

## **Marma Therapy** **Touching sacred sites**

By Linda-sky Emerson

Let's begin with identifying what marma points are. These sacred sites, on our body, are where the vital life force (prana) breaths into our physiology. In other words, sacred marma sites are where consciousness meets subtle levels of matter on the cellular level.

The purpose of this intimate rendezvous is for the exchange of vital energy and information between our immediate environment and the greater cosmos. When this vital energy flow is impaired then imbalances and diseases arise. The proper functioning of marma sites is considered to be not only essential to promote our physical, mental, and emotion health, but more importantly, to enhance our Self-realization.

Although not generally known to most western Yoga and Ayurveda practitioners, the sacred marmas are an integral part of the subtlest aspect of Ayurvedic medicine. The science of marma along with all Vedic science was suppressed during the many centuries of the foreign invasions of India and has only been revived in conjunction with Ayurveda within the last 50 years.

The benefit of Marma science is that it adds an important dimension to Ayurvedic therapies by connecting the gross to the subtle thus awakening each individual's power of self-healing.

In the classical Ayurvedic texts, the location, function and application of more than 107 marma points and regions are described in detail. Many of these marma sites do resemble the acupressure points of Traditional Chinese Medicine, however, the uniqueness of marma sites--along the surface of our body--is that they can be located as specific points or can extend to larger regions.

### ***Marmas & Body***

Marma therapy is important to restore vital life energy (prana) in the physical body. And, it is a necessary supplement to other Ayurvedic treatments for a full range of health issues from rejuvenation and constitutional imbalances to deep seated chronic and degenerative diseases.

At the physical level, the Ayurvedic method of relieving pranic congestion is done with gentle massage techniques and specialized oils at marma sites. After a private consultation with a patient, the Ayurvedic physician prepares a specific protocol--for that patient--of herbalized and aromatic oils to be applied to marma points or regions. In keeping with the Ayurvedic view that each individual is unique, locating the marmas requires the therapist to have a refined sensitivity to the location of marma sites for each individual.

The specialized protocols are the key to stimulating the marmas for the patient. Another key factor is the ability of the technician's own control of pranic energy and their skill to enliven it in another.

Whether an individual is interested in increasing their vital life energy flow for the purpose of a seasonal rejuvenation and skin care or for optimizing their immunity, digestion, and relieving chronic disease, marma therapy will spontaneously go deeper to bring mind and emotions back into balance.

### ***Marmas--Mind & Emotions***

From the physical, marmas communicate to our mental and emotional levels. Much too often, subconscious negative behavior arises from accumulated stress and anxiety held in our physiology. Without some relief these negative behaviors slowly develop to the point of addictions. Over

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time, these addictive patterns contribute to the formation of many diseases. Fortunately, the application of marma therapy has an important psychological component to Ayurvedic treatment for addressing and giving relief from established subconscious imbalances.

With the gentle touch of marma therapy, the energy flow of prana increases and the gross physical obstructions are reduced. At the same time, on deeper levels, accumulated negative emotions that over shadow our thinking process are released effortlessly. This gentle therapeutic touch enlivens the prana at marma sites. And, the natural pranic flow of consciousness, from the greater universe, brings with it unconditional love and compassion. It is at this level that healing takes place for mind and body.

### **Marmas & Yoga**

Realization of our higher Self has its foundation in the well-being of both body and mind. According to all traditional Yoga practices, harmonizing body and mind by enlivening prana is necessary for spiritual development. Ayurvedic therapies and the higher forms of Yoga both strive to increase prana through the stimulation of marma sites. Marma sites connect the physical branches of the nervous system and corresponding energy centers with the subtle levels of mind and emotions.

It is often said that the body is a mirror reflecting the thoughts of the mind and our mind is controlled

by our emotions and at the subtlest levels of our psycho-physiology, fettered emotions are the obstacles for our Self-realization. The multilevel therapy of marmas is another important modality for successfully removing obstacles and restoring health to the physical, mental, emotional levels, and most importantly, for facilitating the opening up of our consciousness to the greater cosmos.

### **Marma Therapy--Consultation and Courses**

The Shree Ma Ayurveda Institute and Wellness Center in Ottawa, Ontario offers Marma Therapy on the basis of a private consultation and as regularly scheduled courses. Under the expert supervision of Vaidya Hemant Gupta, director, all individuals who receive marma therapy treatment are taught the precise nature of their imbalance (physical or psychological) and then are shown which marma sites to stimulate at home. They are also supplied with appropriate medicated oils, making them self-sufficient once they have mastered the basic massage technique. For those individuals interested in the study and application of marma therapy, a series of courses have been designed to give a thorough knowledge of the main Ayurvedic method of treating marmas.

Contact information: Phone: 613-422-0937, Website: [www.divineayurveda.org](http://www.divineayurveda.org)