

One – Day Interactive Session on  
**“Non Invasive Quick Healing @ Your Finger Tips”**  
**28 November 2011 [10 AM – 4 PM]**  
**Seminar Hall, Alumni Center, CEG, Anna University**

**By**

Integrated International Holistic Cure Centre  
No. 95, 8<sup>th</sup> Cross, 20th Main,  
G-Block, Sahakara Nagar,  
Bangalore 560092, India.  
**e-mail: ihhp.blr@gmail.com**

**Will you believe this.....?**  
**You will, when you experience it yourself.**

***De-stress, rejuvenate, retain youth & dynamism, & also get cured!***

**All this is possible**  
**By JUST using our fingers!!**

**AMAZING!!! Is it Not??**

**Read on.....**

**A Unique healing Method unearthed.....,**  
***Now healing is at your Finger Tips, literally***

***Introduction***

It is well known that alternate & Holistic medicine systems help in physical, emotional, social and spiritual wellbeing. This is due to non toxic medicines, which have no side effects & cause no harm to the human body. More & more awareness on the benefits of natural healing have led to increased number of people wanting to opt for such healing practices. These systems are our tradition and have been curing humans for ages.

After the English systems came into being, our traditional toxin-free systems slowly eased out of our preview. No doubt, the modern science and systems have added great value & helped us in understanding the human body better. We also have advanced diagnostic techniques in the English methods. The toxins in the medicines are the major concerns for the human body, which makes a patient remain a patient for a very long time!

Now, after many years, these toxin free systems are back to cure you the natural way. Our modern & hectic lifestyle leads to stress, which when uncontrolled leads to fatal diseases or cluttered mind. Holistic medicine is about bringing balance in our body. The balancing of *Pancha Bootha* or five elements is the key to remain healthy.

Holistic medicine systems have a common thread of achieving such a balance within the human body and also to achieve balance with the universe too. Indian holistic medical

systems have always addressed not only the physical but also the spiritual dimension. The multiple healing systems known as AYUSH (Ayurveda, Yoga, Unani, Siddha, and Homeopathy) are highly valued systems with a rich history. Siddha medicine for example, is considered 10,000 years old. Indian holistic cures have a very rich heritage in general. The knowledge captured in ancient Indian literature thousands of years ago have been built into many Indian healing systems like the Yoga, Siddha and Ayurveda. Acupuncture from China too has a rich history.

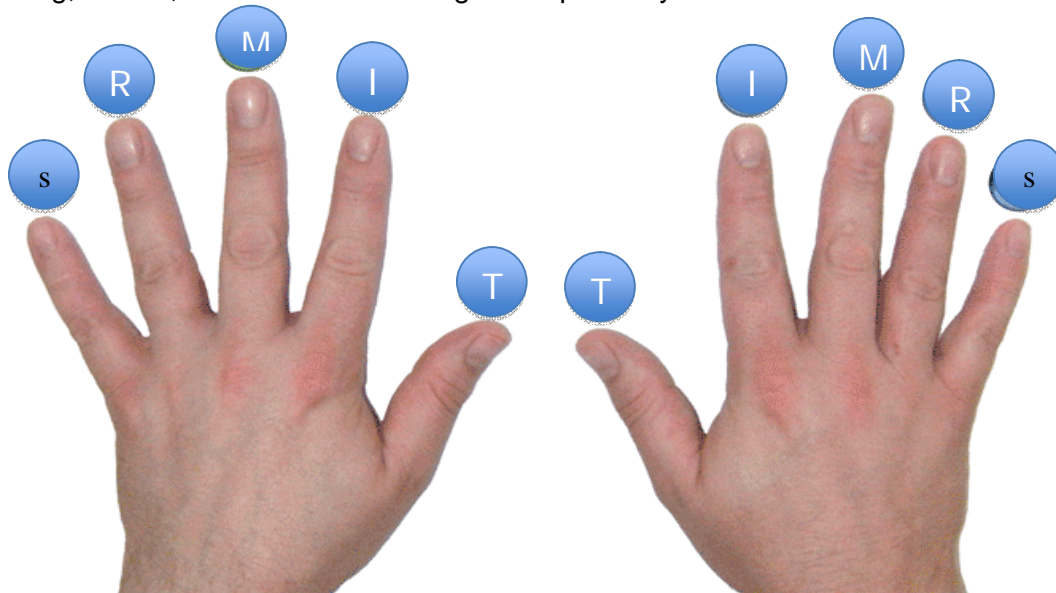
Today, when new diseases are spreading and cancer is becoming more and more prevalent; systems of holistic medicine have become even more important. Holistic healing is not just about curing a disease. It is actually a journey of discovery of more answers and eventually an improved; stress free, healthy and wholesome life.

**Finger Tip Revelation (FTR)** is a holistic, alternate healing technique that restores balance and leads to enjoying the life in its wholeness. *It is a technique rendered by Dr. N. Balakrishnan, an Engineer turned Doctor and Spiritualist, International Integrated Holistic Cure Centre (IIHCC), Bangalore.* FTR is fundamentally very much aligned to AYUSH systems and hastens the healing process. The treatment is mostly external though it sometimes involves complementary herbal medicines of AYUSH systems.

### ***Finger Tip Revelations***

The Indian saints have understood that the existence of any animate or inanimate matter is based on the concept of creation, sustenance & then annihilation. FTR is based on this principle.

Finger Tip Revelations (FTR) is a revolutionary technique that brings about healing using the tips of the ten fingers of both hands in specific combinations. The five-finger tips of each hand (refer to image below) are referred to as S,R,M,I,T representing the Small, Ring, Middle, Index and Thumb fingers respectively.



FTR combines the S-R-M-I-T fingers of one hand with the S-R-M-I-T of the other hand at the tips of the fingers. The combinations are unique and individualized for the condition of each human being and ailment if any.

### ***Description of FTR technique***

The treatment involves first determining a particular FTR sequence unique for an individual and his ailment. This is achieved by divining the aura of an individual. The fingertips of the two hands are made to gently touch each other in the given combination. Only the tips of the fingers meet each other and the rest of the fingers remain apart.

For example, a typical sequence of FTR may be specified as follows:

FTR Step 1: TT - MM - RR - II . SS

FTR Step 2: TT - MM - RR - IS - SI

FTR Step 3: TT - MR - RM - II - SS

FTR Step 4: TT - MR - RM - IS – SI

For example, the FTR combination for step No. 4 above specifies "TT-MR-RM-IS-SI". This means the tips of the five pairs of fingers of left and right hands must simultaneously touch each other in the following combinations

TT - the tip of Left Thumb and the tip of Right Thumb touching each other,

MR - the tip of Left Middle and the tip of Right Ring touching each other,

RM - the tip of Left Ring and the tip of Right Middle touching each other,

IS - the tip of Left Index and the tip of Right Small touching each other, and

SI - the tip of Left Small and the tip of Right Index touching each other.

The image below shows a demonstration of "TT-MR-RM-IS-SI" combination. Please note that, while the Tips of the fingers are touching each other, the rest of the fingers remain separated from each other.



The person seats himself and touches his or her finger tips in the specified sequence, spending about 30 seconds in each combination. A typical sequence may contain varied number of steps. Some sequences may be short involving just 4 steps. The longest

sequence involves about 16 steps. The FTR sequence is to be followed regularly - at least 3 times a day - once in the morning, once around noon and once before going to bed. However FTR can be practiced Any time at Any Place. The more the number of times the FTR practiced the faster is the healing.

We welcome you to come & experience well being & relief from stress or ailments in our session.

### ***Benefits of FTR***

- FTR is a great stress reliever & brings inner peace. FTR energizes the individual. Once the physical, mental and spiritual balance is restored, it leads to greater success in the individual's tasks in daily life, managing any job
- FTR is able to cure many diseases. It has been successfully applied to the varied problems like Stress, Sinus, Migraine, Arthritis, Asthma/Respiratory problems, ENT problems, Back pain, Sleep disorders, Spondylitis, Joint Aches, Skin disorders, Abdominal disorders, Cancer, Neurological disorders, common cold, allergies, Gastro intestinal disorders etc.
- For complex cases like Cancer and other disorders, FTR has demonstrated a dramatic reversal and curing within a very short period of time.
- FTR, when done regularly, can act as a preventive. It keeps one free of ailments if practiced regularly for three times a day.
- FTR is completely non intrusive and has absolutely no side effects.
- FTR brings about a balance in the human body. It also brings about a balance between the system within the body with the universe outside in terms of the five elements (Panchaboothas) that fundamentally constitutes the whole universe.
- FTR treatment does not involve any external agents/drugs/ chemical substances. In extreme cases some natural herbals may supplement the FTR treatment. Thus, it is free from undesired side effects.
- **FTR has been proven over hundreds of beneficiaries all over India and the world for whom the treatment has solved different types of ailments, which have not been cured for by various other treatments.**
- **FTR can also act as a great supplement to other systems of medicines as it does not interfere with any intake of other medicines like Homeopathy, Ayurveda, Siddha, Allopathy etc. as FTR normally does not prescribe any medicine by itself.**

### ***Beneficiaries***

The effectiveness of FTR has been repeatedly proven for any gender or age. Various workshop/demo were conducted in **Bangalore, Mumbai, Chennai, Coimbatore.**