

*Om Sri Sai Ram*

**Spirituality & Health:  
Panel Discussion**

**17<sup>th</sup> North Central Region Sathya Sai Conference & Retreat**

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Instrument: *Raj Prakash*

# SPIRITUALITY

- True meaning and purpose of spirituality is to see self as Divine and live in that Oneness.
- This requires spiritual *sadhana*.

# OBSTACLES

- Fixation into body consciousness due to discomforts and heaviness of the body
- Lack of energy
- Anxiety, tension, and ills of mind
- *Karmic* implications
- Poor relationships
- Improper time management

# INTER-RELATIONSHIP OF SPIRITUALITY AND HEALTH



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- Sound *agni* (digestive fire) is invariably needed for concentration and intensity in any *sadhana*
- Toxicity in brain and endocrine glands interfere with *sadhana* processes
- Better physical health provides better condition for doing *sadhanas*
- Light body supports attaining freedom from body consciousness
- Spiritual practices invoke God's grace that cuts *karma*, possibly leading to better health
- Spiritual *sadhana* tends to balance body and mind by bestowing peace of mind

# TROUBLES/PROBLEMS OF MIND

- Anger
- Irritability
- Irrationality
- Various idiosyncrasies
- Superfluous desires
- Compulsive thoughts
- Unbased fears/phobias
- Laziness
- Excessive *ahamkara* and ego

## DESIRED STATE OF MIND

- Ability to conduct oneself with reason (“RATIONAL mind”)
- Being unruffled by externals – a deep sense of PEACE
- Being CALM in all circumstances
- No unnecessary fears or compulsive thoughts
- ACTIVE and striving always
- Freedom from unnecessary desires
- A sense of LOVE and compassion for others

## CAUSES OF ILLS OF BODY AND MIND

- Poor agni
- Toxicity in the brain and endocrine glands
- Low blood sugar occurring at intervals
- Excess heat in the body
- Bad vibrations coming through food
- Past tendencies



## SOLUTIONS AND RECOMMENDATIONS

- Change food habits to brighten the *agni*
- Change food habits to cause detoxification
- Change food habits to keep blood sugar balanced
- Change food habits to remove excess heat coming from the food
- Change food habits to partake only *satvic* foods
- Offer tendencies at the Lotus Feet of Bhagavan
- Do *namasmarana* daily

# PRACTICAL GOOD FOOD RECOMMENDATIONS

- Replace usage of white sugar with raw sugar, pure honey, or other natural sweeteners. (Do not cook honey, though)
- Almonds – soaked & peeled (not raw or roasted/fried)
- Use of fresh, non-sour, diluted curd
- Vegetables (mineral powerhouse)
- Nuts (pecans, cashews, walnuts)
- Dry fruits (dates, raisins, apricots)
- Include ghee in the diet
- Use of milk
- Fruits - nature's treat and vitamin powerhouse
- Avoid incompatible food combinations
- **RAGI**



*Sri Sathya Sai Charanarpanamastu!*