

**STUDY ON THE LEVELS OF HEALING TECHNIQUES IN PSYCHONEUROBICS**

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**Abstract**

Neurobic recuperating is a multi year old system that has reemerged in present day times and has been creating leap forward results in restorative fields. This exceptional system uncovers the unbelievable power of our subliminal mind. It is an elective mending strategy that should be possible sitting at one place and is without any sort of reactions. A very much prepared and powerful mind isn't just ready to interface with the celestial vitality existing in the Universe yet in addition ready to pull in it by charging. Human body is comprised of an arrangement of Chakras and Nadis. Chakras are the substantial areas which has concentrated vitality. There are seven noteworthy Chakras. Notwithstanding Chakras, we have many-sided systems of 72,000 Nadis. The cross purpose of Nadis makes up the Chakra. Both Chakras and Nadis framework are firmly identified with our Endocrine framework which directs every single hormonal action in the human body. Vibrational vitality moves through these Chakras and Nadis to make human life. The lopsidedness of this vibrational vitality is the fundamental reason for different illnesses. Neurobic mending, utilizes the standard of Law of Attraction, to prepare the human mind and draw in the infinite vitality.

**Introduction**

The vitality courses through different parts of our body – what we perceive as Chakras and Nadis in Hinduism. This puts the uninvolved Chakras into force and discharge the blocked vitality from our sensory system. As the blocked vitality discharges, the body begins to recoup. Neurobic recuperating includes the utilization of our faculties of sign, contact, smell, hearing and taste to put our mind cells to activity. It unites the mind-body-soul of a person in a fit state for a revived and healthier life.

There are following three kinds of Neurobics. The Psycho-Neurobics joins all these three Neurobics to bridle the power of mind for self recuperating.

- Light Neurobics: Research shows that hues have vibrational vitality which has profound effect on human mind, inclination, discernments and feelings. Envisioning hues through third (shrouded) eye trigger Chakras and Nadis framework. This evacuated blocked energies and cleanses human body everything being equal and negative vitality.

- Sound Neurobics: Sound waves travel in the Universe through making

vibrations. This clarifies the inclination adjusting and quieting impact of specific mantras, supplications, rhymes and notes on our mind. Presenting certain tried mantras with contemplation and breathing activities puts our mind, body and soul in concordance, which has gigantic power to repress development of harmful cells.

- **Easy Neurobics:** This comprises of neuro-strong and neuro-respiratory activities, for example, 'hastamudras'; 'asanas' and 'pranayama' that changes divine vitality into life powers for our body and also to free detached mystic vitality.

Psycho-Neurobics is a powerful procedure that joins the energies of mind, body and soul for reestablishing an amazing harmony vitality. It is demonstrating instrumental in relieving infections, for example, – Cancer, Diabetes, Migraine, Blood Pressure, Stress, Depression, Heart Problem and the various psychosomatic maladies. Numerous individuals have affirmed the enhancement of insusceptibility. It likewise strengthens the mind cells – this has wide advantages as a rule health, Alzheimer's sickness and memory enhancement.

As individuals wind up mindful of the art of Neurobic recuperating, they embrace these superb strategies to beat explicit health issue and additionally to keep up general health.

The picturesque surroundings of Dehradun give the ideal background to the classes on Psychoneurobics, reflection and restoring exercises. Add to that different workshops for all age bunches under Dr. Chandrashekhar's direction and you have a thrilling background.

A portion of the real advantages of this self recuperating retreat:

1. In this Retreat Dr. Chandrashekhar will show you the hands on procedure of Psychoneurobics through which, you can recuperate different infirmities like Diabetes, Blood Pressure, Arthritis, Depression, Anxiety, Stress and a few different diseases/illnesses.
2. **PsychoNeurobicspa:** Each day you quieten your mind and with PsychoNeurobicspa - a powerful

contemplation system for reestablishing body-mind balance.

3. **SIGFA Healing:** Learn the mysteries of accomplishing comprehensive health through the SIGFA recuperating system created by Dr. B.K. Chandrashekhar, to make you open to the stream of positive vitality.
4. **Mind and Anger Management:** The recreational exercises and commonsense otherworldly talk by Dr. B.K. Chandrashekhar help in discharging enthusiastic poisons as natural outrage, hurt or dissatisfaction.
5. **Pure satvik diet:** One can appreciate tasty, healthy and unadulterated satvik diet.
6. **Sleep Management With Psychoneurobics Nidra:** Get hands-on training in Psychoneurobics Nidra, a type of Yogic Meditation for extreme unwinding of the body and mind.
7. **Relationship Management:** Cultivate adoring associations with individual guests and relatives.

### **Psychoneurobicsas a recuperating Method**

Is Psychoneurobicsa recuperating strategy? On the off chance that you practice Psychoneurobics on a normal premise, you know the advantages it gives. You know the light, inspired sentiment of elation that sets in specifically after a decent Psychoneurobicsclass, or the long, slender feel of your muscles after a decent stretch. Maybe you complete a posture as the evening droop sets in to get you through whatever remains of the workday, or possibly you take a couple of full breaths previously giving a major introduction to clear your mind and core interest. The health advantages of Psychoneurobicstraining go a lot further than that. Psychoneurobicstraining has been demonstrated to have positive recuperating impacts for various basic afflictions, interminable torment, and sicknesses.

Psychoneurobicscan additionally be advantageous for individuals with mental disarranges, post-awful pressure issue, or different conditions because of injury or

misuse. The vital part of mending lies in the mind-body association that yogic strategies give. Exploited people can figure out how to end up more aware of what is going on in their bodies, and figure out how to direct worries through relaxing. Psychoneurobics can encourage individuals to acknowledge their selves as they seem to be, relinquishing negative mental self views. Anybody experiencing alarm assaults could profit incredibly from standard work on, including officers, physical, mental, and sexual maltreatment exploited people, or other kind of injury.

Psychoneurobics has demonstrated to diminish the side effects, or totally dispose of them, in numerous regular infirmities including asthma, joint pain, a sleeping disorder, coronary illness, diabetes, back agony, and it is a perceived mending strategy. Studies have demonstrated that simply rehearsing an ordinary Psychoneurobics routine all the time can give results of by and large better health.

### **Conclusion**

There are additionally explicit methods that work to ease torment or uneasiness in explicit regions of the body. Unwinding and breathing are especially useful in diminishing pulse, and alleviating pressure. The Forward Bend, the Wall Plank, and Downward-Facing Dog are great strategies for soothing back agony. For joint fingers, the Flower posture can help. The Should Stand and the Fish act center

explicitly around the thyroid organ, and can be utilized to target health issues identified with the thyroid. When wishing to mend the body from genuine diseases, similar to malignancy, Psychoneurobics will not give a supernatural occurrence fix, but rather it will urge the body to recuperate, enhance course, and parity the vitality in the body to enable this Yogic recuperating strategy to work. The mind and the body work powerfully together, and now and again individuals simply need to confide in their bodies to recuperate, and have confidence and persistence that it will.

### **References**

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