

Text useful for the adverse times : Chant remedies - Vol. 1

# Chakra Energy Healing System

## (Foundation Text for learning Chakra-healing)

(English)

**Compiler**

**Dr (Mrs) Minoo Ravi Ratan**

**M.Sc., B.Ed., Ph.D.**



**Sanatan Sanstha**

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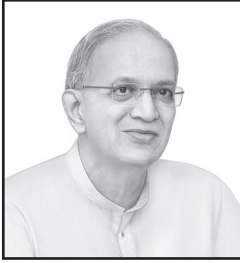
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## Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale



1. Established 'Sanatan Sanstha' to propagate Spirituality
2. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 125 seekers have become Saints and 1,046 seekers are progressing towards Sainthood as of 3.9.2023.
3. Unique creation of Spiritual texts on various topics such as Deities, spiritual practice, daily conducts, Nation & Dharma, etc.
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 to establish the 'Hindu Rashtra' (Divine Rule)

(For the comprehensive introduction, visit the website of Sanatan Sanstha - [www.Sanatan.org](http://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



## Introduction to the Compiler

### Dr (Mrs) Minoo Ravi Ratan



Dr Minoo Ravi Ratan is M.Sc. in Psychology (Adult stress and productivity related), B.Ed. (Youth stress and educational output) and Ph.D. (Psychotherapy and interventions with essential oils). She has special training in para legal counselling and expert training in PTSD (Post-traumatic stress disorder). She is a life member of Bombay Psychological Association, BPA. She is a certified Pranic Healer and has special training in Pranic psychotherapy and Colour therapy. She worked as a counsellor for SNDT Women's University, Mumbai for 13 years. She also worked as a counsellor for Auxillium Convent, Mumbai for 8 years. Since 1997, she has been in private practice in Mumbai.

Dr Minoo Ratan performs regular spiritual practice under the guidance of Sanatan Sanstha. Intense motivation and spiritual emotion (Bhav) are her unique qualities in spiritual practice. She attained the spiritual level of 61% in 2015. As of Gurupournima 2020, her spiritual level is 63%.

Dr Minoo Ratan has conducted training courses for seekers of Sanatan Sanstha. These include training in Manual Lymphatic Drainage (MLD), Aroma Therapy, Chakra-healing and White light therapy. She has also conducted several free-of-charge group and individual counselling sessions for Sanatan's seekers in various age groups such as children, teenagers, youth, married couples and geriatric age groups. She continues the abovementioned activities and provides Online counselling to seekers.

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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. - **Sachchidananda Parabrahman (Dr) Athavale**



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.

