

# Saturday, 7 December 2024

## Ayurveda, Experience, and the Unseen Realms

Now, I know that some of what I'm going to say today might sound completely unscientific, even absurd, to some of you. You might be thinking, "How can a trained medical professional say these things?" And I understand. Science has its limitations, and the approach we follow today in medical and academic circles is rooted in what can be observed, measured, and validated by instruments. If something can't be proven, it's often dismissed as "unscientific."

But here's the problem: What if there's more to life than what we can see or measure with a microscope or test tube? That's the issue with certain spiritual and holistic sciences, especially Ayurveda. In Ayurveda, we talk about things that can't be measured—things like the soul, past lives, and the subtle energies that govern our health. And I'll tell you this upfront: It's a concept that will be very hard for the modern scientific mind to accept.

Take **past life**, for instance. If I were to stand up at a medical conference and say that a person's current illness could be the result of something from a past life, I would probably be laughed off the stage. People would think I'm crazy. Yet, in Ayurveda, the concept of past karma, of actions and consequences from previous lifetimes, is well-established. It's one of the cornerstones of Ayurvedic medicine. In fact, many diseases that are labeled as **genetic** or **hereditary** in the modern medical world are believed to actually stem from the actions of the individual in past lives.

It's important to note that this idea might be ridiculed in mainstream medical science, but Ayurveda recognizes it. And the reason I'm bringing it up today is that I want you to see that the traditional wisdom of Ayurveda doesn't always conform to what can be measured or observed under a microscope. The unseen forces—karma, past life actions, and even what we call **adrashtam** (the unseen)—play a role in how we experience health and illness.

You may be wondering, "What is adrashtam?" It's a term in Ayurveda for things that influence us but are not visible or measurable by our senses. It refers to the subtle, hidden factors—like karma or energy—that affect our bodies and minds. And the key here is that **experience** is just as important as scientific proof. We cannot always explain why something happens, but we know it happens.

I'll give you an example: There's a very real phenomenon that some of us experience—**black magic**, the "evil eye," and negative energy sent by others. You might laugh at the idea. You might dismiss it as superstitions. But let me share a real story to give you something to think about. I had a patient once, a lady from the Czech Republic. She was a doctor herself, 44 years old, and had already been married four times. Tragically, each of her husbands had passed

away from cancer. She came to me because her fourth husband, who was also dying of cancer, was in the final stages of life.

Now, in modern medical terms, we might say this is purely coincidence. We might say that cancer is a disease with genetic factors, environmental influences, or bad lifestyle habits. But when I spoke with her, I saw something beyond just the medical facts. She had a history that seemed to suggest that these events were tied to some unseen force. It wasn't just a case of bad luck. In Ayurveda, we would call this a result of negative karmic influences, possibly from past lives or previous actions.

And this, right here, is the problem with looking at health from a purely scientific perspective. Sometimes, you cannot measure everything. We don't have the tools to measure these **energetic imprints** or karmic causes in a lab. But we see the impact it has. In Ayurveda, we believe that this unseen energy can be both positive and negative. Some people bring you peace, joy, and good health simply by being near you. Others, whether knowingly or unknowingly, can harm you just by their thoughts, words, or energy. It's something that you feel at a subconscious level.

Now, let me take this a bit further into Ayurveda and how it connects to astrology, something that might sound even more unscientific to some of you. But stay with me. In Ayurvedic tradition, astrology is seen as an integral part of health and well-being. Certain times, phases, and planetary positions influence our health. For example, in traditional Ayurvedic texts, the **Lagna** (ascendant in astrology) is a critical piece of a person's overall health and personality.

In fact, many Ayurvedic practitioners advise that you shouldn't even share your birth chart or your **Lagna** with just anyone. Why? Because certain people can read your ascendant and know things about you that you might not want them to know. It's a bit like a subtle energetic blueprint. If someone knows your Lagna, they can predict your experiences, your challenges, and even the events in your life. It's a powerful tool for understanding the unseen influences in your life.

So, let's take it a step further. When we talk about the **unseen**, we're talking about the energetic, subtle influences that impact your health, your emotions, and even your thoughts. These are not things that can be seen by the naked eye, nor can they be tested in a lab. But they affect everything about your life. Whether we talk about the influence of past karma, the impact of black magic or the evil eye, or even the effect of planetary positions, these unseen forces shape our existence. Ayurveda acknowledges and works with these unseen forces.

This is why the Ayurvedic system is so holistic. It takes into account not just the physical body, but the entire being: mind, body, and spirit. Your mental state, your emotional health, your spiritual practice, and even your relationships—all of these factors play a role in your overall health. When something goes wrong in any of these areas, it will manifest physically. Whether it's due to an imbalance in your **doshas**, a disturbance in your energy field, or even something that's karmic in nature, Ayurveda has tools to address it.

I'll give you a more practical example. Imagine you're feeling low energy, you're constantly tired, and no matter what you do, you just can't seem to get better. You've seen doctors, you've done tests, you've changed your diet, but nothing helps. In cases like this, Ayurveda might look at the deeper levels of your being—the emotional, mental, and spiritual levels. Maybe you're holding on to old emotional wounds. Maybe you're stuck in patterns from past experiences, past lives, or karmic imprints. These hidden layers of your existence are impacting your physical health.

This is where Ayurveda's concept of **Satva**, **Rajas**, and **Tamas** comes in. These are the three qualities of the mind that determine how we experience life.

- **Satva** is the quality of balance, clarity, and purity. When your mind is sattvic, you are calm, peaceful, and have a clear perception of reality. You make decisions based on wisdom and intuition.
- **Rajas** is the quality of activity and restlessness. A rajasic mind is constantly seeking, striving, and struggling. It's always busy and never at peace. It can cause anxiety, stress, and imbalances in the body.
- **Tamas** is the quality of inertia, darkness, and ignorance. A tamasic mind is lethargic, sluggish, and disconnected from life. It causes confusion and a lack of motivation.

Now, Ayurveda teaches us that when you are in a sattvic state, you experience health and well-being in the most complete way. You see things as they are, you feel connected to the world, and you make decisions from a place of wisdom. When your mind is in a rajasic state, you experience stress, confusion, and disease because of constant agitation. And when you are in a tamasic state, you are disconnected, lost, and possibly even depressed.

The goal of Ayurveda is to bring your mind back to a **sattvic** state—balanced, calm, and in tune with your higher consciousness. When this happens, your body naturally heals, your energy flows freely, and you experience life in its fullest form.

Let me tell you a story to illustrate this. I had a very interesting experience once. A patient of mine, a woman who had been suffering from chronic pain, came to me after trying various treatments. She was desperate and feeling hopeless. But when I examined her, I didn't just look at her physical symptoms. I asked her to tell me about her emotional state, her family, her past experiences. And through that conversation, I discovered that much of her pain was tied to unresolved emotional trauma and past-life experiences.

When we addressed these deeper issues—helping her work through the emotional blocks and subtle energies that were influencing her health—her physical pain began to diminish. This is the power of Ayurveda. It's not just about treating the symptoms you see on the surface; it's about understanding the unseen causes and creating balance in every aspect of your being.

So, in conclusion, Ayurveda is not just a system of medicine for the body. It is a comprehensive science that helps us understand how to live a balanced, healthy life by recognizing and working with the unseen forces—whether it's past karma, emotional imbalances, or even the cosmic energies that influence us.

Experience is the key. It's not about just reading textbooks or following prescribed formulas; it's about living the wisdom of Ayurveda in a way that transforms your mind, body, and spirit. So, take these ideas, reflect on them, and see how they resonate with your life. Because in the end, **your experience** is what shapes your health, your happiness, and your entire life.

