

G U R B A N I H E A L I N G

A statement of personal experience.

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June 30th, 2010

It has been an exceptionally unique experience to feel an instant relief from bronchospastic bothersome cough on June 15th 2010 while attending a healing camp conducted by Dr. Balwant Singh of Ludhiana, Punjab, India. It was one of the many spiritual healing camps in the Washington metropolitan area in USA. This one was held at the residence of Mr. and Mrs. Mahli in Clarksville, Maryland. While this session was in progress I was afflicted with a bout of cough that became a disturbance to the session in progress. This occurred about four times within a short period of time. I got extremely conscious, being a source of annoyance to the very attentive gathering, what can best be described as a congregational gathering seeking solutions towards their own medical problems and issues. The only possible solution was to get out of the hall and breathe fresh outside air. On my right the space was occupied by lady attendees. Beyond this group were the steps leading to upstairs and the bottom steps were occupied by few youth members of the group. There were doors to the left but the approach was again occupied by more ladies. My hopes of getting out were very minimal. I was getting extremely nervous and almost reaching a state of losing strength to resolve the urgent issue to get over the bout of cough. The next phase I went through was magically instantaneous. Right at that moment I hear a congregational group recitation of a particular hymn from Gurbani. I am unable to describe as to which hymn it was. Immediately I feel wrapped up and embraced in the fold of this hymn. I was not aware of its words nor the meaning but this is what I felt. I lost for a moment awareness of my physical being and felt as if my only existence was ethereal and metaphysical. There was no longer the existence of the bothersome cough. It was a feeling of peace and tranquility. Immediately I feel back my physical existence. While everything else was back to the previous physical phase, surprisingly the coughing spell was no longer there. And it did not recur during the rest of the session.

Ever since my early life I have upper respiratory allergy. Recently the problem has been triggered during exposure to dust, carpet, old books, newspapers and crowded places such as meetings or congregational gatherings. I usually respond to magnet based Nikken biaxial product or moving out to fresh air. Otherwise the spells of cough just continue. I have stopped taking prescription medications for this problem. Since the above incident I did not experience these bouts of cough at my home nor in my automobile, which was a usual feature in everyday life. The only time I experienced this problem has been on two occasions, both times while sitting in a congregational gathering, but very mild. Indeed I can now say that during the two weeks since the Gurbani Healing session on June 15th relief from the symptoms of upper respiratory allergy has been remarkable.

I as a medical doctor owe it to my readers to offer a possible explanation for the above experience, although a full explanation may be beyond the limits of human thought process. To be able to have an access to the gateway of bliss and God's grace one must have utmost humility and be able to unconditionally submit to the will of God the almighty. How to define this level of submission is a difficult task. It involves reaching one's inner self which is again difficult to define. One thing is certain, the physical self and the metaphysical self must come into merging together. This is again difficult task to understand. The ultimate truth is- seek the answer yourself. If the question is yours, the problem is your own then my dear friends do something and the right thing to reach the depth of the issues and develop your own understanding. The ultimate goal to the best of my knowledge is to keep on the efforts to understand what can not be understood easily. It is the process of this persistent trial that counts. But the final understanding may never be complete. This is exactly where Gurbani is the answer. The real goal is to gain the anchor and the support of Gurbani and seek understanding of one's inner self.

This story is not yet complete. The rest of the story belongs to my wife Hema Kaur Sidhu. She has her own version as to what she experienced almost at the same moment. This is presented by her separately.

In simple conclusion the matters that touch the soul and are both physical and metaphysical, need help, guidance, support and teachings from a committed Soul. I personally feel relieved that after years of turmoil in matters of affairs of Sikhs and matters of Sikh Gurdwaras there has appeared on the scene a person of the caliber of Dr. Balwant Singh. With his help and assistance may we enjoy this unique opportunity to improve our perception of The Faith that is universal and knows no boundaries-
ONENESS OF THE ONE CREATOR, ONE GOD, ALL PREVALENT AND OMNIPRESENT.

The meaning of Gurbani is better felt than understood. It is felt better through congregational hymn recitals and recitals in the original script. May God give the grace and long life to Dr. Balwant Singh to continue to enlighten and nurture the souls of those who need the healing touch through Gurbani healing camps. Ultimately it is the Gurbani that answers our prayers and Gurbani that is the source of our strength and inner enlightenment. Gurbani brings Me and Thou into one fold. The immense power of ethereal energy can then accomplish any miracle.

Recipient of Shakuntala Amir Chand Prize of The Indian Council of Medical Research, 1958.

Selected for International Post Doctoral Fellowship of the National Institute of Health, Bethesda, Maryland, USA, 1964.

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