



Positive Impact of Psychoneurobics Techniques in Inculcating Health & Wellness

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Abstract

This research ordeal primarily pays heed on the age old adage “Healthy mind resides in a healthy body”. At the outset, it sounds really simple, but it takes Herculean endeavours in building a healthy and holistic body sans any ailment. Health is a diverse term that encapsulates not only the physical health but primarily the mental well-being of an individual. A sufferer despite whatever ailment he is encountering; the root cause of all illness is stress. Existing in this mechanical humdrum world, every individual in the rat race of hoarding financial security is pressurised with unnecessary stress resulting in psychosomatic diseases, which further complicates the problem. Here comes the import of Psychoneurobics which is a Pseudoscience that directly assists the candidate in building communion with the Divine energy- the main source of energy via some trusted and captivating techniques and strategies in inculcating health and wellness in the aspirant. The current research paper will apprise about the Psychoneurobics techniques like Sound therapy, Colour therapy, Psychoneurobics Spa, etc in developing a healthy and balanced lifestyle.

Keywords

Balanced, Herculean, Psychoneurobics, Psychoneurobics Spa, Psychosomatic, Wellness

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Perfect life, Perfect relationships, Perfect career, Perfect amount of money that we need to earn no matter what. Nothing is perfect in this world. We all are perfectly imperfect. And that is perfectly alright. Commencing my research ordeal with an intriguing thought raised by Muniba Mazari, a Pakistani artist, model, activist, motivational speaker, singer, social reformer and television host in her most cherished speech ‘We’re Perfectly Imperfect’.

Imagining things to happen the way we want it to be and further building castles in the air; this attitude is simply a ‘Catch 22’ scenario as propounded by Joseph Heller in his War fiction entitled the same. Other notions like-

My body doesn’t work.

My relationship doesn’t work.

My finances don’t work.

Such above mentioned negative statements just drool away the bodily energy which otherwise could have been used for a better prospect. A healthy mind resides in a healthy body and this healthy mind can only be created with a switch in thinking. Positive thinking even in the most dilapidated moments of life acts like an outburst of energy. Despite all the on-going negativities in life, the experiencer should affirm as stated by Louise Hay in her inspirational best seller *You Can Heal Your Life*-

“In the infinity of life where I am,
All is perfect, whole and complete,
I no longer choose to believe in old
limitations and lack, I now choose to
begin to see myself. As the Universe sees
me --- perfect, whole, and complete.”

The human monkey mind is always tossing to and fro. We are merely the scapegoats of ‘paralysis of analysis’. We habitually think the same thought repeatedly and feel tense about the situation. Unless this monkey mind is tamed and the to and fro of thoughts is not balanced, it is susceptible that the individual will feel disheartened and dejected from life. Every individual despite the age he is into is perturbed by the daily monotonous and

humdrum routine cycle. Though life is not as easy as ABC, yet a few human beings have unnecessarily complicated it.

No matter what is the intricacy of the problem, our experiences are just the outer effects of inner turbulence. Psychoneurobics is a pseudoscience that assists the subject in managing his life in the most glorious way. Psychoneurobics is a simple set of exercises of transferring Spiritual Divine Energy into neuro cells by connecting Psyche (Mind) with the supreme source of Spiritual Energy. With the practical experience of the people across the globe, it is revered to be the best methodology/technique/strategy to guide and train your mind to utilize mind power for creative work, to heal your body and maintain a balance between mind, body and soul for a healthy sustenance. Psychoneurobics is a trident approach with muscular-respiratory actions, sound vibrations and visualization of different colours of light that makes Neurobics highly effective leading to a disease free living.

We as human beings are highly capable of performing amazing physical feats. The human body makes use of the food that we eat to provide sufficient energy to perform multifarious types of work. In simple diction, energy means the capacity to pursue work, and channelizing this energy enhances our capacity. Psychoneurobics helps in enhancing the performance and productivity coefficient of a human being. It also assists in reducing mental stress and increases concentration and memory power.

Health doesn't only refer to physical fitness, but it is an assortment of mental as well as emotional state. We are the creators of our own illness. The body is a mirror of our inner thoughts and beliefs. Every cell within our body responds to every single thought we think and word that we utter. Every individual should listen with love to his body's messages and signals.

Negative feelings like anger, impatience, frustration, criticism, resentment, jealousy can impregnate poison in one's body resulting in physical illness. Despite a fearful and horrendous situation that leads to doubt, insecurity, nervousness, etc, one needs to hold faith and optimism in life. What we think, we become. If the mind thinks of prosperity, the Universe says 'yes' to it. Positive thoughts and the right mindset is the only key to a jubilant state of living. Loving yourself will contribute greatly to healing your body for love is the binding force that heals not only the body but the entire Universe.

Commencing your day with a positive thought leads to a healthy state throughout the day. 'Attitude of Gratitude' the moment you hit the floor and retire to bed should be a part of daily routine. For a healthy day, we should give a few minutes every day in meditation. We should observe our breathing and allow the thoughts to pass gently through your mind.

This research paper elucidates on Psychoneurobics, a spiritual science which is totally free of cost and leads to the happiest existence ever. Once an individual imbibes this art of living, he can extract special time from his precious routine to achieve health and wellness. Psychoneurobics is the methodology to guide one's mind in order to utilise mind power and charged energy in the right direction. As the multitude is living a mechanical life in which stress has turned up to be a common feature. Negative thinking, bad life style leads to stress which in a way hits and creates imbalance in the mind leading to psychosomatic ailments. It is witnessed in majority of reported cases that emotional attack turns into a heart attack and emotional pressure converts into blood pressure.

In the current scenario, hefty amount of resources goes futile in treatment of psychosomatic diseases whereas, sick mentality and negative psyche is the root cause of all the mental imbalances and insecurities resulting into physical abnormalities. Such diseases are initially germinated in the mind and later reflect in our physical self.

Psychoneurobics is the cure for all such psychosomatic problems. This science is considered to be a mind shift in healing. These days, even physicians before operating any case express, "I treat He cures." Psychoneurobics stands purely successful in case of those individuals who hold faith in the process and strong grit to daily execute the strategies with full zeal and enthusiasm.

History of Psychoneurobics

The spiritual science of Psychoneurobics was expounded by Dr. Chandra Shekhar Tiwari, a cancer patient who was on his last legs as claimed by doctors. During his meditative state of mind, he could visualise divine souls dancing and colourful souls falling upon them as if it was God's own music. Ras, Rang and Naad which stands for divine dance, colours and music is referred to as the trident healing of God.

Understanding God's Healing Science- Psychoneurobics

Psychoneurobics are the best mind exercises to increase energy in neuro system of the body to maintain holistic health and empower to control thoughts so as to enhance concentration power and develop excellent memory. During the treatment of the Psychoneurobics exercises one should have complete conviction in the daily process and enhance it with positive affirmations. One should visualise God's healing colourful current of VIBGYOR rays flowing flawlessly within the body and healing every cell.

Psychoneurobics- A Must Integrative Science

The term Psychoneurobics is an assortment of 3 words- 'Psycho'. 'Neuro' and 'Bics' which stands for 'Mind', 'Nervous System' and 'Exercises' respectively. Psychoneurobics can be practiced by anyone despite any age group. In order to keep one's body healthy and mind happy, one should undertake some neuro-muscular and neuro- respiratory exercises, which are better known as 'Easy Neurobics' on daily basis. You should make these exercises a part of your daily routine. By doing these exercises, your mind, body and soul remains fit forever.

Components of Psychoneurobics Healing

Psychoneurobics healing is a technique of transmitting the divine energy into the energy centres or seven basic chakras that are located in our ethereal body. These energy centres are located near the spinal cord.

- Shasta Mudras - Hand gestures
- Pranayam - Breathing Exercises
- Colour therapy- Visualisation of different colours

Our body has seven major spinning wheels energy that are located at different positions near our spinal cord. Each energy wheel controls some specific physical, mental and spiritual roles in our body. These energy wheels have different wavelength for their normal functioning and thus these centres needs different colours for their charging.

Psychoneurobics Techniques

1. Light Neurobics

a. **Regulated exposure to Sunlight:** Sunlight has a positive effect on our mind, body and soul. It enhances the feelings of self-esteem and confidence. Our aura absorbs the vibrational energy of sunrays and directs them towards Root Chakra where it releases the blocked energy.

2. Colour Therapy: Red is the associated colour of Root Chakra. Red depicts passion and strong emotions which translate into courage, will power and zeal towards life. By visualizing red colour through third eye we can activate and purify the Root Chakra.

3. Sound Neurobics: The associated note with Root Chakra is 'C'. Chanting 'LAM' while doing Pranayama is a good exercise for healing arthritis.

4. Easy Neurobics: Using techniques of 'Centring' and 'Grounding', we can dispose-off the negative beliefs from our subconscious mind.

a. Centring involves feeling relaxed.

b. Grounding refers to connecting to Mother Earth

5. Psychoneurobics Spa

Guided Neurobic Spa can be carried out in which all the 7 chakras get bathed in a particular light energy-

a. Empowering Neurobic: Visualization of Red colour with Prithvi Mudra, repeating in mind, "I am a powerful soul with full of empowering energy. I am merged with God, the Almighty and Supreme Energy."

b. Purifying Neurobic: Visualization of Orange colour with Apan Mudra, repeating in mind, "I am a pure soul with full of pure spiritual energy. I am merged with God, in the ocean of pure energy."

c. Joyful Neurobic: Visualization of Yellow colour with Agni Mudra, repeating in mind, "I am a joyful soul with full of joy and happiness. I am merged with God, in the ocean of joy and happiness."

d. **Loveful Neurobic:** Visualization of Green colour with Apan Vayu Mudra, repeating in mind, “I am a lovely soul with full of lovely energy. I am merged with God, the ocean of love.”

e. **Peaceful Neurobic:** Visualization of Sky Blue colour with Vayu Mudra, repeating in mind, “I am a lovely soul with full of peaceful energy. I am merged with God, the ocean of peace.”

f. **Enlightening Neurobic:** Visualization of Navy Blue colour with Prana Mudra, repeating in mind, “I am a knowledgeable soul with full of wisdom. My mind is enlightened with true knowledge and wisdom because I am merged with God, the Ocean of knowledge”.

g. **Blissful Neurobic:** Visualization of Violet colour with Gyan Mudra, repeating in mind, “I am a blissful soul with full of blissful energy. I am merged with God, the Ocean of Bliss”

There is no harm in learning these simple techniques while you continue to pop that anti-inflammatory pill for treating arthritis. Rather when learnt and practised under the guidance of experts, these are much safer than steroids which doctors prescribe.

Conclusion

As Rudyard Kipling wrote, “If you can keep your head when all about you are losing theirs and blaming it on you; you will be a man, my son!”

Training the mind to see the positive in every situation is the most significant part in the life of a human being. By imbibing Psychoneurobics in your daily life, a candidate cultivates the art of happy living. Psychoneurobics makes the individual realise that mind is a tool that one can choose to use any way possible and finally makes life easier. The entire research paper has unbleashed multiple Psychoneurobics techniques that can leave a positive, corrective and indelible mark on the life of any subject who is experiencing it as one enjoys daily ablution.

At the culmination, it is obligatory to state about health and wellness in the words of Louise Hay,

“In the infinity of life where I am, all is perfect,
whole, and complete. Change is the natural law

of my life. I welcome change. I am willing to change. I choose to change my thinking. I choose to change the words I use. I move from the old to the new with ease and with joy. It is easier for me to forgive than I thought. Forgiving makes me feel free and light. It is with joy that I learn to love myself more and more. The more resentment I release, the more love I have to express. Changing my thoughts makes me feel good. I am learning to choose to make today a pleasure to experience. All is well in my world.”

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