

Thought Action Cure

It is true that how you think effect your actions, ultimately it effects your body and mind. You can get tons of books on the subject in any home or library. What we are going to share is our own experiences in this matter. The life style, we are following since 1995, which had effected our family, and us. In Shri Ramcharitmanas Tulsi Das Ji has mentioned that many decease's enter your body through your actions and thoughts.

Ahankar ati dukhad damrua, Thambh kapat mad maan neherua.
Trishna udarvridhhi ati mahi Trividh isna tarun trijari.

This literally mean you will have many decease's just if feel egotistic, deceive, hoard etc. From my point of view our body has lots of self-healing properties, only thing we need is time, patience and believe. We must understand that most of our decease's do not came from outside sources. They are products of your thought process. Cure also depends upon your thought process, physical well being and spirituality. Life should viewed in its completeness. You can not be cured by doctor or by medicines. It had been documented and even shown on TV shows (20/20- ABC show) many times that under similar circumstances it cures only 50% of the people. Why?

Let us come back to the original thought of our own experiences:

1. Food is a building block not source of energy.
2. Medicine does not cure it only suppresses the symptoms.
3. Happiness does not come from outside relationship and possessions but from within.
4. Information comes from books , but knowledge comes from your own experiences.

Because our life style does not include lot of physical work every day, we have charted out our daily routine as follows:

After doing yoga for about 20 minutes in the morning, we take fruits up till noon, then at about 2' clock vegetable soup, at 4 o'clock some salad and finally at 5or 6 o' clock dal roti and rice (meal one time in a day). If we feel hungry at night then a small glass of skim milk. On spiritual level we meditate every day, try to go to temple twice a week and do some social work every week, also we set aside 10% of our income for charity. Please invest some time for your body's well being, may be 20 to 30 minutes out of 1440 minutes in a day for yourselves that is about 1.5% of your total day, doing yoga. This will not only help to cure your body but soul also.

Parhit Bas Jinke Man Mahi, Tinh Kachu Nahin Durlabh Jag Mahin.

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