

Deepak Chopra shows how to achieve holistic well-being



L to R: Dr. Manju Kalra Prakash, Executive Director, FLO; Neeta Boochra, President, FLO; Deepak Chopra, Founder, Chopra Foundation and Ritu Vadehra, FLO Governing Body Member.

FL O organised an interactive session with renowned motivational guru, Deepak Chopra on 'The Future of Well-Being' on September 29, 2014. The objective was to provide an opportunity to the members for learning ways to achieve holistic well-being in a more structured and logical way.

As a global leader and pioneer in the field of mind-body medicine, Chopra spoke on his exciting new approach to holistic health that focuses on the yearnings experienced by human beings physically, mentally and spiritually.

Neeta Boochra, President, FLO, said, "True to the objectives of FLO to 'Educate & Empower', this session is organised primarily with the aim of educating our members with the roadmap created by Chopra, for 'higher health', based on the latest findings in both mainstream and alternative medicine."

Chopra addressed various aspects of higher consciousness, transformation and healing. The session empowered members

with practical ways to experience higher consciousness, transformation and healing, leading to understanding of consciousness and enhancing total well-being - physical, emotional, spiritual, social, community, financial and ecological.

Key takeaways

- Human body is the subconscious mind and one can actually modify the genes through one's actions and behaviours
- Science of epigenetics has revealed that our minds control and manipulate the genes on our body and thereby effecting our health, by altering our perception and reaction to our environment
- 98% of the molecules in the human body are replaced yearly
- DNA is the alphabet of life and genes is like the word
- Mechanisms of diseases are not the same as the origin of diseases; origins of diseases go deeper on how we lead our lives
- Genes are not responsible for our illness; most genes are the effect of our lifestyle and not what we have inherited
- Human body has 600 trillion cells, only 10 per cent are human. So all our biological science has been about 10 per cent of who we are.
- Microbes in the human body respond to activities on the basis of which genes react
- Unhealthy eating, sleeping, rest patterns affect the microbes and leads to inflammation, which is the cause of numerous physical ailments
- Human body should not be looked at mechanically. Holistic well-being should be aimed by changing attitude change and healthy lifestyle
- Meditation and breathe awareness is essential and very effective for the human mind and body
- Self-reflection, transcendence and mindful living, are the keys to good health and sound mind. ■