



# Self Healing through Marma Science



## WORKBOOK



## LEARNINGS FROM HISTORY

Learning #1.....

Learning #2 .....

Learning #3.....

Learning #4 .....

Learning #5 .....



## CLASSIFICATION OF MARMA

- UE (Upper Extremity) \_\_\_\_\_
  
- LE (Lower Extremity) \_\_\_\_\_
  
- Back \_\_\_\_\_
  
- Front \_\_\_\_\_
  
- Head & Neck \_\_\_\_\_
  
  
**TOTAL:** \_\_\_\_\_



## MARMA STIMULATION :

Principle #1 \_\_\_\_\_

Principle #2 \_\_\_\_\_

Principle #3 \_\_\_\_\_

Principle #4 \_\_\_\_\_

Principle #5 \_\_\_\_\_

## Mantra Chanting :

॥ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम्।  
उर्वारुकमिव बन्धनान् मृत्योर्मुक्षीयु माऽमृतात्॥

*Aum Tryambakam yajaamahe sugandhim pushtivardhanam.  
Urvaarukamiva bandhanaan-mrityormuksheeya maamritaat*

**Meaning :** हम भगवान शिव की पूजा करते हैं, जिनके तीन नेत्र हैं, जो हर श्वास में जीवन शक्ति का संचार करते हैं और पूजा जगत का पालन पोषण करते हैं।



## MARMA POINTS AND RESULTS

#1 \_\_\_\_\_

#2 \_\_\_\_\_

#3 \_\_\_\_\_

#4 \_\_\_\_\_

#5 \_\_\_\_\_

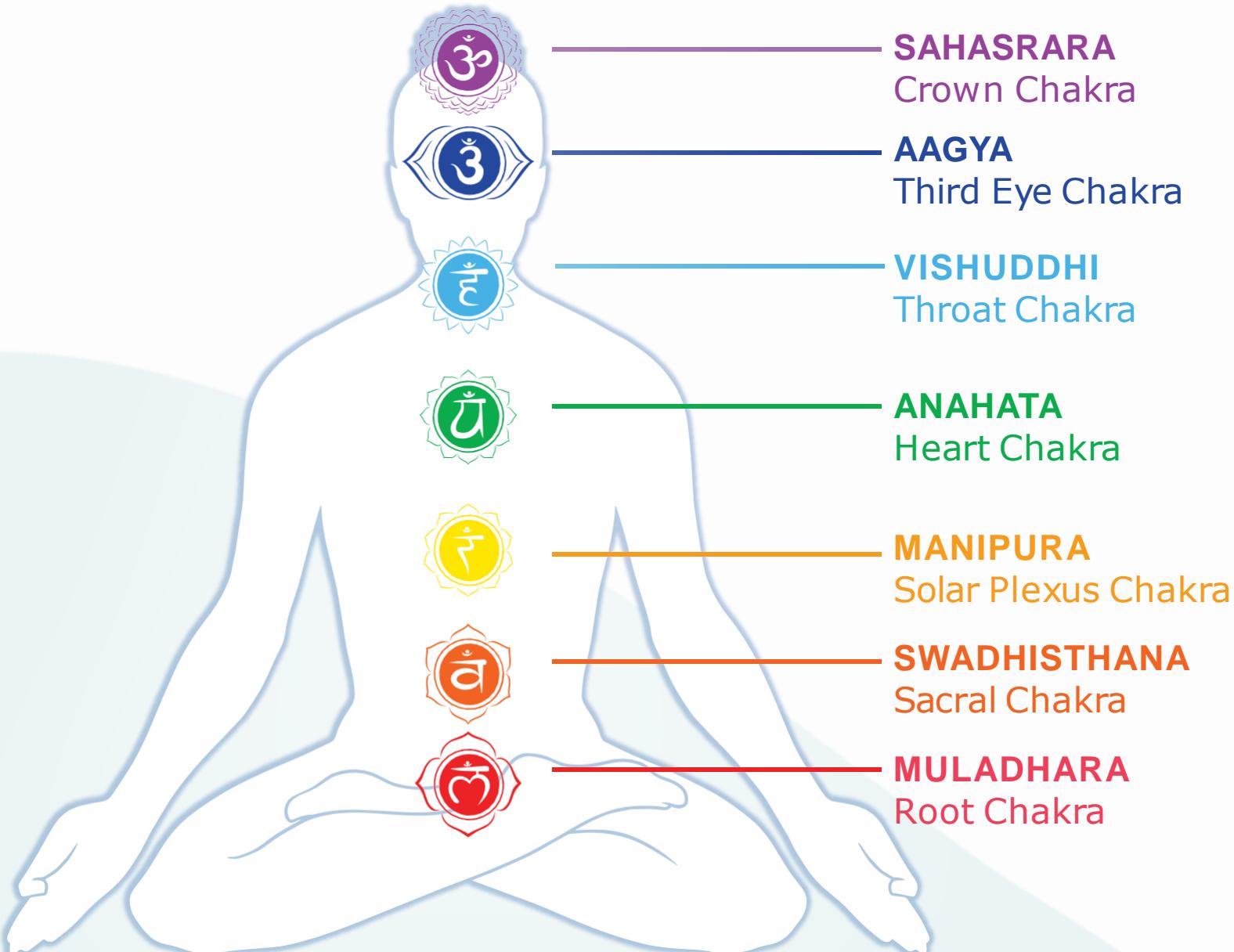
**Open Lotus Protocol (For Senses)**

**Close Lotus Protocol (For Self)**

 **Protocol for Headache** **Protocol for Sciatica**

# MARMA SCIENCE AND 7 CHAKRAS ALIGNMENT

## THE SEVEN CHAKRAS





## MARMA IN ACTION

Marma Science, a branch of ancient Indian knowledge, can be found in various Vedic texts such as Vedas, Brahmanas, Upanishads, Puranas, and Samhitas. Marmas are vital energy centers in the body that hold the life force known as Prana. Comprised of the five elements - Mamsa (muscles), Sira (veins), Snayu (ligaments), Asthi (bones), and Sandhi (joints) - Marma points are sensitive and can be dangerous if mishandled, potentially causing pain and deformities. In the past, kings and warriors used these points for combat, but they were restricted to those engaged in selfless service or seeking spiritual growth and enlightenment.

The human body is a temple of health, courage, power, vigor, and vitality, with divine entities like Lord Brahma, Lord Vishnu, and Lord Sadashiva residing within our umbilicus, heart, and chakras, respectively. However, health issues arise due to deviations in our lifestyle, behavior, and thought patterns. Our misuse of free will, disregarding the "Law of Karma," has led us into the cycle of birth and death.

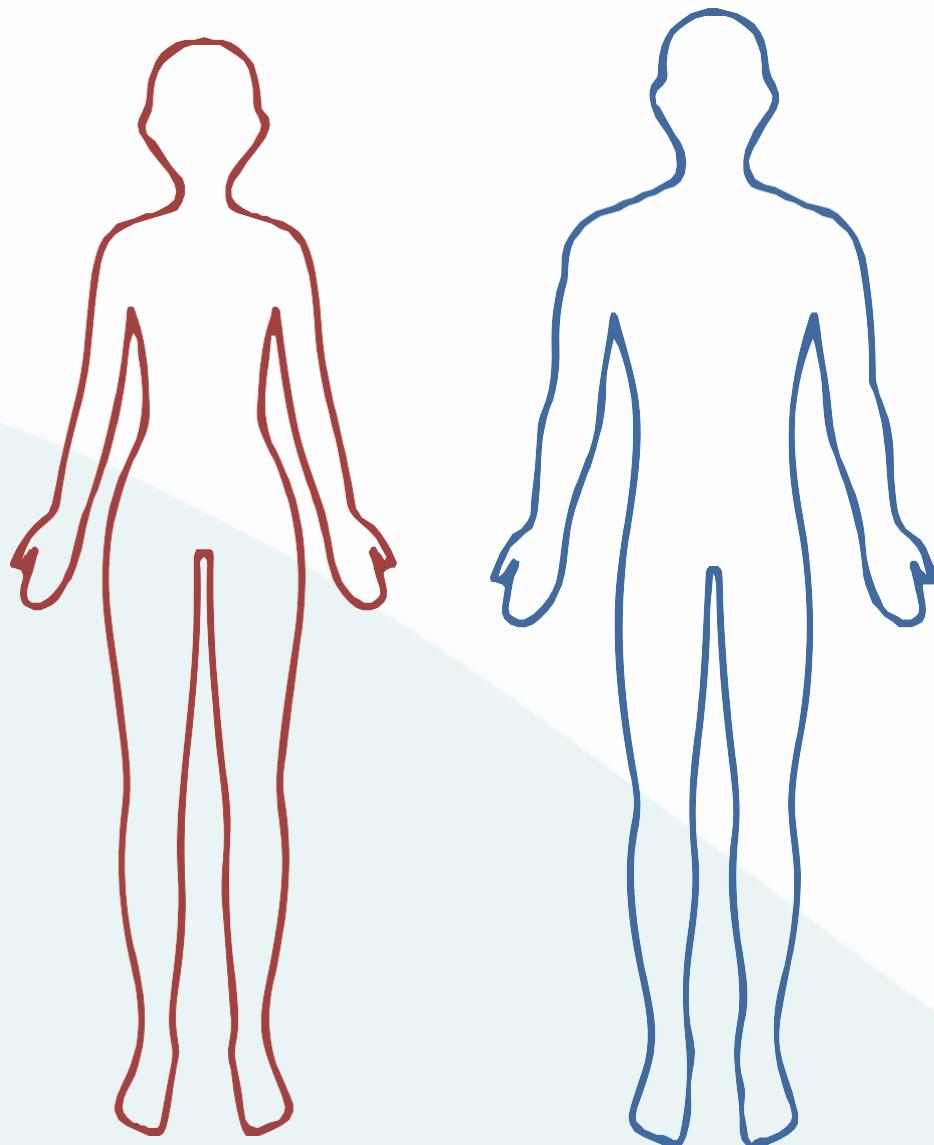
Marma Chikitsa, a foundational aspect of Angirasa treatment, is considered a heavenly science that helps preserve, promote, regulate, and manage our health. Acting as a bridge between the central nervous system, glands, and organs, Marma points play a crucial role in maintaining well-being. There are a total of 107 identified Marma points.

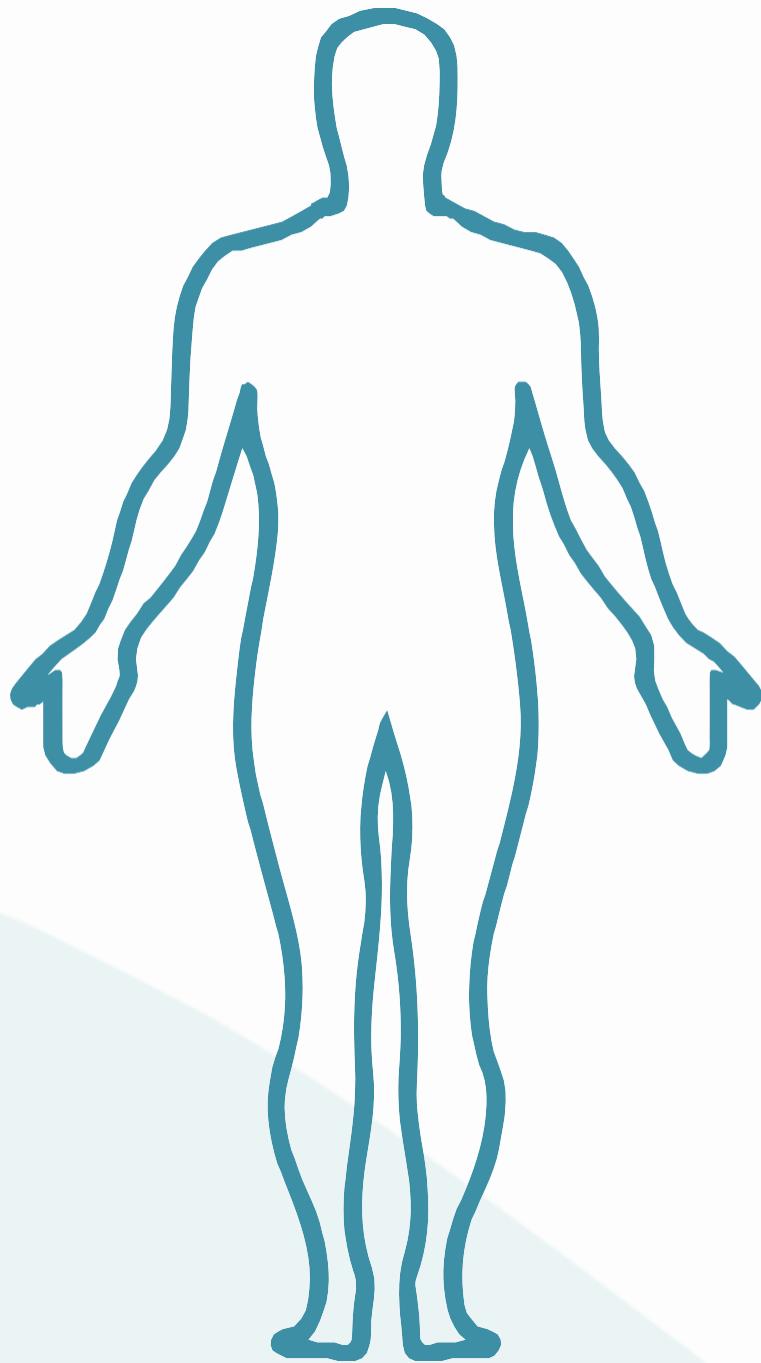
The aim of Marma therapy is to preserve health, prevent disease, and awaken the dormant heavenly powers within us. Unfortunately, we are unaware of the self-healing potential of our own bodies. These very same 107 points can be utilized for treating various health issues, especially for pain management. Regular practice can provide immediate relief initially and long-term relief with sustained efforts.

Understanding and embracing natural postures is fundamental to Marma Science. Marmas correspond to specific body parts and postures, which can be measured and identified. Activation of Marma points is inherent in practices like Yogasanas, Mudras, and Pranayama.

Marma therapy involves natural and non-invasive techniques, such as applying pressure, vibration, pinching, or using hot and cold pastes, oils, and ointments on the Marma sites, either on oneself or another person. Each Marma point requires different methods of operation or massage.

Basic knowledge of anatomy and physiology is beneficial when practicing Marma therapy. Improper pressure application can lead to symptoms like vertigo, vomiting, desensitization, severe pain, or even unconsciousness. Therefore, it is essential to learn these techniques from trained professionals.





**MARK THE LOCATION OF MARMA POINTS**