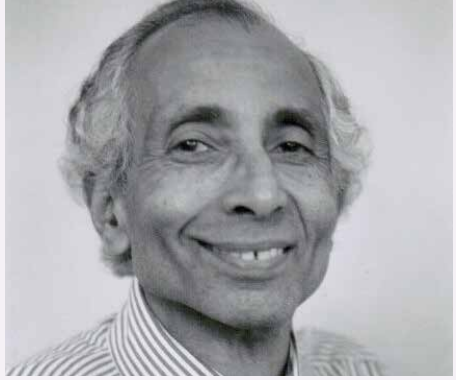
Looking Within



by Keki Sidhwa, ND, DO

Editor's note: Dr. Keki Sidhwa (1926–2018) was one of the pioneering voices and leaders of the modern-day natural hygiene movement. A fixture at NHA conferences for over 54 years, he shared a close relationship with the late Drs. Herbert Shelton and Alec Burton. He was the author of several books, including *Medical Drugs on Trial—Verdict Guilty*, *Fit for Anything*, and most famously, *The Quintessence of Natural Living for Health and Happiness*, a 1994 collection of essays and talks on the art of the natural hygiene lifestyle. He was the cofounder and president of the British Natural Hygiene Society, and he single-handedly published his own health journal, *The Hygienist*, for over 50 years. He was not only a brilliant health practitioner, but also a wonderful philosopher and poet. We are pleased to reprint the following excerpt from his editorial in the 45th anniversary issue of *The Hygienist*, which first appeared in the Summer 2015 issue of *Health Science*. We think you will agree that it is worth repeating—again and again!

If we are not in harmony with ourselves, how can we possibly be in harmony with the world we inhabit? Real health is harmonious. Synchronization of the body, mind, and spirit leads to bodily health, mental alertness, and spiritual awareness.

A great awakening is taking place. Individuals all across the world are tapping into their internal power to elevate their lives to a higher octave of health and happiness. A hygienic lifestyle is the beginning of this search for inner harmony. Looking within offers keys for enlightening one's perceptions.

This is indeed a difficult and sometimes threatening time for all of us. But it is also an astonishing opportunity for growth, if we look at it this way. As I advance in age, I have come to the conclusion that the most important journey I have taken is the one into myself. Or, as the poet Yeats said, "It is not the most important journey; it is the only journey."

I have attended many health conventions where scientific explanations are given to enhance our knowledge of the physics and chemistry and biology of maintaining good health. However, I have never come across this simple guideline of looking within ourselves to recognize that it is we, individually and as a group, country, nation, who are responsible for our health.

I have always said, "Accepting natural hygiene intellectually is not enough."

You have to fall in love with natural hygiene, and this you can only do if your perception is not only an outward one, but one which is developed by looking within. Looking within helps you to revise your level of consciousness. The phrase "falling in love" is not correct terminology, although all of us use it because it has been part of our culture.

"Rising in love" is a much better phrase, for as we raise our consciousness to befriend and pour our love, we are actually accepting and loving ourselves, and this "self-love" then engulfs all in our path: human beings, animals, our planet earth, and the sheer existence of our wonderful universe. That involves taking responsibility for what we feel. It means we have to stop blaming others for our own problems. It means accepting our own contribution to conflicts and unhappiness and becoming more consciously aware of why we feel what we do.

I believe it's time to begin to heal ourselves, and in so doing so help others in our society. Growing up, we accept responsibility for ourselves by having the courage to look at who we are and what we really want out of this life. I believe peace for the world cannot be achieved without peace and harmony and order instead of chaos within our own individual self.

All life is a boomerang; we receive what we give. Love transforms all it touches—for as we grow in its light we learn to love and be loved.

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It is as vital to be physical as it is to be spiritual and vice versa.

The body reflects the disorders of the soul. If one can establish where the blockages lie, it is easier to offer advice on where that person should look for his own weakness. The more balance we hold between the masculine and the feminine (or yin and yang) in ourselves, the more streamlined our bodies become, because our body reflects our consciousness.

Effective time management is another important feature for all of us: "Yesterday is a cancelled check, tomorrow is like a promissory note. None of them are useful to us. Present times are like currency notes—use them wisely." Think deeply on this. Intellectual acceptance of natural hygiene is not enough; "looking within" is the crux of the matter.