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## Healing through mind

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### Abstract

The modern world which is said to be a world of achievement is also a world of problems. Problems are everywhere, whether it is family or business organization or any other social or economic activity. Similarly everyone is subjected to face problems either knowingly or unknowingly. No one can avoid those. But there are few measures by following which we can do minimize and eradicate some of those via by healing only and only through MIND, the controller of the body. The present paper deals with some of the practices to improve mental health to reduce anxiety, depression and stress by healing our mind. Healing also helps in improving mental health, self- concept and emotional morality of individuals.

**Keywords:** Healing power, mind substance

### Introduction

The lexical meaning of the term healing is- to restore to health soundness. Healing is the process of the restoration of health to an unbalanced or undamaged organism. Healing may be physical or psychological and not without the mutual reception of these two dimensions of human health.

In healing, repetitive use of positive visualization allows access to the mind- body connection. This let the mind and body work together to foster the healing process of the body on a physical level. Everyone wants to be healthy and to know the different ways of healing diseases. The body has the most profound intelligence. If we apply the mind's healing power, we can heal not only our mental and emotional afflictions, but physical problems also. So minds healing are best cure to a human body.

### Mind Substance

Each of us possesses an astounding power to heal ourselves and it's all in our minds. Our minds have a tremendous ability to affect our physical bodies. We can use the power of mind to heal our self, heal and create life on our own terms. It is always with us, but its most amazing power will be ours only, when we have learned how to use it. Peace of mind and a healthy body are inevitable once we begin to think and feel in the right way. To use the power of mind for healing and manifesting practices a basic understanding of levels of mind is very helpful.

There are three levels of mind, conscious, unconscious and subconscious. The conscious mind is everything of our awareness. We can think with our conscious mind. The unconscious mind is everything that is out of our awareness. The subconscious mind resides in the regions of the brain that runs the show. All our automatic processes are controlled subconsciously. The subconscious carries out body functions as well as learned behaviors.

### Base of Healing Power of Mind

The healing power of the mind is actually based on one thing i.e., 'positive thinking'. The first step towards healing is making a decision that you are ready to get better. The next step is learning to understand your blocks and limitations. Our mind possesses the power of healing pain and creating joy. If we use that power along with proper living, a positive attitude, and meditation, we can heal not only our mental and emotional afflictions, but even physical problems. We can use our everyday, dualistic minds to help ourselves.

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Often, recognizing the thoughts, emotions and attitudes which have contributed to the problem can begin the healing process. This is because when we are aware of the cause it gives you an opportunity to reflect on our life, so that we can evaluate or determine work and try something different. Healing encompasses every aspect of your being, including your physical health fitness, emotional wellbeing, mental attitude, energetic welfare and spiritual strength.

It is important to recognize that our body is not our enemy; it is a messenger which can help us to know our self more deeply. Healing always means transformation. To heal, one needs to change one's thoughts, feelings and actions from what does not work to what works. Visuals in our minds directly affect the physiology of our bodies. It has been found that positive and creative visualization helps to heal our bodies because our mind and body are connected.

### **Strategies for Healing through Mind**

Today most of us are facing stress, tension, fears, phobias and diseases.

Everyone wants to know the different ways of healing mental diseases. And we must understand that any disturbance in the mind causes disturbance in the body. So we have to understand the mind in order to use the mind to heal illnesses. Therefore, the following strategies should be adopted by an individual for healing the mind for attaining the good health.

#### **Think Positive**

It is well accepted that negative thoughts and anxiety can make us ill. Positive thought is essential in producing positive results. Positive attitude always boost the immune system. Our thoughts used creatively will affect your body in a very noticeable and beneficial way.

#### **Trust People**

Your attitude towards other people can have a big effect on our health. Trust makes us feel more secure and provides a relief towards survival in the society.

#### **Visualization technique**

The easiest and most obvious way to formulate an idea is to visualize it, to see it in your mind's eye as vividly as if it were alive. By providing creative imagery and self- suggestion visualization can change emotions that subsequently have a physical effect on the body. In healing, repetitive use of positive visualization allows access to the mind- body connection. This lets the mind and body work together to foster the healing process of the body on a physical level. Visualization uses positive images to produce positive emotions that manifest into positive physical sensations in the body.

#### **Prayer Therapy**

Apply the power of prayer therapy in our life. We should choose a certain plan, idea or mental picture until mentally and emotionally with those ideas. As one remains faithful to one's mental attitude, your prayer will be answered.

#### **Building Up self esteem**

Self-esteem is a feeling of recognizing one's own worth, is the key factor of holistic health. Researchers have revealed that people with low self- esteem usually have negative self- image, poor self- concept which hinders their ability to build up relationship, to feel successful, to express their assertiveness and to share their own love with others.

### **Yoga and Meditation**

Yoga and Meditation are simple and powerful techniques that effortlessly allows our mind to become calm and peaceful. Everybody today can practice meditation and yoga because all look for peace and happiness in life. Yoga and Mediation facilities a stress- free mind and healthy body.

### **The "Thank You" Technique**

Remember that a thankful heart is always close to the riches of the universe, causing countless blessings to flow towards it by the law of reciprocal relationship, based on a cosmic law of action and reaction.

### **Have Fun in Life**

Fun means letting our hair down, relaxing. It means throwing off our problems and worries for a short time. It means healing. If we stop worrying and take time to have a good laugh or may be playing with dog, reading a book, listening music or whatever we like, it will be very fruitful to heal our mind and its stress. So take some time away from work.

### **Eat balanced diet, Get enough sleep**

We should take a balanced diet daily; breakfast is the most important meal of the day. So do not skip it. Getting seven to eight hour of sleep a night will prepare our mind and body for optimal performance in the day ahead.

### **Social Service**

There is a hidden happiness in giving and doing service to make others happier. Social service is not just an act but more than what it means actually. The pleasure that one gets by doing is more than any blessing and relief in the world that will help to sooth the tension in mind.

### **Conclusion**

We can heal body and mind simply by being what we truly are, and by allowing our own natural healing qualities to manifest: a peaceful and open mind, a loving and positive attitude, and warm, joyful energy in a state of balance and harmony. We should break our limits, achieve your goal and turn your dreams into reality. Apart from these we should eliminate negative thinking, reset our mind, and conquer our fear, doubts and worries. To the end, the mightiest weapons in our arsenal are the four powers of seeing, recognizing, feeling and believing.

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