

# The healing touch

Prism  
Hormuzd Building, Sleater Road  
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Tel: 2492 3579 / 2492  
Rating: 8/10

SUNDAY  
MID-DAY

By Reshma Jain APRIL 9, 2006

NEITHER I want to have a kingdom at my disposal, nor do I wish to have the pleasures of heaven. Emancipation too is not my ultimate goal, but what I want is the capacity to mitigate the agonies of diseased living beings', this seems to be Priti Shroff's philosophy inspired by Mahatma Gandhi's prayer.

The last five years saw Priti, living with death, disease and decay; so she wrapped up her very successful stockbroker money churning career to go to Atlanta, and learn all about naturotherapy with internationally renowned expert Brenda Cobb.

The result is Prism — a healing institute on an otherwise inconspicuous street called Sleater Road. A holistic healing centre Prism — offers myriad healing services for the mind, body and the soul.

Her entire approach to this journey is one of maximum benefit to the needy. She

has employed blind girls and blind boys for aroma massage through which they will earn their remuneration.

In her words, "When divinity takes away your one sense, it empowers you with another sense and that is the sense of touch."

Her visually challenged healers were taught at NAB where they learnt on how to grow wheat grass and sunflower sprouts from black sunflower seeds which are full of protein content. An anatomist and a reflexologist Priti herself taught them almost all massages.

These are some of the treatments one can try; there's shiatsu massage where Prasanna, the shiatsu masseuse blends Thai and Japanese techniques to make your body feel untangled, light and heady by the end of it.

Then there's Poonam with a petite beautiful face and the gentlest of touches. I was humbled to know that she could not see and yet my initial apprehension soon turned to astonishment as she with deft hands, absolute balance and sincerity lulled me to sleep.

Followed by a reflexology session, an oil massage, aura scanning, a yoga session, a dose of immensely sweet wheat-grass juice and the most healthy gourmet



lasagne made of completely raw vegetables all this rounded up with a strawberry dessert without milk or sugar, the end of it, I felt refreshed, rejuvenated and ready to take on the world.

Prism includes detoxification, understanding, raw foods, wheat grass and sprouts, healthy food combinations,

aroma-therapy, yoga, meditation, reflexology, emotional catharsis, chi machine sessions, and aura reading. Very soon there will be a cafeteria, which will serve delicious raw food dishes.

Priti wants to reach out to each and every one, from the weakest sections of society, to a healthy life for the privileged.