

Alternative Therapies for Holistic Health



Brahmakumaries Presentation



B. K. Prafulchandra



CONCEPT OF HOLISTIC HEALTH & DIMENSIONS



Physical health (your body)-- wellness of your tangible structure and the five senses which enable you to touch, see, hear, smell and taste the world around you

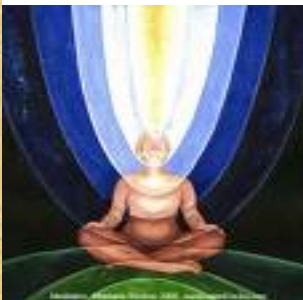


Mental health (your thoughts)-- wellness of your thought, knowledge, attitudes and beliefs; your analytical self



Emotional health (your feelings)-- your range of emotions from fear and anger to love and joy

Social health (your relations) – Harmony in your relation ships



Spiritual Health (your spirit)--your relationship with yourself, your creativity, your life purpose, and your relationship with a Higher Power, the God



Measures for Sustenance of Health

Preventive Measures

Prevention is better than cure

Curative Measures

Never delay in care & cure
of diseased



Preventive Measures

PRINCIPLES OF HOLISTIC HEALTH

Weightage in %



Proper Balanced Exercise

Practicing Yogasan, Pranayam, Mudras, Body rotations etc.

10



Pure Balanced Diet

Avoid or limit sugar, salt and fatty foods. Replace processed foods with fresh vegetables, fruits and whole grains as much as possible.

15



Addiction Free Life

Free from tobacco, alcohol and drug addictions in any form.

20



Mental abnormality free life

Free from tension, anxiety, anger, fear, worry, frustration, depression, jealousy etc.

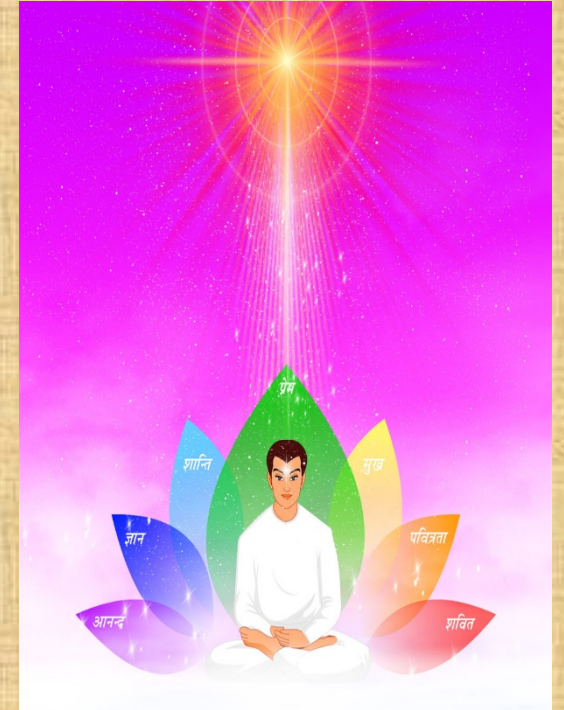
25



Positive actions performed

By the subject in this birth or past birth.

30



**Learn Rajyoga
Meditation**

Curative Measures

Conventional Therapies
Drugs Therapies

Alternative Therapies
Drugless Therapies

Allopathy
Homeopathy
Ayurveda
Unani

Physiotherapy; Naturopathy;
Diet Therapy; Acupressure;
Psycho Therapy; Mudra Chikitsa
Yogasan Pranayam Therapy
Reiki; Pranik Healing;
Spirituous-Meditation Therapy

Science of Meditation Therapy

- Our negative personality traits negative thinking, negative attitude, negative emotion, influence of vices, bad habits, our unsettled karmic accounts are part of our acquired personality.
- These negative aspects of our acquired personality are responsible for disrupting our holistic health & for disease produce
- Our acquired personality traits has to do with our sub-conscious & unconscious mind. Hence ultimately our sub-conscious & unconscious are responsible for our holistic health .
- Hence we need to program our subconscious & unconscious mind for our holistic Health & fitness, especially for prevention & cure of disease.
- Our sub-conscious mind is our real inner healer. Raj Yoga Meditation is the most effective way to program our sub conscious mind and to activate the inner healer.

Aspects of Meditation Therapy

Relaxed – Focused – Mindful state

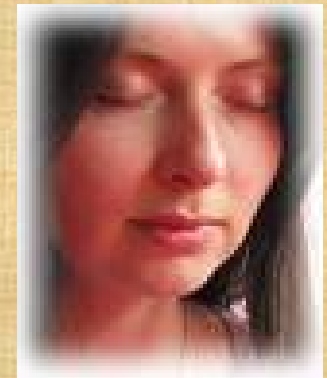
Related Positive Affirmations

Related Creative Visualization

Adding Related Positive Emotions

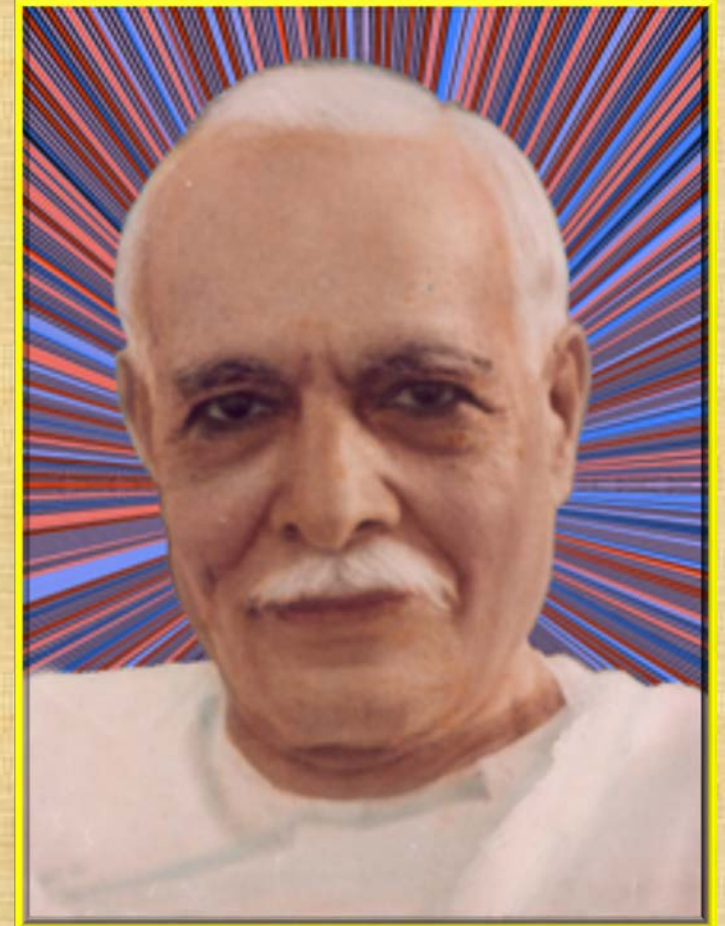
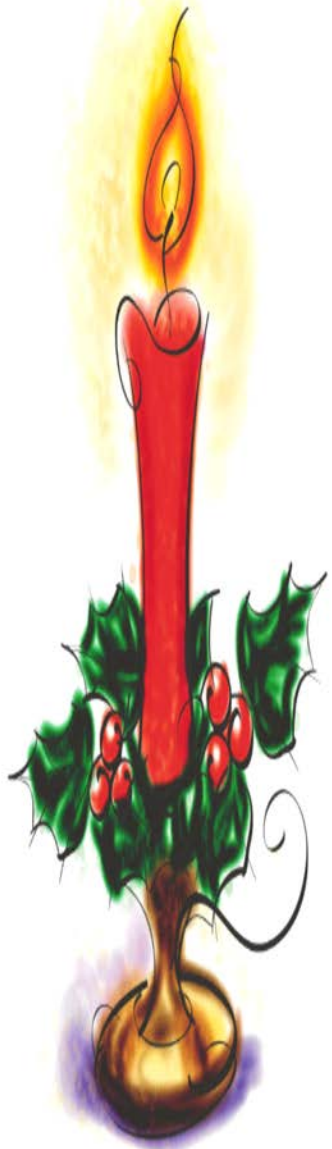
Enlightenment through Self-Realization

Empowerment through God-Realization



THANK YOU VERY MUCH

**FOR YOUR ACTIVE
PARTICIPATION IN THIS
PRESENTATION. WE HOPE YOU
WILL CONTEMPLATE OVER
VARIOUS POINTS SHARED IN
THIS PRESENTATION AND
MAKE IT A PART OF YOUR
PERSONALITY.**





Satyam shivam Sundaram

**Om
Shanti**