

Prāṇashakti Flow Remedies - Vol. 2

Spiritual Remedies to unblock the Vital Energy Flow

(English)

Compiler

Proponent of the 'Hindu Rashtra'

Sachchidānanda Parabrahman (Dr) Jayant Athavale



Sanatan Sanstha

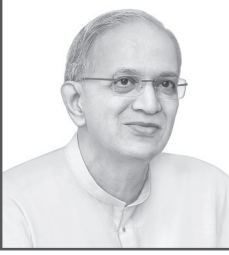
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Marathi (345), English (201), Kannada (199), Hindi (196),
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Introduction to the Compilers

Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale



1. Established 'Sanatan Sanstha' to propagate Spirituality
2. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 128 seekers have become Saints and 1,040 seekers are progressing towards Sainthood as of 26.07.2024.
3. Unique creation of Spiritual texts on various topics
4. Founder-Editor of Hindu Periodical 'Sanatan Prabhat'
5. Proponent of 'Hindu Rashtra' (Divine Rule) (Year 1998)
6. Uniting Saints, Sects, devout Hindus, patriots and social workers and providing spiritual guidance to them
7. Honoured at the French Senate with 'Bharat Gaurav Award' for His exceptional contribution to the global spread of Indian culture and civilisation (5.6.2024)

(For complete introduction, visit - www.Sanatan.org)



Assurance of Sachchidananda

Parabrahman (Dr) Athavale to seekers

*The gross body has limitations of time and space
How can I be with everyone, at all times
Sanatan dharma is my eternal form
In this form I always exist everywhere*

Jayant Balaji Athavale

17.5.1996



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(Special sub-points under the main point are given here.)

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<p>Note : For non-English & spiritual words used repeatedly in this Text, please see Glossary at the end of the text.</p>
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**Sachchidānanda Parabrahman
(Dr) Athavale - The only Saint who devises
and practices newer methods of spiritual healing**

**Foresightedness of Sachchidānanda
Parabrahman (Dr) Jayant Athavale**

There is an adage in Marathi - 'Saints are for the welfare of the world'. Great Saints can transcend time and foresee aspects beyond the present. Parātpar Guru (Dr) Athavale, Founder of Sanatan Sanstha, is one such highly evolved Saint. He could see the coming adverse times, in the form of the World War 3, catastrophic natural disasters, etc. in 2004 itself. To protect the life and health of the entire human race, He began compiling the Text series - 'Lifeline for the adverse times'. The present Text is one in this series.

**Sachchidānanda Parabrahman
(Dr) Athavale - the only Saint who devises
and practices newer methods of spiritual healing**

Mostly, the reason for the physical & psychological distresses of an individual is spiritual in nature. The most important spiritual reason is - distress caused by negative energies. So far, Sachchidānanda Parabrahman (Dr) Athavale has devised many new methods of spiritual healing, such as alternating the chanting the Name of Deities, remedies of empty boxes. Thousands of Sanatan's seekers have benefitted from the new methods of spiritual healing and as a result, these have become established sciences. One among these is, 'Spiritual remedies on ailments caused by obstructions in the *Prāṇashakti* flow system'. Thousands of seekers have

successfully used these remedies since 2010. We have compiled this Text only after the seekers benefitted.

Faith is essential for benefitting from the remedies

श्रद्धामयोऽयं पुरुषो यो यच्छ्रद्धः स एव सः ।

- Shrīmadbhagwadgeetā (17.3)

Meaning : The faith of all men conforms to their mental constitution. Man consists of faith; whatever the nature of his faith, he is verily that.

When we are unwell, we go to a doctor and take the medicines he prescribes. Similarly, if we have faith in the new, but scientific and proven methods of spiritual healing devised by Sachchidānanda Parabrahman (Dr) Athavale and practise them, we will certainly be rewarded.

My prayer unto the Holy feet of Shrī Guru is - 'May everyone be able to benefit from the spiritual remedies described here and thus, become free from ailments !'

- *H.H. Sandeep Alshi (24.9.2015)*

Participate in the mission of creating Sanatan's Texts and perform samashti sadhana

To participate in the mission of creating Sanatan's Texts such as compiling Texts in Marathi, translating Marathi, Hindi & English Texts into various other languages, formatting Texts in 'InDesign' computer software, designing Covers of the Texts and sevas related to Printing of Texts, please contact -
☎ (0832) 2312664 or ✉ sankalak.goa@gmail.com



The essence of the therapy

'The *Prāṇashakti* (*Chētanā*) flow system comprises of *Prāṇamaya-kosha* (Vital energy sheath) and the *Kuṇḍalinī-chakrās*. The *Prāṇamaya-kosha* comprises of *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* (Vital energy) flow system. Whenever there are obstructions in the flow of *Prāṇashakti*, the ability of the associated organ to function, reduces and leads to ailment of that organ.

At such times any amount of medicines from different types of treatment, such as Ayurveda, Allopathy will not help much. In such cases, the only remedy is to eliminate the obstruction in the flow of *Prāṇashakti*. *Prāṇashakti* is discharged through the fingers. Using this energy to cure our ailments is the essence of *Prāṇashakti* flow therapy.

Before commencing the treatment, it is necessary to find the obstructions in the *Prāṇashakti* (*Chētanā*) flow system. The information pertaining to 'how to find these obstructions, how to find the *mudrā*, *nyās* and *Nāmajapa* (Chanting the Name of a Deity) necessary for performing the spiritual remedies at the spots of those obstructions is given in the Text 'How to identify obstructions in the *Prāṇashakti* (*Chētanā*) flow system for curing ailments ?'





True *Ānand* (Bliss) lies in learning

Generally, everyone - from toddlers to the aged are eager to learn something new; for, there is a unique *Ānand* (Bliss) in learning. Spirituality is fundamentally a subject, that imparts unlimited knowledge and hence, the *Ānand* experienced in learning something new from Spirituality, is always higher when compared with experiencing normal happiness. Similarly, the process of learning *Prāṇashakti* flow therapy, also imparts *Ānand*.

Encouraging experiences of seekers

Sanatan's seekers have learnt the *Prāṇashakti* flow therapy and have successfully treated themselves; their distress reduced after self-treatment. Hence, their experiences as well as spiritual experiences have been included in this Text. These will definitely be a guiding force for readers; besides, these will also enhance the confidence of readers to learn the therapy.

Useful for treating far off patients

In prevalent methods such as Acupressure, Reflexology, etc., treatment of far off patients is not possible. However, in this method of treatment, a patient can find his own remedies and treat himself as well as a patient who is far away. Here far away includes even distant countries. When Saints or individuals who have *samashṭi bhāv* (Yearning for the emancipation of society) perform remedies on their own bodies, the remedies can also be effected on a distant patient as well.

Also includes remedial measures required if unable to find the precise spiritual remedy





If for some reason we are unable to locate the spot and unable to find the spiritual remedy (*mudrā* and *Nāmajapa*) necessary to get rid of the obstructions, then depending on the symptoms, information on which part of the body *nyās* is to be performed, which *mudrā* is to be made during the *nyās*, which *Nāmajapa* is required to be done at that time - all this is also given in this Text. This information will be very helpful to readers, till they gain sufficient experience in finding the remedial measure for their ailment.

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

- **Compiler, Parātpar Guru (Dr) Jayant Athavale (24.9.2015)**



Clarification on prefixing a title to Paratpar Guru (Dr) Athavale's Name

Great Maharshis have written the future in the Jeevanadipattis thousands of years ago. Saptarshis guide Sanatan Sanstha through the medium of Jeevanadipatti Readings. As per the instructions of Saptarshis through the medium of Saptarshi Jeevanadipatti on 13.7.2022, the title 'Sachchidananda Parabrahman' has been prefixed to Paratpar Guru (Dr) Athavale's Name. Even if this be so, seekers have earlier (and continue today too) addressed Him as 'Param Pujya' [or His Holiness] and 'Paratpar Guru' in their writings. We have retained the way He has been addressed by the seekers.