

# The Autonomic Healing of Self®

## “Dr. Ajrawat’s Air-Pulse Autonomic Meditation Therapy®”

*A Breakthrough Self-Administered Cognitive and Medical Therapy for The New Age*

Millions of people suffer from stress, anxiety, and depression, as well as a host of physical problems, yet mainstream medicine often fails to provide healthy and effective pain relief. Illnesses are misdiagnosed, improper medications are prescribed, and the pain sufferer gets caught in a vicious cycle of unsuccessful remedies because traditional approaches fail to understand that body and mind are interrelated entities that must be treated together to ensure human health. But now true pain relief is at hand.

Paramjit Singh Ajrawat, M.D., a fellowship trained pain specialist, has invented the world’s first scientifically based meditation therapy, which activates the natural healing powers of the body’s autonomic nervous system to restore balance in both body and mind. It is natural, requires no religious beliefs or rituals, and can be self-administered at any time or place. *The Autonomic Healing of Self* describes how this revolutionary new way of treating pain can help you overcome stress, anxiety, depression, and a host of other emotional and physical ailments.

Combining a spiritual and scientific approach in meditation for the first time, Ajrawat Air-Pulse Autonomic Therapy is solidly based on general systems theory—the understanding that various biochemical structures in our bodies, such as hormones, neurotransmitters, and noxious stimuli, can determine the quality of a person’s mental or physical health. Ajrawat Air-Pulse Autonomic Therapy enables individuals to consciously control, regulate, and restore these biochemical structures, and thereby attain and maintain optimum health. *The Autonomic Healing of Self* will be an invaluable resource for anyone who has suffered from chronic pain, headaches, stress, depression, anxiety, panic disorder, low self esteem, ADD, anger outbursts, obesity, smoking, substance abuse, drug addiction and many other ailments.



### **P. S. Ajrawat, M.D.**

*A Pioneer and Qualified (Fellowship Trained and Certified) Pain Specialist*

**Inventor of Dr. Ajrawat’s Air-Pulse Autonomic Meditation Therapy®**

Paramjit Singh Ajrawat, M.D., is Director of the Washington Pain Management Center (WPMC), which he founded in 1985. Dr. Ajrawat received his fellowship training in Pain Management from a multidisciplinary pain management center at the University of Texas Health Science Center in San Antonio, Texas. He runs the WPMC with his wife, Sukhveen Kaur Ajrawat, M.D., a board certified psychiatrist specializing in the psychological aspects of pain and stress.

Dr. Ajrawat has written on pain management nationally and internationally, served as assistant clinical professor at Howard University School of Medicine, and has been a guest speaker on radio, TV, and at conferences worldwide.

**[PainManagement.com](http://PainManagement.com)**

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