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## **Harish's Story in 27 Points: (An Introduction on Health)**



**T**he starting session was an orientation session on health & belief system. It started with Harish's personal story.

“I am an engineer by profession and about 10 years back, I was diagnosed with type B Diabetes. I hit the nadir of my health during those years, so much so that I had a nervous breakdown and was admitted to hospital.”

When Harish started sharing his experience, Vijay and Divya listened attentively. Vijay started writing all the

notes in his diary. He summarised the entire session in 27 points.

1. "Adversities are good. They force you to take note and change yourself, something my health issues did for me. I started doing my studies and research. I found lots of contradictory information about health. That is the time I started experimenting on myself. And I learnt to listen to my body's signals".
2. "Human body is a marvellous machine. It is our greatest friend. I learnt about internal cleansing and nutrition. And I started experimenting. In a few months' time, I cured myself naturally and it has been an amazing journey for the last 9 and a half years. I have been in extremely good health without even a single episode of headache".
3. "I also committed lots of amateur mistakes in the beginning due to my innocence, like advising and preaching. Later I came to realise that unless people are seeking out, they are not ready for any new information. Moreover, human beings learn and change through their own mistakes, it's an evolution process and normally they will aspire to change after going through a vicious cycle of pain and suffering. I myself went through the same process".

4. “I realised these things over time, and now as you could see, I help only those people who are willing to help themselves and mostly, these are the people who have suffered a lot. Only when you are at the bottom, you say to yourself – enough, I cannot go down further. I can only rise up now”.
5. “Achieving health cannot be a goal. Having supreme energy cannot be a goal. What you will do with that health, with that energy, that becomes your goal. Then it becomes an inner driving force”.
6. “In my case, I realised helping other people achieve their potential would give me inner satisfaction & joy, and that became my goal – letting people know that vibrant health is possible and is every human’s birth right. And for that, I am a living example – a person who had been diagnosed with Diabetes and hospitalised for the nervous breakdown at one point of time”.
7. “Sometimes I wonder, had it not been for my health issues, I might not have discovered this path at all”.
8. “We live in a cause – and –effect universe. Every action has a reaction. Things do not just happen to you. They happen as a consequence of the action you took earlier. Obesity, lack of energy, pain, discomfort or lifestyle diseases – all are the direct result of either doing something to your body or not doing something that could have prevented a problem.”

9. "After-the-effect or when a person becomes ill, that is entirety of a medical school curriculum. They teach doctors how to treat sick people after they have fallen sick. Before-the-fact is prevention. What to do when you are well to ensure you stay that way. Prevention based on ideal lifestyle is not even a subject of study in medical schools."
10. "What is it that heals a cut finger? Is it the bandage? No. it is the body. Human body is self –repairing, self –healing and self-maintaining."
11. "In every area of our lives, health, relationships, and profession – we are constantly making choices, and the sum total of all such choices shape up our lives."
12. "I was never taught how to eat for my body instead of exclusively appeasing my taste buds."
13. "Dieting is a frustrating waste of time because it never addresses the real problems. It does not present an intelligent, long term solution to the problem. Dieting is a short term, temporary solution that carries within it the seeds of their own failures."  
Harish was sharing his journey.

Vijay was spellbound. Each word Harish uttered, it looked like it was Vijay's story unfolding.

Vijay had watched helplessly as each kg he fought so hard to lose returned with vengeance. That was the worst

part of it, knowing that the weight was going to come back and there was nothing that could be done about it.

He had thought of one thing and one thing only throughout the length of the dieting – food, and when he could eat again. Whatever Harish was sharing, it was making complete sense now.

Harish continued and Vijay started putting notes again.

14. “Diagnosis, emergency medicine, trauma care and surgery – these are what members of the medical community focus on. This is probably because the medical profession evolved according to the needs of the unhealthy person rather than that of the healthy person. The doctors encounter a person only when they are diseased and the role of the doctor becomes confined to getting the patient rid of the (symptom of) disease”.
15. “The basic foundation of modern medicine is after-the-fact treatment .It does not focus on the cause of the problem, it focuses on reducing the symptoms of the problem. A medical student studies pathology (study of disease) and deals with sick people, not well people. Medical doctors interact with people after their health has been compromised. Prevention of long term chronic illness is beyond the scope of modern medicine. This requires a healthy lifestyle aimed at preventing the person from falling ill. This is before –the-fact treatment.”

16. “Exuberant, vibrant health is our birth right. It is part of the grand gift of life. It is the normal, natural state of our being. Pain, ill health and disease are abnormal and are not our natural state of being. You can have control over your level of health. You can have a say in the length and quality of your life. In fact, taking control and being in charge of your health are not all that complicated.”
17. “Put in fuel and the car will run. To keep the car in good condition, the oil has to be changed periodically. Else it will become silted up with sludge, and will eventually break down. No amount of external cleaning will substitute for inner cleaning. You can wash, shine, polish and paint the car until it is the best-looking car. But it won't run if the inside engine is filthy”.
18. “Like a car, our body depends on fuel (food), which it converts into energy. And as with a car, our body needs to be cleansed from inside. A certain amount of toxic residue or waste is daily generated, first by daily replacement of billions of old cells with new ones and secondly from the food and drink we consume daily.”
19. “Millions of people suffer from constipation, skin problems or high blood pressure. Others have respiratory problems or other lifestyle diseases. All these are symptoms of dirty toxic bodies.”

20. “The body can remove the toxins only to a certain extent. If the rate of toxic coming into the body is more than the toxic leaving, it spells pain and disease. Millions of people lose their lives due to clogged arteries which contain sticky, toxic waste matter which the body wanted to get rid of but could not.”
21. “The cleaner the body, the better it works. Sadly, in hospitals, millions of dollars are spent on healthcare, but the entire expenditure is on expensive screening tests & drugs for the diseases after they occur. The subject of prevention is not given any importance and the importance of keeping the body hydrated, cleansed and detoxified is completely ignored.”
22. “Human beings are energy systems. We cannot hold this energy in our hands, but we surely know when someone around us has it. Nothing can be performed without energy. Everything we do needs energy.”
23. “The body is always striving for its highest level of health possible. Health is the normal, natural state of our body. Ill health is abnormal and unnatural. As long as body is alive, it is striving for health in the quickest and most efficient way.”
24. “The human body has a built-in mechanism for giving out warnings. The more critical the problem, the more intense the warnings. Unfortunately,

these warnings are not recognised by most of us as such. They are either ignored or masked with drugs.”

25. “Keep in mind that health is natural and illness is not. The body always strives to maintain a healthy state.”
26. “The body’s number 1 priority at any given moment is self-preservation. Your body will never give up on you. All you have to do is not stand in its way.”
27. “We have all been conditioned to respond to pain with drugs. It’s so easy. Feel pain, take a drug and it goes away! Drugs don’t heal anything. Although they can block symptoms that can be life-threatening, mostly they are overused and misused. Drugs mask symptoms, that’s what they are for. “There’s no pain, so there must be no problem”. It provides a false sense of security.”

“Are you against the dependence on drugs?” Vijay was a little concerned.

“I am not suggesting that you stop taking whatever drug you are taking and never take another one. Drugs have their own place and under certain circumstances including emergencies, drugs fulfil their role. But that happens only sometimes, not every time. We have started drugging the population since infancy and childhood, continuing into adulthood- something which has compounded the problems.” Harish explained.

“When do we start our program for Vijay’s speedy recovery and healing?” Divya asked. She wanted to start it immediately without losing further time.

“Alright! Since you want to focus on disease reversal, which in your case is cirrhosis of the liver and neuritis, we will not wait for our theory part completion and instead start the implementation right away so that you can see the results soon. I do understand that you might have lots of queries and questions. Just bear in mind the fact that every action we are taking has a scientific logic behind it which will become clear to you as we move to the Health fundamentals one by one.” Harish clarified.

Harish spent the next 30 minutes explaining to both of them specific instructions & program to address Vijay’s current ailment. Vijay & Divya had lots of questions to ask, but as per Harish’s instructions, they noted all of their questions in their diaries and waited for Harish’s theory part to get completed first which by design was supposed to answer all their queries.