

Chakra Energy Healing System

Preface

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 the absence of disease does not necessarily equate wellness. Healing is defined as the process of restoring health from an unbalanced, diseased, damaged or deadened organism. For healing to take place, any ill-health experienced must first be looked at from the perspective of inclusiveness of all symptoms rather than in isolation. It follows that for healing to occur at an optimum level, it is important to have a treatment system that considers a holistic approach towards health and wellness. Chakra Energy Healing System is one such holistic healing system. It includes the physical, physiological, psychological as well as spiritual treatments to help one overcome the imbalances caused through an energy realignment and redistribution. This system works through both natural and non-invasive methods.

This text has been compiled with the view to restore the lost understanding that the human body itself is a self-healing mechanism with minimal requirements for an external intervention. It has been visualised with a wide range of readers – from a lay person interested in learning self-healing to a health caregiver. This is why the basic concepts, such as the details of the components of the body i.e. the 5 body sheaths (Koshas), the 5 natural movements (Panchavayu), the 7 major Kundalini-chakras, the endocrine system and that of 'ease', 'dis-ease' and 'healing', have been explained at length. This text is also a ready reckoner for a healer or a therapist who may already be performing other similar non-invasive and natural physical therapies on their patients.

I humbly request readers to have an open mind when trying to look into or understand their own as well as others. The miracle of life continues from moment to moment right from birth until death. Each of us can play a meaningful role in keeping our bodies healthy, thereby creating a well-being for ourselves and for others.

- Dr. (Mrs) Minoo Ravi Ratan

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