

Spiritual Health and Religion

In the nucleus of the fertilized ovum lie chromosomes derived from parent. In this chromosome lies the genes which is formed by the multiple double stranded DNA consisting of multiple amino-acid chains. They code every cell thereafter that is duplicated and carries the same sequence of genetic material. At the different stages of their division they transform themselves into different types of cells for their survival. We are the collection of cells functioning in a coordinated manner: brain, heart, lungs, kidney and others. It is the brain that coordinates these activities so well that we survive unless the individual organ are diseased because of the effect of environment. It is the one brain where depression, anxiety and joy live together. Its quantity might be different. Normally the amount of joy should be so much that the other two should be towards the elimination from the mind space. Is it possible to train our brain to keep only joy and delighted behavior all the time? Why not? The only thing that we have to do for this is to cover with goodness. Goodness prevails overpowering passions and dullness, passion prevails goodness and dullness and dullness prevails goodness and passion. It is our reaction with the nature that implants the three-modes: goodness, dullness and passion in the womb of our brain. If dullness and passion grow it gives birth to depression, anger and frustrations. Thus if we have to give birth to goodness all the time. We should react with the Mother Nature in such a way so that it gives birth to the delight only. It comes with practice.

Steps:

The first step is to purify the body, second step is to purify mind and the third step is to purify our behavior. Purification of the body also has to be done in different steps. The first is regularity of our lowest form of activities, which includes sleeping and eating. Once our body is tuned in these activities maintaining the diurnal rhythm, the different hormones that are secreted inside our body can be controlled unconsciously. It is important that there are some foods, which causes the changes in the neuronal synapses inside our brain the best example is the alcohol and caffeine. Very similarly, other foods also cause changes in hormonal secretions. Hot, sour, spicy food causes secretions of adrenaline and causes changes in our body by producing excessive perspiration and temperature. The rotten food causes nausea and vomiting. All these food habits have direct causal relations to our brain. Even high fat content reduces the blood flow to our brain by two mechanisms. It causes immediate diversion of the blood to the stomach as it delays the gastric emptying time and in the long term, it narrows the lumen of arteries and causes ischaemia of brain and other organs of our body. There are hormones in our intestine, which liberates different hormones according to the type of food that we take. All these hormones enter in our blood, which circulates through every organ, no doubt it can effect our body and mind. We are familiar with the migraine (headache) which is often precipitated by special food e.g. caffeine, coca and others. The perceptions by our brain of these changes are reflected in various ways it may be through body or through mind. The

physical effect is headache, diarrhea, vomiting, fever etc and mind effect is excitement, depression and anger. Therefore, it is necessary to regulate our food habits so that the first step is completed before putting our foot in the second step.

We give birth to various types of attachments by reacting our mind with nature through sensory organs. We perceive these attachments according to the guna (characters) we develop. We may grow with this attachment as an integral part or leave it outside our mind and move ahead in our life path without attachment. We should try to reduce these attachments as little as possible. We should control these attachments and attachments should not control us. We will be slave of these attachments if they control us, we should be master of them. One of the best example is, we go on seeing the same advertisement many times in TV just to watch a small piece of a serial. We go on drinking, smoking or eating unhealthy foods although we know that is not good for us. The other way to reduce this attachment is to live with minimal requirement and give to others whatever one can give.

Our mind is at three levels. The lowest is Dormant, middle is Intelligence and the highest is Soul or super intelligence. This mind makes our body as a vehicle to react with nature. This reaction produces three types of activities. The lowest form of activity is the Reflex activity, the middle is Conscious activity and the highest is the Supreme activity. The lowest activity is at the animal level, the middle activity makes us human and the highest form of activity takes us near to the GOD. Religion helps us to reach at the platform of Supreme activity.

Excitement, depression and joy are the different state of mind that is often created by it. It is the reaction of our perception with the conscious mind that produces these three different states and changes our behavior. These changes are possible with the different chemicals liberated in the synapses of brain in this reaction. The brain thus controls our body and if we can modulate our brain we can become healthy. The spiritual health aims to control our secretions in the brain and triggering the target organs for optimal health. It is true that drugs can be made that changes in mood and there are drugs, which are used in psychiatry. It is true also in the case of alcohol when one becomes euphoric. It is said that we say we can control over anger with practice. When we produce a thing, it is a natural law that it should be destructible. The opposite is also true, all destructible could be synthesized. We can produce the three different states with practice. Why should not we practice to produce only joy in our mind and destroy the other two?