

ACUPRESSURE NEWSLETTER

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From the Course Director's Desk

Thoughts, Mind, Emotions and Acupressure



– Dr. H. Bhojraj, Course Director. Mob : 98456 49914

Health of an individual is mainly decided by the quality of thoughts one gets in the course of life as thought is a vector quantity according to me, since it has the component of direction. A single thought can take us to any place in the world and the movements in the body start in that direction. Also, any thought which originates in the mind has the energy to alter the chemical equilibrium in our body. Normally pleasant and happy thoughts allow these chemicals to restore the balance and unhappy and negative thoughts produce the chemicals which create more imbalance in the equilibrium condition.

To overcome the physical problems, the thought process has to be watched very carefully. What sort of thoughts are predominant in our mind? If it is anger, fear or worry and sadness it is certain that liver, kidney spleen and lungs are not in equilibrium. By adopting acupressure or acupuncture at appropriate points the organs can be strengthened and the related emotions will come under control. It is natural to have all these emotions including joy and happiness but one should never get stuck in one predominant emotion for a long time.

The patients have to be treated in this higher level and the physical imbalance and symptoms will vanish slowly as the organs gain strength. Instead of investigating the physical parameters, one should concentrate on the mental parameters to avoid ill health.

Let us start the day with positive affirmation about our self and all others in our family. Very gently and slowly observe negative thoughts and replace them with neutral or positive thoughts. This process may take a few days or a few months or even a few years depending on your *karma*. If you are destined to get well by these acu systems, you will be cured certainly. Kindly continue your meditation programme daily and just listen to your inner voice for guidance.

I wish you all a happy Happy Christmas, healthy and Prosperous New Year 2010.

Dr. H. Bhojraj

Course Director

1963, 8th Main, 'E' Block

Rajajinagar II Stage

Bangalore - 560 010

www.acupressureclub.org

Tel. : 2332 6552 / 2332 4653

Consultation by appointment only

Mobile : 984564 9914

e-Mail : acu_bgl@yahoo.co.in

Website : <http://bhojraj.tripod.com>

Case Histories

1. Great Relief with Acupressure from back and legs pain

Says Mrs.Poornima, Padmanabhanagar, Bangalore. Ph: 9972349569

I have been suffering from back pain for past 4 years and have undergone a surgery also. However, I am not relieved completely of pain. I used to get fever due to the intense pain and had to resort to a lot of medication to curtail the pain.

I visited Dr. Vijaya Seshadri about 6 months ago and after a few weeks of treatment, I found improvement in being able to control some of the pain and not resort to medication. I practiced daily the accupressure on certain points. This has given me great relief from back pain and I could walk more than earlier as my leg pain also reduced.

My sister has thyroid problem and as a result suffers from a lot of pain in joints, legs and also from migraine headache. She is an ardent follower of acupressure and has gained lot of relief from the same.

We attended the basic course in acupressure and tried to apply it wherever possible. It has helped in all common ailments such as headache, sprain, gastric problems - and reduced using medicines and ointments, etc. Acupressure has become a mantra in our house now. Anyone who visits us gets a happy dose of it!

**Treatment given : Tw 5 increase, Tw 2 decrease, Tw10 increase
for back pain GV heat increase**

2. Acupressure is a boon to the banes of mankind

Says Mrs. Shalini Prabhakar, Padmanabhanagar, Bangalore

Padmanabhanagar Vanitha Samaja wanted to conduct a health camp in 2008-09. We came to know about Dr. Vijaya Seshadri and when we met her she told us about the simple and wonderful ways of relief for everyday ailments and many more interesting facts about Acupressure. This provoked us to have a special and unique health camp.

A free Camp was conducted consecutively for three months on every first Sunday of the month. The Camp was conducted by Dr. H. Bhojraj and others. Our members and the public utilised the facility and many were very happy with the results.

I also took to the “ONE” day treatment during the inauguration of the camp by Dr. H. Bhojraj. My headache vanished. Later, I just forgot about the headache until Dr. Vijaya rang me after one month to enquire about my headache for feedback. Yes, for one whole month I did not get headache. It was then I realised that I should learn more about Acupressure. I took the “Basic Course” and Dr. Vijaya taught us in detail the science involved and the right method to follow Acupressure. Dr. Vijaya made me and others learn everything so easily with her simple language and approach.

Once my husband had headache. I offered him acupressure treatment (which did not appeal to him). In spite of his less belief, I gave him the treatment and his headache was gone !

Recently, we had been to Singapore. There I treated our Tour Manager for headache and he was surprised to experience the relief. More so

when we had a MBBS doctor and a Physiotherapist in the group. From then onwards I have given treatment to many of my friends and relatives for headache, acidity, toothache, backache, and neck pain. One of my friends had to climb a lot of stairs and had severe leg pain. St-36 point did the magic here. Now my husband appreciates learning this as he likes Relaxation Dessert massage. We also had been to Phuket in Thailand where we went to a massage centre and my husband found the massage (body balancing, spinal massage and dessert massage) I gave was more systematic.

Whenever I get an opportunity, I treat people with whatever I know. Many of them are benefited and I am happy about it.

Remarks : Mrs. Shalini Prabhakar, a very dedicated student has learnt much by just attending our Basic Course in Acupressure. It is our aim to give the technique to all rather than just treat people. Everyone must attend at least the Basic Course and handle the problems of day-to-day life on their own. Headache, Back ache, Tooth ache, Neck pain, Acidity etc. are very common ailments which all of us experience at some time or the other. Why not come out of these without drugs by just pressing a few points ?

Course Director's Comments : Cure for any ailment should come from your own internal healing mechanism. A single point can cure many ailments. Learn and practice it your self.

3. Rheumatoid Arthritis cured with Acupressure treatment

Says Mrs. C.N. Nirmala, Age 39 years, Private employee, Bangalore

I have been suffering from Rheumatoid Arthritis for the past 6 years. I was getting severe pain in wrist, ankles and was unable to stand for a few minutes and even walk also. I have tried all medicines like Allopathic, Ayurvedic and others. There is no improvement by these methods. Recently I read an article about Dr. Sujata Palyam who has come out of her own Rheumatoid Arthritis problem for 15 years by taking treatment from Dr. Bhojraj. It was also mentioned in that article she learnt this advanced acupuncture method from Dr. Bhojraj and started applying his technique as primary treatment for curing such ailments. So, I started taking treatment from her. With acupuncture, I

have been taking Homoeopathic medicines also for the past two years. With regular yoga practice, I am getting great relief from severe pain and burning sensation at the ankles. I am stepping towards a permanent cure. Thanks to Dr. Sujata Palyam for the treatment given.

4. Acupressure cured gangarene

Says Mr. Ketan Shah who is now a practitioner of acupressure.

For most of us, troubled times are a crisis which we would like to get over as soon as possible and move on. For some, however, they are the triggers to find much larger purpose in life.

Ketan Shah went through a traumatic time 16 years ago when a routine appendicitis surgery on him went wrong. A series of operations and treatments later, his condition deteriorated further. Gangarene developed and he was told to accept that a operation to keep gangarene under check would be a part of his life. Driven to desperation, he tried various therapies with hope rapidly running out. At this juncture, a friend referred him to Dr. Bhojraj, a practitioner of acupressure, who coached him to heal through this technique. After one month of diligently following his instructions with the help of his wife, he was completely cured.

People would, at this stage, thank providence and get back into the rat race. Not him. “The financial, social, emotional and physical trauma I underwent made me vow to try and alleviate such sufferings” says Ketan Shah. The physical pain, heavy hospital bills, uncertainty and many well intended but highly disturbing comments that had led to a period of intense sufferings for himself and his family, made him think; “when a cost free solution is available, why are we not using it to relieve sufferings and trauma ?”

He learnt the technique throughly from Dr. Bhojraj and now runs a clinic in Bangalore, where he has healed more than 60,000 patients, though he also juggles a job as the Director of an engineering firm in Bangalore.

Course Director's Comments : Only reflexology was taught to him 15 years back and the cure followed was unbelievable. Simple solutions can give better health and happiness. Best wishes to Ketan Shah and family.

FEEDBACK FROM THE COURSE PARTICIPANTS

On 12th September 2009, ACUPRESSURE CLUB conducted a one day programme on Introductory Acupressure Course.

- 1. P. Jagannathan :** The course was very useful and informative. It will help in streamlining my daily activity and also be helpful for many asthamatic problems.
- 2. Ramya Devi R. :** The course was very interesting. Dr. Bhojraj was very effective in his presentation and communicating it in layman terms. The course was simple and effective.
- 3. Nagaraja T.S. :** Very good Course, well designed. I am a professional trainer and hence I am able to appreciate the system, s t r u c t u r e , process and above all, the contents included in one day programme, practical aspects have been given adequate importance.
- 4. Harsha :** Very useful course. I am glad that I got to spend today for a good purpose. Dr. Bhojraj was very clear in explaining all the material.
- 5. Rukmini :** Very interesting. Liked very much. From today I feel I am a doctor for few problems (Health) which I think I can cure by using Acupressure
- 6. Asharaj P. :** Very interesting. Class itself was energetic, already planned to join Advance course. Very informative, amazing etc etc. Easy way to be fit and healthy. Worth doing the advance course.
- 7. Sunitha R. :** I realise about acupressure pointing. I want to learn more and more about acupressure. Thank you Dr. for giving this great opportunity. I will practice myself and teach other people also.

8. S. Radha Suresh : It is a very wonderful course with which I enjoyed a lot with lot of information. It will help me and my family to overcome all diseases. Thank you Sir.

9. Vasantha Nagaraj : Very nice. Very informative. It was interactive too. Feel like we have achieved something through which we will lead a healthy life and help others also to be healthy.

10. Chetana V.N. : The course was good and very informative.

11. Sarojini Prakash : The course is well planned and apt **even for a lay man**. The acupressure made as easy as possible and made me know more and deeper about it. It was a nice day filled with knowledge and useful healthy tips and practicable.

12. S. Vaishnavi : I found the course very interesting. I was interested to attend the introductory course, and this seminar came as a help for me. In one day, atleast we could learn how to keep away the problems and our body in control, and I hope we can help others also to relieve their problems, pains etc. So I thank Dr. Bhojraj, Mr. Suresh and others for giving us a nice introduction to this new science of acupressure.

13. Jayashree Susan Sunil : Very useful course and a effective introduction of acupressure for people who are new to the field. Excellent revision for people already in this field.

14. P. Indumati : Its very easy to understand the way Dr. Bhojraj explains and this course is helpful for prevention as well as cure.

15. Lata Jain : First of all I would like to thank Dr. Bhojraj and Mr. Suresh for conducting such a wonderful course. This course is very beneficial for treating ourselves as well as others. This course content was presented very clearly and all queries were answered well.

16. Swathi : Very informative. Relaxation desserts and massages practice from morning relaxed me a lot.

17. Saravana S. : Very useful course. Understand and realized the importance of our system and functioning. Learnt how practices like

yoga, exercises and acupressure work together to control our entire system.

18. Prabha C. : It was very informative. Simple and easy to understand as a layman will help to keep me and my family, friends healthy.

19. Rathna : Very interesting. I liked very much. It is very easy to adopt to stay healthy without any medicine.

20. Arun Kumar K. : All in one course, for body mind and the spirit. A new way of briefing to good health, through acupressure, exercise and meditation. Very simple to know about our body. And get the required positive energy out of it.

For **ADVANCED ACUPUNCTURE COURSE**

Contact :

Course Director

Tel : 98456 49914

Introductory **Acupressure Course**
12th December 2009

at The Indian Institute of World Culture

B.P. Wadia Rad, Basavanagudi

Bangalore - 560 004

Time : 9-30 AM to 4-30 PM

Course Fee : **Rs. 500/-**

[Includes Working Lunch]

for Registration Contact : Mr. Palyam Suresh

Tel : 93412 61251 / 93425 64539