mind through the realization of one’s selfness is the key to spiritual success. “This body is the boat which will carry us to the other shore of the ocean of life. It must be taken care of. Unhealthy persons cannot be Yogis. Mental laziness makes us lose all lively interest in the subject, without which there will neither be the will nor the energy to practice... Page 146.” Swami explains how meditation helps in vitalizing the body as well as the mind and how mental liberation can be attained through Raja Yoga Meditation.

Though throughout my thesis, my research covered more on the Eastern meditation method, Joseph Murphy’s “The Power Of Your Subconscious Mind” attracted me to the western meditation methods, Murphy’s view, though more psychological, placed emphasizes on Affirmations and understanding the subconscious mind. He advised on the effectiveness of affirmative meditations and how such affirmations made one’s mind more positive to achieve their goals and eradicate their emotional ailments. For instance, one goes through depression because they could achieve what they wanted. Murphy’s method of affirmative meditation creates a law of attraction and enable one to achieve what they want.

The above mentioned referrals are some the books I referred for my thesis. The examples and citations I have given are some samples of what I have learnt and what I am going share in my thesis. The facts I have obtained from this books will certainly help me and

fellow metaphysicians to help the people in their society to better understand about meditation and its value.

METHODS – CHAPTER 3

(NOT APPLICABLE)

FINDINGS – CHAPTER 4

It is improper to say that humans should 100% lead a life without any emotional or psychological ailments. To a large extent, such ailments give us a spiritual understanding and spiritual growth at many points in our life. However, one should minimize the emotional disorders and create a positive mind set towards life.

In my research I discovered that the Emotional / psychological ailments or disorders – Depression, Anger, Frustration, Greed, Unsatisfied Attitudes etc.. are all formed from one reason : Ignorance! The lack of self understanding; the lack of unification with the Higher Consciousness; the lack of Inner peace are the fundamental reasons for such ailments. The cure as well as the prevention for such ailments are within us. Professional medical practitioners will be able to help us at surface level with medications and other treatments which deal with the physical component of the body. But the root cure has to come from us. It has to come from within! And one could obtain this only with self – realization which could be only obtained with uniting with the Higher Conscious Mind accepting the truth that we are all from One Primal Source. To accept this Truth one has to step into Meditation.

In my research I also realized that though there are various meditation practices practiced world wide, one need to acquire only one method which suits him and his abilities most. One has to be comfortable with the meditation method he selects. It is also truth that not all meditation practices is suitable for everyone. Swami Ritajananda says : “The first condition for meditating in the best possible way is first of all to know what interests you

intensely.. Page 39". Naomi explains : " The practice of meditation will arise from your own needs , aspirations and intentions.... Page 1". Thus, each and every meditation practices has a different methods, different purpose and different results. One should thus choose a method which is most suitable based on their needs and abilities. In the eastern tradition, many meditation disciples leave this task to their gurus. A qualified guru will be able to recognize which meditation practice will suit one instantly.

Though it sounds easy, one important factor for a successful meditation is the discipline to follow the 'rules and regulations' prescribed for the meditation. In my research, almost all the authors emphasized on this point to a large extend. Eknath emphasizes : " Full effort is full victory. Maintaining your enthusiasm , being regular and systematic in your practice – these really counts..Page 15" . Swami Ritajananda says : " Meditation should be practiced twice daily. In the morning and in the evening before meals... Page 50". Each and every meditation practices suggested metaphysicians and gurus do come with a set of rules and regulations. However, the rules and regulations vary from teachers to teachers. For instance, during the chakra meditation, some authors states that all chakras should be closed before concluding the meditation. Whereas, some authors do not pay much attention to close the chakra points before concluding the meditation. Nevertheless, it is always good to seek your guru or tutor's advise and follow the rules accordingly to see maximum benefit.

Having discussed on the type of meditation one should follow and the importance of a disciplined attitude in meditation I would like to further share my findings on how certain meditation practices helps in eradicating certain emotional ailments.

Margret Rogers enforces that one needs to know every inch of their body and value the body and the soul. She further embarks that the body is a temple and that's where the spirit lives and explains that the spirit is an important part of God and it deserves love and respect. She says that when due respect is given to the soul and when the soul is calm and happy, one will be relaxed and able to have a stress free life and the unwanted desires like greed lust and anger can be controlled. Margret says that one of the most interesting reason for such emotional ailments is fear – Fear from past lives and Fear of the unknown. She claims that meditation has the ability to cure this fear factor and release the soul from emotional disorders. Margret says : “ Through meditation, I faced my fears and finally found acceptance of myself and my life...Page 11”. Margret teaches a meditation technique where one uses the power of the Cosmic Universal Mind to visualize with Affirmations to eradicate the element of Fear. The technique teaches the students to identify their inner-self, realize the causes for their fear and the methods to eliminate these thoughts from their mind.

Betsy Rippentrop , placed a very interesting point in the Chakra meditation. She highlights that the Ajna Chakra or the Eye Brow Chakra (placed at the forehead in between the eye brows) is meditated upon , it creates ‘vision’ and intuitive power to the person meditating. She says that when the Ajna chakra is not activated or closed, the individual loses the ability to visualize. When one is handicapped in visualization, they will not be able to see their future or plan for their future, Thus, this will lead to a pessimistic lifestyle soon the individual will step into depression. To prevent such an ailment and to cure such an ailment, Betsy encourages one to practice the chakra meditation. Betsy says : “ Visualization is difficult for people with sixth chakra blocks. They don't want to see what is going on in their lives,

perhaps because they believe it is too painful so they close themselves off to inner vision and inner voice...Page 190". Betsy suggest that the Ajna Chakra meditation method, ie: focusing a light on the forehead, concentrating on the inner vision on the light and reciting the 'Aum' mantra will help activate the chakra and create and an intuitive power and an inner vision power in the individual. When one does the Ajna Chakra meditation, they begin to focus on their inner self and cut away the exterior sources. This helps the individual to travel within himself and realize the oneness he is with the primal source. The realization will help them to gain confidence and reverse the depression mood in them.

Another Interesting fact I realized during my journey to this thesis is Naomi's explanation on mindful living. Naomi explains that one needs to lead a mindful life rather than living in ignorance. She say that mindless living leads to numerous emotional disorders. She classify such a living as "Mindless Vandalism". Naomi explains : " Mindless Vandalism is a phrase which we all recognize and understand. It means to act without thinking to destroy for no reason, to function unconsciously..... Page 37". She cites how Buddhism places great importance to mindful living. She cites that a Vietnamese monk and writer, Thich Nhat Hanh has stated in his book, "The Miracle of Mindfulness" that almost all emotional ailments are created because of Mindless living. The lack of understanding about the Cosmic and its oneness are the main source of emotional ailments. Naomi claims that for one to lead a Mindful Living, the first and foremost matter they should control is the breadth. She says: " Mindfulness of Breath is Mindfulness in Life, just as the breath is the central to life itself...Page 37". She explains how Viphasana Meditation, (a famous meditation practice among the Buddhist monks) helps to control the breath movement and which eventually create a sense of control

on one's life. When one achieve a sense of control their life, a mindful living starts to dwell. And one dwells into a mindful living, they become conscious of their daily activities, the purpose of their life and thus understand the oneness with the Supreme Power. Thus, when one realizes this, their emotional desires and ailments are controlled and they start leading a more peaceful fulfilled life.

Joseph Murphy in his "The Power Of Your Subconscious Mind" talks about desires. He argues that when one's desires are not fulfilled one eventually faces emotional depressions, fear and lack of confidence. He suggest that all desires can be achieved through the power of the subconscious mind. And once desires are fulfilled, one feel positive towards life which gives them the confidence to treat all psychological emotional ailments, Joseph claims that one could empower their subconscious mind through Affirmative Meditations. Joseph states : " Repeating an affirmation , knowing what you are saying and why you are saying it, leads the mind to that state of consciousness where it accepts that which you state is true...Page 87" .He further elaborates that when the subconscious mind accepts the truth, Law of Attraction works on the truth and actions are formulated. The concept of Affirmations is rather used in the Eastern meditation as well as the western meditation. The ultimate truth of Affirmative meditation is that it fulfills one's desires which eventually releases them from numerous emotional ailments if the desires are not attained.

Donna Thomson identifies that a emotional ailment that affects vastly the people around the world – "Failing to Accept". Donna says : " Acceptance means letting go of all ideas you have about how things should be. You can experience this letting go in a

tangible way in a meditative state...Page 87". One of the major emotional ailment I realized in my research that people have the tendency to hold to the past (especially the negative aspects) and refuses to come out from the mind frame. Eventually the negative thoughts attracts more negative thoughts they go into a deeper level emotional ailments and suffer within. Donna Thomson states that through meditation, whether its visualization or affirmation , or chakra stimulation, one tends to be more aware of their mind and body. And once an awareness is created about the mind and body are one tends to be more peaceful. Donna says : " The basic awareness meditation is a good , simple way to open the door into the acceptance of what is. As you sit quietly following the breath turning the attention to the rising and ceasing of sensations in the body and thoughts in the mind, you are in the present moment, being with what is...Page 87". Thus, Donna puts forward that leaving the past behind and accepting the presence is itself a cure and remedy for many emotional psychological ailments.

In my research with this topic, with the support of all the authors, I realized a fundamental truth about nature and the cosmic universe. Every human behavior provides us with either a positive vibration or negative vibrations. When such negative vibrations sets into or psychological or emotional mind, ailments develop. Modern science, medicine and treatments focus to cure only the physical ailments and only the surface stages of emotional ailments. Only true understanding of one's self and one's self with the Primal source will create a total positive vibration which will eradicate all negative ailments in one's mind. Thus, Jesus's citation : " The heaven is within you" is an absolute truth.

DISCUSSION – CHAPTER 5

The principal of healing emotional / psychological ailments mentioned in this thesis is very universal. That is, anyone from any religion, faith and culture can benefit from this practices. In today's world the concept of Metaphysical teachings, Meditations, Spiritual healings and Higher Consciousness are vastly educated to the public via various means of books, websites and seminars. Thus, if one pursues his path in search of identifying himself with the Cosmic, he /she can attain a more fulfilled life without much emotional ailments.

I strongly believe that if the idea of meditation and self realization techniques are incorporated in scientific medical treatments, one can build a better belief in curing his emotional ailments. In the Traditional Chinese Medicine (TCM), the medical practitioners are strongly advocating the power of the mental strength for curing numerous ailments. Tai – Chi, a traditional exercise which balances the body energy and the mind power is classified as an excellent treatment for stress, hypertension and other mind related ailments. Though different in name, the practice is very much similar to Hartha Yoga.

A couple of years ago, in Singapore, the education ministry created a syllabus to all secondary school pupils. It was named the “Religious Studies”. The primary objective of this lesson was to educate each child of their own religious values and make each child a better citizen with positive values. This lesson marked a vast success in the society. Likewise, if meditation is incorporated in the education system, many individuals will be able to realize themselves with the Cosmic and a state of self realization will arise at even a younger age. Thus,

with such a realization, one will be able to prevent or cope with other emotional / psychological ailments which he /she might come across in the future.

All emotional ailments cannot be cured with just science and medications. One needs to have a self confidence and a belief that he can cure his emotional ailments. To build the self confidence one needs to understand that there is an Almighty Supreme Energy prevails and all humans are just a part of that Almighty Supreme Energy. One must be able to associate and understand their Oneself with that Supreme Energy to treat and cure their ailments. One of the easiest way to attain such an understanding is through Meditation. Regardless of which ever method of meditation one believes in , the final goal of that meditation will be to self realize oneself.

In my research during this thesis, I realized that all authors and Metaphysical gurus advocate one thing in common. That is a fulfilled life with an ease in their mind. The ultimate objective of teachers are to help one seek happiness and Peace. And this happiness and peace can be attained only when eradicates the emotional ailments. And this emotional ailments cannot be eliminated with mere scientific medicines and treatments. The understanding of the Universal Mind, the relationship with the Universal Mind, the acceptance of the Almighty Power, the realization that the God- Mind dwells within you and the unification with God are the true cure for such ailments.

We cannot just accept and blame that our emotional ailments are mere human nature and all humans go through it and suffer a meaningless life. Only through understanding Him is a

truthful cure for all emotional ailments. In the Universal Message of the Bhagavad Gita, Swami Ranganathananda quotes Krishna's message: "a human being is extremely clever if he or she can achieve Me.. Page 317". Likewise emotional / psychological ailments exists in all humans. But the question is are we clever enough to identify ourself with the Universal Mind to find a cure and remedy for those ailments and lead a happier life. It depends on each individual the thirst for such happiness. As Jesus says: "Ask and it shall be given", one has to seek, search and practice the art of meditation if he wants to be free from the emotional ailments.

SUMMARY AND CONCLUSIONS – CHAPTER 6

In our human birth one cannot stay without any ailments. Whether it is physical or psychological, ailments can never be avoided. However, the amount of beliefs humans tend to have in the science medication for their physical ailments to be cured, is lacking in the spiritual healing that their emotional or psychological ailments can be cured. With medical evidence and its publicity throughout the world over time, human somehow has created a very positive attitude towards science medications. However, humans have ignored and forgotten that the understanding of oneself with the Higher Mind and the Higher Consciousness is the absolute cure for many ailments including physical ailments.

No matter how much medication and scientific treatment is given to a human for emotional ailments, it can only work on a surface level or only could be a remedy for short span of time. The ultimate cure for any emotional ailments can only be achieved when one realize themselves and when realize themselves as a part of the Cosmic Higher Mind. Such a realization, no doubt could be only achieved easily through means of Meditation.

Every human should realize that living luxuriously with all material substance (money, wealth, power etc) is not a complete life. Complete life can only be achieved when one is internally peaceful in his mind. Internal peace can only be achieved when is free from emotional ailments. Greed, Laziness, Depressions, Jealousy, Hatred feelings, and many other negative ailments only destroy the positivity in one and eradicates all paths that leads one to identify the Absolute Truth. In Baghavad Gita, Lord Krishna advocates this Philosophy to Arujna.

He preaches that one who is filled with emotional ailments can never achieve a complete life. The purpose of life is to eliminate all these ailments and realize with the One Brahman or the One Cosmic Power. In my research, I found that to achieve this state one needs to 'find' himself and understand himself and realize that he is a part of the Supreme Power.

We Metaphysicians strongly believe that we humans are a 'physical – emotional' unit. Whatever affects our physical being affects our emotional state of mind. And whatever affects our emotional state of mind, affects our physical state as well. Thus, only when our emotional state of mind is clear with conscious understanding, we will be able to lead a happy life with our physical state. To achieve this, meditation acts a best prevention and cure. As mentioned, whatever meditation method one wishes to practice, it ultimately leads to one goal – Self Realization. And this self realization helps one to understand he or she is a part of the Universal mind and creates a peace in his/her mind.

Though many books and articles are being published about meditation, I would suggest that one needs to be guided by a qualified teacher or guru if he wants to achieve his goals safely and with maximum benefit. For economic reasons, many teachers have published notes and articles on meditation. However, one needs to be aware of his physical and emotional condition before starting any meditation. He also needs to understand that which meditation method is best applicable for his needs. For this, it is always advisable to seek a qualified guru for sufficient understanding.

Every metaphysical practitioner should understand and accept one fact. God always

communicates with us through our sub conscious mind. He gives solution to every problems we face in our life. Likewise, he has created all remedies for the problems and ailments that a human is born to face. Only when one realize that they are a part of the Cosmic Universal Mind and that every answers and solutions could be derived from within themselves, a lot of emotional ailments can be eradicated.

I will conclude my thesis by saying that all humans deserve to live a fulfilled life. Fulfillment comes not only with material ownership but also with a peaceful mind. Such a peace can only be attained with eradicating all emotional / psychological ailments. To achieve, one must get the reality of discovering himself, and the objectives of his birth and the power within him which is potent to help him from all ailments. And to have this self realization I suggest the best option – MEDITATION.

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