Weight Loss Program with Pranic Healing

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Background:
Weight Loss is a billion dollar industry ranging from fad diets to designer fitness programs and products. The overabundance of information fills a simple need: the desire to lose weight. It is well understood that there is no quick fix, one-diet-fits-all or easy way to lose weight but the search for a more comprehensive, user-friendly and effective program continues.

Purpose:
A 6-week Weight Loss Program was designed to evaluate the effect of combined application of Pranic Healing, Exercise and Diet. The purpose of this Healing-Exercise-Diet Program was to focus healthy ways to promote and achieve wellness, good nutrition and a healthy and happy life.

Methods:
It was done twice a week. Pranic Healing was applied that included Meditation on Twin Hearts, affirmations and application of Pranic Psychotherapy and advanced color Pranas on certain chakras and organs and Kriyashakti techniques. Simple Physical Exercises for at least 30 minutes daily were incorporated to assist in building fitness activities. We incorporated the 5 Tibetan Exercises performed twice a day into the program. There were no limits on age and abilities as these exercises were adapted to the subjects' constitutional make-up. The Zone Diet designed by Dr. Barry Sears was adapted as the nutritional program.

Conclusion:
There appears to have a positive relationship with the combined use of Pranic Healing, Exercise and Zone Diet in achieving weight loss. Subjects were evaluated weekly for six weeks on the following parameters weight, height, waist, hips, waist-to-hip ratio, BMI (body muscle index) and essential blood studies.

Source materials for all MCKS Pranic Healing protocols are exclusively from the following books by Master Choa Kok Sui: Miracles through Pranic Healing, Advanced Pranic Healing, Pranic Psychotherapy and Pranic Crystal Healing.