

**Short Communication***Copyright © All rights are reserved by Viviana Siddhi*

Cleansing

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Received Date: March 22, 2020

Published Date: April 09, 2020

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An intelligence beyond the usual conscious awareness controls our bodies' processes all the way from the first cell to the last breath. Each cell always knows exactly what to do under every circumstance. It is impossible for your body to make a single mistake; it always responds perfectly according to the conditions imposed upon it (genetic, mental, emotional patterns, environment, food, etc.). How is it that one of our arms didn't end up as a nose, or an ear didn't grow from an elbow?

Just as the intelligence that directs the body knows exactly how to heal and perfect it, as long as we do not get in the way; all the body requires is its natural, organic food, water, and harmony. Every dis-ease and illness the body can ever have, is a situation in which the body is forced to function in an unnatural way. It may be because it was poisoned by the wrong foods, or too much food that caused toxic overload, or the food was old, etc. The main point is that the body is designed to function perfectly: it automatically keeps itself alive.

The good thing about this is that when we finally do everything necessary to improve our health, such as cleansing, purifying, and giving the body the natural elements, it so desperately needs, then it is quick to respond and rebuilt itself. Alkalizing the body and using an ideal cleansing program are the first two steps in the process of cleansing and purifying.

My personal belief is that if we purify enough, that not only can we overcome all dis-eases, but we can possibly conquer death. Yogis would say: "All what it takes is three hours of headstand per day." Oxygen in the head purifies whole body.

"Many persons who have purified themselves, using the cleanse, have reported recalling long forgotten incidents and related intense emotions when releasing mucoid plaque. It is as if the emotions we felt while eating under stress were somehow recorded by our bodies in the food substance itself, and subsequently in the

resulting mucoid plaque. This makes it quite evident why we should refrain from eating, and especially from "pigging out" when we are upset. The very feelings we may seek to avoid by stuffing food into our mouths under stress, ironically stay with us in the resulting mucoid plaque for years to come, and unless we cleanse and purify, for a lifetime. People who have had this sort of experience upon releasing mucoid plaque report that initially they will find some old emotional state arising, seemingly without cause. Then usually within a few hours they will release a section of mucoid plaque. At that point the emotions disappear, as if by magic, and often a diseased physical condition disappears at the same time [1]."

Fasting is simply a rest from food. Our bodies are natural healers. "Nature is both complex and sublimely simple. It works in minute mysterious ways that even modern science cannot fathom. Without obstacles in its way, our bodies will automatically seek health through the process of eliminating poisons and balancing chemistry. There is a vital force within us that can heal and when that vitality is not exhausted by physical activity, drained by the task of digestion or enervated by stress, it is available to heal. Fasting, essentially, promotes self-healing by casting off poisons. It is not so much a cure as it is an opportunity for rejuvenation, provided the essential organs have not been irreversibly damaged by disease or medical treatment [2]."

Our bodies have a limited capacity to store and/or to eliminate non-digestible or foreign matter taken in through the diet. These materials, if left to circulate through the system, are antagonists to cells and organs and are collectively described as toxins. Our diets are replete with artificial colors, flavors, preservatives, pesticides, insecticides, oils and other indigestible chemicals that overload our kidneys, bowels, skin, lungs and liver. As this toxic load accumulates from years of bad diet, air/water pollution, etc., it begins to interfere with normal functioning and pour elimination becomes impaired. This toxemia is the cause of "disease". A sick person's system is filled with poisons from the diet pollutants, lead, arsenic,

medication, nicotine, cellular and metabolic waste products from wrongly combined foods, addiction to sweets, coffee, cigarettes and excessive eating-not to mention inadequate nutrition.

“Grant me the capacity to discriminate what to hear and what not to hear. May my mind be lit up with clarity to understand things properly [3].”

Water is critical while cleansing because, without enough water, elimination is slow-moving and cleansing reactions are significantly increased. On a hot summer day, the average-sized person should drink about a gallon of water while cleansing. On cooler days, at least three quarters of water are needed. It is important to realize that it is better to drink too much water than not enough.

“The cause of death is an electrolyte (sodium) deficiency, not too much water! If a person is dangerously low in organic sodium and then runs a marathon race (causing further depletion of sodium) and is therefore on the verge of dying from sodium deficiency and then drinks water, then and only then can water contribute to this type of fatality. Normally after we drink water and it enters the blood stream it is immediately integrated with blood electrolytes, but when there are not enough electrolytes to mix with water, a further dilution from the addition of water can bring a person to the verge of death. Sodium-deficient blood will also be oxygen-deficient and when it enters the brain the body reacts by withdrawing water out of the blood in order to concentrate the sodium and re-achieve homeostasis. This process causes fluids to accumulate in the brain, skin, and lungs [4].”

Detoxification is even more important to longevity than good nutrition. The human cells divided to form new cells a limited number of times before they died out. The environment of the human body is not as easily detoxified. Our bodies do have detoxifying mechanism in the liver, filtering system in the kidneys, lymph nodes, and lungs. Whatever the body can't dispose of, the acidic toxic waste remains in the body, causing organs to malfunction wherever they settle.

“The body, however, does try to place these acids out of harm's way. Keichi Morishita, in this book *The Hidden Truth of Cancer*, writes that when the blood is in danger of becoming too acidic, the acid binds with calcium, an alkaline mineral, and is deposited as far away from the circulating blood possible [5].”

Each thought, word and action have the power to place us on the track of either healing or exit. Both the decision process and therefore steps need to be clear, aware and also cautious and well advised. All these requires time not rush!

“I realized yet again the importance of following my own intuition, for although many will surround you and give you their advice, perhaps their insights are not right for you. When a person is strong, connected and focused, it's easy to get clear inner guidance or guidance from the fields of life. But when one is weak or confused, particularly when a person has received life-threatening

news, the clarity can disappear, and one can become vulnerable and unsure [6].”

One of the best ways to begin to work with and to open chakras is to rely on water and fluidity. Hot baths and water therapy help relax the musculature, which in turn releases the skeleton, which in turn creates a more flexible, fluid walk, posture, and attitude.

“Remember, it's okay to have issues with emotions or sexuality, but closing off your second chakra in response to those issues destabilizes your energy system and the rest of your life. If you close off the energy center that houses your emotions and your gender sexuality, you cannot move beyond your difficulties. How can you, when this basic life energy, healing ability, and information is unavailable to you? You can, however, have your emotional issues and a healthy second chakra. No problem [7].”

A healthy gender balance creates deeply nurturing, focused, and capable people who are also spiritually aware and emotionally responsive. They have a very deep understanding of the flow of events, and of the people around them. By connecting to their own emotions, they connect to the world. By using the second chakra's ability inside their own bodies, healthy clear feeling can speak to cancer cells, viruses, tissues, bacteria's, etc., and diseases on their own level and ask them why they are living (or dying) in the body. The answers can be shocked and clear, then the mind might have doubts, however, the reality is that from this point on, information is understood and honored at a basic, feeling level. Real healing can occur.

“To perform any action, you need hands. Actions performed should be sacred, pure, helpful to others and purposeful. Hands become sanctified by such action. Hence, the first step is to make the hands pure and holy. By pure actions, the mind gets purified [8].”

Nature has provided mankind with a tremendously powerful and diverse medicine out of earth. Some of the healing that has taken place under their influence would be called miraculous if we didn't have the scientific basis for explaining how the organic oils work. Each oil has its own medicinal and other properties. Essential oils are extracted from flowers, trees, grasses, fruits, leaves and roots and they have been used for centuries all over the world. In modern times we have forgotten the power of these ancient medicines of the earth. There are at present about three hundred of the essential oils, which between them constitute an extremely effective medical system.

“Modern-day research has confirmed centuries, apart from its antiviral, antibacterial oils which are antiseptic, anti-inflammatory, antineuralgic, antirheumatic, antispasmodic, antivenomous, antitoxic, antidepressant, sedative, nervine, analgesic, hypotensol, hypertensol, digestive, expectorating, deodorizing, granulation-stimulating, circulatory-stimulating, and diuretic, and much more besides. One of the most satisfactory aspects of using essential oils

medicinally and cosmetically is that they enter and leave the body with great efficiency, leaving no toxins behind [9].” (Figure).



Figure: Garlic is anti-viral plant.

We are so ignorant about our body, our emotions, our habits. One does not know such details as the rate of one’s respiration, what muscles are used in breathing etc. until one gets sick. It is then that we try to breathe deeply and learn of the breathing exercises. Yoga encourages knowledge of the working of the body, mind and spirit - “Know Thyself”.

In general, we should work towards a stress-free life. Be sure you get enough sleep. The more rested we are, the better we can face our world. Take time out each day for recreation. Read, create, relax, or just do nothing. Try to manage your time better and don’t forget to take time for enjoyment. Learn to say no when you really don’t want to or can’t do a thing. Express your feelings. Suppressing them can lead to stress and really put you in a trouble. Learn to experience your feelings without letting them control you, but

never pretend that they don’t exist. Observe yourself and you will find that the feeling becomes neutralized, leaving you with a small release of energy. Take time to appreciate the joys in your life. Try to create positive feeling in yourself at all times. Eventually the positive state will become a part of your nature. Believe in yourself. Experience the feeling of your uniqueness and essential goodness. At all times accept and surrender to a higher reality of the universe which arrange the life events.

Acknowledgement

None.

Conflict of Interest

Author declare no conflict of interest.

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