

Holy Name as Healer*

* Based on 'Sarab Rog ka Aukhad Naam' by the late Sr. Raghbir Singh Bir (1896-1974) founder of Atam Science Movement.

WHAT IS AT THE ROOT OF OUR quest for healing at the mental level? The dictum 'sarab rog ka aukhad Naam' heralds a great truth. It conceals a mystery which when fully grasped has the power to cure all physical and mental illness and indeed to harness the earthly resources for the benefit of mankind. An insight into its mystery opens a whole vista of spiritual powers against which miracles and occult forces seem commonplace. Comprehending the reality of this law is the key to every kind of success.

In order, however, to acquire the ability to treat physical illness with the medicine of Holy Name we have to understand the science of the soul, otherwise called the Guru's Wisdom (*Gurmat* or *Brahmgyan*). It happens that the great treasure house of this supreme wisdom is readily available in *Guru-Vani* couched in simple yet universal language. Our thinking becomes easier with the help of its scriptural text. According to the *Gurmat* ideology, the concept of the world, indeed all universe, is the creation and perception of our own mind. When there is consciousness the phenomenal world is a reality; when the consciousness is non-existent, the world ceases to exist.

According to the *Gurmat* philosophy, the world exists exactly as the state of our mind may dictate. A happy mind regards all world as a place of peace and good cheer, whereas a sick and disturbed mind finds the world a den of discomfort and disease. In either state it is our mind that determines the nature of our existence on earth. In other words, whether we feel ill and depressed, or well and cheerful, depends primarily on the conscious state of our mind. Whatever is the mind's perception, therefore, determines the nature of existence. As the mind perceives, so does man create his own cosmos. But, then, according to *Guruvani*, the sensory perceptions of our mind are illusory and unfounded, or at best misleading. Consequently, our perceptions of the phenomenal world are equally illusory and misleading, and become the cause of alternating suffering, sickness and sin. However, the mind also has the choice and the capacity to try and reorient its perception of the world into a correct and positive perspective of the true reality.

Our mind can thus discard self-induced wrong notions, and accept the spiritually valid beliefs which, when translated into action, bring infinite happiness and freedom from sickness, sin and suffering. Let us probe this belief system implicit in *Guruvani*. The *Guruvani* text speaks of the world of perception as a *mental* phenomenon that lacks substance and permanence. The thought process centred in our mind is its most powerful vehicle. The perceived universe being a product of our thought-process is thus unreal, a dream - characterized in *Guruvani* as an 'airy mountain of smoke'. Yet this basic truth is exceedingly hard to grasp - and harder still to believe - by our earthbound intellect. Those schooled in the art of contemplation and meditation alone can understand this mystery. The practitioner of meditation is capable of seeing the subtle aspects of the creation - to an extent where creation itself dissolves into the thought of nothingness. The more he dissociates himself from his sensory perceptions of phenomenal creation, the closer he gets to the true nature of existence.

In as much as all worldly creation arises from powerful thought-waves that acquire substance from our sensory perceptions, ignorance of this basic principle becomes the root cause of mental tension and physical sickness. Conversely, in so far as our mind understands the principles of spiritual science, our life on earth acquires the spirit of true happiness.

To make our world a good and joyful place, it is necessary that more and more human beings acquire a truly scientific perspective of the physical world. In this endeavour the Guru Granth's ideas as put down in the text of *Guruvani* is a tremendously helpful tool. For every erroneous or illusory sensory belief, *Guruvani* offers and suggests the right and reasonable truth - which comes to our aid in the understanding God's purpose, and makes our existence both happy and meaningful. The Guru Granth variously assures us that the purpose of this life is to achieve true abiding happiness - variously spelt as health, happiness and success. It follows that to translate this happiness index into reality, we need to scrupulously follow - and practice - these vital principles in our daily lives.

By practising meditation, the attributes of God begin to unfold and envelop the seeker who gradually starts acquiring those attributes and become god-like, shedding all shortcomings that are ungodly, and acquiring the goodness that is inherent in the divine being. *Guruvani* defines this principle in the axiom "as you think so you become", and the seeker starts substantiating in real life every good thought he contemplates.

Guruvani offers a corollary to this principle: in that, at any one point of time, our mind can accommodate only one thought. As a result, the practitioner of *Naam Simran*, begins to dwell in Godly thoughts - the more he meditates on God's name, the greater his preoccupation with goodness; all negative thoughts are thus crowded out of his mind.

It follows that the virtuous thought process becomes creative and, over a period of time, the mind acquires the power to fulfill whatever it desires. But since the meditation is focussed only in Godly attributes, all manifestations and episodes in his life have a divine quality of truth, beauty and joy.

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