

21.06.2015

## Message to Doctors on 'Yog' day

Salutations to all Pious Souls,

Now as many doctors have joined the Samarpan family, there has been an opportunity to know and learn more about their problems, and solutions to these problems have also been found. This message has been written so that even the most ordinary doctors can be aware of all these things. Firstly, whether you yourself wanted to become a doctor since childhood or became a doctor due to the parents' wishes. Suppose if you wanted to become a singer and became a doctor instead, there will be a feeling of 'discontent' within you.

All the problems in a person's life arise due to the 'physical body' and influence of the physical body - Sages and Saints always work towards reducing this influence of the physical body and for this, they trouble the body by fasting, wandering unclothed, etc. - now in 'Samarpan Meditation' too the attempt to reduce the influence of the physical body is made but in an entirely different manner, as here in order to reduce the physical body influence, the inner feeling is increased and thus the physical body influence becomes minimal on its own.

In your profession, only the physical body which can be touched is studied and examined. So throughout life your *chitta* is only on bodies and because of this the influence / feeling of the Soul nearly diminishes. This is the reason why doctors are never able to donate as '*bhaav*' (inner) emotions are required in order to donate. You only study the physical body which is tangible but there is an energy body consisting of thoughts enveloped around this physical body. I had raised this subject 12 years ago at the main Government hospital in Ahmedabad but was not able to prove it then, but today such machines have arrived through which this body of thoughts is visible. Study of this body is not carried out in 'medical science' and this body consisting of thoughts is extremely sensitive. Even when you touch any patient, the effect either good / bad falls upon your own body of thoughts. Since you are only aware of the physical body, you tend to wash your hands immediately so as to protect your physical body but how will you cleanse the ill effect which has taken place on your body of thoughts? There is no solution to clear this ill effect in medical science at present. When this effect increases to a great extent, then you become a patient yourself. Today this truth has to be accepted that half of the doctors are patients themselves.

Through a survey conducted in Ahmedabad it has been proved that doctors do not become senior citizens as they die before the age of 60.

Recently, 7 heart specialists have died due to heart ailments at an early age in Mumbai as they remain surrounded in the collectivity of heart patients throughout the day. Even cancer affects the body of thoughts at first and 6 months later it transfers onto the person's physical body. Only then are you (doctors) able to diagnose the cancer.

As per my study, your main problems are as follows -

1. Analysis of only the physical body: It is also necessary to study the body of thoughts. If you require proof for everything, then it has even been proved now there is such a body of thoughts. The physical body is perishable and your *chitta* will be destroyed if you keep it focussed on the physical body constantly. Firstly understand the difference between 'mind' and '*chitta*'. The mind thinks that it is either happy or sad. The *chitta* shows a scene/an 'image', it does not become happy or sad. The mind does not absorb but the *chitta* absorbs good or bad energy wherever it is placed.
2. You do not take care of yourself: You must save a drowning person in such a way that you do not drown yourself but today, in saving that person you yourselves are drowning. Doctors are not even living up to the age of 60 and are dying before that while patients are living till the age of 90 years. Why so? Imagine that the patient thinks of you as 'God' and follows your 'advise'. That patient goes out for a stroll every morning, exercises regularly and does not eat rich food but you do not follow this regimen yourself. He even gets his tests done regularly but you do not do the same for yourself. A patient remains tensed for 4 days in the ICU but you remain in 'ICU' all 365 days as one patient goes, another one is admitted.
3. There is a certain 'dryness' within you: While examining physical bodies the whole day, you have started believing yourself as a physical being. The 'Soul' feeling within yourself has ceased to exist and therefore there is dryness in your life. It is necessary to practice 'Dhyanyog' to get rid of this dryness. Attach yourself to '*bhaav*' and do something that you like doing. Forget the fact that you are a doctor for a while. Today society can become healthy provided you remain healthy. Give time to yourself and practice 'Dhyanyog' for 30 minutes regularly. If you cannot do so then change your profession as your life is very precious.

4. Create your own Aura: If you regularly sit in isolation for 30 minutes at such a place where there is no one around in the radius of 20 feet and say, 'Mein ek pavitra aatma hoonn. Mein ek shuddh aatma hoon' ('I am a Pure Soul, I am a Holy Soul') while actually feeling so then your 'Aatmabhaav' - soul feeling will gradually start increasing and then an aura will be created around you - a world which will act as a 'protective shield' around you.
  
5. Add prayers to medicines: Whenever you touch any patient, pray to God for him. Always remember that prayers strengthen the Soul. No one else stays in surroundings that are as bad as yours and therefore you require Dhyanyog the most. You need to bow down somewhere and it is not important where you are bowing - what is important is that you are bowing somewhere. The body is merely a medium for bowing - what actually bows is 'bhaav'. When we bow somewhere we are able to get rid of our stress and our faults. By not bowing a certain stress or stiffness has been created within you. Also when you keep complete faith somewhere, people will also keep faith on you - remember that faith is always kept on the soul and so become a pure and holy soul.
  
6. Practice Dhyanyog without any expectations: Regularly practice Dhyanyog for 30 minutes without even expecting that you will attain a meditative state. Your own body will rebel against you for the first 20 minutes and then the mind will oppose and if you cross this stage then you will be able to meditate. But you must not meditate with this expectation that you must be able to attain a meditative state. Just the way we donate as per our wish without any expectation, similarly 'donate your time' for me by doing Dhyanyog for 30 minutes. Then after a few days you will experience that your entire life has been transformed.

I pray to God that may you all remain physically and mentally healthy and live long.  
Lots of blessings to all of you.

Yours,  
Baba Swami