



# Traditional Indian Holistic Therapies

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**T**he human body is a latticework of energies, vibrating at different frequencies, encompassing the physical, mental, emotional and spiritual aspects of our beings.

Our body has been perfectly created to function optimally, providing we observe the laws of nature.

When we divert from these laws, through breathing polluted air, eating food far from its natural state, drinking chemically laden water, ingesting toxic medication, smoking cigarettes, drinking alcohol, using inorganic body and household products, being exposed to electromagnetic pollution and even thinking negative thoughts, energy imbalances result within our physical, mental, emotional and spiritual body, creating dis-ease.

The symptoms of our dis-ease are merely the body's innate method of correcting the imbalances within, to allow us to return to our natural state of wholeness.

When we attempt to treat our dis-ease through the administration of medication, we are merely temporarily suppressing the symptoms. We are not addressing the root cause of our dis-ease, i.e. the energy imbalance. The medication causes further imbalances, disrupting the body's natural immune system, which is rarely given the opportunity to fulfil its role. Over

a period of time, our initial dis-ease re-appears with more serious symptoms. Our body, once again, is attempting to correct the imbalances within, to restore the healthy flow of energies. Our new symptoms are diagnosed as a new dis-ease, stronger medication is administered and the vicious cycle continues.

The traditional energy healers of India had a wealth of knowledge on how to diagnose, treat and cure dis-ease by empowering the body's innate ability to self-heal. Through the generations, a great deal of this ancient wisdom has been kept alive, some of which is described below.

## **Acupressure**

This is the holistic practice of treating the root cause of dis-ease by applying intermittent pressure on specific areas of the hands and feet that correspond to specific organs, glands, nerves, bones, tissues and so forth. This regulates the vital energy within the body part, empowering it to function optimally. Traditional Indian medicine widely recognises that the physical root cause of all dis-ease lies within our endocrine and exocrine glands. These glands have a profound effect on our entire being as they regulate the functions of our systems and organs by secreting the numerous vital hormones essential for our well-being. Traditionally, the application of acupressure was the only method of re-balancing and re-charging



the endocrine and exocrine glands.

### **Mudras**

This holistic practice of balancing the vital energy throughout the body joins different combinations of the fingers and thumbs. It is believed that the human structure is a miniature form of the universe, composed of the five elements—earth, water, fire, air and space, each of which corresponds to a specific finger or thumb. Holding specific fingers and thumbs together for a short period of time allows the elements to regain equilibrium which creates a positive effect throughout the entire being and encourages our

through awareness encourages a state of deep tranquillity while remaining fully alert. Meditation has been practiced in India for centuries to promote good health. It allows us to re-connect with our true selves to experience inner peace and contentment which we can draw upon in times of external stress and chaos to remain calm, centred and in control. Meditation is immensely therapeutic and with regular practice, it enables our entire being to rest, recharge and recuperate to release negative thought processes, deeply rooted emotional trauma and pain. Traditionally, meditation was practiced to discipline the mind to attain spiritual purification or enlightenment.

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body's natural healing response. Traditionally, mudras were practiced in conjunction with pranayama (yogic breathing exercises) to attain a higher state of consciousness or to channel the vital flow of energy to an area of the body that required healing.

### **Pranayama**

The holistic practice of controlling the breath by a number of different techniques increases the vital energy within the body. Our breath is the life force that flows through each and every cell within our body. By expanding our life force, we can harmonize with the life force of the universe to receive cosmic healing energy. Our thoughts and emotions can have a detrimental effect on our breathing patterns, affecting all our bodily systems. However, with the regular practice of pranayama, we can influence our physical, mental and emotional states in the most positive of ways to initiate the body's natural capacity to self-heal. Traditionally, pranayama was practiced to release negative emotions, re-balance the body's energies and prepare the mind for meditation.

### **Meditation**

The holistic practice of quieting the body and mind

### **Chanting**

The holistic practice of repeating a mantra, for a short period of time, to detach from the external world brings our awareness to the present moment and returns us to the essence of our being. A mantra is a rhythmic speaking or singing of a word or sound. It is believed to calm the restless mind and rid it of negative thought processes to create tranquillity and mental purity. Chanting starts loudly, gradually becoming quieter and ends almost silently. This resonates with the energies of the physical, mental and spiritual aspects of our body to restore inner peace and awaken our latent healing energies. Traditionally, chanting was practiced with great devotion to reconnect with the divine light and love within us to experience the unity of life.

### **Facial Acupressure**

This is the holistic practice of balancing the energy throughout the bodily systems by applying gentle pressure to specific points on the face that correspond to the body's organs and glands. It is believed that our face reflects our inner physical, mental and emotional health. The upper, middle and lower areas of our face are associated with the upper, middle and



lower parts of our torso. Indian energy healers study the face as a means of diagnosing health imbalances. Self-facial acupressure is effective for restoring our skin's youthfulness and assisting our natural capacity to heal, as it re-activates the vital energy flowing through our bodily systems. Traditionally, facial acupressure was applied during an Ayurvedic head massage to calm the mind, body and spirit.

### **Chromotherapy**

The holistic practice of applying specific colors to parts of the body by various methods heals energy imbalances. The sun is comprised of seven colors, each of which possesses its own unique energy vibration and carries its own healing property. Each of the seven colors is associated with our seven main energy centers known as the chakras. Color can be absorbed by our body through our chakras from sunlight, artificial light, the earth's natural stones, water or visualization to restore harmony by correcting physical, mental and emotional energy imbalances. Traditionally, the sun was worshipped for its ability to provide the necessary healing energy required by the body to treat and prevent disease due to its abundant and unlimited source of solar energy.

### **Crystals**

The holistic practice of placing the earth's natural stones within the body's magnetic field restores the flow of healthy positive energy within and around the body by removing the toxic negative energy. The earth is crystalline, as it is composed of minerals, and our bodies are crystalline in essence. Therefore, our energies resonate harmoniously with the vibration of crystals. Each crystal possesses a unique chemical make-up which determines its healing property and appearance. Placing a crystal in our energy field or on a chakra allows our body to raise its vibration to that of the crystal. Traditionally, the earth's natural stones were well known for their capacity to encourage self-healing and were widely used to treat the organs and systems of the body, mind and spirit.

### **Yoga Asanas**

The holistic practice of physical postures known as

asanas, each of which has specific physical, mental, emotional and spiritual benefits, unites the body, mind and soul. Yoga alleviates numerous health conditions by restoring the healthy flow of our energies. The breathing carried out during the practice improves our cell oxygenation and increases our lung capacity which is beneficial to every bodily system. Regular practice of the asanas instills a calming and balancing effect on our endocrine and nervous system, relieving stress and anxiety. It is believed that as our physical body becomes more relaxed, flexible and open, this promotes a similar effect on our mental and emotional body. Traditionally, yoga asanas were practiced to purify the body and quiet the mind in preparation for meditation.

### **Barefoot Walking**

The holistic practice of walking barefoot on the natural earth draws upon the powerful and unique energy source that lies within the earth. The earth is composed of minerals and the human body is mineral in essence. Therefore our body's energies resonate perfectly with the earth's energies. It is believed that through the practice of barefoot walking, our body absorbs the antioxidants it requires to counteract harmful free radicals. Sleeping outdoors during the summer on a natural fiber placed directly on the bare earth is immensely therapeutic and described as charging the entire being with the vital healing force of the universe. Traditionally, humans were aware of the benefits of connecting their body with the earth's surface—sleeping and sitting on natural animal skins and walking barefoot.

### **Healing Visualizations**

The holistic practice of creating positive images of healing within the mental body allows the emotional body to respond by becoming receptive to the healing, which subsequently initiates the healing process in the physical body. Our body and mind are intricately connected and our thoughts have a direct influence on our physical health. By using the power of our mind to envision our healing in process, we are disciplining our nervous system to react in a positive way, resulting in the desired outcome. The regular



practice of healing visualizations allows us to detach from our past limited beliefs to release our fears. This brings our awareness to the present moment to enable us to create a healthy future. Traditionally, there was an innate awareness of the mind, body, soul connection and healing visualizations were practiced through daily prayer.

### **Raw Food Diet**

The holistic practice of eating food in its whole, un-refined and un-cooked form that is positively and negatively balanced supplies the body with a plentiful supply of solar energy and active enzymes. Food eaten in its raw, natural state has a detoxifying, calming and balancing effect on the energies of our body, which instills a similar effect on the energies of our mind and emotions. All of the nutrients required by the body are available in plant-based food in a form that is easily assimilated. Traditionally fasting was recommended during illness to allow the body's energy reserves to be directed towards self-healing. However, adopting a raw food diet for a short period of time can have similar health benefits.

In today's modern world, we strive to create balance in our bodies, tranquillity in our minds and harmony in our lives to experience inner peace and contentment. We can benefit enormously from the ancient Indian wisdom of self-healing practices to cleanse, calm and empower our energies, ensuring they flow smoothly and synchronically—enabling physical, mental, emotional and spiritual well-being. €



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