

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

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**

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