How To Heal With The Power Of Vital Force Transcript

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Introduction and Rajshree Patelu2019s Background

Welcome back to the reverse autoimmune disease summit theory. Everybody, we are on version 5.0 talking about healing the energy body. I'm really excited to bring a new friend and colleague to this.

Some very for me Raj Shree Patel. She came to the United States as a refugee. Her parents escaped the admin regime with their life and no belongings. She says like any good immigrant from India, she was raised with a dominant left brain and grew up to be an attorney and worked for the U. S.

Attorney's office and the L. A. District Attorney's office as a prosecutor. One day, believing she was going to a guitar concert, she ended up in a program taught by Sri Sri Ravi Shankar, a world renowned spiritual master and engaged in any spiritual or introspective program as before, and had no idea the divine source of energy within and without, as the essence of everything in life.

She left the practice of law and spent hundreds of hours with Sri Sri and personal training, learning the ancient wisdom and techniques of the Vedas. This new direction eventually led her to integrate how vital force in consciousness is fundamental to health, happiness and higher states of living.

Her book, The Power of Vital Force fuel Your Energy, Purpose and Performance with Ancient Secrets of Breath and Meditation, is a compilation of what she's learned over the last 35 years.

Welcome to the Summit Series. Thank you so much. So happy to be here with you. You have a very compelling story, and you know that many of us get to where we are because of of stories that take us down, powers we never would have expected before.

And yours is really particularly beautiful. Can you talk about the power of vital force and how this might link to autoimmune disease. Yeah. So, maybe you could start with a little personal story.

I myself, my two brothers and my nephew have been diagnosed with variations of ulcerative colitis to pan colitis, and we're not even sure one of them might actually have the small bowel disease.

You know, so there's definitely a genetic conversation that's going on. My grandfather had it. I have it. My two younger brothers have it and so does my nephew.

And it's interesting, my brothers had it maybe when they were like 16, 17 and they've been living with it lifelong.

Vital Force, Shakti, and Autoimmune Healing

I must have had it around the time I met Sri Sri 1989, because that's when I started to notice a lot of digestive problems that I didn't have before, but I was never diagnosed with it.

And one of the things I attribute that to is vital force. Now we understand vital force in so many different ways, but if we really look at it, it's the word Shakti or the power called the yin, the feminine force.

And if you think about the feminine force, you're talking about love, nurturing, kindness, support. It is the essence, the foundational essence of what man eater is consisting of.

So our body underneath it has this power of shaft, and underneath that is consciousness, what we would call the silent Father principle. And the Father principle is active in the mother form.

And that's that's the manifested world. So the higher our shakti, our yin or that power, the better our body, our mind,

our emotions vibrate at a higher frequency.

And then everything we know we've we've known it all along. It's basic physics. Everything is energy. But we get our energy through artificial external sources, whether that's coffee or sugar or even food.

I'm not saying none of those are good or bad or not needed, but there's a power that we're born with and that is life force. That is vital force. And the more we uplevel that, the easier, the faster we heal our body.

And I think I, I, I assume a lot of our listeners know this, but who we are is different layers, right? There's the body physical. But before that there's the environmental sheet or body.

And then when we go a little further, there's the mental body, subtle body, causal body and so on where we hold our habit patterns, where we hold our conditioning.

And in between this body and this mind, I'm calling it mind. This is the pattern or or the link of energy, life force. And holding all those pieces together is the divine force, what I'm calling consciousness, what what we refer to as the field or the force.

And I'm the Maya kosha. Exactly. Anandamide kosha. So I think the trick that I discovered in my health is the more I uplevel my life force, the lesser the symptoms were there.

And I actually never ended up on any sort of medications. Not steroids, not not anything, which is very different from my brothers who didn't necessarily believe in all of this or practice all of this, you know, so I can honestly say uplevel our identity from being a body or our thoughts or our emotions to being a force of life that is actually the creator of our body that can transform and heal us from the inside out in its really truest essence. So yes, that's that's beautiful, that this is why the name Healing the Energy Body, because we are going from an am I accustomed to kind of my echo so and so you know we've talked about trauma and another summit and how it goes through that energy body and influences how our genetics express themselves, how our microbiome is balanced, what goes on in terms of holding on to toxins or not, because the other sheath, these other layers of earth are, are so instrumental in how the physical body expresses itself.

Yeah, yeah, yeah. And actually it's even more than instrumental. It's the foundation, the wave and the ocean. You know, the ocean is not instrumental in creating the wave.

The wave is the ocean. It just is individuated. And the same is true in terms of our body, the grosser, our makeup, our identity. The more we appear like we're separate from the whole and the more subtle our identity, the more we we really realize that, I am life, I am light, I am consciousness, I am whole, I am complete, and on the surface I'm separate, you know?

So how do we increase our vibrational frequency then? So the simplest is to find a way to shift our identity. You know, I often tell people when you're washing your face in the morning or when you're getting ready to go to bed, you look in the mirror.

It's right there in front of us. We often look at our physical, external form, if you will, but we never really look directly into the eyes cause the moment and say, wait a second, I am housed in this thing called body.

Who I am is is pure intelligence. Awareness made up of love and light. That reminder in itself already changes your intention, which changes your frequency.

So it's a simple thing for any one of us to do, which is again and again throughout the day, if not at least in the morning and at night when you're looking in the mirror and washing your face, remind yourself that you're more than what you're seeing in the mirror.

You're actually the unseen power, the intelligence. As I said, the love, the light. And that starts to change on a cellular level or frequency. It's one of the things where I do have some others.

Yeah. The other thing is, it's obvious you may have already discussed this. And that's the breath. Because we speak about or we speak about prana with the breath.

And we often think of it as a, a concrete element like oxygen and CO2, which is in the breath. We think of G as something that's concrete, but actually G is Shakti is life force.

Breath, Prana, and Shifting Thought Patterns

It is animated, it is alive. It gives life an animation to everything around us, including us. Right? If you don't breathe in, you're not animated. You're dead.

If you don't, have the next breath by itself coming in and it was dependent on you, then you know you're in charge. And it's not that other power. The power of grace, if you will, that's moving everything through.

So the thing with breath, a lot of people talk about breathing exercises, but they don't tune themselves into this notion that breath is more than auto CO2.

It's more than energy, because energy also sounds a little mechanical. What we say is it is the power of XI, meaning it's animated, it's alive, it has consciousness, it has intelligence.

So when you do the breathing techniques, if you put your attention on where the energy is not flowing, and that's what disease means, right? Energy, for whatever reason, is stuck.

It's not moving. It's not flowing. If you put your attention there, wherever it might be, the digestive system or heart or headache or shoulder ache doesn't matter.

And then you breathe with this awareness that I'm taking in life, which is creative and creativity itself, the intentionality helps not to treat the breath mechanical, but treat it with the awareness that it's alive and therefore it makes me live, vibrant, happy, healthy.

So that's another thing. Do breathing techniques. It's something I teach a lot. In even in the book, you'll find lots of different techniques small, small techniques with, with breathing.

But in this case, when we're talking about health and healing, I'm adding this one additional element, which is attend to it with the sense that you're taking in something that is alive, and therefore it is adding more life to you, to your body, to your mind, to your consciousness.

Does that make sense? Yeah. Yeah. So what about thoughts and the vibrations of those and feeling. So it's interesting we you know our thoughts have taken on form for us right.

Body without the life force is inert. It's not a life that we can grasp. You know, you pulled the fish out of the ocean. It's not a fish anymore. It's the body of a fish, a dead fish.

Similarly, if we pull our body out of this ocean of consciousness, force field of Shakti and Shiva, energy of mother and father, Yin and yang, we are just a body inert thoughts are also inert.

They're. If you can imagine, like when you go to Times Square in New York and you see that building with the ticker tape parade that says, you know, 2 million made it home, save 20 million, died from smoke and and cigaret smoke or something like that.

Like this. They're word letters that get created into words, and it gets animated by the force of life, the life force that we're discussing, energy that comes into our breath, that we're surrounded in, that comes in through our identity, to it.

So thoughts we know create emotions, emotions create similar thoughts. If you have positive thought, you create

positive emotions, which in turn can create positive thoughts again.

Now the thing though is every thought, every emotion creates a a waterfall of sensations in our body. Like if we're angry, we feel heat and contraction and throbbing, for instance, right?

If we're sad, we have tightness in our chest. It really contracts. So we don't address the sensations. We get lost in the thoughts. We get lost in the emotion and those sensations.

That waterfall of restriction, lower vibrations, lower frequency of energy start to settle in our weakness. So like in my case, if I think of the genetic, you know, sort of availability that I had the propensity, not that it necessarily has to manifest itself, but the propensity is there in my gut.

And so when I'm unconscious, when I'm unaware, when I let my thoughts run me versus separating myself from the thoughts, guess what happens? I accumulate more in my gut and suddenly my immune system is triggered, my digestion weakens, inflammatory response goes up, cytokines, all all the different, very incidents.

Everything starts happening. So it's not easy. But the thing about thought is to recognize and realize I am not. My thoughts. Thoughts get generated based on what I've eaten, the company that I keep, what's happening in the environment, you know, the habits that I have been conditioned with.

Many things trigger what thoughts we have, but we have identified who we are based on our thinking. Now, this is not a small lesson. What we're discussing, you know, it's really not a small lesson, but we must interject that when we're going to talk about energy healing, when we're going to talk about inviting that divine force of light into our healing, along with all the other things we're doing, we have to address to to your point in your question, thoughts, because they drive our actions, they drive our perspective, they drive our choices.

They drive how we view our self with the disease or with the disease. If we are self deprecating, we're going to invite disease if we don't have it or make it worse if we have it. So wrath, amazingly enough, is a direct source of controlling thought.

When I say direct source of controlling, you can change thoughts, you can reduce thoughts, you can allow thoughts to disperse. You know there are people who have dislike or surge of thought and they can't find a break and they get completely lost in it.

If we play with our breathing, hold the breath, elongate the breath, restrict the breath, breathe out in spurts. Then what we do is change our thinking, because body is connected to mental state.

Through this bridge of prana, prana kosha energy kosha connects the physical and the mental world. And how do you control your your energetic breathing pattern?

That's partly voluntary and partly involuntary. So it's kind of like flying a kite. If you consider the kite, your thoughts and your mind and your mental frame and the ball as the body, the way you control the both is by playing with the string.

So the string between the kite and the ball is your breath. And we can do so many things with breathing, you know, recently breath has become the topic of conversation.

I can tell you 35, 36 years ago when I used to teach breathwork, it was so woo woo because that's before yoga was cool or meditation was cool. So breathwork was way out there.

The Five Sheaths and Environmental Influence

But it is anecdotally in terms of time tested and now science tested, one of the best way to transform our emotions and our thoughts, and therefore we generate the vibration in our body more towards healing, positivity, optimism.

Oh, beautiful. Yeah. Have we spoken enough about the five sheets, the punch of questions there? Do you want to speak more to them? Okay, I think it's enough. Probably.

I think that you're audience given how much other things you've that they probably know about it. I don't you think that's what I thought I just said, it's enough to mention that there's layers like our environment is part of our body, but we don't pay attention to our environment.

For instance, you know, everything from chemicals to plastics to water, the quality of air, the ambiance of your home where you sit to eat, where you sit to meditate.

That's not something out there that's a part of you. You know, you notice, you walk into any place. Sometimes you just shift the flower vase a little left to right and you go, that's perfect.

Because the feeling, the essence within us, which is the love in the life, suddenly goes, Wow. We recognize beauty because we are beauty and and we sometimes treat the external or the environment as if it's not us.

It's something other. And I think energetically healing means paying attention to your environment, how you groom, how your physical hygiene is, you know, dental hygiene, mental hygiene and that also means vibrational hygiene, which means uplevel your vibe, your frequency and intention.

Thought attention transforms all of that very quickly. We say I am technique. You know this idea of I, intention, attention manifest what you wish, you know so I think that that might be sufficient for them.

But if you want to be true. Yeah that's good. I, I did a masterclass for this particular summit on the of coaches. So I, I think I think this will be perfect.

Yeah. And then how about if we talk a little bit about how increasing the energy field connects with to our higher self. Yeah it's a good idea. So the the other thing increasing the energy field.

Transmuted into what we would call our higher self. So I gave the example of the ocean and the wave. You know, the wave individuated we could call energy and the ocean.

We could call our divine force or essence, our field. And it's very natural by itself without us doing anything. Waves keep coming, rising and falling, rising and falling.

But we haven't figured out that we're both energy and ocean, and the way to connect to both is to respect both. So oftentimes when we're sick, when there's a physical problem, what do we do?

We're trying to fix it with a subtle judgment around this is not okay. Why is this happening to me? This shouldn't be happening to me. Well, guess what we're doing.

We're changing our vibrational field. We're changing our energetic frequency on a downward cycle, which means we're changing the field of consciousness around us.

The way it could nurture us goes down. Does that make sense? Is that clear? Yep. We really we we are raised to compartmentalize life you know. And I suppose it's necessary I'm not saying it's something we shouldn't be doing the moment our intellect starts to develop, which is around 2 or 3, we start to see the world as many instead of one.

Higher Self, Nature, and Clearing Energy Stagnation

You know, and many if you're the one, you know, three year old, four year old, there's so much of many number of people and things and objects and places and situations.

So what happens to us is we feel separate, which means what we call like the original wound of separateness, this idea that we feel alone somehow we are one, but we feel alone in this big, bad world of the many.

And so our survival mechanism kicks in, our conditioning kicks in. It's necessary for survival of the body, health and fitness of the body. But simultaneously, we're not taught to remember as subtle we go.

The more united we are. The idea of love. There's no such thing as my love field and your love feels. Love is love. How it expresses itself is in the many you know.

Air one day what your breathing in Seattle is going to enter me and go out and and enter somebody in India on the subtle level, it's all one. Like we're made up of stardust.

As they say, it's one stardust. And so this conditioning of separateness actually makes healing the most difficult. In fact, if you look from a a psych psychological perspective, if you were to talk about the wound of spirituality where we feel separate, unholy, compartmentalized, those mind sets often have more disease, more illness.

And so we we want to invite this sense of being part of the whole. It's not theoretical, though. Intention is a lot. It's just to recognize, oh, you know, somebody grew my vegetables and somebody picked them and somebody washed them and somebody put them in the supermarket.

And then I bought them and I cooked them, or somebody in my family cooked it. And the digestion is happening by its own power. It's it's designed. We are not digesting it.

It's designed. So when you start to look like that, things change. I tell people often go into nature, especially if you're dealing with gut issue because, you know, gut, it's your second brain.

As you know, it's your limbic brain talking to you. Gut response, you know, and it's signaling it's a two way communication. So somewhere we disconnected to essence, to life, to the greater whole.

And I say go to nature. You know, learn to see the connectivity in nature. Like if you look at a tree you would say, oh, well, where does this tree actually start and where does it end?

Is not just in the soil, of course, the roots underneath. But then you realize, well, wait a second, the sky is as much part of the tree because it needs the space of the sky to bloom and grow and oh, and the rain.

Oh, and the sun and the moon and, well, even the mountains. It's just the land that's kind of elevated itself. But it's still the soil. We call it valley or mountain or earth or rocks.

Right. So go to the ocean. Look at the ocean. Where's the sand? Where is the water? What is the foam? What are the bubbles? What are the waves? It's one.

Yeah. Throbbing entity. And from time to time in nature, it's easy to invite this idea. And when you do, then close the eyes and see that I'm part of this same thing.

Like all the fish in the ocean are part of the ocean. The sharks, the pretty goldfish, you know everything. It's part of the ocean. And that mindset, that thought process changes our energy field.

It changes our consciousness. It invites life to support us in what we intend. Sometimes it's called the invisible sap. Yes. Consciousness. Yes, yes. Connects all of us.

Yeah, yeah. What are some of the tools that we can use to clear any kind of stagnation that we might have in our energy body? You know, there's quite a few things I'm sure people know, but one very simple thing that my grandmother used to do is to take some salt in her hand, you know, and to just go around her whole body in the evening, especially with young kids, because, you know, kids are kids and it's like a dog and a kid.

Everybody's attention goes there and they take a lot of energy, and even the energy of praise is still a lot of energy. Oh my gosh, it's so beautiful. Wow.

That's a burst of energy that comes at us, right? And 90% of the energy at us, we're not even conscious of. You're walking around in the streets and the grocery store and shopping and there's always somebody looking somewhere.

Energy is moving. So one simple thing is salt. You just you take it around all your body, you know, a few times and then toss the salt down. It should go down the water like we we say drain it.

So that's one very simple thing to do. I'm sure people know about camphor. You know what comforts. Yeah. So burning camphor is something that really changes it.

And the third thing is when you're out in public breathe conscious breath means deepen your breath consciously beyond what it is in that moment. So in-breath brings you prana life force, energy out breath as you know, releases not just CO2 but toxins.

What are toxins for? The mind, the toxins are negative emotions, negative thoughts, self-judgment or judgment of others. That which takes us away from our natural force is a toxin for the mind.

Well, because your breathing is connected to your body and your mind, it removes the toxins from the body. CO2 pollution, etc. but it also removes the toxins from the mental emotional state.

That's why we say sigh of breath, sigh of relief, you know. Oh, I feel so relieved. You'll see that your body naturally seeks to exhale. And the thing is under stress, under a lot of energy that's compressing us.

Our breath gets shorter and shorter. And so the trick is to elongate the breath when we feel that compression. These are very practical things you could be doing, you know, as you're moving about.

So I will consciously do that if I'm out shopping or whatever. You could call it a pause if you want, but I'll stop. I'll look at the vegetables and so on.

And suddenly I remind myself to elongate Raj. So I just elongate my in-breath and then I release and suddenly you see, oh, some life just entered. Not all the crazy, all the stress or the anxiety, but something uplifting entered my system.

So those are some very simple tools that that people can use. You know. Beautiful. Thank you so much for sharing your wisdom with us today. Absolutely.

It's been a delight to listen to you. Is there anything else that you want to say before we sign off? I guess you'll tell them about the, the free course to go on my website and all of that.

They'll have that here for the free gift. Absolutely. Yes. Okay. Okay. And I will go through, you know, the, the email and constant contacts and all those sort of things.

We've delayed our interview a little bit, so I'll make sure that I follow through before, before the launch and I'd do that. So okay. Yeah. All right. Thank you so much.

So I think yeah. Well next time everyone be well.