

Spiritual Master H. H. Sant Rajinder Singh Ji Maharaj Honored At 33rd Annual Meeting And Banquet Of Indian American Medical Association Of Illinois

(Chicago, IL) His Holiness SantRajinder Singh JiMaharaj was the honored guest and speaker at the Indian American Medical Association of Illinois' (IAMA) 33rd Annual Meeting and Banquet on Friday, November 16, 2013 at the Meadows Club in Rolling Meadows, Illinois.

Illinois Governor Pat Quinn, Chicago Mayor Rahm Emanuel, and Congressman George Foster commended the Association for their commitment to the community and the quality of health care services they are providing.

The internationally recognized spiritual Master of meditation on the inner Light and Sound was introduced with a tribute to his many achievements as president of the Human Unity Conference, head of Science of Spirituality, and best-selling author of books translated into over fifty languages including *Meditation as Medication for the Soul*, *Inner and Outer Peace through Meditation*, *Empowering Your Soul through Meditation*, and *Spark of the Divine*.

Not only has H. H. SantRajinder Singh JiMaharaj presented the benefits of meditation to medical practitioners worldwide—including the National Institute of Health, All India Institute of Medical Sciences, and universities such as Harvard University, University of California, Berkeley, IIT Madras (Chennai), IIT Delhi, and IIT Mumbai—but many doctors have also learned the meditation technique from him and use it regularly with their patients as an invaluable healing modality.

In his address, H. H. SantRajinder Singh JiMaharaj recognized the mission of the IAMA comprised of Illinois physicians of Indian origin “committed to professional excellence in quality patient care, education, and community healthcare.” He congratulated the doc-

tors who work tirelessly to assist their communities toward achieving impeccable health.

He noted that it is a universal truth that the health of our body and mind depend unequivocally on our spiritual health. He spoke on the importance of meditation, citing national journals that have published research into the physical, mental, and emotional advantages of meditation. These benefits, the spiritual Master explained, are merely byproducts of the meditation practice. The true purpose of meditation is to experience the reality of our true selves, who we really are at the level of our soul.

H. H. SantRajinder Singh JiMaharaj then spoke about research into near-death experiences by medical doctors Raymond Moody and Melvin Morris who investigated this phenomenon and concluded that spirit or soul exists beyond the human body, mind, and emotions. The spiritual Master stated that vistas of inner light, beauty, and music, as well as the Power that brought all creation together, exist within each and every one of us. We do not have to undergo physi-



His Holiness SantRajinder Singh JiMaharaj with President Dr. Raj Arora, Dr. Annita John, and Dr. BaluNatarajan.

cal trauma he said, but through meditation, we can experience this reality ourselves. He then explained the simple process of Jyoti meditation—meditation on the inner Light—and put the audience of hundreds of doctors and medical practitioners into meditation. Following this uplifting discourse, His Holiness SantRajinder Singh JiMaharaj was presented with an honorary plaque by the IAMA.

For more information about His Holiness SantRajinder Singh JiMaharaj and the Science of Spirituality, visit www.sos.org.