

ACU WELLNESS

NOVEMBER 2021

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE
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560010

PH-9845649914 | VOL-10 NO.10 | [HTTP//BHOJRAJ.TRIPOD.COM](http://BHOJRAJ.TRIPOD.COM)

FROM THE CHAIRMAN'S DESK



Dear Friends,

It is heartening to note that the past month happens to be the most productive for our Academy and myself in particular. After 18 months, I finally visited my native to pay my respects to my mother,

who passed away on **October 6, 2020**. I could not travel for her funeral due to the Covid situation then.

The trip to Nilgiris rejuvenated both my body and mind. I now understand the best things I was missing in my life. Now, it is time to move on with our projects.

The Hearing Improvement Research Project (HIRP) officially begins at 4 PM on November 10, 2021. Those who have registered will be sent the link for the online training. This programme will also continue every month for those registering after November 10, 2021. Then I batch people also can participate and give their experiences. Our preliminary experiments on a few participants have been successful. We measured their hearing ability using the TV volume before and after exercise.

Almost all of them confirmed marked improvement in hearing.

HIRP is purely based on the experience of a few people and we will consider involving ENT specialists in a few months after analysing the preliminary results at least for 50 to 100 people. I request all those who have donated to our Academy to join the training without any payment for this project.



Dr Surendra Pal, Mentor for our Academy organised a meeting with Shri S V Ranganath Ex. Chief Secretary of Karnataka Government in Hotel Renaissance, Bangalore over a cup of tea. I and our Trustees Mr M V Kannan, Mr Sundramurthy and Mr Arunachalam also attended the meeting on October 20, 2021, at 5.30 PM. In our informal discussions, Shri Ranganath emphasised the need to take sight improvement exercise to the school children

and expressed his support for taking it further once the Government schools start functioning smoothly.

The SIRP-2 results will be available by November end and the preliminary analysis will be conducted by Mr Sundramurthy and made available for discussion with APEX Committee. The main idea is to submit these preliminary findings to a good Government eye hospital and involve Ophthalmologists for proper research with good sample size.

Dr K Kanaka Rao, the Trustee has agreed to take it forward depending on the preliminary results with measured data. It is interesting to note the overall improvement of the health of the participants which needs further data to conclude so-called good side effects.

I thank all participants of SIRP 1 and SIRP 2 for sharing their data with the Project Directors. The medical fraternity also now recognizes the benefits of these simple self exercises for eyesight and hearing. Certainly, it will motivate the Government to look into this therapy since all patients are treated almost free in Government hospitals.

As fellow human beings, we must help each other learn this wonderful healing science by sharing our knowledge and experience. One can never treat the body without treating or healing the mind. The root cause of all the problems lies in our minds. The immune system also becomes weak mainly due to unnecessary thought processes. One should improve the immune system with good nutritious food for the body and positive thoughts for the mind.

We need a Meditation Hall not only in big corporate offices but also in speciality hospitals across our Country. The recovery rate will be

very high if patients observe silence for 30 minutes twice daily. I request all employers to allow their employees to practice at least 10 minutes of meditation during official duty which will give maximum returns in the long run.

The pandemic taught us many ways to keep ourselves healthy by different methods when the conventional systems were not accessible. Please share your experiences and motivate others to follow a simple method to solve their medical problems. The cure is within ourselves.

I wish you all a very happy Diwali and pray the Almighty to light up your mind to Heal Thyself.

H BHOJRAJ,

CHAIRMAN, AAA

THANK YOU, DONORS FOR THE SUPPORT

CONTRIBUTIONS FOR THIS OCTOBER 2021:

Shri S V RANGANATH - Rs 10,000

Shri S GOVINDA RAGHAVAN – Rs 10,000

Dr KANAKA RAO – Rs 5,000

Mr SUNDRAMURTHY – Rs 5,000

YOUR DONATIONS CAN BE MADE TO:

THE ACADEMY FOR ACUPRESSURE AND

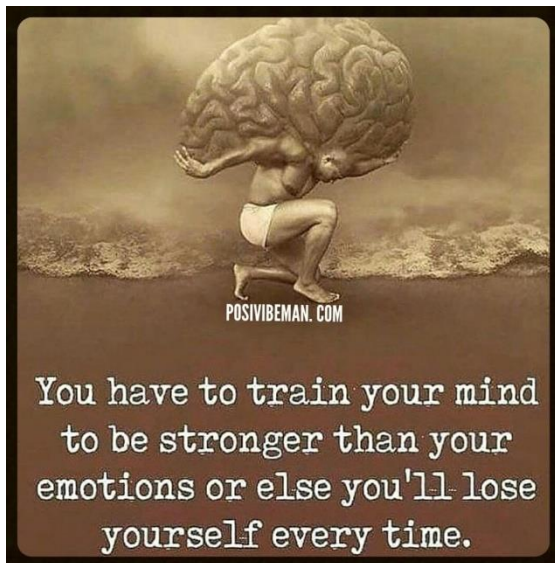
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AAA SPECIAL FOCUS THIS MONTH



THE MIND, EMOTIONS & HEALTH

The mind plays an important role in our general health but most people give the least importance to the mind since it is an invisible force. The body is given the topmost importance and priority in the treatment of any disease. But the mind and body are interconnected through our breathing and it is much more powerful than the body. That is the main reason for giving importance to proper breathing in the Yoga course conducted by any Guruji in this world. Schools that have taken up Yoga seriously in their curriculum have shown tremendous improvement in children both physically and mentally. Mind is the one responsible for the creative force. The well-regulated thought process only brought out all visible things in this world.

Mind constitutes not only thoughts but also perceptions, beliefs, memories of the past stored in the cells, and finally your feelings and emotions. Thoughts are a reflection of your ability to create anything in this world either software or hardware. The same thoughts only define your perception. Perception is the faculty through which you give meaning to whatever you see, hear or feel. **Belief is a phenomenon that your subconscious mind accepts as**

absolute truth. Beliefs are deeply linked to your past experiences which are stored in cellular memories. Ultimately these memories produce feelings associated with them. One is constantly responding to past events when you do not live in the present moment awareness.

So, most of the body responses to the mind come from past events and in the long run energy gets drained because glucose is burnt in the brain to process the thoughts. Top brains are paid heavily for this work, not for physical work. But if you respond to the present moment, your energy is conserved. If you live in the present, you are living with happiness which is the natural state of the body like babies. If your mind goes to the past, your happiness also vanishes. The future is yet to come and one should avoid worrying about the future. Yes, one can plan future activities but it should be taken as a present task. Without planning, we will never reach the goal but take it as present work. But worrying about the future has the potential to affect digestion. **Take action, and leave the rest to Nature. Nature is more powerful and we have seen and experienced in pandemic times how nature works with various forces to bring a balance in the system.**

All the emotions are connected with the mind. A feeling which is intense and can be physically felt is an emotion. A little anger directed inwards produces joy and happiness according to Acupuncture five elements theory. Anger is a creative force but it should be directed towards ourselves not at others. Anger directed inwards is productive, and directed outward is destructive. Adults want to stay in joy and happiness forever like children, but thinking about COVID or climate change brings them to worry. Then the worry produces sadness in life and sadness produces fear. Again, fear triggers anger. Similarly, Joy destructs sadness and anger destructs worry according to the theory to balance our emotions. So, almost all emotions are there all the time in our life and

predominant emotions can be observed by others. A healthy person stays maximum time in joy and happiness. If one spends maximum time on all other emotions, he will become sick in the long run.



Please watch your emotions closely and try to live in the present as much as possible. Observe your feeling which produces desires or the desires which produce feelings. Then evaluate the desires and after thorough analysis with your knowledge take action to implement. You will be healthy and happy for the maximum part of your life.

By H Bhojraj



FOR REGULAR ONLINE ACUPRESSURE CONSULTATION WITH Dr H BHOJRAJ CONTACT 9845649914 BETWEEN 11 AM & 1 PM; TRAINING FOR YOUR SPECIFIC PROBLEM ALSO GIVEN. HELP YOURSELF & CURE YOURSELF!

THE ACADEMY BULLETIN BOARD

HIRP BEGINS THIS NOVEMBER 10, 4 PM!!!

WHATSAPP 9845649914 OR 9886326581 FOR DETAILS ON REGISTRATION AND ZOOM LINK. PLEASE CONFIRM YOUR PARTICIPATION IN ADVANCE.

ADVANCE ACUPUNCTURE ONLINE COURSE STARTS MID NOVEMBER. WE POSTPONED STARTING THE NEW BATCH DUE TO THE DASARA & DIWALI HOLIDAYS IN-BETWEEN.

CLASS SCHEDULE: WEEKLY THREE CLASSES - 4PM TO 5PM ON MONDAYS, WEDNESDAYS & FRIDAYS OR SUNDAYS 11 TO 1 PM

COURSE FEE: Rs 25,000 PAYABLE IN TWO INSTALLMENTS.

TO REGISTER WHATSAPP / CALL MRS AARTHI R ON 98863 26581

Q&A: THE YIN-YANG FLOW OF THOUGHTS

LET US DISCUSS HEARING LOSS AND HIRP

(We have already explained the importance of eye power in our Sight Improvement Research Project 1 and 2. NOW it's time to hear it for our ears!)

Our ears and eyes are vulnerable to many disorders, ranging from excessive noise and light to the natural degeneration of the senses due to age.

Hearing and vision are mutually supportive, so that when one of them suffers reduced performance, the other may become more acute as a way of compensating.

Some sensory disorders may be inherited. It is important to diagnose and correct ear and eye problems in young children as soon as possible because crucial learning is affected during the early years.

With acupressure activation one can reasonably maintain the hearing ability and possibly improve the hearing ability as we age. By activating the ear points in and around the ear can not only maintain but also has the potential to improve the hearing.

SOME BIG QUESTIONS?

- **How to check the present condition of the ear?**
- **Can I do it by myself?**
- **How much time will it take?**
- **How to check the improvement after the activation of the points over a period of minimum three months?**

***The surest way is to go to the ENT specialist and perform the audiometry test for both the ears. This should be done for all above 60 years once in three years to observe the degradation rate.**

The Academy has taken these initial steps for disclosing the important points for activating the acupoints near the ear daily and also check the initial hearing test with TV volume as a first cut record for our experiment without spending for the audio test.

JOIN US ONLINE AT 4 PM ON NOVEMBER 10, 2021 TO LEARN A QUICK METHOD BASED ON ACUPRESSURE THAT CAN HELP YOU IMPROVE YOUR HEARING, SITTING AT HOME IN FRONT OF YOUR TV.

COMMON REASONS FOR DEAFNESS

From impaired transmission of sound waves to the inner ear. In adults it is most commonly due to blockage of ear wax. One has to check with an ENT specialist and remove the solidified wax.

Damage to the eardrums due to sudden exposure of sound above 120 dB or getting slapped by someone in a rage. Those who get sudden anger can do this damage to their children. Kindly avoid such things by facing the situation with reality and take positive steps to solve the root cause of the problem.

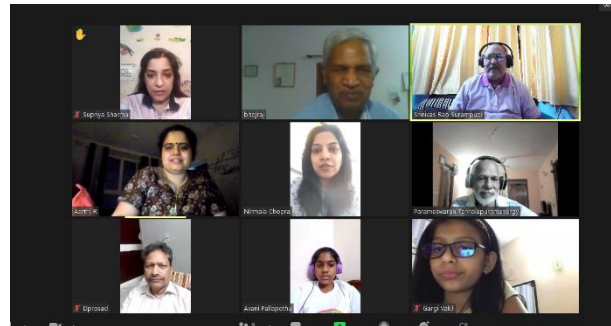
The other real cause for aged people is the stiffening of the stapes bone in the middle ear (otosclerosis). Sclerosis is the abnormal hardening of body tissue. In this case the bone is getting hardened and loses its elasticity to transmit the vibration.

The poor transmission through the acoustic nerve due to damage or damage caused to the inner ear structure (sensorineural deafness).

May be present from birth. Can be also caused by certain drugs / prolonged exposure to loud noise / increased fluid pressure in Meniere's disease, or by the deterioration of ear structures with age.

SIRP-2: THE CONCLUDING MONTH

FROM I TO EYE – A VISION WITH A MISSION



Dear Readers,

*November 2021 will be the concluding month of our Sight Improvement Research Project-2. The best part of any research project is the learning experience. **There are no failures here nor endings BUT Only lessons and learnings with data (Quantitative & Qualitative) taking us towards new beginnings & greater depths.***

It has truly been a great learning experience for each and every one of us who have been part of this project. Presently the team is at active work compiling the data from all volunteers. Alongside, we are also conducting their final evaluation meeting with Dr Bhojraj in batches. This is to ensure that they continue with the daily exercises and eye care post research as well.

*By end of this month, we hope to successfully complete the formal data collection & compilation process. The main focus of this phase 2 was to make SIRP, part of a bigger vision towards better eyesight, especially amongst children with a bigger team. We are now ready for school! Keep watching this space for more updates. Thank you all for the wonderful support. **Cheers & Best Wishes***

Aarthi R, Project Director SIRP-2

SIRP 2: THE RAW & REAL EXPERIENCE

(Our Research Associates (RAs) take on their experience and learnings working with the volunteers on SIRP 2.)



This concluding month we feature RA Mrs Kallolini P, a successful alternate healer based in Delhi & also a student of Dr Bhojraj. She has been an active part of both

SIRP-1 and SIRP-2.

She instils discipline in her volunteers with sheer commitment and hard work. Few of her dedicated volunteers from SIRP-1 also joined us as active RAs for SIRP-2. Here is what she has to share on her journey so far:

“Overall, I had a good experience throughout these last one and half year being part of SIRP 1 & 2. I want to share the realizations about the challenges and breakthroughs as below. First the breakthroughs:

1. Instant energy giver to eyes;
2. Refreshing the eyes condition;
3. Large number of people want to improve the eyes but continuity is becoming the issue;

MY CHALLENGES & LESSONS WELL LEARNT:

1. Self-help techniques work better when the handholding and motivating goes hand in hand;
2. One-to-one session with volunteer is more effective as compared to groups; It can lead to improvement, helps better bonding and creates positive impact;
3. Time constraint, especially finding a comfortable time slot for the volunteer is one of the key challenges, especially for children.
4. With the gradual passage of time, the sincerity, continuity and interest in the practice decreases in most volunteers;

5. When any practice gets monotonous, RVs are taking it less seriously. This also impacts the process of research and also leads to some stagnation in their vision improvement.

6. In virtual mode one fixed time with group of volunteers did not work for me as everyone has their own engagements in the form of class, office, household work etc...

7. Rewarding to RAs and RVs needs to be there in the form of valid certificate / monetary benefit/ other valid rewarding aspect which will hold accountable and responsible to both these parties;

8. The protocol for the any research program needs to be well thought of by all the application of minds and foreseeing the outcome needs to be planned in advance before launching it as these 2 SIRPs has given lots of insight to improve; to see the foreseeable;

9. A4 reading test at home from the distance of 6 feet is also not feasible idea to record the difference at all times;

SIRP 2: A SAMPLE VOLUNTEER EXPERIENCE



Overall, really enjoyed sessions and being under the guidance of Brijesh sir. I have learnt about meditation, mindfulness and a lot of its benefits as well apart from the eye exercise technique. I will definitely continue to follow doing my eye exercises regularly as well. Thank you, AAA for the opportunity.

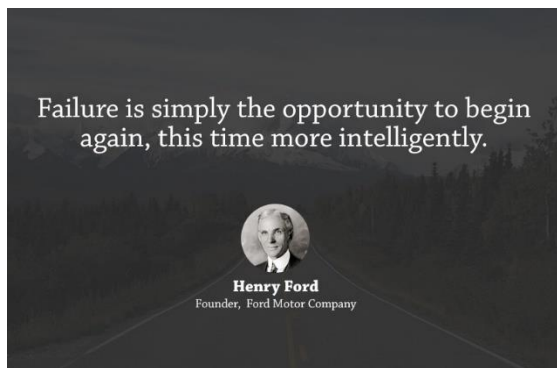
Before starting eye exercise sessions:

- Had eye irritations by night.
- Slight pain over the eye brows at night.
- No time for myself.

After starting eye exercise sessions:

- Reduced eye irritation.
- No more pain over the eye brows.
- Good relaxation time for myself, especially during the meditation.
- My eye sight has shown a significant improvement (mostly with specs).
- Able to better understand my body and feeling a lot healthier than before.

-Submitted by Ms Preethi Hombal (Research Volunteer under RA Mr Brijesh, SIRP-2)



HEALING MIRACLES FROM ACU-WORLD

It feels truly rewarding when as a teacher, students start their active practise after the course completion. Featuring this month, Mrs Latha Murli who has recently expanded to a six-bed clinic in Bengaluru and branches across city. We are proud to share that almost all our online students are also now into active acupressure and acupuncture practise, healing their friends, family and relatives, guided by Dr H Bhojraj.

Here is how a chronic patient Latha became the active Dr Latha Murli. She was also the project director for SIRP-1. Read on...



"I always believe in blessings in disguise. My journey in Acupuncture started sometime in mid-2017 when I was having a severe problem in my knees. Around the same time, my husband has diagnosed with a

tinnitus problem which had him suffer a constant ringing or buzzing sound in the ears.

Somebody suggested visiting Dr Bhojraj, who was an acupuncturist. We consulted him and started treatment immediately as he said that both the conditions were curable. We had relief on session days but our pain would return after a day or two post-treatments.

Then Dr Bhojraj suggested that we also consult Dr Peter Lee who was also visiting his clinic for consultation. He was from the US. While treating my husband, Dr Bhojraj would also advise that I also start learning Acupuncture. He was thus, the first person to initiate and encourage my learning in this field. I was also passionate about the medical field since childhood and so I took it up seriously.

My husband, of course, stopped his sessions as it wasn't helping him much but I continued learning and getting treated. I was there as a patient for almost three-four months at Dr Bhojraj's clinic treated by Dr Peter Lee.

Simultaneously I also learned the subject from them. I first completed my advanced course in Acupuncture with Dr Bhojraj. I was also in regular touch with Dr Lee as he started treating me for my arthritis. He used complete body acupuncture. I was deeply impressed with Dr Lee's diagnosis techniques and approach. It was very motivating and refreshing especially when I got myself healed almost 90 per cent with it. I resumed regular life.

My practical journey with Acupuncture began under Dr Peter Lee for one year after a foundation from Dr Bhojraj on the Yin-Yang and FIVE elements theory. I started getting patients during my training days.

People who knew me well were surprised by my complete recovery within a few months. My healing gave them the confidence to heal under me. I also completed the three levels in reiki. These two therapies helped me a lot as my physical pain had gotten me into immense negativity. Reiki and Acupuncture got me calmer, improved positivity, anger management. It was truly a turning point in my life. All credit goes to Dr Bhojraj who initiated my first steps into Acupuncture and also led me to Dr Peter Lee.

Today, I run a small six-bed clinic with an average of 10-15 patients a day. Again, this is indirect thanks to Dr Bhojraj. When he closed his clinic, he referred most of his patients to me and continues to do so. Many of them were challenging cases, some had no proper cure in the allopathy system. These were connected to different problems of the eye, the spinal cord, gynaecological issues to name a few. Healing almost all of them satisfactorily has been a very gratifying experience.

I now also do online and offline courses. I also have got queries from some MBBS doctors to learn. We have now also branched out with five of my students who passed out recently. For more details visit my website: <https://acupuncturereiki.co.in>

YOUR FEEDBACK: A BEST WAY TO LOOK BACK



We received this feedback on e-mail from **Mr Nagulan Joghee**, based in Bangalore who is a good friend of Dr Bhojraj and a long-time reader of Acu Wellness. **Thank you very much!**

Dear Annan, (Dr Bhojraj)

1. The newsletter has all its eight pages loaded with lots of useful information
2. The Editor's voice is as emphatic as ever and it reaches the reader with the focused message and tips
3. The Hearing improvement program is well thought out one and as mentioned it should help all the retired elders who are experiencing the hearing issues by default
4. The success stories of Eye sight improvements thru the exercises are encouraging and is continuing

All the best for the initiatives and kudos to the team which brings out such wonderful newsletters which are completely fool-proof. Cheers!!!

Dearest Nagulan

Thank you for the detailed feedback, continuous support and above all, for trusting in alternate therapy. Our Best wishes to you as well.

Readers do share your feedback with us on acu_bgl@yahoo.co.in. Feel free to share comments, your personal healing experience with acupressure/acupuncture or just any form of alternate healing. We would love to hear from you.

-H Bhojraj, Chairman AAA

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