



Meditation As Medicine: Activate the Power of Your Natural Healing Force

By Cameron Stauth, Guru Dharma Singh Khalsa M.D.

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Proven effective by scientific research and presented here by Dr. Dharma Singh Khalsa and Cameron Stauth, the practice of Medical Meditation revolutionizes the healing process. By balancing and regenerating the body's ethereal and physical energies through simple meditations, Medical Meditation unites the mind, body, and spirit into a powerful triad.

Each Medical Meditation here has a specific physiological effect, targeting afflictions from arthritis to ulcers to cancer. Dr. Khalsa details the five unique attributes that endow this type of meditation with far more power than standard meditation. The combination of special postures and movements; exact positioning of the hands and fingers; particular mantras; specific breathing patterns; and a unique focus of concentration can change your entire biochemical profile, easing you into a calm, healing state. Practiced in conjunction with conventional or alternative medical treatments, cutting-edge Medical Meditation activates the healing force within you.

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- Sales Rank: #43898 in Books
- Brand: Atria Books
- Published on: 2002-06-04
- Released on: 2002-06-04
- Original language: English
- Number of items: 1
- Dimensions: 8.44" h x .80" w x 5.50" l,
- Binding: Paperback
- 320 pages

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Editorial Review

Amazon.com Review

Long-term meditators experience 80 percent less heart disease and 50 percent less cancer than nonmediators, according to a large body of studies. Meditation has been shown to improve sleep and reduce chronic pain. Not all meditation is equally effective, however. Dharma Singh Khalsa, M.D., has developed a form of advanced meditation he calls "Medical Meditation," which "more fully addresses every element of our physical and ethereal makeup... a full-service approach." Medical Meditation is an adaptation of kundalini yoga combined with meditation, using specific breathing patterns, posture and movements, mantras, and mental focus.

Different Medical Meditation focus on different physiological benefits for specific conditions, so once you've learned the basics, you can choose a specific Medical Meditation for high blood pressure, to improve digestion, or to strengthen the immune system or the heart, for example. Line drawings illustrate the postures, and Khalsa's stories about his patients are inspiring and involving.

Meditation as Medicine is not a brisk read or a "read-today-do-tomorrow" guide, however. Be prepared to immerse your mind in a study of chakras, mantras, breathing exercises, movement exercises, poses, and meditations--and discipline yourself to practice Khalsa's techniques patiently. Are the benefits worth all the work involved? Khalsa thinks so: "For the ill and injured, Medical Meditation is not a problem. It's a solution."

Khalsa is both a physician and a yogi. He is board certified in anesthesiology, pain management, and antiaging medicine, and president and medical director of the Alzheimer's Prevention Foundation. Cowriter Cameron Stauth, author of 12 books, was named Journalist of the Year by the National Health Foundation. -
-Joan Price

From Library Journal

Here, Khalsa presents a compelling look at the value of "medical meditation," a form of therapy based on the principles of kundalini yoga, a discipline that he has practiced for over 20 years. Using references to current medical research and case histories from his medical practice, Khalsa builds a case for the efficacy of medical meditation to assist in healing many diseases. A firm proponent of the power of mind, body, and spirit to overcome illness, he believes that the ethereal body can help the physical body to heal and vice versa. Throughout the program, the author stresses the need to use traditional Western medical techniques in combination with medical meditation to achieve the best results. Khalsa's narration is excellent; however, it is hard to follow some of his instructions for meditation positions. Those who are not already motivated to meditate, or who are not facing life-threatening illness, may find his daily regimen for maximum results overwhelming. Highly recommended for libraries that serve audiences interested in current techniques to increase the healing connection of mind and body. Kathleen Sullivan, Phoenix P.L.

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Review

Andrew Weil, M.D. author of *Spontaneous Healing* and *Eating Well for Optimum Health* *Meditation as Medicine* is a new concept, but the techniques that it uses are ancient, part of the wisdom tradition of India...Clear and engaging...I found much practical advice here.

Deepak Chopra, M.D. author of *How to Know God In Meditation as Medicine*, Dr. Dharma Singh Khalsa shows us how the tremendous power of medical meditation can heal not only the body but also the mind and soul. I strongly recommend it.

The Dallas Morning News Intelligent, accessible, and free of cant and hyperbole.

Users Review

From reader reviews:

Andrew Drake:

Now a day those who Living in the era wherever everything reachable by talk with the internet and the resources included can be true or not demand people to be aware of each details they get. How a lot more to be smart in getting any information nowadays? Of course the answer is reading a book. Studying a book can help persons out of this uncertainty Information specially this Meditation As Medicine: Activate the Power of Your Natural Healing Force book as this book offers you rich facts and knowledge. Of course the information in this book hundred percent guarantees there is no doubt in it you probably know this.

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