



**ORIGINAL RESEARCH PAPER**

**Sanskrit**

**TRAUMA AND SPIRITUAL HEALING**

**KEY WORDS:**

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Spiritual healing by Mantra chanting is drugless, non-invasive method of healing. Mantra chanting is recitation and repetition of sacred syllables, word and stanzas to aid concentration, is a constant connection with the Divine. Mantras possess psychological and spiritual powers that can help heal self of Trauma. Chanting Mantra generates vibrations capable of curing, healing and reliving the person of trauma they are undergoing resulting in a process of enhanced health status. Psychological, emotional response to an event or an experience that is deeply disturbing or distressing in nature is "Trauma". Mantra Chanting as means of Spiritual healing in case of traumatic events is our area of focus.

Universally practiced from ancient times, Mantra chanting is reverberating the positive affirmations, channelizing the dormant energy of the soul leading to physical, spiritual healing and holistic well-being. It leads to dissolving 'Self' with the Lord after knowing and realising that the virtues and attributes of the Lord and your "Soul" your pure 'Self' is no different. Soul, the spiritual immaterial 'Self' is the possessor of infinite knowledge, wisdom and energy. Prayers offered to the Omniscience "God", with faith and devotion leads to spiritual upliftment of the "Soul" the eternal, immortal part present in all living forms. Human being irrespective of the country, race, culture, caste, creed or family they belong to, have their own form of seeking solace and peace by chanting of Mantra of their choice.

"Navkar MahaMantra" the eternal "Beej Mantra" and "Bhaktamar Stotra" are most revered prominent Mantras among all Jain sects where followers have experienced spiritual healing. Non-sectarian Navkar MahaMantra is offering salutations to soul possessing spiritual qualities of the "Panch Parmesthi". First penned in 453 A.D as stated in holy scripture "KalpaSutra", Non-Sectarian Navkar MahaMantra is recited by people practicing other religion too as it has no reference of any religious order or name of any deity. "TriShakti Sakala Purusha Charitra" mentions the Mantra being recited by the 23<sup>rd</sup> Tirthankar Parshavanath Bhagwan when he rescued the snake couple, 'Dharnendra and Padmavati' from Yagna fire. Steering our soul towards "Sadgatti", Navkar mantra is recited by all devout Jains at the initiation of all auspicious occasion as it drives away the negative energy ushering happiness and peace.

"Namō Arihantanam", "Pada" is salutations offered to "Arihant", the epitome of sacrifice, abstinence and reclusion, who annihilated their passions and aversions. Arihant along with 12 external and obvious characteristics also possess imperceptible virtues as being "Pujatishaya", "Gyanaastikay", "Vachanathishay" and "Apyapagam". Worshipped by Chakravarti Kings, noblemen, Vasudev's, Baldev, Indra's and all common people hence are venerated as "Pujatishaya"; "Gyanaastikay" is the virtue of possessing complete knowledge of all the three worlds. Their preaching's are valued obeyed and followed by Chakravarti Kings, noblemen to ordinary living beings thus referred as "Vachanathishay" and their great presence eliminates ailments, disease and so are revered as "Apyapagam". We pay our salutations to the Arihant establisher of the fourfold order the "Chaturvidh Sangh" comprising of Sadhus, Sadhvi, Shravak, and Shrivika, by reciting "Namō Arihantanam". Mantra "Namō Arihantanam" control "Jal Tattva" the water element in our body and is the centre of knowledge.

"Namō Siddhanam", as we recite the second "Pada" we pay obeisance to the "Siddha", souls liberated from the cycle of life and death and possessor of virtues of "Anant Gyaan", "Anant Darshan", "Anant Charitra", "Anant Avayabadh Sukh", "AkshaySthithi", "Aruppitavv", "Agurulaghu" and "Anant Virya"; "Siddha" controls the fire element, "Agni tattva" in the body and is the centre of perception.

"Namō Ayaariyanam" paying obeisance's to the Acharya, the preceptors control the "Akash tattva" the space element in the body and is the centre for purity.

"Namō Uvvajjayanam", the "Upadhyaya" are the interpreters of the spiritual text and recitation of "Namō Uvvajjayanam Pada" controls diseases, the "Prithvi Tattva", is the centre of bliss.

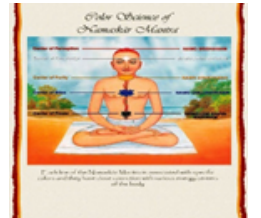
"Namō Loe Savva Sahunam" we pay our obeisance to the revered Sadhu and Sadhvi, it controls the "Vayu Tattva" the air element in our body and is the centre for power.



**णमोकार मंत्र**



णमो अरिहंताणं, णमो सिद्धाणं  
 णमो आचरियाणं, णमो उव्वज्जायाणं  
 णमो लोएसव्वसाहुणं, एसोपंचणमोक्कारो  
 सव्वपावपणासणो. मंगला णं च सव्वेसिं  
 पडमम हवई मंगलं, पडमम हवई मंगलं



Realising and experiencing the seamless compassion, absolute profound attributes, of the "Arihant" and "Siddha" enthuses faith and devotion in the followers. Paying salutations by chanting Navkar Mantra is the only manner to show our reverence and gratitude to the great "Arihant" and "Siddha". Sadguru the protector of four-fold Sangh who are engaged in practicing regular penances and severe austerities while striving for "AtmaShuddhi". Interactions with the "Acharya", "Upadhyay" and "Sadhu" facilitates us in

gaining valuable insights about the preaching of the holy scriptures and stabilise in "Panchachar" by following the teachings of the ascetics. Comprehending the meaning and understanding the essence of the Holy Scriptures helps us to lead life on "Dharma Marg".

Vibrations created by reciting Navkar Mantra regulates "Surya Shakti" and "Chandra Shakti" and has the power to control the five elements present in every muscle and pores of the body, eliminating planetary barriers and obstacles. Salutations offered to "Panch Parmesthi" dispels inauspicious Karma, promotes peace happiness and overall wellbeing for all life forms is thus prime and greatest of all Mantra and the most gratifying form of worship. Vibrations created on recitation of "Navkar MahaMantra" mitigates sufferings yielding purity, positivity, health, happiness and worldly success facilitating the chanter to reach the pinnacle of success.

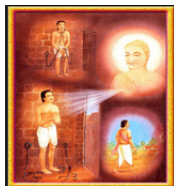
अरिहंता, असरीरा, आयरिया, उवग्नाय मणिो ।  
 पंचक्खरनिप्पणो, ओंकारो पंच परमिट्ठी ॥१२॥  
 अहंत्वः असीराः, आचार्या उपाध्याय मुनयः ।  
 पञ्चाशरनिप्पन्न, ओङ्कारः पञ्च परमेटिनः ॥१३॥

Arihant, Siddha also called Ashariri, Acharya, Upadhyay and Sadhu also called Muni; If we take the first letter of each that is A+A +Aa+ U + M it adds to "AUM", the Universal Mantra as mentioned in 12<sup>th</sup> "Gatha" of "Samansuttam".

Testimony of a terminally ill cancer patient at Tata Memorial hospital, revived 'ONLY' by chanting of Navkar mantra, non-invasive and drugless spiritual healing leads one to believe science needs to converge towards spirituality. Recitation of Navkar drives away ill feelings and thoughts helps the mind erase the impressions of long period of time from the subconscious. Chanting increases focus on the intellect and align self with the 'God' principle. Faith strengthens the bond of the immortal soul with "Divinity", healing is thus a by-product as recitation frees soul from the Karmas and bestows blessings of true knowledge in every birth.

**SPIRITUAL HEALING BY RECITATION OF BHAKTAMAR STOTRA**

Acharya Mantungsuri the disciple of great Acharya Mandev Suri emerged victorious when he was challenged for a debate about the "Shastra gyan" by 500 Pandits. He was further challenged by the Pandits to prove magical powers of Jain religion after they demonstrated the powers and miracles of their religion in the city of Ujjain. Acharya suggested he be tied with iron chains sealed with 44 locks, and he locked in a fortified prison room. Creating the great "Bhaktamar Stotra" 44 verses in praise of fist Tirthkanr Adinath, the locks started to break. Recitation of each shloka, a lock and chain started to break, followed by the breaking of prison gate thus proved the magical powers of Jain religion.



उद्गुराभोरकालो-भारमुनाः  
 मोर्ष्या ददानुपराभम्बुकीविकाणा ।  
 स्वभाव-नैकजोःमूर्तिपुष्टेः  
 मर्षां प्रवति मकरजडगुणपरः ॥१४॥  
 (Likhata bhikshang jidore bhare bhugant  
 shobham dale mupagantak rhyat jistabak.  
 Tret pada pancha rajanarita dighadala  
 martya bhavanti makaradigra talya rapak. 45

Healing by the 41<sup>st</sup> shlokas of Bhaktamar the meaning of which is;

"When person is stuck by the most incurable disease and has left all hopes to survive, and is completely shattered.

When he accepts your shelter and bows to you and applies the dust of your feet, He frees self from all diseases."

Recitation of 44<sup>th</sup> "Gatha" of Bhaktamar has been scientifically

proved to cure ailments as it opens and heal the chakras, reenergising the nervous system by sending powerful messages to the mind, generating chemicals that fight disease. Higher divine energy of the deity encodes and unites with the chanter when chanted for an extended period of time, releasing the person from the sickness generating astounding implications on all aspects of life.

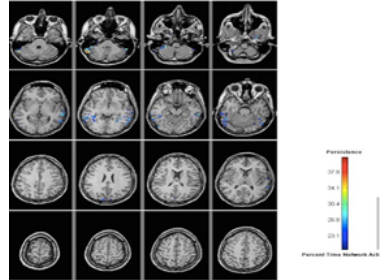
Healing occurs as recitation of sacred mantra changes the vibrational frequency level in the physical etheric body as Mantra attunes with the body. Super String Theory of Physics, as Vibrational Medicine states that the everything in the universe including our body is in the state of vibrations. Ailment free body vibrates in natural resonance, body begins counter frequency when disease sets in and the energy in the body is stuck. Mantra chanting releases the stuck energy, and body returns to the natural state of resonance resulting in cure of the disease. Mantra healing has scientific testimonials backed with medical proofs that has reported shrinkage of tumour, repairs wear and tear of the tissues and curing of dreadful disease like cancer.

The self-created words increase the oxygen in the brain synchronising left and right hemisphere of the brain leading to secretion of chemical that has helped patients suffering from Parkinson's to increase motor skill and patients with Alzimers. Recitation of the mantra reaches the subconscious mind boosting concentration skill, learning skill, focus, attention and is thus an effective supportive therapy in treating children with Attention Deficit Hyperactivity Disorder. Patients suffering from various psychological problems, physiological, mental, emotional disorders and many psychosomatic have also reported to have responded in an extremely positive manner. Mantra chanting transforms self as it brings peace and calmness of mind reducing hypertension, regulating heart beat and pulse rate in an individual. Ushering the mind to alpha state, brings clarity of thought helps in effective decision making, enhances concentration and focus in an individual.



Frequency and intent leads to healing, what resonates most within you will be most effective for you. Trust your inner wisdom and guidance, believe and understand that the sound has the ability to create wonderful profound changes. It has been observed that supportive and transformative mantra have healing effect when chanted by care givers for anyone, including pets, the recipient is unaware and may not have faith in them, but have responded positively.

Stimulation of the nervous system secretes chemical Melatonin in the brain leading to changes of the molecular structure by the sounds of Mantra Chanting. Experiments conducted have demonstrated that the vibrations of sounds make substance takes organic shape. Mark Changizi opines that "Mantra Mediation" has the ability to create a future we desire, by visualisation technique.



Experiment conducted shows the activity in the brain on Chanting of "Hare Rama, Hare Krishna"

Vocalisation of mantra opens and balances the Chakras, emits positive affirmations, purifies the mind and body. Chanting transforms the mind into peaceful mode and frees the body from trauma and stress. This can result in better interpersonal relationships, healthier society, state and Universe. Stress free, positive and calm state of mind ushered by mantra chanting have great impact to alter consciousness as it reminds self of mindful "Dharma. This "Sadhana" frees self from the "Raag" and "Dwesh" exposing the real attributes of the soul the true pure 'Self' which is equipped with infinite knowledge and infinite energy. Reciting mantras over a period of time begins to override and absorb all smaller vibrations and eventually become consumed within the mantra, channelizing the energies of the soul, healing is a by-product and "Karmashaya" is the prime spiritual gain.

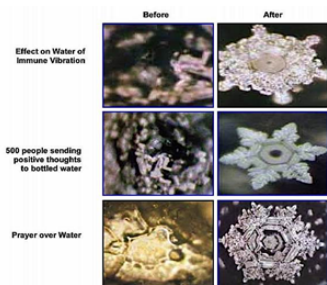
Tirthankar Mahavir Swami preached in the "Vippak Sutra" one of the "Agama Shastra", that physical strength and energy should be wisely utilised and the mind should be occupied by "Shubh yog. Spiritual healing is also to follow these dictates as a way of living proposed by great learned scholars and sage's possessor of vast knowledge and wisdom and have created the Mantras for the same purpose. Each syllable possesses immense power and are to be recited with right pronunciation observing complete purity and sanctity. Mantras invokes blessings that eliminate negative energy from mind, body and soul, helping us discover self. Mantras when recited with complete faith and devotion, stimulates our nervous system and brain, benefiting conscious and sub conscious mind immensely resulting in an elevated spiritual self that strikes harmony and peace with others and self.

Saint Tulsidas expressing so eloquently;  
 "Raga Hare Saba Roga Ke, Kayare Ko de Sura  
 Sukhiya ko Sadhana bane, Dukhiya ka Dukha Dare".

Modes of music, cure all diseases; Suply sources of happiness to be happy and remove miseries of the miserable. Experiments showing the effect of words on the molecular structure in the cells.



Effect of words and Mantra on the molecular structures of various elements.



Engaging in meditation with support of Mantra, we too can attain Salvation as our soul possess same energies as Tirthankar. Immense effort by the Tirthankar has made his soul immortal, we too can, by following the path he laid for us, "Moksh Marg" and transform our mortal soul to immortal one.

Mantra reciting comes naturally to most of us most of the time. It may be the first thing we heard from the time our soul entered our mother's womb and one would be lucky if it was indeed the last thing we hear when our soul is ready to depart from this mortal form and align with the eternal spirit of the Universe. Mantra chanting has distinctive status due to its phenomenal power, faith, devotion and belief in the deity as mantras generate emotions leading to holistic wellbeing.

Mantra recitation is drugless, non-invasive ancient healing practice and is perfect for busy modern people as it can be practiced any time anywhere. Mantras are always with you, cost nothing cannot be taken away from the life of any person or faith. May we all find our own sound that resonates within us and may we use this sound to assist personal and planetary healing, find our peace and tranquility in the sound of the mantra.

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