

Differences between Meditative Healing and Psychiatric Curing

Meditation is a process of reaching the innermost recesses of the human mind. This is the seat of all healing that is experienced during meditation. One valid question may be, if meditation can be so healing, can it actually take the place of psychiatric therapy? This question needs an elaborate answer. Hence, some points clarifying the differences between meditative healing and psychiatric curing are given below –

1. All human beings blessed with a functional brain can attempt meditative healing. But psychiatric therapy is designed only for those who are diagnosed with some ailments.
2. Meditation is a process of reaching the healing precincts of the mind in a do-it-yourself fashion. In the psychiatric remedial process, there is intervention from a therapist.
3. Psychiatry deals with the physical as well as the mental aspects of the brain. However, most of the psychiatric therapy deals with correction of the ego state of the mind. Meditative healing is achieved by delving deeply into the mind while still remaining objective.
4. Meditation releases the healing energy of the body only when the mind reaches a certain level of relaxation and solace. Psychiatric cures are often times attained by agitating the mind.
5. The therapist doing the psychiatric healing judges the ego state of the individual under observation and decides the remedy. To effect healing under meditation a person has to observe rationally the correctness of his or her ego state. This task requires development of an authentic attitude first before any healing is achieved.
6. Psychiatry is a recognized science while healing processes of meditation are a subject of study up until now. Several people still take meditation as a scientifically unproven practice.
7. Psychiatry is a dynamic and advanced therapeutic science. Like all other sciences, it is forever a growing discipline. This is because it is based on constant dedication to quest and growth and betterment by the human beings. Meditation on the other hand is a process of exploring the mind, which is not a human creation so only viewing it is possible without inducing improvements.
8. Psychiatric therapy can be proven through documentation and evidence. Meditative healing can only be experienced.

Meditative healing can be of different kinds ranging right from relaxation to actual cures. Psychiatric healing is designed to provide cures only. In order to reach a stage where meditation becomes therapeutic a person has to be fully cured of any ailments. Both methods of healing can help a person tremendously.

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