

Health and Wellness at Your Fingertips
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Abstract:

It is a basic principle in physics that whenever there is flow of electricity, a magnetic field is created around it, the nervous system is nothing but electric channels carrying current all over the body. So, yogic postures and mudras are likely to have an influence on the micro-electromagnetic forces in our body and impact functions. Functional MRI studies show that certain areas of the brain get activated merely by thoughts even without carrying out a task. So, meditation, the process of "thoughtless awareness" is likely to impact brain functions. Breathing is an automatic phenomenon. Wellness at your fingertips teaches a non-invasive energy healing techniques to adults and children and helps them to get relief from any negative emotion like anger, anxiety, overwhelm, frustration etc, and physical aches and pains like headaches, back aches, tension in shoulders etc. Tapping draws on the ancient wisdom of Eastern medicine's acupuncture (but without needles) and blends it with cutting – edge insights of Modern Western Psychology. By tapping on the body's acupuncture / acupressure points, people can quickly dissolve the “energetic blocks” that have been hindering their physical or emotional recovery and well-being. Hence, it is the need of an hour to improve our health and well beings. In this present scenario, it is important for us to improve our health and well beings and understand ourselves in the best way by doing yoga and meditation.


