

# Love God and your thoughts will naturally flow to Him

**Despite all my efforts, I am not able to meditate properly. Kindly help me.**

This is a difficulty experienced by many seekers on the path. When they sit to meditate, they find that their mind goes berserk. The reason is that through many years, through many births, the mind has acquired the habit of wandering. It cannot be suddenly stopped through a few minutes practice every day.

In the Bhagavad Gita, Arjuna asks Sri Krishna: "Tell me if it is possible to control the wandering of the mind." Sri Krishna answers: "It is very difficult but possible. The mind can be controlled by (1) vairagya (detachment) and (2) abhyasa (repeating the same thing over and over again).

Gurudev Sadhu Vaswani taught us a far simpler method. He said your mind is where your heart is. If you love someone, your mind will keep thinking of that someone all the time. If you can love only God, then even in the midst of your work and, more so, when you sit in silence, your mind will flow to the Lotus Feet of the Lord.

Have you ever told God, "I love you, God!?" Love of God is a gift which God and the guru can bestow on us. Continue to offer this simple prayer again and again – as many times every day as possible: "I love you, God! I want to love you more and more! I want to love you more than anything in the world! I want to love you to distraction, to intoxication! Grant me pure love and devotion for Thy Lotus Feet and so bless me that

this world-bewitching maya may not lead me astray!"

**I have a patient of anxiety. What is the treatment?**

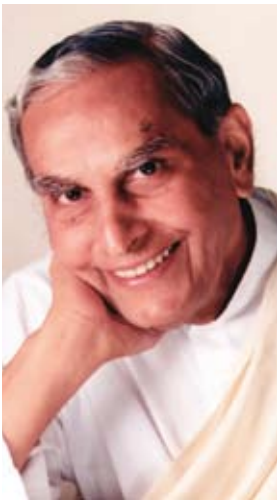
As you know, the best way to treat a disease is to treat the cause. The cause of anxiety is lack of faith. Faith and anxiety can never go together even as light and darkness cannot live together. If your patient can keep on repeating to himself, time and again: "By God's grace, all is well, all was well, all will be well both today and a hundred years hence," he may be helped to overcome his anxiety.

**How can we check our thoughts, especially when we know that some of them are negative and bad?**

A human being is not a machine. He has the power to change his thoughts, attitudes, feelings, etc. Whenever an undesirable (or evil) thought comes to you, immediately throw it out of your mind by saying, "House full: there is no place for you!"

It was Prophet Muhammad who said: "Temptation comes as a passer-by: it knocks on the door of your heart to be let in as a guest. If you will open the door, it will come and stay as the master!" Therefore, the moment an undesirable thought comes to you, just kick it aside and, as I said, say to it: "There is no place for you!"

Dada J P Vaswani heads the Sadhu Vaswani Mission and is the author of over 50 books in English and many more in Sindhi with practical tips for happy, successful, spiritual and non-violent living.  
Website: [www.sadhuvaswani.org](http://www.sadhuvaswani.org)  
We welcome your comments and suggestions on this article.  
Mail us at [editor@lifepositive.net](mailto:editor@lifepositive.net)



ANSWERS TO  
QUESTIONS ON  
SPIRITUALITY,  
GOD AND LIFE  
**by Dada J P Vaswani**

# Intuition works at many levels

**I always feel stressed and experience fear. What is the reason?**

Stress and fear come from experiences when we felt overwhelmed. Re-working these past experiences in therapy helps. Stress also comes from our two faulty ways of thinking. 1. Expectations from ourselves, from others and from our lives that we hold rigidly as a measure of success or happiness. 2. We perceive ourselves as doomed and helpless if what we expect did not happen. We are not ready to work with the reality that disappoints us. This is a way to frighten ourselves. It is better to hold our expectations not as 'must and should happen' but as 'preferable'. We can also think and train ourselves in skills so that we can cope with the disappointing reality and find another way if those expectations are not met. We see that success and happiness can happen from many alternatives. Stress and fearful thoughts are triggered from some happenings. If we know our triggers we can help ourselves feel relaxed and less sensitive to those. Learning relaxation strategies, neutralising triggers, learning coping skills and holding lighter, less rigid expectations helps.

**Is hypnotherapy a useful alternative for psychiatric treatment?**

No therapy is an alternative to any other therapy. All therapies co-exist and have different values singly or in combination. Effective use of counselling therapies can sometimes avert the use of medication.

Hypnotherapy can be a very useful and effective therapy.

**I am suffering from anxiety and have been prescribed Alprax 0.5. I often feel dull, lonely, moody, negative and low on energy. Kindly suggest some non-medicinal treatment.**

Look at the answer to the first question. It will be applicable to you too. Any of the cognitive therapies, interpersonal coping skill development therapies, hypnotherapy, regression therapy, EFT therapy and somatic therapy would help you, as they are mind-body-energy healing tools.

**How can I improve my intuition power?**

Intuition can work when we keep ourselves free of clutter in our environment and in our mind. Improving the acuity of our five senses too helps. Meditation, breath consciousness, imagery work and dream awareness help raise our inner consciousness and keep our aura in good health. Intuition works through the body, through our emotional processing and our fitness levels. Messages come to us in various forms – a spontaneous thought, a body sensation, coincidences, dreams. Keeping a log of these can help sort out those that are random and those that are intuitive messages.

Ameeta Shah is a certified psychotherapist, family therapist, a qualified social worker, an NLP Master Practitioner and Trainer, and is trained in clinical hypnotherapy, regression therapy, somatic experiencing and in EFT (Emotional Freedom Technique).

*We welcome your comments and suggestions on this article. Mail us at editor@lifepositive.net*



PRACTICAL ADVICE  
FOR RELATIONSHIPS  
AND MIND-RELATED  
PROBLEMS

**by Ameeta Shah**

## From refined to unrefined food

**What changes should I make in my diet to gain weight? I cannot digest heavy foods. I am a diabetic with one kidney and creatine up to 1.9 and urea 56. Can this be cured by diet?**

You are right – you cannot take heavy foods. I would suggest using brown and red rice and millets like jowar, bajra, ragi, and proso as your main food. Eat a good variety of vegetables with it. Add only a pinch of rock salt (sindhav) to your food and cook only with ghani ie cold-pressed oil. I hope I do not have to repeat – no sugar, no iodized salt, no refined oil, no packaged refined foods, no white bread, no white rice, minimal dairy products or best of all, none.

Eat non-sweet fruit like mousambi, oranges, and apples. Eat them on an empty stomach and eat them very slowly, one bite at a time. Do not make juice (of the fruit) and chew each piece well. Other foods like dals and nuts – please eat sparingly only in addition to the main meal of rice and vegetables. Rice can be made in interesting ways like porridge, or mixed with vegetables into patties. Also eat some raw vegetables.

**I am 34 yrs old. I have multiple sclerosis. Kindly help me with the nutrition part to delay further attacks.**

Eat a good balanced diet of natural foods in as whole a form as possible. Cook your own food so you know the ingredients being used. Switch to wholesome food and avoid refined

food in any form. Preservatives are best avoided. I would strongly recommend a good ayurvedic doctor. Being busy, happy and having trust in your wellness will help you reverse your problem.

**What is the diet for a fatty liver?**

You need to follow all the dictates of a wholesome diet as I have been writing in this column. Definitely avoid all refined oils, butter, and cheese. Use oil sparingly and only the cold-pressed/ghani kind. All fruits, vegetables (especially radish), brown rice, and millets are good for you. All other unrefined natural foods need to be introduced into your lifestyle together with sunshine and activity. I do not need to add that too much eggs, meat, chicken, alcohol, anger and complaining are harmful to the liver.

**What nutrition would you recommend for a Morbus Parkinson patient?**

Again, I would recommend all the same changes from refined to unrefined. In this case, I would definitely add walnuts, almonds, pine nuts, pumpkin seeds, sunflower seeds, flax seeds, and sesame seeds. Don't cook in aluminium utensils. I can give you more suggestions if I know the blood type. Find a reputed ayurvedic doctor. Sunshine is crucial. ☺

Kavita Mukhi is an eco-nutritionist, lymphologist, and naturalist farmer. She pioneered the awareness of organic foods (Conscious Food), in India in 1990.

Website: [www.consciousfood.com](http://www.consciousfood.com)

We welcome your comments and suggestions on this article. Mail us at [editor@lifepositive.net](mailto:editor@lifepositive.net)



KAVITA MUKHI  
ANSWERS YOUR  
QUESTIONS ON  
WHAT TO EAT AND  
WHAT NOT TO EAT  
**by Kavita Mukhi**