

# Science of Universal Living

(S.O.U.L.)



## Pulse Reading

*No medicines, no drugs – just knowing your body type and learning to live in harmony with nature!*

*Discover the secrets to a healthy and happy life - simply by eating what is right for you!*

*Probably available for the 1<sup>st</sup> time in Hong Kong, this ancient Indian technique of pulse reading empowers*

*you to take charge of your own health!*

*Eat Right, Live Right!*

For further information / booking, please contact : 2374-4504 (O), 2771-1405 (R) or 9120-6419 (M), or send an e-mail to [veera@iohk.com](mailto:veera@iohk.com)

### Introduction

Pulse reading is a window into the inner functioning of your body. This ancient Indian method of diagnosis can be likened to the modern CAT scan or MRI scan, because an expert in pulse reading is able to detect any imbalances in the entire psychology and physiology of a person.

### The Basic Principles

According to Ayurveda, the ancient Indian Science of Life, there are three main pillars which sustain our health - namely Vata, Pitta and Kapha. These three pillars are in turn made up of five elements - Ether, Air, Fire, Water and Earth.

To enjoy good health, it is imperative to maintain a balance amongst these five elements. Any disturbance to the delicate harmony of these five elements is the primary cause of ill-health and disease.

### How it works

By taking advantage of this ancient Indian practice of pulse diagnosis and having the pulse checked by an experienced practitioner, one can identify one's

primary bodily constitution i.e. whether it is predominantly Vata, Pitta or Kapha.

Then one can work on pacifying the aggravated elements and boosting the weak elements in the body, simply by following the right diet for one's body type. Many diseases can be prevented and even cured in this way, without the use of medication.

Mr. Vinod Sharma provides health consultation to individuals and counseling to couples. During the first consultation, he checks the pulse, aura and navel center (according to Yogic philosophy, the navel center is the epicenter of 72,000 energy channels in the body), then he provides dietary recommendations and lifestyle guidelines. In the follow up sessions, he drafts a personal health plan which includes simple yogic exercises, massage techniques etc. based on the individual's bodily constitution, lifestyle and age. His clients vary between the ages of 3 to over 70, and comprise men, women and children from all walks of life.

### Consultant's Profile

Mr. Vinod Sharma learnt Asthanga (eightfold) / Hatha Yoga and Subtle Yoga in 1979 under the personal tutelage and supervision of a great Yoga Master, the late Yogiraj Umeshchandraji, the then founder and director of Ramtirth Yoga Ashram, in Bombay, India.

On the personal recommendation of the yoga master, Mr. Sharma studied health subjects at different centres in India, where he learnt Ayurveda, naturopathy, reflexology and 12 tissue salt remedies.



He is knowledgeable about natural remedies, having completed a course in naturopathy and pulse reading in India, in 1990. He is also a certified healer, having attained grandmastership in the Traditional Reiki and Karuna Reiki systems, and has in-depth knowledge of many other healing methods.

### Ailments cured

He has helped people with the following ailments :

1. Asthma, bronchitis, persistent coughs & cold, & general breathing problems.
2. Arthritis, diabetes, back, joints & muscular pain.
3. Blood pressure (high & low), migraines, persistent headaches and stress related problems.
4. Indigestions/constipation, Piles and allergies.
5. Enlargement of thyroid & parathyroid glands, obesity and underweight problems.
6. Problems related to female and male sex organs e.g. PMS, irregular menses, leucorrhoea, frigidity, impotency etc.
7. Urinary tract disorders, kidney related disorders.
8. Eczema, skin disorders, insomnia, panic attacks.

### Clients' comments

Comments from some of Mr. Sharma's clients :

**Mr. Ziad Rahman (Corporate Accounts Director) :**

"I came to know about Mr. Sharma through the internet. Consulting Mr. Sharma for a pulse and aura reading was indeed a unique experience for me. I found his readings to be on the ball and quite

specific. He not only diagnosed my personal health problems but also my emotional & psychological profile and how I relate to others at home and at work. I have since been following his dietary recommendations & other guidelines, and I feel great. Since I have a very responsible and stressful career, his advice has greatly helped me to handle stress effectively and enjoy good health without the use of medicines".

**Ms. Sravaniya DiPecoraro, ( Director, Lifepath Astrological Research) :**

"It was truly amazing. Just by reading my pulse, Mr. Sharma told me personal things about myself that could only be discerned either by a trained astrologer from an accurate horoscope, or by psychic information. I found him right on the mark and, it seems to me, divinely guided."

**Ms. Tang Oi Yee (Public Relations Officer) :**

"I approached Mr. Sharma for help since I was constantly afflicted by tiredness, lack of concentration and a poor quality of sleep. After checking my pulse and aura, he drew up a dietary plan for me, combined with specific yoga exercises. Within a few days, there was a definite improvement in my energy level. My appetite and the quality of my sleep was also noticeably better. Now I feel more alert, focused and energetic throughout the day. I have been recommending Mr. Sharma to my friends ever since".

**Mr. Darshan Bhagat (Diamond Merchant) :**

"For a long time, my children were suffering from persistent cough, cold and breathing problems. Doctors said they were asthmatic but the prescribed medication did not have much effect. So I took my children to see Mr. Sharma. By recommending a specific diet and herbal remedies, he was able to cure them within a short time. I was very impressed that he was able to diagnose simply by checking the pulse, and even more impressed with the accuracy of his readings".

**Ms. Bhavini Jhaveri (University Student) :**

I used to have constant back problems, especially on the upper back and shoulder blades. Sometimes, the pain made it difficult for me to sit for long or concentrate on my studies. For 5 years, I tried several different therapies, to no avail. After 3 sessions of Ayurvedic oil treatment and healing with Mr. Sharma, my back problem is almost completely cured, which is quite miraculous. Even my family and friends are pleasantly surprised to see the results of his treatment".

**Mrs. Lakshmi Prabha (Housewife) :**

"I was in the first place intrigued by the fact that one's aura could be read...I have taken an aura reading from Mr. Sharma and it revealed his extraordinary powers. I truly believe that the source of his strength lies in his endeavour to be in touch with his inner self through meditation and yoga, complemented by a sincere desire to help others."

### Public Engagements

In April 1996, Mr. Sharma was invited to give a talk on yoga by Asia Business News (now known as CNBC Asia), on their TV Programme about stress management, which was broadcast around the world. On 18 April, 2002, his interview on alternative healing therapies was published in the HK Economic Times. He is regularly invited to be a guest speaker at many seminars and functions organized by health clubs, professional organizations and charitable institutions, both in Hong Kong and abroad. He also conducts Yoga and Ayurvedic workshops on stress management and overall mental, physical and emotional well being.

