



WHAT KILLS YOU? CANCER OF THE MIND V/S CANCER OF THE BODY

By Priti K. Shroff
Founder Director
PrisiM The Health Institute

“According to history, the word cancer was first coined by Greek physician Hippocrates (460 – 370BC) He used the terms Carcinomas and Carcinoma to describe non-ulcer forming and ulcer forming tumors. In Greek, this means a crab.”

Today's statistics show India's number one killer disease is “CANCER”, which makes all of us ponder; the doctors, the alternative healers and the spiritual gurus, that what is the missing link which we are not giving our thought to or seeing it, which is the actual cause underlying this Dis-ease.

According to history, the word cancer was first coined by Greek physician Hippocrates (460 - 370BC) He used the terms Carcinomas and Carcinoma to describe non-ulcer forming and ulcer forming tumors. In Greek, this means a crab. Many believed he chose the name because the pain of a malignant tumor may have reminded him of the painful pinch of a crab.

A lady who made a revolutionary movement by healing herself from cancer and toxic thoughts without medication, only through changing her thought patterns, was none other than the author of a fantastic book “You can heal your life” - Louise L. Hay. She says “The thoughts we think and the words we speak create our experiences... I am one with the very power that created me and this power has given me the power to create my own circumstances. Life is really very simple, what we give out is what we get back. We create the situations and give our power away by blaming the other person for our frustrations. No person, no place and no

thing has any power over us, for “WE” are the only thinkers in it. The only thing we are ever dealing with is a thought, and thought can be changed.”

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It also took me 15 years of studying people, over a long period of time, at my Healing Institute “PrisiM” which gives me the opportunity to write this article for all of you out there, from my personal growth. I am not saying agree with me blindly. But why wait till 15 years of experience? I emphatically state that we encourage patients and clients to continue the primary health needs provided through medication and alongside, the alternative or complementary sciences would offer the comfort and care to the ailing individual in the mind, body and spirit. According to the dictionary, the word complement means “to provide something felt to be lacking or needed. It is often applied to

putting together two things, each of which supplies what is lacking in the other to make a complete whole.”

In today's day and age, in the world of electronics, digital devices, microwave, fast foods, junk foods, stressful job responsibilities, all these and much more; only medication and surgery cannot suffice to be the answer to these current problems. David Wolfe, in his book “The Sun Food Diet” writes “A healthy diet will help you to achieve a healthy mind and life. But even the best change in diet will help little to an individual who is unwilling to alter their negative thoughts. In fact, one can never alter the diet beyond a certain degree until the thoughts change first.”

James Allen in his classic book “As you think” says “A change in diet will not help those who will not change their thoughts. When our thoughts are pure, we no longer desire impure foods.”

There is increasing evidence that mindful techniques like focused relaxation, repetitive prayer, yoga, meditation, etc. can cause physiological and psychological changes.

With most of my cancer patients, I do Recall Healing, also called Emotional Catharsis. It brings to light an understanding of who we really are from a biological point of view. In Recall Healing, we help the member to access a

new level of awareness, facilitating a quantum leap in the understanding of life, health and disease. The process itself encourages the member to commit to a deep dive into their past, looking for hidden traumas and experiences that may have a bearing in their health responses today. Uncovering these traumas, bringing them forward into the conscious mind and letting them go is a key step in removing the disease stimulus. The member is with me in a series of emotional catharsis sessions, nearly 7-8 such sessions, wherein with my guidance, they unfurl their trauma which has been the root cause to eat them up from within. That's what I mean when I say that it is more the cancer of our thoughts that kills us than the body disease itself.

Emotions if we break up the word means 'E' the element me, expressing emotions in motion. They should flow in a human being. No wonder we are called Human Being, ie. We be in that act, not human doing, hearing or listening.

We all have come to planet Earth with an expiry date, some early, some late. But that's the path that we all human beings have to traverse finally. The beauty of life is not about how long you live, but the quality of life you live is much more important than the quantity.

Many Universities and Medical schools are now researching these various complementary energy therapies. Linked to each chakra is an energy field around the body, an outer aura layered from bottom chakra to top. Most importantly, to the healthy, the chakras need to be fully energized and also balanced between each of them. Chinese medicine says Chi flows through the body channels called meridians. A whole host of techniques like Acupuncture, Reiki, Kinesiology, Cranial Osteopathy, hands on Healing, Yoga, Massages, Pilates, Tai-chi, Gong, Naad Yoga (sound vibrations) DMT - DanceMovement Therapy, Art therapy, Hypnosis, Reconnective, Emotional healing, Ayurveda, Aura Scan, Aura Cleansing, Colon Hydrotherapy, and many such therapies work in unison to heal our mind and once the mind is healed, then the body healing capacity increases.

In the words of Deepak Chopra, who has successfully achieved a breakthrough in USA because of his revolutionary thought on the same subject, writes in his book “Quantum healing” that “Our body is the best pharmacy which can produce the right medicines for the body in the right doses at the right time”.

What was fascinating in the NASA sponsored studies was the conclusion that your outer body energy gets “ill” first. Ancient understanding of chakras is that energy is deemed to flow inwards into the vital organs. If a blockage occurs, or if the energy is simply not reaching the organ at the right level, then illness ensues. Therefore it's vital that everyone who is ill thus unblocks the energy flow and both recharge and rebalance their chakras or energy centers.

Lastly, Dr. Hamer believes that people with cancer are unable to share their thoughts, emotions, fears and joys with other people. He calls this psycho-emotional isolation. These people tend to hide away sadness and grief behind a brave face, appear “nice” and avoid open conflicts. Some are not even aware of their emotions and are therefore isolated from other people and also themselves. If we live our life in emotional isolation, our emotional centers will be under constant stress. If we then add a major conflict which we are not able to resolve, and which we may not even be quite conscious of, then the emotional centers of our brain are in danger of breaking down. It is a question of how we can change our emotional patterns without creating even greater conflicts for ourselves.”

I believe we create every so called illness in our body. The body, like everything else in life, is a mirror of our inner thoughts and beliefs. People with cancer are also very self-critical; learning to love

and accept the self is the key to healing cancer. As my mentor Louise Hay says “Deep hurt, long standing resentment, deep secret or grief eating away at self, carrying hatred, all this and much more - What's the use????” Where has it got us to???

All disease comes from a state of unforgiveness. We do not have to know how to forgive. All we need to do is to be willing to forgive. The universe will take care of the hows. Heal your toxic thoughts today and the body will heal on its own.

Priti K. Shroff, Founder Director of PRISIM

She completed her major in Counseling and then went on to do her diploma in Vocational Guidance & Counseling. She started her own unique counseling center and provided a battery of DAT (Differential Aptitude Tests) for children, and provided vocational guidance and counseling for them.

After her marriage, she became a nursery teacher with Maureen Sequire. Together with being a teacher, she completed various courses in Yoga, Landmark Forum, Reiki, Art of Living, and attended various lectures and workshops of Swami Sukhobadananda, Swami Parthasarthy of Vedanta Institute, Tao Philosophy, Osho Meditations, and Vipashana Readings.

She later joined the Directorship of 'The Omniscient Securities Pvt. Ltd' Stock Broking outfit with membership of BSE, NSE & LDSL. She participated on various committees of 'The Bombay Stock Exchange', judged the competitions of Bal Maha Utsav at Prempuri Inter School Competition, and many such events.

Her spirits could not rest in peace till she finally paved her way to complete the certified courses in Atlanta, U.S.A. of Raw & Living Foods Lifestyle by Brenda Cobb, Reflexology, Feng Shui, Crystal Therapy and Massage Therapy. She evolved further by learning HydroColon Therapy, Enema, Emotional Catharsis, Fairy Reading, Magnified Healing and Advanced Raw Food Teacher.

This experience of various fields of Alternative Sciences is what she brings at PRISIM.

PrisiM Healing Institute is the one and only dealer in Mumbai of this unique Breath Healing Program. You can avail of a trial session at PrisiM Healing Institute. Email us at prisimmb@gmail.com for an appointment.



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