

## Mind for Mankind

**Mickey Mehta\***

*360 Holistic Health Healing, India*

**\*Corresponding Author:** Mickey Mehta, 360 Holistic Health Healing, India.

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The power of the mind is incomprehensible; it is beyond one's understanding. It is so beautiful and yet so complex. It makes beautiful memories and can also pull you down into deep depression. Mind is connected with the psychic, the mystical, the intellectual, the creative and the analytical powers. It is a treasure-trove of wisdom. So, it is imperative to take care of our mind as we do for our body. While the heart ailments are taken very seriously, many ignore the complications owing to mental imbalances and this often leads to growing mental illnesses among the citizens. Moreover, the stigma attached to mental illnesses make people often reluctant to seek help or get treated.

So, what is the root cause of imbalance in one's mind? There are various factors - some being genetic, some owing to one's experiences - the place and people they live with, the family dynamics, childhood trauma, marital discords, disagreements and emotional entanglements, psychotic episodes, personality disorders, obsessive compulsive disorders, depression, side effects of medicines/over medications, lack of nutrition/minerals/vitamins in the body, hormonal imbalances, environmental factors, deep-rooted and often ignored diseases all, build up to form severe mental deformities.

Stress also plays one of the major triggers of mental health hazards. The greed for more and more money, more and more luxuries and more and more comforts pushes one to work harder, even at the cost of breaking down emotionally and mentally. The mounting pressures at work, the constant need to perform better and work towards striking healthier relations at home and workplace, the long, long hours at work and the need to multitask to meet the various demands posed by family members or at workplace, puts too much pressure on the minds. Loss of focus, haziness, unable to concentrate, inability to register and recall events, words and names, slowly show signs of a degenerative mind.

Overthinking, over-worrying, over-eating and overdoing things is the main cause which all are aware is causing their minds to go for a toss but they still continue to put pressure on the mind without making an effort to pause or give rest to the mind. Moreover, with modernization, industrialization, and mechanization over the last 100+ years - with the introduction of cars, planes, industries, there has been a constant surge in sounds, disturbances, pollutants and chemicals that have a very bad effect on not just the body but also the mind.

With the progress of the modern society, there's also a surge in desires and aspirations that have compromised the human mind, and have completely broken down the human mind, scattered it into pieces' millions and billions of fragments. Fragmented minds are like a necklace of precious pearls scattered all away. We ought to compose these necklaces together for them to be radiant, sparkling in its place, sound and stable.

We must realize that the mind and heart are two best gifts of God. They are so so precious that they have the power to even get us a glimpse of our past lifetimes through our sleep or gauge and predict future possibilities in our lifetimes with our intuitive capabilities. The powers of the mind have also been experienced through telepathic communications, past life regressions, hypnosis, visualizations, meditations, psychic abilities and so on.

So how does one bring back the mind to its glorious state?

Going back to the ancient practices of yoga for holistic healing of mind, body and soul is the need of the hour. The mind is a reservoir of energies, ideas, emotions, memories and life-force, it needs nurturing, nourishment, pampering and caring. Yogic postures help in aligning the body, uplifting the moods, making the body flexible, opening up the chakras, finding peace and tranquillity. Yoga has a profound effect on the mind. Yoga connects the pre-frontal cortex of all living beings in absolute consonance and with yoga the resonance of all life force increases sympathy, empathy, compassion in this universe.

The power of stillness in postures, postures in poetry helps stimulate growth hormones and regulate glandular hormonal functions. Yoga helps cellular regeneration in real time. This itself is anti-aging, supports longevity and prevents diseases. Physical workouts when infused with yogic elements helps one transcend the body into different dimensions of being.

Simply start with stretching up and reaching for the sky that will give you a perception of infinity. Then try and touch your toes gradually without pushing yourself. It will give you an idea of getting connected to the earth, and of bowing down to nature. Then twist to the right and to the left - this will take care of the other two dimensions as well. Then bend backward and forward to be flexible in life, so that you open your mind and body.

Along with yoga practice breath work as well, because if your breath is disturbed, it can disturb your mind as well. Breathing when done in the right way helps repair, restore, recourse, and recover your body, mind and soul.

The pandemic has brought self-realization and self-actualization on the importance of life and the unpredictability of the forces of nature. It's time to inculcate the habit of introspection and retrospection by spending time with nature. Go out to your balcony, spend time under the morning sun, look at the trees, look at the vast expanse of the sky, listen to the chirping of the birds, appreciate the flowers. Mingling with the elements brings you closer to your natural self. It makes you peaceful and happy. It makes you replace fear with faith. You begin to realize that the real nature of nature is to always provide and sustain. We are made up of the same elements as the environment and it is our duty to maintain the sanctity of our own nature with pranayama, vegetarian food, dhyana (meditation), and principles of detachment. Don't just follow social distancing, distance yourself from desires.

Food habits also have a profound effect on the mind. Faulty food habits affect our moods, spike up blood sugar levels, clog up the arteries and cause more harm to the body, mind and soul. So, switch to clean, green food, void of chemicals preservatives, coloring agents, stabilizers, flavoring agents and the processing part of it. Clean, green food will once again help you to restore mind-body, body-mind.

Apart from food cravings, you must also have control over your senses - the chase for the sensex, the chase for materialism away from theism; so meditation, prayers and reorientation is very important, so also a good night's sleep is very important, You can experience deep sleep when you allow your body and mind to disconnect from the day to day humdrum. Let your deep sleep make you whole, let it heal, let it recover you, let it rejuvenate you and let it regenerate you.

Make workouts, postures in poetry, yoga, chanting and affirmations an essential part of your day-to-day life. Use visualizations to program your conscious and subconscious being and run that program consciously by reprogramming yourself from time to time.

Meditation enables you to dive deep and embrace the truth that you are a spirit inside the body and that you are limitless. Recognizing the eternal nature of energy, of soul helps you overcome the avarices of life - pride, anger, lust, envy, or gluttony.

Use the power of meditation and postures in poetry to feed your mind! After all your mind is your medicine!

Mental Health Optimized.... Life Mickeymized!!!

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