



Letter to the Editor

Healing the healer

*Keywords:*

Corona virus disease
Emotional health
Stress free living

Dear Editor

Greetings of happiness and health.

As the whole world comes together to fight Corona virus disease (COVID) -19 pandemic, health care workers (HCW) are racing against time, working multiple shifts, handling emergencies, making timely decisions and taking swift actions while risking their life. This frequently leaves them tired and stressed. It brings into perspective the need of balancing logic and medical powers with intuitive powers. This needs a calm mind so that intellect (your inner voice which is the voice of wisdom) gives you right answers in every scene.

As HCW protect themselves physically by wearing Proper Protection gear, it is also necessary to protect from emotional infection of stressful vibrations like anxiety, fear, pain, worry and uncertainty. As a healer we cannot afford to absorb negative vibrations around us while treating people. When facing a crisis outside, we can remain calm inside by taking care of our mind.

A powerful mind will think right and naturally radiate peace, stability, faith and compassion to one and all. This is creating an inner breakthrough.

Here are some simple effective ways that can create a powerful positive shift in our consciousness and we can enjoy sustained positive emotional, mental and physical health –

1. **Practice Gratitude as a first:** Gratitude to Divinity, to your mind and body, to people in your life and to everything you use. An attitude of gratitude keeps us happy and healthy.
2. **Meditate for 20 minutes:** Connect to Divinity, absorb his healing energy and empower your mind and body to emerge your original qualities of faith, power and compassion. Early morning meditation, increases intuition power.
3. **Avoid social media, news etc in the first hour of the morning.** Study something that empowers you to remain positive, stable and calm throughout the day.
4. **Plan how you want to be, what you want to do, and visualize yourself being that way.** The combined power of

affirmation and visualization makes it simple to manifest and make it a reality.

5. **Exercise your body and mind:** In Yog and pranayama, pay attention to your breath. Inhale acceptance, exhale expectations. Inhale love, exhale anger ... Right energy radiating to your body creates good health.
6. **Create only pure, powerful and positive thoughts:** Your every thought influences your feelings, physical health, people around you, and environment.
7. **Take care of your words:** Words can raise or lower energy. Don't allow "fear and anxiety" find a place in your vocabulary. Instead, change your conversations and say "Peace is normal. Crisis is outside but my mind is not dependent on situations."
8. **Take care of what you eat and drink:** It is not just about nutrition and calories but it's the vibrational energy in our meals that influences our mind. Taking care of your diet goes a long way in keeping your mind peaceful.
 - a. **Eat home-cooked food.** The pure vibrations of love and care absorbed by freshly prepared, food will emotionally energize everyone who partakes it.
 - b. **Your kitchen should be a high energy place:** Play music, Mantra chanting, devotional songs or anything else of your choice.
 - c. **Eat every meal mindfully, at a set time, in a set place.** No gadgets, no discussing issues and no negative conversations at mealtime.
9. **Spend a maximum of 5 or 10 minutes a day to get news updates about the current situation and then disconnect.**
10. **Take care of the quality of sleep:** Mind needs rest more than body. Resolve issues on your mind to silence it before going to sleep. This empowers your subconscious mind. Avoid screens or emotionally stimulating content, an hour before bedtime. Read positive or spiritual messages, as the last thoughts for the day.

1. Affirmations

Following are few affirmations you can revise daily, for inner resilience to sail over current times. As you read each sentence, visualise it and feel it. Repeat this every morning and every night before you sleep. Also repeat these thoughts

each time before you consume food and water, to energise them. Vibrations of food and water influence our thoughts and feelings.

“I am a pure soul ... I am a powerful soul ... I am a fearless soul ... My body is perfect and healthy and will always be ... Divine blessings and powers are a circle of Golden light around me. Nothing can enter this energy circle ... I am protected with Divine's energy ... I am safe ... my family is safe ... my team is safe ... I am Divine's instrument ... He uses me to heal everyone ... my country is safe ... the world is safe ... ”

Let us remember: *Though a HCW* by profession, you are an angel to every heart you heal. Because healing is about vibrations, as much as it is about medications.

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