



CHAITANYA CHARAN DAS

Spiritual healing

Question: What exactly is spiritual healing?

Answer: From the spiritual viewpoint, all improper, immoral behaviours are symptoms of a diseased mentality. The Vedic scriptures explain that this diseased mentality is caused by six main germs: lust, anger, greed, envy, pride and illusion. Let's see how these breed most criminal behaviour. Lust causes rapes and sex-related crimes; greed causes corruption and financial transgressions; and anger causes terrorism and violent crimes. Millions of people worldwide squander billions of dollars on self-destructive indulgences like smoking, drinking and drug addiction. What makes them addicted to substances that poison and kill their own bodies? The lust for instant pleasure. Thus the infections of the mind cause people to harm others and harm even themselves, thus leading to major global problems.

The Vedic scriptures explain that remembrance of god is the cure to these infections of the mind. We are basically pleasure-seeking creatures. When we seek pleasure externally, the germs into our mind infect us, for they all promise us external pleasure. But the remembrance of god gives us inner happiness and thus frees us from the infection of these germs. The easiest way to remember god is by chanting his holy names. Hence, the holy name of god is the medicine to cure this diseased mentality. Let me share how Srila Prabhupada administered the medication of the holy name with astonishing results.

Srila Prabhupada went to the US in the 1960s at the advanced age of 70 and found himself amidst the counterculture of the hippies. The hippies were young people in the 1960s. They had rejected the established values and norms of society and expressed their stance through unconventional clothing and behaviour. They had rejected mainstream society as aimless, and mainstream society had rejected them as useless. But Srila Prabhupada taught the hippies the ultimate aim of life, healed them of their drug addiction by training them in chanting the holy names and elevated them from ignorant self-destruction to enlightened self-realisation. This transformation into "happies" was nothing short of a miracle. The US government, despite all its national resources, had come to its wit's end about how to change or even tackle the hippies. But Srila Prabhupada, a solitary man with no material resources, transformed them by his spirituality and compassion. US scholar Stillson Judah noted, "A.C. Bhaktivedanta Swami has the remarkable ability to turn drug-addicted hippies into devotees of Krishna (god) and servants of mankind."

The author is a spiritual mentor at ISKCON, Pune