

The Power of Thoughts in Healing

- Dr. Sara Chimthanawala

This morning, I spoke about the science of thoughts and how profoundly they impact our lives, particularly in the context of stress—a topic we've heard a lot about today. We've had discussions on hardware and software from Mayur, and Dr. Ganesh Rao talked about conscious awareness. But how do these concepts truly manifest in our lives?

Achieving a thoughtless state doesn't happen overnight. It took me a significant amount of time to reach that point, but it's possible. Conscious awareness is crucial, but even more important is the decision to be consciously aware.

When we talk about thoughts, we are not just referring to abstract ideas; they are deeply connected to quantum energy, medicine, and the science and physics rooted in the Vedas and Upanishads. Our thoughts create vibrations, which are not just metaphorical but are understood in scientific terms. Neurologists talk about brain waves—alpha, beta, delta, theta, gamma—each representing different frequencies of brain activity.

For example, we need to be in the beta state to stay awake and alert, but excess beta can release cortisol, which in turn lowers your immunity. The alpha state is where melatonin is released, helping you relax and eventually drift into the delta-theta state, where your body undergoes repair during sleep.

Beyond these medical processes, the vibrations created by our thoughts, especially those felt by the heart, have been extensively researched. The heart-mind connection shows that every thought we have can trigger significant biochemical changes in our body. These changes not only affect our physical health but also create an energy field, often referred to as the aura.

This brings us to the concept of quantum entanglement, where everything is connected through energy. Today, all of us here have shared and exchanged energy with one another—a process that stays with us long after we leave. This energy exchange is why it's said that we are all interconnected, and our individual energies influence one another. The vibrations we emit, especially through our thoughts, determine the energy we attract.

Negative thoughts create negative energy, and this negativity builds an energy "tower" around us, attracting more of the same. Repeated negative thoughts and words become ingrained in our subconscious, forming a belief system. For instance, if a doctor tells you, "Once a diabetic, always a diabetic," and you accept that without question, it becomes your reality.

Emotions, particularly those tied to negative thoughts, can get trapped in our chakras, leading to physical ailments like cancer, tumors, and heart disease. If you harbor feelings of hurt or the inability to forgive, those emotions can become blockages in your chakras, eventually manifesting as physical illness.

To overcome this, it's essential to change your thoughts to positive ones and to release these emotional blockages. This can be achieved through practices like forgiveness, gratitude, and love. Repeating positive affirmations is a powerful tool. It takes about 21 days to form a new habit and about the same amount of time to establish a new belief system. For example, instead of saying, "I don't want to be sick," say, "I am healthy." Avoid using negative words, and focus on positive, affirming statements.

During my time as a homeopath, I would often help patients transform their negative language into positive affirmations. Inspired by Louise Hay's book on healing cancer through forgiveness, gratitude, positive thinking, and nutrition, I saw firsthand how changing one's thoughts could lead to remarkable healing. However, I'm not suggesting that you abandon your medications. Medicine is necessary, but so are the right thoughts, diet, and exercises. When you release blocked emotions, your chakras clear, allowing energy to flow freely to your organs, restoring balance and health.

Repetition is key. Mantras are powerful because of their vibrations, and affirmations work in the same way. Saying, "I am healthy" or "I enjoy good health" repeatedly—21 times in the morning and evening—helps embed these thoughts into your subconscious. Visualization is another powerful tool; by visualizing yourself as healthy, you can start to make it a reality.

I understand that when you're dealing with something as serious as cancer, it's challenging to stay positive. The initial shock, denial, pain, and the involvement of your loved ones make it difficult. But starting with a positive mindset, even in small ways, can make a big difference. As Gautam Buddha said, "You are what you think." The book Think and Grow Rich emphasizes the power of thought, not just hard work, in achieving success.

In closing, I urge you to consciously choose to change your thoughts. Focus on them, visualize them, and repeat them daily, alongside maintaining a proper diet and practicing breathing exercises. When undergoing treatments like chemotherapy, affirmations can help reduce the perceived pain. For example, when I had to take the COVID vaccine, which I was initially hesitant about as a homeopath, I consciously affirmed, "Thank you for the protection and good health you are giving me." Repeating "thank you" is powerful—use it often.

Changing your thoughts can indeed change your life.

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