



Mind for Mankind

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The power of the mind is beyond understanding. It is so beautiful and yet so complex. It can make beautiful memories and can also pull you down into deep depression. The mind has psychic, mystical, intellectual, creative and analytical powers. It is a treasure trove of wisdom. So, it is imperative to take care of our mind as we do our body. While heart ailments are taken seriously, many ignore the complications arising from mental imbalances. Therefore, mental illnesses are growing among people.

The stigma attached to mental illnesses makes people reluctant to seek help or get treated. But what is the root cause of imbalance in one's mind? There are many factors. Some are genetic. Others come from one's experiences. Like the place and people we live with, family dynamics, childhood trauma, marital discord, disagreements and emotional entanglements, psychotic episodes, personality disorders, OCD, depression, side effects of medicine and over-medication, lack of nutrition/minerals/vitamins in the body, hormonal imbalances, environmental factors, deep-rooted and often ignored diseases. All these build up to form severe mental deformities.

Stress, a major trigger

Stress is also a major trigger of mental health hazards. The greed for more and more money, luxuries, comforts pushes one to work harder, even at the cost of breaking down emotionally and mentally. Mounting pressures at work, the constant need to perform better and strike healthier relations at home and the workplace, the long hours and need to multitask to meet the various demands posed by family members or at workplace... all put too much pressure on the mind. Loss of focus, haziness, lack of concentration, inability

to register and recall events, words and names, are early signs of a degenerative mind. Overthinking, excessive worrying and binge eating send the mind for a toss but people continue to put pressure on the mind without making an effort to pause or give it rest.

Modernization, industrialization and mechanization have been a constant source of sounds, disturbances, pollutants and chemicals that affect not just the body but also the mind. With progress comes a surge in our desires and aspirations that compromise the mind. Breaking it into a billion pieces and scattering these fragments. A fragmented mind is a necklace of precious pearls scattered away. We ought to compose this necklace together for it to be radiant, sparkling, sound and stable. We must realize that the mind and heart are God's two best gifts. They are so precious that they have the power to give us a glimpse of our past lifetimes through our sleep and gauge and predict future possibilities with our intuitive capabilities. The powers of the mind have also been experienced through telepathic communication, past life regression, hypnosis, visualization, meditation, psychic abilities and so on. So how does one bring back the mind to its glorious state?

Yogic practices

Going back to the ancient practice of Yoga for holistic healing of the 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 care. Yogic postures help in aligning the body and making it flexible, uplifting our moods, opening up the chakras, finding peace and tranquility. Yoga has a profound effect on the mind. Through Yoga, the life forces resonate, increasing sympathy, empathy, and compassion in this universe.

The power of stillness in Yogic postures 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 help one transcend the body into different dimensions of being.

Along with Yoga, practice breath work, because if your breath is disturbed, it can disturb your mind as well. Breathing when done the right way helps repair, restore, recourse, and recover the body, mind and soul. Covid made us realize the importance of life and the unpredictability of nature. It's time to inculcate the habit of introspection and retrospection by returning to nature. Spend time under the morning sun, look at trees, look at the vast expanse of the sky, listen to the chirping of birds, appreciate flowers. Mingling with the elements brings you closer to your natural self. It makes you peaceful and happy. And replace fear with faith. You begin to realize that the real nature of nature is to always provide and sustain.

Sanctity of our nature

We are made up of the same elements as the environment. It is our duty to maintain the sanctity of our own nature with pranayama, vegetarian food, dhyana (meditation), and principles of detachment. Distance yourself from desires. Food habits 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 help you to restore mind-body, body-mind.

You must also have control over your senses. The chase for materialism away from theism. So meditation, prayers, reorientation is very important. So is a good night's sleep. You experience deep sleep when you allow your body and mind to disconnect from day-to-day humdrum. Let your deep sleep make you whole, heal you, recover you, rejuvenate you and regenerate you. Make workouts, 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 will help you to overcome the avarices of life - pride, greed, lust, envy, gluttony, wrath and sloth. Use the power of meditation to feed your mind! After all your mind is your medicine!

The monu-mental code

We have been blessed with long lifespans owing to our Vedic habits. But over the last few hundred years we humans have deteriorated into paranoid humanoids and have wreaked havoc on our physical and mental health plus our wellness in the relentless pursuit of money and success. But with awareness and rediscovery of the treasures of ancient knowledge and wisdom, scientists today are acknowledging that our ancestors were truly enlightened beings when it came to holistic health and life sciences.

Here I present my 'Monu-Mental Code' created after three-and-half decades of research and study of diverse ancient civilizations and cultural legacies from Vedas to Zen, from Greek to Oriental and from Tao to Tantra. There have been beautiful common threads of holistic healthcare across these civilizations that span geographies and timelines. This Code consists of ten Monu-Mental Health Commandments that will enrich and empower you to lead your life with this ancient wellness wisdom for the next millennium to come!

The Ten Pillars of Monu-Mental Code:

- Start your day with breath for breakfast.
- Adopt cosmic nutrition to experience the real food of gods.
- Craft wonder workouts for the body, mind and soul.
- Learn Zen rituals to hone mental faculties and unleash your mind-power.
- Use Neurobics to perform par excellence.
- Grow out of paranoid humanoid syndrome.
- Master the art of response over reactions.
- Transform from dis-ease to ease naturally.
- Experience super to sound sleep.
- Comatose to Repose - Moving beyond mindfulness to mindlessness in Shoonyam meditations.

Code 1

Start your day with breath for breakfast.

Every morning rejuvenate your body from overnight staleness to buoyant freshness. The bio-chemical transformation in your body during the night elevates CO₂ levels which need to be reversed; give your body a shot of O₂ by sitting in the garden or near your window to soak in all the fresh oxygen you can. This must be the first fuel for your body. Starting your day with deep breathing exercises is another ideal way to jump-start your brain to function optimally through the day.

Code 2

Adopt cosmic nutrition to experience the real food of gods.

Cosmic nutrition is nutrition for your mind, body and spirit consumed directly from vibrant nature. Soaking up sunshine just after sunrise helps you infuse Prana into your system. This Prana or sunshine when absorbed by your pineal gland is when you stop looking and start seeing. Once your vision opens, confusion gives way to clarity across all dimensions of life. Better clarity boosts focus; focus breeds creativity; creativity bolsters excellence across life.

Code 3

Craft wonder workouts for the body, mind and soul.

When workouts go beyond physical, your whole being comes in sync with cosmic energies. While every physical workout pushes the body to conquer bolder challenges and helps it grow, when one infuses Yogic elements into their workouts it helps transcend the body into different dimensions of being. Wonder workouts designed by me, are inspired by Yogic principles that empower you to train your body and mind both to bring in a sense of determination, patience, resilience, tenacity, strength and character to your personality. Wonder workouts are 'Go-Green' workouts which have a central premise to conserve and preserve; this ideology helps your body to recover over the next 24 hours. Go-Green workouts ask you to plug out of artificial machines and plug into your heart and the earth.

Code 4

Learn Zen rituals to hone mental faculties and unleash your mind-power.

Zen rituals not only hone your mental faculties but also help you unleash the subconscious mind-power by helping it declutter and demolish old mental constructs and limitations. Periodically we need to refresh our faculties by cleaning the slate with meditations. Meditation is about emptying the mind, breathing out emotional baggage and other anxieties. Using Zen rituals once you start bringing your awareness to the here and now, you will discover joy, spontaneity and bliss. This is when your mind starts developing a keen foresight and acumen to perceive extra-sensory perceptions and you evolve into an integrated being. Only an integrated being can unleash the highest potential of mental power to design and live a life as he or she chooses to and not just flow with the tide.

Code 5

Using Neurobics to perform par excellence.

Neurobics not only help your brain stay fit, but also keep your mind alert and functioning sharp at every age. Using sensory and physical stimulus everyday helps you boost the convolutions and firing of neurons at an optimal speed. Exercises using balls, cross trainings, Pilates and Yoga are brilliant examples of physical stimulus that boost mental acumen. Research has shown that working out in open spaces coupled with short naps during the day not only helps in accelerating the learning process but also to be productive throughout the day. For centuries Indians have performed Surya-Namaskars and enjoyed its trinity benefits for mind-body-spirit evolution. Some off-beat activities like cursive writing, playing scrabble, quizzes and dumb-charades are also effective Neurobics trainers.

Code 6

Grow out of paranoid humanoid syndrome.

One needs to grow out of the paranoid humanoid state into the state of faith, of security and of belief. One must accept the holistic power of governing your life and establish a sync with nature as the first step. The trees, flowers, grass, birds and animals are perfect epitomes of nature's faith in itself; believe that all that is lost shall be restored; all that is broken will be mended; only when you have faith that you will have more, will you grow; but if you don't – you may lose it all. Remember, even beggars who have faith live like kings; and those kings who lack in it, live like beggars. It's only faith that propels the human from being a paranoid humanoid and become humane.

Code 7

Master the art of response over reactions.

We are bio-chemical beings moving around in this body; rooted in instincts but fruited in consciousness. This primal instinct should be used to connect with the earth, the universe, with nature. These basal instincts should be restricted only to that. Beyond this, our consciousness should prevail in our creativity, in our analysis, in our retrospection and our introspection. Living out of consciousness, living out of forgiving, living out of blessings, living out of giving is the secret to mastering responses over reactions while living this life. A person who knows how to share is the only person who knows how to grow. As the Zen consciousness says, "Until you empty the cup, you will never be able to refill it." Keep emptying yourself to keep refilling yourself. Share it all to have it all. Give it all to take it all. Part with all to get the whole. In response one is very relaxed, in response one is in faith, in response one is in flow, and in response one is most creative. We have seen the most creative artists creating their best pieces of music, lyrics, poetry, sculpture, painting in the state of response. So if you wish to be a co-creator of your destiny, be in response. Use your mind to design it and use your heart to believe it. This is the way energy works. Wherever attention goes, energy flows. You put attention into the field, you energize it; and when you put intention into the feel, you transform it.

Code 8

Transform from dis-ease to ease naturally.

While human beings are born subject to time, matter, space, life, motion, mass, causation and effect, this brings us to the state of disease as these conditions are challenging. We have to counter this by remaining centred and calm, by maintaining tranquility. By living in faith you are not getting subjected to polarities of the push and pull of it. Let polarities not conflict and contradict. Let them only compliment in Yin and Yang. The wholeness only comes when two polarities are domesticated in harmony as no polarity by itself can be creative. The most important element is to bring in ease to polarities in the state of meditation. Sit in Padmasan, Sukhasan or Sidhasan. Tune in by taking energy from the earth and allowing it to heal your dis-ease across mind, body and spirit and revive you naturally.

Code 9

Experience super sound sleep.

Super sound sleep is achieved by the body when you allow your body and mind to disconnect from the day. Meditating just before sleeping is an effective tool to achieve this dis-connect. As meditation and deep sleep are both natural healers, our conscious mind allows these processes to manifest easily without any interruptions. Our body orchestrates with its innate intelligence and every single cell of the body begins to cooperate in this healing process by eliminating toxins and repairing the body to perform at optimal levels. Only when your body has had the opportunity to be in this restful state at night, achieved as a result of meditation facilitated sleep, you then wake up in the morning rejuvenated and refreshed to push your body limits for another day.

Code 10

Comatose to Repose.

Mindful meditation is a paradox. The journey from Mindfulness to Mindlessness is the goal of any meditation. It is achieved by being mindful of the fact that unless the mind is empty and full of awareness you will not be alert, you will not be responsive, and you will only be reactive. So your mind should be empty only to be full of awareness and in that awareness – you create a world of your own. A world of pure joy and bliss. Of being centred in the neutral which is the Shoonyam quotient. Neuroscience shows listening to music has the same effect as meditation. When you combine the power of chants and meditation it is easier to experience Shoonyamness – the Nirvana of being. The Shoonyam meditation helps you neutralize your thoughts, your emotions, your anxiety, your fears, your phobias, your insecurity, your resentments and your grudges. Once you are free of these, once you empty your slate and breathe easy, once you are back in rhythm– you are at your creative best, your visionary best, your productive best. You are at your own best. Your genes express themselves to their full potential. Remember: The genes set you are born with will never be triggered till you trigger them. The power of being in Shoonyam is unparalleled for your body, mind and spirit. This is the code of living a truly monumental life, throbbing with physical and mental dexterity, for human beings who must evolve beyond smart efficient machines to being invincible wise beings once again.

Wellness commandments

- Live in Mental ease for a Disease-free World
- Inspire a Wellness Revolution for a Holistic Human Evolution.
- Let Wellness be your Religion No. 1.
- Medicine Cures Nature Heals.
- Sleep every Night with a Wish to Heal Yourself; Wake up every Morning with a Promise to Heal the World.
- If you want Strong Biceps, Uplift the Poor.
- If you want Strong Shoulders, take responsibility for the Underprivileged.
- If you want Strong Legs, be Rooted in Humility.
- If you want Strong Eyes, have a collective Vision of Peace, Prosperity and Plenty for this Universe.
- Get Naturalized, Energized, Optimized, Maximized... Get Mickeymized!