

MY SACRED BULL



Dissociate yourself from false emotions

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The propelling force behind all action is desire. It works on a compressed spring called consciousness, which also relates to value. The upshot is simple. Unless you value a thing, you cannot desire it. All of us have a strong urge to become valuable to others. Whether we follow this urge or not is beside the point. Take politicians, for instance, we don't believe in them. Yet, the end result is that they succeed in making themselves visibly "valuable" to us.

There are people around us who possess great qualities. They are not politicians, but these people are held in high esteem by their fellow men. Why? Because they have a sense of heightened consciousness in them, the power to be what they want to be. They achieve, because they visualise and translate what they perceive into action. When you are in their presence, you are also lifted to a higher plane of consciousness.

Our consciousness plays a decisive role in our well-being. In medical terms, every change in consciousness brings with it physical and mental connotations. From forgetfulness, confusion, loss of perception and anxiety to acidity, peptic ulcer, high blood pressure, diabetes and so on. What's more, every perceptible or imperceptible change brings a corresponding shift in each tissue and cell of our body. This pattern may also have a cascading secondary effect. For example, a routine such as driving a car or attending office may sometimes become a major hassle or chronic malaise. The effect is obvious — breakdown. Breakdowns or damage to health can occur in a flash. Ironically, the process of recovery or repair may sometimes take long. The more one gets marooned in anxiety, for instance, the more difficult it is to resolve it. This explains why many people fail to

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respond to therapy and become chronically ill, depressed or frustrated in life.

It's imperative for us to make a sustained effort to improve the quality and depth of our consciousness. In other words, we should learn to detach ourselves from unprofitable contemplations. To achieve this isn't easy. We have to take the bull by its horns — not necessarily on the basis of the pleasure-pain premise, but by employing our instinctive and intellectu-

al mind.

This new slice, or emblem, of consciousness is self-consciousness. It enables us to dissociate ourselves from false emotions and moods and helps us think of ourselves as spiritual entities with a mind and body — not just a body encompassing mind and soul. When this happens, our sense of self-consciousness evolves. This, in turn, leads us to a higher form of consciousness.

Spiritual consciousness is the most powerful healing force. For, it resides within us. It harmonises and calms every function and process of our body and also speeds up our normal healing processes by way of a triumphant surge — a gush that instantly demolishes every trace of illness. Every cure, or even "miracle" cures, achieved since the dawn of time is an outcome "engineered" by this flash of expanding spiritual consciousness.

This isn't all. Our spiritual consciousness is evidently a big source, or reservoir, of inspiration. It has inspired every great advance in thought and action, every musical composition, and every great work of art. It also mirrors conviction. For one's own good and society's good.

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