

PRANIC HEALING

Exploring the origin of Pranic Healing: Pranic Healing is a traditional science which is such an art that uses prana or life energy to heal illnesses in the human body. The word “prana” is a Sanskrit word which means “vital life force”. It is referred to as different names in different nations—

- In China it's called “chi”.
- In Japan it's called “ki”.
- In Greek it's called “pneuma”.
- In Hebrew it's called “ruah”.

Traditional societies used to follow and maintain similar modes of recuperating mechanisms which are known as shamanic healing, healing through divine forces, tantric healing and so on. In its current structure, Pranic Healing has been carefully, deliberately, logically created, which uncovered and was made globally renowned by **Master Choa Kok Sui**. Prana or ki is such an energy, which keeps the human body regulated, steady and active. This energy is inconspicuous yet pervasive. The energy within the human body is properly neutralized so that they do not suffer from any illness and can recuperate fast from any ailment. The point when the body's prana or ki is of an excessive amount or excessively little, it starts to suffer from a pathological condition. The result is that the body is not able to function appropriately, and inevitably displays side effects of ailment. It promotes the natural capacity of the body to heal itself.

There are two main principles of Pranic healing. They are:

- **Principle of self-recovery**—the human body has the potential to heal itself at the preliminary stage.
- **Principle of Life energy**—the lives of the human beings are continuing on this planet because each individual has got their own “prana, chi or life energy”. Thus, any ailment in the human body is healed by increasing the level of this life energy within the human body.

The system of pranic healing thus acts as a complementary alternative medicine in the society.

Mechanism of Pranic Healing: Pranic Healing involves one of the effective systems of healing people through energy. It is referred to as a “no-touch” energy healing. Pranic healers believe that the human body is composed of two parts that is—

- The physical body
- The energy body

It is believed that the diseases first lay its hand on the energy body before attacking the physical body of the individual. Therefore, pranic healing follows a unique principle that the human body is “self-repairing” in nature. It is such a living entity that has the power to heal itself. It helps to improve the process of healing by accelerating the energy on the part of the human body that is suffering from an ailment. It is an energy that moulds the physical body so that it can heal itself.

There are four levels of Pranic healing that an individual needs to follow in order to obtain the benefits of this healing mechanism. Each level involves various subparts, which an individual is expected to carry out with utmost attention. The four levels are—

- The **first** level is the **elementary pranic healing**. At this level, the ideas and systems are not difficult to learn. Deep concentration is the utmost need in this healing method. It takes around three to five sessions to take in the fundamental standards and systems furthermore to have the capacity to do basic pranic healing. Around one to two months of general practice and application are important so that one can be capable enough to move on to the next level.
- The **second** level involves the **intermediate pranic healing**. The individual is made to do Pranic breathing at this level. The major chakras are clarified completely. Visual focus is not needed. It takes around three to five sessions to take in the essential standards and systems to have the capacity to begin recuperating more troublesome ailments. In order to become proficient in the field, it takes around two months of standard practice and application.
- The **third** level involves the **distant pranic healing**. This level includes a progressive improvement of one's psychic workforce. It may take at an unknown time period that is from a few months to a few years of daily practice and application to grasp exceptionally exact in diagnosis (as well as treatment of the disease) and to deliver foreordained results.
- The **fourth** level involves **advanced pranic healing**. The individuals need to have visualization at this level. A more intensive learning of the ways of ailment and the properties of the diverse sorts of prana is needed.

The mechanism of Pranic Healing involves the following seven essential treatment processes by Master Choa Kok Sui—

- In areas where there is pranic depletion, cleansing and pranic energizing are applied to the affected areas. The emphasis is on energizing.
- In areas where there is pranic congestion, diseased congested bioplasmic matter is removed or extracted from the affected areas. This is followed by projecting prana to the treated area. The emphasis is on cleansing or decongesting.
- A malfunctioning chakra is restored by simply cleansing and energizing it with prana.
- Drooping and entangled health rays are disentangled and strengthened.
- Blocked meridians or bioplasmic channels are cleansed and energized.
- Prana leaking out through holes in the outer aura are sealed.
- Specific types of prana are applied to produce specific results. Certain illnesses need specific type or types of prana to produce faster results. (Cited, Sui, 1990)

Therefore, these mechanisms are involved when an individual tries to heal himself from his pathological condition through Pranic Healing. These mechanisms if followed in proper manner and concentration (with belief and faith in mind) then an individual accrues positive benefits from it and are able to lead a healthy life with peaceful bent of mind.

Regulations of Pranic Healing for the patients: There are various regulations that a pranic healer must direct the patients to follow. It is expected that one can achieve the best degree of pranic healing if he/she follows the regulations. The following regulations or recommendations are ¹(Keshari, 2012)—

- The patient must follow a rigorous physical exercise both before and after practicing meditation on a regular basis.
- Physical exercise must take place in open air, fresh air where proper amount of sunlight falls on the body of the patients. The patients must remain barefoot on the ground.
- A patient must follow 12 pranic breathing cycles per session each day after waking up in the morning and before going to bed at night.
- A patient must take a salt-water bath on a regular basis.
- Patients must not wash their body for 10-12 hours a day.
- One must drink fresh water and must include fresh fruits and vegetables in their diet list. Patient must adopt vegetarian in their diet.
- One must stop consuming red meat.
- Patients who seek to obtain pranic healing must abstain from smoking and alcohol.
- One must be more loving and sympathetic towards others. They must learn to forgive and lending mercy to those in need. Therefore, a good karma must be adopted in order to achieve healing from within.
- An individual seeking pranic healing must engage himself in useful hobbies, which includes helping others. One receives joy by giving other joy and happiness.
- Patients must learn to avoid stress, adverse thoughts and gloomy portrayal of the environment in which he/she resides. One must know that the energies of the emotional body and the physical body interpenetrate each other thereby causing harm to the human body.
- One must light up sandalwood incense stick at home and play the OM music softly in their rooms. After burning the incense stick, one must open the window for 5-10 minutes to remove the energies accumulated in the room.

Therefore, it is assumed by the pranic healers that an individual who is suffering from an ailment can be recuperated if he/she follows the above-mentioned regulations and continue with the levels of pranic healing as directed by Master Choa Kok Sui.

Diseases and Pranic Healing: There are various types of diseases which afflicts the human beings at various stages of their lives. Master Choa Kok Sui suggests that there is a treatment

¹ The document can be traced through source:

http://pranikhealing.com/stryde/uploadfiles/file/100%20Pranic%20Healing_Protocol.pdf

for almost all diseases, which makes the human anatomy to suffer. A few diseases and its treatments through pranic healing are—

- **Human Immunodeficiency Virus (HIV) Infection**—HIV is transmitted through various ways and once it affects the human anatomy then the chances of survival becomes bleak for the person. Pranic healing helps in healing an individual who is suffering from HIV infection. The ways are firstly, through general sweeping that is by energizing the body through breathing cycles; secondly, strengthening the immune and defense system; thirdly, strengthening the lower level of the chakras and the body; fourthly, cleansing and strengthening the respiratory system and improving the quality of blood; fifthly, treating the thymus gland; lastly strengthening the higher chakras of the body.
- **Lung Cancer**—Cancer is also believed to be recuperated with the means of Pranic Healing. Firstly, general sweeping is done by energizing the body; secondly, local sweeping is done on the front and back chakras to energize the front heart chakra and thymus gland of the individual; thirdly, localize sweeping on the jaw as well as throat of the individual; fourthly, energizing the front as well as back solar plexus chakra including the liver; fifthly, to stabilize the energy which is projected by the pranic healing. It is told to repeat the treatment at least thrice a week for an unknown period of time.
- **Diabetes (Endocrine)**—Diabetes is one of the most common disorders in the human beings. Pranic healing is believed to reduce this disorder the following firstly, pranic breathing up to 12 cycles before the treatment starts; secondly, to conduct general sweeping twice; thirdly, to localize the sweeping thoroughly on the eyes, back head minor chakra as well as ajna chakra; fourthly, to localize thorough sweeping on the navel and basic chakras of the human body; fifthly, to stabilize and release the projected energy by the patient. It is recommended to repeat this treatment at least 3 times a day.

In these ways there are numerous other diseases for which there are various treatments that are pointed out by pranic healing. People who are engaged in pranic healing do opine that the methods and recommendations do help them to lead a normal and healthy life ahead.

Differences between Pranic Healing and other energy therapies—There are different types of energy therapies, which promote healing through different energies. Reiki is a customary healing technique, which originated in Japan. It serves to diminish stress and tensions. It recuperates the individual by promoting relaxation. Reiki (ray-key) treats the entire individual; it includes in itself the body, feelings, mind and soul, in this way, prompting various significant impacts that leads to relaxation and promotes the vibes of tranquility, security and wellbeing. Pranic healing is such a healing process where “touching” is not a part of the system, on the other hand, though Reiki includes touching but mainly it is a non-touch healing system too. Pranic healing uses the process of scanning the areas where energy loss has taken place where as Reiki relies on the perception of the practitioner. Pranic healing uses the “sweeping” technique in order to remove blockages and dormant energies before incorporating the energy into the patient where as in Reiki such a process is not present. Pranic healers follows a series

of steps (i.e. healing protocols) which involves 11 chakras where as in Reiki there is only one single technique that involves addressing only the specific portion of the body that suffers from an ailment. (Stephen Co, 2012)

Pranic healing is different from acupuncture. Though both the techniques deal with the largest meridians but pranic healing promotes the focuses only on the largest meridians along which the chakras of the human body lie. Chi Kung, on the other hand, is another healing technique that routines the physical and breathing exercises of the human beings. It was developed by the Chinese monks in order to grow their spiritual powers as well as martial arts training. The difference between chi kung and pranic healing lies in the fact that both their generation of energies are different from each other as well as the duration of time to grasp the knowledge of practicing the two different methods.

Pranic healing is also different from Therapeutic touch (TT). Pranic healing teaches the patients to understand or feel the disturbances or the anomalies that is present in the aura. It uses two hands on techniques of sweeping and energizing which helps people to be more focused in their life and this helps to remove or ward off all the derogative energies from the human body. Therefore, pranic healing is an unique system of healing by which numerous people from the 21st century are opting for it in order to recuperate from their present conditions.

Benefits of Pranic Healing: Pranic healing is one of the trendiest healing systems in the modern century that is growing at a faster pace in the human society. Each and everyone can benefit from Pranic healing—be it a professional businessman, or a homemaker, or a student, or a parent or a senior citizen who has retired. There are several benefits or usefulness of pranic healing which is identified among the patients. The benefits can be listed as follows—

- Pranic healing helps to manage the health of the individuals. It teaches the act of forgiveness and mercy, which promotes the concept of healing others. It is by this way that they go through the process of self healing.
- Pranic healing acts as a preventive mechanism. It is believed by pranic healers that diseases first appear in the energy body and it then affects the energy body. Thus, through pranic healing diseases are prevented from causing a disorder in the human body.
- Pranic healing supports healing at all stages of life. It also heals all the levels of the human beings such as spiritual, emotional, physical and mental levels.
- Pranic healing also acts as a distance healing. One can practice pranic healing without any healer.

- Pranic healing helps to manage as well as reduce chronic conditions within the human beings. It treats those diseases for which medical science has got no cure.
- Pranic healing acts as self protection. It teaches to build energy shields by which a patient can protect himself. Pranic healing and the energy radiated from it acts as an armour to protect the human body from any diseases.
- Pranic healing builds up a harmonious environment. It helps to purify the residence of the patient. It forms a positive energy by which one can live happily with a peaceful bent of mind. It eliminates those energies, which are unwelcome in nature.
- Pranic healing is much more than healing as it includes the processes of cleansing, revitalizing of the human soul. It is seen from various reports that pranic healing helps to promote large scale growth in agriculture as well as growth of plant production².
- Pranic healing benefits both the patient as well as his/her healer.

It can be predicted that pranic healing helps to benefit the human beings in more than one ways. It is the patients themselves who have to recognize the benefits that can be incurred from pranic healing.

Case studies on Pranic Healing: There are various cases noted by various researchers on how pranic healing helps one to recuperate. Dr. Masaru Emoto once conducted a research for which he brought 12 pranic healers from Melbourne and one healer from Philippines. They directed their pranic healing to a tap of water in Emoto's Tokyo laboratory. It was found by him that pranic healing indeed changes the molecular component of the water. Before healing the structure of the water was—



After pranic healing, the molecular structure was like this—



² Source: <http://www.pranichealingmea.com/benefits.html>

Another case noted by Dr. D Ramesh from Chennai in India was that pranic healing indeed alters the state of the human being from deterioration to a state of recuperation. He noted that pranic healing alters the solid state of matter in the human body. The patient (on whom he observed the pranic healing) was suffering from scoliosis³. Pranic self healing for a continuous period of six months revealed that the spine of the patient was restored to its normal curvature. It was seen that all the osteophytes disappeared from the patient due to pranic healing. One can view the scoliosis before pranic healing treatment—



After the pranic healing treatment on the patient, his state was—



It is by these ways, that the various positive results are noted among the of the world.

cases of pranic healing giving out people across various national borders

³ Scoliosis is a medical condition in which a person's spinal axis has a three-dimensional deviation. (Source: <http://en.wikipedia.org/wiki/Scoliosis>)

Conclusion: Pranic healing is a new and unique concept among the people across national and international borders. Master Choa Kok Sui found pranic healing and since then it has helped numerous individuals who found no other ways opened for them to achieve a healthy lifestyle. Cases where even the medical science raises its hand and gives no solution, it is pranic healing which offers to the people a path by which one can attain healing. It can be predicted that pranic healing will probably grow in the years to come.

References:

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