

# Maintaining Dignity through an holistic approach to health

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# What is Dignity?

Dignity is often confused for respect

- Dignity is our inherent value and worth as human beings; we are all born with it.



- Respect, on the other hand, is earned through one's actions.



# Holistic understanding of Dignity

Holistically speaking dignity is a state of physical, emotional and spiritual comfort, with each individual valued for his or her uniqueness guided by a built-in peculiar belief system.



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# Do we ever realise that-

- Growing old is mandatory
- but
- Growing up is optional

- Chill Davis

# Can you avoid old age?

- All would live long, but none would be old.
- Life's tragedy is that we get old too soon and wise too late.

- Benjamin Franklin

# Inborn value and worth of human

- Inborn values and worth that qualifies dignity cannot be created nor can be taken away but it can be maintained or enhanced.
- It is in-built characteristic one is born with.



# Two levels of human worths: Passive & Active

Relating dignity to the cultural activity of a person, a possibility to distinguish two levels of human worth appears:

- 1) worth that originates is acquired from the society without personal effort (performance of duties)
- 2) individual social worth of a person that can be created by the person only through fulfillment of obligations.



# Wellness & Dignity

- Wellness is maintained when individuals are able to do the best within their capabilities and feel high in dignity.
- Mindfulness
- Exercise control
- Make choices
- Feel involved in the decision- making





# Holistic understanding of Dignity

It is a peculiar built-in characteristic with which a person is born and it is known holistically as Maintaining Cause of a person. It is believed to be carried forward from previous life

It is also known as person's prevailing belief system or idea possessed by mind.



# Age & Energy

As age sets in, energy at mental, emotional & physical level of humans diminish and it becomes difficult to keep up daily routine.

This make aged feel hurt, feel isolated and they withdraw themselves from social life.

Ego comes into play when aged find it difficult to seek assistance from family & social care agencies.



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# Dignity matter most in old age and it is an issue

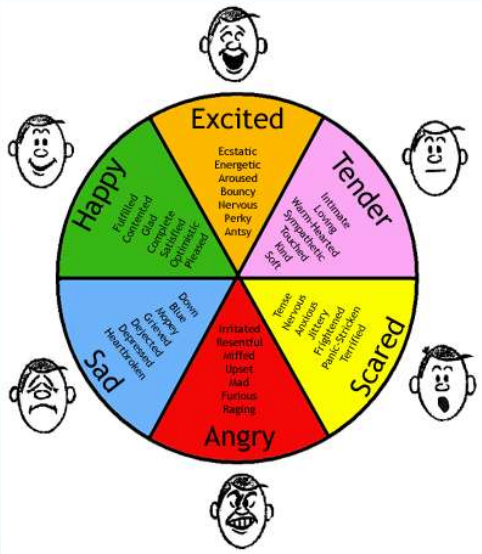
- It is belief system individual is locked in.
- It identifies persons Unique Qualities the way the person thinks, communicates and behave.
- This unique qualities is linked to person's 3 important holistic planes
- Namely Physical, Emotional & Spiritual planes



# Ageing issues



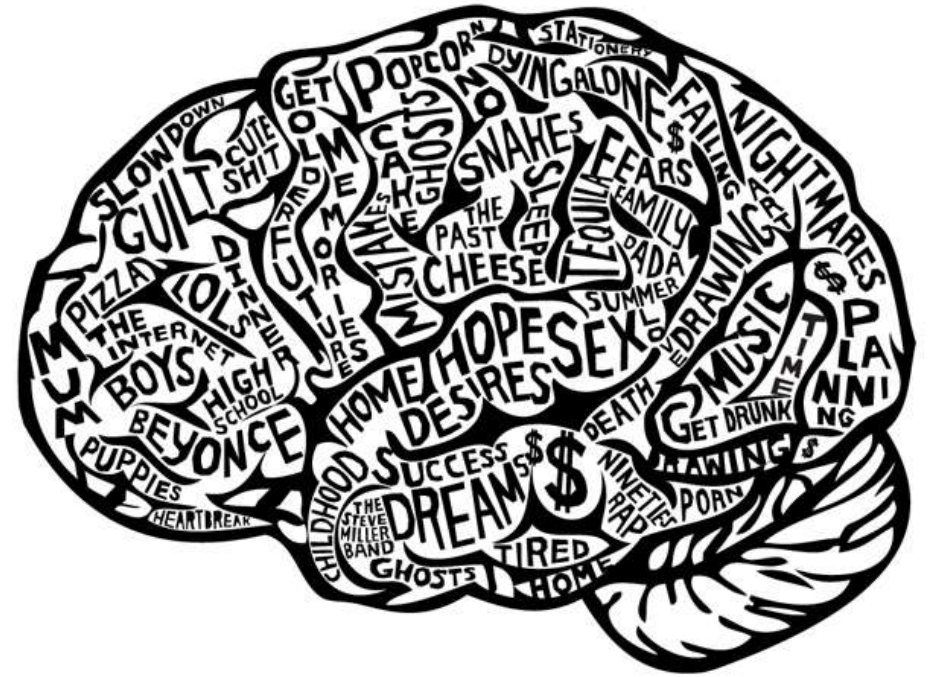
# Person's life is guided by this belief system at 3 levels of humans



# What is belief?

"A belief is not merely an idea that the mind possesses. It is an idea that possesses the mind."

- Robert Oxton Bolton



# Belief System is a human - Blue Print

- A person locked in a particular belief system tends to remain within the boundary of how a persons thinks, feels and behaves..
- Accordingly person's destiny is determined by the person's belief system.
- Dignity & worth therefore determines the vital energy flow at 3 important levels in a person.
- Vital Energy determines wellness & suffering during the life span of the person.



# Energy enhance & drain related to a particular belief System

*A maintaining cause doesn't have to be a physical thing. It can just as easily be a mental/emotional situation which is draining or enhancing the individual's energy on a daily basis, and enhancing or inhibiting progress in life.*

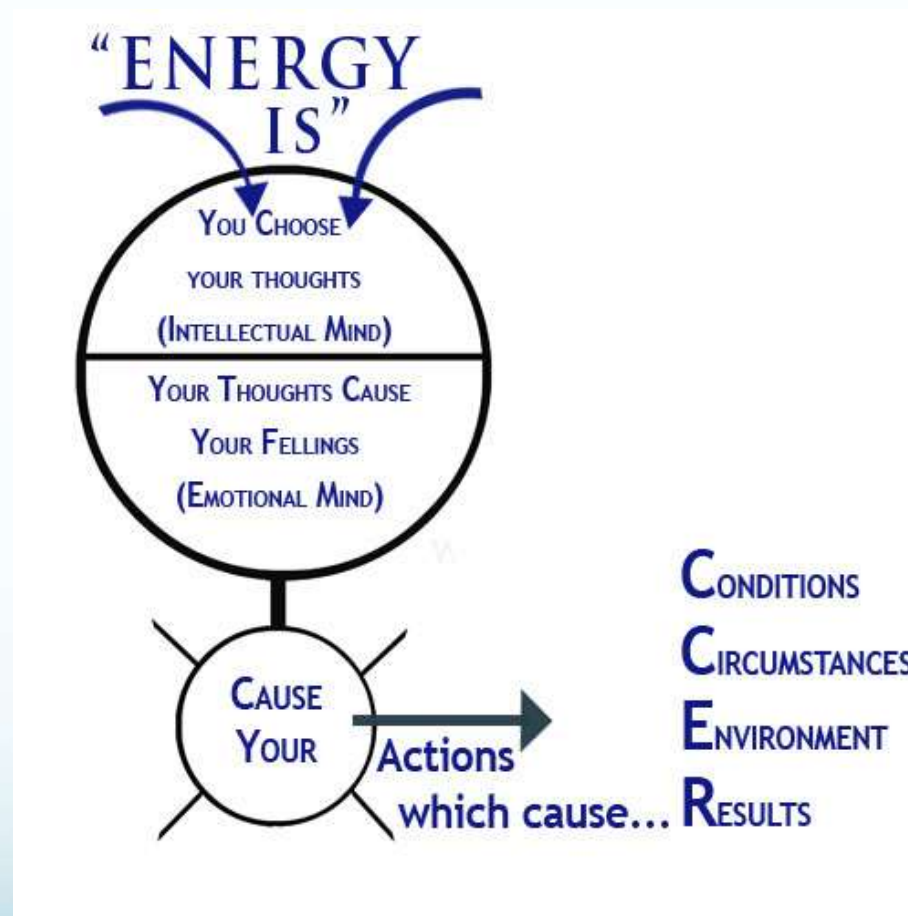
There is a mental trigger originating from past life such as:

1. A person can be a pleaser
2. A person can have superior or inferior complex
3. A person can have certain kinds of fear or fright
4. A person can suffer from unusual behaviour (delusion)

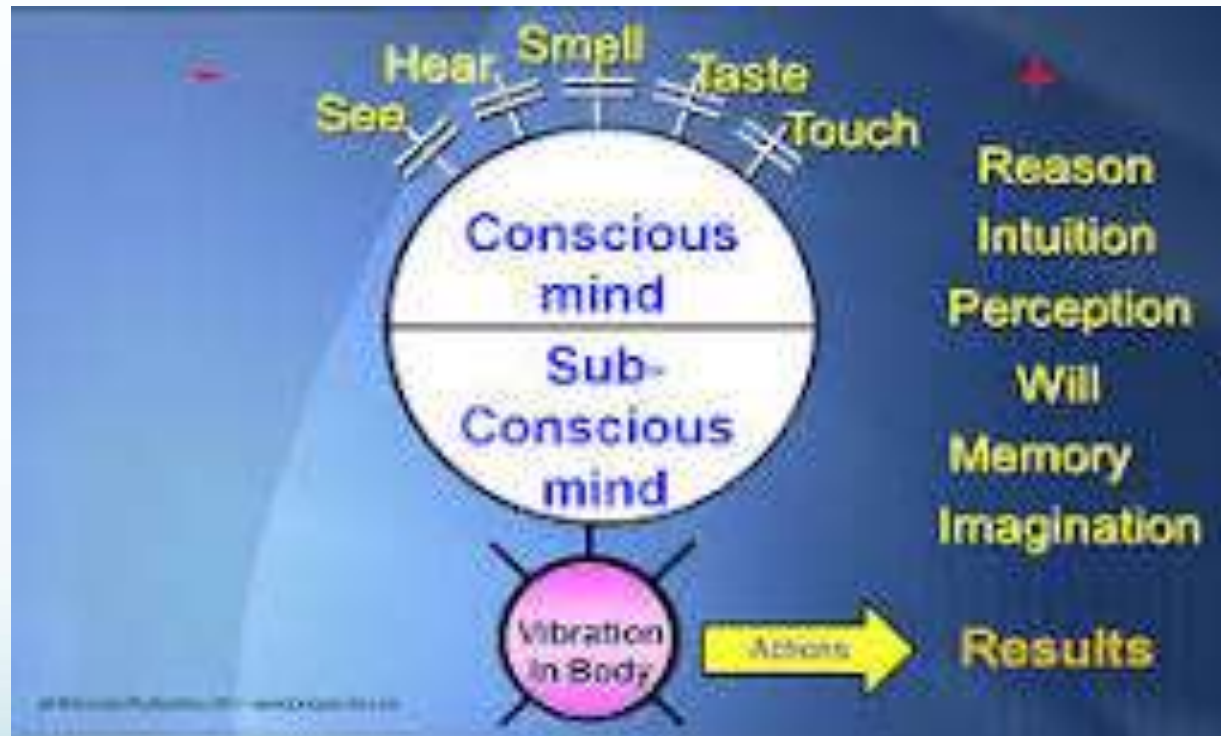




# Energy Enhance & Drain



# Possessed ideas are processed by mind according to Belief system



# Past life physic impressions that effects spirituality.

Unresolved issues from past life stored in conscious mind (Chitta) are carried forward in this life in a form of 6 typical feeling holistically known as obstacles.

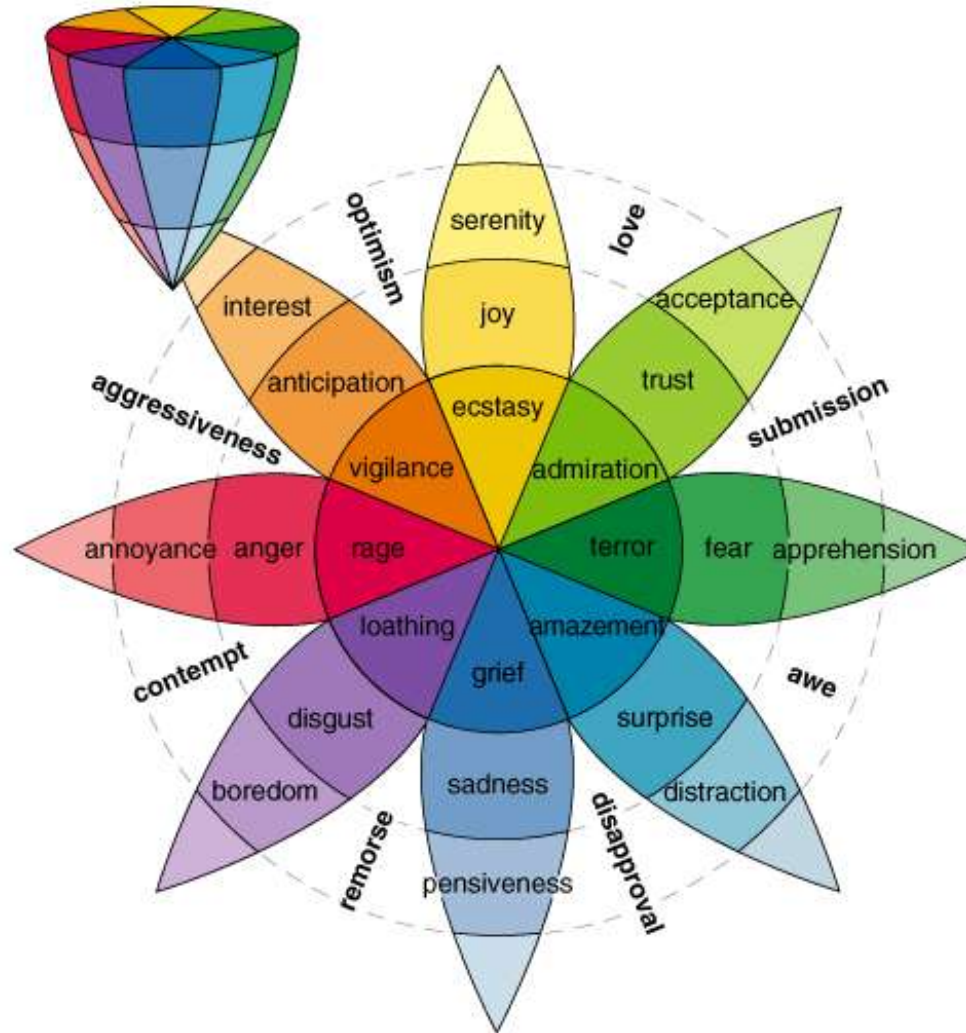
One or more of these obstacles become prominent and governs person's dignity & Holistic health



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# What are these obstacles?

- Lust
- Anger
- Greed
- Pride
- Jealousy
- Infatuation



# How can these carried forward impressions be minimised or dissolved to enhance ?

- A person needs to recognise all the impressions from the past life and work to clear it with Yogic Practice (not with commercial regression techniques).
- This will enable a person to see any situation above person's maintaining cause.
- This will prevent impressions to trigger off or interfere in any situation and enable a person to maintain dignity & enjoy holistic health.



# In ancient Indian literature, the Upanishads mention past-life regression



# However Yoga Sutras of Patañjali discuss the concept of regression in greater detail

- The familiar Yoga Sutra (aphorisms) written during the 2nd century BC, the Hindu scholar Patañjali discussed the idea of the soul becoming burdened with an accumulation of impressions as part of the karma from previous lives.[4]
- Patañjali called the process of past-life regression prati-prasav (literally "reverse birthing"), and saw it as addressing current dignity related behaviour through memories of past lives.



# Pratik-Prasav

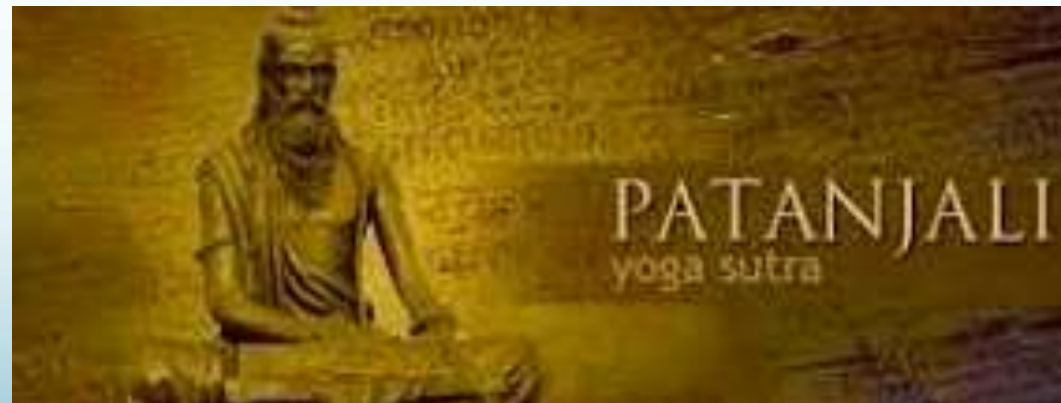
- The importance of Prati-Prasav yoga practise is not to show you your Past Life incidents but to make you release the Emotion which you have created unknowingly by reacting to that particular Incident.
- The reaction of a person to every incident is of three types:-
  - (a) Thamoguna, (b) Rajoguna & (c) Sathoguna.
- The person reaction to every incident is of above 3 types. When you react with any of the above Guna then you create a Physic Impression. When none of these Thriguna's exists then it is called as "Nirguna" i.e. "Turiya Avastha"





# What is yogic practise?

- Yoga means to connect with inner being.
- Person needs to evaluate their life experiences and analyse them according to yoga sutra laid down by sage Patanjali and determine the prevailing cause for mental, emotional & physical behaviour.
- Once the cause is determine, person can work to minimise it by studying and practising of "8 limbs of yoga" laid down by sage Patanjali under Guidance of spiritual Guru.



# What is 8 limbs of Yoga?

The practice of yoga is an art and science dedicated to creating union between body, mind and spirit. Its objective is to assist the practitioner in using the breath and body to foster an awareness of ourselves as individualized beings intimately connected to the unified whole of creation.

In short it is about making balance and creating equanimity so as to live in awareness, peace, good health and harmony with the greater whole with Dignity.



# In brief the eight limbs, or steps to yoga:



- **Yama** : Universal morality
- **Niyama** : Personal observances
  - **Asanas** : Body postures
- **Pranayama** : Breathing exercises, and control of prana
  - **Pratyahara** : Control of the senses
- **Dharana** : Concentration and cultivating inner perceptual awareness
  - **Dhyana** : Devotion, Meditation on the Divine
    - **Samadhi** : Union with the Divine

# Dignity is:

To know your self.

To know your worth & value

To know your position of creation of Devine

To know your role on earth

To know your responsibilities towards yourself, to other human being and the

World at large.

Dignity will automatically take care of holistic health



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# 'Holistic Health Approach will enhance your Dignity

There by:

- Let your market value be so high so that only people in rich character will be able stand in your presence.
- Let your value so high that those who cannot appreciate others will not walk into your life store and ask about your cost.
- Be an exclusive item; after all, there is only one you, made especially for this world, respect & treasure your health.
- If you believe in reincarnation – work to reduce your maintaining cause in present life in order to be reborn with higher energy in the next life to lead a dignified life.



# Maintaining dignity through an Holistic Approach

## Conclusion

Let us be Happy, Healthy & Cheerful in whatever situation we may find ourselves in.

For we have learnt that greater part of our misery, ill health and unhappiness is determined not by our circumstances but by our mind disposition.

Reduce your mind disposition, maintain your dignity by following holistic approach to health.



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**“Alright! Everybody sit up!”**

Is this dignity? Make your choice.

