Meditation and Quantum Healing

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Abstract
Quantum meditation (advanced Saral meditation) works at conscious level far beyond the molecules or atoms regressing difficult disease process with less and less sufferings. Quantum is million times smaller than an atom and like photon, is a wave of energy, invisible vibration waiting to take physical form out of consciousness. According to Ayurveda, human body is created out of consciousness; it first takes form as invisible vibrations called quantum fluctuations before it proceeds to coalesce into impulses of energy and particles of matter. This is where knowledge comes from like underlying intelligence in DNA, the seat of consciousness untouched by disease.

It can be reached through Saral meditation by attaining Bliss and with consciousness of primordial sound the mantra (Quantum meditation). Once conscious level is reached regression of disease process (Quantum healing) will start sustained by regular practice. One of the most interesting aspect of quantum meditation is prevention of all foetal abnormalities by mother.

Introduction

Meditation is the best antiaging medicine\(^1\) it reduces the aging process and tension and increases memory, vigour and glamour.\(^2\) In younger generation, practice of meditation preferably Saral meditation without mantra for 20 mins in 24 hours makes life disciplined, increases intelligence and performance and improves personality and youthfulness.\(^3,4\)

However, meditation is not a substitute of exercise or regulated diet; when regular practice of meditation is combined with balanced diet and exercise wonderful thing happens in life, you become happier, healthier and more satisfied in achieving success in life. Quantum healing on the other hand refers to healing of incurable diseases at conscious (Quantum) level reached through higher level of Saral meditation called Quantum meditation in addition to all around quality life.

Meditation has been defined as a means to control sense organs diverting mind inwards for more useful functions which elevates it from gross level to finer aspect to achieve super consciousness.

We have only two types of consciousness, we are unconscious when we sleep. But there is another type of consciousness, higher than the both usually attained through prolonged practice of meditation, when the individual is above the conscious level even when awake i.e. wiser with greater knowledge where the mind goes beyond the level of self consciousness called super consciousness which brings them closer to supernatural feeling.

Types of meditations

There are various types of meditation e.g. Vipassana meditation, Suffism, Zen meditation, OM meditation, however, Transcendental Meditation (TM) is the most popular because of its improved benefits. Recently, a simple meditation called Saral

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meditation without mantra has been introduced which is primarily based on Transcendental meditation (TM) but with a difference.\(^5\)

**Saral meditation**

Saral meditation was introduced by a practitioner of TM for many years who studied almost all types of meditation and in some cases participated in meditation organized by distinguished personalities in different parts of the world. It requires only 3 days of learning for 2 hours preceded by one hour’s briefing, does not require formalities like puja, Guru and mantra and can be imparted on a mass scale. However, it has got some special significance by which practice has been reduced to once in 24 hours. On detailed clinical trials for the last 10 years primarily among young students, it has been shown that despite practicing once for 20 minutes in 24 hours it has significantly similar effects as TM. It has been shown that it delays the aging process, prevents illness and stress, more importantly it increases intelligence, performance and mental alertness with improved cardiopulmonary functions.\(^3,6\) The author has suggested that it is meant for improving the personal qualities more importantly of younger generation in order to achieve maximum success in life leaving the supernatural aspect which will come automatically according to one’s own belief and longeng as and when it arises.

**Meditation for old**

For normal individuals, Saral meditation applies to young and elderly equally. However, as age advances one becomes more and more prone to develop illnesses and develops more and more consciousness about divine feeling which is inculcated automatically through practice of Saral meditation. In order to avoid ill health, one is advised strictly to abide by balanced diet and exercise (walking). Since many elderly subjects have spare time and sometime feel lonely, they are advised to practice meditation twice in 24 hours and remain conscious to their learning so that they never feel lonely even if alone. Saral meditation converts loneliness to solitude and one does not feel lonely in the company of inner being.\(^7\)

It has been conclusively shown that practice of Saral meditation reverses the aging process; those practicing for 3 years are younger by 6 years compared to their chronological age.\(^8\) Regular practice of saral meditation has been shown to reduce sleeplessness a common problem in elderly subjects.\(^8\)

**Meditation and spiritual healing**

In recent years interest has been created amongst chronically sick individuals in spiritual healing either through receiving blessings from highly spiritual person and/or through practice of meditation.

**Quantum meditation and reversal of disease process**

Very recently Quantum meditation has been devised claiming cure of incurable diseases like cancer and to prevent genetic disorders in the foetus if practiced by mother before conception.\(^10\) Ayurveda says, all human beings are created out of consciousness, it first takes form as invisible vibrations called Quantum fluctuations before it proceeds to coalesce into impulses of energy and particle matter. This is where the knowledge comes from. This is the invisible field very much like the underlying intelligence in DNA, the seat of consciousness. This is the field (vacuum) entered by Buddha (500 BC), through deep meditation conquering all human sufferings.\(^11\) This is the field approached recently by Deepak Chopra.
through Bliss and primordial sound curing incurable diseases like cancer.\textsuperscript{12}

If one can reach the conscious level through Quantum meditation,\textsuperscript{13,14} the level untouched by disease, any disease beyond the reach of drugs and chemicals can be regressed. More importantly, abnormalities in foetus can be prevented if mother seriously practices this meditation at least 6 months to one year prior to conception. However, it does not interfere with other treatment.

Saral meditation has been shown to reverse aging process; however, Quantum meditation (advanced Saral meditation) would reverse aging process with all its manifestations including graying of hair and wrinkles. It may not happen in normal individuals to pursue the Quantum meditation for reversal of gray hair or wrinkles. But those who are suffering from long standing disease beyond the reach of medical profession and counting their days, if opportunity comes they will learn and practice Quantum meditation with all earnestness and succeed in reversing the disease process with long term programme. Once the level of Bliss is attained through meditation, with consciousness of primordial sound (mantra), one can automatically reach the Quantum level. Once quantum level is reached regression of any disease will start, the progress will depend on how long once can sustain the Bliss to reach conscious level. However, it is achievable with earnest longing and determination. Once Sri Ramkrishna was asked by a disciple, Gurudev have you seen God? The answer was ‘yes’. The disciple queried ‘can I see God?’ answer came ‘why not?’ but one should have the longing of Radha for Krishna or intensity of a mother longing for life of her only child seriously ill or longing of a drowning person to breathe air.

Tibetan Buddhists in general are a happier lot not because they are born with a happier gene but for their regular practice of meditation.\textsuperscript{15} Common man may not conquer the worldly suffering as Budha did but one can achieve the level of consciousness and acquire the strength to bear pain and suffering. From preliminary studies and observation in a few individuals who are suffering from difficult conditions like cancer for a period of 6 months it has been seen that they are in a better frame of mind with less and less suffering.

Quantum meditation goes beyond the level of Saral meditation achieving all success, regressing all incurable diseases with less and less suffering and complete cure.

\textbf{The insight of quantum meditation}

Quantum is a vibration, million times smaller than an atom or a molecule. Almost all meditations work at molecular level but Quantum meditation goes far beyond touching and quantum level untouched by disease and one reached any disease beyond the reach of drugs and chemicals can be cured more importantly genetic abnormalities in the foetus.

Meditation is known to prevent disease and yoga has been reported to relieve the symptoms of many psychosomatic disorders. Instantaneous spiritual healing by Lord Buddha, Jesus Christ and other highly Spiritual personalities have been known. I have personally witnessed how a diagnosed case of colon cancer at JIPMER, Pondicherry who was blessed by Mother, lived normal life for next 16 years. It was parting of some divine energy to the patient concerned by the divine healer in selected patients and not in general terms. However, attempts have been made to translate this divine power into mechanical energy with some initial success by divine
personalities e.g. Reiki, Pranic healing, etc. But gradually, these have been degraded by professionals to placebo healing.

Quantum meditation does not claim healing through magical means. It is the healing of incurable diseases by individuals through their own efforts having quality life. Quantum meditationist can guide how to reach the conscious level but it is the individual who has to undertake the journey. Preacher can show the shortest route but one has to reach there to achieve the goal.

This is not an imagination but well thought procedure through many years of meditation, clinical evaluation, devotion, participation and thorough study of world literature on meditation, spirituality and the life. One of the ideas came from Buddha’s deep meditation, conquering the human suffering and Deepak Chopra’s claim to cure cancer through Ayurvedic procedures including meditation, Bliss and primordial sound.

Since conscious (Quantum) level is the seat of intelligence from where everything originates including human being if one can reach the level through Quantum meditation, it will not only cure cancer but any disease beyond the reach of drugs and chemicals. Current indications favours this as a practical means, however, long standing studies to prove it beyond doubt has been under investigation.

Conclusion

Quantum meditation developed for the first time for cure of incurable disease like cancer and genetic abnormality in the foetus.

References

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