

MDI Integrated Wellness
A Medical Corporation

Preksha Therapy

A 30-Day Integrated Wellness Program

Illness to Wellness
Medication to Meditation
Experiments to Experience
Information to Transformation
Self Healing to Self Realization
Self Love to Universal Love

A complete approach to optimal health, vitality and higher awareness for you and your family

This is a month long consciousness transformation program to unify the elements of mind, body and spirit. Normally, these three elements of consciousness struggle to integrate with each other. With the ancient wisdom of Ayurveda, Yoga, Meditation and modern medical science, they can be joined together as a unified whole.

Preksha: Self recognition through Perception.....

Preksha means “to see profoundly”. Here `seeing’ is not an external vision but perceiving the subtle internal and innate phenomena of consciousness. Through the regular practice of Preksha techniques and therapies, we can eliminate the root cause of disease and pain by perceiving carefully and profoundly. When a mind is purified by perception, the Self dictates our life choices -abiding health is the fruit we reap.

Every human being is a combination of materialization, vibration and radiation, or radiance. The human body with all its limbs and muscles is referred to as materialization. The life-force (Prana Shakti) is vibration that corresponds to the breathing process. Materialization and Prana Shakti are coordinated by the Atomic Power, radiation (radiance), human being’s true nature. Hence a human is the embodiment of all forms of magnetic powers latent in him. There is gold, iron, air, water and various other elements present in him with the spirit pervading the entire body in the form of essence.

Human beings exist simultaneously on many levels; These levels or ‘sheaths’ of existence are called Koshas. There are five koshas: the Physical Body (Annamaya kosha), Energy Body (Pranamaya kosha), Mind Body (Manomaya kosha), Wisdom or Emotion Body (Vjanamaya kosha) and Bliss Body (Anandamaya kosha). When any of these ‘bodies’ is individually or collectively injured and our experience is not fully integrated, a disharmony results.

Preksha: An aware Lifestyle...

The benefits of Preksha are enhanced by a pure, fresh and preferably vegetarian diet, and an understanding of how to manage your health and well-being. That is why Preksha advocates leading a pure and positive lifestyle that will be elaborated upon in the program. Also, specific therapies that enhance the Preksha process will be taught.

Preksha Therapy is a consciousness transformation program that blends modern medicine with the ancient wisdom of Yoga, Meditation and Ayurveda, and it is designed to help you strengthen and heal all gross and subtle levels of yourself. It is a program where the meeting of science and spirit takes place. Preksha Therapy is a well-rounded healing approach to help you move from medication to meditation, from information to transformation, from experiments to experience and from illness to wellness.

Preksha Therapy

Step 1. “Anna”: Rejuvenating the Physical Body

Comprehensive Ayurveda Constitutional Analysis

“He whose doshas (Body energies) are in balance, whose dhatus (tissues) are functioning normally, whose malas (wastes) are in balance, and whose mind, body and senses remain full of bliss, is called a healthy person.” Sushruta Sanhita

Ayurveda

Ayurveda is a simple practical science of life whose principles are universally applicable to each individual’s daily existence. It speaks to every element and facet of human life offering guidance that has been tested and refined over many centuries to all those who seek greater harmony, peace and longevity. In an Ayurvedic constitutional analysis you will know your mind, body and spirit type.

Panchkarma: Ayurveda Whole Body Cleansing and Bliss Therapies

Pancha: Five

Karma: Procedures

PanchaKarma is the “five therapeutic procedures” to purify the mind and the body. It is a series of steps performed over many days tailored to different body constitutions.

Vital and Healthy Cooking for Dosha Balancing

Nutritious food is our first defense against disease and illness. It supplies our bodies with specific nutrients to grow, rebuild, and heal. As such the kitchen becomes more than a place where food is prepared, it becomes a dispensary, pharmacy and place of healing.

Health Rejuvenating Yogic Exercises

This highly effective set of therapeutic exercises strengthen the internal body so that all of the major organ systems can perform optimally. These practices include exercises for the following systems:

- Musculoskeletal (Asanas)
- Digestive (Kriyas)
- Neuro-immune-endocrine (Mudras)

Step 2. “Prana”: Energizing the Breath Body

Breathing should be considered the most important of all the functions of the body, for, indeed, all the other functions depend upon it. Proper oxygenation is vital for organ function. Here you will learn rejuvenating and purifying yogic breathing techniques called Pranayama. Pranayama is to consciousness itself as the heart is to the human body. Some examples of these practices are:

- Diaphragmatic Breathing
- Alternate nostril breathing (Anulom-Vilom)
- Kapalabathi
- Bhastrika
- Mahaprana Dhvani
- Sheetli/Shitkari (Buccal Breathing)

Step 3. “Mana”: Harmonizing the Mind Body

Inquiry into the nature of the Mind will reveal that it has no existence apart from the thoughts that arise through the sense organs. Thoughts constitute the essence of mind. It is at the level of the Manomayakosha that the human being gets stuck in the healing process. It is in the mind that our past conditioning and judgments live, it is the ‘monkey of the mind’ that judges and inhibits our innate ability to heal. The mindful practice of meditation – forms the link that brings the Koshas into alignment so that the ‘union’ or integration of the koshas is achieved.

In these sessions you will learn various techniques of Preksha Meditation to bring the mind under control and free yourself from mental agitation.

1. Kayotsarg (Deep Body relaxation with self-awareness)
2. Antaryatra (Internal Trip)
3. Svasa Preksha (Perception of Breathing)
4. Sarira Preksha (Perception of Body)

Step 4. “Vigyana”: Purifying the Emotional Body

Contaminating urges, emotions and passions constantly choke the Vigyanamaya Kosha. This hampers the flow of wisdom. The hurdles of emotional pollution must first be removed. When this Kosha is cleansed, pure inner wisdom automatically surfaces. Balance of mind, equanimity and a state of well being are also experienced simultaneously. Transmutation of thoughts and development of healthy emotions takes place, thus increasing the efficiency of mind and body. Learn to tap into your wisdom body by:

Chaitanya Kendra Preksha (Perception of Psychic Centers or Chakras)

- Anupreksha (Contemplation)
- Leshya Dhyana (Perception of Psychic Colors)
- Bhavana (Autosuggestion)

Step 5. “Ananda”: Realizing the Blissful Self

Purification of character and cultivation of unselfish love is the way to Self-realization and attainment of ultimate joy and bliss. Moving toward a quantum leap of consciousness, in these sessions you will be facilitated into experiencing your inner pure divine self. These deep sessions address the unique bio-individuality of each person’s informational field and correct the disruptions or distortions of the informational energy field. Healing can be accomplished by correction of these distortions. This restores the natural harmony and balance of the body systems, thus helping the individual to experience his inner, pure and healed self.

Miscellaneous Treatments:

- Acupuncture
- Crainosacral Therapy
- Visceral Manipulation
- Light and sound therapies
- IV Chelation