

POWER OF THOUGHT PRAYER & KARMA

Mantra for Patients to get healing

By Dr. S. Natarajan,

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Link: www.adityajyoteyehospital.org/eyehospitals-mumbai/prayer%20BOOK.PDF



Dr. S. Natarajan with
Swami Sukhabodhananda



Dear Patron,

Have full faith in GOD; if you believe in GOD, you will receive whatever you ask for in prayer. It is through faith that all of us are God's Children. When you pray you must believe fully and not doubt at all, because DOUBTS are like the waves in the Ocean. Such a person with doubts will receive nothing from the LORD.

Kindly go through these articles with faith. My faith in God is 100%. Do your duty and leave the result to God. Be in peace and have a positive thinking mind. We shall do our best to bring clarity to your vision. HAVE FAITH.

"My suggestion is to listen to the doctor carefully with a positive mind and understand the chances of getting vision. With that understanding and positive thinking, you will be helped in getting the vision. ***Follow Bhagwat Gita, which says "Thy business is with action only, never with its fruits, so let not fruit of action be thy motive nor be thou to inaction attached"*** along with lots of positive thinking and the other points mentioned in this article."

– Dr. S. Natarajan

Chairman & Managing Director

3F RULE - FAITH, FEAR, F...

My Philosophy – Retina 25 years

I can see it in their anxious faces, their hidden tears, their fears and the lines of worry on their foreheads. All these speak volumes to me. These speak of their preordained destinies, which they try to handle and wish to change. And often I find myself questioning them about their faith in those supernatural powers which created the universe and which keep the cycle of nature working automatically. It is this power, which we call 'the power of the lord, which takes care of the universe and shall take care of their pains, and destinies provided their faith in these powers is 100%. If the faith is 100% the fear is zero! It is pure mathematics It is only 100% commitment, which include positive actions, powerful thoughts, and 100% faith that bring about miracles. And miracles do happen!

Yes their pain speaks up for them. "It is human to worry" say all the aged, the learned and the intellectuals. The word worry has no place in Bhagavat Gita, which I have been religiously following for the

last 15 yrs. Before that I too worried about problems that came from either personal front or kith and kin, but now I religiously follow and preach the wonderful effects of powerful thoughts and action (Karma).

I am a follower of the 3 “F” rule Faith, Fear and Fraud. Where there is 100% faith, the fear cannot exist. Either there is faith or there is fear but not both together. But when in addition to faith one claims ‘it is human to worry’ it is fraud in totality. It is this fraud or suspicion attached to faith that keeps us sorrowful.

EACH ONE HAS TO INTROSPECT AND DO SELF-ASSESSMENT. BLAMING OTHERS OR CALLING THEM “FRAUDS” IS NOT THE RIGHT ATTITUDE.

Be it faith, fear or fraud, each is a manifestation of our inner state and, therefore each of them is a thought. Faith is a positive powerful thought. It can create miracles whereas fear, fraud and worry are negative thoughts.

Every thought is as powerful as a seed. Just as a seed is sown and it manifests itself into a huge tree, in the outer world so is the power of a thought. What we perceive in the outer world is a manifestation of our thoughts, our inner state. *Yad bhavam/Tad bhavati* you become what you think. The world is a mere manifestation of our inner state, our thoughts. Thought has immense power; it can create whatever it wishes to. The situations we come across, the people we meet, the problems we confront are all projections of what lies within. We create our realities; we are the architects of our destinies. Perceived reality eventually becomes manifested reality. This is not only a spiritual message but also truth which each of us face at some time or the other in our lives.

I recently read interesting article from Actor **Shahrukh Khan**, the hyperactive hero, recuperating from spinal surgery he underwent in London understood that the surgery is a major one and he mentioned like this: “...I knew I’d be alright though I was warned of all the worst case scenarios like I could lose my voice, get paralysed, suffer infections. However, my voice was back 20 minutes after the surgery and that shocked the doctors!!” His positive thinking worked.

Thought has immense power: It can create. Every time we perceive or harbour a thought containing a charge or emotion, the process of creation is set into motion; an arrow has been released into the ethereal planes, or the ‘thoughtsphere’. Once released, similar thoughts or arrows bundle together and when the threshold is reached, the ‘law of reciprocal action’ is set in motion. The thought you released has now materialized into deed.

President **Shri A.P.J. Abdul Kalam** said about prayers and positive thinking “I met **Swami Sivananda** a man who looked like a Buddha, wearing a snow white dhoti and wooden slippers. He had an olive complexion and black, piercing eyes. I was struck by his irresistible, childlike smile and gracious manner. I introduced myself to Swamiji. My Muslim name aroused no reaction in him. Before I could speak any further, he inquired about the source of my sorrow.

He offered no explanation of how he knew that I was sad and I did not ask. I told him about my unsuccessful attempts to join the Indian Air Force and my long cherished desire to fly. He smiled, washing away all my anxiety almost instantly. Then he said in a feeble, but very deep voice. ‘Desire, when it stems from the heart and spirit, when it is pure and intense possesses awesome electromagnetic energy. The energy is released into either each night, as the mind falls into sleep state. Each morning it returns to the conscious state reinforced with the cosmic currents. That which has been imaged will surely and certainly be manifested. You can rely, young man, upon this ageless promise of sunrise...and of spring.

On the ‘Anatomy of Success and Failure’, **Swami Kriyananda** says: When William the Conqueror landed in England, the first thing he did was to stumble and fall down. A gasp went through his army at this omen of disaster. William, however, rose to his feet, crying: “I am so determined to conquer this land that, behold, I’ve seized it with both my hands!” At that, a great shout of renewed confidence went up from every throat. William’s army went on that day to win one of history’s greatest battles. Failure comes only when we accept it as failure. Instead of telling ourselves, “I’ve failed!” we should say, “I haven’t yet succeeded”. So a cheerful attitude is magnetic; discouragement is de-magnetizing. Hope is magnetic; despair is demagnetizing. Love is magnetic; hatred and indifference dull our magnetism. Faith is magnetic; doubt destroys magnetism. Be, therefore, always positive, cheerful, full of hope, faith and love for God. How true!!

Finally I quote **Swami Vivekananda’s** “Arise, Awake, Stop not until you achieve your goal”. To extend this to Bhagavat Gita, Swami Chinmayananda says, “Have your goal sky high and do karma with always outstretched hands, you will rise to greater heights”.

Henry Ford says, “One of the greatest discoveries a man makes, one of his great surprises, is to find he can do what he was afraid he couldn’t do”.

To get relief from Pain and getting vision

The power of mind over matter is the creative power of thought. Yad bhavam/Tad bhavathi you become what you think. The world is a manifestation of our inner state. The situations we come across, the people we meet, the problems we confront, the life experiences we have, are all projections of what lie within. We create our reality. We are the architects of our destiny. Perceived reality eventually becomes manifested reality. So you become what you think; you find what you perceive.

Thought has immense power: It can create. Every time we perceive or harbour a thought containing a charge or emotion, the process of creation is set into motion; an arrow has been released into the ethereal planes, or the 'thoughtsphere'. Once released, similar thoughts or arrows bundle together and when the threshold is reached, the "law of reciprocal action" is set in motion.

The thought you released has now materialised into deed. If the arrow you released was judgement, you will come across judgemental people. If it was betrayal, you shall be betrayed; if it was hatred, you will be hated and so on. You have created your reality and no one is to be blamed for this. The world is reflecting your inner thoughts and feelings. You cannot be one thing inside and experience another reality outside. The two have to exist in synchronicity.

When we ask, "Why did this happen to me?" we do not perceive the relationship between thought and deed. Perhaps it is difficult because of the time lapse between the two. From thought to deed, it may take a week, a month, a year, a decade or more. Constant review of our lives will help us see the connection. The speed of reciprocation depends upon the evolution of the individual. Sometimes reaching the threshold point could take a lifetime or more. If we do not find answers even after examining our lives in the light of these cosmic principles, only the theory of reincarnation can explain the rest.

The whole process of thought materialising into deed is a karmic cycle. So our life is a series of karmic cycles. An awareness of these eternal laws gives us the power to alter the course of karma but not.

While in the midst of a karmic cycle. We have the power of wisdom and choice of free will to review and make changes to our life but not before the cycle comes to an end. A frog in mid-air cannot alter the course of its flight. However, on landing, it can choose the direction of its next leap. For true transformation we have to discover love, for which we need divine assistance.

Karma can be classified as that pertaining to the individual, family, nation and all of humanity. When we ask: "Why is the world so bad?" the world we see is a manifestation of our negative thought and emotions.

Our negative charges not only manifest as a painful situation in our life but create a negative occurrence elsewhere in the world. Every time we see, hear or read violence, we create violence somewhere. Every individual, irrespective of his nationality, is responsible for the kind of world we live in. The violent world we see is an example of the collective karma of mankind. So individual transformation can mean global transformation.

Karma is a cosmic principle and God is cosmic intelligence. Karma is independent of God.

If God were to judge man's thought and action, then we are talking of reward and punishment.

But Hinduism neither accepts a punishing God, nor talks about sin. To the Hindu, every situation is a consequence of one's own action and God helps us in our endeavours spiritual and material.

(The writer is member, Golden Age Movement, Bangalore)

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Technique of Pleasure & Pain

Children are very creative. However when faced with failure, they might become dispirited. Good parenting can enable children to accept facts of life and persuade them to proceed proactively in a creative mode.

The challenge of life is in accepting the fact that 'life is not fair'. Once you accept this fact, a certain understanding is generated. This will enable you to accept whatever life gives you.

Life is unfair. One child is born physically challenged while another is born healthy. Only when we begin to accept life can we understand it. You are born in a poor family. Accept it. Use whatever life gives you. You will find that acceptance leads to creativity. Teach the child to use whatever life has given. Give examples of creative people who have faced challenges. Helen Keller was left sightless and with impaired hearing after an illness when she was barely six years old. Yet, she gained fame as a great social worker. Poet John Milton had lost his eyesight before he wrote his masterpiece, *Paradise Lost*.

Every moment is the best; live life with this attitude. Be in the present where there is a hidden message, a mystery, and a possibility. Accept them and allow the magic to flow. Acceptance is not resigning to what is, but allowing what is, so as to gain empowerment and guidance. But simply accepting without creativity is resignation. Life should be a balance between creativity and acceptance. Every parent should see whether the child's balance of Shiva and Shakti, or male and female energy creativity and acceptance is there. Once there is balance, the energy field helps the child live wisely. He will use whatever life gives him rather than being used by life. This is the insight every parent should gift to his or her children.

Parents should motivate children to identify a powerful goal; to learn to be a winner both in the inner and outer sphere. The outer winner achieves success. The inner winner gains satisfaction. A child should learn to be successful; he also has to learn to be satisfied. Striking a balance between success and satisfaction is important.

“Success is getting what I like; satisfaction is liking what I get” Success does not equal satisfaction. Our desires should be sacred, not sensuous. Our desires should be two-fold: one pointing outward and the other pointing inward. The outward desire should be to contribute to the world. The inward desire should be to learn from any given situation and grow. But desire has no end. You may be successful but if your mind is filled with desire, you can never be happy. Children, teenagers, even parents, make the mistake of thinking. “Success is the only vision in life.” Good parenting should involve guiding the child not to just learn to get what he likes but also learn to like what he gets.

Our scriptures talk about pleasure and pain. Sukhaprapti is acquisition of happiness and dukha nivritti is putting an end to unhappiness. If sukha (pleasure) and dukha (pain) are perceived wisely, temptations to smoke and drink, for instance, will be treated as pain. But, the mind treats it as pleasure hence you indulge yourself.

You can train your mind and say it is pain. ‘Not smoking’ is pleasure. ‘Why?’ ‘But not smoking’ you will be healthy; you can live better and longer. The moment you represent it as prati paksha bhavana, you are reversing the whole thing, and then you will find that you have the skill to handle any temptation in life. Therefore, parents should teach children to use the techniques of pleasure and pain in an intelligent way.

By Swami Sukhaboddhananda Published TOI “Speaking Tree”
<http://spirituality.indiatimes.com>



MIND POWER

Evelyn M Monahan, one of the most progressive modern authorities on metaphysical healing and currently an instructor of parapsychology at Georgia State University have lectured widely in the USA and Canada on the awesome powers of the mind to heal. Her insight into the phenomenal powers of the mind and how it can be used for healing dates back from her own blindness.

Doctors had stated that her blindness was a permanent condition. Faced with the prospect of spending the rest of her life in darkness and she resolved to use mind power and within ten days she regained her eyesight! Medical research in the West has also recognized the fact that the mind is all-powerful. It can produce chemicals to combat illness and suffering the same chemicals contained in antibiotics that we rely on for cures. All miraculous cures that we hear or read about are brought about by the mind. Our sages down the ages have practised the secrets of metaphysical healing. We just have to study our ancient philosophy and literature to discover the power with in us.

According to the Vedanta, man is identical with Brahma Existence Absolute. All teachings in the Hindu Vedanta stresses on man finding his soul within. It says that if one realizes the divine character of one's own soul and its inherent freedom, the battle is won. This realization cannot come from study of learned discussions but out of a longing for self-realization.

Somewhere in the rush to civilization and pursuit of material happiness we lost the ability to use His inner force. We find no time to sit, relax, be silent. Constant stress and strain bring our nerves and muscles under high tension. Tensions of the mind pass on to the body and cause physical as well as mental disorders because the mind controls the body, especially the nervous system. When we succumb to worry we destroy the source of our strength and energy. Worry causes ulcers, induces heartburn, loss of appetite, diarrhoea, pimples, rashes and even a nervous breakdown. It makes its way through the mind especially the conscious mind aided by the mass media constantly selling us ideas of our frailty and necessity for products to combat our shortcomings. We have to cut through

this false thinking. The mind has to be in perfect control and this can be achieved through mental exercises - they are just as essential as physical exercises. According to the teaching of the Upanishads. "The journey of life can be: safely completed and the supreme world of Vishnu reached only if one keeps a watchful control over the senses.'

Positive thinking is very important. Thought is a powerful form of energy and negative thinking is a fatal disease. If we foresee trouble that is what we get Envision success, harmony, health and abundance - that is what we get Swami Sivananda a great and renowned Indian yogi and founder of the Divine Life Society has said: "Be ever-watchful of the mental states through introspection. When you have a negative bhava immediately think of the opposite bhava. When you are gloomy think strongly of the opposite of gloom - cheerfulness. This is a method of using your will - force by assertions, by command. You may fail several times but through constant practise you will succeed.

To explain further the divine powers and immortality of man a verse from the Upanishads reads: "You are not born nor do you die. You did not come from anything else, nor were made out of something other than yourself. You are unborn, eternal, everlasting and always existed. You are not slain, though the body is slain". Life is growth. It does not age or weaken but deteriorates in faith and will to progress. Nature produces the body cells and we stamp it with our ignorant habits of the mind. If we weaken or age it is because we believe we must.

Finally, we must concentrate all our energies, all our ambitions on what we wish to accomplish. We must practice concentration, study the habits of the mind, control its wanderings, develop powers of endurance, overcome aversions, meditate on the immortal atman. All our desires, all our energy must be transmuted into will-force-ichha sakti.



DESIDERATA

Go placidly amid the noise and haste,
and remember what peace there may be in silence.
As far as possible without surrender be on good terms
with all persons.

Speak your truth quietly and clearly; and listen to others even the
dull and ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit.
If you compare yourself with others, you may become vain and
bitter; for always there will be greater and lesser persons
than yourself.

Enjoy your achievements as well as your plans.
Keep interested in your own career, however humble;
it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs;
for the world is full of trickery.

But let this not blind you to what virtue there is; many persons
strive for high ideals; and everywhere life is full of heroism.

Be yourself. Especially, do not feign affection.

Neither be cynical about love; for in the face of all aridity and
disenchantment it is perennial as the grass.

Take kindly the counsel of the years,
gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune.
But do not distress yourself with imaginings; many fears are born
to fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself.

You are a child of the universe; no less than the tree
and stars; you have a right to be here, and whether or not it is
clear to you, no doubt the universe is unfolding as it should.

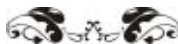
Therefore be at peace with God, whatever you conceive
Him to be and whatever your labours and aspirations,
in the noisy confusion of life keep at peace with your soul.

With all its sham, drudgery and broken dreams,
it is still a beautiful world.

Be careful.

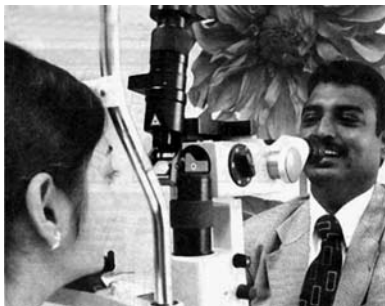
Strive to be happy.

– Written by Max Ehrmann



IN TEN THOUSAND EYES

*Interview by Swati AH, appeared in
The Indian Express, December 26th 2005.*



Recently awarded the Gusi Peace prize for his work in medicine, this doctor juggles retinal surgery, partying and training for the Mumbai Marathon.

He is quite a sportsman, loves nightclubbing and Hindi and Tamil film music and insists on having fun wherever he goes.

Sounds like your average teen, but Dr. S Natarajan happens to be one of the best ophthalmologists in the city, with more than 10,000 retinal surgeries to his credit. The glass case in his office is filled with almost 50 awards, medical and non-medical. Hindi films are his other passion, "But only comedies," he clarifies, Once captain of the athletics and football teams in college, he's busy preparing for next month's Mumbai Marathon.

Natarajan (48) is a third-generation ophthalmologist his grandfather practised in Madurai, while his father, Dr. N S Sundaram, now 80 was director of the Eye Regional Institute of Ophthalmology in Chennai. And both his children want to become eye doctors. The family possibly had something to do with it, but Natarajan wanted to be an eye doctor since Std I.

"Even during medicine, I was free to take the subject of my choice but I chose to do the Eye. All I knew was I wanted to be the best," he says. Born in Madurai, he trained in Chennai to become a vitreo-retinal surgeon, the youngest at the time, when nobody did exclusive vitreo-retinal surgery. Soon enough, he got a call from Bombay Hospital to join them.

"I didn't take the offer seriously then because I only knew Tamil and English," he said. But they persisted and he accepted on condition that he is made head of their vitreo-retinal surgery department. They agreed and in-a-year-and-a half, he performed 750 retinal surgeries.

In 1990, however he decided to set up his own hospital the Aditya Jyot Eye Hospital. He swears by positive thinking, and the hospital is always filled with the strains of bhajans playing in the background.

And he can't understand patients coming to him with negative thoughts. "They're always worried about what'll happen and I simply don't understand that attitude, especially when I'm doing my best to help them," he says.

"I would get extremely angry earlier and fight and argue with them," he says. He's calmer now as soon as a patient walks in, he's given a leaflet containing excerpts from various religious texts and quotes of philosophers urging people to have faith, stop worrying, pray, believe in action and leave the fruit of action to God.

"I believe if you believe in yourself, you are correct; once doubt creeps in, you're a fraud," he says. He was awarded the Gusi Peace Prize a month ago for his work in medicine. "The award was for different kinds of charitable work we do," he says. This charitable work includes free eye check-ups at clinics in Dharavi, Mahalaxmi and Matunga.

"The clinic in Dharavi not only has free check-ups but also performs free cataract surgery and focuses on total eye care, whereas here at Aditya Jyot, we have a full charitable hospital with a consultation fee of Rs. 50," he says.

The last one to leave the hospital, he's on his way to a discotheque right now. "There's always time for what you want to do," he signs off. Interview by Swati Ali, appeared in The Indian Express December 26th 2005.

To enjoy today without tension, come under the banner of Karma Law and be fatalistic.

To be hopeful is to be responsible.

To be responsible is to respond to life's challenges with good means:

To respond so is to correspond with Dharma.

Thus, the essence of Karma law is:

"Everything in life is Karma-oriented to make us Dharma-oriented."

S M Sivaraman,

Basic Law of Cause and Effect.



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Dr. S. Natarajan



That man is ready for oneness with Brahman
And he who dwells united with Brahman
Calm in mind, not grieving, not craving
Regarding all men with equal acceptance
He loves me most dearly.

– **The Bhagavad Gita (Chapter XVII)**



“Fight with yourself, why fight with external foes? He who conquers himself through himself, will obtain happiness.”

– **Bhagwan Mahavir**



“It was the strong faith in the Lord that helped the blind man to see.

It was the faith in Jesus that helped the Lame man to walk.
A prayer said in faith will heal and restore health.

– **The Bible**



Love God and remember Him by any Name-Allah,
Ram Gobind, Christ, Guru...

– **The Holy Sikh Scripture, Guru Granth Sahib**

ZOROASTRIAN religion proclaims the importance of good thoughts, good words and good deeds. Think and reflect with a clear, rational mind in order to dispel ignorance and blind faith.

– Lord Zarthustra



In the market, in the cloister only God I saw.
In the valley and on the mountain only God I saw.

– Baba Kuhi of Shiraz (ISLAM)



“Those who dispute concerning the signs of God without any authority come to them, in their hearts is only pride that they shall never attain.”

– The Quran



There is no peace without the grace of God.
And there is no grace of God Without prayer.

– Mahatma Gandhi



The faithful are those who remember God,
standing and sitting, and on their sides.

– The Quran



Faith in God and in One’s ownself is virtue;
Doubt is sin.
Knowledge of oneness is virtue. Seeing diversity is sin.

– Swami Vivekananda



Surrender your desire even unto the Lord;
The more the desires, the more the sorrows
The more you give up The more your bliss shall be.

– Thirumular in Tirumantiram



“What I admire in Indian philosophy is that they never try to deceive us as to their principles and the consequence of their thoughts”.

– Max Muller

SACRED SPACE – THE SECRET

Whatever is going on in your mind is what you are attracting. We are like magnets – like attract like. You become and attract what you think.



Every thought has a frequency. Thoughts send out a magnetic energy. People think about what they don't want and attract more of the same. Your thoughts cause your feelings. Thoughts that bring about good feelings mean you are on the right track. Thoughts that bring about bad feelings means you are not on the right track.



An affirmative thought is 100 times more powerful than a negative one. Decide what you want... believe you can have it, believe you deserve it, believe it's possible for you.



Close your eyes and visualise having what you already want – and the feeling of having it already.



Focus on being grateful for what you have already... enjoy it!! Then release into the universe. The universe will manifest it.



We are mass energy. Everything is energy. Everything. Don't define yourself by your body... it's the infinite being that's connected to everything in the universe.

– Rhonda Byrne
Published TIO "Speaking Tree"



ask yourself "What I can do to bring eyesight to a child without one?"

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THE SACRED ACT WITHIN US

— Swami Sukhabodhananda

To learn from a good advice requires more wisdom than to give it. One can give advice but one should have the ability to ingest an advice.

There is a world outside us and there is a world inside us. One has to see the magic of the world outside and the magic of the world inside.

To see the world outside you need eyes, this is the greatest gift of God. But these eyes have to be purified through spirituality. One should purify one's eyes with love, with innocence... with a sense of wonderment.

When people come and say they are unhappy, I usually ask them, 'can you see the sun, stars, clouds, moon the flora and fauna?' They usually say yes. Are they not the greatest gift the God has given us? Learn to enjoy such gifts of God and see the wonderment of it, the miracle of it. One will never be lonely if one can see the magic of the world outside.

But if your eyes has no innocence, no love then the world will be a lonely place. So purify your eyes with love and innocence.

The sorrow of one who is not blessed with the faculty of seeing through one's eyes are more real. So learn to help and support someone who has been deprived of eyesight or support those whose mission is to protect the eyesight of many.

There is a world inside you. The world of thoughts... the world of feelings... the world of opinions and the world of values. If one can purify them from negative to positive, from profane to sacred... one experiences a different world within.

To respect and enjoy both the inner and outer world you need an inner eye... an eye of intuition and an outer eye... the gift of God.

(www.prasannatrust.org)

Web Link: <http://www.prasannatrust.org/index.php?file=about>



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