

Don't Rob Yourself

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Ayurveda For A Soul: Practical Hints In All Cases Of Life

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Dossier Of "Saturday"

Oleg Gennadjevich Torsunov is a doctor and psychologist, specialist in the field of dermatovenerology, acupuncture, herbal therapy, reflexology, stone therapy and folk medicine. He wields the unique methods of treatment with mudras (specific combinations of hand fingers) and yantras (certain graphic symbols) used, as a rule, for treatment of mental diseases. He was living in India for several years, where he studied Ayurveda by himself. Being the lecturer of Bombay Ayurveda Institute "Vedic Health" he is at the head of teaching Russian-speaking students.

The leading Russian specialist in Ayurveda doctor Oleg Torsunov told "Saturday", how to build relations in a family correctly, go through inflation and why it is dangerous to be a workaholic.

The word "ayus" means "life", "veda" – "knowledge". Ayurveda is a science about life, the main goal of which is to help a person to become happy. A specialist in the field of Eastern medicine, a frequent guest of Riga professor Torsunov is sure that everybody can use the basics of this science on an everyday level.

How To Come Out Of The Stresses

Any stress (a condition, when you don't know what to do next and how to live on) arises as a result of the wrongly set goal of life. If a goal is set wrongly, a person always reaches a natural deadlock. At that sometimes we don't set any goals before ourselves at all and just unconsciously move towards them – in concordance with the general mass of people.

To come out of that kind of deadlock first of all ought to learn that even if your stress concerns your private life or work, there is always a way out. It's enough just to start more often to ask yourself eternal questions: what is happiness? What is the right approach to the life supposed to be? How to build relations with people around?..

The more exactly you will formulate the questions and more profound look for answers to them examining yourself, the more chances will be not to get into a stressful situation or to come out of it smoother.

All is simple: a person should live up to spiritual values and set before oneself high goals. And for solving problems – look for strength in contacts with higher power, in existence of which already no one has doubts. Look for your way through a religion, vedic knowledge, philosophy. Variants of this way – is a matter of personal taste.

How To Change The Destiny

The right world outlook may completely change a life. Due to it, inspiration appears, everything of itself becomes easier, bad habits step back. Destiny, health, relations change. But don't expect any sops from higher power. Ought to really build the relations of interchange with them. Namely – to give something

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to get. Let's suppose, to pray sincerely. God is very thankful and will give more in return. But if constantly just to beg of him for something – there will be nothing.

Dangerous Obsessions

I ask one lady: "What is the meaning of your life?" She answers: "To bring up a child." That's all! The result is already clear to me. When a child is 13 years old, this lady will have a stress. Because when reaching juvenile age her son like any other young man will come into a condition in which he won't be able to share his life only with his mother. He surely will drift apart from her, turn aside and go away. And a woman by-turn having stopped seeing the return from her mature child, will feel that she catches air with her hands...

Another analogous example – if a man makes his wife a meaning of his life, he becomes a henpecked husband. At that usually neither a husband nor a wife notice how and as a result of what it happened.

So is life: it is not allowed that children, spouses and other near people become those to whom you first of all devote your life. Care for them is supposed to be the task of the second plane.

A family will be stable if one just honestly performs his duties and gives his love not expecting to get anything in return. In the opposite case everything will ruin. Because in relations with people we cannot get proportional return.

The same concerns the variant, when a career becomes a meaning of life. Because work, as is known, has a property to be today and to disappear tomorrow. If you mainly stake on it plus when in your private life there is no special happiness, in a case of stress you may not survive.

Remember: any obsessions are very dangerous!

How Much One Should Work

Very many people today are sure that they will find peace and happiness when they have a lot of money. But indeed as early as birth everybody was given a certain quantity of happiness. Imagine a circle, which will symbolize this happiness in general, divide it into segments, which will be associated with the very different aspects of human's joy. What does come out? It comes out that we have a little happiness from the family life, some more – from health, just a little more – from money, food, cultural amusements and so on. Everybody has segments of their own size. Somebody is given more in one field, someone – in another. But everything is harmonious and no one of us can go beyond.

Now imagine what will happen if a person increases his need in money. This field can widen only at the expense of other segments or a circle. For example, at the cost of reduction in time for private life, sleep, rest. Sometimes the idea of earning fully deprives a person of other joy of life. Because a person should work exactly as much time as it is required.

"But what is to be done if without additional work time it is not possible to make both ends meet?" – you'll ask. Than it is such faith! And in spare time ought to look for the answer to the question in yourself, why it turns out that way.

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Again, try to pray. A prayer improves a character. And when a person's character becomes better, his surroundings change, old friends start to perceive him differently. Most likely, people will want to render you some assistance, do something useful. For instance, help with getting another, more well-paid job.

Another variant: you can start to do something for somebody absolutely unselfishly. Very often people, who are engaged in charity, somehow unwittingly come out of financial deadlock.

But if you stubbornly work round the clock and think that by increasing labor time you will become happier at the cost of income, you can get into a trap which will lead to the full life failure.

I am firmly convinced that it is better to starve and be happy than to work a lot and to become unhappy after that.

How To Survive When Prices Grow

A fact is a fact: first several months of 2008 people in your country will be in shock condition. Because prices grow and they will grow.

Fears connected today with the material side of life are inevitable.

What is to be done? Ought to understand that sluggish respect to life (when you count on that it itself has to give you something constantly) is fundamentally wrong. If a country changes its status, its residents also have to go on some adjustments inside of themselves.

He who wants will understand what is to be done next. And he who continues to live old fashioned way, most likely will suffer seriously.

Everybody should try to let his work make his life. Truth is old: if you work than surely you'll survive.

Everything has its limit. Either your Latvia after the price boost will go over to a new round of progress together with its residents, or it will have to lower these prices because it will be impossible to live with them. But again, the variant when it's not possible to live does not exist.

According to my forecasts, today's confusion with prices you have will last minimum till March-April of this year. This time should be overcome, then everything will more-less stabilize.

How To Bring Up Successful Children

To roll a ball from one goal to another don't press on it – it will flatten and anyway stay on its place. The ball should be just slightly pushed. The same is in relations with a child. Parents should approach him very gently...

Children are not supposed to be brought up at all. They ought to be loved, so long as only love can influence a person.

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When they bring up a child with the help of general phrases and requirements and then ask: "Do you understand or not?" – naturally, he understands nothing.

Violence never leads to the activation of reason.

Making children do something or follow something we just hammer into their psyche certain habits. We cultivate conditioned reflexes.

If you want to change a naughty child it will be required to come through several stages.

1. Give rise to his respect with your behavior and deeds.
2. Learn to talk to a child the way that he would listen to you of his own free will. When a person listens – he begins to lend his ear. Therefore ought to find a certain intonation, words, occasion. If you won't press, impose your opinion and give to a little person the freedom of choice than as a result he will just like to lend an ear to you.
3. Remember: a child lives in a world of games. It is supposed to be interesting for him to communicate with you kind of as an equal. He ought to see that you understand his life.
4. If a baby wants to behave wrongly – let him do this attempt. You just ought to see to that this action wouldn't be too dangerous for him.

About The Connection Of A Character With Diseases

Our health is controlled only by our mind. Therefore how we act and behave in our life – such diseases we get.

If we take offence at people much and often – heart bothers or pancreas.

If we are angry – liver suffers.

We work a lot in fear or in thirst for profit – stomach aches.

We terrorize our surrounding – we get gastric ulcer.

We cannot rest and relax - the spine "tumbles down".

We are in despair – joints "tumble down".

We are disappointed in life or in someone – we get pneumonia.

Fuss in thoughts – intestine becomes overexcited.

If oppositely we think very lazily – we get constipations.

Those who cannot harmonize themselves with the power of nature, become very independent from them – they suffer the most widely spread modern disease – allergy.

Computer, electric light, TV – all these are artificial energies which surround us round the clock. And when meeting natural energies (through animals, plants, produce, weather) sensitivity of many of us rises to such an extent that an allergic reaction arises.

Torsunov Comes To Riga

The Center of Spiritual Progress Raduga 2005 invites persons interested to a course of lectures of professor Torsunov "Overcoming the stress".

When and where:

February 22 at 6 pm, February 23 and 24 at 10 am and 6 pm. The place of holding: Skolas st, 6 (in a Great Hall of Riga Jewish community). The price of a season ticket for 5 lectures – 30 Ls. The price of one lecture – 7 Ls (for unemployed and pensioners – 3 Ls.)