

AN INWARD JOURNEY OF SELF-HEALING

10 Soulful Steps to Regaining Your Youth

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Disclaimer: The author of this book is not responsible in any manner whatsoever for any ‘injury or positive shift’ - be it physical, mental or spiritual that may occur through following the instructions contained herein. It is recommended that before beginning the techniques, you consult with your physician to determine whether you are medically, physically and mentally fit to undertake this course of practice. The lessons and exercises herein are based upon thirty-five years of martial arts training, personal spiritual learnings and experiences. This story is a work of true-fiction based upon the author’s journey in India and some names have been changed for privacy reasons. Any relation to names or characters is pure coincidence.

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Naiken, Henry. Author - Second Edition

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DEDICATION

To all who seek more than blind faith, may your journey lead you to something most worthwhile .

I also dedicate this book to members of my Meet-Up group and my new P&P family. They are a group of people with a *heart* and *mind* that know *true universal love* – an attribute that in today’s egoistic world many humans often don’t suspect, accept or let alone believe in.

Next, I would love to have a dedication ‘shout out’ to Beryl my spouse whom through ‘thick and thin’ has supported my ideas and believed in my mission – guiding ‘lost souls’ to find their true life’s purpose.

I would also like to thank John Harricharan for his Foreword. His contribution has given my book the added value it deserves, thus helping it reach the people who need it most.

Last but not least, I would like to give a special thank you to Linda Summer who took time out of her busy schedule to edit this book.

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Foreword

Every once in a while, I come upon someone whose book is just about ready to write him or her. Such was the case with Dr. Henry B. Naiken, author of, “An Inward Journey of Self-Healing”. Whenever one finds such a person, there is delight and the joy and anticipation of exploration at what he is about to write.

I met Henry a few years ago through the more prosaic medium of the Internet and emails and I was delighted when he told me that he was about to write his first international book. Naturally, I was curious and anxiously awaited the result of his creation. Then finally, I received a review copy and was totally amazed.

As I followed the author’s story, I became more intrigued at the characters that appeared in his manuscript. Here was learning beyond the ordinary and here, also, was wisdom intertwined among the pages in such a practical way that one

couldn't put down the book until the last page was turned.

Henry has written a wonderful story that tells about life and living, about good times and bad times, but he went even further. He gives the reader a tool for change. In other words, he says, "Here is a bit of information I found on the highways and byways of life. I will share it with you in the hope that you, too, could make your life a glorious adventure."

I will not go into the details of the story, which, in one way or another, is the story of all of us. I will not deprive you of the pleasure of finding out for yourself the various paths that lead through the Valley of the Shadow up to the Mountaintop of Light. I will let you follow the path and discover for yourself that life is lived from the inside out, and that all that seems to be happening around us is a result of all that is happening in us.

This is a story that will show you the infinite grandeur of the human spirit. It will empower you to keep on keeping on until you climb over the self-limitations and view a whole

new world of peace, joy, prosperity and all good things. You will want to mark or underline sentences and phrases as you read, and you will want to come back to them time and time again.

I fervently hope that this is only the beginning of what Henry will share with us. I look forward to future volumes of his work with the same excitement.

Thank you, Henry, thank you for sharing a good part of yourself with us. Perhaps, as we follow you on your journey, we, too, would discover that life is not just for existing, but is to be lived brilliantly, every day, every month, every year, and in so doing, for an entire lifetime.

---John Harricharan, award-winning author of “When You Can Walk on Water, Take the Boat” and other books. - www.insight2000.com

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Introduction

The book ‘An Inward Journey of Self-Healing’ – is an inspirational solution that has come at the right time in the right place. The reasons I say this is because many countries around the world are experiencing a depredation in their social, economic and spiritual evolution. This results in low moral values, negative attitudes and most of all unhealthy life-styles that leave many citizens physically and mentally sick.

It is of no wonder that one turns the pages of the daily papers in town every morning to see that many people have passed away during the night either at home - from heart or liver failure from substance abuse or at the hospital - through the ‘classic’ illness – CANCER!

Rewind to six years ago. I sat in front of an Indian Guru inside a cave in the Himalayan Mountains. He explained to me the importance

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of healthy living, r-e-l-a-x-a-t-i-o-n and other related metaphysical matters, all with the aim of introducing the significance of reconnecting back to our real life source – MOTHER NATURE!

The Guru has been working with energy healing for forty plus years and does not believe that any special, inborn healing power is needed to perform paranormal cures. “I am not a clairvoyant nor am I born with any healing ability. I have come to learn how to heal effectively. All that one needs is the willingness to heal.”

In fact, his policy is to have every person who comes to him for healing to learn how to cure him or herself. His purpose is to make “what’s considered paranormal healing today quite common and normal a few decades from now.” And the cases he cites fascinate me because they sound so commonplace.

Yet, since the early seventies I was introduced to the two “phantoms”— an inner and an outer aura that follow the contours of the physical body and compose the luminous energy

field in which we live and move and have our being.

The person to do that was Dr. Tuesday Lobsang Rampa in his book titled 'You Forever.' "When we sicken, it's because of an energy "leak" in either the inner or the outer aura" he explained.

For example, in Seychelles (where I originally come from) one has the benefits of the natural beauty where they can go and sit on a deserted beach of their choosing and visualize being bathed and energized by the rays of the sun. Then they can walk towards the ocean and let this omnipotent sources of salt water cleanse their pain away.

The visualization does not have to be clear, just enough to divert their attention from their ailments and discomforts. Their condition will improve; their pain will be alleviated.

I have organized this information into a book that's lucid, readable and workable. Even people who tend to shy away from things mystical and unearthly may gain a number of pointers from this practical manual on energy healing.

Hundred years ago we did not have many of the diseases circulating the shores of our island and everyday more diseases are being created, despite the fact that we are hearing about how civilization has modernized itself towards more productivity, creativity and technological advancement.

Very few people have really cultivated the life-style known as ‘natural living.’ The reason for this is because life today has become extremely false. Man has moved further away from his natural resources and depends solely on synthetic means.

Living artificially gradually decreases natural resistances, and thus increasing the obsession for more material gain, which makes the modern man suffer beyond their limits. This ends up with modern man being kept busy in trying to get rid of their self-created suffering. Isn't there anything more fulfilling for humans to obtain than freedom from these ailments?

There isn't any remedy in almost all systems of medicine for such self-created conditions except to be aware of the fact that it is

the individual who creates these miseries for himself and that only he can learn how to prevent them.

With the beauty of nature outside and the center of consciousness within, humans should be living in health and harmony – but having built boundaries both externally and internally, we have lost direct contact with these forces.

We all have the inner potential and skill to be disease free, but because of our own *organized* destruction due to our social and economic pressures, we have forgotten that all things happen deep within us first before they appear on the physical and mental levels.

Understanding our inner skills and resources will allow us to use them positively, thus ensuring perfect health.

Paying attention to the human being, we become aware that all emotions, actions and feelings are governed from within by the conscious and unconscious mind. Finally one realizes that the mental aspect of health is more important than the physical and that the spiritual

aspect of health is of greater importance than either of these.

The ancients were aware of the fact that human beings suffer on various levels: physical, mental and spiritual. Much research had been done about them and if the so called modern man would learn, modify and apply their teachings, they would not be as unhealthy and insecure as they are today.

The ancients emphasized the necessity of holistic health – which means to understand the entire human being. The study of such is scarce and can be found in remote places and among sacred minds. So, very few people can describe the practical steps for achieving spiritual, mental and physical health.

My passion for holistic health has abounded during these two decades and now I want to pass on this knowledge to you.

I want to discuss holistic health which includes biological, physiological, psychological and philosophical concepts as seen from the view point of the eastern yogis. I will describe health practices which have been taught by

masters of the eastern culture, and give you a few simple and subtle points which will help you attain a good and healthy life. In doing this I will examine health on the physical, mental and spiritual levels.

The teachings of ancient masters with regard to health is quite simple, logical and practical. It emphasizes the importance of practices such as *eating* and *living* as they should be done. By simply studying and adjusting your own capacity towards your dietary habits, external activities, and thinking processes, it is possible for you to gain control over your life and remain healthy.

This does not mean that you need to do anything unnatural or impossible or change your religious beliefs – there needs to be changes to certain life-style habits, but given the information in this book, you will be the one to decide what is best for you. Then the implementation of what to change or not to change will lie solely with you.

This holistic approach to health described in this book is not just physical, but mental and

spiritual, for holistic health is the science of self-effort, self-examination and self-awareness. It is a scientific discipline perfected through time antiquity. These holistic approaches work; they have been proven and validated by many. Following these simple rules sincerely and honestly will make you a success in the health department of your life.

As you practice you will find yourself becoming healthier, stronger and also discover how much you can accomplish through your own daily efforts.

The holistic methods I am talking about explain the science of living and discusses the techniques for extending the life span by means of a system called *Ayurvedic* medicine. *Ayur* means age and *Veda* means science of – controlling the aging process.

What happens to people after they reach the age of seventy? In our society today people who are over seventy or eighty years old are put into a nursing home. The theory is that they cannot communicate well, and since they can no

longer care for themselves, they are considered useless and a burden to society.

Modern man loses his intelligence before he gets old – but old people should actually be wiser and the most capable of teaching, since they have more experiences to share. In ancient times people did not lose intelligence as they grew older – on the contrary, the more they aged the wiser they became. This is the difference. We grow old and lose our intelligence; they grew with age and were called wise.

The ancients knew much about life, we have simply lost this knowledge. Yet despite this awareness, the ancients did not discard the importance of prevention. Diet and proper elimination was the order of the day. *Correct breathing* and *self-control* were taught and the influence climate had on our well-being was also carefully considered.

Their healing therapies or remedies were tailored to fit the requirements and constitution of the individual – and most important of all ancient medicine emphasized prevention rather

than “druggation.” Modern science is only now beginning to verify their findings.

Unfortunately, most modern researchers still believe in replacement, not prevention. They would better spend an entire government health budget sending patients abroad for the cure for cancer, or a way to successfully replace a diseased heart with that of a monkey, than understand the laws of health and wellness. They do not realize that prevention medicine is the best, easiest and the most rewarding approach to perfect health.

Getting sick, then getting rid of sickness is not only a painful experience but so, too, a waste of time and energy. One should learn to look after the body so that it does not become a source of constant pain and misery. I always joke to my friends at work that – a gym for example was invented to keep one fit and healthy, not to lose weight to fit into a coffin. Thus, one should cultivate and practice those skills which ensure health, rather than fall victim to principles which perpetuate diseases.

There are two ways of doing this – one is external and the other is internal. Most people look after their health by depending on the external sources, but physical health means much more than merely developing huge muscles or eating the proper diet, or even swallowing super-fortified vitamins-and-mineral supplements every morning.

If we learn to develop only our muscles and do not realize our mental capacities, the lack of mental will-power and inner strength will cause us to suffer.. Pain, fear and suffering will continue to exist, so it is important to be aware of the internal environment and not to be solely dependent on the external one. Inner contentment and mental satisfaction are the real keys to health.

The time has come for man to realize that he is not a body alone; he is also a breathing being and a thinking being – a unique individual made up of complex emotions, appetites and desires . That which is material, is not all there is.

The body is merely a covering outside the mind, and the mind is a covering outside the center of consciousness within. It is very important to be aware that the body is a tool and not the entire self. It is the instrument used in day-to-day life, and through it one learns many things. So it is still very important and must be properly taken care of.

With the body's help we can do many things, even fly to the moon – however, often when the body is sick we begin to pay so much attention to it that we cannot communicate to others as we should. For when our body experiences pain, all we do is focus on the pain. We cannot share the pain with anyone else, not even those with whom we share our joy.

No matter how much others love us, they cannot share our pain; they can only console us by diverting our mind. Life means relationships, and without communication, relationships and life will both crumble. Without a healthy mind it is not possible for a good body to become a good tool for communication.

Even modern athletes are becoming aware that without a sound mind it is difficult to have good results in competitions. Interaction with others needs a healthy body and sound mind.

The problem is that we have lived with the body for so long, and have been told so often that our body is who we are, that we constantly identify with it. This belief is so strong that no matter how much we read or study, no matter how much someone teaches us differently, our entire consciousness comes back to the body alone.

Actually the body is nothing more than an airport where the plane called the *inner being* lands. Stop reading for a moment while you try to get out of your chair. Watch carefully. You will soon realize that it is not your body which does the standing, but it is something else within that orders the mass of flesh and bones to stand. The body is merely an instrument which obeys orders.

When we examine ourselves carefully we find that there is a center within that has the power to make us stand firmly, to sit quietly, to

move or to wait. This center has the potential to be our greatest ally or our worst enemy. It is the source of health or dis-ease.

Attitude is the most important factor in realizing health. Many people actually want to be unhealthy, sad, and miserable. They develop that tendency more and more until they create that personality for themselves. Later on they become helpless and do not want to accept the fact that they themselves are responsible for their ill health.

It is important for people to become aware of the fact that staying healthy is not merely a matter of good diet, of taking vitamins, and of doing proper physical exercises. More crucial than any of these factors is keeping a healthy state of mind.

Good mental health cannot be disturbed, no matter what happens. Many people today spend most of their time eating, sleeping, talking about others or brood on past experiences and imagine what the future may hold for them. Then, they say they do not have time to live a stress-free life.

By doing so, they never learn how to live in the here and now. They cannot understand it; they cannot realize it; and no one can teach them how to be here and now. The moment they think of now it is no longer there: one cannot think of now and live in the now at the same time.

But once we understand what ‘*now*’ means, we come out of the past and future and learn to live in the present. Those who learn to live in the moment and have a purpose, do not know what sadness is, nor do they sway with the mood or phases of life.

The holistic approach in this book will teach you methods to improve your own physical and emotional state. Holistic therapy should be individualized, equipping you with a comprehensive program to allow you to grow and expand your awareness, and provide you with the strength needed to prevent you from slipping back into the grooves of your old habits.

As you perfect the method of self-examination, self-analysis, self-control, and self-awareness, you become more independent and better able to handle the day-to-day problems of

life. Most importantly you learn how to transform your inner personality, and this will lead to a state of freedom from all pain and misery.

There are many abilities at your disposal which can be consciously cultivated to achieve freedom from all pain, misery, disease and disorder. These are described in this text. But the idea of holistic health should not be buried in books: it should be brought into practical use in order to build a health society. This is possible and can be achieved by applying these truths in a systematic way. The process begins by gaining control over the laws governing our bodies. This is the first level of this knowledge.