

Text useful for the adverse
times : Acupressure Therapy - Vol. 1

Acupressure Therapy for overcoming physical, psychological and spiritual distress (Introduction)

(English)

Compilers

Parātpar Guru (Dr) Jayant Balaji Athavale

('Sainthood' or 'Stage of a Guru' denotes 70-79 % spiritual level,
'Stage of a Sadguru' denotes 80-89 %, 'Stage of a Parātpar Guru'
denotes 90% and above, whereas 'God' denotes 100% spiritual level.)

Mrs Anjali Yashavant Kanaglekar

Recipients of subtle knowledge

Shrīchitshakti (Mrs) Anjali Mukul Gadgil,
Ms Priyanka Vijay Lotlikar and others



Sanatan Sanstha

Uniqueness of Sanatan's treasure of Spiritual Texts

Many of Sanatan's Spiritual Texts contain 20% matter which is Divine knowledge received from the subtle dimension and is unique when compared with the knowledge available on earth.

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Introduction to the Compilers

Brief introduction to the expansive mission of Paratpar Guru (Dr) Athavale



1. An Internationally renowned Hypnotherapist
2. Established 'Sanatan Sanstha' to propagate Spirituality
3. Building Gurukul-like Sanatan Ashrams
4. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 108 seekers have become Saints and 1,125 seekers are progressing towards Sainthood as of 3.2.2021.
5. Unique creation and publication of Spiritual texts on various topics such as spiritual practice, protecting the Nation, bringing about awakening on Dharma (Details are provided in this Text)
6. Production of Audio CDs & VCDs that provide guidance on spiritual practice and education on Hindu Dharma
7. Founder of 'Maharshi Adhyatma Vishwavidyalay' : The Vishwavidyalay organises spiritual research & workshops, etc.
8. Research on spiritual remedies for physical, psychological distress and that caused by negative energies
9. Conducting research on the Divine changes in His own body, the objects used by Him and His own *Mahamrutuyoga*
10. 'Art for God-realisation' & research on presenting *sattvik* Art
11. Research using scientific instruments on religious rituals and events that are beyond the comprehension of the intellect
12. Preserving objects of spiritual, cultural, historical importance

13. As of 3.2.2021, 2 child-Saints, 239 children who are above the spiritual level of 60% and 859 Divine children have been introduced to society & research is being conducted on them
14. Study of animals and plants from perspective of *sattvikata*
15. Research through Astrology and *Nadijyotish*
16. Founder-Editor of fiery Hindu Periodical 'Sanatan Prabhat'
17. Uniting Saints, Sects, devout Hindus, patriots & social workers and providing spiritual guidance to them to establish a Dharma-based 'Hindu Rashtra' (Divine Rule)
18. Missions that have commenced taking inspiration from Him
 - A. Hindu Janajagruti Samiti for establishing the 'Hindu Rashtra'
 - B. Hindu Vidhidnya Parishad - An organisation of advocates
 - C. Sanatan Purohit Pathshala to mould *sattvik* priests
 - D. Sanatan Adhyayan Kendra - Training orators to speak on the perspectives of Hindu Dharma during media coverage
 - E. Spiritual Science Research Foundation for teaching Spirituality to mankind

(For details, read Sanatan's Text : 'Brief introduction to the comprehensive and unique mission of Paratpar Guru [Dr] Athavale' and visit Sanatan Sanstha's website - Sanatan.org.)



Mrs Anjali Kanaglekar

She helps in translating Marathi Spiritual texts into Hindi. She also writes scripts for 'Dharmasatsangs' produced by Sanatan on subjects such as daily conducts in Hindu Dharma, Holy festivals, religious rituals.

Introduction to recipients of subtle knowledge



Shrīchitshakti (Mrs) Anjali Gadgil (M.Sc.)

She is one of the two Spiritual Successors to Parātpar Guru (Dr) Athavale. She travels all over India to obtain knowledge from experts in the field of Spirituality, etc. and to preserve objects of spiritual value.



Ms Priyanka Vijay Lotlikar

She conducts subtle analysis and draws pictures based on various incidents taking place in the subtle dimension in Spirituality. She has been conducting spiritual research with the help of scientific equipments and is involved in spiritual research related to the subtle dimension.

Why does Sanatan follow Oxford (UK) English ?

Principally, there are 2 types of English all over the world - USA and UK. The two key dictionaries from either side of the Atlantic are Merriam-Webster (USA) and Oxford (UK). Both these dictionaries accept the differences between American and British English and make references to both in their word definitions. The language one speaks is English; the dialect is American English. Likewise, British English is also a dialect of English, even though it can be thought of as the 'original' dialect. Given the fact that UK's is the 'original' English, Sanatan has selected to follow it in spiritual texts.



Preface



Every individual born in the *Raja-Tama* predominant environment of the present Kaliyug has some or the other ailment from birth itself. Many may wonder what is the need for another method of treatment such as Acupressure Therapy when there are modern methods of treatment like Allopathy, Homeopathy and ancient Ayurveda. 'Old is gold' is a proverb, and this ancient Acupressure Therapy discovered by the knowledgeable Sages and Ascetics is of great importance because it is based on the science of Spirituality. By applying pressure on specific body points that control the flow of *chētanā-shakti* (Sentient energy), obstacles in its flow are eliminated and ailments are overcome. This is the principle on which Acupressure Therapy functions. This method of treatment generates *chētanā* (That aspect of Divine consciousness that governs the functioning of the mind and body) in the respective organ, thereby enhancing the ability of that specific organ. Hence, this method of treatment tackles the root cause and is more effective. By accepting Acupressure Therapy as a form of treatment, we can treat ourselves and thus save money. It is possible to combat many day-to-day ailments with Acupressure Therapy. In the same way, during certain events, emergency medical treatment is required. When a Doctor and necessary medicines may not be available, this technique will serve as a lifeline for adults as well as children.

In most Texts available on Acupressure Therapy, we find that only the physical and psychological distress of man are discussed. In the present Kaliyug, besides these two types of distress, everyone suffers from spiritual distress in varying proportions. In fact, it is often due to spiritual reasons that





physical and psychological distresses are created. Texts published by Sanatan Sanstha on Acupressure Therapy discuss the physical, psychological and spiritual distress, and provide solutions to overcome these. The incomparable feature of this Text of Sanatan Sanstha is the guidance provided in a scientific manner on how to eliminate the physical and psychological distress with moderate and light touch respectively, and also how to eliminate spiritual distress through Acupressure Therapy (without touching) based on spiritual prowess by praying, chanting, meditating, etc.

This Text explains the meaning of Acupressure Therapy, importance of spiritual remedies, benefits obtained from them, Acupressure points on the body, the correct technique of Acupressure Therapy, timing and period of treatment, when not to treat through Acupressure, difference between Reiki and Acupressure Therapy and so on.

The subtle process that takes place due to Acupressure Therapy cannot be perceived by an ordinary individual. Another special feature of this Text is the 'Analysis based on subtle knowledge' and 'Pictures based on subtle knowledge' made by seekers of Sanatan Sanstha, who have the ability to perceive the subtle dimension. Walking barefoot, wearing earrings and nose rings, tattooing, etc. are a part of *āchārs* (Codes of conduct) advocated by Hindu Dharma. Abiding by these *āchārs* automatically results in Acupressure Therapy. Upon seeing the associated pictures based on subtle knowledge, you will realise the greatness of Hindu Dharma.

We pray unto the Holy feet of Shrī Guru - 'May an increasing number of people be inspired to use Acupressure



☸ ————— ☸
 | Therapy in day-to-day life to alleviate ailments in themselves |
 | and in others, thus making their life free from ailments and |
 | blissful'. - **Compilers** |
 ☸ ————— ☸

Uniqueness of Sanatan's treasure of Texts

- ☸ Scientific answers to 'why and how' in Spirituality
- ☸ Knowledge is provided in scientific terminology (such as charts, percentages) that can be understood by the readers
- ☸ Include valuable Divine knowledge that is not available anywhere else on earth
- ☸ Include research using scientific instruments on various aspects of Spirituality, subtle pictures and writings that depict the process taking place at the subtle level

The importance of the therapist's spiritual prowess being greater than that of an average individual in administering Acupressure Therapy

When Acupressure Therapy is administered to overcome physical, psychological and spiritual distress, remedial effect also takes place on the negative energies tormenting the individual. The negative energies cause distress to the therapist administering Acupressure Therapy. To prevent this, the spiritual prowess of the therapist should be more than that of an ordinary individual. - **Parātpar Guru (Dr) Athavale (Compiler)**

Note : For non-English and spiritual words used in this Text, please see the Glossary at the end of this text.