
Sixteen Steps for Healing

A healing process is a liberation process. You cannot regenerate your vehicles as long as you are identified with them.

People think that the secrets of health are found outside of themselves, but actually the secrets of health are within. The potential for healing power within the man has very deep roots which as yet are not touched by him. Many modern healing arts deal mostly with the surface of the man. Various psychological methods deal with the emotional body or the lower mental body. But the time will come when healers will occupy themselves mainly with awakening the inner man and using his cooperation in healing the ills of the mental, emotional, and physical bodies.

We are told that in the etheric, astral, and mental bodies there are subtle centers which, when used creatively, can cure, heal, enlighten, strengthen, and vitalize our bodies for as long as we want. But these centers can only be used constructively when the awareness unit, the real human soul, is able to detach his identification from the physical, emotional, and mental bodies and focus himself in his own essence.

One can use these centers, influencing them from the outside by physical, emotional, and mental methods, but such procedures do not evoke the help of the centers as long as the innermost man has not been contacted. It is only the owner of these centers who can use them safely to restore health, happiness, and strength.

The energy of healing will flow from these centers and purify and heal the bodies once the owner of these centers turns the key. The secrets of healing are within the etheric, astral, and mental bodies, but the keys to these secrets are in the hands of the human soul.

There are very simple steps by which you can gradually center yourself in your own Core:

1. *Have pure thoughts in your mind.* Thoughts condense and build your body. Thoughts create various substances in your body. Thoughts change the rhythm and the function of your organs. Thoughts create magnetism or repulsion in your aura. There are thoughts which attract germs; there are thoughts which burn germs and repel negative currents of dark forces. With ugly thoughts you may poison all your system. Your entire energy network enters into great tension and crisis when your thoughts carry wrong motives.

Pure thoughts bring health, joy, and success. Pure thoughts are the formulations of those principles and laws that progressively help the human being unfold and proceed on the path of perfection, that always work for the survival of humanity and the beautification of life.

Any thought against the survival of humanity, against the progress and unfoldment of humanity, against beauty, and against health is an evil thought and carries destructive forces.

If one wants to be healthy, he must not allow his mind to produce any evil thought, accept any evil thought, or encourage any evil thought, but instead he must continuously make his mind create thoughts which uplift and transform life.

Those who want to remain healthy will be very watchful of their thoughts, and they must stop any thought when they feel that it is not a pure thought. Such people, in choosing and using pure thoughts, can save their life, their money, and their beauty. Thoughts of cheap criticism, full of vanity and hatred, must be ruled out. Thoughts that dwell on the weaknesses of others must be eliminated. With each thought we bring a force into our system either for destruction or for construction.

Once a Sage said that ugly, dirty, and evil thoughts hang around a man and sap his psychic energy, his light, his magnetism, and leave him like an empty bag.

The human body is like the earth; if the day is cloudy, the earth does not receive the rays of the sun. The chemistry of the rays loses its beneficent quality if there are poisonous gases surrounding it. The same is true for a human being. If he is surrounded with evil thoughtforms or with polluted thoughtforms, the rays of his Soul cannot reach him and give him beneficial guidance, vitality, and strength. Instead, in mixing

with his dark thoughtforms, they create toxins in the body — especially in the glands.

After you accumulate dark thoughts around you, you feel weak and become susceptible to various colds and sicknesses. Or you cannot operate your mind and brain as clearly, or solve your problems in the right way, or pass your exams.

We must remember that our etheric network, in most cases, is essentially healthy and harmonious in itself, but as we grow up we distort the harmony through our wrong actions, negative emotions, and evil thoughts.

The physical body is the shadow of the etheric network. If we keep the etheric body clear and harmonious, our body will be healthy and beautiful. But if we create distortion and disturbances in the etheric body by our acts; emotions, words, and thoughts, we create problems in our bloodstream, nervous system, glands, and organs. Thus the subtle body, the etheric body upon which our physical body is built and from which it absorbs its main nourishment, must be kept pure. And the greatest agent of purity is pure thought. When one has pure thoughts, he can purify his words, his actions, and his emotional reactions and, through the mental fire, cause transmutation in his nature.

Our mind is also conditioned by outer events. This is why we must avoid watching criminal and ugly events or actions as much as possible, so that we are not impressed by them and do not build thoughtforms because of them. This does not mean that one will escape from his responsibilities and duties if life brings events to him which are not beautiful and need to be handled or cleaned. Most of us cannot detach ourselves from an ugly event, but some of us act as surgeons and are not impressed or affected by the ugly conditions of life.

My grandmother used to say, “If you hear people talking or doing ugly things, do not stay with them; go away.”

“Why, grandma?” I asked one day.

“Because ugly words and ugly manners or deeds stick in your imagination.”

“What happens if they stick?”

“Eventually you tend to use the same words and do similar things. Imagination controls the behavior of man.”

Some people see an ugly act or hear an ugly conversation or read a corrupt article and then go and repeat it in detail to their friends, either as information or because they want others to disapprove of it also. *In both cases they have served to distribute the ugliness.*

The power of ugliness is in its creators, buyers, and transmitters.

The mental body is composed of a very sensitive substance and, with every impression, the mental body builds a thoughtform which then lives in the mental sphere to do good or to do bad. The New Age is the age of seeing good things, doing good things, speaking good things, thinking and writing about good things. The more we think about good, the more it increases. The more we think about evil, the more evil increases. When we increase the good, we increase the health on earth.

2. *Have right motives.* When you have right motives, you think, you feel, you act, and you speak to increase joy, beauty, goodness, truth and bring in those conditions which help people grow and prosper. A wrong motive creates an inner conflict within your mental, emotional, and etheric spheres. A wrong motive is selfish, separative, full of vanity; it is sneaky and full of hypocrisy. Wrong motives create those energy waves within your system which create friction within you or between you and the energy field of your True Self. Wrong motives try to deceive other people and misuse them. Wrong motives create inner pressure.

In his essence, man is divine, harmonious, beautiful. Wrong motives create distortions, disturbances, and friction in the inner world of energies. These disturbances eventually distort the right functions of the etheric centers. The etheric centers control the ductless glands and the corresponding organs, and disturbances in these centers are reflected in the glands and organs and eventually cause various diseases in them. A Sage says that people enter into greater responsibilities only through their right motives.

Some people pretend they are channels, clairvoyants, psychics, or divine messengers, but their only motive is to collect money or satisfy their vanity. They mislead people; they present false values to them and eventually make them hate true spiritual values. When you study the lives of such psychics, the first thing you notice is their bad

health. They are irritable, touchy, critical, and aggressive because of a continuous conflict occurring under the surface of their consciousness — between their wrong motive and their own conscience. One must try to eliminate inner conflict as much as possible if one wants to live a long life and be healthy.

3. *Have a spirit of gratitude* throughout the day and throughout your life. When you see a waterfall, turn your mind toward infinity and say, “Thank you, Lord. What a beauty you gave me.” When you watch the sunrise or sunset, express your gratitude in words of joy, in dancing, or in deep meditation and repeat, “Thank: you, Lord.” When you see mountains, lakes, rivers, birds, when you walk on the grass or swim in the ocean or lakes, feel that all is for you, all is for us; how fortunate we are to have Nature with all its living creatures.

Once I was taking a bath in a natural hot spring. It was so beautiful and pleasant that I started to sing, “Thank you, O Lord. What nice water you gave us to remind us of your presence.” I sensed the water. I smelled it. I drank it. I kissed it I was in love with the water. We can develop that same spirit of gratitude for all those who work for us, who help us, who teach us, who inspire us, who protect us, who love us. We must not ever forget to express our gratitude for a cup of water or a cup of tea given to us.

Gratitude releases many accumulated tensions from our inner world, from our mental, emotional, and etheric bodies, and lets our body relax and feel happy. Gratitude releases psychic energy into our system and vitalizes it. A Great Sage once said, “Great is the healing power of the emission of gratitude.”¹

Wherever you find a person, a family, or a group that is healthy and prosperous, you will see that a great spirit of gratitude is circulating in them. On the other hand, any failure is preceded by the spirit of ingratitude. Gratitude is the prelude to a happy, healthy, and prosperous life.

Often, because of various tensions, we fail to express gratitude; or because of negative attitudes toward us, we develop an aggressive attitude. Both these ways eventually lead us into disease. We can reverse such attitudes by reminding ourselves that we have more reasons to be thankful than reasons to be ungrateful.

1. Agni Yoga Society, Agni Yoga, para. 31.

4. *Develop goodwill.* Goodwill has a great power of healing not only physical ills but also psychological and social ills. In some regions in Asia, if a man feels sick, he distributes food, clothing, and money to needy ones. They say that such an act of goodwill has a great healing effect. I have seen many rich people distributing some of their cattle, sheep, goats, chickens, and the fruit from their gardens to the poor. Some of these rich people, if they are capable, give free lessons in languages, the arts, and freely train the poor in certain jobs. This makes them happy and they feel useful.

One of my Teachers used to say that a man of goodwill is the extension of God. When one performs acts of goodwill, the energy of Good passes through his system and charges it, purifies it, and restores the health or prevents diseases. Goodwill can be exercised by doing a good deed every day with joy and conscious intent.

The Core of man is goodness, is divine beauty charged with goodness. It is a powerhouse of creative energies. When you release that Core, you flood your nature, your whole system, with healing energy. Those who have goodwill live a longer and happier life. The absence of goodwill leads us into depression, into apathy. The best remedy for depression and apathy is to get up and involve yourself in deeds of goodwill.

Once I asked a one hundred and seventeen years old man what made him live such a long and healthy life. What was his main food?

He smiled very beautifully, kept silent for a few minutes, then looking into my eyes said, "You are asking about outside things. Ask about things inside also."

"Well, what are the things inside of you which make you live such a long life?"

"I like to do good to everybody. I share my blessings. I like to make people happy. When I make people happy, I feel with a sensation of joy the life energy penetrating into my body. I feel I am sharing the blessings of God with others, and I even help animals. Many wild animals come and eat near my home, and I have special arrangements for them. And every Christmas I send new shoes to fifteen or twenty children."

I do not know how long he lived, but I felt his healing energy. After our conversation I was a different boy. I remember as I was leaving him he touched my arm and whispered, "When you do good, know that

nothing belongs to you. Secondly, do not encourage weakness; do not pity.”

I learned through my experiences that you can render acts of goodwill by challenging people to stand on their own feet, by challenging them to strive and to educate themselves. To do good does not mean to encourage weakness, but to escape from an act of sacrifice is not worthy of excuses.

5. *Be joyful* in all ways and everywhere. Joy releases a healing energy into your system. Joy attracts vitality from space. Joy clears the toxins found within your tissues, glands, and nervous system.

The greatest enemies of mankind are those who bring sadness and sorrow to humanity. The benefactors of humanity bring joy.

In a sacred brotherhood joy was called *the messenger of good*, and the members of the brotherhood used to sit daily under the trees or on the banks of rivers in great joy and ecstasy. We had a head cook who would also serve the dinner to all the members. His manners, words, and facial expressions used to radiate a deep, solemn joy. One day my Teacher said that the cook had learned the secret of life — to transmit joy to everyone through his every act.

The company of a joyful man has a great healing power. Only by increasing our wisdom can we increase our joy. Joy is the most powerful vitamin for our body, brain, eyes, and mind. And it has no tax!

Be joyful. Express a joy that comes from an inner realization, an inner achievement; a joy that comes through a contact with a beauty; a joy that comes through your acts of goodwill; a joy that comes through your sacrificial deeds for others; a joy that comes when you create peace and understanding; a joy that comes when you are creative and loving; a joy that comes when you overcome your weaknesses and gain victory over your problems.

Try not to exchange your joy for anything transient and futile. A joyful man radiates golden rays which expand and penetrate into space and fuse with the song of the Universe. Each golden ray brings you blessings, power, and wisdom. Joy makes your sleep deeper and your subjective contacts higher and clearer.

Joy builds its foundation on acts of goodwill, on selflessness, sacrificial service, and inclusiveness. Wherever you go, take joy with you. Joy is a great psychic power which uplifts and heals.

Once I told a girl, "If you write a letter, put joy in it." One day I received a letter from this girl, and I felt deep joy in my heart upon opening it. The first word was "Rejoice!" It was a beautiful letter. I called her long distance and asked, "What did you do to your letter?"

"Did you feel the joy?" she asked.

"Yes."

"I wrote it and holding it to my heart, I charged it with my highest joy. I am glad you felt it."

After our conversation I made some experiments with flowers, letters, and different objects, and I am convinced that joy is a special substance which can be received and transmitted through any object.

I also experienced that joy disperses heavy layers of negative thoughts and emotions from our homes. Whenever you give something to somebody, charge it with joy; your joy increases as you give it to others.

Some objects are charged with destructive thoughts and emotions, and they carry poison with them. Once I received a letter in which the writer asked me to return a record that he had given me for my birthday. I was surprised. At the end of his letter he said, "When I came on Sunday to your meeting, you did not even see me."

I sent the record back and tried to write a letter that would not hurt him or be an expression of hurt feelings. It took me two or three hours to write that letter. First I tried to be joyful and radiate joy to him. Then I took the pen and wrote, "I send this record back to you, and it does not really matter whether this record is with me or with you because we are one in Spirit, and your joy is my joy, as my joy is your joy. Love...."

A week later, I received another letter from him. "Dear Torkom, I can't conquer you; you conquered me and healed me from a sickness which was with me for a long time. You may call it touchiness, self-pity, or jealousy. Your letter, in a flash, wiped it out. I felt great joy, so great that I cried aloud and was released from my sickness. Please forgive me for being so nasty."

Mechanical reactions, habitual reactions to life events, consume a great amount of energy. On the other hand, a soul reaction, a joyful reaction, brings abundant energy into our system.

When you react to a negative person, you let his negativity penetrate into your system with its poison; but when you react with joy

and understanding, you reject his negative forces and even disperse them from his own sphere of life. That is why the greatest physician, the Christ, said, “Bless your enemies.”

6. *Cultivate a close friendship with Nature.* It is very important that we must occasionally be in Nature — hiking, climbing mountains, running along the seashore, swimming in the lakes, the rivers, or the ocean. Nature is a great healer if you come in close contact with it. Sit under the trees and enjoy Nature. Work in your garden; touch the flowers and talk to them.

Walking is one of the most precious gifts to humanity. Whenever you have a chance, walk under the trees, in the parks, in the mountains. Running is fantastic; it cleanses many toxins from your system and energizes your heart, lungs, and other organs.

Walking, running, and swimming are also very helpful to your emotional and mental natures. You feel more positive and think better thoughts. You see things more clearly.

7. The next step in healing is *not to eat after sunset or before sunrise*. In some mystery schools the Teachers say that the forces that aid digestion and assimilation are not active at night or after sunset. Our digestive mechanism uses different reservoirs to digest food eaten after sunset, and this wears out the digestive mechanism, resulting in many disorders in the system.

The sun has a direct influence on our digestion and assimilation. Our health will be much better if we discipline ourselves not to eat after sunset. This will also help our sleep. Most of our silly dreams which keep us close to earth and to earth problems are the products of food eaten after sunset. Food brings many psychic influences into play which have a part in the formation of our dreams.

The process of digestion after sunset puts pressures on various organs.

During sleep we must be able to penetrate into the mental plane or the Intuition Plane to receive new orientations, new instructions from our Soul or from the invisible Teachers. Food eaten after sunset keeps us in our etheric and astral bodies, and undeveloped entities use our bodies for their pleasures and often contaminate our bodies with their earthbound urges and drives.

The best way to sleep is to eliminate the waste our body produces, take a shower, read uplifting and inspiring literature, meditate and pray, and go to sleep.

Some people run, play tennis, dance, and so on, before sleep. These are very beneficial exercises. It is during a good sleep that our physical body is repaired because our etheric body, which is a network of thousands of threads, rebuilds itself and establishes better contacts between glands, blood, and various organs through the etheric centers. In deep sleep the etheric body makes deeper contacts with astral and mental centers, and creates integration and harmony within the network of forces and energies in the human system. We may say that sleep is a harmonization process, and one must be careful not to distort it with food or by other means.

In some schools teachers recommend sleeping from nine or ten p.m. until sunrise. Those who are living near the north and south poles must adjust their lives differently. It is observed that when one sleeps after sunrise, his etheric body is sapped to a considerable degree by the rays of the sun while he is in sleep. One feels very dynamic if he gets up early in the morning before sunrise. This also affects our mental attitude and capacity to think.

The food we are eating after sunset mostly affects our emotional and mental bodies, creating turbulences in them while we are asleep. Those who eat before sunset live a longer and healthier life, but those who eat only once a day live a much longer and healthier life and become very productive and creative people.

Those who eat a heavy meal after sunset or late at night often feel strong sexual stimulation, and usually they indulge in sex more often than those who eat once a day. The overuse of sex energy deprives a person of energy, and one usually spends more energy through sex than he can obtain from eating a heavy meal. Thus heavy meals eaten late work against one's own health in many ways.

8. The next step for health is *to set aside a proper time every day to contemplate a beautiful future for yourself and for humanity as a whole*. The future is a blank page. Create something beautiful on it. Visualize yourself surpassing your present level and your present limitations. Build a vision; pull yourself out of the present conditions and

live in your vision, as if it were real and factual. Do not try to duplicate your past happy days but create future ones.

You will feel that your health is improving as days go by because when you free your mind from your own limitations and live in the realm of success, beauty, harmony, and joy you release health-giving energies from your inner resources and invigorate your whole system, even if your contemplation is done for only a short time.

Exercise

Contemplation on the future can be done in the following way:

- a. Sit and relax your whole body.
- b. Feel calm.
- c. Think about something very beautiful.
- d. See yourself involved with that beauty. See yourself free from the limitations of time, body, money, and environment. See yourself in a state of liberation in which you can do almost anything you want.
- e. See yourself free from your own weaknesses. Let your physical, emotional, and mental weaknesses be lost in the vision of your new achievements.
- f. See what you can do for humanity so that humanity is more happy, healthy, prosperous, and cooperative.
- g. See how you can eliminate crime, and in your vision try to eliminate it and show people the way to liberate themselves.
- h. Think about your future in relation to time. First start with ten days; then take your contemplation beyond one thousand years or one million years.
- i. Think about your death. Go beyond and see yourself incarnated in different places, in different nations, with better bodies, with greater talents, and with higher positions.
- j. Think about your role in the ocean of time. What would you do if one thousand years were given to you? Start doing it, but remember that your progress will be real if you do not duplicate your present or past life and call it the future. The

future is the progressive liberation from all that is blocking your path from spiritualization.

- k. Think about those who achieved greatness and who can further surpass themselves.

By thinking in the future, you break all the etheric, emotional, and mental prisons and walls which you have been building for centuries and burying yourself in. A healing process is a liberation process. You cannot regenerate your vehicles as long as you are identified with them.

Do this exercise every day of your life. After a few years of doing it, you will not be the same person. You will be one hundred years ahead of yourself.

When they put Gandhi into prison, he asked for a copy of the *Bhagavad Gita*. The *Bhagavad Gita* is a book of the future. In contemplating the future through the visions presented in the *Bhagavad Gita*, Gandhi planned the future emancipation of five hundred million people, and he did it.

The future is composed of freedom, joy, progressive perfectionment, greater creativity, greater contact with the Universe, and mastery of time, space, energy, matter, and form.

9. The next step for health is *forgiveness*. Do not keep remorse or grief in your heart. Do not keep the image of wrong things done to you the — image of the doer. As long as you keep them in your mind, they influence you, and eventually you do what they want you to do. They take your free will out of your hand.

An unforgiving man is in a constant tension. This tension in any area of your mental body crystallizes and forms tumors. You can have not only physical tumors but mental tumors also, which are more dangerous. Get rid of such a danger. Forgive and forget, and never turn back to the same subject.

Unforgiveness keeps your mind, emotions, and nervous system in a state of revenge. Revenge is a process of contamination. The mental tumor expands into the astral body, then into the etheric body, and expresses itself either by a crime or by some sort of complicated disease. Unforgiveness saps all your psychic energy and cuts your relation with your Soul.

People may argue, saying that they hated and were unforgiving but nothing bad happened to them. They cannot see the damage they did to their physical, emotional, and etheric centers. They cannot see the damage they did to their various organs, to their genes, to their future reincarnations. We must never forget that Nature works slowly, and the weeds you plant today may become ripe in a future incarnation. That is why the Great Physician strongly emphasized forgiveness and said, "Forgive one another."

10. The next step toward health is *alignment*. Daily align yourself and your vehicles with your Soul and feel the energy of the Soul flowing down to your vehicles, invigorating, energizing, and purifying them. This is called a spiritual shower. A few months later, align yourself with the Hierarchy. You can advance your alignment further with greater sources of energy as you make yourself ready for the increasing voltage of energy and use these contacts for your own perfectionment.

11. The next step on the path of health is *to stay away from lower psychics, pseudo-aura readers, astral clairvoyants, fortune tellers, mediums, automatic writers, speakers in tongues, pseudo-prophets, and all those who masquerade the divine realities and make people hate higher values*. Such people not only can contaminate your aura but also all your emotional and mental nature and mislead you on the path of your life. If they catch you, you eventually turn into a slave. You lose your free will and cannot achieve self-actualization in your life.

Necromancy is another very dangerous practice which must be avoided if one wants to be healthy.

People must not be led by the blind but must try to lead themselves by striving to increase their own light and to expand their own consciousness.

In many places in Asia, teachers warned us not to visit the homes of mediums, sorcerers, and black magicians because they contaminate the subtle vehicles and create obsession.

12. The next step is *to avoid liquor, smoking, drugs, marijuana, overindulgence in sex, and eating meat*. Whoever yields to these vices cannot expect health and happiness. The whole nature of man is to be the temple of God, and it should be kept pure and clean.

13. The next step on the path of health is *to eliminate fear*. Fear is one of the worst killers of health. Avoid not only fear but also the causes of fear.

14. *Avoid pity*. Pity is identification with the weaknesses of people. Do not pity people. Make them stand on their own feet and pave their own way. Pity makes you absorb the weaknesses of the people. Through your own pity for them, they can contaminate you with their failures. Use your love not in pity but in making them help themselves. Even let them suffer in order to learn their hard lessons. Do not make them depend on you. It is observed that through pity one can transfer the sickness of other people into his own system.

15. *Do not come close to those people who hate others and gossip heavily, who are separative, who like revenge and are jealous people*. People with such kinds of attitudes emanate destructive rays from their bodies and disturb the harmony of your aura.

16. *Do not watch those television programs or films which advertise crime, violence, pornography, racism, fanaticism, or separatism*. And when you watch an educational program, sit twenty-five to thirty feet away from your television set. Do not watch television for more than thirty minutes daily. After thirty minutes, you are overloading your astral and mental bodies with heavy radiation.

Do not let children under twelve years of age watch television. It is detrimental to their health and sanity. Increasing crime and juvenile delinquency are proof of this. Leukemia is prevalent in those children who watch television for two to three hours daily and sleep in front of the television. Radioactivity from television hits the pineal gland and the red cells and retards the harmonious development of health.

These sixteen steps will lead you on the path to better health. It may take a little time to adjust yourself, as well as a little effort, but eventually you will see the improvement in your health.