

Relaxation for a healthy life. A presentation by sister Uma from *Brahma Kumaris*, Annamalai, India, on 9 November 2019 at the TSCA meeting hall

All of us want to be healthy, but how do we achieve this?

Some walk, sing, dance, etc to be happy. Dopamine, a hormone, is released during such activities, makes us happy and helps us to maintain a healthy body. However, a healthy mind is also necessary. Unseen roots are a major determinant of a healthy tree, in addition to its trunk, branches and leaves. Likewise, mental health is a major determinant of human happiness, in addition to physical well-being. Mental and physical health go hand in hand.

Mental relaxation is important for mental health. Human mind jumps from thought to thought, like a monkey jumping around. Overthinking is a current world-wide problem. Clean your mind, just like a doctor cleans his hands before and after seeing patients (and as covid-19 advice insists). You have to work hard to clean your mind.

Forgive and forget to clean your mind. Mind has the power to remember and to forget. If you do not forgive and forget, then you are the loser. For example, what would you do if you spill coffee on your new sofa? You will clean it immediately, won't you? Likewise, clean your mind at once.

Think positively. When you have a problem ask yourself whether there is a solution: if the answer is yes, then find the solution; if the answer is no, then you cannot do anything - so change your attitude. Do not worry excessively, your worry should be proportionate to the problem that caused it. Also, positive thinking will change your focus. While digging for gold, focus on the gold rather than the dirt that is excavated. Unhealthy thinking is bad as thoughts are the seeds of action. Negative thoughts cause dis-ease. The doctors now advice you to be happy and healthy.

Meditation is an art of positive thinking. It slows down the speed of your thoughts. Today we do not give importance to our mind. Thoughts makes miracles and turns hell into heaven. As you wake up, create a positive thought, a positive affirmation of the soul.

Anger is injurious to your health. It creates hormonal imbalance in your body. Anger is self-created and disturbs your inner peace. It makes you torture yourself for some on else's actions. When angry thoughts come fast, so become actions.

Life is about balance. Do not work, eat, or sleep too much. Remember we work to live and do not live to work. Life is a journey form birth to death (B to D). Choice 'C' is in between . Choose your state of mind. Plan and practice. Life is about giving and taking. Giver sleeps well whereas the taker eats well. Remember:

- What you sow, you reap
- Protect your aura daily
- Drink food (chew well before swallowing) and eat (sip) water.