

Avoiding stress leads to a healthier lifestyle

Self-help guru gives advice on simple things that boost well-being

By Dina Aboul Hosn, Staff Reporter Gulf News.Com .. Published: 00:00 May 27, 2011

Dubai: If there is only one point to good health and success, it is being positive, well-known Mumbai-based psychiatrist and self-help guru Dr Girish Patel said.

Addressing a multinational audience that gathered to hear him at Dubai Police Officers' Club on Wednesday, Dr Patel explained how stress and tension makes people lose the balance between the obligations of daily life and other important areas such as harmonious relationships, inner peace and emotional well-being.

The lecture was organised by Raja Yoga Centre in cooperation with the Community Service Department of Dubai Police.

People seek money and ignore their health until they hit 50, and then they have to spend their money to regain their health, Dr Patel said in a lecture about holistic well-being in challenging times, which was attended by Indian Consul General Sanjay Varma, Dubai Police Officers and other dignitaries.

"Most people are at a neutral health level. They are not ill, but are not completely healthy because they suffer from tension and stress and have an unhealthy lifestyle," he said.

Thoughts

Dr Patel talked to the audience about thoughts. He said thoughts are the foundation of one's feelings. "We choose our thoughts, and we gravitate in direction of our dominant thoughts. Thoughts attract situations," he said, adding that since thoughts are under our control, the situation is also under our control, and life is what we make out of thoughts.

"You give life to your circumstances by your approach, because what you get is not important, what is important is how you deal with it," he said.

"You can count the seeds in one apple, but can anyone count the apples in a seed? The seed is our thoughts," he said.

Dr Patel said people attract what they think about. He led the audience in a meditation session to give them a taste of peace of mind and relaxation.

