

Congestion of thoughts – its causes, effects and cure.

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I. Background

Human mind is all powerful. Thoughts are creation of mind and are equally strong. Excessive and repetition of thoughts causes stress, strain and tension resulting in various physiological and psychological problems. Modern medical science also attributes cause of most of the ailments as psychosomatic disorders. Hence remedy for such ailments lies in mind and not in body. Meditation mends the mind. The ancient and time tested technique of meditation is found very effective in treating such disorders which are directly related to mind.

II. Methodology

Details of patients from different spectrum of life, having complaints of fatigue, head ache, Morning sickness, back and lower limbs pain was collected from various medical centers and super specialty hospitals. Data was collected from also different section of society. Exhaustive study of their professional and personal life style was made. It can be observed that the problem is acute in persons working in high stress zones, like IT sector, sales executives, Doctors, Govt. officials etc; other segment of similar acute symptoms was surprisingly observed in middle aged house wives who don't go for work and spend the whole day within the four walls of house.

III. Analysis

The problem was analyzed of acute case, discussed with professional doctors and verified by clinical examination results. It was found that the problem is neither anatomical nor physiological, but deep rooted psychological problem. Both the categories mentioned about are having a common factor. They are tense, worried and work in a confined space. They have limitation of sharing their feelings and dissipating thoughts. This results in accumulation of thoughts and thought congestion. Gradually thoughts get accumulated and grossified in mind resulting in heaviness of head, head ache, laziness in the morning etc; over a period of time it percolates down words and get collected in lower parts of body. Symptoms begun with heaviness of head and develops into Lower back pain, serious leg pain etc; if neglected results in serious psychological problems.

IV. Case study

A house wife aged 46 years, married for 25 years having two grown up (boy 23 years, girl 18 years) children. Husband a middle level executive in IPP. Family was staying with in-laws very orthodox type and aged 86 and 74 years. In-laws being old live in two bed room house in ground floor and the whole family of four lived in a single room with kitchenette and attached bath room. For about twenty years this arrangement continued. The lady had to take care of aged in laws, busy husband and growing children. Whole day she was left in the confined space. Slowly she started developing head ache which was treated by self medication. Gradually she found unable to get up in the morning but forced herself. Within three months she was unable to stand and then even unable to sit. She was taken to nearby nursing home. All clinical tests were performed but nothing was traced. Subsequently she was admitted to a reputed Super Speciality hospital for three days. All tests were repeated even MRI and CT scan were done. Nothing abnormal found. Saline water, glucose and multi vitamins were administered. She was discharged with slight improvement in physical condition. But the moment she reached home problem relapsed. When she approached me she was in state of acute physical and psychologically degraded condition with maniac bouts.

We immediately recommended change of place and took her away from the thought polluted confined environment of her single room home.

V. Treatment

After going through all medical report we concluded that it was a clear case of thought congestion. We knew that Thought congestion cannot be treated by convention methods because of simple reason that convention scientific methods act at the physical levels not at mental or thought level. The cure of such subtle ailments which are psychological in nature are by subtler methods like Pranic healing, Reiki and Meditation, which act at the mind and energy body levels. Thought congestion can be cleared by **sweeping a Pranic healing** technique. Further occurrence can be prevented by specific thought cleaning process a special technique of

Sahaj Marg Meditation. It gives immediate relief from stress and related problems. After three days of Pranic healing treatment i.e. six sessions and self cleaning by Meditation she fully recovered and became stronger both physically and mentally. In last two years after treatment she has visited Mantralayam, Badrinath and Kedarnath and taking care of the family with extra vigor.

VI. Conclusion

The paper is based on this study of acute case of disorder due to thought congestion which was successfully treated by Pranic Healing and Special meditation techniques. This case study is of patient with not only acute physical ailments but also psychological disorders like acute depression or hyper activity .Doctor's observations, prescriptions and discharge summaries of above mentioned case study are available. It is concluded that such problems which relate to mind and thoughts need treatment at mind level (Manomaya Kosha) not at physical body (Annanya Kosha) level. If neglected it develops into serious psychosomatic ailments. The intensions of publishing this paper is to bring to light the fact that lot of research needs to be done in the field of nonconventional subtler methods of healing which are effective and are based on the ancient wisdoms. My request to all the medical Practitioners and Researchers is 'let us respect all methods of treatment and healing and take a comprehensive approach to reduce the suffering of human beings.