



**AAPNA's 63rd Academic Tel Conference Call
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**Role of Consciousness in Health and Healing
Presenter: Meena Puri**

What is consciousness?

Consciousness is universal energy and life force. Our journey into the physical body begins with consciousness just like a tree begins with the seed. However, it transcends the human life as we know it and beyond the earth, in other words, it does not end when our human life ends. It has no beginning and no end and is beyond the concept of time and space. It is the source of all thought, emotion and our liveliness. Healing comes from connecting with this source and disease arises when we disconnect from the source.

Consciousness is not an intellectual concept; it is by experiencing it that we can describe it. It is nothing in the sense that it is void of any duality or polarity and yet is everything. It contains the energy, information and intelligence. The chakras transform this energy and intelligence into the different koshas. In essence, the human body is a conduit for this universal energy. It is not an abstract concept – it is part of our physiology. It exists in us as well as outside of us. The nervous system is the seat of our consciousness. As infants and young kids below age 5, we have experienced the still, the absolute nature of the consciousness and have a memory of it. Beyond the age 5, we begin to move into the experience of human life and forget our connection with this source. When we experience it again, it is

like coming home to ourselves. We remember that that is who we truly are – pure consciousness.

It is important to draw the distinction between awareness and consciousness as these two words are sometimes used interchangeably. When we think of awareness, we are thinking more at the mental level. Consciousness arises in awareness; it is part of who we are. The different levels of vibrations of consciousness result in different kóshas - physical, mental, emotional, energetic, intuitive and spiritual.

Meditation is a way to understand what consciousness is and also a way to develop consciousness. Any meditation technique that cultures and develops our nervous system and allows us to move beyond ourselves helps us develop more consciousness.

How it heals?

Through meditation, we contact pure consciousness and experience it. This experience is very expansive, whole and blissful. We find our solace in this experience and realize this is who we truly are. We begin to gravitate towards it. More we practice; more we begin to infuse this experience of consciousness into our lives. We begin to naturally align our actions, our choices and our life style to what we have experienced. The deeper part of us longs to be healed so we naturally gravitate towards light and healing. We spent our lifetimes trying to find validation for our actions, feelings because we forget that we are whole; we are pure consciousness. Healing is always there, it is a matter of putting ourselves in the way of it. I believe disconnecting from this source is equally valuable to fully understand what it feels like to connect with our true nature and take delight in finding it again. This feeling of wholeness permeates through our being. Psychological stress that also causes blockages in the flow of this energy and intelligence begins to dissipate. We now set up the ground for healing and health. What we need to do to heal again becomes clear. We become open to making changes that were not possible before. We tune in to what we need and we find ways to get it. We begin to believe that healing is possible and begin to trust in the bigger picture. We feel part and parcel of this universe and no longer feel isolated. In deeper parts of us, we begin to believe that all is well even if our lives are miles from what we had once dreamed. In other words, we finally feel that all is well.

This shift goes a long way in helping us with our symptoms and medical diagnosis. We embrace the “what is” of our health and most importantly we embrace ourselves just as we are. All changes then become effortless. With the development of consciousness we become more of who we are and this way allow others to become who they are. We see divinity in ourselves and others and realize that everything is that pure consciousness. We move towards activities and life style that promotes our health and our growth. Anything else is no longer desirable. This does not take years; we can begin to see the shifts within a short period of practicing developing our consciousness.

There are numerous illnesses that result from disorders of the nervous system and then manifest into various physical symptoms. Through the meditation, we release the stress from our nervous system. The mental and emotional imprints on the nervous system begin to loosen their grip and channels that were blocked begin to open. In this way, we are working at the root cause of illness and not just stuck in the limited medical diagnosis. We are multi-dimensional beings and the only way to restore wholeness is to begin at the source.

In the spiritual path, it is natural to wonder, to question and even to challenge the truth. Nothing worthwhile happens without inner inquiry and introspection. To become one with consciousness is not to control the outcome of our actions; it is rather to co-create with that which is larger. It is to harmonize with our higher self and let nature do what is for the highest good. We regain our power when we harmonize with nature. We heal when we reconnect with the consciousness out of which all life arises. When we become that open, that tuned in to who we truly are, there is no longer an attachment to a desired outcome, instead we feel okay with what ever happens.

Presenter:

Meena Puri, ERYT500, founder of The Yoga School of Milford, and an Ayurvedic Practitioner has been teaching Yoga, meditation and stress management for over 15 years.

Meena is known for her intuitive teaching skills and her ability to impart with her knowledge and experience in a way that honors, nurtures and

embraces students of all levels and from all walks of life. She continues to deepen her knowledge by studying with world-renowned teachers and specializes in Yoga therapy and alignment.

Meena completed her Ayurvedic studies in Sept. 2010 with Dr. Paul Dugliss of New World Ayurveda. Born and raised in India with her father Dr. C. R. Puri, an Ayurvedic Doctor and an ophthalmologist, following the Ayurvedic life style was common practice. Studying and bringing this knowledge of Ayurveda to her already thriving Yoga practice has been like coming home for her and completing the circle. She integrates the teachings of Ayurveda and Yoga to bring to her clients a practice that is truly complete and holistic.

Additionally, she is a columnist for the Milford Times newspaper, conducts workshops and educational seminars for local groups and businesses.

For more information, please visit www.theyogaschool.com and www.ayurvedichealingcenter.com