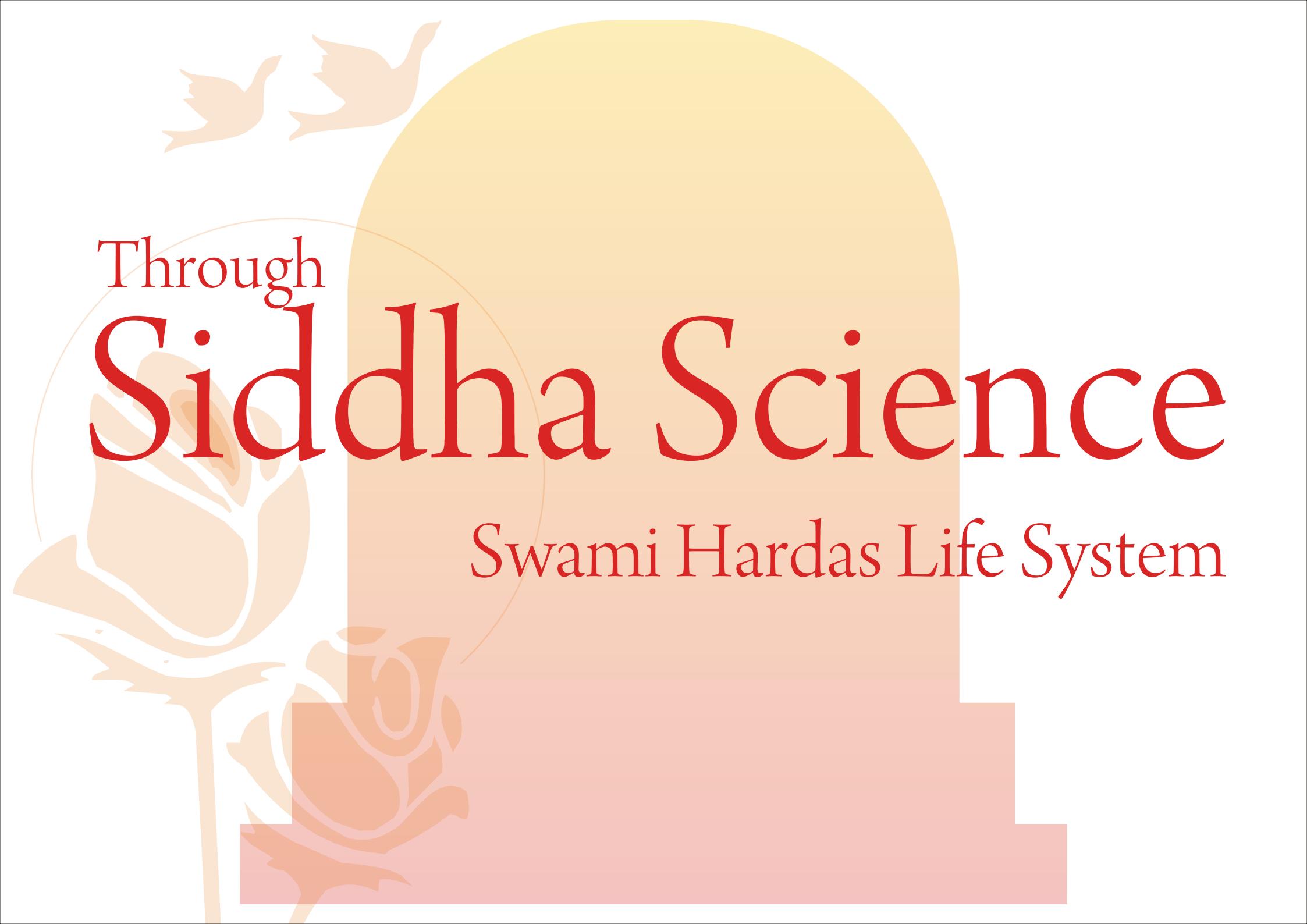




Stress and Pain Management



Through **Siddha Science**

Swami Hardas Life System

Dr. N. Sailaja



Dhyana Hita

Human Development Society

REJUVENATING MIND, BODY AND SPIRIT

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Present Day Scenario

Work Pressure



Social Pressure



Family Pressure



Present Day Scenario

Financial Instability



Personal Insecurity



Improper Nutrition



Present Day Scenario

Insufficient Relaxation



Insufficient Rejuvenation



What is Stress

Stress is your mind and body's response or reaction to a real or imagined threat, event or change.

The threat, event or change are commonly called stressors.
Stressors can be internal (thoughts, beliefs, attitudes) or external
(loss, tragedy, change).



Stress

Causes for Stress

Routine and Melancholy



Manipulation



Jealousy , Anger, Frustration



Causes for Stress

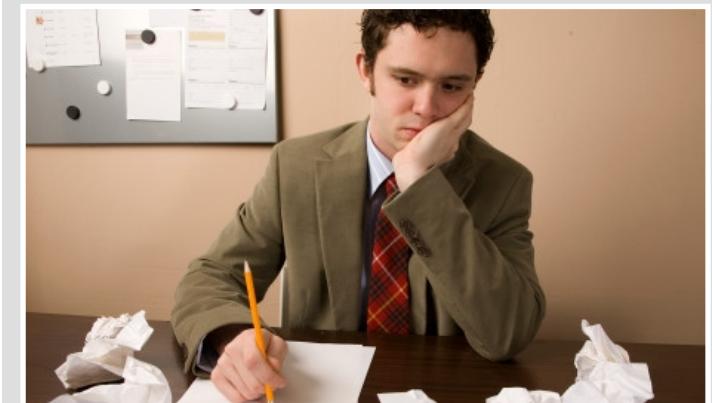
Lack of Co-ordination



Lack of Understanding



Lack of Self Confidence

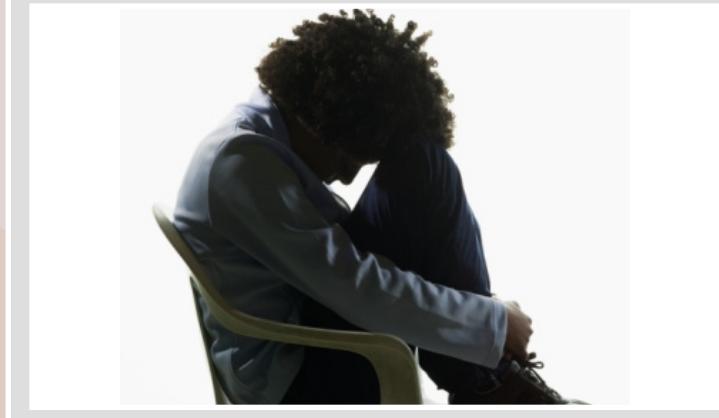


Types of Stress

Eustress



Distress



Eustress

Eustress or positive stress occurs when your level of stress is high enough to motivate you to move into action to get things accomplished.

Distress

Distress or negative stress occurs when your level of stress is either too high or too low and your body and/or mind begin to respond negatively to the stressors.

Stages of Stress

Alarm Stage



Resistance Stage



Exhaustion Stage



Alarm Stage

- As you begin to experience a stressful event or perceive something to be stressful psychological changes occur in your body. This experience or perception disrupts your body's normal balance and immediately your body begins to respond to the stressor(s) as effectively as possible.

Examples

- Cardiac - increased heart rate
- Respiratory - increased respiration
- Skin - decreased temperature
- Hormonal - increased stimulation of adrenal genes which produce an adrenal rush.

Resistance Stage

- During this stage your body tries to cope or adapt to the stressors by beginning a process of repairing any damage the stressor has caused. Your friends, family or co-workers may notice changes in you before you do so it is important to examine their feedback to make sure you do not reach overload.

Examples

- Behavior indicators include: lack of enthusiasm for family, school, work or life in general, withdrawal, change in eating habits, insomnia, hypersomnia, anger, fatigue.
- Cognitive Indicators include: poor problem solving, confusion, nightmares, hyper-vigilance.

More Examples

Emotional indicators include:

- Tearfulness
- Fear
- Anxiety
- Panic
- Guilt
- Agitation
- Depression
- Overwhelmed.



Exhaustion Stage

- During this stage the stressor is not being managed effectively and the body and mind are not able to repair the damage.

Examples

- Digestive disorders, withdrawal, headaches, tension, insomnia, loss of temper.



Levels where Pain may Appear

➤ Physical Level

- Cuts, Rashes, and Injuries
- Internal Imbalance of Organs/Systems
- Occupational Hazards – Wrist, Back pain, Neck pain

➤ Emotional Pain

- Separation/Divorce/Loss
- Anger/Hurt
- Empty Nest Syndrome
- Occupation Related – Fear of non-attainment, fulfillment, recognition, Low Morale/self-esteem

Root Cause

- Energy Imbalance is the source of all the previously mentioned problems.
- What is Energy Imbalance?
- Imbalance of What?

Terminology

- What is Energy?
- What is Energy Field?
- Imbalance
- Causes
- Ways of Restoring Balance



Energy – The Basis of Universe

- Energy is responsible for every happening
 - Energy can neither be created nor destroyed
 - Energy can be transferred and transformed

➤ **Energy Field**

- The subtle bio-magnetic energy surrounding a physical body is the Energy Field of that body
- Energy Field can also be referred as

Plasma

Aura

Energy Body

Characteristics of Energy Field

- Every thing (living or non-living) has its own Energy Field
- Energy Field is the Combination, Coordination, Harmony, and balancing of various energies
- Each individual's Energy Field is different from others' Energy Fields
- The differences are in size, density, subtlety, and coherence
- Energy Field is dynamic and changes based on the thoughts, moods, attitudes, habits, and various stimuli on the physical body

Individual – An Energy Level Definition

- Individual is Sum total of expression of his energy field at a given point of time

➤ Different Civilizations – Different Names

INDIA	→	PRANA
CHINA	→	CHI
JAPAN	→	KI
ARABIC	→	RUAH
POLYNESIAN	→	PNEUMA
PYTHAGOROUS	→	VITAL ENERGY
WILHELM REICH	→	ORGONE

Measuring Energy

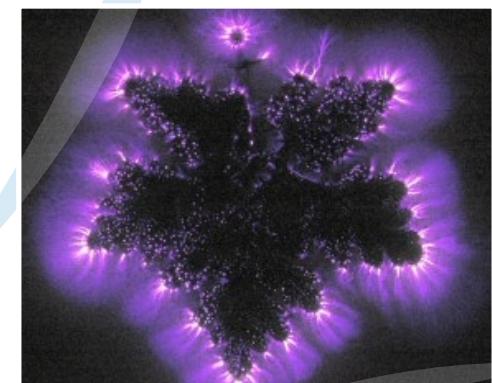
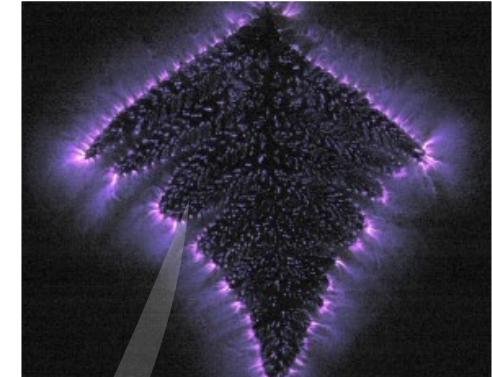
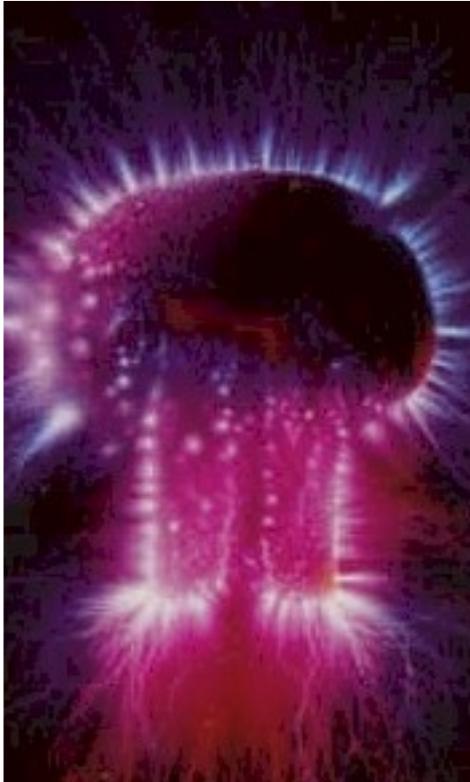
- **Energy can be measured by**
 - Electro encephalograph
 - Electro cardiograph
- **Energy field and it's images can be obtained through**
 - Kirlian photography
 - Polycontrast Interference photography
 - Gas discharge Visualization

Exercise: Feeling Energy with Hands

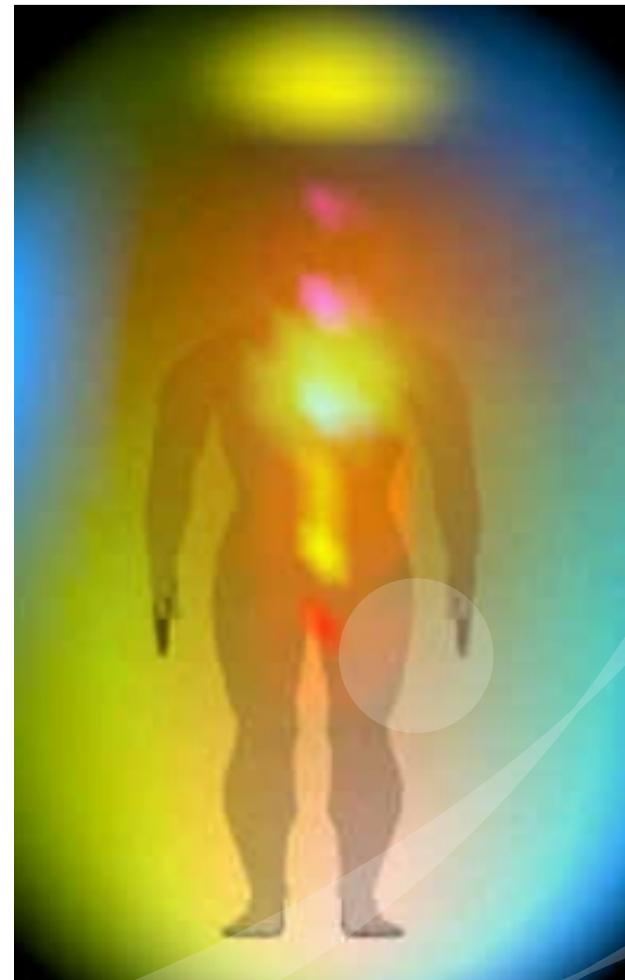
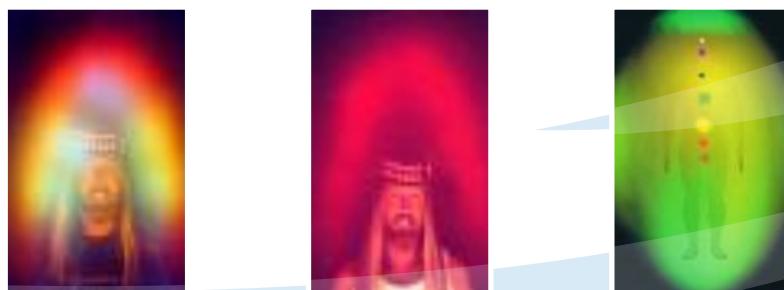
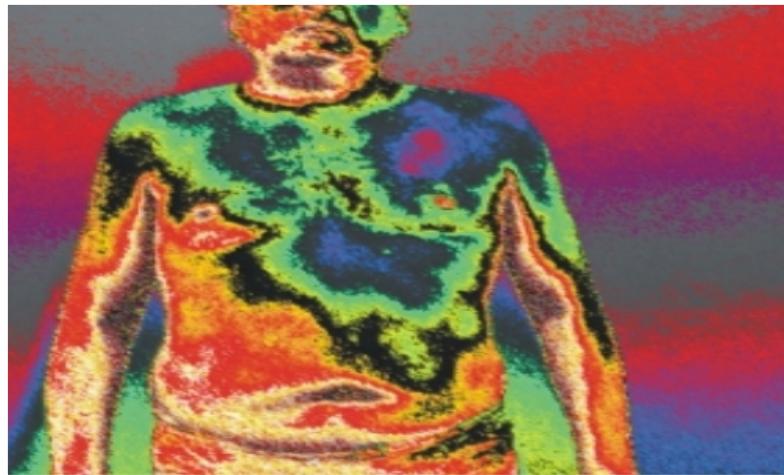
Kirlian Photography



Kirlian Photography



Polycontrast Interference Photography (PIP)



Hands of Light – Feel the Energy



Hands of Light – Feel the Energy



Physical Body and Energy Body

- The invisible Energy Body interpenetrates the visible Physical Body and Extends beyond it (by few feet to few meters).
- Both the Energy Body and the Physical Body are so closely related so much so that what affects one affects the other and vice-versa.
- For a normal and balanced individual the energy field extends by about a meter to two beyond the physical body, and the Energy Field is smooth, continuous, and coherent.
- Problems that first appear in the Energy Body later manifest in the Physical Body as disease.

Physical Body and Energy Body

- **Imbalance in Energy Field manifests as:**

disease and pain at physical level

negative attitude, fear incompetence, anger, jealousy and frustration at the mental and emotional level.

- **Correcting the imbalance:**

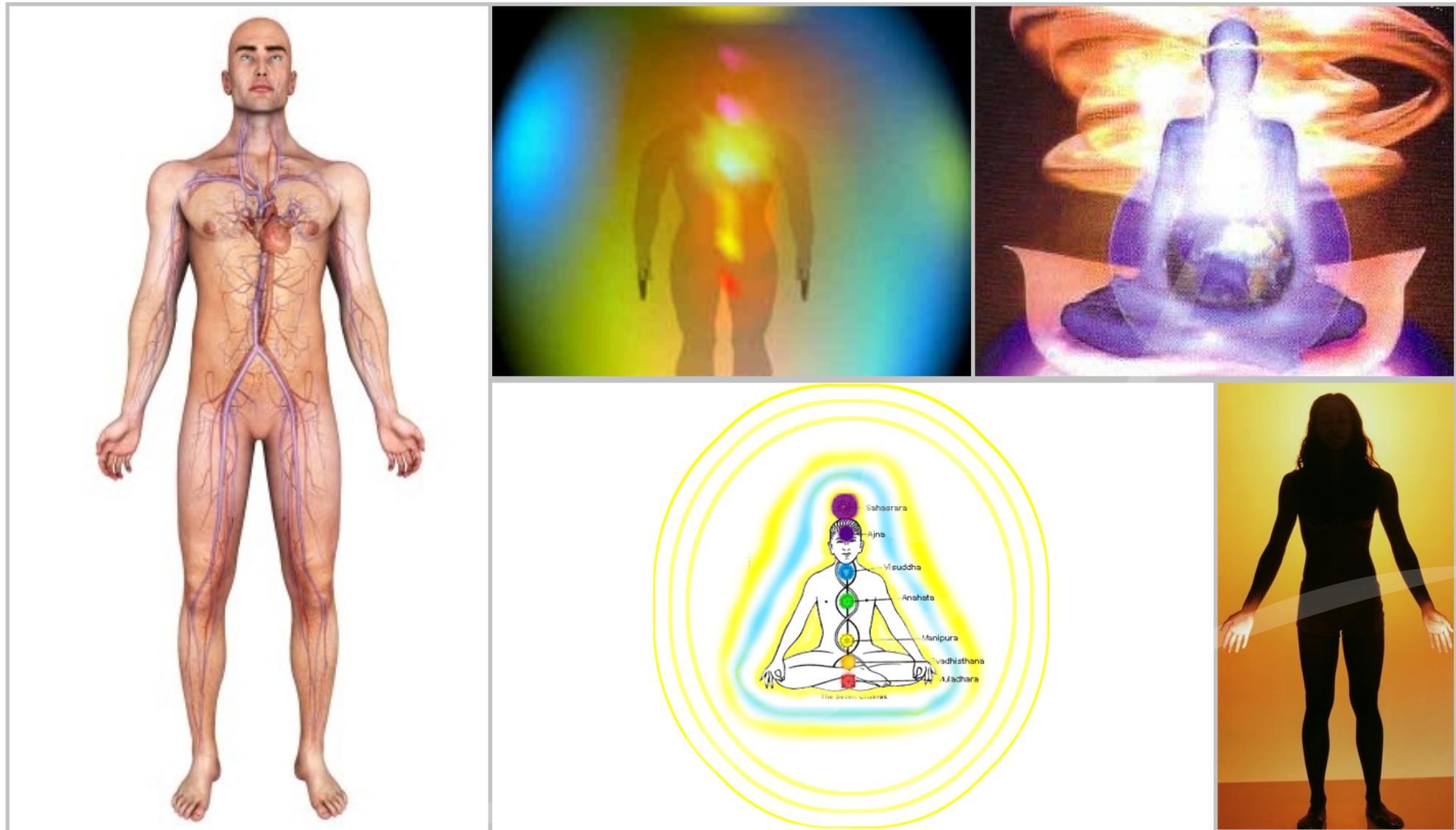
Restores health in physical level

inculcates positive attitude, confidence, competence, compassion, and understanding at the emotional level

Physical Body and Energy Body



Physical Body and Energy Body



Structure of Energy Body

➤ Aura

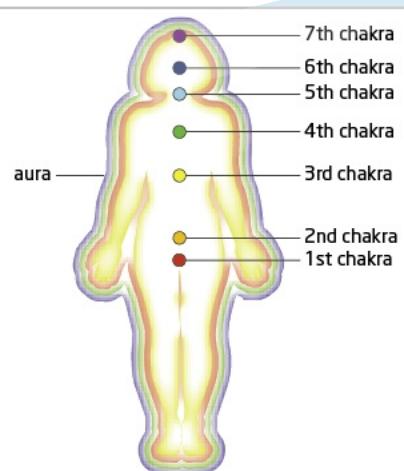
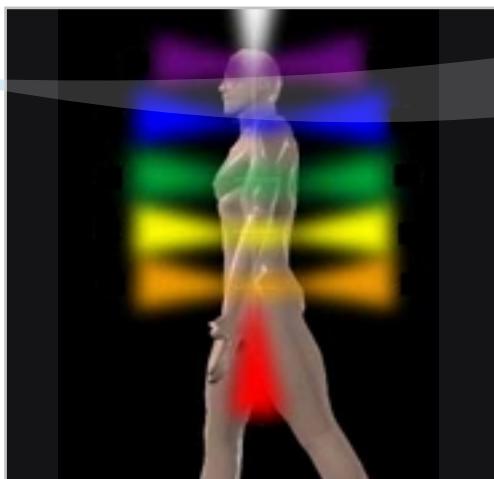
The envelop surrounding the body

Different layers of Auras

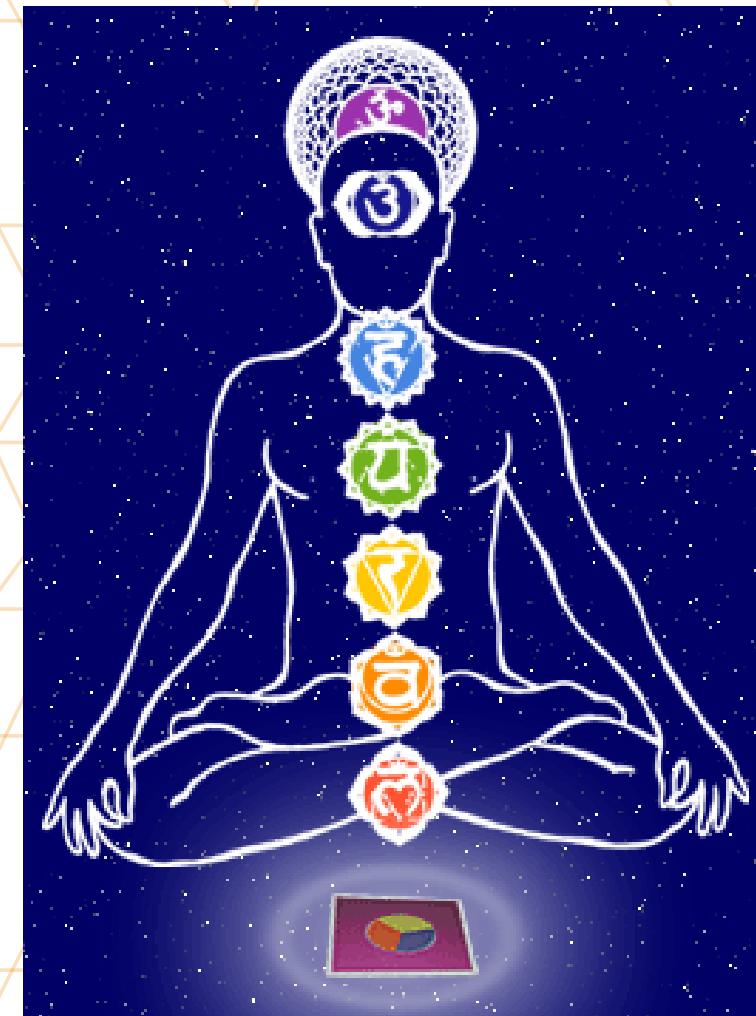
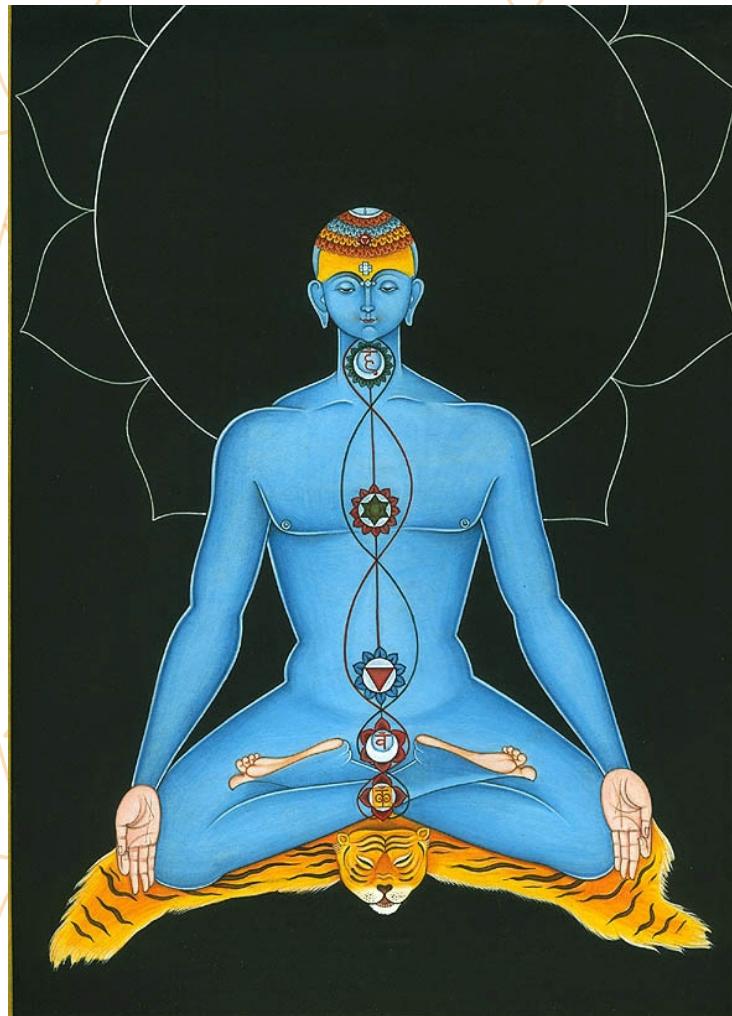
- Pancha Koshas, Inner Aura, Health Aura, Outer Aura

➤ Chakras

Whirling energy centers located in different areas of a energy body



Chakras



Influence of Chakras on Physical Body

Chakra	Physical Aspects	Manifestation
Basic (Mooladhara)	Circulatory, skeletal and muscular	Arthritis, joint pains, fractures, allergies, piles, high blood pressure and heart problems
Sex (Swadhistana)	Urinary bladder, Reproductive organs	Prostrate problems, STD, infertility
Naval (Manipuraka)	Digestive system, Liver and Pancreas	Indigestion, Hepatitis, Jaundice, Diabetes, Acidity
Solar Plexus (Kalpavriksha)	Digestive, Pancreas, Lungs	Digestive Problems, Diabetes, Asthma, Depression

Influence of Chakras on Physical Body

Chakra	Physical Aspects	Manifestation
Heart (Anahatha)	Heart and Lungs	Heart diseases, depression, breathing problems, asthma, pneumonia
Throat (Visuddha)	Throat	Cold, cough, allergy, asthma, infections, obesity, tuberculosis, addictions, depression
Brow (Ajna)	Mind and Whole Body	Lack of concentration, inferiority complex, head aches, migraine, endocrine glands, tension, extrovert, depression
Crown (Sahasrara)	Brain and Nervous system	Lack of comprehension, insomnia

Influence of Chakras on the Personality

Chakra	Physical Aspects	Manifestation
Basic (Mooladhara)	Incompatibility	Interpersonal relationships, Procrastination, brutal behavior
Basic (Mooladhara)	Fear of poverty	Lack of abundance
Sex (Swadhistana)	Lack of creativity	Boredom and Melancholy
Basic (Mooladhara)	Survival Interest	Suicidal tendencies
Sex (Swadhistana)	Perversions	Crime, Obsessions, Violence

Influence of Chakras on the Personality

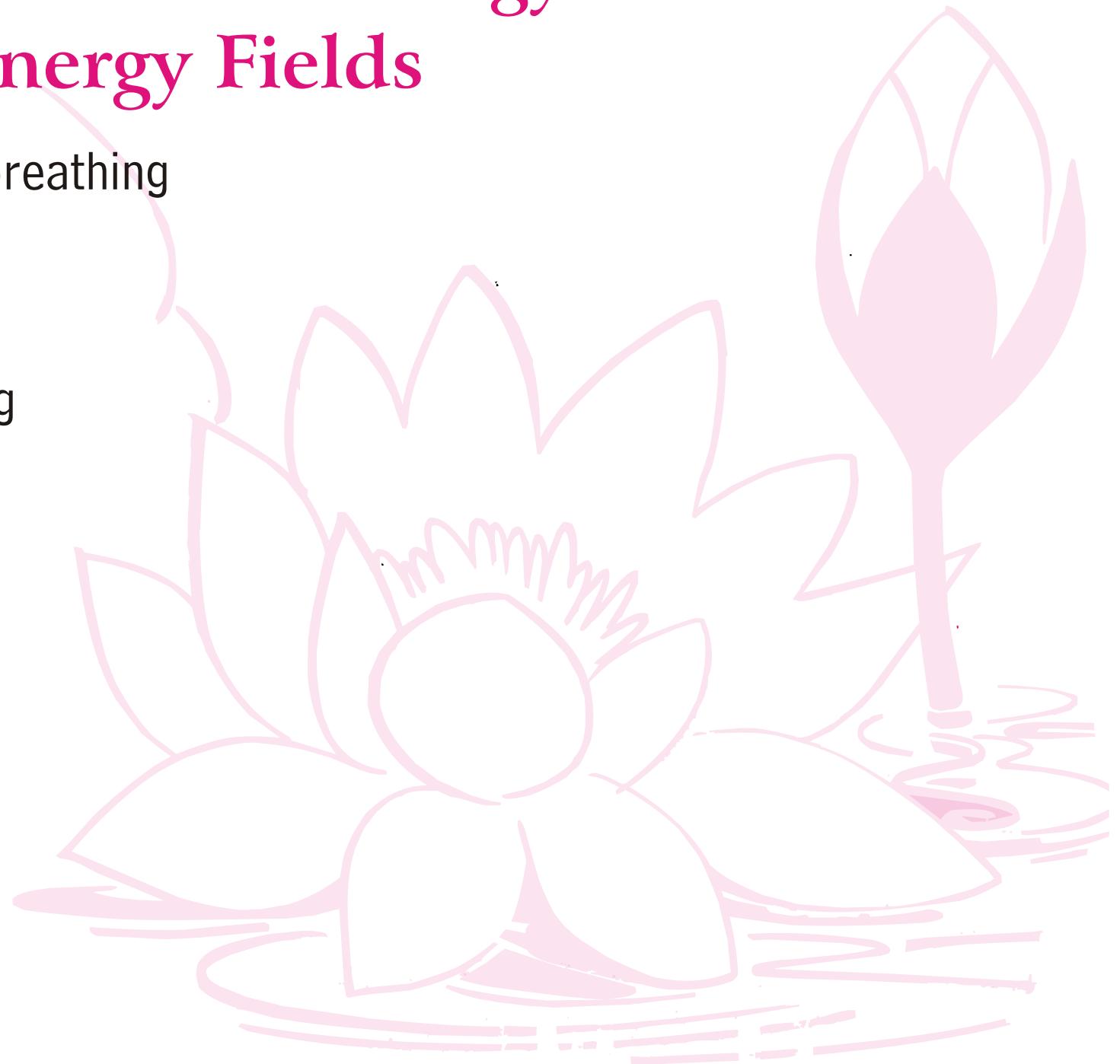
Chakra	Physical Aspects	Manifestation
Naval (Manipuraka)	Assertiveness	Aggressive or Submissive, competitiveness, dynamism, administrative capabilities, motive for gaining wealth
Solar Plexus (Kalpavriksha)	Emotions	Lack of proper understanding and judgment
Heart (Anahatha)	Compassion and Connectivity	Jealousy, Suspicious, Lack of Vision

Influence of Chakras on the Personality

Chakra	Physical Aspects	Manifestation
Throat (Visuddha)	Expression	Oral communication, blaming, pessimistic talk, urges for addiction, possessiveness
Brow (Ajna)	Intuition	Lack of vision, intellect, problem solving, decision making capabilities Negative belief/ image of oneself
Crown (Sahasrara)	Spirituality	Lack of integration of whole being

Techniques to Increase Energy Levels and Balance Energy Fields

- Proper natural breathing
- Pranayama
- Meditation
- Energy breathing
- Energy transfer
- Tai Chi
- Chi Kung



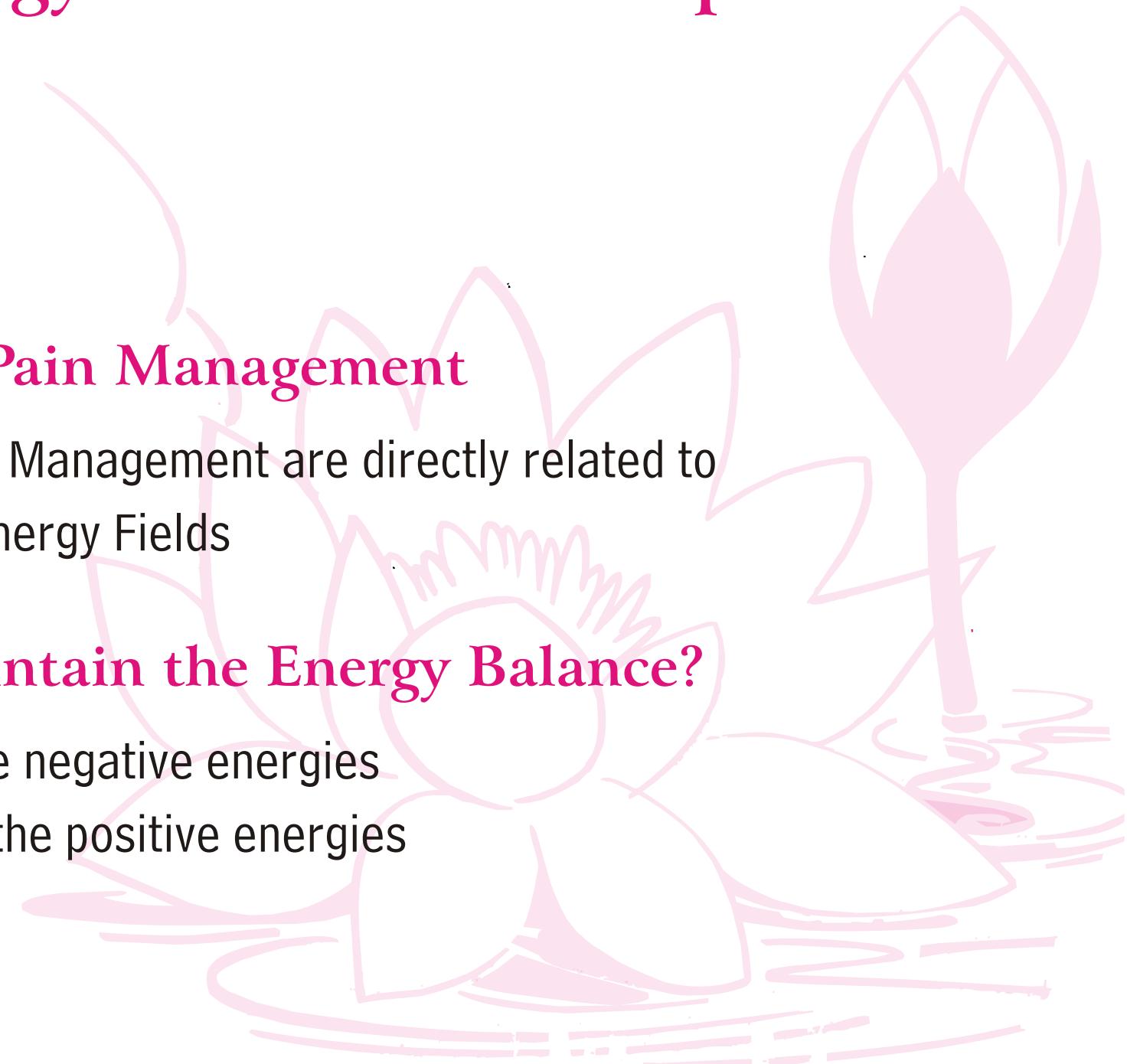
Different Energy Transfer Techniques

- Pranic healing
- Reiki
- Siddha Science
- **Stress and Pain Management**

Stress and Pain Management are directly related to balancing the Energy Fields

- **How to maintain the Energy Balance?**

- Cleaning of the negative energies
- Increasing of the positive energies



Disease – Revisited

- Dis' ease - Not ease with oneself
 - Physical
 - Mental or
 - Emotional level is Disease
 - Imbalance in Energy field Manifest as a Physical level Disease, pain, etc
 - Balancing the Energy Field - reversing the process of disease to Health

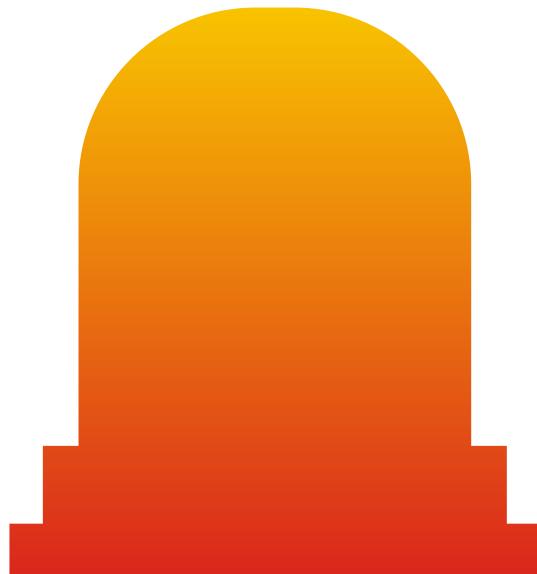
Energy accessing and transferring for balancing or Enhancing the energy field is practiced in Indian Yoga Methods

Divya Shakthi Patha YOGA is the highest form of Transfer of energy, results in Auto Balancing of Energy field which promotes health.

Siddha Science

Founded & Invented by

Swami Hardas Life System



Unique Holistic system for Harmonious Living

Science of Correcting Energy Field

DIVINE SHAKTHIPATH YOGA

...

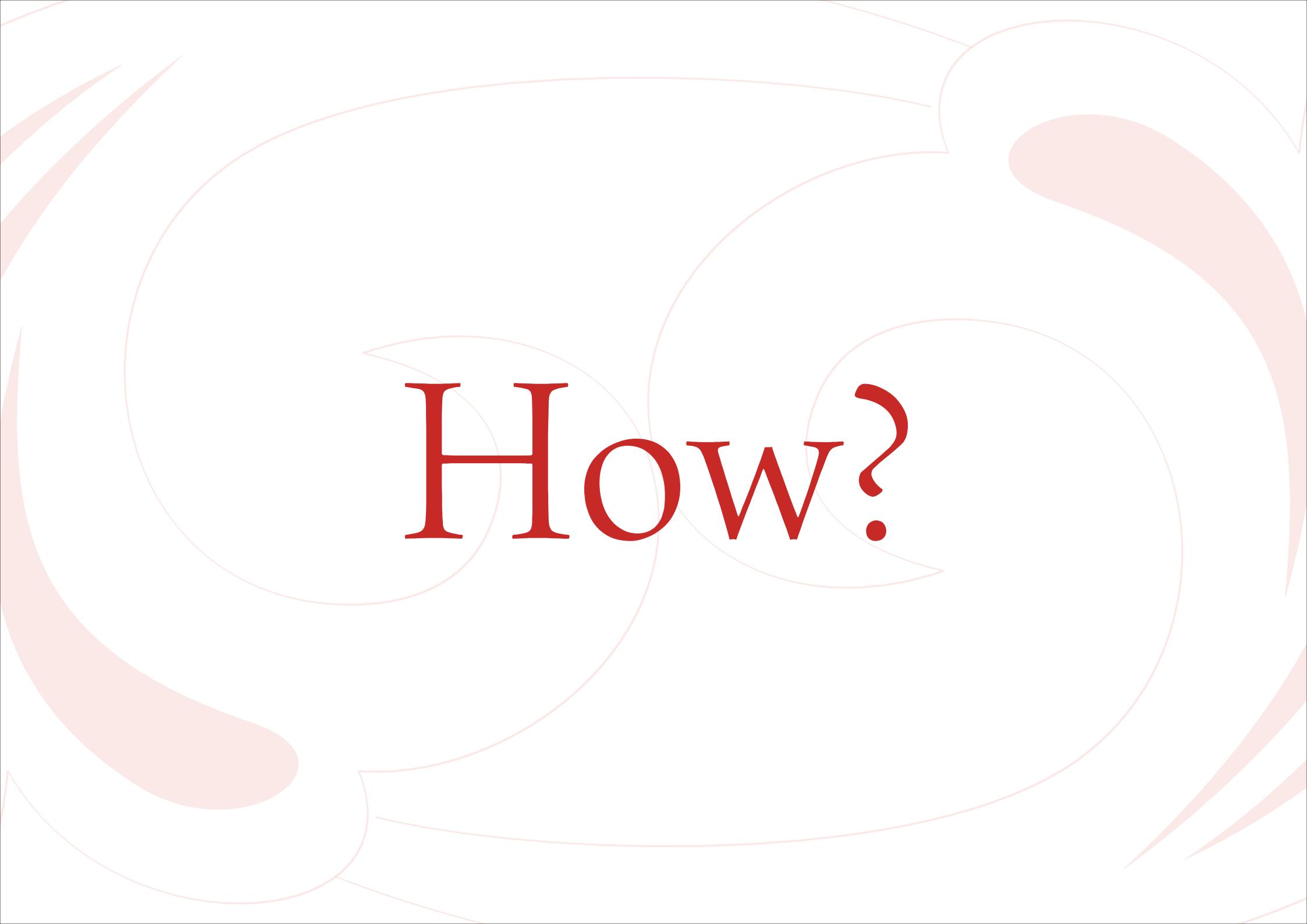
About Swami Hardas

Founder and Inventor of
Siddha Science



What can be Achieved?

- Achieve Health as defined by W.H.O
- Physical
- Mental
- Emotional
- Spiritual
- Social Well-being of human being



How?

Abdominal Breathe

- INHALE-Abdomen to expand out
- EXHALE-Abdomen to Contract out

Siddha Breath

- Inhale 'Si'
- Exhale 'Dha'

Shakthi Path

- Ancient Yoga Technique of 'Transfer of Energy' from person to person - 'Siddha Process'
- Enables individual to access Siddha Energy as and when required

“Energy Follows Thought”

Energy Transfer

- U.A.M Technology
 - Understanding the problem
 - Awakening Energy
 - Movement of energy
- Holding Hands
 - Collecting Energy into the palms.
- Touching the Effected body part
 - saying password for 3 Times

Energy Transfer

- Movement
 - Clockwise, Anticlockwise For 30 seconds
- Stop the Movement of hands
 - 30seconds

*Siddha Kalyana sadhana prayer to
Keep maintain the Energy Field*

Energy Transfer to Others

- UAM
- Leveling
- Flow
- Siddha water For Health, peace and
- Progress in Family

Is it Possible?

- Yes, Possible through Siddha science:
 - Takes 2 to 3 hours to learn
 - Practice few minutes every day at your convenience.
 - The Result: Health, Peace and Progress

What can be Expected

- Prevention and Cure of Diseases
 - Physical
 - Mental
 - Emotional
- Harmonious Life

Siddha Science can also be used for:

- - Health
- Peace
- Progress
- Agriculture
- Animals
- Birds
- De-addiction
- Education
- Business

Summary

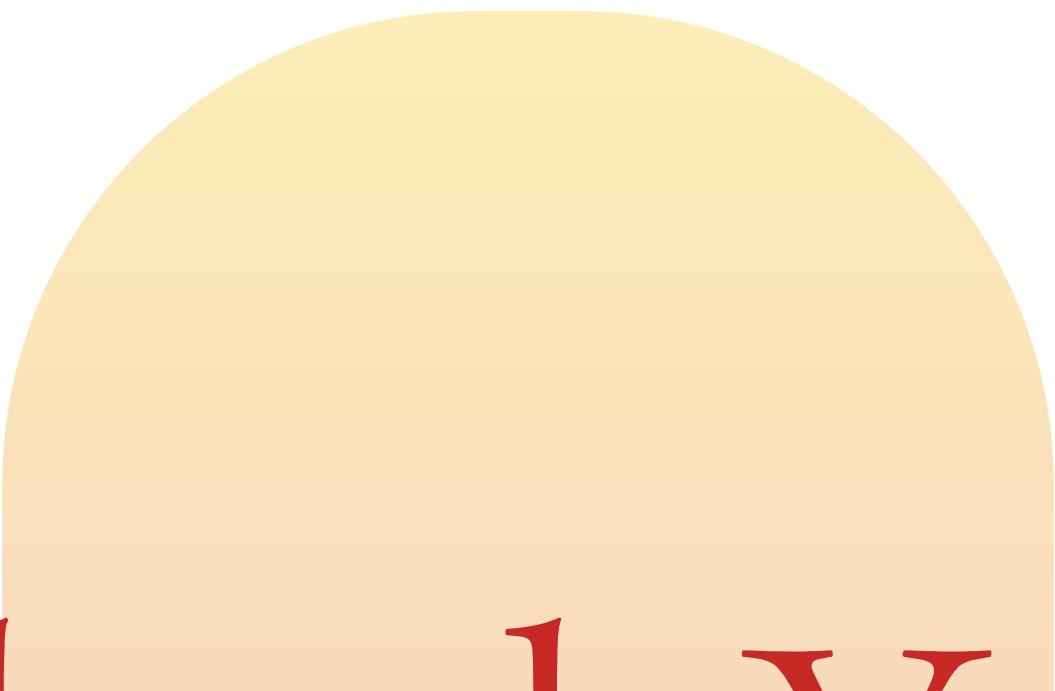
- Negative Energies & Emotions are created in day-to-day life, which affect energy body resulting in disturbances at physical & emotional levels causing Stress and Pain
- The stress resulted affects health in physical, mental, emotional, and spiritual level.

Summary

- They have their influences on attitudes, belief systems affecting the performance
- Through understanding of the basis, techniques, and practicing them one can transform the negative emotions into positive & constructive energies.

In a Nutshell ...

- Understand the *Energies*
- Transform and Transform *Energies*
- Manage *Stress* and *Pain*
- It is all in your hands!



Thank You