

# Spiritual Remedies to unblock the Vital Energy Flow

## Preface

### The essence of the therapy

'The *Prāṇashakti* (*Chētanā*) flow system comprises of *Prāṇamaya-kosha* (Vital energy sheath) and the *Kunḍalini chakrās* (Centres of dormant spiritual energy in the subtle body). The *Prāṇamaya-kosha* comprises of Panchaprāṇa (Five vital energies), *Pancha-upaprāṇa* (Five sub-vital energies) and the five motor-organs. This *kosha* or sheath is *Raja* predominant and is in gaseous form. Various systems such as circulatory system, respiratory system, digestive system, nervous system, etc. function in the human body. The energy required for the functioning of these systems, as well as the mind, is provided by the *Prāṇashakti* (Vital energy) flow system. Whenever there are obstructions in the flow of *Prāṇashakti*, the ability of the associated organ to function, reduces and leads to ailment of that organ. At such times any amount of medicines from different types of treatment, such as Ayurveda, Allopathy will not help much. In such cases, the only remedy is to eliminate the obstruction in the flow of *Prāṇashakti*. *Prāṇashakti* is discharged through the fingers. Using this energy to cure our ailments is the essence of *Prāṇashakti* flow therapy. Before commencing the treatment, it is necessary to find the obstructions in the *Prāṇashakti* (*Chētanā*) flow system. The information pertaining to 'how to find these obstructions, how to find the *mudrā*, *nyās* and *Nāmajapa* (Chanting) necessary for performing the spiritual remedies at the spots of those obstructions is given in the Text 'How to identify obstructions in the *Prāṇashakti* (*Chētanā*) flow system for curing ailments ?'

### True Ānand (Bliss) lies in learning

Generally, everyone - from toddlers to the aged are eager to learn something new; for, there is a unique *Ānand* (Bliss) in learning. Spirituality is fundamentally a subject, that imparts unlimited knowledge and hence, the *Ānand* experienced in learning something new from Spirituality, is always higher when compared with experiencing normal happiness. Similarly, the process of learning *Prāṇashakti* flow therapy, also imparts *Ānand*.

### Encouraging experiences of seekers

Sanatan's seekers have learnt the *Prāṇashakti* flow therapy and have successfully treated themselves; their distress reduced after self-treatment. Hence, their experiences as well as spiritual experiences have been included in this Text. These will definitely be a guiding force for readers; besides, these will also enhance the confidence of readers to learn the therapy.

### Useful for treating far off patients

In prevalent methods such as Acupressure, Reflexology, etc., treatment of far off patients is not possible. However, in this method of treatment, a patient can find his own remedies and treat himself as well as a patient who is far away. Here far away includes even distant countries. When Saints or individuals who have *samashṭi bhāv* (Yearning for the emancipation of society) perform remedies on their own bodies, the remedies can also be effected on a distant patient as well. If for some reason we are unable to locate the spot and unable to find the spiritual remedy (*mudrā* and *Nāmajapa*) necessary to get rid of the obstructions, then depending on the symptoms, information on which part of the body *nyās* is to be performed, which *mudrā* is to be made during the *nyās*, which *Nāmajapa* is required to be done at that time - all this is also given in this Text. This information will be very helpful to readers, till they gain sufficient experience in finding the remedial measure for their ailment.

I pray at the Holy feet of Shrī Guru, that may all become self-reliant and capable in eliminating diseases, by learning this therapy !'

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