

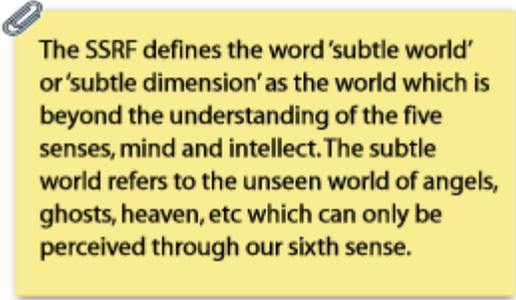
Spiritual healing is a term known to many. However it means different things to different people. In this article we define what we mean by the phrase spiritual healing and discuss the principles behind how it works.

The entire premise and perspective of this article is based on the purpose of life, one of which is to grow spiritually and help others not merely at worldly level but with the focus to grow spiritually. The more we are aligned to helping a person grow spiritually when we practice spiritual healing, the less we risk being misaligned with the purpose of life and a resultant reduction in our spiritual capability to heal.

2. What is spiritual healing?

Spiritual research has shown us that up to 80% of problems in our lives have their root in the spiritual dimension. We have covered the various aspects of how the spiritual dimension affects our life under the section on [Spiritual causes of difficulties](#).

Spiritual healing is defined as overcoming the spiritual root causes of problems by spiritual means.



The SSRF defines the word 'subtle world' or 'subtle dimension' as the world which is beyond the understanding of the five senses, mind and intellect. The subtle world refers to the unseen world of angels, ghosts, heaven, etc which can only be perceived through our sixth sense.

2.1 Difference between symptoms displayed and the root cause

It is important to differentiate the symptoms displayed by a person and the basic root cause. We can better understand this by an example.

Let's say John throws a bucket of water on the floor in Jane's room when she is not there. He then hides himself to watch Jane's reaction on her return. When Jane enters the room she searches high and low for the cause but cannot find the reason for the water on the floor. She then goes on to wipe the floor. John lets out an evil chuckle under his breath at Jane's plight and ignorance about the root cause.

This is a typical analogy of how a spiritual reason such as an attack by a ghost (John) can cause a problem in life such as a heart condition (i.e. the water on the floor). Due to the fact that we do not have the [sixth sense](#) vision to see or perceive the [ghost](#), our search for the cause of the chest pain remains limited only to the physical or psychological dimension.

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2.2 What does Spiritual healing heal?

We can now appreciate that in cases of heart disease resulting from a spiritual root cause, medical or surgical treatment can only alleviate the consequent damage done by the spiritual root cause. Thus by treating the heart

condition by surgery or medicine, medical sciences can at best bring about a symptomatic cure. The condition however reoccurs as the root cause, for example the ghost is not taken care of.

Spiritual healing is about diagnosis and removal of the spiritual root cause of the problem, that is, the ghost in the above example of heart disease. In our previous example it is about finding out John and stopping him from throwing anymore water. It could also be used for stopping a potential problem happening in the first place.

Though advanced spiritual healing remedies can also revert the physical damage done, in most cases it is advisable to use physical measures (treatment) to alleviate the physical damage (i.e. the water in our example above). This is because one would have to use a lot of spiritual energy to achieve what can be done with comparatively lower input at a physical level. This is considering that spiritual energy is invaluable and extremely difficult to acquire compared to any physical effort.

It is for this reason that the Spiritual Science Research Foundation (SSRF) emphasises that only the appropriate level of energy be used for treating a problem. So for example, if a person is having eczema due to a spiritual root cause, it needs to be treated at a physical level with medicines and the spiritual root cause needs to be alleviated by spiritual remedies.

3. Basic principle behind spiritual healing

3.1 Principle behind diagnosis

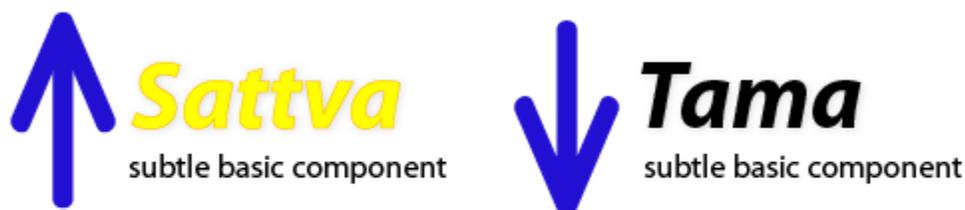
Diagnosis of a problem that has its root cause in the spiritual realm can only be done with one's sixth sense (ESP). The accuracy of diagnosis can vary considerably and is a function of 2 basic factors:

- The person's sixth sense (ESP) ability and spiritual level versus the strength of the affecting entity or ghost (demon, devil, negative energy etc.). Refer to the article on '[The depth of ability to perceive paranormal activity with our sixth sense](#)'. As a rule of thumb, an average psychic can perceive a ghost from only the subtle region of the Nether world (*Bhupaloka*). A higher ghost from the deeper planes of Hell would be so subtle as to be able to easily escape notice from an average psychic.
- **Destiny** is a powerful factor in deciding how long a person will suffer from a problem. In cases where the person is not doing any spiritual practice and destiny is severe, this itself ensures that the person does not get access to spiritual help to overcome their destiny.
- **Resolve (*Sankalp*)** of the guiding Saint of the spiritual healer: If the spiritual healer is acting on the directives of his guiding Saint, who is above the 70% **spiritual level**, then the spiritual healer can heal problems created by higher ghosts even if the healer's spiritual level is lower than that would otherwise be expected to heal that particular problem. This is because the healing happens largely due to the power of resolve of the guiding Saint.

3.2 Principle behind any type of spiritual healing

The following is the principle behind any type of spiritual healing treatment practised anywhere in the world.

Principle behind any spiritual treatment



The principle behind any spiritual treatment is to instigate an increase in the subtle basic *sattva* component in the person along with a concomitant decrease in the subtle basic *tama* component

The negative influence of ghosts increases the subtle basic *raja-tama* component and decreases the *sattva* component in and around the affected person or object. The ghosts also create a covering of black energy on or in the person. Black energy is spiritual energy used for harmful purposes.

Basically by applying spiritual healing remedies we try to:

- Decrease the subtle basic *raja-tama* caused by the ghosts
- Increase the subtle basic *sattva* component
- Try to remove or at least decrease the black energy which is inherently *raja-tama*.

Refer to the article on '[How do ghosts possess a person \(i.e. mechanism behind the act of possession\)?](#)'

4. Generic types of spiritual healing methods

There are two generic methods of spiritual healing. These are the two choices that apply to all of us who have a problem that has its root cause in the spiritual realm.

1. **Spiritual remedies:** This is where either someone else or the affected person himself performs a certain specific act to alleviate a certain problem at a spiritual level. The benefit of this is that rapid relief is brought to the affected person. The downside is that the relief may be just temporary as long as the effect of the remedy lasts. Spiritual remedies include Reiki, Pranic healing, application of [Holy ash](#) (*vibhuti*), application of [Holy water](#), healing through *mantras*, etc.

2. **Spiritual practice:** When a person does spiritual practice that conforms to the [six basic principles of spiritual practice](#) he builds his own ability to protect himself against harmful elements in the spiritual dimension. If spiritual practice has 100% effectiveness in overcoming problems in life then spiritual remedies only have 40% effectiveness. (Note: 40% is when remedies are administered externally.) The reason for this is that in the case of spiritual remedies the variables of whether a person can be healed increases as they involve both the healer and the person being healed.

The first method of healing mostly brings about symptomatic cure and sometimes cure of the spiritual root cause while the second brings about cure of the root cause of a spiritual problem.

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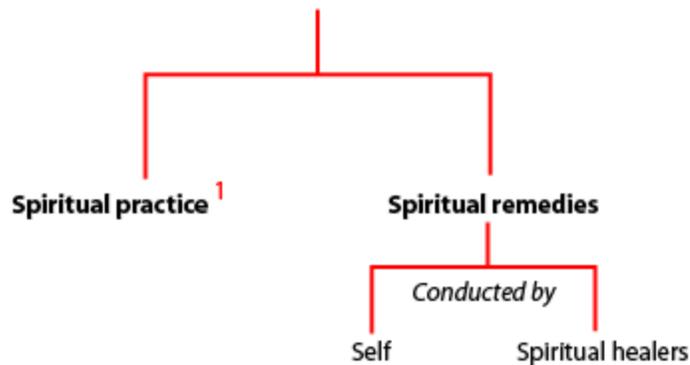
4.1 What is the preferred method of healing?

The following flowchart will give you a understanding of the preferred method from a spiritual perspective.



I have a problem that does not seem to go away despite best efforts.

I would like to try something spiritual to overcome this problem. What are my choices?



Q. What are the pros and cons of each?

Dependency on another person for cure	No ²	No	More
Increase of resistance to harmful spiritual influences like ghosts	Yes	Yes	No
Develop ability to fight	Yes	Yes	No
Insulates and overcomes suffering caused due to destiny?	Yes	No	No
Possibility of the negative ³ energy doing the healing	No	No	Yes
Probability of being cheated	No	No	Yes
Effectiveness	100%	100%	40%
Spiritual growth?	Yes	No	No
SSRF's recommendation	✓	✓ ⁴	Only if you are not in a position to help yourself such as young children, person is unconscious etc.

Footnotes (for numbers marked in red in the above diagram)

1. Here by spiritual practice we mean the type of spiritual practice that is universal and conforms to the 6 basic principles of spiritual practice.
2. As one advances in his spiritual growth and begins to help others by conducting lectures in spirituality (*satsang*) and serving God (*satseva*) one may be targeted by negative energy which try and obstruct one's spiritual practice. In this case spiritual practice may need to be augmented with spiritual healing by spiritual healers and/or self to hasten relief in case of severe attacks by ghosts.
3. In some cases negative energy can possess a healer and heal through them. We have covered this point in more detail later in the article.
4. It is best that we do spiritual practice and augment it from time to time with spiritual remedies that are conducted by oneself.

5. Mechanism behind any spiritual healing

5.1 Classes or Modes of spiritual healing

There are two classes or modes of healing where the mechanism of energy being channelised is different. Healing is brought about through:

1. Use of an inanimate object such as Holy water or Holy ash.
2. Through a person
 - Through a person (generally has to be above the 50% spiritual level)
 - Through a Saint i.e. a person above the 70% spiritual level.

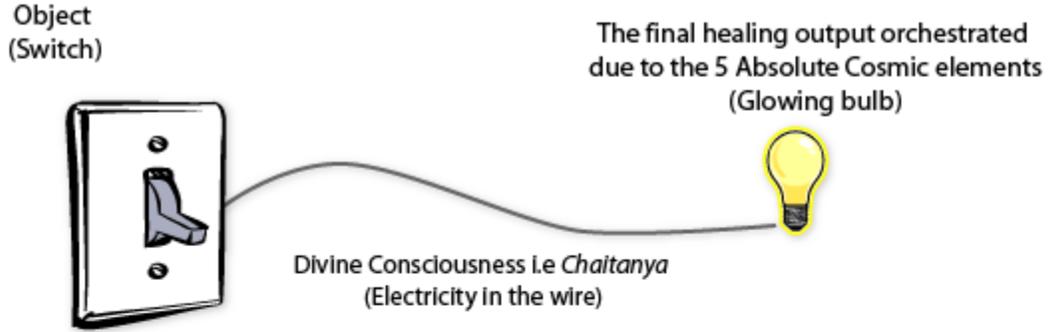
Depending on the mode used, the mechanism of action, i.e. how energy is channelised changes.

5.2 Mode of healing and its corresponding method of action

We are going to explain this section in the form of simple analogy of putting on a light. The first step in making a light bulb come on is by turning the appropriate switch on. The electrical current then goes across a wire and the final output is that a bulb begins to glow. Depending on which bulb we want to turn on, the appropriate switch would need to be turned on. So also in spiritual healing various healing methods bring about various effects. In all cases the final effect of healing (i.e. the glowing bulb or the final output) is orchestrated through the [5 Absolute Cosmic elements](#).

5.2.1 Mechanism of 1st mode of healing: Inanimate objects

The following are a few examples of the types of inanimate objects and the Absolute Cosmic element that they effect healing through.



Object used for healing	% of Chaitanya Divine Consciousness	Absolute Cosmic element that it works through
Religious symbols	2	Earth
Holy ash	2	Fire
Chameli (Jasmine) stick	2	Air
Holy water (water + holy ash)	2	Water + Fire
Incense stick or fragrance	2	Earth
Colour	2	Varies with colour
Cow's urine (Gomutra)	3	Water
Holy sacrament given by Saints	4	Water
Handwriting of a Saint above 90%	5	Fire

Chaitanya is a Sanskrit word that means Divine Consciousness. It is the omniscient and omnipotent power of the God principle. Divine Consciousness (*Chaitanya*) is more subtle and powerful than the subtle basic *sattva* component. Hence when Divine Consciousness (*Chaitanya*) is introduced the *sattvikta* increases.

Note: On a scale of 1 to 100 the Divine Consciousness (*Chaitanya*) in any inanimate object is 0 while the maximum Divine Consciousness (*Chaitanya*) in an inanimate object is 6 which is the final resting place (*samadhi*) of a Saint. Refer to the article on [who can be considered a Saint](#).

Here again we follow the basic principle of spiritual healing where just by raising the *sattvikta* of the affected area, we reduce the capability of the ghost to affect a person. The increased *sattvikta* then works through any one or a combination of the Absolute Cosmic elements to bring about the healing process.

The way to read the above table: For example if one uses Holy water on a hand that is affected with eczema that has been caused by a ghost the healing that occurs is by increasing the *Chaitanya* of the area by 2%. The healing finally takes place through the Absolute Cosmic Element of Water and Fire. In our [healing section](#), we have explained in detail how to use each of these spiritual healing tools and also when to use them.

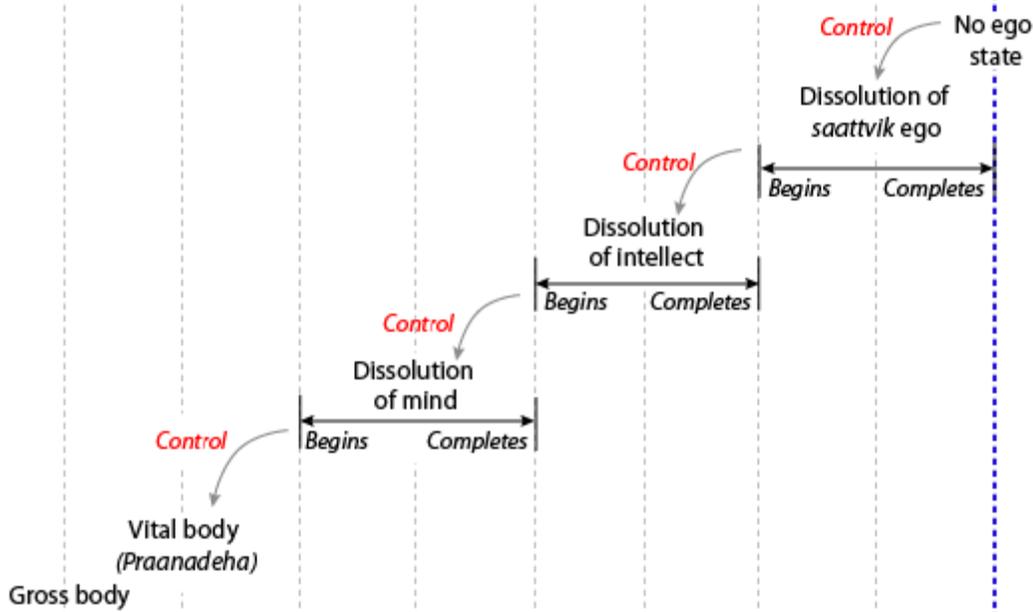
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5.2.2 Mechanism of 2nd mode of healing: Through people

Spiritual Level of the healer

20% 30% 40% 50% 60% 70% 80% 90% 100%

Dissolution of the various bodies and resultant control on the lower body



Energy at an individual level that becomes active

20% 30% 40% 50% 60% 70% 80% 90% 100%

Energy of saattvik Mind (Mannahshakti) Energy of saattvik Intellect (Aatmashakti) Energy of saattvik Ego (Chitshakti)

Amount of access to the 3 forms of Universal Energy (Wire)

20% of Energy of Absolute Will (Icchaashakti)

40% of Energy of Absolute Will (Icchaashakti)

70% of Energy of Absolute Will (Icchaashakti)

+

+

40% of Energy of Absolute Action (Kriyaashakti)

70% of Energy of Absolute Action (Kriyaashakti)

+

70% of Energy of Absolute Knowledge (Dnyaanashakti)

All 3 Energies 100%

Refer to the above diagram

A. Importance of spiritual level of the healer in treating others

The spiritual level of spiritual healers is the all important aspect which defines:

- how they are able to treat others,
- what healing methods they can use and
- the types of Universal energies they have access to.

B. Access to energies to heal: Dissolution of the various bodies and the resultant control on the lower bodies (the wire)

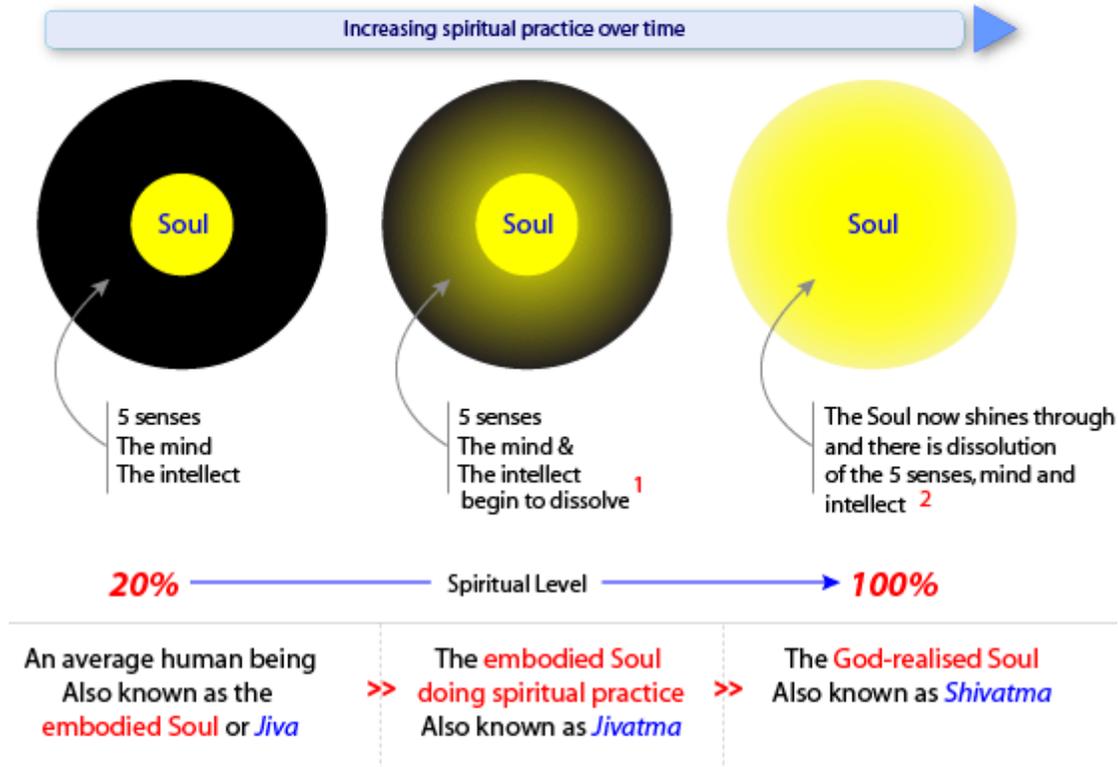
We are made up of the physical body (five senses), the vital body (*Praanadeha*), the mental body or the mind, the intellect (Causal body), the subtle ego (Supracausal body). The mind is the seat of emotions and thoughts whereas the intellect is the seat of reasoning or the cause-and-effect relations between events. Each of these bodies is more subtle (intangible) than the other. Therefore the energy of the Mind is more subtle and hence more powerful than the energy of the Vital body (i.e. *Praanshakti*).

Refer to [what we are comprised of](#).

As we grow spiritually through spiritual practice, we begin to dissolve our five senses, mind and intellect. By this we mean that we begin to orient our efforts and thinking towards realising or merging into God. In this process we transcend our individual mind and intellect and thus get in a position of being able to access the Universal Mind and Intellect. In the diagram below, we have shown a spiritual cross-section view of how the Soul or the God within us begins to shine with appropriate spiritual practice and we gain more and more divine qualities such as love without expectation for others, humility, lack of ego, etc.

Spiritual evolution or increase in spiritual level of the embodied Soul through spiritual practice

This diagram shows the internal change we go through when we do spiritual practice.



Footnotes:

- 1 The materialistically oriented 5 senses, mind and intellect begin to be progressively more oriented to the Absolute Truth/God.
- 2 When we use the phrase 'dissolution of the five senses, mind and intellect' we mean that the 5 senses, mind and intellect are totally oriented towards God and the divine consciousness of the Soul shines through. The person does not identify himself with the 5 senses, mind and intellect but instead identifies totally with the Soul or the God within.

Vital energy *Sattvik* Mind Energy

1 : 1000

The mind energy is 1000 times more powerful than vital energy.

From a spiritual healer's perspective something more important begins to happen as our various bodies begin to dissolve. At around the 40% spiritual level the mind begins to dissolve. This is an important milestone because at this point one gets access to *sattvik* mind energy (*Mannahshakti*). This type of mind energy is spiritual in nature and is not the same as the mind energy of an average person. With this *sattvik* mind energy one is able to

control the lower bodies such as the vital body and its associated energy i.e. vital energy (*Praanshakti*). At around the 50% spiritual level, the mind has dissolved enough wherein one is able to successfully tap into the Universal Energy of Will or Desire up to a limit of 20%. This augments the *sattvik* energy of the mind and can be used for spiritual healing without depleting one's own reserves.

Refer to the section on [how energy can be depleted if not used in the spiritually appropriate manner to heal](#).

After one's mind dissolves completely at around the 60% spiritual level, the intellect begins to dissolve. As the intellect dissolves one gains access to energy of the intellect and is able to completely control the energy of the mind. At around the 70% spiritual level one is able to tap into the combined Universal Energy of Will up to a limit of 40%. This further enhances the ability to heal a problem that has a spiritual root cause. Finally when the subtle ego begins to dissolve one gains control of the energy of intellect and at the 90% spiritual level gets access to 70% of all three universal energies.

As long as one is below the 100% spiritual level one has access to the manifest form (*sagun*) of God's energy. However at the 100% spiritual level when there is total dissolution of all the bodies, one identifies completely with the Soul or the God within. At this point the energy that a Saint has access to is God's energy that is unmanifest (*nirgun*). This takes the ability to heal to an unlimited level.

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C. Type of healing (the switch)

In the diagram above we have given examples of various spiritual healing techniques that are commonly used to heal others.

- Chanting for others is possible only when one is at the minimum spiritual level of 37% and is the easiest way to help another person. The reason why this type of healing can be done before the mind begins to dissolve is that chanting is a form of concentrated prayer where one repeats and contemplates on a particular Name of God. As a result there is a temporary rise in spiritual level which instigates the capacity to access *sattvik* mind energy.
- When we pray we acknowledge our lack of ability to solve a problem. This surrender of the problem also helps in reducing our ego and therefore a temporary rise in spiritual level. As a result, we are able to access energy of the mind which sends energy behind our prayer for others. Hence our prayers to heal others work.
- Spiritual healing techniques such as Pranic healing and Reiki actually use the energy of the mind augmented by the Universal Energy of Will. This type of healing can only be done by a person around the 50% spiritual level. They do not access any universal vital energy. Vital energy (*Praanshakti*) only exists at an individual level and not at a Universal level. When one has access to energy of the mind one is able to control the vital energy in the vital body.

A person who is below the spiritual level of 50% technically cannot heal using these methods. This is because they do not have enough access to Universal energies and nor is there enough dissolution of the mind to generate their own mind energy.

In case where a person below the spiritual level of 50% is able to do seemingly miraculous cures by Pranic healing or Reiki, invariably it is ghosts healing through them. Ghosts use these healers to affect society. While there may be temporary relief or miraculous cure from a problem, ghosts use the faith people have in the healer to infuse people with black energy and lead people astray.

How does Pranic healing work?

In the case of genuine Pranic healing:

- 50% of the reason that a Pranic healer is able to heal is because of his spiritual level which results in a substantial dissolution of the mind.
- The main energy used in Pranic healing is the individual's energy of mind and the tapping into the Universal Energy of Will.
- Another contributing factor is the intense desire of the Pranic healer to heal. In comparison, a Saint at the 100% spiritual level functions only as per God's will and has no desire of His own. Due to their intense desire to help others, healers also earn merits.
- The crystal that Pranic healers use has only 0.001% use in the entire healing process.
- If the Pranic healers use their healing methods inappropriately (i.e. for fame or money) within some 20 years their energy of mind gets depleted and their spiritual level reduces.

Refer to the section on '[Who to heal and when to use healing energy](#)' for appropriate use of healing energy.

- Healing done by Saints at the level of Resolve and Presence is only done as per God's will. As the dissolution of the various bodies has happened to a great extent in a Saint, He is able to understand God's thoughts and hence act accordingly.

Refer to [Mechanism of action of Resolve as a power in the Universe](#) and [Hierarchy of power in the universe](#)

5.3 To what percentage can these three modes heal in relation to a person's destiny?

Depending on a person's destiny a person experiences varying amounts of happiness and sadness in life. As we have mentioned earlier, a sure way to overcome destiny or at least be insulated from the pain it can cause is by practising Spirituality according to the [six basic principles of spiritual practice](#).

The following chart gives a breakdown of the intensity of problems that people face in life and how the three modes of healing can help in alleviating the problem.

Problems in life versus mode of healing

	Mild	Medium	Severe
% of the world's population affected with problems by intensity in 2006	30%	60%	10%
In terms of intensity of the problems	10%	40%	70% ¹
Healing through inanimate objects	30 %	10 %	0 %
Healing through people	50 %	30 %	10 %
Healing through Saints	70 %	50 %	30 %

Footnotes:

1. 100% means problems that result in untimely death

How to read the chart:

60% of the world's population is undergoing medium type problems. In intensity a medium problem is defined as when there is 40% distress (100 being the maximum which results in untimely death). Medium problems range from major financial problems, inability to have children, marital problem etc. These problems can be because of just destiny or an ancestor troubling us. If someone were to have a bad case of eczema caused due to an ancestor and it was a medium problem, then in only 10% of the cases could the healing be done through an inanimate object.

5.4 What is the catalyst to channelise these spiritual energies?

The main deciding factor as to whether a person has the ability to heal is based on the amount of spiritual practice they have done and their corresponding spiritual level. This spiritual practice can either be of this lifetime or a previous lifetime.

The healer's desire to heal is a secondary factor that helps hone a spiritual healer's ability to heal.

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6. Who should we heal and when should we heal?

At the outset we need to understand two important principles.

- The best type of spiritual healing is when a person does spiritual practice for oneself. In this way, one builds up one's own spiritual reserves so that he is less prone to attack from the spiritual dimension. Doing regular spiritual practice is also far more sustainable as a protective measure than being spiritually healed using some form of spiritual healing. As much as possible spiritual healers need to encourage people to begin and be regular with their spiritual practice, even if they continue to come for healing. Spiritual practice complements the spiritual healer's efforts in removing the problem.
- In our article on the [purpose of life](#) we mentioned that spiritual growth to realise God is our main purpose in life. Accordingly if all our actions, spiritual healing or otherwise are aligned to assist ourselves and others to progress spiritually we benefit maximally.

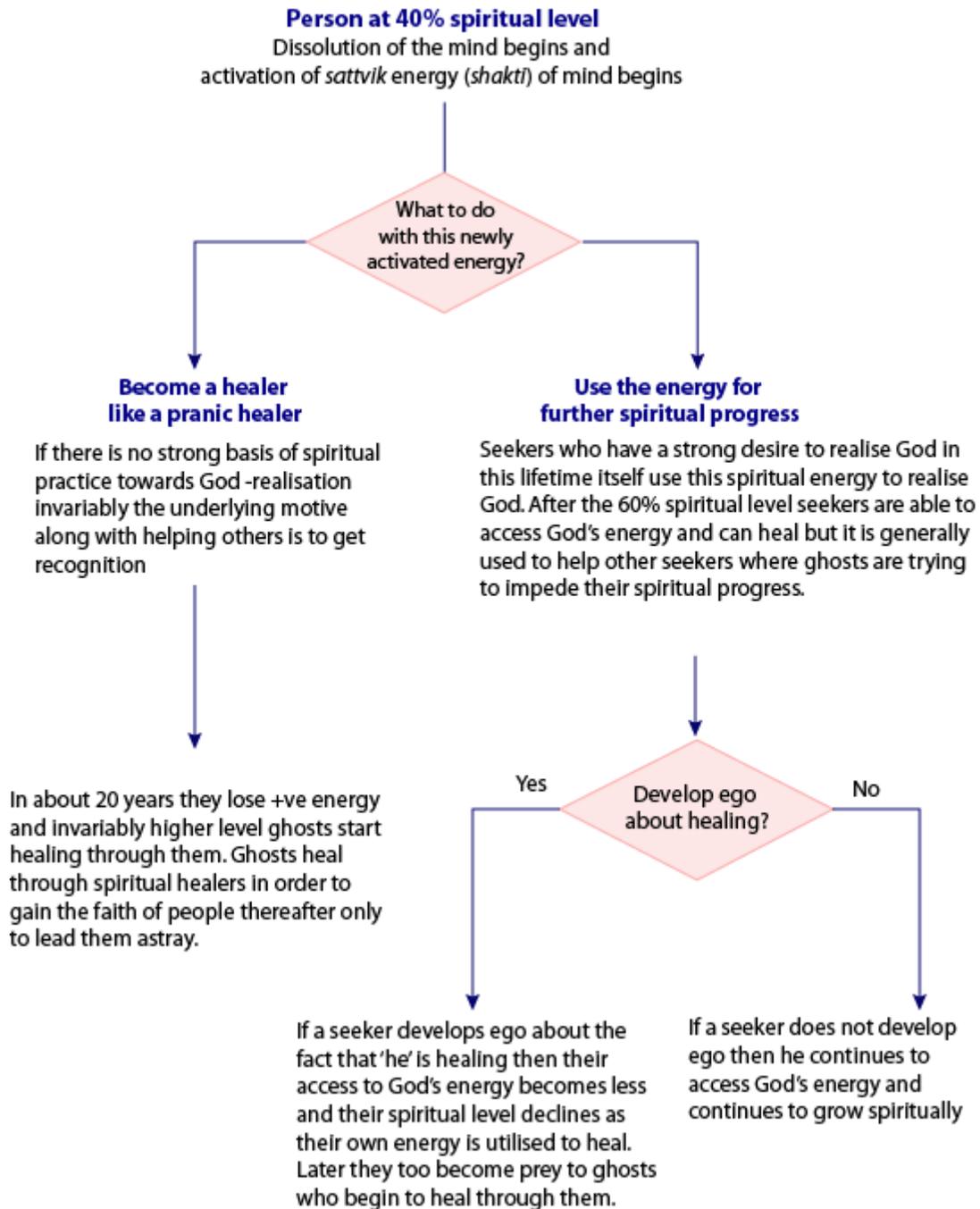
Given the above, spiritual healers' time and energy is best spent when they help other people to overcome any spiritual obstacles that are inhibiting them from practising Spirituality. In this way they are helping people grow spiritually. From a purely spiritual perspective, it is best that one does not use spiritual healing energy on people that have no intention of starting spiritual practice. The reason for this is that unless a person does spiritual practice to augment the spiritual healing, it at best brings about temporary relief as the affecting entity can cause harm in other areas of life or the person can be affected repeatedly by other entities. Spiritual healers have access to Universal energy appropriate to their spiritual level. Along with this comes a responsibility to help people to grow spiritually which is being in alignment with our purpose of life. If this is not the case a spiritual healer begins to stagnate and invariably deteriorates in his spiritual level and can potentially be used by ghosts.

It is advisable not to get emotionally carried away healing people just for the sake of healing. If it is in a person's destiny to go through a certain amount of suffering then all we do is alleviate it temporarily. But the person still has to go through the required quota of suffering. Instead, it would be spiritually more correct if our intention was to heal a person so he gets the faith that the spiritual dimension does exist and this in turn inspires him to begin his spiritual practice.

In one of the lectures on Pranic healing that one of our members attended there was an example quoted of how a person gained extra mileage from his truck by doing Pranic healing on the petrol tank. To bring about some worldly desire such as extra mileage is an example of an inappropriate use of spiritual healing remedies.

The following flow chart shows the choices that one has as one begins to get access to more and more spiritual energy.

The spiritual choices of a person of 40% and above



6.1 When should one assist another person by the application of spiritual remedies?

As seekers of God do spiritual practice sometimes they are attacked by higher level ghosts to obstruct their spiritual practice. Here their spiritual energy may not be sufficient to repel this attack. It becomes necessary to augment these seekers' spiritual energy with spiritual healing remedies in the following situations.

- When the disturbance is too severe and urgent intervention is called for.
- When they are too weak mentally or spiritually to be able to heal ourselves.
- When the person is physically unable to do remedies like when he becomes unconscious etc.
- When a person is not well versed in a certain remedy.

7. In summary

Spiritual healing is practised by many people worldwide. Only by understanding the principles and the spiritual perspective on 'who' and 'when' to heal can we be sure to be in alignment with the purpose of life. The best spiritual healing gift that one can give others is assisting them in beginning their spiritual practice so that they can help themselves. This is akin to giving a person a fishing rod and making him independent as opposed to spoon-feeding him and giving him a fish.