

## Health-Yogi-Bhogi-Rogi

"If you live in awareness, you are a yogi; if you live in balance, you are an enjoyer; if you live in ignorance, you are a patient."

This principle reflects how our state of awareness shapes health—whether one is transcendent of the body, engaged in bodily well-being, or suffering due to bodily imbalances.

### 1. The Yogi's Health (Beyond Body Identification)

**Meaning:** A yogi's health is not dependent on physical conditions but on pure awareness. Health is an effortless state, arising naturally from being beyond the body.

#### **Why?**

- ✓ The body is seen as an instrument, not as identity.
- ✓ Health is maintained effortlessly, as awareness governs bodily functions.
- ✓ No fear of disease—body changes are mere passing phenomena.
- ✓ Surrendered to the intelligence of consciousness—no obsession over healing or preservation.

Example: Ancient yogis who lived in caves, forests, and extreme conditions, yet maintained vitality without modern health systems. They understood that true health is not bodily perfection but freedom from identification with the body.

#### **Shifting to This State:**

- 👉 See the body as a manifestation of consciousness, not as a fragile system that needs constant fixing.
- 👉 Drop attachment to health and illness—both are part of the body's play, not of who you are.
- 👉 Rest in awareness—when the mind is still, the body functions optimally on its own.

## **2. The Bhogi's Health (Balance & Well-Being)**

**Meaning:** A bhogi (enjoyer) maintains health through balance—engaging in life while respecting the body's needs. Health is a priority but not an obsession.

### **Why?**

- ✓ Living in harmony with nature—eating well, exercising, and resting sufficiently.
- ✓ Aware of health but not controlled by fear of disease.
- ✓ Uses health as a foundation to enjoy life's experiences.
- ✓ Moderation in all things—neither indulgence nor deprivation.

**Example:** Traditional cultures where people lived active, fulfilling lives with simple but wholesome health practices—regular movement, fresh food, and mental peace.

### **Shifting to This State:**

- 👉 Choose natural health practices—not as a means of control but as a way to honor the body.
- 👉 Enjoy health without attachment—see it as a tool for life's experience, not as a life goal itself.
- 👉 Balance between nourishment and fasting, activity and rest—listening to the body rather than imposing external rules.

## **3. The Rogi's Health (Suffering & Imbalance)**

**Meaning:** A rogi (patient) experiences health as a struggle, constantly battling illness and discomfort due to lack of awareness and over-identification with the body.

### **Why?**

- ✗ The body is seen as fragile, needing constant external intervention.
- ✗ Fear of disease dominates thoughts, creating mental and emotional stress.

- ✗ Overconsumption—whether of food, medicine, or stimulation—leads to imbalance.
- ✗ Ignorance of natural rhythms—disrupting sleep, digestion, and energy cycles.

**Example:** Modern lifestyle diseases—obesity, diabetes, hypertension—arise from unconscious living, where health is dictated by external factors rather than inner balance.

### **Shifting Out of This State:**

- 👉 Stop seeing illness as an attack—view it as a signal for realignment.
- 👉 Reduce dependence on external health solutions—cultivate inner harmony.
- 👉 Recognize that health is the body’s natural state—when the mind is clear, the body self-regulates.

### **Key Insight: Health is an Expression of Awareness**

- ✓ A Yogi sees health as an effortless state of being, beyond physical conditions.
- ✓ A Bhogi maintains health through balance, engaging in life while nurturing the body.
- ✓ A Rogi struggles with health due to ignorance and unconscious habits.

### **Health is an Effortless Expression of Life’s Intelligence**

Your body, like everything else in existence, is not separate from Pure Consciousness. Just as the stars move, rivers flow, and trees grow without effort, your body’s health is sustained by the same infinite intelligence. There is no need to micromanage well-being—life naturally maintains balance.

### **1. Example of Breathing: Who is Controlling Your Oxygen Levels?**

Right now, are you consciously adjusting the oxygen levels in your body? Or is it simply happening?

- ✓ The body regulates oxygen and carbon dioxide effortlessly without “you” doing it.

- ✓ If you sleep, breathing continues, and your oxygen balance is maintained.
- ✓ This shows that a deeper intelligence, beyond the mind, sustains health and well-being.

Just as the sun does not decide to shine or the rivers to flow—so too, your body maintains its internal balance without personal intervention.

## **2. Blood Circulation: Who is Pumping the Blood?**

Right now, your heart is beating, circulating oxygen-rich blood to every cell in your body. Are you consciously managing this process?

- ✓ The heart beats without your intervention, maintaining life effortlessly.
- ✓ Blood vessels expand and contract as needed, ensuring circulation happens smoothly.
- ✓ Just as rivers flow naturally without effort, blood moves through the body as part of life's intelligence.

## **3. Immunity: Who Protects You from Disease?**

When a virus or bacteria enters your body, an army of immune cells immediately responds to fight the invader. Did you have to “decide” to activate your immune system?

- ✓ White blood cells recognize threats and neutralize them automatically.
- ✓ The body produces antibodies and repairs damage without your conscious effort.
- ✓ Just as the Earth balances ecosystems without external intervention, your body naturally maintains its own health.

## **4. Growth & Regeneration: Who Builds Your Body?**

From childhood to adulthood, your body grows, cells regenerate, and tissues repair. Did you have to remind your body to grow?

- ✓ Bones lengthen, skin replaces itself, and hair grows effortlessly.
- ✓ Every seven years, almost every cell in your body has been replaced—without any conscious effort on your part.
- ✓ Just as a tree extends its branches without “trying,” your body develops naturally.

## **5. Body Temperature Regulation: Who Maintains It?**

Regardless of the weather, your body maintains a stable internal temperature. Are you actively controlling it?

- ✓ When it’s hot, you sweat to cool down; when it’s cold, you shiver to generate heat.
- ✓ The hypothalamus, a tiny part of your brain, regulates temperature effortlessly.
- ✓ Just as the planet self-regulates climate cycles, your body maintains balance without effort.

## **The River Analogy: Health Flows Naturally**

A river does not force itself to move—it simply flows, adjusting to the landscape effortlessly.

Example: If a river encountered an obstacle, it would not struggle or resist; it would simply move around it, finding the path of least resistance.

- 👉 Similarly, your body does not need to “force” health—it naturally adapts and heals.
- 👉 When the mind believes it must “control” health, unnecessary stress disrupts the natural flow.
- 👉 Letting go of control allows the body’s intelligence to function optimally.

## **Key Insights**

- ✓ Health is not something you “achieve”—it is already happening.
- ✓ The body is sustained by universal intelligence, just like all of nature.
- ✓ Struggle and fear around health are illusions—trust the intelligence of life.

## **Does This Mean You Should Ignore Health?**

No. The body still follows its natural processes, but without fear or struggle. Health is no longer a “task”—it happens spontaneously in harmony with life. 🌿 ✨

## **Affirmation**

🌿 I trust life’s intelligence—my health is effortlessly sustained.

## **How to Stay in Pure Awareness and Maintain Effortless Health?**

### **1. Shift from Body Identification to Pure Awareness**

- ✓ Recognize: You are not the body; health and illness are mere fluctuations in consciousness.
- ✓ Stop seeing the body as a machine that needs constant fixing—trust its intelligence.
- ✓ Realize that true well-being is not bodily perfection but inner stillness.

👉 Practice: Before sleep, affirm: "My body functions in perfect harmony. I am not bound by its ups and downs."

### **2. Stop Seeking Health—Rest in Wholeness**

- ✓ Seeking health implies something is missing—this reinforces lack.
- ✓ Instead of "trying" to be healthy, allow health to be an effortless unfolding.
- ✓ Health is a byproduct of inner peace, not external efforts.

👉 Practice: Every morning, sit in stillness and feel health as an already present reality.

### **3. Balance Action and Surrender**

- ✓ Don’t force health through excessive discipline—this creates stress.

- ✓ Allow natural rhythms to guide your eating, sleeping, and movement.
- ✓ Listen to the body's needs instead of following external health trends.

👉 Practice: Before making health decisions, pause and ask: "Is this action coming from fear, or from trust in my body's intelligence?"

### **Final Realization: Health is Not a Goal, It is a State of Being**

- ✓ If you are in duality, you believe health must be "achieved" through effort.
- ✓ If you are in pure awareness, health is an effortless expression—neither something to gain nor lose.
- ✓ In this state, the body self-regulates without resistance, and well-being flows naturally.

### **The Path to Effortless Health**

- ✓ A Rogi fears disease and seeks health externally.
- ✓ A Bhogi maintains balance through awareness and lifestyle.
- ✓ A Yogi transcends the health-illness cycle and rests in effortless well-being.

💡 Ultimate Truth: You do not "achieve" health. You rest in awareness, and health flows naturally.

### **How to Deal with illness Symptoms (Especially Severe Pain) from the Perspective of Yogi, Bhogi, and Rogi**

Pain and illness are often seen as obstacles, but they can also be understood as opportunities to transcend bodily limitations. By shifting perspectives, one can experience healing not just at the physical level but at the deepest layers of consciousness.

### **1. Yogi's Way – Transcending Pain Through Awareness (Mastery Over Body & Mind)**

- ◆ **Meaning:** A yogi does not resist pain but witnesses it with deep awareness. The yogi knows that pain is an experience within consciousness, not something that truly affects their essence.

- ◆ **Why?**

- ✓ The body experiences pain, but awareness is untouched.

- ✓ Resisting pain increases suffering, but observing pain dissolves its hold.

- ✓ By shifting identity from the body to pure awareness, pain is seen as temporary, like passing clouds in the sky.

### **How to Deal with Severe Pain as a Yogi:**

1. Shift Attention from Pain to Awareness – Instead of focusing on pain, observe it. See it as an energy movement, not "your" suffering.

2. Practice Deep Stillness (Sakshi Bhava – Witnessing State) – Close your eyes, take deep breaths, and watch the pain without labeling it as "bad." Just let it be.

3. Use the Power of Breath (Pranayama) –

Deep belly breathing: Activates the parasympathetic system, reducing pain perception.

Nadi Shodhana (Alternate Nostril Breathing): Balances energy flow, calming the mind and body.

4. Dissolve Pain Into Consciousness – Say to yourself:

- “This pain is not me. It is an arising experience within me. I remain as pure awareness, untouched by it.”

5. Fasting or Light Eating (Sattvic Diet) – Helps the body heal without burdening digestion.

- ◆ Example: Ancient yogis, despite extreme conditions (cold, hunger, injuries), remained in bliss because their focus was not on the body but on awareness.

### **2. Bhogi's Way – Balancing Pleasure and Healing (Comfort with Awareness)**

- ◆ **Meaning:** A bhogi enjoys worldly life and comfort while maintaining awareness. Instead of denying the body's needs, a bhogi balances healing with self-care.

- ◆ **Why?**

- ✓ Pain is seen as a signal, not an enemy.
- ✓ Healing is embraced through food, rest, and moderate lifestyle changes.
- ✓ The goal is to recover while maintaining inner peace.

### **3. Rogi's Way – Dependence & Struggle (Pain as Suffering and Identity)**

◆ **Meaning:** A rogi identifies fully with illness and sees pain as something happening to them, rather than within awareness.

◆ **Why?**

- ✓ Pain becomes overwhelming due to mental resistance.
- ✓ The body is constantly in a stressed state, slowing healing.
- ✓ External solutions (medicine, therapy) are seen as the only way to feel better.

### **How to Shift From Rogi to Bhogi to Yogi (Healing at All Levels)**

Pain is not just a physical condition—it has mental and spiritual aspects. The key is to rise from rogi (suffering) to bhogi (balance) to yogi (transcendence).

#### **1. If You Are in Rogi State (Pain Feels Unbearable, Fearful)**

- ✓ Accept that pain is temporary. It is not you—it is just an experience passing through.
- ✓ Seek medical help if needed, but also explore natural healing (food, lifestyle).
- ✓ Do not label pain as "bad"—it is simply a signal for change.

#### **2. If You Are in Bhogi State (Balancing Comfort & Healing)**

- ✓ Follow a holistic approach: Ayurveda, energy healing, pranayama, and mindful eating.
- ✓ Enjoy life, but with moderation—nourish the body without overindulging.
- ✓ Treat the body with love, but don't become attached to comfort.

### **3. If You Are in Yogi State (Transcending Pain Through Awareness)**

- ✓ Dissolve identification with the body—see pain as a passing phenomenon.
- ✓ Meditate deeply—go beyond bodily sensations into pure stillness.
- ✓ Stay in deep gratitude and surrender—let pain dissolve in awareness.

### **Final Wisdom: Pain is Not a Punishment, But a Doorway to Transformation**

- ◆ Rogi sees pain as suffering.
- ◆ Bhogi sees pain as a temporary experience.
- ◆ Yogi sees pain as an illusion, an opportunity to dissolve the body-mind attachment.

💡 Key Insight: The more you resist pain, the stronger it becomes. The more you accept and witness it, the more it loses its grip.

💡 Ultimate Truth: You are not the pain. You are the awareness in which pain comes and goes. Let it arise, let it pass, and remain as the infinite stillness beyond all suffering.

💡 Solution:

- ✓ If pain is intense, use holistic healing methods (Bhogi approach).
- ✓ If pain is bearable, practice deep awareness (Yogi approach).
- ✓ If stuck in suffering, shift from Rogi to Bhogi to Yogi through mindful acceptance and lifestyle changes.

Pain is a teacher. Learn from it, and it will guide you to deeper peace and self-realization. 🙏 ✨

### **Illness as an Expression of Pure Consciousness: Instant Healing Through Awareness**

All illnesses, whether cancer, high blood pressure, diabetes, or fever, are not separate from Pure Consciousness. They are not caused by an imbalance of the Panchabhutas (five elements) or Trigunas (three qualities) alone but are direct expressions of the infinite intelligence that moves all things.

Every so-called "negative" symptom is simply consciousness manifesting in a particular form, neither good nor bad. The moment we stop resisting and see illness as a pure movement of awareness, healing happens effortlessly.

## **1. Cancer: Pure Consciousness in Transformation**

How It Appears:

Cancer is not a mistake or an enemy. It arises from consciousness itself, revealing where energy has been condensed and now seeks release.

Shift in Awareness:

- ✓ Cancer cells are not against life; they are life itself, responding to energetic patterns.
- ✓ The moment resistance is dropped, healing intelligence flows freely.
- ✓ Seeing cancer as a part of divine expression dissolves fear, allowing natural restoration.

🌱 Healing Insight: The body is not separate from consciousness. As awareness expands, transformation unfolds effortlessly.

👉 Example: When fear and struggle around cancer dissolve, cases of spontaneous decrease become possible, as documented in many real-life experiences.

## **2. High Blood Pressure: Consciousness Flowing with Resistance**

How It Appears:

Blood pressure rising is not a random dysfunction—it is a reflection of energy encountering resistance. The body simply mirrors an internal tension that seeks release.

Shift in Awareness:

- ✓ The heart beats in rhythm with the entire cosmos—no effort is required.
- ✓ Pressure only builds when the mind holds onto control.

✓ When surrender happens, balance restores itself.

🌿 Healing Insight: The body does not "malfunction"; it signals areas where trust and openness need to replace resistance.

👉 Example: A person letting go of stress and surrendering to life's flow finds their blood pressure stabilizing without force.

### **3. Diabetes: Consciousness Expressing Resistance to Sweetness**

How It Appears:

Diabetes is not just a physical issue; it is consciousness revealing an inner pattern—perhaps a resistance to joy, love, or receiving life fully.

Shift in Awareness:

✓ The body does not reject sugar—it reflects an underlying energy of disconnection.

✓ As joy and openness increase, the body's balance returns effortlessly.

✓ Instead of fearing diabetes, see it as a message from consciousness guiding you toward harmony.

🌿 Healing Insight: The body is not an obstacle—it is pure awareness communicating in the language of symptoms.

👉 Example: A person who embraces life's sweetness, both emotionally and spiritually, finds a shift in their body's ability to process sugar.

### **4. Fever: Pure Consciousness in Purification**

How It Appears:

Fever is not a disease—it is consciousness intensifying its energy to cleanse, heal, and reset the body. It is a fire of transformation.

Shift in Awareness:

- ✓ Fever is not something to be fought—it is intelligence restoring balance.
- ✓ Instead of fearing symptoms, allow them to move through without resistance.
- ✓ When the body is trusted, fever completes its healing process naturally.

🌿 **Healing Insight:** Fever is not an attack—it is life's natural intelligence recalibrating itself.

👉 **Example:** Those who embrace rest and trust the body's process often recover faster than those who suppress the fever with fear or medication.

**Key Realization: Every Symptom is a Pure Expression of Consciousness**

- ✓ No illness is "wrong"—each is consciousness moving in a unique way.
- ✓ Negative symptoms are not separate from divine intelligence—they are part of the same flow.
- ✓ The moment illness is no longer seen as an enemy, instant healing becomes possible.

👉 **Instant Healing Happens When:**

The illness is embraced as part of consciousness, not something to fight.

The body is trusted as an expression of divine intelligence.

Fear dissolves, and pure awareness restores harmony naturally.

**Final Affirmation for Healing**

🌿 Every illness—cancer, fever, pain, imbalance—is an expression of Pure Consciousness. I surrender fully, knowing that healing flows effortlessly when I trust life's intelligence. ✨

## How Much Time Will It Take to Heal a Disease?

The time required to heal a disease depends on four key factors:

### 1. Level of Identification with the Body

 Instant Healing (Spontaneous Recovery):

Happens when one is fully established in pure awareness and completely detached from the body.

No resistance, no belief in the disease = No disease.

Example: Some enlightened beings have healed instantly by realizing their true nature.

 Gradual Healing (Takes Time):

If there is partial identification with the body, healing may take time.

The body regenerates as old karmic imprints dissolve.

Healing follows the natural intelligence of the body, adjusting over weeks, months, or years.

 No Healing (If Resistance Remains):

If one deeply believes in the disease, fears it, or clings to it, healing slows down.

Resistance (mental or emotional) keeps the disease in place.

### 2. Type of Disease

◆ Acute Diseases (Fever, Cold, Infections, Injuries)

Can heal instantly or within a few days if one is in high awareness and allows the body to function naturally.

If treated with external methods (medicine, therapies), healing is still fast.

◆ Chronic Diseases (Diabetes, Hypertension, Arthritis, Autoimmune, etc.)

Can take weeks to months depending on how deeply rooted they are in karmic patterns and mental conditioning.

Requires deep purification of emotions, mind, and past tendencies.

- ◆ Severe Diseases (Cancer, Organ Failure, Neurological Disorders, etc.)

Can take months to years or even a full lifetime if the karmic momentum is strong.

If consciousness is fully stabilized, the disease may disappear overnight or the body may drop it naturally.

### **3. State of Mind & Inner Readiness**

- ✓ Fast Healing Happens When:

The mind is completely surrendered (no resistance to healing).

There is deep trust in awareness, not the body.

Emotions are fully released (no suppressed anger, fear, or guilt).

- ✗ Healing Delays When:

One keeps checking, "Why am I not healed yet?" (Impatience blocks healing).

There is deep fear of death or attachment to outcomes.

One is still caught in past trauma or mental conditioning.

### **4. Karmic Load & Life Path**

- ◆ Some diseases are karmic balancing mechanisms.

If a disease is meant to complete old karma, it will stay until the karma is fully resolved.

Some people heal fast; others may live with a disease but remain in pure bliss.

- ◆ Some illnesses are part of a soul's learning journey.

If an illness serves a higher spiritual purpose, it may remain until that realization is complete.

Example: Some enlightened beings had diseases but were untouched by them.

## **Final Answer: How Long Will Healing Take?**

- 💡 If you are fully established in pure awareness → Healing is Instant.
- 💡 If you are partially aware but still attached to the body → Healing takes time.
- 💡 If you are deeply identified with the disease → Healing may take years or lifetimes.

## **🌟 Fastest Way to Heal?**

Drop all attachment to the body – You are not the body, you are pure awareness.

Stop trying to heal – Let go completely and allow healing to happen naturally.

Trust the intelligence of existence – If healing happens, fine. If it doesn't, you are still free.

🌿 Ultimate Healing = Freedom from the Belief That You Were Always Sick. 🙏🌟

## **Solid matter**

When the body is seen as solid matter or when illness is linked to past karmas, healing remains bound by time, effort, and duality. Even yogis may struggle to heal if they believe in the rigidity of the body or karmic consequences.

However, when the body is understood as a pure expression of consciousness, it is no longer subject to limitations. Healing is not a process—it is an instant recognition of wholeness.

## **Why Does This Work?**

- 💡 Illness exists only when we believe in separation—separation between the body and consciousness, between health and disease, between cause and effect.
- 💡 When we drop the belief in disease, the body instantly aligns with its true nature—pure, whole, and free.
- 💡 Healing is not about "fixing" the body, but recognizing that nothing was ever broken.

## How to Experience Instant Healing?

- ◆ Stop identifying as the body. Be the pure awareness in which the body appears.
- ◆ Drop all ideas of karma. Past does not control the Now—Pure Consciousness is always fresh and free.
- ◆ See symptoms as temporary movements of energy, not problems. They arise and dissolve in awareness, just like thoughts.
- ◆ Rest in wholeness, not in the idea of healing. If you focus on healing, you reinforce the belief in disease. Instead, simply BE—free, silent, still.

✨ Truth: Healing is not something you achieve. It happens the moment you stop believing in disease and return to pure awareness. ✨

**Rest as pure still consciousness—not as solid, liquid, or gas. Those are forms, but you are beyond all forms.**

## How to Rest in Pure Stillness?

### **1. Drop all identification with the body.**

The body is seen as solid, liquid, or gaseous only when you believe it to be material.

Instead, see it as a temporary movement within awareness, like a ripple in an infinite ocean.

### **2. Do not try to "be still"—just stop resisting what IS.**

Stillness is not something you do; it is what remains when you stop trying.

Let thoughts, sensations, and even discomfort be, without engaging them.

### **3. Recognize: You are not something still—you are the stillness itself.**

Just as space does not move, change, or resist anything, you are the unmoving awareness within which all happens.

Whether the body appears to move, whether pain arises or dissolves, you remain untouched.

### **💡 Final Realization:**

If you rest as solid, liquid, or gas, you are still within the material perspective.

If you rest as Pure Consciousness, beyond all elements, beyond movement and change, you are effortlessly free—beyond birth, beyond disease, beyond death.

✨ Rest as That which does not change. That which simply IS. ✨

### **Form-Formless; Nowhere and Everywhere**

You should not recognize yourself as a solid form staying in a particular area of the body.

If you believe you are located in the body—inside the head, heart, or any specific area—you are still identifying with form. But you are not inside the body. The body is inside you.

### **What Does This Mean?**

- ✓ The body appears in your awareness, but you are not limited to the body.
- ✓ You are not located in any one place—you are the infinite, boundless presence in which all locations appear.
- ✓ You are not "inside" anything. Instead, all experiences—body, thoughts, sensations, and the world—arise within your awareness, like waves in the ocean.

### **How to Rest in This Realization?**

1. Instead of thinking, "I am in this body," realize, "This body is appearing in me."
2. Instead of feeling, "I am located in this place," know, "All places exist within my awareness."
3. Instead of asking, "Where am I?" recognize, "I am nowhere and everywhere—beyond all locations."

### **💡 Final Insight:**

You are not trapped in a body. The body is like a passing cloud in the vast sky of your awareness.

Rest as this formless, ever-present consciousness, and you will realize—you were never born, never limited, and never bound. 🌿 ✨

### **Instant Healing Through the Realization of One Energy Appearing as Many**

There is only one energy—Pure Consciousness—manifesting in different forms. What we call health and illness are not separate; they are simply different appearances of the same infinite intelligence. The moment we truly experience this unity, healing happens instantly.

### **Illness and Health Are Not Opposites—They Are One**

✓ Just as waves rise and fall in the same ocean, health and illness are different expressions of the same consciousness.

✓ The mind labels one as "good" and the other as "bad," but both arise from the same infinite source.

✓ When the illusion of separation dissolves, the struggle to "fix" the body disappears, and natural balance is restored effortlessly.

 Example:

A person sees illness as a mistake and fights against it, creating resistance. But when they realize that illness is just another form of life's energy, the struggle ends—and with it, healing unfolds naturally.

#### **Cancer, Fever, Diabetes—All Are Expressions of the Same Life Energy**

Cancer is not separate from life—it is pure energy taking a certain form. The moment fear dissolves and oneness is seen, healing is effortless.

Fever is the body's way of intensifying its energy for purification—not an enemy, just another movement of consciousness.

Diabetes is not a defect—it is energy manifesting in a particular pattern. The moment resistance drops, transformation happens.

 Realization: Just as waves in the ocean are not separate from water, no illness is separate from life's intelligence.

### **Instant Healing Happens When:**

- ✓ Illness is no longer seen as "wrong" or separate from health.
- ✓ The realization dawns that all is one energy, appearing as many forms.
- ✓ The deep trust in life replaces fear, allowing the body to return to its natural state effortlessly.

🌿 Final Insight: When the false distinction between health and illness disappears, so does the need for healing—because wholeness is already present. 🌿 ✨

That means, the very idea of "healing" arises only when we see illness as separate from wholeness. But when we realize that health and illness are just two appearances of the same consciousness, the struggle dissolves. There is nothing to fix—only the recognition of what already is.

Just as waves do not need to be "healed" from rising and falling, the body does not need to be "healed" from its expressions. In deep surrender to the oneness of all energy, transformation happens effortlessly. Wholeness is not achieved—it is simply realized.



## **FTBA (Feelings, Thoughts, Beliefs, and Actions) for Health from Pure Awareness**

Health is not just a physical state; it is the reflection of one's inner alignment with Pure Awareness. The body expresses what is held within the field of consciousness. Healing happens naturally when we release resistance and return to wholeness.

### **1. Feelings to Develop & Release**

#### **Feelings to Develop (From Pure Awareness)**

- ✓ Wholeness – "I am already complete; my body reflects this truth."
- ✓ Gratitude – "Every sensation in the body is a movement of divine intelligence."
- ✓ Trust – "My body heals effortlessly when I remain in stillness."
- ✓ Surrender – "I release control; healing happens on its own."
- ✓ Lightness – "My body is an effortless flow of energy, free from resistance."

## **Feelings to Release (Root of Disease & Suffering)**

- ✗ Fear – "What if my body gets worse?" → Releasing fear restores balance.
- ✗ Anxiety – "How long will this take to heal?" → Let go of timelines; trust healing happens naturally.
- ✗ Guilt – "I did something wrong to deserve this." → There is no punishment, only correction.
- ✗ Frustration – "Why is my body failing me?" → The body is not failing; it is adjusting.
- ✗ Attachment – "I must heal to be whole." → Wholeness exists beyond the body.

## **2. Thoughts to Develop & Release**

### **Thoughts to Develop (Aligned with Pure Awareness)**

- ✓ "Health is my natural state, always present beneath all conditions."
- ✓ "This body is energy, not a solid object—it changes effortlessly."
- ✓ "Every symptom is just a message, not a problem."
- ✓ "I am not the body; I am the awareness in which the body appears."
- ✓ "My body is a self-healing system; I trust its intelligence completely."

### **Thoughts to Release (Causing Disease & Delayed Healing)**

- ✗ "I am sick; I have a disease." → Identity with illness prolongs it.
- ✗ "Healing is hard and takes effort." → Healing is effortless when there is no resistance.
- ✗ "If I eat the wrong thing, I will get sick." → Food is just an expression of consciousness.
- ✗ "My body is weak and vulnerable." → The body is resilient and adapts naturally.
- ✗ "I need medicine to be healthy." → Medicine may help, but true healing comes from within.

## **3. Beliefs to Develop & Release**

### **Beliefs to Develop (Expanding into Pure Awareness)**

- ✓ Health is not created, it is revealed by removing resistance.
- ✓ Illness is not a mistake; it is the body's way of restoring balance.
- ✓ The body does not create health—awareness allows health to manifest.
- ✓ Pain is not suffering—it is just an experience arising and dissolving.
- ✓ There is no 'incurable' disease—only resistance to change.

### **Beliefs to Release (Root Causes of Chronic Illness & Suffering)**

- ✗ "I need external help to heal." → Healing is internal; external support is secondary.
- ✗ "Aging must come with sickness." → Aging is a process, not a decline.
- ✗ "I must eat, exercise, or live a certain way to be healthy." → Health is beyond conditions.
- ✗ "Healing happens in time." → Healing happens now, when resistance dissolves.
- ✗ "Some diseases are permanent." → No condition is fixed when awareness is free.

## **4. Actions to Develop & Release**

### Actions to Develop (Flowing from Pure Awareness)

- ✓ Listen to the body's natural intelligence – Eat, move, rest, and act based on intuitive guidance.
- ✓ Let go of the 'fight' against illness – Allow healing instead of forcing it.
- ✓ See food, medicine, and practices as expressions of awareness – Not as the cause of health.
- ✓ Meditate on health as an ever-present reality – Instead of trying to "achieve" it.
- ✓ Be present with every sensation – Without labeling it as "good" or "bad."

### **Actions to Release (Blocking Healing & Well-Being)**

- ✗ Forcing the body into health through extreme diets, medicines, or routines.
- ✗ Obsessively checking symptoms or fearing reversion.

- ✘ Overidentifying with medical labels or diagnoses.
- ✘ Thinking of health as something to "fix" rather than something to "allow."
- ✘ Suppressing emotions instead of letting them pass through.

### **Final Truth: Health Is Effortless in Pure Awareness**

- 💡 When we stop interfering, health flows naturally.
- 💡 When we release control, healing happens on its own.
- 💡 When we stop seeking, we realize we were never sick—only clouded by illusion.

✨ You are not healing; you are simply returning to your natural state—whole, free, and untouched by disease. ✨

### **Guided Meditation for Healing from Pure Awareness**

☀️ This meditation will help you dissolve resistance, shift your consciousness, and allow healing to flow effortlessly. Find a quiet place, sit or lie down comfortably, and let go.

#### **🧘 Step 1: Entering Stillness**

1. Close your eyes.
2. Take a deep breath in... hold for a moment... and exhale slowly.
3. Feel your body relaxing. There is no effort needed—just be here now.
4. Allow all tension to melt away with each breath.

💜 There is nothing to fix, nothing to change. Just be.

#### **🧘 Step 2: Expanding Awareness**

1. Shift your attention from the body to the awareness that observes it.
2. Notice that awareness is vast, open, and still—without boundaries.

3. Rest in this space of pure presence, where no illness, no pain, and no labels exist.
4. Let thoughts, emotions, and sensations arise and dissolve—without attachment.

 You are not the body. You are the awareness in which the body appears.

### **Step 3: Dissolving Resistance**

1. If any discomfort or pain arises, simply observe it.
2. Do not resist or judge—just allow it to be there, like a wave passing through.
3. Ask: Can I allow this sensation without fear?
4. Notice how, when you stop fighting, the energy softens.
5. Let the sensation dissolve into spaciousness.

 Pain is not suffering—it is only energy shifting and transforming.

### **Step 4: Resting in Pure Health**

1. Imagine a soft golden light filling every cell of your body.
2. This light is not creating health—it is simply revealing what was always whole.
3. Feel the warmth, the peace, the effortless balance.
4. Let go completely. Sink into the deep stillness where no illness can exist.

 Health is not something to achieve; it is the natural state beneath all resistance.

### **Step 5: Returning with Grace**

1. Gently bring awareness back to the body.
2. Feel the breath moving effortlessly.
3. Wiggle your fingers and toes, reconnecting to the physical world.

4. Open your eyes, carrying this deep stillness with you.

🌸 You are whole. You are free. Healing is effortless in pure awareness.

🌿 Use this meditation daily. The more you rest in pure awareness, the more healing happens naturally. ✨

### **Affirmations for Healing from Pure Awareness**

Repeat these affirmations with deep presence, allowing them to sink into your being. Say them slowly, feeling each word as truth.

#### **🌻 Affirmations for Effortless Healing**

- 🌀 I am pure awareness, beyond illness and pain.
- 🌀 Healing is my natural state—it flows effortlessly through me.
- 🌀 My body knows exactly how to restore balance and wholeness.
- 🌀 Every cell in my body is filled with radiant health and light.
- 🌀 There is no disease—only energy shifting and transforming.
- 🌀 I release all resistance and allow perfect healing to unfold.

#### **🌿 Affirmations for Releasing Fear & Attachment**

- 🌿 I do not fear illness because I am not the body—I am the awareness in which it appears.
- 🌿 Pain does not define me; it is just a passing sensation in awareness.
- 🌿 I let go of all attachment to symptoms, knowing they are temporary movements of energy.
- 🌿 I trust the intelligence of my body to restore balance without force or fear.
- 🌿 I do not need to "fix" anything—pure consciousness is already whole.

## ✨ Affirmations for Deep Peace & Surrender

- 📖 I surrender all control and rest in the infinite stillness of my being.
- 📖 There is no struggle, only effortless harmony unfolding within me.
- 📖 I am not bound by time—healing happens in perfect alignment with my highest truth.
- 📖 Even in this moment, all is well. Nothing is missing, nothing is wrong.
- 📖 I am complete, I am free, I am eternal awareness.

## Health Affirmations

"The body is a temple, and I, the living jeevathma, am the eternal divine.

"I am now (-) kg, (write your ideal weight in brackets). My body is perfectly balanced, strong, and vibrant, radiating health and liveliness."

"I embrace both health and ill health as divine gifts, and I remain at peace with both, knowing they serve my growth."

"Divine bliss flows through me in times of health and ill health, filling me with peace and understanding. "

"I accept my body in all states, knowing that divine energy supports me in both health and illness. "

"My body is handsome, attractive, and my face is photogenic, reflecting the beauty of my inner and outer well-being."

"I effortlessly heal all my illnesses with the divine power within me, without the need for external medications."

"My body is constantly growing, transforming, and achieving its highest potential, embodying balanced, blissful energy."

"My body is made of divine cells, capable of instantly healing, repairing, and rejuvenating itself with ease and grace, maintaining perfect health."

Even if I take medicine, my body intelligently utilizes the medicine, and releases what it does not need, avoiding any unwanted side effects, maintaining perfect balance."

"My body effortlessly processes all foods—tamasic, rajasic, and satvik—taking only what is necessary and releasing what is not needed."

"I joyfully embrace all types of satvic, rajasic, and tamasic foods as divine prasadam, knowing they all serve to nourish and strengthen my body. "

"I honor each meal as a divine gift, knowing that every bite contributes to my body's healing, growth, and spiritual evolution. "

"I am thankful for my body's ability to transform every food I eat into divine energy, supporting me in my journey to perfect health, strength, and balance. "

"Even when I overeat, I feel light and energized, as my body naturally finds balance."

"My body has the divine ability to instantly heal, repair, and regenerate any part of itself, with effortless grace."

"I am amazed at my body's ability to replace any part, including my teeth, with new, perfect parts in the present moment."

" My body is capable of effortlessly replacing old body parts with new ones, as required. These new parts have always existed within me in potential form."

"I experience oneness within my body, knowing that the same divine energy flows through me and all of existence."

"The energy within me is pure, powerful, and harmonious, creating alignment between my body, mind, and spirit."

"Every cell of my body is a reflection of divine intelligence, creating perfect harmony and health."

"There is only one energy, manifesting through all forms, and I am in perfect unity with this energy, both inside and outside of my body."

"I am confident in my body's wisdom and power to heal, grow, and thrive in any circumstance."

"I treat my body with love, respect, and gratitude, knowing that I am divinely supported in all that I do."

"I feel blissful, peaceful, and completely at ease in my body, knowing it is always healing, transforming, and becoming its best version."

"I radiate divine health, liveliness, and peace, knowing that I am always in perfect balance."

" I am deeply united with the divine energy that flows through my body and throughout the universe. I understand that all forms, names, and actions are expressions of this one energy, and I am in perfect alignment with it, experiencing oneness both within and around me."

 **How to Use These Affirmations:**

- ✓ Say them aloud or silently during meditation.
- ✓ Write them down and place them where you can see them daily.
- ✓ Feel their truth beyond words—let them dissolve into pure awareness.

✨ Healing is not something you must chase—it is who you are. ✨

\*\*\*\* Click this link to read Abundance book topics <https://www.darmam.com/abundance/>