

Text useful for the coming adverse
times : Prāṇashakti flow remedies - Vol. 1

How to identify obstructions in the Prāṇashakti (Chētanā) flow system for curing ailments ?

(English)

Compiler

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(‘Sainthood’ or ‘Stage of a Guru’ denotes 70-79 %
spiritual level, ‘Stage of a Sadguru’ denotes 80-89 % and
‘Stage of a Parātpar Guru’ denotes 90% and above.)



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Preface

Essence of the therapy

‘The *Prāṇashakti* (*Chētanā*) flow system comprises the *Prāṇamaya-kosha* (vital energy sheath) and the *Kunḍalinī-chakrās*. The *Prāṇamaya-kosha* comprises the *Panchaprāṇa* (Five vital energies), *Pancha-upaprāṇa* (Five sub-vital energies) and the five motor-organs. This *kosha* or sheath is *Raja*-predominant and is in gaseous form. Various systems such as circulatory system, respiratory system, digestive system, nervous system etc., function in the human body. The energy required for the functioning of these systems, as well as the mind, is provided by the *Prāṇashakti* flow system. Whenever there are obstructions in the flow of *Prāṇashakti*, the ability of the associated organ to function, reduces and leads to an ailment of that organ. At such times any amount of medicines from different types of treatment, such as *Āyurvēda*, Allopathy will not help much. The only remedy is to eliminate the obstruction or blocks in the *Prāṇashakti* flow system. *Prāṇashakti* is discharged through the finger tips. Using this energy to cure our ailments, is the essence of this therapy. The spiritual analysis on how to find these obstructions as well as the *mudrā*, *nyās* and associated chant for spiritual remedies at the spots of obstructions is provided in this Text.

A relatively fail-safe therapy

Negative energies that cause distress to an individual frequently change the point of origin of an ailment. At such times, it is not possible to provide accurate treatment to the patient by methods such as, Acupressure, in which the pressure point associated with the ailment needs to be



pressed. In the *Prāṇashakti* flow therapy, the location of the obstruction is identified each time and hence, it is possible to provide accurate treatment.

A self-sufficient therapy to a greater extent

Methods of treatment, such as, Acupressure therapy, Reflexology, Pyramid therapy, Magnet therapy will be important for curing diseases during the coming adverse times. In treatments, such as Acupressure and Reflexology, the advice of experts from the respective field or Texts on related subjects is essential. In Pyramid therapy and Magnet therapy, respective instruments are required.

In contrast, the treatment of *Prāṇashakti* flow therapy is self-sufficient to a greater extent as it requires neither any external help nor any instrument.

A remedy at the subtle-level yet, not a difficult one

The *Prāṇashakti* flow therapy primarily involves finding the remedial measures for our ailments ourselves. Since this is a subtle aspect, some people, especially those who do not perform any spiritual practice, may doubt their ability to diagnose themselves. This doubt is baseless. We conducted experiments with some visitors to Sanatan's Ashram, Ramnathi, Goa, India and each one of them gave the correct answer.

This remedy involves understanding the subtle-dimension, which can be acquired with sufficient practice. Finding a remedy according to this treatment method will then be easy. Let us begin, and become competent to face the coming adverse period, and make others capable too.





Useful for treating patients from afar

In this method of treatment, a patient can find his own remedies. Saints and seekers who have *samashṭi bhāv* can find remedies for those who are afar, even abroad.

The spiritual analysis of how to do the healing at the spot or point of the obstruction after locating it through the *Prāṇashakti* flow system, is provided in Sanatan's Text - 'Spiritual remedies on ailments caused by obstructions in the *Prāṇashakti* flow system'.

We pray at the Holy feet of Shrī Guru, that may all become self-reliant and capable of eliminating diseases, by learning this therapy.'

- **Compiler, Dr Jayant Athavale (24.9.15)**



Importance of good health

Ayurveda is considered to be the fifth *Veda*. Charaksanhita is the basic Text of Ayurveda. In this Text the following has been expressed for good health.

धर्मार्थकाममोक्षाणाम् आरोग्यं मूलमुत्तमम् ।

– Charaksanhita, Sutrasthan, Adhyaya 1, Shloka 15

Meaning : Good health is the foundation to accomplishing the four *Purusharthas* - *Dharma*, *Artha*, *Kama* and *Moksha*.



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Notes 1. From the perspective of completing the topic, points from other reference Texts have been included. At the end of such points, the reference number is the superscript in brackets and their details are mentioned in 'Bibliography' at the end of the Text.

2. For non-English and spiritual words used repeatedly in this Holy text, please see Glossary at the end of the text.