



## SECTION – II

### **Therapies Healing upto body and Pranic Level :**

Following therapies are popular for treatment which deal with the correction upto electromagnetic energy or Pranic level.

**1. Pranic Healing :** This is the treatment through vital energy applied by the expert. The guide uses his prana (energy) to help the patient by touching the patient from his palm.

**2. Reiki :** This system was introduced by Dr. Makao Usui of China and the expert of this art is known by the name as Grand Master. The expert guides the patient to touch his twenty four points of the body from his own palm and pass on his pranic energy on those points. Gradually by practice the pranic level of the patient improves and he can then heal his curable ailments after long practice. Reiki has got several other benefits too. This art can be learnt by attending the classes under the expert.

**3. Pranayam (control on breath) :** Through this technique of controlled breathing, profuse quantity of oxygen, and charged<sup>1</sup> cosmic energy is ushered into the body. This causes the body to be disease free and enhances the magnetic energy, vigour and nourishes the intellect. Besides all this the flow of thoughts comes under control. Some useful techniques of Pranayama have been given below:-

**(a) Bhasrika :** Like a blacksmith's pump, one should suck air from both the nostrils rapidly and exhale also quickly. Such numbers may

be eleven in the beginning, but may be increased according to the personal capability without causing fatigue.

**(b) Kapaal Bhati :** Exhale the air with a stroke, drag the stomach inside and let loose repeatedly. One should only concentrate on exhaling the air and the air required by the body shall automatically enter the lungs through nostrils. It should be repeated quickly as per the personal capacity. The number of such repetitions may be increased gradually without causing fatigue.

**(c) Anulom-vilom and Bhramri :** First close the right nostril and then draw the air slowly from the left nostril. Now close the left nostril and exhale from the right nostril slowly. Keep the left nostril closed and inhale the air from the right nostril. Now again close the right nostril and exhale slowly from the left. Each inhalation should be deep. Do it according to the personal capability. 'Bhramri Pranayam' is very good for meditation. All these techniques should be learnt from a highly educated Guru.

**4. Tele Therapy<sup>1</sup> :** This can be said to be the branch of colour therapy. The gems of colours relevant to the disease are put on a disc and fast motion is given to the wheel causing radiation of colour rays on the photograph of the patient or on the patient directly. The patient's ailment caused by the deficiency of particular colour is supplemented and the patient is claimed to be cured.

**5. Acupressure :** The specific points existing on palms and soles are located. These points are rubbed and pressed. Each point relates to some internal organ e.g. liver, heart, lung etc. The patient gets relief by this technique.

---

<sup>1</sup> Taking the clue from 'Mahakala Sadhana', the new system of Teletherapy has been developed seeking to transmit forces of five elements viz. Earth, Air, Fire, Water and Ether through space to the patients living at a distance and cure their diseases.

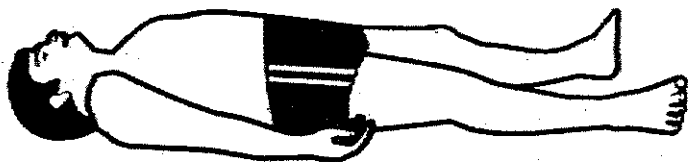
It may be noted that the photograph of a person has the same set of vibrations as the person himself and therefore the same wave lengths. The cosmic forces recognize this identity as numerous experiments made on this assumption have repeatedly shown. Jewel vibrations released by the rotation of electric motor and directed to photographs of ailing persons have yielded remarkable curative effects. The Science of Cosmic Ray Therapy or Tele-therapy by Dr. Benoytosh Bhattacharya, M.A., P.h.d, P-30-31.

**6. Acupuncture :** This is the technique widely used in China. This system deals with pricking the needles on fourteen pathways of nerves called meridians. The patient feels relief in pain.

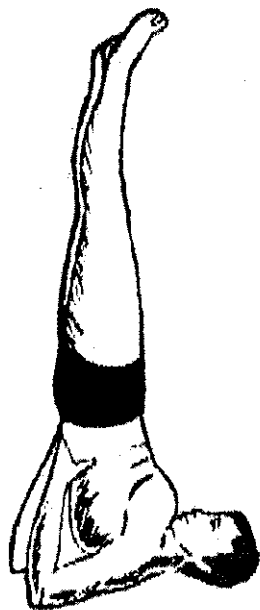
**7. Magnet Therapy :** In this system North and South poles of the magnet are used. The water filled cups specially made for the purpose are kept on the poles. The water is charged by these poles and given to the patient. The poles are also brought in contact with palms and soles. The respective poles influence the magnetic energy of the patient and pranic level is thus raised causing relief to the patient.

**8. Stone Therapy :** In this system the jewels of the colour prescribed by the astrologer are worn by the patient on the fingers and on the pendent to counter the maleficeffect of the colours radiated by the planets causing diseases and other problems.

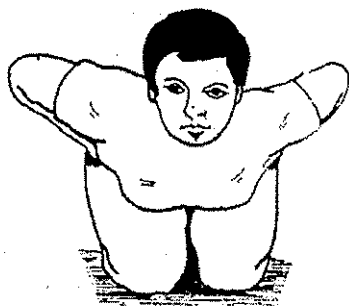
**9. Hath Yoga :** The Rishis have conducted detailed reconnaissance and observed the birds and animals performing specific postures on becoming ill. Out of intuition they perform such postures, which help them in curing their seasonal ailments. During the period of sickness, these beings keep fast also and pick up some herb from nature and eat. Few important Asanas (Postures) are reproduced below :-



**SHAVA ASAN**



**SARVANGA ASAN**



**MANDUKA ASAN**