

Fourth Pillar: It's total defeat when the mind is defeated

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1) Mental states of the patient:-

The mental state of the patient in a chronic long running disease can be divided in to 6 states:

- 1. Non-acceptance:** 'Laboratory report itself is wrong.' Is the reaction when diagnosed for diabetes. There is a feeling having lost something important. Thoughts like 'there is no more control over life henceforth' keep coming.
- 2. Awareness :** A state when the patient and family members start feeling security. At this stage one starts inquiring what steps should be taken, 'either I should keep crying all the time or make use of my internal and external resources to take control over the disease'.
- 3. Reorganization :** This stage comes when the patient learns to live with the disease. Brings change in lifestyle. He believes that he can lead a good life with the disease.
- 4. Resolution :** Now he decides that in spite of the disease the family members give him the necessary cooperation. Therefore it is imperative that he changes his opinion about himself so that he can include the family members in the scheme. Identity change : This state comes when the patient understands that he is accepted by all and that he is secure from all angles.
- 5. Successful adaptation :** This is a state when the patient feels that he can take care of himself. He starts feeling that the treatment and the doctor, as his power.

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2) Diabetes is attracted towards stress:-

Stress and the diseases entailing it spoil 4 crore working days in England. The process of how diabetes gets attracted towards stress can be clearly identified. In the lower middle part of the head called hypothalamus (also believed to be the resting place of the Atma) is deeply related to the spurts of emotions of the mind. This hypothalamus has a very important part to play in the control of diabetes. A particular centre of hypothalamus (called lateral hypothalamus) increases the flow of Insulin while the other centres (Ventromedial nucleus) reduce it. As per the knowledge as it available today, our head produces more than 800 chemicals. Neurons of the pancreas also produce such chemicals.

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3) Controlling diabetes through the medium of mind:-

A new medicine by name 'crebiogin' was being tried for cancer in 1957. A patient who had a huge Lincoma abcess(?) in his throat, who had read about it in the newspapers about it exhorted the doctors to give him an injection of that medicine which might cure him. When he was injected twice, on alternate days, the abcess melted like ice and he remained healthy for about six months. He again read a report in the newspaper that, that medicine when tried elsewhere did not have good results. *After reading this, again he had the abcess for a second time.* When the doctor came to know that he had recurrence of the problem after reading the news report he had an idea. He told the patient that when he was injected earlier it was the crude form of that medicine. Now that a better version has come he will inject it, which may work to heal. As it turned out, the second injection acted very well indeed and the abcess was cured for a second time. The patient was again restored to health for a few months. At last a report in the American Journal of Oncology published trashed that drug saying that it was useless. For a third time the patient had the abcess and this time he died. This story is published in many books. Who or what cured his cancer? Acceptance of the mind, some notions.

There is a supposition among some African savages that the meat of the wild fowl is cursed and that the person eating it becomes cursed. He can even die. A man went to the home of a friend, the friend asked him if he would like to eat the meat of wild fowl, the man retorted with great emphasis, 'Don't you know that the man who eats it, dies? It is cursed you know.' The friend started laughing loudly on hearing this and said, 'When you had come to me a year ago you had eaten it with relish and now you say it is cursed!' Having heard this the first one started trembling and perspiring. And after a few minutes he died. What was the cause of his death? It was his own mind. If the meat was cursed he should have been dead even before the year was over. There are so many such examples by which we can infer that the human mind which creates 60 to 70% of the ailments can also cure them. American Army Cancer Specialist, Carl O'Simontone changed the lifestyles of 120 cancer patients who were not given more than 6 months to live by their doctors. He changed their very view towards the disease and taught them the procedure to control the disease via the power of mind. After following the procedure for about 6 months 30% patients were completely cured, to another 30% it helped in ameliorating their pain and the remaining 40% died. But one thing was common among all of them, they had changed their very concept towards the disease. Even those who died, lived happily, had their equanimity of mind in tact as long as they lived. So, folks! If mind can cure cancer can it not control diabetes?

Dean Ornish who happens to be a Cardio-specialist, who had advised bypass surgery for some patients who had heavy blockages in their arteries, taught them the procedure of bringing lifestyle change and also the procedure to change the artery blockage through mind. After following the exercise for a span of time when they were examined, it was found that, the arterial blockages were indeed reduced and those who could not even walk 100 meters, could walk up to 4 / 5 km and quite briskly too. Dr. Satish Gupta of the 'Prajapita Brahmakumari Ishwariya Vishvavidyalay' has achieved even more impressive results on 850 patients through a special Rajayog procedure.

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4) Three steps in the use of mind for diabetes control:-

1. RELAXATION (calm the mind)
2. RELEASE OF INSULIN (Insulin production)
3. RECEIVE GLUCOSE (making glucose reach the body cells)

Chemicals found in the pancreas like Vasoactive Intestinal Peptide (VIP for short), Calcitonin gene-related peptide, Cholecysto Kenin Pancryozym (CCK for short), Neuro-Peptide-Y, Gelatin, Substance-P, Enkephalins etc. play a very important part in Insulin control. Going through the above mentioned 3 steps induce these chemicals. This should inspire us to ensure that we should keep our mind in equanimity and stable.

Worry, disappointments, anger incite the alfa-adrinergic process increase the flow of Adrenal gland on the kidneys. Alongside, the pancreas situated nerves, enhance the flow of Nor-apinafrin. These two processes reduce the flow of Insulin.

Calmed mind, relaxation, meditation etc. induce para-sympathetic processes a bit. This increases the Insulin flow, naturally. It is a good thing that the Insulin flow should increase only by need for the same.

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5) Stress and blood sugar :-

Most patients and doctors believe that stress increases blood sugar. But this truth is fudged a bit. Here is an attempt to clarify it through a picture illustration:

	Direct	Indirect
Stress->Sugar	Change in endocrine glands (I)	Change in lifestyle & behaviour (II)
Sugar<-Stress	Increase in glandular problems (III)	Accidents & spoiled relations (IV)

Change in endocrine glands (I) : The direct effect of stress on sugar is by change in the fluids in the endocrine glands. Both, Epicrepin and Cortisol fluids increase as a result of stress. Both these fluids increase blood sugar.

Change in lifestyle & behaviour (II): Stress increases sugar indirectly also. Many people, when stressed tend to eat more. Mainly housewives. Because they are always at home, and when ever they feel stress they try to manage strain on mind by eating something. One does not even feel

like exercising when in stress. If stressed one may avoid checking his blood sugar even with glucometre at home. Stress can also affect the efficacy of medicines and Insulin taken even at the right time and in right quantity.

Increase in glandular problems (III): Excess sugar increases stress as a direct consequence. Even symptoms of hypoglycaemia (less blood sugar than normal) are also similar to stress. Symptoms of both too much sugar and hypoglycaemia elicit the same symptoms of stressfulness.

Accidents & spoiled relations (IV): If blood sugar is abnormal or subnormal the person can not retain normal behaviour with others. He becomes irritated fast which results in relations being spoiled and increased stress. In hypoglycaemia the person gets involved in accident and the resultant stress. High blood sugar results in problems of eyes, kidneys, legs etc. which in its turn increase grief and stress.

Therefore do remember: *Stress and diabetes are a poisonous cycle. All efforts must be made to break this poisonous cycle by all means.*

If you wish to know the effect stress has on diabetes, then after you regularise diet and exercise, check your blood sugar every day two hours after lunch in your glucometer. At that time sincerely rate the stress you feel on a 1 to 10 scale with 10 for unbearable stress and least stress with 1. After 20-30 days you will yourself be able to get an idea about the effect of stress on blood sugar.

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6) Four parts of human consciousness:-

The activity of human consciousness can be divided in four parts. The part that is awake. If I ask you to recollect all the incidents in your life from your birth till now, how many incidents can you remember? In spite of Herculean efforts you will not be able to remember more than 10% of the incidents. This is the consciousness part that is awake. Sure that we may not be able to remember all the happenings in our life, it is also a certainty that each and every incident that has occurred in our life is firmly etched on our subconscious mind as it is. An experiment conducted in this connection made this point clear. Each of some college students was given a book to read. A few minutes after they finished reading, they were asked to recall what they had read. Hardly anyone could recall anything but a few cursory things. After this they were taken into a deep hypnotic state and were asked to recall what they had read and they could recall everything. This proves that everything was well accommodated in their inner sub-conscious mind.

Some happenings in the sub-conscious mind are also into the waking state. Here are a few instances: When you try to recollect something you may not be able to recollect it at that time. But when you are taking bath or are just sitting it might just occur to you what you were trying to remember. Why did it happen like that? Because that incident was in a semi-awakened state but now that you are relaxed it has come to the waking state. Similarly when you are

driving your car on a clear road you might recollect so many incidents in your life like a video movie which you might have completely forgotten long back. Why did that happen? Because there was no impediment while driving and you were completely relaxed and concentrated on your driving, the incidents that were in semi-wake up state came into full waking state of consciousness. This half awake part is about 40% of the consciousness. Incidents that might have occurred earlier have been lying hidden in the remaining part of consciousness forming 50% of the total, called the "unconscious".

Normally the half awake part and the unconscious part influences the waking part, because it forms 90% of consciousness, based on which we keep doing our activities. For instance if you are in the habit of getting up at 6 AM and on one particular day you have to get up at 3 AM you set alarm for 3AM but still when you get up find that it is already quite late. The fact is that the alarm did ring but you stopped it and again went to sleep. In practice the half awake part was in the habit of getting up at 6AM. Therefore even though willed by the awake part, it was not executed. Similarly you resolved on a day that you will not get angry. This goes on for a couple of days. But on the third day some small incident provokes you into a rage. This happened because in your half-awake part impressions of anger were etched. In reality lakhs of experiences and beliefs are held in the half conscious mind which influence wake-up part of our consciousness.

To live positively with diabetes, the first priority should be to convert the wrong feelings in the half awake state. Whatever we decide in the wake-up state like change in lifestyle, control on diet etc. does not influence the half-awake state and therefore with all the will involved we can not implement it. In the 'Camp for positive Living with diabetes' arranged at Mount Abu change in lifestyle was achieved among the participants between time span of morning and evening. They were given only healthy food. On about the eleventh day when *prasad* was being distributed almost all the participants stood in queue to receive the sweet. Why did this happen? In the wake-up state they had understood that eating sweets for a diabetic like eating poison but in their half awake consciousness the wish to eat sweets was still there and so the moment they got a chance to have one the wish in the half awake state asserted itself. This shows that what is necessary is to bring about a change in the half awake state. It is necessary to understand the process of bringing about change in the half-awake state. *The wake-up portion of consciousness which includes mind and intellect, works with the help of logic. But the half-awake portion thinks as per existentialism and if any matter is not congruent with existentialism it thinks as per the knowledge contained in it. Half-awake portion is emotional. Whereas the wake-up portion is like an educated person, the half-awake portion is like an illiterate wage earner. Like a labourer may be having quite a lot of energy but he does not use his intellect. Similarly the half-awake portion has tremendous power but it does not make use of logic.*

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7) Rules of issuing suggestions:-

If we have disagreement with anybody, then only if we clarify the issue according to his disposition he will agree with us. In the same way if we have to bring about change in the half-awake portion of the consciousness we have to communicate with it according to its nature. From that point of view, the following things may be kept note of:

- A. The suggestions should be short and simple. If your sentences are very long and complex, the half-awake portion will not be able to understand it. So, suggestions should be like :- "I am liking to do exercise", "I am liking healthy food", "My blood sugar is coming under control", "My mind is becoming calmer", "I am getting control over my diet", "I am liking to do exercise every day"... etc.
- B. Do not use any negative word while giving instructions. Like 'I am hating sweets'. This is OK with the wake-up portion, but it acts in reverse for the half-awake portion. It actually starts yearning for it. In stead an affirmative suggestion should be given like, 'green salad is better for health' or 'sprouted food tastes sweet' or ' I am liking to eat more fruits now' etc.
- C. Give the suggestion in such a manner that the change is occurring in your behaviour now. Do not give a suggestion like 'I should do this' or 'in future I will become like that' but say 'I am slowly becoming like this in the very present itself.' Etc.
- D. Must HAVE full faith in the suggestion you are giving. Faith can move even the mountain. A small hill was standing in front of the house of a woman which was becoming an impediment. Once she went to the padre and asked him whether the hill will move away if she told it to move? The padre said 'Of course! it will'. After some days the woman again approached the padre and said that in spite of her telling it to move, the hill did not move. The padre advised her to try it with full faith. Then After a while she again met the padre and told him that THE HILL DID MOVE INDEED. What had actually happened was that a construction company had dynamited the hill for their own use. Well, like this if we try things with faith the problem gets resolved some way or the other.
 - i. Therefore, give instructions with full faith in what you are saying.
- E. Visualize the picture of the suggestion you are giving. This is because only 25% of what we think materializes while 70% of that which we see gets materialised. When you issue the suggestion 'My liking for exercise is increasing' at that time visualize that you are exercising regularly, that you are enthusiastic about the exercise at the start of the exercise itself, that slowly my weight is also getting to normalcy (leaner if obese and stouter if too lean).' You can also visualise how you will look when your weight is normalised. Like this if you visualize for each suggestion it will have a very powerful impact.
- F. Feel according to the suggestion that you are giving : If you are obese, how you will feel if the weight reduces. Visualize that feeling. Suggest that since you eat a little staggeringly you feel fresh. Feel that because you are able to exert control over your mind and tongue, you are feeling self-confidant.

Give suggestion for just one subject at a time and repeat it again and again. Repeat the suggestions at least three times a day for a minimum of two months. The half awake mind gets deeply influenced and the suggestions become your impressions (*sanskaras*). After suggestions pertaining to diabetes control are issued for two months and are confirmed as above, other suggestions like enhancing of self confidence, or increasing memory power etc. can be given.

Ever awake part of consciousness – Supra conscious

This is the deepest part of consciousness which is supremely intelligent and inestimably powerful. This portion is just 0.1% of the total consciousness but it can bring about surprising change in life. It can be as wonderful as an angel. But this angel is asleep. If we wish to effect

deep change in life through him, we will have to awaken him. And whatever suggestion we will give in that state it will happen in our life. *Only when we completely forget our body consciousness and the world around us, then and only then the super conscious wakes up.* In the lives of a few great people there emerged a few seconds when they forgot their body consciousness effortlessly and the super conscious woke up. *As examples we can cite Mahatma Gandhi. He was made to alight from a train in South Africa in the middle of night. He kept thinking whether he should suffer the humiliation or fight against, for whole night. During this period a moment must have arrived when he became completely oblivious of his existence and when he started emerging in wake up state, he decided that he will fight against it, a suggestion which got embedded in the supra conscious state.* You are well aware of the history that followed. Such things do not occur in everybody's life but still if you want to wake up the supra conscious then meditation is the best method.

Anyone who meditates with firm wilful understanding everyday, a moment arrives when he loses body consciousness and forgets the world around him resulting in the waking of the supra conscious. At this time whatever he is thinking, it gets etched in the supra conscious. This is the most important reason why we should meditate every day.

Before practicing this process, mind and body has to be brought in fully relaxed state. Again meditation is the best way to achieve this. But until you are able to bring about concentration through meditation, you can relax all the limbs of the body through auto suggestion as stated above.

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8) The method of relaxation :-

For the process of relaxation, we can sit in a comfortable chair which can also support the head or lie down in the '*shavasana*' pose. After sitting in the chair, keeping the waist straight, move as much as possible back in the seat. Keep about one and quarter foot distance between the two legs. Relax both the knees consciously such that they will bend outwards. Fold the hands, relax the shoulders, the mouth may be slightly open, if you are wearing the spectacles, then remove it. Now breathe deeply 4 or 5 times in this position.

While inhaling, feel the surge of energy inside and while exhaling think that stress is getting out of the body. Now go on relaxing each and every limb starting with the toes upward. Issue the suggestion of relaxation to each one of them and keep feeling that these limbs are going in the state of relaxation from inside. They are indeed getting relaxed!

1. Concentrate on the toes of the feet. Experience the feelings there. After 5 minutes give them suggestion to relax four times. For this use some likeable word like 'relax', 'let go', 'shanti' etc. Slowly the word has to be repeated in mind and actually felt that the limb is going into the state of relaxation. Now feel that the same feeling in the feet, even as you give the same suggestion to the feet...
2. Now observe the feet below the knees and start giving the four time relaxation suggestion . After this, think that this experience is spreading in the legs, that both legs below the waist are in state of complete relaxation.

3. Watch the speed of breath. Also watch the feeling that occurs during inhaling and the up down movement of the stomach. After about 5 seconds give this suggestion of complete relaxation to the cells of internal muscles and other parts of the stomach. Feel and experience that they are going in a total state of relaxation. Now this experience of relaxation is spreading towards the chest and its muscles. The heart is also working normally in complete relaxation. Slowly the back as well as the waist is becoming relaxed. Now release the shoulders and give suggestion for relaxation to the shoulders also.
4. Now observe the fingers of hand, be aware of the feelings therein. After 10 seconds give suggestion of relaxation to the fingers and palms also. Feel that fingers, palms as well as both arms are in the state of full relaxation. Now feel that the entire body below the throat has completely relaxed. It is just like a dead body. Now only the portion above the throat is awake.
5. Observe the feelings in the portion below the face and after 5 seconds give suggestion of relaxation to it also. Now slowly start feeling that the entire face is getting relaxed. It is becoming calm and relaxed. The kind of experience one feels if sprinkled cold water, will be the experience of the eyes becoming calm and relaxed. Now instruct the muscles of the head also to be relaxed.

Any number of experiences will be felt during the relaxation process. Many of them could be quite new. But there is no need to fear. Some people give up the process because they are afraid of the new experiences and come back to the wake-up state. The experiences during this process include a sense of very different type of vibrations. Some people feel that their body weight has gone up or it has become very light. All these experiences are good.

First two or three weeks practice relaxation together with an audio cassette but after that you will be able to experience deep relaxation without cassettes.

ISSUE THE FOLLOWING SUGGESTIONS THREE TIMES:

1. I shall maintain full control over blood sugar.
2. I will control diabetes, not that diabetes will control me.
3. A very strong desire to adopt healthy lifestyle is rising in me.
4. Every day morning I am getting up early and going for a walk.
5. Having a walk has become a daily routine for me.
6. I am enjoying walking for half an hour or more.
7. My enthusiasm for exercise is increasing.
8. Exercise not only brings blood sugar under control, it also has other advantages.
9. I am also becoming more and more enthusiastic about diet control.
10. Sprouts and fruits are very good for my health. My liking for them is increasing.
11. Wheat, jowar, maize etc. are also good for my health. My liking for them is also increasing.
12. I am taking food in little quantities staggeringly many times in a day which is helping in reduction of my weight.
13. I know that through proper diet I shall have good future life.
14. I check my feet every day and take maximum care of them.
15. Now I have understood the importance of remaining calm and light. I shall keep my mind in equanimity under all circumstances. I have also understood very well that

circumstances do not change due to worry, fear, hopelessness etc. We can not change the circumstances but can definitely change the state of our mind. All that is required is the need to change just once. For any given circumstance there can be many different points of view. But I will keep thinking along the positive points only and view the day to day happenings as a witness as far as possible. If the mind is becalmed blood sugar also comes under control.

16. I have also understood that I have to exert to keep my blood sugar under control, but because of that I shall save myself from other diseases like blood pressure, knee pain, heart attack, cancer etc. That is why this wish and enthusiasm are increasing.

You can do this meditation as and when you have free time.

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9) Process of visualization of diabetes control:-

This process has been divided into 4 parts. Each activity has to be performed for a minute. As explained here below, the body cells do not function normally under diabetes. In colloquial terms it may be said that they are rusted, because of which the available Insulin is not working properly. Therefore it is necessary to remove the rust. If the lock is rusted it is oiled. Such a change can also occur through mind also. During meditation think that a ray of light is shining in the middle of the head. Light is emerging from that point and spreading slowly in all the body parts. As a result all the limbs are being illuminated.

To make the visualization realistic take an example. You have a four room flat. It is pitch dark at 9 PM when you return home. After entering the flat when you switch the light on in one room it is illumined while the other three rooms are still in dark. Then when you switch on the light in the second room it illuminates and so on till all the rooms are illuminated. Similarly divide your body into 4 parts. Part 1 to include head, face and throat, part 2 - both hands, part 3 - chest and stomach and part 4 – both legs. Now visualize properly: starting from part 1 pure white light is spreading all over the 4 parts one by one. Where it has not yet spread, darkness and impurity is still existing. As the light is spreading in the limbs of the body they are becoming purified and clean. Now the cells have started working properly. This light is destroying all the impurities like the laser beam.

As this process goes on make a sincere attempt to get rid of the bad qualities like jealousy, hate, etc. This change of alone will bring good results for the body parts. If a little Insulin is there even blood sugar will come under control. After this, think that a gold coloured light beam is emerging from the middle of head and illuminating the pancreas in the stomach and within a few seconds spreading all over like the clouds. Feel that the pancreas is being relaxed thus. After thinking as such further think that the gland is getting excited a bit which is resulting in Insulin being produced in right quantity and being mixed with the blood. To understand this process we will take an example: If you go to somebody's place and if some tasty food is being prepared there you start salivating by its very fragrance. This is because mouth has the saliva gland and when it gets excited saliva starts flowing. Similarly the process we are attempting generates Insulin from the pancreas and reaches all the body cells in a matter of two minutes.

Now visualize that many triangle shaped Insulin cells are floating in the blood and when they come in contact with other cells the way is opened for sugar to enter the cells from the

blood, as if a key is turned to open a lock. If your blood sugar is 180, visualize that in one drop of blood there are 180 Insulin cells which when they enter the blood cells, the count comes down to 110. Visualize that in the one drop of blood 110 quadrangular cells are remaining.

Now since only the cells remaining only those as required, the blood circulation is increasing day by day. Blood vessels which had become like plastic have turned into elastic like rubber. And blood is nicely circulating in the body. Head is getting particularly good supply of blood while its flow has increased in hands and legs. When properly executed, this entire process will take just about 5 minutes. Practice 20 minutes of meditation and 5 minutes of visualization.

From anger, tension etc. the internal temperature goes up while meditation, relaxation process reduces the internal temperature slightly so that we live longer.

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10) Laugh a lot:-

Energy has been stalled in various parts of our body. This is one of the reasons why we do not experience enthusiasm and passion in life. We experience weakness. This stalled energy again starts moving about when we laugh. Energy starts flowing behind laughter like a *chhayaa*.

One of the problems of the modern age is over-thought. One of the easier ideas to lessen the thinking is to laugh a lot. Perhaps you are thinking as to, how can laughing decrease thoughts? You can think simultaneously while eating, bathing, listening etc. But *when you laugh aloud you cannot think* simultaneously. Do try this when you are laughing.

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11) Real friend:-

There was a social worker. He had fully dedicated himself in the service of the society so much so that he had shunned even politics. Many parties would exhort him to join their party with a promise of making him an MP. But he would not pay heed to such persuasion. He had even refrained from marriage because he wanted to dedicate himself fully for the cause of the society. He believed in God but did not spend much time in meditation etc. He used to take his meals with a friend. His friends also used to treat him with lot of honour. As fate would have it the police filed a case against this gentleman. The consequence was that everybody started avoiding him, so much so that even the friend at whose home he used to take food, told him not to come as that would tarnish his image. This shocked him to such an extent that he started taking deep interest in meditation and started saying that God is the only real friend. Our main aim in life should be to concentrate on God.

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