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# [Commentary] When 'Ignorance is Bliss' in Medicine

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## Abstract

Treatment of diseases can be simple as well as effective with only limited medical knowledge, provided the physician is connected with the 'pure consciousness' within oneself, which is also the basis of everything in the universe. The 'inner self' or 'pure consciousness' has refreshing and healing qualities. This healing 'inner self' is within the conscious reach of every individual in the waking state, through the practice of meditation. The physician connected to his 'inner self' can help the patient to reach a more blissful state of consciousness, thus facilitating healing of all types of diseases. While mind-body therapies are patient-dependent self-help strategies, the physician who is connected with the 'inner self', can directly help to initiate the healing process. Positivity is manifested by the physician regardless of whether the medical knowledge he utilizes is 'simple' or the more complex 'scientific'. There may be 'ignorance' of complex 'scientific knowledge', but there is 'wisdom' of being connected with the source of all healing.

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## Introduction

Physicians hear occasional patients recalling with nostalgia that treatment of diseases was much simpler in good old

days. Of late, the number of possibilities that need to be considered before coming to a diagnosis and start treatment have greatly increased for many diseases. However, in this age of spectacular medical advances, treatment of diseases can still be simple as well as effective with only limited medical knowledge; the statement 'ignorance is bliss' can indeed be true, provided the physician is connected with the 'pure consciousness' within himself (or herself), which is also the basis of everything in the universe.<sup>[1]</sup>

## 'Pure consciousness' as the source of healing

All newer methods of diagnosis and treatment are the outcome of 'scientific knowledge'. But 'knowledge' itself has its source from 'consciousness'. Of particular interest is that, the 'inner self' or 'pure consciousness' reached sub-consciously by every individual in the deep sleep state, has refreshing and healing qualities. This is within the experience of anyone who can find that the bliss felt after having a good sleep refreshes the mind, body and spirit. This healing 'inner self' is reached in the waking state, through the practice of meditation.<sup>[2]</sup>

## 'Being connected to the inner self' helps healing

The physician who is connected to the 'inner self', even if it is subconsciously, becomes part of the healing process. Many patients, if not all, are helped to move into a more blissful consciousness, through the positivity exhibited by such a physician. Invariably, every disease state is associated with consciousness that is restricted by the suffering caused by the disease process. For example, the patient suffering from neuropathic symptoms is constrained to be conscious of his burning feet and hence may lack the feeling of bliss. Apart from timely application of appropriate medical knowledge, the physician connected to his 'inner self' and enjoying the bliss therefrom, can help the patient to reach a more blissful state of consciousness through his verbal and body language. This would facilitate healing of all types of diseases and with proper guidance, even encourage the patient to connect with his own healing 'inner self'. While some physicians may find reaching 'pure consciousness' to be easy and simple either through good sleep or through meditation, many will find that learning this process is only another skill that needs to be mastered and that 'practice makes perfect'.

## 'Simple' or 'scientific' knowledge, makes no difference

While mind-body therapies<sup>[3]</sup> are patient-dependent self-help strategies, the physician who is connected with his own 'inner self' directly helps to initiate the healing process. Positivity is manifested by the physician regardless of whether the medical knowledge utilized is 'simple' or the more complex 'scientific' knowledge, which gives greater understanding of the disease and its treatment.

Another way of looking at it is that the blissful physician who is connected to his 'inner self' can easily empathize with the patient, thus helping the patient to develop faith in the treating physician, which in-turn leads to healing through in-born mechanisms.<sup>[4]</sup>

## Conclusion

In medicine, 'ignorance is bliss' when the source of healing, the 'pure consciousness' or 'inner self', is connected with by the physician and made use of. There may be 'ignorance' of complex 'scientific knowledge', but there is 'wisdom' of being connected with the source of all healing, which makes application of even 'simple knowledge' very often effective. Constantly, reaching out for the state of 'pure consciousness' through practice of meditation allows him to remain connected with the source of healing. Regular practice of meditation can thus be a meaningful part of learning and become a valuable adjunct for the practice of medicine.

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