

SUPPORTING YOUR AND YOUR CHILD'S HEALTH:

The human body has natural healing abilities. Holistic healing and alternative health care solutions support the body in healing itself. A holistic therapy provides a complimentary alternative healing method to standard medicine. Holistic health care includes natural health remedies which nurture and balance the energy within us.

STRESS IN YOUR CHILD'S LIFE:

Stress in children and teenagers are just as prevalent as in adults.

STRESS is defined as any demand put on physical or mental energy. Any factor which causes **stress** is called a **stressor**. Ability of coping with the stressor results in **eustress** or **distress**. Eustress will cause adaptation (which is + ve) and Distress will cause disharmony (which is -ve). Stress in children and teenagers are just as prevalent as in adults.

Common causes of Stress in Children and Teenagers:

- High expectations in academic or other performances
- Competitive environment
- Deprived childhood due to unavailability of parents when needed
- Growing up tensions
- Peer pressure

This Stress manifests as:

- Mood swings
- Aggressive behavior
- Social Phobia seen as: shyness, social withdrawal, reserved behavior
- Lack of interest in otherwise enjoyable activities
- Opposition to Social and Familial norms
- Academic problems: Examination fear/ phobia/ anxiety, Lack of Concentration
- Psychosomatic problems: Asthma, Skin Allergies, Bowel disorders, Nocturnal Enuresis
- Becoming dependant on various external factors

Some problems become difficult to handle and add on to the stress:

- Learning difficulties
- Attention Deficit Problems



Dealing with these issues is essential both for parents and School. School life is a long and vital period in the life of each human being. During this period, school as an institution becomes the second home. The future of each child is molded here. The influence of the school is vividly reflected in the grooming of the child's personality. During this growing up phase, each child passes through many important crossroads. They have to learn various new techniques/ skills, imbibe long term values and create a foundation for their future.

Educating children about holistic healing can provide them with tools to develop and improve life- skills, self-awareness, increase intuition, promote healing, improve concentration, be calm, study better, stay healthy, decrease anxiety and decrease stress.

ECKAANKUR with its wide range of healing solutions can help a child to be healthy and whole, by teaching them techniques for healing and meditation needed to deal effectively with stress by giving them the confidence to speak up for themselves and their needs. And take control of their life wherever they can.

ECKAANKUR's mission is to reach out to students and their parents and students and their teachers because the two, working together, can be most effective in helping children cope.

TEAM AT ECKAANKUR

MS. ANJALI SENGUPTA

The team is helmed by Ms. Anjali Sengupta. A certified Reiki Master and Senior certified Pranic Healer and Clinical Hypnotherapist. She has also studied Karuna Reiki, Art of Living and Acupressure. She has been successfully running Eckaankur, a (W)holistic Healing Centre since the last 12 years. She is also associated with the Gokuldham Medical Centre, Goregaon as a Senior Certified Pranic Healer and treats patients on a daily basis. A homemaker and a mother she effortlessly divides her time between her family and healing profession. A teacher and healer par excellence. Her students and patients from different walks of life are living testimonials of her dedication and tireless work in the field of (w)holistic healing.

DR. BHAIRAVI KOTHARI [B. H. M. S., M. D. (Homoeopathy- Practice of Medicine)]

A young and dynamic doctor. An intelligent, loving and beautiful person who puts others first. Despite the pressures of work and study, she frequently takes time out to do voluntary work. She has effectively combined her training as a homeopath, ozone therapist and Reiki healer to bring good health and joy to many lives.

Review the following methods in which children can form a conscious, healing relationship between themselves and the Universal Energy contained within all.

ENERGY HEALING WITH CHILDREN

Working with subtle energy fields of children is an emerging paradigm related to holistic healing. According to the Japanese technique of REIKI (REI= Universal and KI= Life force Energy) healing can alleviate symptoms of childhood problems such as learning difficulties, temper tantrums, and general fear-related issues. Children can participate in REIKI or other forms of energy healing by becoming the recipient or learning the technique themselves. Reiki treatments for kids can increase healthy flow of chi, or invisible energy, and tend to create happier, resilient, active and overall balanced children. Children can be focused and lead a healthy life.

MEDITATION WITH CHILDREN (GUIDED MEDITATION):

Children are not immune to the effects of stress, although the stressful stimulus may vary from adults. Through the use of guided meditation, parents or instructors can help children focus and let go of any repetitive, disturbing thoughts or feelings that act as stressors.

The benefits of meditation for children include an overall sense of calmness, increased concentration, and improved flexibility. As a family-time activity, such as listening to a meditation CD together, group meditation with children can strengthen bonds, improve the quality of relationships, and create a pathway for open communication between children and their parents or between children and their teachers. It relaxes the mind and helps to focus.

Other Therapies (some of which are explained below) which involve holistic healing practices that induce an energy balance in children making them healthy and happy individuals are:

a) THERAPIES:

- PRANIC HEALING
- HOMOEOPATHY
- HYPNOTHERAPY
- OZONE THERAPY

b) WORKSHOPS:

- REIKI LEVELS: I/ II/ IIIA (ART)/ IIIB (MASTER/ TEACHER)
- RE-ATTUNEMENTS
- THEORY OF MIND AND EET/ EFT

PRANIC HEALING:

It is a drugless therapy and tested system of energy medicine that utilizes *prana* (life force) to balance, harmonize and transform the body's energy processes.

A treatment with Pranic healing includes following steps:

- SCANNING: To find out the IMBALANCES in the system
- CLEANSING AND SMOOTHENING of the AURA } Using shades of Colours
- CLEANSING AND ENERGISING of CHAKRAS and PROBLEM AREAS }
- BALANCING AND STABILISING the PRANA (Energy Levels)

HOMOEOPATHY:

A system of Medicine based on the doctrine 'LIKE CURES LIKE'. Here a well selected medicine acts on the diseased/ disordered LIFE FORCE (VITAL FORCE) thus restoring the EQUILIBRIUM and thereby HEALTH at physical and psychological levels.

HYPNOTHERAPY:

It is the use of HYPNOSIS for THERAPEUTIC purposes. HYPNOSIS is a state of altered awareness in which access is available to the SUBCONSCIOUS MIND. Unlike the sleep state in which one is oblivious of what is happening around you, the hypnotic state is one in which the CONSCIOUS mind is ALERT of what is going on, simultaneously providing access to the SUBCONSCIOUS, so HEALING takes place faster. Many deep rooted problems can be successfully cured through hypnotherapy i. e., recurrent/ chronic problems at the level of body and mind.

OZONE THERAPY:

Ozone is a pure and highly active form of oxygen (O₃). It improves oxygenation and oxidation. It is used for healing various ailments from common cold, arthritis, retinal complaints, diabetes, non- healing wounds, cancer, etc. It brings relief in pain, kills bacteria, viruses, fungi, parasites and cancer cells. It is a supportive healing therapy which is simple and yet highly effective.

INTRODUCTION TO HOLISTIC HEALTH EDUCATION

ECKAANKUR has designed special curriculums for children to introduce the concept of holistic healing in schools. Currently we offer the following programs:

Itinerary 1 : Seminar

Participants: Teachers, Students, Parents

Age Group : 10 yrs and above

Total Duration: About 2 hrs 45 mins.

SUBJECT	DURATION
Introduction to Holistic Healing and alternate healing practices	15 Mins
Introduction to Reiki & it's Principles	15 Mins
Applications, Benefits & Role Of Reiki in every- day life and common ailments	20 Mins
Introduction to Chakras & Understanding the Chakra Chart	30 Mins
Interactive Session of Q & A	15 Mins
Introduction to Homeopathy & It's Principles	15 Mins
Applications, Benefits & Role Of Homoeopathy in every- day life and common ailments	15 Mins
Interactive Session Q & A	10 Mins
Experience Of Guided Meditation	30 Mins

* Experience of Touch healing/ Reiki in person can be given to limited no of participants on request: 30 Mins

ENERGY EXCHANGE: Rs.350 per participant

Itinerary 2: Periodical Workshops

Participants: Teachers, Students

Age Group : All age groups

Total Duration: 2 Hrs

Synopsis

- One on One interaction
- Students will be given personal healing for various ailments, enhancing concentration or focus on studies and any other problems as the case may be presented.
- Healing Practitioner From Eckaankur has a weekly or fortnightly visit to school
- Appointments may be made in advance with help of school staff.

ENERGY EXCHANGE FOR THERAPY/ TREATMENT SESSIONS:

1 st CONSULTATION	Rs.750/-
FOLLOW UP PRANIC/ REIKI	Rs.500/-
FOLLOW UP HOMOEOPATHIC MEDICINES	Rs.100/-

*ENERGY EXCHANGE FOR OZONE THERAPY WILL BE DECIDED AFTER CONSULTATION

Itinerary 3: Classroom Training & workshops

Participants: Teachers, Students

Age Group : 10 yrs and above

Total Duration: 30 Mins weekly

Synopsis

- Holistic healing will be part of the curriculum of the students
- Classes Weekly Once
- Eckaankur Master and team will personally introduce various healing practices and their benefits to students during the course of the year.
- There will be workshops conducted for students to experience various healing practices , practices of Meditation, learning self healing techniques for common ailments etc.

ENERGY EXCHANGE: Rs. 350 per month per student

Itinerary 4: Reiki learning workshops (3rd Sunday of every month)

Participants: Teachers, Parents and Students

Age Group : 8 yrs and above

Total Duration: Minimum 6-8 hrs per level

Eckaankur trains individuals in 2 levels in REIKI:

LEVEL I: Cleansing/ Detoxification more at the physical level , Self-healing techniques

LEVEL II: Cleansing at the emotional and psychological levels , distance healing techniques

Once the connection has been established, the person continues to be a channel for the lifetime.

For Level 3 and 4 contact Eckaankur

ENERGY EXCHANGE FOR WORKSHOPS FOR GROUPS:

NO. OF PARTICIPANTS	ENERGY EXCHANGE (Rs) LEVEL- I (PP)	ENERGY EXCHANGE (Rs) LEVEL –II (PP)
UPTO 10	Rs.1500/-	Rs.3000/-
UPTO 15	Rs.1250/-	Rs.2500/-
BEYOND 15	Rs.1000/-	Rs.2000/-

For conducting the workshops and seminars you may contact the following:

NAME	CONTACT DETAILS	EMAIL
Eckaankur School Of Healing Arts: 4/63 , Madhuban Society , Dindoshi, Malad (East), Mumbai 400097, India.	Mrs. Anjali Sengupta Mob:+91-9819964721 Dr. Bhairavi Kothari Mob: +91-9769971371	eckaankur@gmail.com