



**THE POWER OF HEALING: ANALOGICAL REFLECTIONS ON
MENTAL AND EMOTIONAL RECOVERY**

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Abstract: More than a quarter of individuals are suffering from anxiety, depression or mental disorders every year. All around the world, everyone is aware of the subject of Mental Therapeutics (psychotherapy) which helps individuals to overcome their problems; but no one is aware of the universal healing principle namely, the subconscious mind and the process which heals the mind is credence. As human being our mind is divided into two distinct phases i.e. the objective mind and the subjective mind. The objective mind deals with the external objective things and the subjective mind are controlled by the resolutions made by the objective mind. The subconscious plays an important role in controlling the conditions and sensations of our body

Keywords: Conscious and Subconscious, Mental health, Healing, Wealth.

1. INTRODUCTION

Currently mental illness is habitual among the people living in the society, it can begin at any age from childhood to adult years, the main reason behind such health issues is our mind. Our mind has two phases the objective and the subjective mind. As we gain knowledge through our senses like that, the objective mind learns through observations, experience and education. The subjective mind always accepts all proposals; it does not argue with us; it will approve all our beliefs and convictions. It is like soil, it will approve any seed that we deposit in it, whether it is good or bad. Overall, around the world, we will find many theories each presenting the undeniable fact of healing, but there is only one healing principle, that is faith. It is easier to maintain and re-establish health as compared to the ailments in the body. Healing is about a change in mental attitude, a way of thinking, an inner certitude, an expectancy of best. There is only one healing power that is our subconscious mind, have faith in it and we will surely get results. Trust our subconscious mind as it knows much more than our conscious mind, it knows the functioning and restoring the capacity of our body to make a perfect balance.

OBJECTIVES OF STUDY

- 1) To study the behavior of the human mind for improving their welfare.
- 2) To overcome the fear through the subconscious mind.
- 3) To believe in the inner and natural healing powers of our body.
- 4) To work on building new ideas in our mind such as joy, harmony, health, wealth.

THE VARIOUS EFFECTS OF THE SUBCONSCIOUS MIND ON OUR DAILY LIFE

A. Effect of Subconscious Mind on Health

All over the world, we can see that there are widely spreading theories each exemplifying the indisputable testimony of healing. If we want natural healing get silent, relax, breathe freely, think about the inner healing power in our mind, if we do these natural recovery process there will be no bitterness in our heart. For our daily inner healings repeat this process two or three times a day. Consider an illustration, if a man says he is allergic to Sunflower, simply place a synthetic flower in front of the nose of such person and tell him that it is a Sunflower; he will portray the usual allergic symptoms. This nature indicates that the cause of the disease is in our mind and the cure also takes place mentally. If we follow medication or any other technique then there will be surely a transformation of our mind which will have a significant effect on our health.

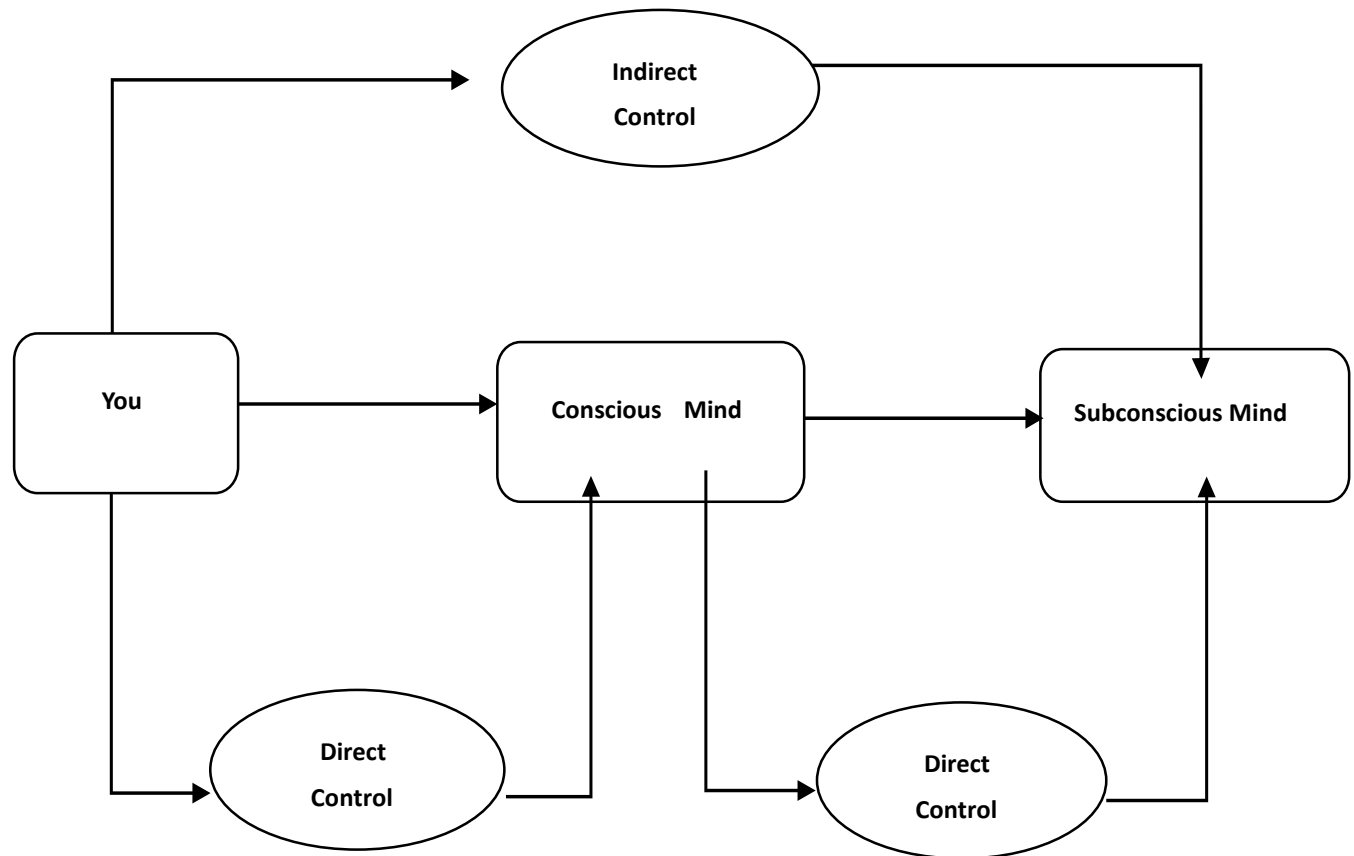
B. Effect of Subconscious Mind on Wealth

Everyone is knowledgeable with this fundamental fact that, when money is circulated freely in a country, its financial condition is healthy and strong. Keep the active circulation of money in our life for the development of our mental attitude. Wealth represents money and possession; as we wake up early morning deposit the thoughts of success, fortune, peace, in our mind, recall these concepts again and again, keep our mind busy with them. If these thoughts get deposit in our subconscious mind, they will find a positive way to bring prosperity to our life. Here is a simple statement which we can utilize to increase our wealth say, "I am wealthy and successful, money is constantly circulating in my life, I am using it judiciously" these words have enormous power. Never criticize money by saying, "I am poor, money is only for rich ones, it is evil" because our subconscious mind will grasp all these negative thoughts and will allow money to take wings and fly away.

C. Effect of Subconscious Mind on Guidance

When people are encircled with difficulties, the first thing they do is get worried, panic, feel anxious this will make the matter worse if you react in difficulties with anger, grievance, bitterness it will not work instead of that deposit positivity, joy, love, peace these words have the power to handle the dilemma. Remember one simple truth, the subconscious mind does what it is told to do, it obeys all the order given to it by the conscious mind. Consider an example, suppose a man is thinking about how to rob a bank without being caught, destructive ideas and thoughts will come to his mind. He will receive guidance for what he thought; if we think about failure and destruction, we will be guided in a wrong way our mind will never question back, it accepts what we give whether it is good or evil.

THE DIAGRAMMATICAL REPRESENTATION OF DUALITY OF MIND



The block diagram shows that we can directly control our conscious mind and our conscious mind can directly rule over our subconscious mind but there is an indirect control between our subconscious mind, we cannot control it.

SEVERAL CHARACTERISTICS FEATURES OF OUR MIND

The table given below shows the various characteristics of our conscious and subconscious minds.

Characteristics	Conscious Mind	Subconscious Mind
Maturity	Mature	Immature
Controls the Function	Memories, Feelings	Daily life activities
Active/Alert	Active during the day and temporarily off while sleeping	Always active and Alert
Communication	Words	Emotions, images
Powerful	10%	90%
Memory	Short term	Long term

THE TECHNIQUES FOR OVERCOMING FEAR

The techniques which are used to vanquish fear works like a charm. Generally, most of people are afraid of darkness, personal interviews, adventurous rides, closed places; apart from that, some people have very common fear. There are several techniques for defeating fear.

A. If we are experiencing any financial circumstances, the obstruction is in our mind and to deal with it, we can simply say the words, “I am wealthy, I am successful”, over and over again silently and wealth will flow in avalanches of abundance.

B. When we are facing any difficulties in life, without getting panic repeat these lines in a silent and peaceful posture, “By day and by night I am being prospered in all my ways” this will help to overcome the conflict.

C. During the examination, recalling the answers are problematic for some people. Our subconscious will memorize the answer only if we keep our mind still, be quiet, and calmly think about it and the solution is ours.

D. Some people have stage fright, the reason behind this is imaginary fear in their mind which demotivates them, always take our fear positively, say to our self, “I am confident, I am overcoming you and I will succeed”. Our subconscious mind is very powerful, if we put the techniques in practice unquestionably our mind will respond, and we will be accessible from all the concerns.

2. CONCLUSION

The tremendous power of our subconscious mind makes it strong which will help every individual for casting out fear from our life. The mysterious secret of erasing uncertainty is constantly refreshing our mind with serenity, devotion, enthusiasm, happiness as these thoughts will have a promising impact on everyone. Always turn on the lamp of positive thoughts within us, as some of the fears are imaginary.

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