

Pranic healing

by Carolyn Daley

Pranic Healing focuses primarily on the human energy field. It examines the many relationships and effects that “energy” has on our physical body, mind and emotions. It can also be used as a spiritual tool that can help us align with our soul force.

Pranic Healing is the remarkable synthesis of over 20 years of dedicated research and commitment of Master Choa Kok Sui, a Chinese-Filipino scientist, chemical engineer, businessman and spiritual teacher. Based on many ancient techniques, Master Choa has formulated a system that demystifies the concept of energy and makes it practical and relevant to healthcare, farming, business, and sports performance.

The application of “energy techniques” can facilitate healing in many everyday acute and chronic conditions. For instance, a client of mine was suffering from chronic pain in her hips and lower back. This created extreme discomfort and caused her to walk with a limp. After the first Pranic Healing treatment, she stood up and walked normally. After two subsequent treatments all signs of the pain had gone, and her quality of life had improved dramatically.

It has been shown that Pranic Healing can “speed up” the recovery rate of cuts, broken bones, burns and other common complaints. Recently this was supported in a paper read at the 2002 World Pranic Healers Conference in Bali. Doctors from India have applied this amazing healing system with inspiring results and life transforming benefits to the patient. Dr D Ramesh (M.D.S., oral and maxillo-facial surgeon, Chennai) has documented and photographed hundreds of cases where Pranic Healing was used on some horrific facial injuries and deformities. Using the techniques, before, during and after surgery he noted incredible recovery rates with rapid tissue healing and significant reduction in scarring. Some of the anticipated recovery rates were even halved! Scientists from around the planet agree — there is a subtle force that drives the universe and its inhabitants. It lives and breathes life into our being— this life-force is known by



many names around the world - Prana, Ki, Qi, Mana, Pneuma, etc. Without this energy flowing through our systems we die, but with more of it - are we more alive? Indeed yes!

Human beings have been described by scientists as quantum packets of energy that are continuously transmitting and receiving energy. Every cell in our body has a charge of 1.7 volts. Imagine learning how to use this potential for healing ourselves, others, and the planet!

Imagine being able to maximize this potential within our systems! This is the remarkable focus of Master Choa’s work — the study of the human energy field and the harnessing of its potential. “Miracles are fantastic events which utilize the hidden laws of nature that most people are not aware of. Miracles do not break the laws of nature; they are actually based upon them” says Master Choa.

Our energy body, sometimes called the etheric double, bioplasmic body or aura, interpenetrates as well as extends beyond our physical body. This energy body comprises major energy centres called chakras that play a large role in our well-being on physical, emotional and mental levels.

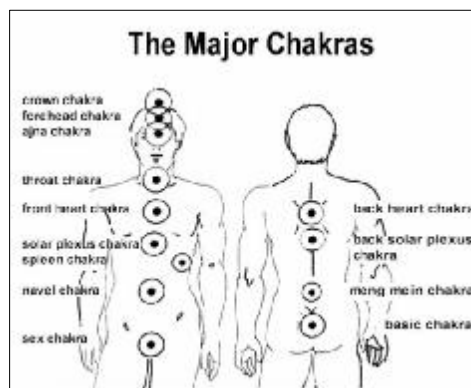
Each of the chakras has a different role to play in our lives. The Solar Plexus Chakra, for example,

controls and energizes the major internal organs. When balanced it instills us with courage, ambition and perseverance. Stress affects this chakra, often leading to negative emotions, pain or discomfort under the breastbone and difficulty in breathing. Through cleansing and developing our energy centres, we can gain true personal power and develop our inner qualities of unconditional love, creativity, will, intuition, spiritual connection, even clairvoyance! In doing this, we bring out the best in ourselves!

The strength, size and brightness of the energy body determines the degree of our personal power.

Unfortunately the daily rigors of life can compromise the cleanliness and health of our energy field — stress, negative thoughts and emotions, chemicals, pollution, physical injury, a hectic day at work, an unresolved argument. The “baggage” of life — our self-talk, thoughts, emotions, actions, words — all of these create a vibration that directly affects the smooth flow of life force, the efficiency of the chakras and the ability of our bodies to be fed with energy; the energy that heals it; the energy that breathes “life” into our being.

We are not taught about these concepts in school, but we have an innate understanding of the interplay of energy in our lives. When people stand too close to us, often we may feel uncomfortable. Our intuition picks up the energetic vibrations or “vibes” in our environment — have you ever walked into a room where people have been arguing and immediately felt tense yourself? It is the negative energy that has had a direct impact on your own energy field.



This “contamination” or build-up of negative energy is cumulative and eventually can lead to ill health.

When our energy body is clean and alive our physical body sits in a river of life and light where any disease ceases to exist. So how do we transform our energy body into a river of life and light?

Pranic Healing begins with the thorough removal of diseased energy from the body. A physical symptom usually has an energetic counterpart that is real and exists within your energy field. In many cases it has been in your energy body long before you experience it physically. The physical and energy bodies are interrelated — what happens to one directly influences the other! When we get a cut or wound on the physical body, the energy field also gets damaged! In repairing the energy field we accelerate healing on the physical level.

Pranic Healing uses specific techniques for cleansing and removing this old, dirty or diseased energy from the system. The recipient will often feel great relief on a physical or emotional level after this process alone. 70-80% of a problem can be removed through the thorough cleansing of the energy field. One Pranic Healing treatment helped remove the chronic headaches of a gentleman who had been suffering for over 40 years he hasn't had them since!

After cleansing, the Pranic healer energizes the patient's energy field to accelerate the body's innate ability to heal. For certain ailments or injuries the body uses quite a lot of energy to restore health. The more the body is provided with the “right ingredients” the better and more rapidly it does its job - the intelligence of the body is profound!

Pranic Healing is a fabulous adjunct to other therapies. Doctors, nurses, naturopaths, massage therapists and others are using it to complement many other therapeutic treatments not only for the patients but also for themselves.

Pranic Healing is simple to learn, and it is not just the domain of healers. Many other people including teachers, business people, farmers and students are using this system to help themselves and others.

One of the greatest assets of this system is the application of these techniques for our own self-healing. Master Choa has devised techniques for cleansing our own energy field every day, thus minimizing and preventing ill health in the future!

Many people these days want to learn how to heal themselves, to be empowered and to prevent illness. Pranic Healing gives us the tools to make this possible in our lives. As easy as it is to learn, there is an incredible sophistication and intelligence to The Pranic Healing system. In his six books; Master Choa outlines hundreds of specific treatment protocols that have been thoroughly tested for the treatment of ailments such as: digestive disorders, reproductive problems, cardiovascular complaints, headaches, the immune system and many other physical and psychological disorders, to name a few. These techniques are extremely thorough and produce repeatable results.

Other activities that promote a clean healthy energy field are meditation (especially “Meditation on Twin Hearts”, devised and guided by Master Choa), exercise, salt baths, swimming in the ocean, spending time in natural surrounds and maintaining a positive attitude!

If we clean our energy fields with as much love and diligence as we clean our physical bodies, we can liberate ourselves from the blocks to our greatness. The finest qualities of the chakras begin to emerge and the whispers of our soul become clearer and stronger. With energy fields shining, bright and clean, we can create and be part of a better world.

Aura Cleansing Salt Bath

Try this bath at the end of a stressful day to cleanse your energy field.

Essential oils may also be added to soothe and compound this cleansing effect. Be sure to test for sensitivities to the oils prior to using.

Add the following to a bath of warm water:

500gm salt (any salt will do!)

A few drops of Lavender, Sandalwood or Rose essential oil (optional)

- Have a clear intent that this exercise is to cleanse your energy field
- Soak for at least 20 minutes
- Can be used 1-2 times per week (not intended for everyday use)
- Although effective, this bath does not replace the thorough cleansing of a Pranic Healing treatment. Actually a salt bath is a fantastic precursor to a Pranic Healing treatment, as it begins the cleansing process.