

# *Let Thoughts Speak*

**Dr. Kamal Sethia**



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**First Edition**

Dr. Kamal Sethia



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# Foreword

This is a handy book written by Dr Kamal Sethia who has a wealth of knowledge and experience in the field of health, Life, Naturopathy, Wellness and related subjects. He also gives lectures on the impact of changing social and economic conditions on physical and mental well-being. We meet through a group that focuses on Wellness and interesting engagements for Senior Citizens. He strikes me as a well-mannered gentleman, kind, gentle, mature, and extremely well-informed in various aspects of health and life. Like many of the members of this group, I am fortunate to be a part of his circle, and stand to benefit immensely from what he regularly shares online on various platforms and YouTube channel.

In this book Dr. Kamal Sethia seeks to address some health-care and mind-related matters and offers a solution by way of a process called the ‘Seven Minutes of Silence’. The book makes for an interesting read because of the variety of topics he has woven such as Yoga, Meditation, Modern Technology, quantum meditation and AI. Suggestions and the method to practice to attain self-awareness and reduce stress levels have been shared.

Silence can make a difference to self-introspection, finding a means to resolve our issues, by calming the restless mind for a few minutes. It’s like having a First Aid kit within ourselves to heal and keep our mind in a good state.

I had the good fortune of going through the draft and believe it will benefit anyone, if the suggested process of observing Seven Minutes of Silence is practiced everyday as a routine.

Physical health is important. Mental health even more important to lead a calmer, peaceful and stress-free life.

## **MIND – MONKEY – MEDITATION - MOON**

Mind is a monkey. It cannot stay still in one place. It's restless. Jumps from one thought to another. Has no barriers of distance, speed and boundaries.

Mind is not an organ and has no place in the human body like the heart, brain, stomach... yet it occupies our entire being. We get drowned in it, every minute of our conscious. It envelops us. It is complex and abstract which encompasses the mental processes, thoughts, consciousness, emotions and perceptions.

Mind is often associated with the physical organ, our brain which plays a crucial role in generating and controlling various mental activities. The Brain-Mind connection is subtle and intricate. While brain is a tangible organ with a shape, structure, function and a niche in the human body, the mind does not boast of a shape, nor a structure, which can be operate upon, nor does it occupy a place in the human body yet it performs a range of cognitive and emotional functions.

The study of the relationship between the brain and the mind is the central topic of discussions in many fields such as neuroscience, psychology, philosophy, astrology.

Monkey Mind is often used in mindfulness and meditation circuit to describe the restless, unsettled nature of the human mind. It's like a playful, curious, adventurous monkey swinging from branch to branch, chattering constantly,

jumping from one thought to another without rest. Distracted. Racing. Filled with worries and distractions.

Mind-Meditation. Taming the monkey mind is a common goal in practices across, the important being mediation where we seek to cultivate focus, clarity and calm amidst the mental storms. The core aspect of mindfulness to help us develop a more peaceful and centred state of being is to observe the monkey mind without judgment and gently keep guiding it back to a point of focus. Understanding and addressing the monkey mind can lead to improved concentration, reduced stress levels, and a greater sense of mental well-being.

Mind-Moon in Astrology. Astrology is an ancient science which has a mention in the Vedas. Astrology aka Jyothish is called the Eye of the Vedas, a wisdom passed down to humankind by saints and sages involving the study of planets. The planets are part of our Solar System, therefore, part of Astronomy.

Among the planets, it's the Moon which is the main significator for mind related matters. The placement of moon in a zodiac sign at the time of human birth is given much importance while analyzing a birth chart aka horoscope. There are interpretations galore for moon placed in a particular zodiac sign among the 12 signs, in an asterism among the 27 asterisms, in a particular degree among the 360 degrees of a circle, if any other planet keeps company or is moon placed alone, whether it is a daytime or a night time birth and so on. There are as many interpretations of what impact the moon has on an individual's personality, thinking and attitude.

## **Mind – Body and Psychosomatic Disorders.**

Mind is a very powerful influencer and has complete control over our body. What starts in the mind as any kind of mental stress can manifest in the body as pain or illness which in most cases may never show up in lab test reports. Mind sows the seed to shape the way we perceive ourselves and others.

Here's wishing a sound mental health to one and all.

**Dr. Rama Gopalakrishnan.**  
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**Introduction:** Dr Rama Gopalakrishnan is a distinguished scholar, who is providing guidance, for past 25 years, as a legal counsel, psychotherapist, astrologer and she teaches Jyotish/Vedic Astrology to beginners and prepares students in Counselling and Psychotherapy. She enjoys activities like singing old Hindi Film songs and gazals and cooking healthy vegetarian dishes.

# Preface

## **Let Thoughts Speak.**

Life speaks to us through silence only. The subject of this book is life. You and I are the characters and the purpose is common for all of us - to be content and lead a meaningful and successful life. Our knowledge about life and ourselves is very limited and we are not even fully conscious of taking care of our own welfare. We are victims of procrastination. Our knowledge is used more for demonstration and less for our own use. This is called "intellectual luxury". Unfortunately, most people are operating far below their potential, and that includes you and me. Before we blame external circumstances, people, or god for our failures, we should focus on our shortcomings first and see how things can be better for us. By taking responsibility we gain power, recognition and success in life.

This book is intended to inspire you to consciously achieve your potential and to refresh you to excel in your endeavours for attaining goals without stress. Act now because time is moving ahead at a greater pace than ever before. With Artificial Intelligence and other innovations, man has to be equally smarter and faster to keep pace with time and ensure survival. The threats ahead are serious. The changes that took place in the last five years, may take less than five months for further development.

The topics contained in the process of “Seven minutes of Silence” are intended to touch the core and help you develop a blueprint for your success with least stress. You will enjoy

your work, have better relationships, and find time for yourself and family. Those who succeed in life have a balance between their interest and capabilities, goals and strategies, work and leisure and improved acceptance of any possible outcome. This is an important life skill that will help you to promote overall wellness, stress-free life, concentration on the job, improved relationships, better performance in every area and satisfaction with achievements. Happiness will not elate you and defeat will not deflate you! The thoughts and reactions will be much smoother and tolerance will be high.

I feel privileged to be born as a human being on earth. Among the most intelligent and capable of all the species not only in terms of physical body but also with a sound mind with a high level of intelligence. I did not pay a penny for this life, but it is priceless!

Smooth sailing in life is an imaginary situation because life is full of ups and downs, joy and sorrow, pain and pleasure ..... and so on. What will happen the next moment is not known and this unpredictability is the beauty of our life. Challenges make us strong, pain makes us tolerant, difficulties make us brave and defeats teach us lessons for improving the lacking skills.

The writer of this book is a lifetime learner in pursuit of knowledge. I have written this book based on my experience and study of ancient Indian literature which is full of knowledge of human psychology, anatomy, spirituality, logic, and human welfare. Inferences have been drawn from various streams of religions, literature, articles, research works, and periodicals. I have studied and undergone a variety of processes of meditation, yoga, and pranayama.

I was fascinated to know about the wellness of the human body, and beyond. I studied Naturopathy and practiced it on myself. I believe that close contact with nature, positive thinking, a balanced diet, lifestyle changes, and sound sleep are the best medicines.

Holistic wellness can only be achieved by giving long-term relief to the patient with the least side effects. What works best for the patient is the critical aspect of patient-centric therapy. The concept of lifestyle changes and stress reduction is accepted by all medical practitioners for effective treatment with the least medication. Although, chemicals or compounds are used to provide symptomatic relief, cure, and prevent diseases, but their action can be supported by physical exercise, diet control and lifestyle changes. The age-old watertight compartments of different therapies seem to be opening doors for alternatives to focus on the patient and effective treatment by whatever therapy or combinations are suited best for the wellbeing of the patient.

I am also involved in education and training where I interact with learned people and try to exchange thoughts, views, and perceptions for mutual learning. Now it is universally accepted and our healthcare practitioners are realising the importance of reducing the load of chemicals and toxins being used for treatment of acute diseases. Our body has the ability to treat and heal itself. The defense mechanism of our body does not allow it to be affected by external elements if we regularly drive out toxins and boost immunity.

Our thoughts, beliefs and preconceived notions play a significant role in our emotional stability. The wellness of a person is the physical, mental, emotional, spiritual, and

financial well-being. Every element has a bearing on the other and the complete well-being as a whole.

I don't wear any hats. Nor do I consider myself as a preacher, yogi, or master. I am just a friend and guide. The key takeaway from the book is to practice, experience, and apply the learnings after understanding and relying on them for improved wellbeing of your body and mind, better on the job performance, contentment, and coherent inter personal relationships, and stronger emotional balance. In doing so, your process may differ from others. Listen objectively to your mind and heart and make your own plan for your development. The guidelines suggested here are scientifically proven, tried, and tested by many, but you may adapt the process according to your needs and suitability. Our body has the natural power of healing itself, but due to the accumulation of toxins, immunity is adversely affected. Allow the body to regain the power of self-healing with detoxification and recomposing of the mind.

1. You must know your body, mind, and the complete existence.
2. Introspection will help you identify the areas in which you need to strengthen your skills.
3. Breathing is a key factor for improving vitality.
4. Control of the senses helps in self-discipline and improved balance.
5. Avoid distractions and procrastination.
6. Contact with nature has a great healing effect.
7. A positive attitude and acceptance will improve your interpersonal relationships.
8. Improved metabolism will facilitate digestion and absorption of nutrients.

9. Stress-free brain will improve the endocrine system.
10. Correct breathing and circulation of oxygenated blood will help in the proper repair and growth of new cells and reduce oxidative stress.
11. Improved health, calm mind, positive attitude, and high level of vitality will prepare you to accept and cope with the challenges of the future.

Despite diet restriction, our food should contain more natural nutrients like proteins, carbs, glucose, amino acids, vitamins, minerals, and antioxidants. On the other hand, we should avoid oily, spicy, complex, and heavy food. The habit of eating out can also accumulate toxins as you are not sure about the quality of ingredients and the level of hygiene of cooking. It is always better to take the nutrients in their natural form rather than taking supplements.

Some medical and technical terms have been used as they are known for reference. No words, sentences, or phrases used here are new, but together they make a new concept and carry a meaningful message for you.

By the time, this book reaches your hands, many new developments and changes may take place. You have to consider them wherever they are relevant. However, the fundamental basics have stood the test of time and they are universally applicable. Our relationship with nature and our inner self will never change.

The change makers will be the most successful people in every field as they will always have the advantage of being the early movers. The future may have threats for those who are not ready for shocking changes. The changes will mostly

be driven by technological and economic developments, but they will have an impact on our health, social life, work culture, ethics, and macro environment. The writer wishes you well for greater achievements and contentment in the life.

Dr. Kamal Sethia  
Jaipur

# Acknowledgement

First of all, I wish to express gratitude to my parents who brought me up with ample opportunities for growth and development. My father Dr MC Sethia was a renowned literary figure. He was a Professor at the University of Rajasthan, Jaipur. His rich collection of books written by the best authorities in the fields of literature, poetry, religion, philosophy, psychology, art, music, and Urdu poetry helped me reading high-quality books on various subjects. He always insisted on referring to authentic sources for knowledge. He wrote many books on a variety of subjects but the most outstanding book was on various shades of life reflected in Urdu poetry – “Rangarang Urdu Shayari.”

My mother was an excellent homemaker and efficient manager. From her, I learned to make the most effective use of limited resources. Her affection and inspiration have always paved my way.

I was a student of commerce and management. After completing my MBA, I took up a job but soon entrepreneurship launched me into business. After establishing a business, our family decided to follow in the footsteps of my father and diversify in Education and Training. I also took up studies of Naturopathy and yoga and completed 3 Year program of NDDY. I was fascinated by the beauty of nature but realised its therapeutic properties and uses after studying and practicing them myself.

I have experienced that the optimum mix of fundamentals of nature and the universe can be great sources for the Wellness of human beings. In this book, I have tried to incorporate the

combined effect of Yoga, Pranayam, and Meditation with the added use of Naturopathy and cosmic powers. All this has been designed keeping in view the modern lifestyle and changing world.

‘Quarantine’ was a term with negative connotation during Corona pandemic, but it proved very useful for me. When I was found Corona positive, I was also in complete isolation at home - in my study room where my music system and books were my best companions. Reading a book is like opening a door to a world of knowledge, wisdom, new concepts, ideas, experience, and imagination. The thought process which follows gives us a clear perception of the subject and its applicability.

But for the physical discomfort of Fever, cold, and body pain, I enjoyed the company of books and refreshed myself with music. I was complete with myself and at this time, I realised the importance of silence and being with one's self. The idea of writing this book was conceived when I read my notes, articles, and essays written earlier. I had the best opportunity to review, reflect, and ponder on those thoughts. The writing work started but many new additions and revisions were made before it took the present shape.

I sincerely appreciate and thank my family members. To my wife Kalpana for allowing me time and required support and to my sons Vinay and Vivek for relieving me from my regular duties. Vivek and Namrata spared me from the business and duties of schools. Both the daughters-in-law helped me by taking full burden of social engagements and domestic affairs. I had regular brain-storming sessions with my grandchildren who opened new vistas to the subject and novel approaches to

the solutions. They are better monkeys than me – the smarter generation!

I would like to express my heartfelt gratitude to Jain Acharyas, teachers, mentors, colleagues, friends, editor, printer, and publisher, who have contributed to the creation of this book.

I am deeply thankful to Mr. Anil Saraogi and Dr Rama Gopalakrishnan for their invaluable suggestions, assistance with research, feedback on drafts, and help in making the contents of this book more useful.

I am influenced by many authors and thinkers and this may be reflected in the contents of this book. Apart from the treasure of books and written literature available on a variety of subjects, references have been drawn from the rich knowledge floating on the web world. New IT technology and modern tools have been used in the compilation of the subject to make it meaningful and useful for health seekers of all ages involved in a variety of fields.

My effort will be fruitful if the readers find it useful for self-development with health benefits and overall wellness.

Dr. Kamal Sethia

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# About Author



Dr. Kamal Sethia is Commerce Graduate, Masters in Management, MBA (Marketing). His Doctorate is in Naturopathy and Yoga (NDDY)

Dr. Sethia started his journey of entrepreneurship from building construction industry in 1982. Over 40 years' experience in Real Estate business. Over 15' years experience in Education and Training.

Chairman: Vardhman Group - known for quality construction.

Chairman: Vardhman International School, Jaipur.

Chairman: Vardhman Shrikalyan International School, Kalwar Road, Jaipur.

## Positions held:

- General Secretary of Central Spine Builders Association and a member of CREDAI, Rajasthan. He is presently heading the RAHDA. Raj. Affordable Housing Devl. Assn.
- President Bhikshu Sadhana Kendra, Jaipur (NGO)
- Office bearer and Exe Member of many NGOs and Community Societies.
- Honoured as Asia's Greatest Leaders Award 2017 at Singapore, and Vardhman Group was awarded as one of the Greatest Brand of Asia.
- Awarded for Leading Role in Academic Shaping from International School Awards at Dubai in 2019.
- Received 'Karma Ratna Award' and honoured by Antar Rashtriya Samrasta Manch.
- Working as a wellness coach – associated with CWC (NGO).

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