



SATVAM: Secret of health and Instant Healing

Azeem Dana

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According to Ayurveda, the influence of Rajasic and Tamasic nature with Sattvic nature is the cause of disease. According to Homoeopathy, the disturbance in Vital force (Prana-Qi-Ei Vital-Cosmic Energy) is the cause of dis-ease and is influenced by the mind and external factors. Most severe disease may be produced by sufficient disturbance of the vital force through the imagination (mind) and also cured by the same means. According to Allopathy, Stress is the cause of majority of dis-eases (75 to 90%) that are psychosomatic in nature.

As per the ancient and modern medicines, although the dis-ease is caused by psychological, biological and social factors, the major role plays in all these factors is mind and hence healing of emotions and stress, to emerge the hidden sattvic qualities in an individual, can benefit spiritually, mentally and physically.

This healing which can be done instantly is explained in the book using simple Psychological and Hypnotherapeutic approaches and it can be used for healing self and others.

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