People can be helped with diseases, because almost seventy per cent of diseases are mental. They may be expressed through the body, but their origin is in the mind. And if you can instil in the mind the idea that the disease has disappeared, that you need not worry about it, it does not exist any more, the disease will disappear.

The mind has tremendous power over your body. The mind directs everything in your body. Seventy per cent of your diseases can be changed by changing the mind, because they start from there; only thirty per cent of diseases start from the body.

You fall down, and you have a fracture -- now, that fracture cannot be helped by hypnosis saying that you don't have any fracture. You will still have the fracture.

The fracture has started from the body and the body cannot be hypnotised. The body has its own way of functioning. But if the process starts from the mind and extends to some point in the body, then it can be easily changed.

Religions have exploited it. There are many religions in India -- Muslims do it, Tibetans do it, Burmese do it... dancing in the fire without being burned. But these are not ordinary people, they are monks. For years they have been hypnotised, and this thing has settled in their unconscious -- that fire cannot burn them. But remember, only seventy per cent... And that reminds me of a strange phenomenon that physiologists, medical people, and others who are concerned with man's body, are disturbed about it and have no answer...

Allopathy succeeds only in seventy per cent of cases; homeopathy succeeds only in seventy per cent of cases; ayurvedic medicine succeeds only in seventy per cent of cases; Greek medicine succeeds only in seventy per cent of cases; Tibetan medicine succeeds only in seventy per cent of cases; Chinese acupuncture succeeds only in seventy per cent of cases -- all the methods for curing the body succeed only in seventy per cent of cases. This is a very strange coincidence.

Looked at from the outside it is a mystery. Homeopathy has nothing in it -- just small sugar pills -- but it succeeds, and succeeds to the same percentage. The only factor is: it succeeds if the person believes in homeopathy. The only difference in allopathy is that you need not believe in it and still it succeeds. Naturopathy, homeopathy, ayurveda -- their basic need is that you should believe.

I had one ayurvedic
physician, a man of rare intelligence, a pleasant man. He used to take care of me, and he was very famous in that area. But he became a victim of tuberculosis. When I heard of it, I went to his house and there I found out he was in the hospital. I said, “This is strange. He is such a great ayurvedic physician, why should he go to allopathy?”

I went to the hospital; I asked the physician, “This is strange behaviour. You have helped so many people through your medicines, can you not help yourself with your tuberculosis?”

He laughed and said, “No I cannot, because the basic thing in ayurvedic medicine is that you have to have faith in it. I don’t have faith in it. I know all about it -- it is nonsense. But if people are healed, I keep my mouth shut. I don’t say anything to anybody, but one thing is certain, it won’t help me. I will die if I take those medicines -- which cured innumerable people, even of tuberculosis! So don’t be surprised, and don’t tell anybody anything, because if I survive, I will have to continue my practice. If I die, then you can tell the truth.”

But the truth is, you need faith. It is the faith that changes the mind and affects the body -- but not vice versa. The body is not superstitious, nor is it faithful; it is simply natural. It doesn’t care about anything else.

There used to be a sect in America... I think it still survives in a few places, but at the beginning of this century it was very prominent. It was a Christian group, they used to call themselves Christian Scientists. They believed that everything can be cured, you just have to believe in Jesus Christ, and that your diseases are nothing but your beliefs -- you believe that you have tuberculosis, so you have tuberculosis.

One young man met an old woman on the road and she asked, “I don’t see your father at the meetings...” They used to have meetings every Sunday. He said, “He’s sick, very badly sick.”

The old woman said, “Nonsense, because we are Christian Scientists. He is a Christian Scientist; he only believes that he is sick.”

The young man said, “If you say so, perhaps he only believes that he is sick.”

After two, three days, he came across the same woman again and she asked, “What happened?”

The young man said, “Now he believes he is dead, so we had to take him to the graveyard. We tried to shake him and shouted, ‘Don’t believe such a thing. You are a Christian Scientist. Believe that you are alive!’ But nothing happened and the whole neighbourhood laughed. Now the poor man is in a grave, still believing that he is dead.”

The body does not have beliefs or disbeliefs, but the mind has. And the mind has immense control over the body.

-Osho: Beyond Psychology

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We need a great therapeutic center so that the modern mind can be helped to vomit, cathart all that has gone wrong in it. Then we will need creators. And once somebody has catharted and thrown out all that is wrong, a great urge will arise in him to create. Once pathology disappears everybody becomes a creator. Let it be understood as deeply as possible: only ill people are destructive. The people who are healthy are creative. Creativity is a kind of fragrance of real health. When a person is really healthy and whole, creativity comes naturally to him, the urge to create arises.