



ACU WELLNESS

ACADEMY for ACUPRESSURE and ACUPUNCTURE (R)

1953, 8th Main, "E" Block, 2nd Stage, Rajajinagar, Bangalore – 560 010

OCTOBER 2022

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Vol 11

FOR PRIVATE CIRCULATION ONLY

No 8

From the Chairman's desk

Dear Friends,

The beginning of the month of September has been the toughest days for Bangaloreans due to unprecedented rains. Our workshop on Emotional Intelligence by Mr.Sivakumar had to be postponed to **29thOctober** due to the travel inconvenience caused by the rains. Since the earlier venue was unable to accommodate the changed date, **we have shifted the venue to St Marks Hotel in St Marks Road.** I once again request all those interested in the workshop to register your names with me through WhatsApp on 9845649914.



The Academy's activities are picking up and our research on **Sight Improvement Research Project is likely to be finalised at Nagini Vidyalaya School, Coimbatore** where I was invited by **Rotary**

Club of Thondamuthur RI DIST 3201 to give a talk on **Space Technology for students studying in 10th to 12th.** After the formal talk, a few acupressure points to improve the concentration and also for improving the eyesight was demonstrated to them. The teachers have agreed in principle to conduct an eye screening for the students wearing spectacles and make them do the eye exercises regularly for six months to see the results. We are planning to identify a coordinator from our Academy to monitor this project and bring out a paper on the findings.



Similarly, the hearing improvement exercise for people above 60 years is also being monitored by the Project Director Ms.Kallolini and the seventh batch is under progress, though the number of participants is only about 5. We are looking forward to address the

Retired Employees Associations in Bangalore to transfer this simple technique for improving hearing and Eye sight.

The new book **"TOWARDS BETTER VISION WITH ACUPRESSURE"** with new formatting is almost ready and the final version will be ready for printing before second week of October. Additional chapters on Eye Sight Research findings, Hearing improvement research results and **the Emotional Intelligence introduction by Mr.Sivakumar will add value to this new book which is planned to be released on 29th October in Hotel St Marks at 4 PM.** I request all well wishers of our Academy to attend the function and promote this self help book to every nook and corner of INDIA. I visited Prof.Palanisamy, mainly to convey my best wishes and thanks to him for his training for improving the eyesight. This new book is our dedication to



Prof.Palanisamy who is still interested in contributing to the society.

The Dassarah and Navarathri celebrations started with pomp and show particularly in Mysore with our honourable President Mrs.Droupadi Murmu inaugurating the first day event in Chamundeshwari Betta. It shows the importance given for such celebrations which brings out our culture of living together as one family. The tourists particularly from other countries are attracted for such grand events which improves our economy also.

The Advance Acupuncture course has been finalised after Dassarah both online and off line. Those interested in joining the course may contact Mrs.Jija, Course Coordinator Ph.9986168181 for details.

I wish you all Happy Dassarah and Happy Diwali.

H.BHOJRAJ, CHAIRMAN,
ACADEMY FOR ACUPRESSURE & ACUPUNCTURE

**DON'T WAIT FOR THE BEST RESOURCE,
DO THE BEST WITH THE RESOURCES YOU
HAVE.**

ALIGNMENT OF THOUGHTS, EMOTIONS AND ENERGIES

By Dr.H.BHOJRAJ

THE IMPORTANCE OF DESTINY

We have to understand the importance of our thoughts produced in our mind for having control over our destiny. Destiny can be understood as the things that happen in our life, especially the things that we cannot control or destiny is the power that we believe controls our lives. The physical body, heredity, constitution, senses, health, position in life, family relations, span of life and even manner of death comes under **PHYSICAL DESTINY**. The feelings and desire as one's conscious self in the body and also the past desires and thoughts including past life comes under **PSYCHIC DESTINY**. Based on the feeling and desire, the doer in the body will think and act which will decide the **MENTAL DESTINY**. The control of one's feeling and desire with self knowledge shown by self control decides our **NOETIC DESTINY**.

WHAT IS INTELLECT?

Intellect is the faculty of reasoning and understanding objectively, especially with regard to abstract matters which progresses towards intelligence. Intelligence is the ability to understand, learn and think. It is not only knowledge but also rightness in action. We all know very well, " **knowing** " will not bring any change but "**doing**" only will bring the change.

FEELING OF BODY, MIND, EMOTIONS AND ENERGY

The basic requirement for well being is peace and joy in the mind. When the **body** feels pleasant without any pain, we call it **healthy** and when the body feel very pleasant we call it **pleasure**. Similarly when the **mind** feels pleasant we call it **peace** and very pleasant we call it **joy**. When the **emotions** feel pleasant we call it **love** and very pleasant it is **compassion**. Finally when the **energies** become pleasant we call it **bliss** and very pleasant it becomes **ecstasy**.

MASTERY OVER BODY, MIND AND ENERGIES

We all know that when we feel happy we can function much better without feeling tired because of the energy which flows harmoniously in our body. Life should become an expression of your joyfulness. Memory of the past will become an empowering process only when you have the ability to respond. Otherwise it will be destructive of your present moment joy. If you have **mastery over the body**, you can have control over **20% of your destiny**. Similarly if you have control over **your mind**, you can have control over **60% of your destiny**. But, if you have mastery over your **life energies** you can have **100% control over your destiny**. **So the main question is how to gain control over life energies?** We know our thoughts change our chemicals in the body. Similarly chemicals added to our body changes the thoughts in the mind. The **body** is the

hardware in a computer, **mind** is the **software** which can be changed by our own programming. All these things will happen only when you have the **quality power** which the **prana** and the main **operating system** (MS / ANDROID) is our **consciousness**.

CONSCIOUSNESS-THE UNKNOWN AREA

Now the question comes in our mind is, what is consciousness? Conscious refers to the five senses working perfectly **but consciousness is the Presence in all things. Its meaning extends beyond human comprehension. Consciousness neither has a beginning nor an end; it is indivisible, without parts, states, or limitations.** Yet, everything, from the least to the greatest, in and beyond time and space is dependent on it. **This super power can be approached only when we silence our mind.** Life energy is prana which enters our body along with consciousness. It enters mainly through nose and also from all the pores in the body. **Chinese Acupuncture manipulates the life energies through these pores but in Yoga it is through direct breathing. Body needs oxygen for survival, mind needs consciousness for operation and soul needs prana for staying in the body. All these three components are supplied during inhalation. So breathing is very important to stay healthy.**

SILENCING THE MIND IS THE KEY

Now the next question comes, how to calm the mind? The paths were very well given in our ancient literatures. **Karma** Yoga ie. Yoga in our action, **Gnana** Yoga with our intelligence, **Bakthi** Yoga ie Yoga with our emotions and finally **Kriya** Yoga ie **balancing the energies**. The ultimate machine created by the Almighty is this physical body. All other machines have come from this body and mind only. The five senses in our body only make you feel that we exist in this world and without these sense organs we will neither know the world or ourselves. Yoga makes not only the spine flexible but mind also becomes flexible. This is the basic condition to listen to the life energy. **The essence of intelligent living is LEARNING TO LISTEN to the life energy.** The five elements Fire, Earth, Air, Water and Akash are very important for our survival and the life on Earth is solar powered. Food, produced by these five elements is very important for our health and happiness. So, the intake of food also plays an important role in the wellbeing of human.

THE IMPORTANCE OF MIND

Our mind can be generally defined as the composition of thoughts. Mind has got four components mainly. **The first one** is our self identity i.e. the I or Self which is called **EGO or AHANKARA** in Sanskrit. **The second one** is **INTELLECT** which has the power for discrimination or discerning. **The third one** is the **MANAS/MIND** which is responsible for accumulation of memories and the fourth one is the **AWARENESS (CHITTA)** which is beyond intellect and memory.

Every thought that arises in the mind has its roots in the past that one has already accumulated. Nothing new is possible if the intellect is perpetually immersed in the past. The accumulated part of the mind is just the society's garbage bin. In certain people it gets attached for years in the system and creates physical problems. *So, the development of awareness is the only solution for coming out of this physical problem also.* Intellect can be sharpened with our awareness. Awareness is Aliveness. Sleeping or death-the difference is awareness. Awakened person or wakeful person- the difference is awareness.

ALIGN YOUR THOUGHTS. ALIGN YOUR EMOTIONS. ALIGN YOUR ENERGIES. AWARENESS WILL BLOSSOM. STAY HEALTHY AND CONTRIBUTE YOUR BEST FOR OUR COUNTRY

INTERACT CLUB OF NAGINI VIDYALAYA ORGANIZED A TALK ON SPACE TECHNOLOGY ON 21ST SEPTEMBER 2022

Interact Club of Nagini Vidyalaya School, Coimbatore, in collaboration with Rotary Club of Thondamuthur, RI DIST -3201 organized an interactive session with Dr.H.Bhojraj on Space Technology on 21st Sep at 4 PM for one hour. The lecture was attended by 10th, 11th and 12th students numbering about 200. The school has a strength of 900 students.



Dr.Bhojraj was welcomed by Ms.R.Mythili, President of Interact Club and Ms.T.Sudhiksha, Secretary. Rotarian and Chairman of the school, Mr.M.Thirumurthy appreciated Mr.Sakthivadival, Rotarian and Acu Practitioner for inviting Dr.Bhojraj for giving a talk on Space Technology.

Dr.Bhojraj talked on his own experience of working in ISRO for 40 years from Aryabhata(1972) to Chandrayaan(2009) and also explained about the Satellites and its applications in day today life. The question answer session was there for 15 minutes and all students got the motivation to do something unique for the Country.

The occasion was utilised to give a demonstration of eye sight improvement with simple acupressure points which was well received not only by the students but also by the staff. They all agreed to have a formal training class at the earliest via Google Meet. In the mean time Management agreed in principle to have a general eye check up camp with the help of the Rotary Club.



The meeting ended with a positive note for the School and our Academy for taking the research on eye sight forward.

A co-ordinator from our Academy will be identified shortly for interacting with Nagini Vidyalaya Management.

CHAIRMAN'S MEETING WITH PROF.PALANISAMY

The Coimbatore trip was organized mainly to meet Prof.Palanisamy and invite him for the book release function on 30th October 2022 in Bangalore. Since the technique was given by him to Dr.Bhojraj in 2014, and after experiencing the effectiveness of the simple technique Academy has brought out 200 books for a pilot project with the financial help of Shri.Achuta Rao, Rtd DGP of Karnataka. **Academy has decided to dedicate this new book "Towards a better vision with Acupressure" to Prof. Palanisamy.**



Mr.Sakthivadival, Acu Healer organized the meeting in Prof Palanisamy's house in Coimbatore. Though Prof.Palanisamy is having hearing related problem, he responded very well and almost became emotional. At the chronological age of 88 yrs, he is very agile and showed great interest to visit Bangalore. He conveyed his best wishes for the release of the book and promised to visit Bangalore sometime later.

HOW TO REMOVE THE TRAPPED EMOTIONS?

By Mrs. Jija and Mrs. Shantamma
Emotion Code Healers

Our body has got the innate built in ability to heal itself. The intelligence will always support the LIFE inside and if we understand this we will be able to create the life we want. LIFE is for serving others and we must be grateful for all we have right now.

Due to ignorance we react to the situations instead of taking actions. These reactions are certainly converted into emotions which is a form of energy in motion. This energy can be utilised by the cells for the fight or flight reactions but if it is underutilised, the excess energy changes the function of the cell itself. The tissues made out of cells will try to neutralise this by creating pain in that particular system. Most of the diseases are just imbalance in the energy system which are being labelled for Layman's understanding and treatment by specialists.

Detoxification of the body once in 6 months in our Indian System has been ignored and most of our younger generation is suffering from body toxins due to wrong food with chemicals. But real detoxification has to be done for the mind. By removing the unwanted trapped emotions from the organs, tissues and cells, one can feel the immediate quantum healing effect. Acupuncture and proper nutrition works like miracle once the trapped emotions are removed with the method given below.

PROCEDURE

1. Obtain permission from the person.
2. Establish base line for testing.
3. Determine whether a trapped emotion exists.
4. Release the trapped emotion with a magnet (500 gauss)
5. Check to see if the emotion was released.

HOW TO ESTABLISH THE BASELINE FOR TESTING?

MUSCLE TEST: Ask the person to keep the index finger straight and keep it straight with strength. When the answer is NO the finger automatically loses the strength, whereas if the answer is YES it maintains the strength.

HOW TO DETERMINE WHETHER TRAPPED EMOTION EXISTS OR NOT?

Ask question which can be answered as either YES or NO. The first question is

"DO YOU HAVE TRAPPED EMOTIONS?"

If the finger strength is maintained, then yes, you have trapped emotions. If the finger strength is reduced, there are no trapped emotions.

YES, YOU CAN CHECK FOR YOURSELF BUT FOR RELEASING YOU NEED ANOTHER PERSON'S HELP WITH A MAGNET.

ASK JUST 6 QUESTIONS.

1. IS IT ANGER?
2. IS IT GRIEF?
3. IS IT WORRY?
4. IS IT FEAR?
5. IS IT DISSATISFACTION?
6. IS IT NO JOY (FRUSTRATION)?

ONCE YOU GET THE ANSWERS YOU CAN PROBE FURTHER WITH THE TABLE TO PINPOINT THE TRAPPED EMOTION

© 2018 Discover Healing	Column A	Column B
Row 1 Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Unreceived	Effort Unreceived Heartache Insecurity Overjoy Vulnerability
Row 2 Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
Row 3 Lung or Colon	Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Self-Abuse Stubbornness
Row 4 Liver or Gall Bladder	Anger Bitterness Guilt Hatred Resentment	Depression Frustration Indecisiveness Panic Taken for Granted
Row 5 Kidneys or Bladder	Blaming Dread Fear Horror Peeved	Conflict Creative Insecurity Terror Unsupported Wishy Washy
Row 6 Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless

Learn more at DiscoverHealing.com

PRACTICAL DEMO WILL BE ORGANIZED ON 29TH OCTOBER AFTERNOON SESSION IN ST MARKS HOTEL. ANYONE CAN LEARN.

SENIOR CITIZENS PAGE

SENIOR CITIZENS-KNOW YOUR SYMPTOMS

PREVENTION IS BETTER THAN CURE

PARKINSON'S DISEASE

Parkinson's disease which mostly affects older people, results from gradual degeneration of nerve cells in the portion of the midbrain that controls body movements. It starts with a feeling of weakness or stiffness in one limb or a fine trembling of one hand when it is at rest. Eventually the shaking will worsen and spread, muscles will tend to stiffen, balance and coordination will deteriorate. Depression and other mental problems are common.

SYMPTOMS

- Slow, jerky movements
- Unsteady balance, difficulty rising from sitting posture
- Continuous motion of the thumb and forefinger
- Indistinct speech, voice weakens to monotone
- Swallowing problems
- In severe cases, rigid trunk and limbs, fixed facial expression and unblinking staring eyes

CAUSES

- A portion in the brain called basal ganglia regulates bodily movements. Dopamine and acetylcholine are required for the transmission of producing cells degenerate with aging.
- Genetics play an important role
- Viral infection or toxins such as pesticides, carbon monoxide or the metal, manganese.
- in a majority of cases, the cause is unknown

DIAGNOSTIC

The metabolic changes in the brain can be traced with image testing such as PET (Position Emission Tomography), outward symptoms are distinctive enough for a diagnosis.

TREATMENT

The drug most often prescribed is Levodopa, also called L-dopa, which the body metabolises to produce dopamine. To suppress nausea and other side effects, Levodopa is often used in conjunction with a related drug called Carbidopa.

ACUPUNCTURE

The formula:

Pericardium coldness (P 3) sedation
Pericardium humidity (P 7) tonification
Pericardium wind (P9) sedation

Has the potential to restore the degenerating dopamine. In subsequent sittings, the muscle strength is increased by activating Liver meridian wind point (Liv 1). The condition will improve with Acupuncture treatment within a month.

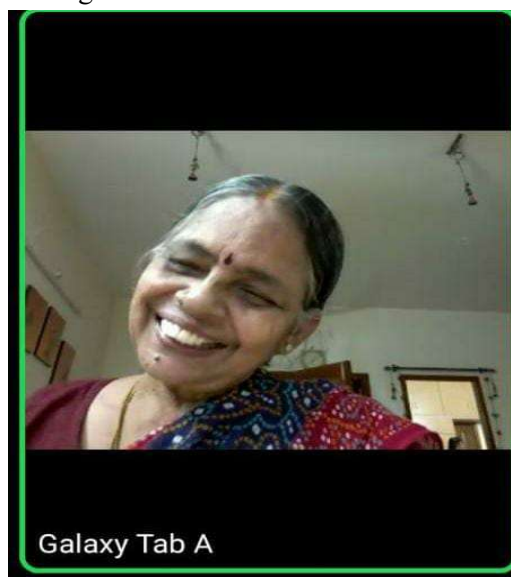
Reflexology points in the palms and soles, along with Acupuncture, will help the patient to recover faster.

HEARING IMPROVEMENT RESEARCH RESULTS

'ABLE TO HEAR MUCH BETTER AFTER THREE MONTHS OF ACUPRESSURE PRACTICE'

Says Mrs.BHANUMATI, 65 yrs

Though my right ear was good, I had a problem with left ear and many times I used to ask my family members before the start of HIRP. After joining Ms.Kallolini's hearing improvement course, I started hearing better and better over last three months.



Mrs.Bhanumathi on video call with Ms.Kallolini

Though I could not see much improvement in the frequency test, I could hear better and never asked my family members to repeat the words. I continue to practice every day for about 20 minutes.

I thank the Project Director Kallolini for her wonderful training and also the Academy for initiating this scientific research project which is really a boon for old people. I have recommended many of my relatives to join the course and learn properly for three months.

**THOSE INTERESTED IN JOINING THE COURSE MAY CONTACT
Ms.KALLOLINI Ph.9911413405**

VISIT TO DE-ADDICTION CENTRE

By Mr. Nagulan Joghee, Free Lance IT Consultant

An exciting and useful Day Out...!! It was way back in July this year when Mohan announced the opening of his " Providence Care Centre" a rehabilitation heaven for the addicts, be it Drugs, Narcotics or Alcohol, we decided to visit the centre and have some useful interaction with the inmates. Myself and Dr.Bhojraj, Acutherapist, took time to visit this centre at Kothanur, Bangalore, on the Monday the 19th September 2022. When Manoj, Mohan Selvaraj's son, who is in charge of the centre welcomed us, we were not aware of the string of surprises in store for us inside.



Dr.Bhojraj explains the acupressure points.

The place was so clean and orderly, so calm and serene, so vibrant and stuffed with all the facilities one would look for. Further excitement was there when we were told the up keeping of the centre is entirely carried out by the inmates themselves, in turns. The inmates appeared and sound very positive with a ray of hope that they are going to be normal soon. The scheduled training sessions with ample rest hours, the indoor games and group activities, effective and friendly counselling forced us appreciate the way of their implementation. It's all done with great passion. It's nothing short of an ambition in me to help people in distress and depression due to this addiction by effectively teaching them the miracle that Acupressure can create in them to ween themselves away from this menace.

Dr.Bhojraj, quickly, taught them the Acupressure points for improving the will power, improving the wisdom and reducing the desire in a short time of 5 minutes. Based on their own experience of activating the points referred for a period of a fortnight, their experience will be recorded for further studies by the Academy for Acupressure and Acupuncture. It is not our intention to advertise, but to express our gratitude for one of the noblest contribution and the intended contribution to the society. Staurt Turton said "...Bars can't build better men and misery can only break what goodness remains" So, for the goodness to remain and the misery to depart, this place is one

where you can lay your trust on. We were very happy that we spent such a useful day after a very long time. We wish all the youngsters to say goodbye to their miseries and revert back to their days of goodness with their family... Cheers...!!



Director, Mr.Nagulan, Mr.Selvaraj and Dr. Bhojraj

EYE SURGERY AVOIDED FOR 15 YR STUDENT WITH ACUPUNCTURE AND VARMA ACTIVATION says Mr.Devdoss, Acu Healer from Chennai



Master. J R. Vasanth son of Mr.Rajkumar was having left eye related problem and was getting treatment from a reputed eye hospital in Chennai. The Doctor recommended high power spectacles for the left eye correction and also recommended eye exercises. But his left eye visibility has come down after 6 months and the Doctor suggested eye operation to correct the eye.

Since I practice Acupuncture in the same building where Mr. Rajkumar, Advocate has his office approached me with the boy for any remedy for improving the left eye. I took it up as a challenge and told him that he would get back his original vision with Acupuncture but it would take minimum 6 months. He agreed and I started my treatment weekly twice for two months with the points in and around the eyes with acupuncture needles and Varma points for 45 minutes. Within 10 days, he started seeing clearly without spectacles. **After four months of treatment he was able to read clearly without spectacles.** It was in 2018 and till Sep 2022 he has not used his spectacles and he is also healthy.His father was so happy that he could avoid eye surgery at the young age for his son and given it in writing for our record.

THERE IS LOT OF DIFFERENCE BETWEEN HUMAN BEING AND BEING HUMAN. ONLY A FEW PEOPLE UNERSTAND THAT.

Healer. S. Devadoss, after his graduation in Physics, has done his M.D.(Acu) from SriLankan Open University and started practicing in various places including Chennai and Coonoor. **Ph 6380370527**

As we are interested in establishing a Preventive Health Care Centre in Coonoor or Mettupalayam, Academy has decided to look for suitable location in Coonoor or Kotagiri. Kindly contact **me 9845649914** for taking it forward if a building to start a holistic health care centre is available in and around Coonoor.



H.BHOJRAJ

Mrs. Saritha from Chennai, says Acupuncture treatment helped to regularise menstruation and have the child



I got married in 2014 and as we completed our first anniversary, the trouble started from our parents and relatives for the delay in conceiving the child. Me and my husband seriously started our visits with Gynecologist and she diagnosed that PCOD problem was the reason for not conceiving. My treatment went for a year without much improvement and finally Doctor suggested for in-vetro fertilisation. In the mean time my sister Chandralekha, who was having similar problem got regularised with Acupuncture treatment in Bangalore and conceived also.

I was in double mind whether to take this treatment and since I have been living in Chennai, visiting Bangalore often for treatment was a big problem, time of travel and expenses for transport etc. Since my sister Chandralekha gave me wonderful input about the doctor and

his simple but scientific acupuncture treatment my husband encouraged me to try. I used come every week for treatment from Chennai to Bangalore for first 4 weeks. As I got normal menses, doctor asked me to come every fortnight. Next two months also the periods were normal. Then doctor asked us not to come for treatment. To our utter surprise next month I conceived and after waiting for 3 months we informed him about the good news. He also guided us how to take care of next 6 months. On 13-04-2022 I became proud mother for my baby. As a proud father, my husband immediately called Doctor and conveyed the great news. Today my baby is 7 months old and we are so grateful to Acupuncture system for regularising my periods and also curing my PCOD problem for ever. We are very grateful to Dr. Bhojraj.

HER SISTER CHANDRALEKA'S CASE HISTORY WAS PUBLISHED IN SEPTEMBER ISSUE.

FIGURE OF EIGHT CURES DIABETES AND HIGH BLOOD PRESSURE

Say's Mr S. Srinivasan, Author of Figure of 8 booklet

What is figure of 8 walking?

Keeping 2 chairs at a distance of 4 feet and walking around the chairs in a way that one makes a figure of eight. It can be done in your hall or terrace.

When to walk?

It has to be done between 6 to 8 AM or 6 to 8 PM when the Yin and Yang energies are equal'

How to walk?

Keep the spine erect with normal curvature and eyes should look straight ahead. Steady enjoyable walk, concentrating on the gentle twist of the spine clockwise and anticlockwise.

Who are all eligible to walk like this?

Any one from 10 to 100yrs can walk except those who have vertigo problem. They can do it in a bigger circle in the park.

Why should I walk like this?

It removes the energy blocks in the spinal cord and enables the brain to communicate better with all muscles from head to toe. The gentle twist produces the fluid called CSF ie Cerebro Spinal Fluid efficiently.

What are the diseases cured?

The Author says within 30 days the Diabetes and BP will become normal.

KINDLY TRY AND GIVE US THE FEEDBACK FOR OUR RESEARCH.

**THE POSTPONED
EMOTIONAL INTELLIGENCE
WORKSHOP**

**BY
SHIVAKUMAR BELLAN**



**IS TO BE HELD
ON 29TH OCTOBER 2022(SATURDAY)**

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BOOK RELEASE FUNCTION

ON 29TH OCTOBER 2022

**TOWARDS A BETTER VISION WITH
ACUPUNCTURE**

**WITH ADDED RESEARCH RESULTS, HIRP AND
EMOTIONAL INTELLIGENCE
WRITTEN BY Dr.H.BHOJRAJ AND
Mr.SHIVAKUMAR BELLAN**

**BY Shri.S.V.RANGANATH, EX.CHIEF
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**You are spiritually recharged during
sleep. Adequate sleep is essential to
produce joy and vitality of life.**

**The day you realize that your
subconscious mind can solve your
problems and heal your body, true
and lasting happiness will come into
your life.**

**Truth can be realized by self but
can't be explained**