

PRANIC HEALING

Rediscovering the ancient art of Natural Healing

N Ramakrishnan, Pranic Healer

Pranic Healing is a simple yet powerful and effect method of energy healing. It is based on fundamental principle that body is a self-repairing, living entity, which has the innate ability to heal itself. Pranic healing is an energy healing technique based on the overall structure of the human body. Pranic healing also works on the second principle, energy can be project from one person to another. Healing process can then be accelerated by increasing the life force or vital energy on the affected part of the body. According to the precepts of pranic healing, our body is actually composed of two parts: the visible physical body and the invisible energy body called the bio-plasmic body or aura. The visible physical body is that part of the human body that we see, touch, and are most acquainted with. Our aura is that invisible luminous energy body, which interpenetrates the visible physical body and extends beyond it. Traditionally, clairvoyants and energy healing practitioners call this energy body the etheric body or etheric double. Pranic healing is an ancient science and art of healing that utilizes prana or life energy and the chakras or energy centers to heal diseased energy levels. The healing process involves the manipulation of the patient's chakras, ki and aura. The word "pranic" stems from the Sanskrit word prana meaning "vital life force". Prana is energy which is fundamental to all life which the body uses for healing and proper function. In Chinese its call Chi, in Japanese it is called Ki, in Greek pneuma and in Hebrew Ruah or the breath of life. You can get this vital energy from the air. This is called the air prana. You can also get it from ground. This is called ground prana. Prana has other natural sources like sun, water, food and trees.



A major breakthrough In energy healing

Pranic healing recognizes the existence of a subtle energy body which surrounds and interpenetrates the physical body. The diseased energy is the negative energy which makes a person sick. The diseased energy first appears on the energy body before it manifest in the physical body. Pranic healers have observed that what affects the energy body affect the physical body and vice versa. In general most physical ailments in body tend to be associated with either congestion or depletion of pranic energy. Pranic Healing assists the body's energy system to normalize so that the body can heal itself.

Pranic Healing related the problems of the physical body to the imbalances or maladies of the human energy field. This energy field is generally called the Human Aura or the Bioplasmic body. It is made of substances more refined than the gas which most people cannot see with their eyes. Some people who have Psychic faculties can sense or see it with their 'inner eyes'. There are twirling vortices of energy called chakras which serve as breathing mechanisms for the aura. These Chakras are lined along the spine top of the head to base of the spine. Prana is absorbed into the body through these chakras. The corresponding chakras digest and distribute the energy to the nearby organs.

According to Grand Master Choa Kok Sui, the modern founder of Pranic Healing, "Pranic Healing is easy to learn, easy to apply and extremely effective. Pranic Healing is the distillation of Grandmaster Choa's 20 years of actual scientific and methodological research and experimentation. He developed a systematic healing methodology that is very well presented and discussed in his books, "Ancient Art and Science of Pranic Healing", 'Advanced Pranic Healing', 'Pranic Psychotherapy', "Ancient Art and Science of Pranic Crystal Healing", 'Meditation of Soul Realization' and many others (visit <http://www.pranichealing.org.in>, <http://www.pranichealing.com>; <http://www.pranichealingusa.com> or the nearest Pranic Healing Foundation – email: rnagasamy@gmail.com).

A cutting edge in the field of vibration medicine, Pranic healing teaches a precise method of scanning or determining the specific problem and location of the energy imbalance in the aura and chakras. In most cases, ailments in the body tend to be associated with either congestion or depletion of pranic energy. If there are blockages in the energy body, causing congestion, these are removed. If there is depletion of energy, the particular part of the body is then energized. The healing is generally done by clearing the diseased energy and then energizing the aura and chakras with prana. As the aura and chakras normalize the physical body recovers faster.

There are several devices to detect the energy field of a person. One of these is the Kirlian Camera which can take the picture of the energy emanation from around the head or the fingers. The Kirlian photograph shows different colors which describes a person's state of health and consciousness. A new device which can detect the health of human energy field is a special computerized technique known as Gas Discharge Visualization (GDV). This new technology developed by Dr Korotkov from St Petersburg, Russia and being used by Pranic Healing scientists and doctors attempts to bridge modern medicine and the pranic healing science. Using this scientific unit to monitor many aspects of the healing process, a database from Pranic Healing patients of various ailments including cancer, cardiac rehabilitation, and neurobehavioral disorders in children and infertility in women are available. There is a growing body of evidence from numerous patients that prove the powerful and rapid effects of the pranic healing treatments.

FOR MORE INFORMATION

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Pranic Healing is active in more than 30 countries in 5 continents with numerous healing centers, practiced by people from different walks of life. It has been successfully combined with conventional medicine with excellent results.

In developing countries where medical services are expensive or unavailable, pranic healing has been documented to stand on its own. Thousands of people having ailments from back pain to high blood pressure, from food addictions to alcoholism, have benefited from the no-touch no-drug and painless method of pranic healing. Many patients with traumas, phobias, obsessive behaviors and addictions have been healed in just one or two healing sessions. It is result oriented and it brings the skills of the healer and the experience of the patient to a whole new level. Thanks to Grandmaster Choa for his pioneering efforts, we such a effective healing science at our disposal.

The Ancient Science and Art of Pranic Healing

What is Pranic Healing?

Pranic healing is nothing but healing with prana or healing the energy body. What is prana? You know that it is the life force or energy what we have. It is a Sanskrit word taken by Master Choa Kok Sui, who is the modern founder of pranic healing to acknowledge the origins of this great science from India. It is a technique to remove negativity from our body and give positive energy to it. You may know that when our grand parents rotate a fist of salt and throw it in the water around crying children or sometimes when we get severe headaches etc. Or Muslim Fakirs take a peacock feather and move it up and down when we give something to them. Christians do prayer healing. All these are part of the pranic healing Grand Master Choa Kok Sui, who is from Philippines of Chinese origin, gathered all the ancient information and prepared a course which can be learnt within two days, in which we can heal ourselves- those who are in front of us or those who are anywhere on the earth. This can be taught to people who are 14 years or above and can read at least any one language.

How is it useful to the students?

- To increase memory power
- To remove the tension of exams
- To remove the dislike of some subjects
- To remove negativity between them and classmate or lecturers.

How is it useful to search a job?

- To know which job is better for oneself.
- To convince people about your skills to get a job
- To have good relationship with superiors, subordinates, colleagues and other employees
- To remove work related tensions.

How is it useful to middle aged people?

- To remove diseases which are already there due to the tensions and other habits.
- To have proper relationship with all people of the society
- To learn a simple meditation for world peace
- For spiritual growth.

How is it useful for girls?

- To cope up with new jobs
- To adjust and have proper relationships with in laws when they get married
- To adjust and adapt to the new environment
- To remove all related tensions

How is it useful for mothers?

- To heal/cure normal ailments of children rather than going to doctor at odd times
- To cope up with the tensions of children and husband
- To heal/cure themselves of normal diseases also as a preventive to keep good health. To treat menopause problems easily

How is it useful for senior citizens?

- To heal/cure joint pains, BP, ulcers, diabetes, can be controlled with use of medicines. After second higher level course higher meditations can be learnt for self realization.
- Till end keep the body healthy and fit do our own work.
- Also keeps our memory and mind agile preventing senility.

How is it useful for doctor and nurses?

- To know where the problem is before scanning reports come
- To remove the negative energy (side effects) from certain medicines
- To do Immediate healing till they get the proper relieve and support.
- Some patients may be able to tell the exact symptoms. In those cases doctors and nurses can diagnose the problem area.

What other service we can give?

- If there is a sudden accident or shock, we can heal immediately
- To know that ancient customs are good through experiments to that we can follow and lead a happy life. Our age old traditions become meaningful
- To choose our partners in life and to know suitability
- When something we want is not materializing we can make it possible (if we deserve as per our karma)
- To protect us from negative energies of men, surrounding, and machine (particularly computer).
- To know the factor with experiments about "what we sow is what we reap" Course Fees 900/- This includes lunch and snacks and tea breaks in the morning and evening. Fees for students and nurses 500 (provided they bring a bonafide certificate).

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What is Pranic Healing?

Pranic Healing is an ancient science and art that utilizes Prana or vital energy to accelerate the natural healing power of the physical body and mind, was widely practiced in the ancient civilizations of China, Egypt and India. It involves the manipulation of the vital energy and bio-plasmic matter of the patient's body for physical and mental well being. Pranic Healing synthesizes the principles of energy healing from all over the world and has become one of the most advanced and complete method of working with energy in the body. Based on clinical research and decades of study, this ancient knowledge which was rediscovered by Master Choa Kok Sui, a professional engineer from the Philippines, has been updated and documented in several of his books.

Pranic Healing centers have opened up on every continent, and new teachers are constantly being trained, in co-operation with The Institute of Inner Studies in Manila, and its charitable organization, The World Pranic Healing Foundation. Pranic Healing is now being practiced in 70+ countries by hundreds of thousands of people. World-wide, it is being adopted by doctors, nurses, dentists, engineers, teachers, naturopaths, chiropractors, massage, acupuncturists, chiropractors, the clergy, councilors, homemakers, and many others in all walks of life to supplement their own professions.

In Pranic Healing, healing is accomplished by removing negative or disease energy from the patient's energy body and transferring fresh prana to the affected areas.

What is Prana?

Pranic is that vital energy or life force which keeps the body alive and healthy. It means "the Breath of life". The healer projects the prana or vital energy to the patient; thereby healing the patient. It is through this process that the so-called "miraculous healing" is accomplished.

Prana invigorates the whole body and promotes good health, increase one's vitality, capacity to do more work, and the ability to think more clearly. Person with a lot of excess prana tend to make people around them feel better and livelier.

What does miraculous healing mean?

What we call miraculous healing is nothing more than the rapid acceleration of the rate of self recovery of body. There is nothing supernatural or paranormal about pranic healing. It is simple based on natural laws that most people are not aware of.

What can Pranic Healing do?

1. It can help bring down the temperature during **high fever** in just few hours and heal it in a day or two in most cases.
2. It can heal **headaches, gas, pain, toothaches and muscle pains** almost immediately in most cases.
3. **Cough and cold** can usually be cured in a day or two.
4. Loose bowel movement can be healed in a few hours in most cases.
5. Major illnesses such as **eye, liver, kidney and heart problems** can be relieved in a few sessions and healed in a few months in many cases
6. It increases the **rate of healing by three or more times** than the normal rate of healing.

These are few of the things that pranic healing can do, all of this assuming that the healer has attained a certain degree of proficiency.

Is Pranic Healing easy to learn?

Any healthy person of above 14 years of age with an average intelligence, average ability to concentrate, an open but discriminating mind and a certain degree of persistence can learn Pranic Healing in a relatively short period. Pranic healing is easier than to learn violin or piano or painting. The methods of applying pranic healing are simple, straightforward and easy to understand. This allows anyone with above said traits to apply Pranic Healing in no time at all. Everyone has the innate ability to heal and relieve pain. With Pranic Healing you can easily learn to cultivate and awaken this power within you to help yourself and others in a very short time. A person with an open but discriminative mind and a certain amount of persistence can learn to become very proficient at Pranic Healing.

How Does Pranic Healing Work?

Pranic Healing works by correcting imbalances in the energy field of the body. These imbalances are a reflection of physical, emotional and mental disorders. A pranic healer reinstates a person's physical, emotional and mental health 'without touch' by applying appropriate frequencies of energy to appropriate areas of the body.

Scientific evidence provides tangible proof of the existence of the energy body and its relation to the health and well-being of the physical body. Scientific experiments conducted by Semyon Kirlian, the eminent Russian scientist, using an ultra sensitive photographic process (now known as Kirlian photography) showed a colorful, radiant energy field surrounding the physical bodies of humans, animals and plants. Experiments in Kirlian photography have also revealed that diseased energies appear first in

the energy body before manifesting as a physical ailment.

For How many centuries has the pranic healing been practiced?

Pranic Healing is ancient as humanity and was always practiced by mystics, spiritualists and by divinely gifted. GM Choa Kok Sui, a Filipino of Chinese origin researched and experimented on this subject for about 20 years to distill out the science of this modality and for the first time brought out a scientific explanation for this hitherto mystical phenomenon. To Master Choa Kok Sui, also goes the credit of evolving a simple and easy to learn methodology, so that anyone and everyone could learn and practice it to a fair degree of proficiency in a very short time.

Can anyone learn Pranic Healing and do it?

Yes, any person from school children, homemaker, professionals, and executives, to those who are retired and are of old age.

Can one use it for self Healing?

Yes, PH can be used for self-healing very successfully

Can we expect a complete cure through Pranic Healing?

Yes, when pranic healing is applied properly and simple instructions followed, it is possible. Pranic healing follows a holistic approach to in healing. While treating a certain condition, all the associated conditions and causes are also treated, like emotional and mental aspects, food and life style, etc; thus being truly holistic and complete.

What are some of the diseases that are generally healed by Pranic Healing?

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| 1. Diabetes | 13. Hypertension |
| 2. Rheumatism | 14. Hypotension |
| 3. Arthritis | 15. Blood Disorders |
| 4. Malaria | 16. Asthma |
| 5. Influenza | 17. Wheezing |
| 6. Cancer | 18. Emotional |
| 7. Jaundice | 19. Psychological |
| 8. Eye Problems | Conditions |
| 9. Kidney Problems | 20. Phobias |
| 10. Nervous Problems | 21. Examination Phobia |
| 11. Heart Problems | 22. Stress and Tension |
| 12. Hypertension | 23. Behavioral |

Can Pranic Healing be used in treatment of diseases where modern medicine seems helpless?

Yes! It is possible. For example Frozen Shoulder, Sinusitis, Diabetes, Hypertension, Asthma etc can be cured.

Can you name few other conditions treated by Pranic Healing?

Hiccups , disintegration and dissolving kidney stones, Bed wetting, diabetes, Ulcers, Asthma, Fever, Common Cold, Headache, normalizing blood pressure, Urinary Problems, reducing stress, handling emotional problems and arthritis, to name a few.

Can Pranic Healing be used as a preventive measure?

Yes Pranic Healing is also used as preventive healing, it can be used to stay fir and healthy especially during the periods of stress and epidemics.

What would happen if a full course of treatment were not taken?

Nothing of any great consequence would happen to the patient except he/she would not experience the benefit of complete recovery?