

# Reflexology

## (Acupressure points on the palms and soles)

### Preface

My father was suffering from diabetes in his thirties. As a result, his health deteriorated. I was barely 13-years-old then. Seeing my father's illness, I became alert about my own health and began to look for preventive measures.

To reduce my weight, I do various exercises like pull-ups, push-ups, sit-ups and exercising on a double bar. However, I was unable to control either my weight or waist. I would visit the gymnasium regularly and also perform Yoga. Until the age of 42, I used to perform 37 *asanās* (Postures) every day. Subsequently, I started suffering from pain in the waist region and then I stopped Yoga.

It was at around this time that my cousin gifted me with a roller (A spiked wooden instrument used for Acupressure) with its information card. While going through the information card, my interest in the subject was aroused. I treated myself with the roller for about an hour and immediately my belly felt light and the pain in the waist too vanished. Since then, Acupressure became my hobby, and I spent a lot of time studying the science. My friend, Mr Ramkrishna Khandeparkar encouraged me to study the science of Acupressure. Previously, I could not walk for even half-a-kilometre at a stretch; today, however, I can easily walk 25 kilometres at a stretch and that too without any regular practice ! Today I am leading a perfectly healthy life and despite being above 50, I have the capacity to work 12 to 18 hours a day with barely 3 to 4 hours of sleep (regular Acupressure therapy has attributed to this much sleep per day being sufficient). The credit for all these changes goes to Acupressure.

Just like me, my mother Mrs Rohini Chandrakant Mahajan (who is above 80-years-old) is also leading a healthy life. She knows all the Acupressure-points by heart. When she has the slightest doubt of an oncoming ailment, she treats herself with Acupressure therapy and drives away the ailment. Just like me, my friends from Madgaon - Mr Gurudas Borkar, Mr and Mrs Suresh Ghorpade and Mr Shripad Sukerkar, and my cousin from Dharbandora (Goa) Mr Santosh Mahajan are all enthusiastic followers of Acupressure therapy.

During an in-depth study of the Acupressure science, by Shrī Gajanan Maharaj's grace, I could discover some new Acupressure-points that are not mentioned in the conventional texts on the subject. For all to benefit from this knowledge that I was able to obtain by Shrī Gajanan Maharaj's grace, I have quit my well-paid service and started treating patients in and around Goa. I consider myself fortunate that I have served thousands of patients so far.

Due to requests from people, I began to think of writing a text on this subject. By Shrī Gajanan Maharaj's grace, this text got completed too. Sanatan Bharatiya Sanskruti Sanstha shouldered the entire responsibility of publishing this text and brought out a compact text; hence, I am indebted to Sanstha.

To conclude, I have a small piece of advice - To face the coming dreadful times, start practising Acupressure right away ! During calamities, doctors, medicines etc. will not be available easily. At that time, those who practice Acupressure will be able to survive with no medical aid.

**- Mr Vinayak Chandrakant Mahajan**

## Index

<b>1. Brief introduction to the science of Acupressure</b>	<b>12</b>
<b>2. Special features of Acupressure therapy</b>	<b>13</b>
<b>3. Instruments used in Reflexology</b>	<b>14</b>
<b>4. Important pressure-points in Reflexology</b>	<b>19</b>
<b>5. Important pressure-points on the body</b>	<b>32</b>
<b>6. Various instructions to be considered before attempting Acupressure treatment</b>	<b>36</b>
6A. Who can be treated with Acupressure ?	36
6B. Duration and frequency of the treatment	36
6C. How much pressure to apply during the treatment ?	36
6D. For how long should a point be pressed ?	36
6E. What precautions should be taken when using Acupressure instruments ?	36
6F. Everyone, especially those who have severe distress due to negative energies, should perform Acupressure therapy while chanting God's Name	37
<b>7. Zodiac signs and the associated ailments</b>	<b>37</b>
<b>8. Daily therapeutic treatment for a healthy life</b>	<b>40</b>
<b>9. Some examples of reduction in suffering</b>	<b>43</b>
<b>10. Conclusion</b>	<b>45</b>
<b>* Appendix : List of ailments and the pressure-points</b>	<b>47</b>
<b>* Patients who have been cured of various ailments by acupressure</b>	<b>56</b>

**\* For protection from dreadful calamities, there is no alternative to performing spiritual practice !**

**58**