

Text useful for the adverse times : Chakra-healing - Vol. 1

Chakra Energy Healing System

(Foundation Text for learning Chakra-healing)

(English)

Compiler

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Sanatan Sanstha

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The World Health Organization defines health as ‘a state of complete physical, mental and social wellbeing, and not merely the absence of disease or infirmity’. There is an increasing awareness worldwide that absence of disease does not necessarily ensure wellness. Healing is defined as the process of restoring health from an unbalanced, diseased, damaged or deadened organism. The result of healing can be a cure on the cause of a health challenge, but one can grow without being cured or heal without ‘a cure’. For healing to take place, any ill-health must be looked at from the perspective of inclusiveness of all symptoms rather than in isolation. It follows that for optimum healing, it is important to have a treatment system with a holistic approach towards health and wellness. Chakra Energy Healing System is one such holistic healing system. It includes physical, physiological, psychological as well as spiritual treatments to overcome the imbalances caused through energy realignment and redistribution. This system works through natural and non-invasive methods.

This Text has been compiled with the view to restore the lost understanding that the human body is self-healing with minimal requirement for external intervention. It has been visualised with a wide range of readers - from a lay person interested in learning self-healing at one end of the spectrum, to a health caregiver at the other end. This is why, basic concepts such as details of the components of the body - the 5 body sheaths (Koshas), the 5 natural movements (Panchavayu), the 7 major Kundalini-chakras, the endocrine





system; as also that of 'ease', 'dis-ease' and 'healing' have been explained at length. The Text is also a ready reckoner for a healer or therapist who may already be performing other similar non-invasive and natural, physical therapies on their patients.

I invite the readers to open their minds to look at and understand their own and others' bodies. The miracle of life continues from moment to moment right from birth until death of the body. Each of us can play a meaningful role in keeping it healthy and creating wellbeing for ourselves and others.

- Dr (Mrs) Minoo Ravi Ratan



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When there are so many effective indigenous methods of treatment such as Ayurveda, Homeopathy, Treatment using mantras, Acupressure Therapy, Aromatherapy, Reiki, Colour Therapy, etc., it is very unfortunate that these are not taught in our Medical Universities. - **Paratpar Guru (Dr) Athavale (29.7.2016)**