



## Marma Therapy: The Healing Power of Ayurvedic Vital Point Massage

By Dr Ernst Schrott, Dr J. Ramanuja Raju, Stefan Schrott

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The effective yet gentle 'Sukshma' technique, for working with the Marma points at the emotional as well as on the physical level, is fully described in this book. Marma Therapy - the art of treating specific vital points on the human body - is one of the greatest healing secrets of Ayurveda. It can be used to detoxify, strengthen and revitalize the body, for rejuvenation and relaxation or to release blocked energy. The authors explain the theoretical basis of Marma Therapy, and then provide a detailed, fully illustrated guide to its use.

For each Marma point, the authors provide information about its significance, the Ayurvedic element it relates to, the most appropriate oils to use, and what it can be used to treat. Clear step-by-step instructions and photographs illustrate the techniques, and advice is also included for self-treatment. The authors explain how to strengthen the Marmas through yoga and use mudras to support and complement Marma treatment. Finally, they describe how to treat common physical and emotional conditions, from headache and back pain, to exam nerves and insomnia.

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### **Editorial Review**

#### Review

At last we have Ernst's book available to us. This book is a gift! A beautiful accompaniment to enrich the gentle healing energetic teachings of Marma Therapy. A life changing treatment with its roots in ancient Ayurveda and its future in modern therapy. Marma Therapy has remarkable healing ability. This book is beautifully illustrated and gives a clear and highly informative description of the treatment philosophy, procedure and the benefits that can be achieved. Thank you for sharing this gift - it will enrich the healing capacity of many therapists. I highly recommend this book and the teachings of Ernst Schrott. -- Beverley Higham, aromatherapist and author Sukshma Marma Therapy(R) is a simple, powerful, safe procedure that anyone can learn and benefit from. It brings together the ancient wisdom of Ayurveda with essential oils, gentle touch and pure intention. In this book, Dr Schrott presents a simple and practical guide so that anyone can take the first steps to learning this profound practice for use on themselves and on others. -- Jonathan Hinde M.A. (Oxon), aromatherapy writer, Director of Oshadhi Ltd, and teacher of Transcendental Meditation This wonderful book represents the product of 30 years work by some of the greatest minds in the field of mind-body and consciousness. They have revived the almost lost Ayurvedic knowledge of the therapeutic treatment of Marma points and made it accessible to anyone anywhere in the world. Marmas are the delicate, subtle points in the physiology where consciousness and matter are most intimately connected. By gentle touch the mind and body can be treated. I highly recommend this unique book to anyone who is interested in promoting life in the direction of perfect health. -- Dr Elizabeth L. Young, General Practitioner, London What impresses me most whenever I have Sukshma Marma Therapy is that something so gentle and so precise, can have such a profound healing effect. Amazing how profoundly effective this gentleness is. Just fantastic. -- Princess Ursula Blucher von Wahlstatt I had a neural lesion on my face with no sensation in the right side for about 30 years. I was invited to participate in a workshop session and the result was the restoration of sensation in my face. I knew then that this is one of the most powerful tools that we in the health sector can give to ourselves and our patients - an efficient, clean and gentle treatment method. In 30 years as a medical doctor, I never saw anything like this. Thanks Ernst. -- Guilherme Oberlaender M.D., Brazil Training with Ernst has given me a new Angel touch method to bring the body back to balance. Who wants to run their life by fear and old traumas? This is a book to gain your freedom and happiness. -- Gudrun Jonsson, Biopath, Reflexologist and author of 'Gut Reaction' "Marma Therapy" is beautifully illustrated and provides a systematic approach to both self and partner treatment; outlining massage techniques, "mudras" (hand gestures) and "asanas" (yoga postures) useful in promoting harmony to body and mind. -- John E Smith The Herbalist Marma Therapy-the gentle art of treating specific vital points on the human body-is one of the healing secrets of ayurveda. It can be used to detoxify, strengthen, and revitalize the body for relaxation or to release blocked energy. In this 148-page hardcover text, authors J. Ramanuja Raju and Ernst and Stefan Schrott explain marma therapy's theoretical basis and provide a detailed, fully illustrated guide to its use. *Massage & Bodywork* magazine

#### Review

At last we have Ernst's book available to us. This book is a gift! A beautiful accompaniment to enrich the gentle healing energetic teachings of Marma Therapy. A life changing treatment with its roots in ancient Ayurveda and its future in modern therapy. Marma Therapy has remarkable healing ability. This book is beautifully illustrated and gives a clear and highly informative description of the treatment philosophy, procedure and the benefits that can be achieved. Thank you for sharing this gift - it will enrich the healing capacity of many therapists. I highly recommend this book and the teachings of Ernst Schrott. (Beverley Higham, aromatherapist and author)

Sukshma Marma Therapy® is a simple, powerful, safe procedure that anyone can learn and benefit from. It brings together the ancient wisdom of Ayurveda with essential oils, gentle touch and pure intention. In this book, Dr Schrott presents a simple and practical guide so that anyone can take the first steps to learning this profound practice for use on themselves and on others. (Jonathan Hinde M.A. (Oxon), aromatherapy writer, Director of Oshadhi Ltd, and teacher of Transcendental Meditation)

This wonderful book represents the product of 30 years work by some of the greatest minds in the field of mind-body and consciousness. They have revived the almost lost Ayurvedic knowledge of the therapeutic treatment of Marma points and made it accessible to anyone anywhere in the world. Marmas are the delicate, subtle points in the physiology where consciousness and matter are most intimately connected. By gentle touch the mind and body can be treated. I highly recommend this unique book to anyone who is interested in promoting life in the direction of perfect health. (Dr Elizabeth L. Young, General Practitioner, London)

What impresses me most whenever I have Sukshma Marma Therapy is that something so gentle and so precise, can have such a profound healing effect. Amazing how profoundly effective this gentleness is. Just fantastic. (Princess Ursula Blücher von Wahlstatt)

I had a neural lesion on my face with no sensation in the right side for about 30 years. I was invited to participate in a workshop session and the result was the restoration of sensation in my face. I knew then that this is one of the most powerful tools that we in the health sector can give to ourselves and our patients - an efficient, clean and gentle treatment method. In 30 years as a medical doctor, I never saw anything like this. Thanks Ernst. (Guilherme Oberlaender M.D., Brazil)

Training with Ernst has given me a new Angel touch method to bring the body back to balance. Who wants to run their life by fear and old traumas? This is a book to gain your freedom and happiness. (Gudrun Jonsson, Biopath, Reflexologist and author of 'Gut Reaction')

"Marma Therapy" is beautifully illustrated and provides a systematic approach to both self and partner treatment; outlining massage techniques, "mudras" (hand gestures) and "asanas" (yoga postures) useful in promoting harmony to body and mind. (John E Smith *The Herbalist*)

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#### About the Author

Dr Ernst Schrott is a trained medical doctor specialising in naturopathy and homeopathy and one of the most renowned Ayurveda specialists in Germany and Europe. He is Vice-President of the German Society of Ayurveda, Head of the German Academy of Ayurveda, and has written numerous bestsellers on Ayurveda.

Vaidya Dr J. Ramanuja Raju is an internationally recognised Ayurveda specialist. He is chief physician of the Maharishi Ayurveda Clinic in New Delhi and General Secretary of the All India Ayurvedic Graduate Association. He was advisor to the Indian State Ministry of Health and Family Welfare and has trained thousands of doctors in Ayurveda worldwide. He is also a master of the art of Ayurvedic pulse diagnosis.

Stefan Schrott studied traditional Vedic techniques of Yoga and Meditation at the Maharishi University of Management in Fairfield, Iowa. He is a holistic therapist for mind/body medicine, Maharishi Ayurveda and

Marma and a certified Yoga instructor. Inspired by Vedic healing techniques and practical training in the USA, India and Europe, he is especially devoted to spiritual healing.

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