

# Mantra chanting and effective Preventive Medicine touching 6 the element spirituality as per USA public health

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## PROPOSAL

*To study the effect of chanting of 45<sup>th</sup> shloka of Bhaktamar – A preventive medicine touching 6<sup>th</sup> element Spirituality for reducing fear of recurrence in cancer patients.*

### A Systematic Review & Meta analysis –

Many people chant mantras to reduce psychological stress and fear related to recurrence of cancer. (ShriAurobindo says – Mantra is highest – Absolute form of speech – Pure & Powerful.) To counsel people appropriately, clinicians need to know what the evidence say about the health benefits of chanting mantras.

**Objective:** To determine the efficiency of mantra & meditation chanting program in improving stress related outcomes (anxiety, depression, stress/distress/mental health/positive mood related to quality of life, attention, substance use, eating habits, sleep weight) in diverse adult clinical populations.

### Literature Review:

Mantra and their relevance in Holy Scriptures (The spirit behind Mantras) BIBLE says – In the beginning there was word (Mantra) and word was God.

In genesis also it is given that god said”Let there be light & there was light.” Sound came before light. According to Bhrama – mantra is the NAVEL OF DIVINE Muslim Swastik is worn by BOHRI Community of Muslim in which Quran mantras are stated & they are protected by 4 angles representing the four directions.

“MANTRAS IS THAT WHICH PROTECTS US OR HELP US TO CROSS THE WORLD.”

JESUS CHRIST has spoken of Faith healing. He healed 23 persons as stated in JOHN & MATHEWS Bible and always asked then before healing. Do you think I can do this for you? And after healing he would say it is your faith in me which has healed you.

Fear of Recurrence, the concern that the cancer will come back after treatment, is common among survivors. Although having some concern about recurrence is natural, too much worrying can affect your Quality of life.

The purpose is to provide a starting point for you to become more informed about important matters that may affecting your life as a survivor and to provide ideas about steps you can take to learn more.

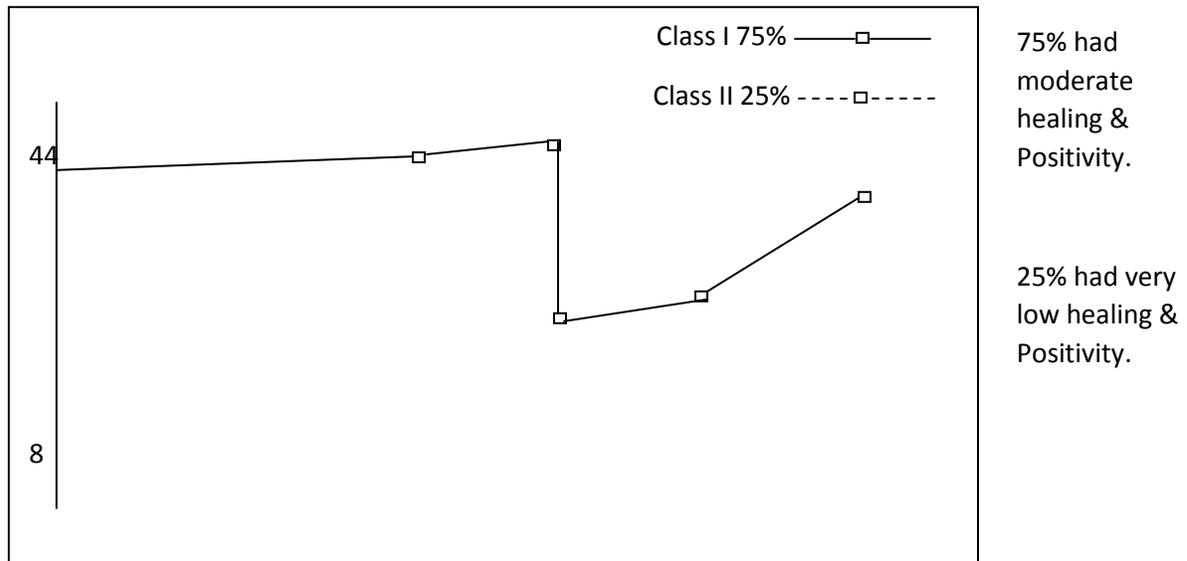
Note: This information is not intended nor it should be interpreted as preaching religion. You should see the meaning of BHAKTAMAR BHAKT = DEVOTEE, AMAR = IMMORTAL. Devotee becomes immortal by chanting shlokas with full devotion.

How common Faith based healing is depends on the type of patient.

- Reported by 22-74% of people with history of Cancer. (Depends how you ask a question)
- More common in Women in Breast Cancer. When does Faith healing happen?
- Hearing about another person’s Cancer recovery through mantra chanting helps cancer survivor strong and healthy.

**Faith based Healing:**

Patterns of Healing & positivity



What may increase the Faith based healing in cancer patients.

- Seeking reassurance too often.
- See YouTube videos of cancer patients like Anita Moorjani who could dissolve her lumen size tumor & spiritual healing videos of testimonials of patients chanting mantras.

- Your perception of Self healing methods.

Root cause of Disease is FEAR of DISEASE.

How much effort you spend in eradicating the fear of disease.

- High effort & Low Stress.
- Your effort to cope appears to work for you.
- Keep up your efforts – Be positive.
- Sign that your strategies are more effective bringing message of WELL BEING to Body.

If copying on your own is difficult consult a counselor on positive thinking & creative visualization. Dr. Sara whose book on Power of

Subconscious Mind is the bestselling Author or Jaina Method of Curing by Chanting Mantras by Dr. Manju Jain.

How to cope strategies for keeping Healthy.

- Deep breathing exercise by Dr. Anita Agarkar (Ph. D. in I.Q. & memory Enhancement Tool of Bhaktamar)

• Mindfulness Meditation of Acharya Mahapragya Author of Harmonious Living published by H Parker.

- Yoga – Preksha Dhyaan & Sukshona Dhyaan by LADNU University Professional.

Tools you can USE.

- 45<sup>th</sup> Shloka of Bhaktamar. A Cure of incurable disease.
  - Audios by Chant Miracle by Erik Berglund. [www.erikberglund.com](http://www.erikberglund.com)
  - Audios of 45<sup>th</sup> Shloka – A Wellness tool by Estha Divine [www.esthadivine.org](http://www.esthadivine.org)
  - Mantra healing audios by Dr. Manju Jain on Bhaktamars.