

Guruji's article published in the Indian Express

Common Lifestyle Mistakes Even Saints Make

By DR N K SHARMA

Every religion has representatives in the form of saints. The moment we think of a saint, a picture of a holy personality comes to our mind, who must have full control over and enjoy a healthy body, mind and soul. He must be the fittest as he has enlightened himself with the laws of the Universe. However, from centuries saints have suffered from diseases such as cancer, heart disease, joints pain, blood pressure, kidney failure and so on. But due to our unshakable faith and out of respect for them we refrain from asking but why?

With all the due respect towards saints, I cannot help but wonder why they fall sick? A person who claims to understand the ways of God, who could not be understood the human body? We know the physical manifestation of disease is a mere flowering of inner soul. The true cause lies in the mind. Consider these facts:

1. Many saints are suffering from joints pain, cancer heart blockages, etc. This indicates a wrong lifestyle.

2. Several saints have died of sudden heart attack just like an ordinary person.

3. Several saints are held, even in their middle age, which is an indication of stress and energy deficiency.

4. Intake of tea-coffee and fried food they get an imbalance is also harmful for health.

5. We have suffered health issues from centuries due to the cooked, processed and fried food. Yet it is served in almost all ashrams and shrines and given as prasadam.

6. Several saints would over use taking medications for a host of ailments.

Nature sees no difference between saints and ordinary people. Those who disobey its law suffer and those who follow them are blessed with health. Most saints only focus on the soul, neglecting wealth and health.

Major Reasons for their Sickness
Everything manifests ac-



ording to God's laws of nature. God is not interested in our disease or health, poverty or wealth. He is a fragrance, that is all around us. There is no one up there writing our fate. We make our own destiny by choices.

Living in Extreme Circumstances

Abstaining from food debilitates the body. Hence, saints suffer from anaemia or early demise. Drinking oily liquids results in weak digestive muscles.

Use of Milk Products

Cow's milk is designed to help a calf grow at ultrahot pace. A calf matures from 80 pounds to 2000 pounds in 2 years having 58 types of various hormones. Whereas humans mature in 20 years to approximately 150 pounds. The whole chemistry of cow's milk is designed for the development of the calf.

Depending exclusively on milk for nutrition will definitely damage our blood chemistry leading to several diseases and even cancer.

Living Only On Cereals

Usually all saints live on traditional food i.e. cereals, roti, rice, dal etc. cooked with spices, oils. Cereals are grass seeds, not meant for human consumption. We modified them by cooking. Have you ever thought of adding spices to natural fruits and nuts? Depending exclusively on cereals creates acid residuals, hardens and stiffens arteries and joints. But sadly very few saints could recognize the harmful effects of cereals.

Lack of Exercise

This applies to all saints who sit and meditate for long hours and months, which reduces their metabolic rate. Once you are fully awakened, there is no need to meditate.

Suppression of natural emotions and sex

Sexual desire and emotions are instincts that cannot be suppressed but transformed through meditation. Usually saints suppress these urges, which leads to several bodily and mental ailments.

Final Message

Lakhs of people today are following various saints for different reasons, but is it right to follow them? Are they able to control their health? "No". To be healthy you need to take care of yourself rather than seeking help from saints. Only the person who has control over mind, soul and body can be a saint.

Dr N K Sharma is a spiritual mentor and founder of Rishi Healing Foundation. Email: info@rhfost.com

Guruji's eye-opening and revolutionary article titled, ***"Common Lifestyle Mistakes Even Saints Make"*** was published in the English daily Indian Express on 29th Sep 2013. The article has been widely acclaimed and appreciated by people. RHF has received countless messages and phone calls congratulating Guruji for this article. The article is available at the following internet link:

<http://epaper.newindianexpress.com/c/1706865>