

ZIRAAT - The Path To Natural Healing

A simple, universal approach to self-healing The Fundamental Principles

We all come from a common Origin or Source, which we refer to by different names, such as God, Allah, Bhagwaan, Ishwar, Dios, etc. There are those who may believe in nothing, for whom the Origin may be purely a Source of life energy. The fact remains that we all come from a common Source.

Within the Origin resides the power of Creation, of everything that is seen and unseen. We are given a physical form or body, by the Origin, to serve as the vehicle for our life's journey.

Each one of us has our "roots" within the Origin, which we refer to by different names, such as soul, spirit, alma, etc. There are those who may believe in nothing, for whom these "roots" may be what they call their sixth sense. The fact remains, that we are all connected to our common Origin. Ziraat is a universal name for the "root" or path that connects an individual to his or her Origin. Ziraat is like a spiritual umbilical cord. This cord is linked to the life energies that surround the body, as well as to the centre of the forehead, which represents the focal point of all spiritual energies that reside within the body. If one can imagine the Origin as being the sun, then Ziraat is the ray of light that links the body to the sun. This ray has no physical form. Yet, it is the ray that keeps the body alive, by providing it with all its essential life energies, which include natural self-healing capabilities.

The Mind is the first point of contact between the body and Ziraat. The Mind controls the mechanical body functions, while drawing its intelligence (intellect) and creativity from the Origin through Ziraat.

Therefore, in order to achieve perfect equilibrium in life, we must aim to fully integrate our body and Mind with the Origin, through Ziraat. This integration can be achieved through Meditation, where we aim to align our body and focus our Mind sharply so as to make our connection with the Origin. Therefore, Meditation is indeed a journey through Ziraat into our Source. It is like the journey of an apple as it seeks its Source, which lies in the soil. The apple travels through the branches, the trunk and the roots of the tree, until it reaches the soil, where its ultimate nourishment lies. We can all seek our Origin through Meditation and draw strength, wisdom and healing from this process, which is truly universal in nature. It is recommended that you listen to the two audio lectures and practical meditations, entitled, Meditation Part 1 - Alignment of the Body and Intellect and Meditation Part 2 - The Spiritual Journey.

We can use Meditation to heal ourselves, no matter how severe our illness may be. We can draw unlimited powers of healing through Ziraat from the Origin, the Source of all Creation, for after all, the powers that create can also heal. These powers reside with, within and around us.

Water plays a very important role in healing, for water is the most "intelligent" element on earth. Our body is made up almost entirely of water. Water carries energies of life, healing, self-correction and equilibrium. Our ancestors healed themselves by drinking and bathing in naturally flowing water that was fully energized by the different energy fields of nature. However, we have lost the use of these powers of water because of the pollution we create, the artificial foods that we eat, our complete dependence on chemical medications, and the various dimensions of our lifestyles that take us further away from nature, Ziraat and our Origin. Most known diseases of today originate from our lifestyles.

However, we can restore our self-healing abilities through the use of Meditation and healing waters that have been specially prepared (energized) to provide the body with nurturing and healing information. This method of healing can be successfully used to overcome illnesses that range from minor disorders to major, life threatening diseases like cancer. The process of Meditating and reaching into Ziraat gives us access to powers and energies that can not only heal our bodies, but also help us to achieve success in all dimensions of our material and spiritual lives. It is also important to note that this process is not in conflict with medical science; in fact, it is complimentary to whatever medical treatment one may be receiving.

To read further about The Process - [visit http://www.amyindahya.com/selfhealing.html](http://www.amyindahya.com/selfhealing.html)