EDITORIAL

The onset of September every year reminds us of end of harsh hot summer and much wanted but also devastating rains. This also brings thoughts of pleasant winter ahead, full of festivities and good times.

We have just gone through the worst cloud burst in Leh followed by heavy floods in Northern India as if nature is taking its revenge for the exploitation of its gifts and creating global warming and excessive 'Green House Gases' etc. in the atmosphere. The rains and floods in Delhi have been devastating in August this year as if God wanted to teach lesson to the people responsible for arranging the 'Common Wealth Games' to plan and finish the job assigned well in time and not wait for last moment hush hush work in order to make money through unscrupulous means. It will be a pity if the fastest growing nation in the world, India, cannot even arrange these games in perfect order in spite having access to all finances in time.

Well, the world has to go along despite warnings being issued by USA of terrorist attacks in India, during festive seasons. There are threats from Talibans, from Maoists and some or the other terrorist group in all the states and gives a feeling that the old peaceful days will never return.

LSF continues to do its little might by contributing the healing touch for physical. mental and spiritual up-liftment of society. This issue of 'The Divine Vision' covers all kinds of valuable knowledge and most exciting trip of 'Bhai Sahib' with the devotees to "Kud in Jammu (J&K)" which is little heaven on earth. These kinds of visits to Godly abodes are a

must for otherwise very busy life in cities and are only means to be near nature and de-stress the tensions of life.

Through this media of 'The Divine Vision' we request the devotees, the members of LSF and all others, to donate cash and kind in the form of medicines, blankets, clothes etc liberally so that down trodden and suffering families can be taken care of.

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THE DIVINE VISION

Volume XXIII **Sept, 2010**

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SPIRITUAL HEALING

By: Sri Dr. O. P. Kohli

"Most men consider the course of events as natural and inevitable. They little know what radical changes are possible through prayer!"

Sri Sri Parmahansa Yogananda

Spiritual healing is a collective term for various types of alternative practices related to restoring wholeness of body, mind and spirit by calling on energies or forces beyond the human condition. While the specific process varies from one tradition to another, all forms of spiritual healing have to do with connecting with supernatural resources that are capable of bringing about healing, assuming that a restoration to wholeness is within the Divine or Universal will. *In other words every problem is pregnant with a solution.* It is not unusual for this kind of alternative healing to make use of common elements such as oil or water, coupled with chanting or prayer as part of the process.

While some people tend to think of spiritual healing as a phenomenon connected with traditions such as New Age, Reiki or ethnic-based faiths, spiritual healing is found in many different faith traditions. Various Christian denominations utilize a combination of anointing with oil or water with the use of vocal prayer in order to ask God for healing. Many alternative faiths believe in the ability to connect with natural energy in the universe and channel that energy to treat a number of physical, emotional and spiritual ailments. Our Guru Sri Parmahansa Yoganandi and our

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paramgurus have demonstrated in "Autobiography of a Yogi" various methods to treat and heal number spiritual, emotional and spiritual ailments of the devotees.

The use of touch in spiritual healing is very common in many traditions. A person designated as a channel or spokesperson will physically touch the individual seeking relief from some sort of ailment. Depending on the circumstances and the traditions associated with the particular faith, the channel may place his or her hands on the shoulders or head of the seeker. The channel may hold hands with the seeker if appropriate.

However, psychic spiritual healing does not necessarily involve physical contact. Some traditions call for the channel to hover the hands over the body, often in the general area of the ailment. For example, the channel may hover the hands over the head and the heart, seeking to use spiritual energy to clear any blockages between the mind and the heart that are thought to cause anxiety, depression or other mental issues that impact the emotions. Such examples are seen throughout the Hindu Scriptures where several spiritual leaders, ancient rishis, Swamijis are known to Bless a seeker of Divine Blessings by hovering the hands over the head to bestow Blessings.

Some practitioners of spiritual energy healing also believe that healers and seekers do not have to be in close proximity for healing to take place. In this expression, the prayers and petitions of the healer or group of healers helps to direct healing energy to the seeker, helping to facilitate recovery from whatever type of discomfort he or she is experiencing.

Distant healing is an alternative health practice that involves the

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directing of healing energy toward an individual, even though the person who is directing the energy is not in close proximity. The idea behind this type of distant energy healing is that as long as the healer can focus individual who needs healing, the flow of energy from the universe can surround the patient, and bring about relief from a wide range of physical, spiritual, and mental woes.

As part of healing devotees in body, mind and soul our Guru Sri Sri Parmahansa Yogananda started ***"World Wide Prayer Circle".*** Monks and nuns of the **Self-Realization Fellowship Prayer Council** and Yogoda Satsanga Society of India pray daily for all those who request prayers for physical, emotional, and spiritual healing and for world peace. They are joined by SRF / YSS members and friends around the globe who are part of our Worldwide Prayer Circle. Devotees desiring of such healings can visit **https://www.yogananda-srf.org** for spiritual interventions.

"Science today knows that all matter is nothing but various vibrations of energy. Spiritual science, as verified by Indian yogi's and rishis since ancient times, goes further and tells us that all forms of energy are varying vibrations of thought or consciousness!" - Sri Sri Daya Mata, Sangh Mata and President of Self Realization Fellowship / Yogoda Satsanga Society of India. Sri Paramahansa Yogananda ji used to say: "Thought is an intelligent vibration and out of intelligent vibration and thought of God every thing in the universe has come to being".

It should be noted that in many traditions, faith or spiritual healing is viewed as a complimentary healing activity that may be combined with traditional

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medicine, herbal therapies or other forms of natural healing. The idea of approaching the physical or emotional malady from two different angles is often seen as providing additional ways or channels for God or universal energy to intervene and bring about healing. Our paramguru Sri Swami Yukteshwarji and our param param Guru Sri Lahri Mahasyayaji have advocated to readers in "Autobiography of a Yogi" the importance of using services of a Doctor for medical healings in association with Divine interventions through one's Guru.

As an avenue to accelerate spiritual healing and divine interventions through Divine Blessings of God and Guru devotees are encouraged to attend "Spiritual Retreats". Life Sciences Foundation holds such retreats of single day duration at least 2 – 3 times a year in Delhi in our Ashram and Meditation Centre. Life Sciences Foundations also holds spiritual retreats to holy and spiritual places of pilgrimage, especially to the holy shrine of Amaranth and that of Sri Shirdi Sai Baba at least once a year.

How can such Spiritual Retreats help you?

A spiritual retreat is a calming break from one's regular environment. It's designed to give a person a chance to slow down and get in touch spiritually with him or herself to create inner peace. Group retreats usually offer group activities as well as opportunities for solitude. There are many different types of spiritual retreats. It's important to note that although there are retreats that are focused on religious faith, a spiritual retreat does not necessarily have to have anything to do with religion, but rather one's inner spirit for attunement with the Divine, the Supreme Being. This is accomplished by the presence of a Guru in whom you have faith.

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LAW OF ATTRACTION

By: Sri Dr. O. P. Kohli

"When you focus your thoughts on what you want to achieve or create, that energy attracts those results to you".

The **Law of Attraction** says, "That which is like unto itself is drawn." Vibrations are always matched. So, as you experience the contrast which inspires the new desire, this new desire, whether it is a strong one or a soft one, is summoning unto itself proportionately. And as it summons, it is always answered. It is the basis of our Universal Law: When it is asked, it is always given. Humans think they are asking with their words, or even with their action, and sometimes you are, but the Universe is not responding to your words or your action. The Universe is responding to your vibrational calling.

The Law of Attraction states that what you focus on you attract into your life. Are you attracting what you want or what you don't want? If you want to attract your ideal life, try these *steps to releasing your inner power* for each goal you have.

Decide what you want. Get clear about your goal, know what you want to achieve, and by when. Write out your statement of desire and repeat it out load every morning and evening. Example: I want to earn 50,000 rupees by December 31, 2010 selling my merchandise. Then focus all your thoughts, feelings, and energy on your goal and not on your current circumstances or on any obstacles that arise. Keep your attention fixed on the goal.

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Visualize and feel the outcome. Close your eyes and picture your results; feel how you will feel when you have what you desire. Use your imagination to see, feel, and sense your ideal life. As you see and feel your desire, you are raising your vibration to create an external match for your internal picture. This is how the law of attraction works.

Expect it will happen. Write your goal, affirm it out loud, visualize it, and then let it go. Imagine it is already happening and you don't need to hold onto the desire. This opens the space to receive what you want into your life.

Allow it to occur. You need to believe your ideal life is possible. You need to be open to having what you want; even if you've never had it before, even if you aren't sure it's possible. Suspend rational belief based on the past, and open up to a brighter future. As you open up to allowing the results in your life, you are releasing and doubt, and placing your desires in trust that they will manifest through the law of attraction. Remove any resistance and allow all good to flow to you.

Offer gratitude. When you give thanks and appreciation before the manifestation of your desire, you are in effectuating as if it's already come to you. Actually, it already has come to you, at least in your imagination. All you desire already exists, so when you offer gratitude you are just accepting it to appear in your present time from where it already exists. If these ideas are new to you, just try them on and see how they feel. As you begin to see results, you will gain confidence in knowing you can attract your ideal life.

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Most people, when they think of success, generally envision setting a goal and doing certain activities to achieve that goal. In other words, a series of external actions that will lead them to success. However, success does not always result directly from performing certain actions, and when it doesn't, we may be puzzled as to why we didn't achieve the goal. Did we do something wrong? Should we have taken different action? *The truth is that success is first an inside job before it can be a result on the outside.* For optimum success, therefore, we need to take on the vibration of success. Vibration is energy, and the energy you hold in your thoughts and feelings on the inside attracts to you like results on the outside. You are continually giving off vibrations of energy when you think and feel. If you hold an inner vibration of lack and loss, you'll attract lack and loss in your physical world. Therefore, if you raise up your vibrational energy to one of abundance and success, you'll attract that in your life—in all areas. That is, if you think positively, and hold positive thoughts and expectations about the outcome of your goal, you are not only more likely to achieve that goal, but to attract it to you.

When you notice your mind veering off course, or focusing on the negative, gently tell yourself to come back to the positive focus. If you find obstacles or distractions in your path, focus on finding solutions—get support, call your Guru, just take action! *Some tools you can use to stay positive and in the vibration of success include affirmations, visualization, meditation, reading books, listening to CDs, attending seminars and working and talking or praying to a Guru.* Science has shown everything is energy, including the

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material world. When you focus your thoughts on what you want to achieve or create, that energy attracts those results to you. Your inner thoughts, self-talk, feelings, and overall attitude create an energy that acts as a magnet to bring into your life material results that match the energy of your inner world. So it is crucial that you become aware of your internal energy field. What are you saying to yourself? Is your mind organized or unfocused? Are you clear about your goals or are you doubtful? Do you know why you want what you want or have you taken on other people's desires as your own?

Energy and information exist everywhere in the universe and are strongly influenced by intention. When you set an intention, it triggers a transformation of energy that draws what you desire to you. When you set an intention, you are focused on achieving a goal that which you intend is what you get. Intentions are stronger than affirmations; they are clear desires you feel a certainty about. You are not vague or unclear about what you want or how you want your day to go. It's more than just wishful or positive thinking. It's being on purpose with a drive and passion! The energy of your intention is what allows your request to manifest. Set your intention in the morning on how you want your day to go. Before you arise, state your intentions: I intend to have a day that is peaceful and productive. I intend to make two sales to new clients and complete three projects. I intend to get to bed by 11:00 p.m. feeling contented and successful. Therefore part of setting your intention is to let go after you've stated it, to allow it to come to you. The act of letting go is detaching from the outcome, for as you are certain of your intention, you need

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to release it so the energy can flow back to you in your receptive state. Letting go or
detaching is a subtle action; yet you will know when you have released it because your need is gone and replaced by a calm certainty.

Readers are encouraged to read our Guru Sri Sri Parmahansa Yoganandaji's ***"Scientific Healing Affirmations"*** *to understand the correct method of healing affirmations.*

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Overcomingbody Consciousness

By: Suresh C. Pahwa

The very purpose of life is to overcome body consciousness – so say all the well known spiritual scriptures.

The teaching of ancient scriptures are as applicable today as they were thousands of years ago; actually they are much more pertinent today. The Bhagavad-Gita tells us that Self is always action less. It is the witness and the observer, ever blissful and content. Yet, the human being, of little understanding and filled with ego, thinks that the body is the real agent. We identify with actions of the physical body and senses and therefore are unable to behold the Truth about ourselves and lead a deluded life of utter ignorance. The consciousness of common human- being remains firmly tied to the body by chains of his own karma. Again and again he has to take birth to reap the fruits of his own actions and strive for moments to elevate his consciousness and realize the Truth. Only with the arrival of true spiritual preceptor or teacher will the awakening of right direction take place. The True Guru will only impart the pure knowledge that purifies the human intellect and lead him to the final wisdom.

According to our Guru Ji, Parmahansa Yogananda Ji, " Man was given a mind and a body with five senses through which he perceives this finite world and identifies himself with it. But man is neither the mind nor the body as his true nature is Spirit, the immortal soul. God is the source of our being, the source of all life and we are made in His image. The earlier we raise our consciousness above the body and mind, the earlier we will realize this Truth."

Once you have become established in body-consciousness all your thoughts and actions are centred on the comfort of the physical body and gratification of its senses. You become so involved in the pleasures and pains of the body that you are unable to perceive your real nature – the Blissful Self. It

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is a great pity that most people do not understand this simple reality of life.

Ego, confusion, doubts, jealousy, mistrust etc are all attributes of the physical body. If, you are lucky to find a true teacher to guide you and in-spite teacher's guidance, you are unable to overcome such negative manifestations; it indicates that you are deep down engrossed in body consciousness. You need to understand that the more you become victim to these instincts, the more you are the slave of your own body-consciousness. Man's goal of life is to take his consciousness beyond this law of duality, this veil of *Maya* and find the One who is present in all creation and beyond creation.

The Self cannot be tricked. You cannot pretend that you are growing in spiritual understanding, if your very manifestations are negative. True growth must become noticeable in all your dealings, daily and consistently. You have to unchain yourself from this slavery of senses and limiting instincts. Easy and scientific techniques of meditation and *Kriya Yoga* taught by Yogananda Satsang Society based on teachings of Parmahansa Yogananda lead us to raise our consciousness level and to a desire less state. In the field of spirituality there is no room for manipulation and pretence. The Self is always aware of what is going on, yet it does not get involved. It is present in all and it witnesses all, far beyond any confusion, hatred, prejudice etc which have been holding you hostage for years and years. As explained before, the very reason for your birth on earth again and again is to learn and overcome the great illusion of *Maya*. If this task is not completed, you will have to reincarnate again, repeatedly going through the same procedure until you recognize who and what you really are. It is the same as learning to drive a car. If you keep making mistakes, you will not be able to pass your driving test and not get the license to drive.

Meditation and *kriya Yoga* techniques are short cuts for overcoming your body consciousness and seeing the Truth and Reality of your Self and to set yourself free- forever from cycles of rebirth and misery.

ANGER MANAGEMENT

Dr. Manoj Pabrai

"When reason ends, then anger begins. Therefore, anger is a sign of weakness."
His Holiness the Dalai Lama

Anger is one of the most common and destructive delusions, and it afflicts our mind almost every day. To solve the problem of anger we first need to recognize the anger within our mind, acknowledge how it harms both ourselves and others, and appreciate the benefits of being patient in the face of difficulties. We then need to apply practical methods in our daily life to reduce our anger and finally to prevent it from arising at all.

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What is anger?

Anger is a feeling of displeasure or hostility. It's a normal, healthy emotion, just like any other feeling you have. Anger has several components:

- **Psychological.** This is the emotional component of anger, how you feel, such as sadness, disappointment or frustration.
- **Physiological.** This is how your body responds to anger, such as muscle tension or an increase in heart rate and blood pressure as your body releases adrenaline — the fight-or-flight hormone.
- **Cognitive.** This is what you think as you experience anger, such as acknowledging that it's OK to be frustrated, or, on the

other end, thinking that the world is out to get you or that your spouse "never" does what you ask.

In essence, anger is a warning bell that tells you something is wrong in a situation. It's a natural response to perceived threats.

What causes people to become angry?

There's usually an activating event — something in particular that sets you off, such as

- a disagreement at work,
- being stuck in traffic or
- not being able to get through to an actual person on the phone.
- Some people may be angry about their own personal circumstances, such as financial problems.

Most people don't just walk around feeling mad all the time, though, unless it was a learned behavior. People aren't born angry.

How angry are you?

- Do you slam down the phone when faced with endless computerized voice prompts?
- Have you gotten into a shouting match with a stranger over a parking space at the market?
- Ever put your fist through the wall after an argument with your spouse?

Although anger is a natural emotion, it may be getting the best of you. Instead of expressing your anger in a healthy and assertive way, you

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may be expressing it in a hostile, aggressive manner — a manner that could lead to violence.

Here are some points to consider when assessing whether you express your anger in a healthy or unhealthy manner.

Determine your level of anger

Anger itself isn't bad. Expressed appropriately, anger can be healthy. It can help protect you from dangerous situations, energize you to resolve problems or lead to sociocultural reforms, for instance. Sure, everyday frustrations, impatience and resentment can all cause your temper to flare. For many people, these are fleeting moments. They're able to take these moments in stride and quickly return to a sense of calm without exploding. But if your blood boils after minor irritations — such as losing that coveted parking space — or you're constantly seething, you may need to get your anger under control.

Anger that's out of control can be destructive, leading to problems in your relationships, at work, in your general enjoyment of life and with your health, you may even be arrested or face other legal problems.

Just how angry are you? Study this chart to determine a barometer of your anger. See if the words describe your behavior or thoughts over the past week. Then rate each word on this scale:

- 0 = Not at all accurate
- 1 = Somewhat accurate
- 2 = Moderately accurate
- 3 = Very accurate

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- 4 = Extremely accurate

Determining your level of anger

Words	Your rating
Angry	If you have several 2, 3 and 4 ratings, you may need professional help in learning to handle anger in a healthier way. Talk to your Doctor about resources, such as counseling or anger management classes.
Bitter	
Rebellious	
Spiteful	
Deceived	
Annoyed	
Furious	
Resentful	
Bad-tempered	
Ready to fight	
Yelling	
Frustrated	
Disappointed	

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Examine your anger patterns

Anger responses can become habitual. That is, you may respond automatically to a situation that makes you angry, with little pause to think about your reactions. You may even surprise yourself by the intensity of your reactions.

How do you express your anger?

Consider these questions to assess your anger responses:

- Do you express anger in a way that overwhelms you and others?
- Do you get angry more often than most people you know?

- Do you get angrier than is necessary?
- Do you use threatening language or gestures?
- Do you get angry enough to hit, throw or kick things or living beings?
- Do you stay angry for hours?
- Do you hide angry feelings from others or try to suppress your feelings?
- Do you use alcohol or drugs to calm your rage?
- Do you experience physical reactions such as muscle tension or a racing heart when you get angry?
- Does expressing your anger usually leave you feeling better about yourself and the person who angered you?

Identify the ways you express anger to help you determine if you need to change the ways you respond to upsetting situations. You may react too aggressively or even too passively. In either case, you can learn new anger patterns to replace old, unhealthy habits.

Tips to control your anger:-

If you find that your angry outbursts are negatively affecting your relationships with family, friends, co-workers and even complete strangers, it's probably time to change the way you express your anger.

Here are some tips to get your anger under control:-

- Take a "time out." Count to 10 before reacting or leave the situation altogether.

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- Do something physically exerting. Physical activity can provide an outlet for your emotions, especially if you're about to erupt. Go for a walk or a run, swim, lift weights or shoot baskets, for example.

- Find ways to calm and soothe yourself. Practice deep-breathing exercises, visualize a relaxing scene, or repeat a calming word or phrase to yourself, such as "take it easy." You can also listen to music, paint, journal or do yoga.

- Express your anger as soon as possible so that you aren't left stewing. If you can't express your anger in a controlled manner to the person who angered you, try talking to a family member, friend, counselor or another trusted person.

- Think carefully before you say anything so that you don't end up saying something you'll regret.

- Work with the person who angered you to identify solutions to the situation.

- Use "I" statements when describing the problem to avoid criticizing or placing blame. For instance, say "I'm upset you didn't help with the housework this evening," instead of, "You should have helped with the housework." To do otherwise will likely upset the other person and escalate tensions.

- Don't hold a grudge. Forgive the other person. It's unrealistic to expect everyone to behave exactly as you want.

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- Use humor to defuse your anger, such as imagining yourself or the other person in silly situations. Don't use sarcasm, though — it's just another form of unhealthy expression.

- Keep an anger log to identify the kinds of situations that set you off and to monitor your reactions.

Keep at it. It may take some time and intense effort to put these tips into practice when you're facing situations that typically send you into a rage. In the heat of the moment, it can be hard to remember your coping strategies. You may need to keep something with you that serves as a reminder to step back from the situation and get your anger under control. For instance, you may want to keep a small, smooth stone in your pocket or a scrap of paper with your tips written down. With due diligence, these anger management techniques will come more naturally and you'll no longer need such reminders.

Can anger harm your health?

There is evidence that shows inappropriately expressing anger can be harmful. Whether you're

- overly passive and keep your anger pent up, whether

- you're prone to violent outbursts or whether

- you're quietly seething with rage; you may have headaches, sleep difficulties, high blood pressure or digestive problems.

- there's even some evidence that stress and hostility related to anger can lead to heart attacks. That's another reason it's

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important to learn how to express anger constructively and appropriately — it's good for your health.

Intermittent Explosive Disorder (IED).

Intermittent explosive disorder is characterized by repeated episodes of aggressive, violent behavior that are grossly out of proportion to the situation. IED falls into the category of impulse control disorders. Individuals with intermittent explosive disorder may attack others and their possessions, causing bodily injury and properly damage. Later they may feel remorse, regret or embarrassment about the aggression. The exact cause of intermittent explosive disorder is unclear. But some evidence indicates that serotonin — a brain chemical that regulates mood and behavior — may play a role in the disorder. In addition, IED is often associated with depression, anxiety and substance abuse disorders. Of course, not all aggressive behavior is due to intermittent explosive disorder.

Other causes of such behavior include:

- Drug use, especially use of stimulants such as cocaine and PCP
- Certain neurological disorders, such as Alzheimer's disease
- Mental illnesses, such as bipolar disorder, borderline personality disorder and antisocial personality disorder

A doctor may make a diagnosis of IED based on signs and symptoms and psychiatric evaluation. Early treatment is important.

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MOSQUITO BITES

Dr. Manoj Pabrai

Mosquitoes — and mosquito bites — are annoying. What's worse, mosquito bites sometimes transmit serious diseases, such as malaria, dengue fever and yellow fever in tropical areas of the world and West Nile fever is found in the United States.

You're most likely to get mosquito bites at dawn or at dusk, when mosquitoes are most active. But, it's not always possible or desirable to stay indoors during those times. Fortunately, you can take steps to keep mosquitoes at bay. However, no method is foolproof. If you do get bitten, the telltale signs and symptoms of mosquito bites — redness, swelling and itching — may not show up for up to two days after you've been bitten.
A number of treatments, such as oral antihistamines and topical lotions, can ease the itch from mosquito bites.

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Typical signs and symptoms of mosquito bites include:

- Soft, initially pale bumps on your skin that can become pink or red. The bump that results from a bite can appear immediately or may take up to two days to appear.
- Itching. If you're highly sensitive to mosquito bites, you may have a much larger area of itching.
- **Severe allergic reaction.** Rarely, a serious reaction to mosquito bites might occur, which results in swelling in the

throat, significant hives and wheezing. This life-threatening condition (anaphylaxis) requires immediate medical attention.

Signs and symptoms of a more serious infection may include:

Fever, Severe headache, Neurological changes, such as one-sided muscle weakness, Body aches, Nausea & Vomiting, Swollen glands, Rash, Lethargy, Confusion, Sensitivity to light.

Causes

Mosquito bites are caused by the bite of a female mosquito. The female mosquito feeds off your blood by piercing your skin with her mouth (proboscis). While sucking your blood, she also deposits some of her saliva into your skin. This saliva contains proteins that remain in your skin. Your immune system may then react to those proteins, resulting in the characteristic itching and bump.

Risk factors

Mosquitoes select their victims by evaluating scent, exhaled carbon dioxide and the chemicals in a person's sweat. A few factors may put you at greater risk of getting bitten.

Although it's not clear why, mosquitoes are more likely to bite:

Men, People with type O blood, Overweight people, in addition, mosquitoes are
attracted to heat. So, wearing dark colors, which absorb heat, may attract mosquitoes.

Complications

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- **Infected bites.** If you scratch mosquito bites, any resulting sores could become infected.
- **Mosquito-borne diseases.** Mosquitoes can act as reservoirs of diseases such as malaria, yellow fever and dengue fever. The mosquito obtains a virus by biting an infected person or animal. Then, when biting you, the mosquito can transfer that virus to you through its saliva. West Nile is found in the United States. Other diseases such as malaria and dengue fever are far more common in tropical areas of the world. However, malaria and dengue fever are rare in the United States.
- **Severe allergic reaction (anaphylaxis).** Although rare, a serious reaction to mosquito bites might occur, which can result in swelling in your throat, significant hives and wheezing. This requires immediate medical attention.

Self Care immediately after mosquito bite

- If you know you've been bitten by a mosquito, wash the area with soap and water as soon as possible. This may help lessen the reaction.
- An ice pack may help reduce the swelling, and if the itching is a problem, an over-the-counter antihistamine may help.

Lifestyle and home remedies

Topical treatments

If you scratch mosquito bites, you could break your skin, which may lead to a bacterial infection in your skin (cellulitis). Instead of scratching,

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try applying a hydrocortisone cream, calamine lotion or a paste. A cold pack or baggie filled with crushed ice may help, too.

Prevention

To prevent mosquito bites, take steps to reduce the mosquito population around your home. Using insect repellents and protective clothing also can help.

- **Reducing mosquitoes around your home**

Mosquitoes need stagnant or standing water to breed. Eliminate standing water, especially after rains, and you can reduce the mosquito population around your home and yard.

- **To eliminate standing water:**
    - Unclog roof gutters.
    - If possible, empty children's wading pools at least once a week, and preferably more often.
    - Change water in birdbaths at least weekly. You can also purchase devices to place in birdbaths that keep the water circulating so that mosquitoes won't lay eggs there.
    - Get rid of old tires in your yard, as they collect standing water.
    - If you keep unused containers, such as flower pots, in your yard, empty them regularly or store them upside down so that they can't collect water.
    - If you have a fire pit, drain any collected water regularly.

Other methods of controlling mosquitoes may be popular, but their effectiveness is unproved. These methods include:

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- Electronic insect control systems, better known as bug zappers
- Citronella-scented candles
- Replacing outdoor lights with yellow bug lights

Insect repellents

When used properly, repellents are safe for kids and adults alike. Keep in mind that repellents don't kill mosquitoes; they just make it harder for them to find you. That means even when a repellent is working, you may still see these annoying insects buzzing about. Common insect repellents include:

Protective clothing

What you wear can also help keep mosquitoes at bay. Keep these clothing tips in mind, particularly in areas that are heavily infested with mosquitoes:

- Wear long-sleeved shirts.
- Wear socks.
- Wear long pants and consider tucking your pants into your socks.
- Wear light-colored clothing, since mosquitoes are more attracted to darker colors.
- Apply mosquito repellent to your clothing, shoes, and camping gear and bed netting. You can also buy clothing made with permethrin already in it.
- Wear a full-brimmed hat to protect your head and neck a cap with a fold-out flap to protect the back of your neck. And,

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when you're in an area with a significant mosquito population, consider wearing a mosquito net to cover your head and face.

- Cover an infant seat or stroller with mosquito netting for extra protection.
- In addition to these steps, fix any holes you might have in your window or door screens.

Symptoms

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TOPIC FOR CONTEMPLATION

Amani bhava

By: Suresh C Pahwa

"Amani bhava" when translated to English means the state of mind when it attains no-mind-ness; the state which is believed to be blissful in life. This ideal was taught by Jesus Christ, Parmahansa Yogananda and other great spiritual leaders when they praised and advocated even-mindedness as an essential virtue for spiritual growth.

There is a right way to react in every situation in life, toward those who love us and those who love us not . Lord Krishna in Bhagvad Gita advises Arjuna, " O Arjuna! He who is calm and even minded during pain and pleasure, he whom these do not ruffle, he alone is fit to attain Everlasting happiness." It is easy to be even-minded when people are kind and loving towards you but to be even- mind under all circumstances is what leads to positive results.

Rishi Vasishtha says, "An unrestrained mind alone is the only cause of degeneration while a controlled mind causes progress." The mind of an enlightened one gets freedom while that of an ignorant one is bound and fettered, unable to experience freedom. Unless the mind is controlled through steadfast practice towards realizing the Supreme Truth, it keeps wavering, flying about without any sense of direction.

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Every one of us wants to lead a happy, blissful and peaceful life forever but unless we learn to control the mind, happiness and peace would be impossible to achieve. It is not enough to merely have a Guru, listen to discourses and read scriptures for hours unless these lead us to practice what one has heard and read. One has to assimilate the knowledge imparted by saints and scriptures and become the master of one's mind rather than being a slave life after life. This is first step towards being liberated.

The mind is the seed of the forest of *samsara*. One who has destroyed or controlled this monkey has nothing to fear anymore from this world of pleasure or pain, honour or dishonour. It leads to desire less and non-ego state free from attachments and clutches of the senses which always feed the mind.

Meditation again is one of the best techniques for controlling your mind . If you overcome your mind, you have overcome the world because the mind alone is the root cause of all that one experiences in the world. The state of no-mind-ness or *amani-bhava* is difficult to achieve but once achieved is bliss in this very world equivalent to staying in heaven.

Let us contemplate on the silent voice that speaks without words:

"I am the wise in wisdom and the wisdom in the wise.
I am the freedom of all things, unbound without ties"

Personal Experiences of Devotees

1.Ms. Mamta, Delhi

I am 20 years old. I had been suffering from depression for the last about two years. I lost interest in normal activities of life. A morbid sadness, melancholy or dejection overpowered me all the time. The medicines given by the doctors gave me only temporary relief.

By stroke of luck I met Dr. Kohli through a friend of mine and explained my sufferings. He gave me hope, encouragement and reassurance. He gave me two months '*talismas*' for use with certain precautions. By God's grace I am fully cured now. I feel wanted and loved by all.

May God bless Dr. Kohli

2.Ms.Varuna- Delhi

I am 18 years old and had been losing my weight substantially. I did not take food because of a useless fear of putting on weight.

I met Dr. Kohli in a spiritual gathering and explained my problem. He explained that it was a complex psychological disorder and gave me two months '*Talismas*' to use with certain precautions.

By God's grace I am gaining weight now and leading a contented life.

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3.- Mr Ragunath Anand- Jammu

I am 55 years old. Strong emotions or excitement at times causes me a collapse of posture. I fall to the ground although I am conscious. This condition can be triggered by visual disturbances, anger, fear or sorrow. Such attacks come off-and-on. Medicines had no effect on me.

I was introduced to Dr. Kohli by one of my friends. He listened to me patiently and gave few '*Talismas*' to use with certain precautions. I am using the '*talismas'* as advised and feeling better with rapid changes of mood.

4.- Mr. Anjani Kumar- Delhi

I am 35 years old and had been suffering from a mental disturbance which was acute, of short duration, usually reflecting a toxic state. It involved illusions, hallucinations, excitement, restlessness and loss of sleep. The doctors told me that the disease was caused by shortage of oxygen to the brain due to severe vitamin deficiency or alcoholism. The medicines gave me only temporary relief.

I met Dr Kohli by stroke of luck. He listened to my problem and created confidence in me that the disease can be cured. Two months of '*talismas'* gave me a reasonable relief and sufficient strength. My mind is now free of all disturbances.

May God bless Dr. Kohli with long life so that he continues to cure the patients where modern medicines fail to yield results.

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Devotees' Questions & Answers

Bhai Sahib Answers

It is not feasible to print in this column all the questions & answers which are asked by the devotees during various discussions & discourses by Bhai Sahib. However, an attempt is made to give the frequently asked & interesting questions which can be helpful & a source of knowledge & inspiration to all.

Qn.-1. How to get what we aspire for or want in life?

Ans. The power of meditation is immense. It can move mountains, extinguish fires, control furious storms, produce miracles, can fulfill all desires and leads to final liberations, if an inner harmony is established.

Qn.-2. What is the best way to get rid of worries?

Ans. Man is troubled because of self created "double worry". For example when body is in pain, the mind is pained over the pain and raises questions as, "Why do I have pain?" and , "When will I be relieved of this pain?" etc. Such pain over pain is multifold pain. The body itself is capable of handling and curing the pain because nature has endowed the body with curative powers. But the mind made the pain as "My pain" and multiplied the pain manifold. Man has forgotten his true nature. The five senses were given to him so that he might cognize the world, and through his experiences here, grow in understanding. But when he abuses the senses, he becomes engrossed in sensuality and loses knowledge of his infinite nature.

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Qn-3. How can we develop our self confidence?

Ans. Train yourself to accept challenges of life. If you are not confident of meeting people, then challenge your fear and go and talk to a stranger. Do this every day. Initially, the mind will find this uncomfortable but gradually you will gain your confidence by magnifying it.

Qn-4. Whatever things I have worried- would they really occur?

Ans. No, only a few out of those may occur.

Qn-5. What is the worst that might happen?

Ans. Thinking so prepares you for the worst whether your fears come true or not. Whatever you think of the worst usually does not happen at all. The probability is 5-10%. But do not sit idle, take the corrective action to prevent further loss.

Qn-6. Is external worship good and important?

Ans. External worship is a good and important aspect of religion when the mind is concentrated on Him toward Whom we owe to direct our love and adoration. When the ritual or ceremony becomes mechanical and the object of worship is forgotten, then such worship has no meaning or value. What has happened is that man has worshipped in dogma and that is why he does not know God.

Qn-7. How does spiritual change occur in a man?

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Ans. It comes with morality and positive thinking. *Spirituality* starts with morality, the rules of right behavior that is basic to all religions, such as truthfulness, self control, faithfulness, adoption of *Yamas, Niyams* and non-injury to others. So to change ourselves, we have to begin with our thoughts.

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NEWS AND EVENTS

1. VISIT to KUD-(Jammu& Kashmir)

Bhai Sahib and other devotees of LSF visited Kud on 19th June 2010 via Delhi – Jammu- and the Kud.

Jammu is the gateway to the Valley of Kashmir. It's glided temple spires glittering from afar, Jammu, the winter capital of J&K, are perched like a jewel on the summit of the first sloping ridge which rises from the plains of Punjab. The river Tawi flows along the foothills, and the tall, imposing peaks of the Trikuta range provide a mountainous backdrop. Trains from Mumbai, Kolkata and Chennai and other parts of the country stop here. The onward journeys have to be made by air, by buses, coaches or cars/ taxis.

Kud is 106 kms on the Jammu –Srinagar highway. The resort is situated at altitude of 1738 meters. It is the peaceful resort, cozy, natural and enjoyable and provides the satisfaction of measureless peace along with progressive enfoldments of innate spiritual qualities and capacities by deep meditation.

Kud is enveloped by thickly wooded forests and is perched on a lovely plateau offering unusual lush green picnic spots. Two bed rooms huts, one bed room huts, tourist bungalows and other facilities are available there.

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During our ten days of stay in Kud , the meditation process yielded beneficial results and we noticed alert, attentive responsiveness to unfoldments , physical relaxation and mental quieting. We also got a chance to visit Sudh Mahadev mela. Sudh Mahadev is a well known pilgrim center and a seat of an ancient Shiva Temple besides being a beautiful spot. It is 120 kms from Jammu at an altitude of 1225 meters. Pilgrims visit this place on a full moon night of Sawan (July- August) and worship a *Trishul* belonging to Bhima. This spot is near Kud and Patni Top. Here Devak stream originates and disappears into bed after flowing a few kilometers.

Over 25,000 devotees including men, women, and children of all faiths visited three-days annual *mela* on this *Jyestha Prikrama of Bikram Era* and paid obeisance at the historical temple.

The *mela* concluded on 27th June 2010 . The devotees took bath in the budhi Sudhi rivulet which flows down from the top of the Dhar Shivgarh considered an abode of saints. There is a saying that those who took bath at the spring of (Pap Nashui bowli) situated just at the entrance of the Sudhmahadev Temple get rid of all evils. Local folk artists hailing from surrounding areas turned up in large numbers and performed the cultural programs highlighting various aspects of local religious faith with special reference to Lord Shiva. Cultural troops from all parts of the state also thronged at the *mela* and entertained the visitors. The district administration of Udhampur had made elaborate arrangements of security, drinking water and power supply, Medicare, traffic regulations, additional bus services and sufficient stock of commodities.

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LSF also distributed free packages of sweets to children and the meal and medicines to the poor and the needy ones.

We experienced there that we should acknowledge all people as spiritual beings and wish them well. We should feel love and good will and share it.

We returned to Delhi on 6th July 2010.

We should extend our awareness to the Universe in which we dwell. At the level of mind-body identification we are relating to the Universe. As you are in harmony with the Universe, so the Universe provides for your personal needs. Know and feel yourself to be enlightened, rational, healthy, functional, successful and prosperous.
JAI Guru Deva.

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2.Yoga Workshop- LSF Ashram- Chattarpur- 11th july 2010

LSF arranged Yoga Workshop for its members at the Ashram on Sunday the 11th July 2010 .

The Yoga teachings were given by Ms. Dhawan and attracted a big gathering of members interested in learning basics on Yoga and also special Yoga techniques to take care of particular physical ailments in the body.

Members were encouraged to ask questions and clarify their doubts on the kind of yoga exercises they could perform due to aging factors etc.

Due to success of such programme it was decided by Bhai Sahib that such camps will be held more frequently so that members can measure their progress and learn new techniques to keep their body and mind in perfect health.

3.Guru Purnima-25th July 2010

Guru Purnima was celebrated at residence of Guru Ji (Bhai Sahib) on 25th July 2010.

The residence was jam packed throughout the day thronged by devotees, members of LSF and new people in search of true Guru.

This is the day when all devotees of Guru Ji and members of LSF pay their tribute to their Guru for having imparted physical, mental and spiritual knowledge to them. On this day Bhai Sahib encourages the members and devotees to donate liberally in cash and kind to LSF so that LSF can do likewise to serve the needy and poor, sufferers from natural calamities such as cloud burst at Leh, floods, earthquakes in India.

On this day Guru Ji listens to and advises remedial measures for the problems expressed by devotees who go back with his blessings.

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