

The Most Powerful Machine in the World



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The second session with Harish was about inserting new beliefs about health.

“Now when we know the importance of our belief system, it’s time to replace our old beliefs with some new ones.” Harish started.

“Contrary to what we have been told during our times, human body is not designed to be sick at all. We are born in the “Pill” culture, wherein we are brainwashed by TV Commercials to start

believing that it is normal to remain sick and we need pills to feel normal, happy and healthy.”

“The reality is absolutely opposite of that. Human body is designed to be healthy by nature. It is designed to heal itself automatically. It is designed to last more than 100 years. It is the most powerful machine on this planet and it is our greatest ally, our greatest friend.”

“It keeps tolerating the systematic abuses that we hurl at it day in and day out, and still keeps working, though it does give warning signs being the most intelligent machine as well. However, we fail to listen and even when we are forced to listen and take notice in form of pain, mostly we just suppress its voice by focussing solely on the symptoms and treating them with drugs and painkillers until one day when it can no longer bear the brunt and conks off. And then we ask ‘Why me?’ and complain to GOD for not being kind.”

This was radically different approach and information for Vijay and Divya from the way they used to think about their bodies and health.

Harish continued, “How does this machine work and what does it need? Primarily two things – Cleansing and Nutrition. Are we taking care of this machine? Mostly not. And when we are not, then what are the excuses we give to ourselves? That we have no time and we are too busy. Let us first consider what the value of the human body is.

Imagine that you have discovered the knowledge how to turn food into blood. You discover how to make blood from an apple. Once you patent this process, how much will you be able to earn from this patented process? Or, let's say you invent a glue which is so strong that it can bind the bones. How much for that? Any person having these inventions discovered in a lab will turn into a billionaire overnight."

Vijay wasn't exactly getting what Harish was arriving at. "Human body is full of these amazing inventions already". Now let's see the value of our bodies in our own eyes. Consider this: What's the dream machine you want to own? A Rolls Royce or a red Ferrari? What if I asked you to give me your right eye, just 1 small organ, in place of this red Ferrari?

Would you give this?"

"No way", came the instant reply from Vijay.

"Leave aside the eye, if I ask you to give me your right thumb, will you give it?"

"In fact, whenever a beggar comes and asks me money, I ask them - 'Why are you begging and not doing some work to earn?' And if he answers - 'Because I am poor', I give him a counter offer. 'How much money do you need? 'Whatever the amount he guesses, I multiply it by 100 and then asks him to donate his right eye in return. Not a single person has come forward to this proposal yet."

“By the way I do not do this to offend them, I do it to make them realise that they possess a human body worth millions of rupees and begging is not the solution to their financial problems, working can be.”

Vijay and Divya were smiling.

Harish continued, “We have a body which is invaluable, yet most of the time we take it for granted.”

“Worst still, we abuse it, mostly by ignorance but sometimes even wilfully. Taking cue from your Red Ferrari, How do you take care of it? Very much, you would say, right?”

Nodded Vijay and Divya.

“What if you get it cleaned only from outside but never from inside. Will it continue to run? Or what if you put ordinary fuel into it? Will it continue to run?”

“No way”, Vijay replied.

“In fact, you would take effort to get the right fuel even if it meant driving 50 km more. And you would never miss a service, when it is to be cleansed from inside. Because if you do not do it, it will simply conk off.”

“Compare this to the human machine. How many times have we cleaned it from inside? We take bath every day and if we do not bathe for a few days, it starts smelling. No bath for few weeks, and we start stinking. We have almost never tried to clean our body from inside.”

“Worst still, we put all type of junk fuel into it so much so that it gets abused day and night. Can you imagine putting ordinary gasoline or kerosene in your Ferrari and then expect it to run?”

“Yet, the human body, the most powerful machine in the world, survives all such abuses. It has this unique ability to survive all types of abuses for a prolonged period of time. But the end result is that almost every time it is taken for granted”.

“It is not only the most powerful machine but the most intelligent as well. So, when it is being hurled abuses day and night, it starts giving warning signs. It starts showing symptoms that the treatment it is receiving is improper and it should be taken care of”.

“What are those symptoms generally? It could be pain, tiredness, loss of energy, headache, acidity, heartburn, indigestion etc”.

“And how are those issues addressed generally? By a visit to the Doctor who prescribes the drugs. And what do those drug do? They hide the symptoms. They create an illusion that there is no pain anymore and we are fine.”

“It is like an alarm bell in the house which goes off every time a burglar tries to break in. Since the alarm bell is continuously ringing and asking us to take an action (which actually would be to prevent the burglar from entering the house), what do we do? We go to a mechanic and tell him about the problem – the alarm bell is ringing frequently. And the mechanic provides the solution – he

chops the wires of the Alarm bell. The problem seems to have been solved.”

“As the basic cleansing and nutrition needs are not met, the body, being the most intelligent machine, goes into survival mode and tries to give more warning signs. You could imagine it is shouting on top of its voice to attract your attention so that you address those basic needs.”

“What does it mean? What are those symptoms? Severe pain, loss of energy, fever. And again how are those issues addressed generally? Again by taking higher doses of drugs, so that they again try to hide those symptoms. But what is completely ignored is the basic need for cleansing and nutrition.”

“The cycle continues, becomes aggravated and one day even the most powerful and the most intelligent machine also conks off. And you are diagnosed with heart diseases, liver diseases and even Cancer! Then you ask the question to God – ‘why me?’”

“Those diseases were not chosen by God and transferred to you. It was the result of long term prolonged abuses, depriving the body of its basic needs which prompted those conditions.”

“Consider the human body a large thick glass window and the daily abuses as pelting of small stones that happens every day. In the beginning, nothing happens but slowly the stone size starts increasing and it is thrown at the glass window with more force every day. Finally after a

prolonged period of time, one day when the size of stones becomes too big to endure, it breaks”.

“Now for some people, this is the wakeup call. This stage is the bottom most for their health – it becomes a question of survival. And depending on their will power and motivation to live life, they take action. They study health & wellness and there are thousands of real life stories of people, who have turned it around completely. For others, they still keep giving the control of their health to medical authorities. And sadly, they go down the pre-determined path.”

“For me, it was an ongoing battle against pain, excess weight and lethargy. I suffered from excruciating abdominal pains, frequent headaches, numerous colds and a perennial lack of energy. I chose the first path.” Harish looked at both of them.

“Human body is a design marvel. 100 trillion cells working in harmony. 207 bones and more than 600 muscles helping us move in all the directions. It is the wisdom and power of the body that heals. This energy which miraculously heals wounds, is always striving for your highest possible level of health under all circumstances. It is also self-preserving under all circumstances. As an insect approaches our eyes, we blink.”

“We have 70 thousand meals to be consumed in a lifetime and the quality of water and juices we consume is the determining factor in acquiring and maintaining vibrant health. Billions of cells die every day and are

replaced by new cells. The building blocks for their replacement come from the foods we eat.”

“Food and water are the number one factors affecting our health. However, other factors i.e. clean air, exercise, rest and sleep, sunshine, loving relationships, self-love and inner peace too are equally important for wellness.”

“The increasing chemical exposure that we receive from air, water and food, coupled with foods that have been irradiated, microwaved or grown from hybrid/genetically modified seeds have increased body’s demands for nutrients to detoxify these multiple toxic agents.”

Harish concluded the second session.