

Healing is a multidimensional dive into your being

Interview with: Sangitama **By:** Geetee **For:** German Osho Times

Dear Sangitama, you were a drug addict for many years before you met Veeresh, then came to live at the Humaniversity and turned your life around. Today, besides running the Humaniversity Addiction Program Intensive (HAPI), you are a Healing Practitioner with your own practice at the Humaniversity who helps many people on their journey of healing.

What does healing mean for you?

I was so fortunate to have teachers like Dr. Shyam Singha, an acupuncturist and Osho's doctor in the early days; I have studied with Dr. Klinghardt, one of the most innovative doctors of this time and Veeresh, a real master of therapy, who saw the whole person and their inner struggle with themselves, as the core issue for healing.

Having worked as a healer at the Humaniversity for more than 35 years, I see that healing responds to the word "whole". When a part of the body is out of balance, the whole body is supporting the healing process. For example, when there is an infection in the foot, the immune system is sending its soldiers to kill the infection; the nervous system is telling the body to rest and even the temperature might go up to support the foot to get rid of its intruders. Your senses are telling you to drink water instead of wanting solid food to unburden the organs from digestive work, when the energy is needed to fight the bacterias. The whole system is involved. That is healing.

For me, a healer is a person who understands and works with this system and encourages the sick person to listen to his or her own body. This is easier said than done. Most people have learned to listen to other people first and not to themselves. Instead, we go to a doctor who prescribes a pill and voila! We don't have to feel what is going on. A healer is a person that finds a loving way to get the sick person to understand what it is that they need.

The system of the body has many levels that work together and influence each other:

Physical level - The body experiences through senses: taste, skin, smell, touch and hearing. It also follows certain laws of physics and has its own system of staying healthy. If toxins from pollution, pesticides, food, cosmetics, medication, water and more enter our physical system, they distort our perception. To keep these senses clear one has to be natural. That includes natural food, movement, breathing, rest, sex and fun.

Emotional level - Unexpressed emotions block the flow of energy through the body. If we don't let them out, they will come out sideways. They have to be expressed! They are an important source of healing power! They are the train driving to self-love.

Mental level - The way we think about ourselves determines our feelings and the way we feel about ourselves determines our response to life. If the belief system we learned is dysfunctional, the results will also be dysfunctional. Whatever we believe will manifest itself - positive or negative. It is only possible to heal when you become aware of your dysfunctional belief system and see what your choices are.

Systemic level – Everyone is born in to a family system that will have its own unique issues to deal with such as: self-esteem, power, health, or sexuality. By being born into this system, our healing and learning will be about these issues and finding new ways of dealing with them. Again, we get an opportunity to make a new choice and solve conflicts that may have piled up over generations. We are a vital part of evolution and have the opportunity to create more love on our planet.

Spiritual level - There is a deep urge in humans to connect with the part inside that feels one with everything. That is why so many people are using mind-altering substances. Drugs give a temporary experience of taking away this border that separates us from existence. Being genuinely loving and caring to each other and nature, also takes away the border of separation.

How did you heal yourself and what was important in your healing process?

The most important thing in my healing process was that I met Veeresh. I was a drug addict for many years and was looking for a meaning in my life, an understanding that there is more to life than all the rules and expectations I experienced, which made me feel so pressured and anxious. I opted out of life by using drugs, but it really backfired to say the least. Then Osho came into my life. I was so touched by his love and kindness that I thought that he would be a good role model for me. But he felt so far away from who I was. It was difficult to identify with him. When I met Veeresh, he was so humble and said “If I can do it, you can do it, too.” That really encouraged me to go for love. He understood the addict part inside of me and helped me to include it, instead of rejecting it. I learned to love myself. I will always be grateful to Veeresh for that.

What do you see as the main cause for disease today and what is your basic advice for those who need healing. The main cause of disease is the lack of love. It is a basic need for humans to love and be loved. We can deal with a lot of conflicts, stress and difficulties as long as we feel love. In fact, then life becomes a wonderful challenge to create more love.

No matter how sick or down you feel, find a way to love. It is the first step to get better. For example, value the learning you get from that circumstance, be thankful for someone that cares for you, stroke a cat. ... There is scientific proof that people that have loved ones live longer. They also have fewer heart attacks, a better working immune system and can cope better with illness.

The word therapy comes from the Greek word, therapeia which means healing. How can doing therapy support the healing process?

Therapy is an invitation to come into a setting that is safe, so you can have positive experiences. Then your heart can open up and show itself. This is the real miracle in life - the moment when you find yourself inside your heart.

The best setting for therapy is the therapeutic community. It goes a step further than just therapy. It is a commitment to oneself to live what you learn and to put into practice all the awareness you gain in therapy.

Here at the Humaniversity, positive behavior is emphasized and mirrored by each community member. Every person has a role: the more experienced members teach the newcomers. That means, at some point you are a teacher and that gives meaning and love to your life.

Also in a community a person is more important than practicalities, rules, success or deadlines. Veeresh showed us that we have the power to change any schedule and activity if a person needs attention. For me that is ultimate care.

Is there anything you would like to add to complete this interview?

It is fascinating to read about Osho's discoveries about the teeth. He could sense that each tooth connects to an akashic field of information and wisdom. That encouraged me to study this topic more in depth. The findings are amazing. Many illnesses are related to the teeth. A root-canal filling can spread bacteria and toxins to the whole body, causing illness. But there is even more to understand about it: every tooth holds a message that relates to the life situation a person is going through, such as self-esteem, spiritual development, working through the past and more. A tooth also affects other areas of the body, such as the spine, organs and limbs. Understanding these connections is like a finger pointing in the right direction towards health. I investigate this connection during the Burn-Out Recovery Week, which is part of the Wellness Weeks program, as an infected root canal is often the primary cause of a burn out.

'Healing' involves so many aspects and levels that it becomes a multidimensional dive into your being.