



RESEARCH ARTICLE

WHISPERS OF WELLNESS: UNVEILING SOME MYSTIC HEALING PRACTICES

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ABSTRACT

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. People's behaviour in pursuing health is greatly influenced by how they perceive and comprehend the origins of their illness. There are many factors that contribute to health, including lifestyle choices, genetics, and access to healthcare. Everyone has a responsibility to take care of their own health, and to make healthy choices that will help them stay well. People who embrace the modern science of disease causation will have a different perspective on the search for a solution than those who believe the disease has a supernatural origin. Mysticism is often associated with a deep understanding or insight into the nature of life and existence. This can lead to a more holistic view of health, which takes into account not just the physical body, but also the mind, spirit, and emotions. This harmony is achieved through a deep understanding of oneself and of the universe, and through a connection with the divine. In this article we discuss the various mystical modes or methods for the ailments of disease.

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INTRODUCTION

"....When someone gets healed, the Kingdom of God is revealed, for His Kingdom is a Kingdom of wholeness, of well-being, and of life..."

~Billy Joe Daugherty

Humans' desire to survive and be physically and mentally well is enough to participate in daily life activities shows that health-seeking behaviour is a fundamental human activity. Good health is thus naturally sought and treasured by everybody, and steps are always taken to ensure its ongoing maintenance and sustenance. As a result, in an environment where medical facilities are unable to provide adequate solutions to health problems, coupled with widespread veneration for ancestors, one would anticipate people to seek supernatural intervention or mystical mode of treatment to meet their health demands. People's healthcare attitude is heavily influenced by their perceptions and understanding of the reasons of their illness. In primitive as well as in some modern societies, it is believed that angry or malevolent deities, ancestral spirits, demons, and ghosts, as well as magical agents such as sorcerers and witches, are causes of illness and sickness. Exorcism, *tona-totka*, *tantra-mantra-yantra*, *jhad-funk* (sorcery) are the frequently performed

practices when a person is said to have become the victim of supernatural affliction or diseases. There is a prevailing belief that individuals can be affected by spirits or ghosts (bhut-pret) not only through random attacks but also as a result of harm caused by other supernatural or mystical forces. Mystic practices for ailments of diseases can include things like energy healing, crystal healing, Reiki (Japanese practice stress healing through energy balancing), chakra balancing, meditation and other forms of energy medicine. These modalities can help to promote healing by balancing the energy field around the body and helping to remove any blockages that may be causing disease. Energy healing involves working with the energy field around the body to promote healing. Chakra balancing helps to align and balance the chakras, or energy centres, in the body. Meditation can help to calm and focus the mind, promoting healing on all levels. Some people believe that certain forms of meditation, prayer and other practices can help to relieve symptoms of various diseases. Others believe that such practices can help to improve the patient's overall health and quality of life.

Objective of Study: This research looks at various mystic practices as a method of understanding, diagnose, and treatment, the biological and mental illness in a largely traditional religious population.

It is undertaken with the concept that magico-religious activities play an essential part in the pursuit of health, and it is frequently used to identify supernatural and other causes of misfortune (including illness) and to decide the proper patterns of treatment.

REVIEW OF LITERATURE

Graham Dwyer (1999) studied Balaji temple, a prominent Hindu healing site in Mehndipur village, which is adjacent to Jaipur, Rajasthan's state capital and analyse the concept of emotion and self in Indian society. Exorcism is thought to be transforming at Mehndipur's healing temple. Participants in exorcism rites are supposed to endure severe bodily and mental transformations, as well as an ontological shift that allows them to overcome mental as well as physical illness and sickness. In Mehndipur three pan-Indian deities include Balaji, the monkey deity, and *Bhairava*, a violent manifestation of *Shiva*, *Pretraj*, on the other hand, is a local divinity is worshipped. In Mehndipur, all illnesses and diseases are blamed on spirit possession or supernatural attack. Headaches, dizziness, body aches and pains, lack of appetite, lethargy and weakness, sadness, irritability, and other types of mental disease were the most prevalent symptoms and ailments reported to researcher. Furthermore, a lesser proportion of those interviewed reported having cancer, cardiac or respiratory problems, tuberculosis, or another serious condition. He finds that there are some basic differences between India and the West in terms of how self and emotion are defined, he sought to demonstrate that when exorcism and psychotherapy are compared, Indian and Western ideas overlap to a considerable extent. Because both exorcism and psychotherapy are thought to produce physical and psychological changes, an ontological transformation, the desired transformation itself is frequently said to be affected by engaging the emotions, a theory developed explicitly in much of the literature on psychotherapy and one that equally informs speculation on emotion in classical Indian texts on aesthetics.¹

Bansal and et al (2001) indicate that, despite emerging medical scientific advances, a sizable proportion of the population believes in faith and mystic mode of healing for disease. This group of individuals is largely from rural areas. They worshipped divinity in order to prevent catastrophic diseases and other tragedies caused by bad spirits. It was a prevalent idea in villages that they were surrounded by bad spirits that caused crop failure, fires, and epidemics such as plague, chicken pox, influenza, flu, and animal problems. To cure various ailments, individuals use diverse means of worshipping their particular Gods and Goddesses. Most North Indian communities worship '*Sitala Mata*' as the Deity of chicken pox. Small pox is thought to be prevented in children by worshipping this Deity. '*Bhai Moolchand*' is worshipped in some communities to remove blemishes from the body. This disease is healed if the sick individual donates common salt to Deity. In certain locations of Rajasthan's, "*Mata Rani*" is worshipped to ward off typhoid and chicken pox. People steal the patient's garments.

¹Dwyer, G. "HEALING AND THE TRANSFORMATION OF SELF IN EXORCISM AT A HINDU SHRINE IN RAJASTHAN." *Social Analysis: The International Journal of Social and Cultural Practice*, vol. 43, no. 2, 1999, pp. 108–37.

The priest conducts some rituals on the clothing, and the sickness vanishes. Similarly, in Uttar Pradesh, Kali Maa is worshipped as a cure for cholera. The locals pour water over Kali Maa and fire *Lavang*, *Kapur*, and *Dhoop*. Villagers think that this prevents from the spread of epidemics. According to the authors, despite being the age of science and technology, we should study those places because, research can explore some possible scientific evidence behind these mystic practices.²

The ethnographic study by Qamar (2015) described the witchcraft remedy known as Tona for curing disease. It is a form of folk healing that is used to treat various illnesses. Two diseases that affect children, Sokra and Sharwa, are treated by the parents using two different types of Tona. A religious healer who practises magico-religious Tona may recite or write sacred passages from the Bible or may provide blessed threads or written amulets (*Tawiz*) for wear that serve as medicines. The religious trust and confidence of Punjabi people influence their cultural and folk healing practises.³ Good (1994) define disease behaviour as the manner in which people monitor their bodies, categorise and interpret their symptoms, take preventative measures, and make use of the healthcare system. Understanding human behaviour is therefore a necessity to changing behaviour and improving health care practises. This influences health practises or health-seeking behaviour, which are components of sickness behaviour. Healthcare systems must modify their tactics in light of the results of behavioural studies in order to respond to community attitudes and requirements surrounding health.⁴

CHUNG (2005) defined shamanism as a set of activities practised by a shaman or shamaness who serves as the community's healer, prophet, spirit-controller, and sorcerer. Shamanism is among the oldest forms of religion practised by people. For the most of prehistory, all of our ancestors—white, black, mongoloid, *Veddah*, or Kung—were engaged in it. A shaman must always act as a healer for the ailments of his tribesmen and carry out various rites for them, most notably the séance. When engaging in such ceremonies, he or she frequently appears to be wearing elaborate costumes with ornithological symbolism and invariably chants, sings, and dances. The shaman aids his patients in transcending their typical, everyday perceptions of reality, including their perceptions of their own illness. The shaman demonstrates to his patients that they are not physically, emotionally, or spiritually fighting illness and death alone. On a profound level of consciousness, the shaman communicates his unique abilities and persuades his patients that another person is prepared to sacrifice himself for their sake.⁵

Types of Mystic Practices: There are many types of mystic practices, ranging from simple meditation and prayer to more complex rituals and ceremonies. Some common practices include:

²Bansal P., Acharya M.V., Sharma K.D., and Veluchamy G. "RELIGIOUS PRACTICES IN NORTH INDIAN CURE DISEASES" *Bull. Ind. Inst. Hist. Med. Vol. XXXI - 2001 pp 25 to 30.*

³QAMAR, Azher Hameed. Tona, the Folk Healing Practices in Rural Punjab, Pakistan. *Journal of Ethnology and Folkloristics*, [S.l.], v. 9, n. 2, p. 59-74, mar. 2016. ISSN 2228-0987.

⁴ Good, B. (1994) *Medicine, Rationality and Experience: An Anthropological Perspective*. Cambridge: Cambridge University Press

⁵CHUNG, L. (2005). Gary Snyder's American-Asian Shamanism. *The Comparatist*, 29, 38-62. Retrieved November 8, 2020, from <http://www.jstor.org/stable/26237102>

- **Exorcism:** - It is the practice of casting out demons or other evil spirits from a person or place. It has been used for centuries as a way to rid people of demonic possession and to cleanse evil from homes and land. In some cultures, exorcism is still used as a way to heal the sick and to drive out disease. Exorcism is usually performed by a priest or other religious leader. The person being exorcised is often required to fast, pray, and undergo a period of cleansing before the exorcism can take place. During the exorcism, the priest or religious leader will recite prayers and incantations, and may use holy water, candles, and other ritual objects. The person undergoing the exorcism may experience a variety of symptoms, including vomiting, convulsing, and speaking in tongues. These symptoms are believed to be caused by the demon or evil spirit leaving the body. In some cases, the person may be permanently cured of their ailment after the exorcism.
- **Tona-Totka:** - It is a traditional healing practice that uses a combination of sound and touch for disease healing. *Tona-totka* is a type of folk magic practiced in parts of India, Pakistan and Bangladesh. It typically involves the use of amulets, charms, and spells to protect oneself from harm or to bring good luck. *Tona-totka* is often used to ward off evil spirits, protect crops from pests, to ensure a good harvest, or for disease healing. It is used to harm or kill someone by using supernatural powers. *Tona-totka* can be used to cause physical or mental harm to the victim, and it can also be used to kill. It is a form of magic that is used to control or influence the behaviour of others. The spells are often used to control the weather or to influence the outcome of events. For disease healing, it involves taking a small amount of the affected person's hair or nail clippings and burning them in a fire. There is no scientific evidence to support the efficacy of *tona-totka*, but it is a widely used remedy in India, Pakistan and Bangladesh. Proponents of the treatment believe that it can help to cure a wide range of diseases, including colds, fevers, and even cancer. *Tona-totka* is said to work by stimulating the body's natural healing process and restoring balance to the body.
- **Sorcery:** - It is the act of using supernatural powers or abilities to achieve the desired outcome. In the context of disease healing, sorcery may be used to diagnose and treat a variety of ailments. Common methods of sorcery for disease healing include using charms and spells, conjuring spirits, and performing rituals. Sorcery is the act of using supernatural powers or magical powers to attempt to control events, people, or objects. In many cultures, including those in Europe and Africa, sorcery is often used for healing purposes. Sorcery has been used to attempt to cure diseases for centuries. Often, a sorcerer will use spells or rituals to try to rid a person of their illness. In some cases, the sorcerer may try to summon spirits to help them in their task. While there is no scientific evidence that sorcery can actually heal diseases, many people believe in its power and continue to use it as a means of treatment.
- **Prayer:** -A form of communication with the divine, typically involving petitioning for assistance or guidance. Prayer for disease healing is a practice that has been used for centuries to help people recover from illness. Prayer for disease healing has been a practice throughout history and across cultures. People of all faiths and beliefs have prayed for others who are ill, and many have reported feeling better after prayer. Some scientists believe that prayer can have a positive effect on the body, helping to lower stress levels and improve overall health. In a study done by the National Institutes of Health, it was found that prayer can help to reduce stress, lower blood pressure, and improve overall health. There is no scientific evidence to support the efficacy of prayer, but many people believe in its power. Prayer can be used in conjunction with medical treatment or as a standalone therapy. Additionally, prayer can help to speed up the healing process by providing a sense of peace and calm.
- **Meditation:** - It is a form of mindfulness that can be used for disease healing. In mindfulness-based meditation, practitioners focus on their breath and bodily sensations to bring attention to the present moment. This form of meditation effectively reduces stress, anxiety, and depression. Additionally, mindfulness-based meditation can help to improve symptoms of chronic pain, fatigue, and insomnia. Meditation has also been shown to be beneficial in managing many medical conditions. In addition, meditation can help promote healing after an illness or injury.
- **Pranic healing:** -*Pranic* healing is an ancient healing technique that involves the use of energy to heal the body. The word "*prana*" means "life force" in Sanskrit, and "healing" refers to the process of restoring balance to the body. *Pranic* healing is an ancient practice that uses the life force energy to heal the body. It is based on the belief that the body is a self-healing organism and that the life force energy is the key to restoring health. The life force energy is said to be able to penetrate the physical body and the subtle bodies to reach the root cause of the disease. Once the root cause is reached, the life force energy is said to be able to dissolve it and restore health. *Pranic* healing is a non-invasive, gentle healing technique that can be used to treat a wide variety of conditions. It is safe for all ages and can be used alongside other medical treatments.
- **Crystal healing:** - It is an alternative technique that uses crystals or gemstones to promote healing. It is based on the belief that these stones have healing properties that can be used to cure physical, mental, and emotional ailments. Crystal healing is often used in combination with other alternative therapies, such as Reiki and massage. The belief is that each type of crystal has different metaphysical properties that can promote healing in the body, mind, and spirit. Crystal healing is not based on any scientific evidence, but many people believe in its efficacy. There are many different ways to use crystals for healing. Crystals can be worn as jewellery, placed on the body, or placed in the environment. They can also be used in meditation or energy work. Crystal healing is a gentle and non-invasive therapy that can be used to treat a wide variety of ailments. It is a safe and natural way to promote healing and wellness.
- **Contemplation:** -A form of meditation in which one focuses on a particular object or idea in order to achieve a deeper understanding of it. It is a form of mindfulness that has been shown to be effective in healing various diseases. The practice involves focusing on a particular object or thought and allowing all other thoughts to pass through the mind without judgment. This allows the individual to become more aware of their thoughts and feelings, and ultimately leads to a more peaceful state of mind. When we are ill, we are usually focused on the disease itself and not on getting well. This focus can prevent us from getting well. Contemplation and visualization help us to focus on

getting well, and this can promote healing. Contemplation has been shown to be especially helpful in healing chronic pain, anxiety, and depression.

- **Visualization:** -A technique in which one uses their imagination to create mental images of desired outcomes or states of being. Visualization is another common mystical practice that is used for healing. This involves picturing oneself in a state of health and well-being. It is believed that by visualizing oneself as healthy, one can actually promote healing within the body. This technique can be used in conjunction with other healing methods, such as medication and therapy. Visualization is effective for a variety of conditions, including cancer, heart disease, and HIV/AIDS.
- **Mantra recitation:** -It is a practice in which a person recites a sacred phrase or set of words repeatedly typically in a mantra-like fashion, often used as a tool for meditation or prayer. This practice is often used as a form of meditation or as a way to focus the mind. It can also be used as a tool for healing, both physically and emotionally. Mantra recitation is a practice that is steeped in tradition. It is a practice that has been used by many cultures throughout the world for centuries. And it is a practice that continues to be used today. The recitation of mantras can help to reduce stress and anxiety, and can also promote relaxation. Mantras are often used in combination with other healing modalities, such as acupuncture or meditation.
- **Chakra cleansing/balancing:** -The chakra system is the energy system of the body that consists of seven main chakras. These chakras are responsible for the flow of energy and life force throughout the body. When one or more of these chakras become blocked, it can lead to physical, mental, and emotional imbalances. Chakra cleansing is a process of clearing out these blockages so that the life force can flow freely again. This can be done through a variety of methods, such as meditation, yoga, aromatherapy, and crystal therapy. Chakra cleansing is an effective way to promote overall health and well-being. It can help to relieve symptoms of many common ailments, such as headaches, fatigue, anxiety, and depression. It can also help to improve digestion, boost immunity, and increase energy levels.
- **Breathwork:** -Breathwork is an ancient practice that has been used for centuries to heal the body, mind, and spirit. When done correctly, breathwork can be an incredibly powerful tool to help you heal from disease. There are many different types of breathwork, but the most common and effective type for disease healing is called pranayama. Pranayama is a Sanskrit word that means "extension of the life force." Pranayama breathwork is often used in conjunction with other healing modalities such as yoga and meditation. When used together, these practices can help you to deeply relax and let go of stress and tension.
- **Energy Healing:** - Energy healing is another popular mystical practice. This involves using a variety of techniques to channel healing energy into the body. This energy is believed to promote healing on a physical, emotional, and spiritual level. Energy healing is an effective way to treat various diseases and ailments. It involves using energy from the body to heal damaged or diseased cells and tissues. This energy can be transferred from one person to another, or it can be self-generated. Energy healing is a non-invasive and safe method that can be used to treat a wide range of conditions. There are many different types of energy healing, such as Reiki, acupuncture, and qigong. It is believed that energy healing works by balancing the body's energy field and correcting any imbalances. This, in turn, helps the body to heal itself. Energy healing is not a cure-all, but it may be worth trying if you are suffering from a disease and all other treatments have failed. It is important to find a qualified practitioner who can provide you with the best possible treatment.
- **Theta Healing:** - It is a powerful energy healing modality that can be used to heal physical, emotional, and mental imbalances. Theta Healing works by accessing the theta brainwave state, which is a state of deep relaxation and meditation. In the theta state, the practitioner is able to connect with the universal energy field and access information about the client's condition. The practitioner then uses this information to guide the energy field to make the necessary changes to heal the client. The practice is based on the belief that all diseases are caused by negative thoughts and emotions, and that by changing these thoughts and emotions, the body can be healed. The Theta Healing technique is said to be able to help with any disease, including cancer, heart disease, and mental illness. The technique is said to work by first identifying the negative thoughts and emotions that are causing the disease, and then using the power of the mind to change these thoughts and emotions. The Theta Healing technique is said to be safe and effective and has been used by millions of people around the world.
- **Shamanic energy healing:** - It is a type of alternative medicine that uses energy to promote healing. It is based on the belief that illness is caused by imbalances in the body's energy field, and that shamanic healing can restore balance and promote healing. It has been used for centuries by indigenous people all over the world. Shamanic healers use their own personal energy, as well as the energy of the Spirit world, to heal imbalances in the energy field of the person they are treating. This type of healing is often used for physical healing, but can also be used for emotional and spiritual healing. Shamanic healers work with the belief that everything is connected, and that imbalance in one area of life can lead to an imbalance in other areas. Shamanic healers use a variety of techniques to channel energy, including singing, drumming, and dancing. They may also use rattles, feathers, and other objects to help them focus their energy. The goal of shamanic energy healing is to promote physical, mental, and spiritual healing.
- **Reiki:** - It is an ancient Japanese technique for stress reduction and relaxation that also promotes healing. It is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So, Reiki is actually "spiritually guided life force energy." A Reiki session can be a very powerful experience. The client remains fully clothed and rests on a comfortable massage table. The practitioner will place their hands on or near the client's body in a series of hand placements. These include the head, heart, stomach, and in between the eyebrows. Reiki is said to help the body heal itself by restoring

balance and promoting relaxation. It is a non-invasive, gentle therapy that can be used to help relieve a wide variety of conditions, both physical and emotional.

- **Taichi:** -Tai chi is an ancient Chinese practice that is said to promote health and healing. Tai chi is a form of exercise that involves slow, rhythmic movements and deep breathing. Some people believe that tai chi can help to improve balance, flexibility, and strength, as well as reduce stress and anxiety. Some research suggests that tai chi may also be beneficial for people with certain health conditions, such as heart disease, arthritis, and diabetes.
- **Qigong:** -Qigong is a type of Chinese medicine that focuses on using the qi, or life energy, to heal the body. Qigong practitioners believe that the qi can be used to improve overall health, as well as to treat specific conditions. There is some scientific evidence to support the use of qigong for healing, and it is often used in conjunction with other forms of Chinese medicine.

CONCLUSION

In today world population and poverty have a negative effect on the availability of health facilities. This is because when there are too many people in an area, and the resources available are stretched thin. This can lead to a shortage of medical facilities and long wait times for medical care. Additionally, poverty can lead to a lack of access to health care. This is because many people who live in poverty cannot afford to pay for health care services. As a result, people become dependent on indigenous practices of ailments. These practices can be used to heal the body and the mind. Mystic practices can be used to cure physical and mental diseases. A magico-religious or mystic practices for the ailments of disease can vary depending on the particular culture or religion. However, some common examples include Exorcism, *Tona-Totka*, Sorcery, Meditation, Chakra cleansing/balancing, fasting, praying to a higher power or deity, performing rituals or ceremonies, using spells or incantations, wearing certain amulets or talismans, consuming special foods or drinks, bathing in holy waters, and visiting certain holy sites or pilgrimage.

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