Pranic Healing – by Master Choa Kok Sui

Background: Where does this technique come from?

Definition:
A no-touch natural healing system that utilizes prana or vital energy to cleanse and energize the human energy body, and to accelerate the natural healing power of the physical body.

Source:

Description.
Origin of Method / History:
Gerber describes it as an ancient Indian healing technique. Websites state, “Based on clinical research and decades of study, this ancient knowledge was rediscovered by Master Choa Kok Sui a professional engineer from the Philippines. * “Pranic Healing is actually a distillation of essences of the world’s most effective healing modalities - Chinese Chi Kung, Reiki, Christian laying on of hands, Tibetan Healing arts and more.” †

Theory: What is energy? What is energy healing?

What energy is being worked with?
Prana. Life-breath or life-force which is readily available from the sun, air and ground. It is the animating force that gives and sustains life. “The bioplasmic body, commonly known as the aura, is what clairvoyants perceive as the luminous energy field that interpenetrates the visible physical body. “†

Energy centers/pathways:
Chakras “act as energy power stations to enable your energy body or aura to absorb and process energy from your surroundings.” † Choa has developed a list of different ailments, the corresponding energy centers that affect them, and techniques to treat affected chakras.

What is illness?
Diseased etheric matter creates blockages that affect the flow of energy through the normal subtle energy channels of the chakras and nadis (meridians). There is a correspondence between the energy body and the physical body: “If the energy body has a certain pattern, then that pattern will tend to manifest as some characteristic of the physical body... Our bodies should be able to identify the damaged or infected areas and rapidly replace them with new healthy material. The problem is that the energy body of a sick person has energy stagnations,
depletions and other malignant structures that store the pattern of the illness. If this energy pattern is altered into a healthy one, then the person’s body can rapidly heal itself naturally.” **

What is the mechanism for healing?
“Pranic Healing works by correcting imbalances in the energy field of the body... 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.” * As we heal the bioplasmic body it creates a new and perfect pattern for the physical counterpart to follow, resulting in a healing.

Role of practitioner:
Takes in and circulates prana through his chakras, then transfers energy to client.

Role of person receiving healing: Factors that can effect the long term success of the healing: the client’s Karma, receptivity to healing, willingness to change any damaging patterns, Feng Shui of client’s surroundings, skill and energy level of the healing practitioner. **

Who can heal?
Everyone has the innate ability to heal and relieve pain. Healers do not have to be born clairvoyants nor have any special inborn healing power. They only need a willingness to heal and to follow simple instructions. ** There are books and workshops available.

Practice: How does a healing session work for this technique?

Beginning/During a Session:
Healer takes in prana through special breathing techniques and visualization methods that help to draw it up from the earth through the feet.

Assessment:
“Pranic Healing teaches how to scan the aura to detect abnormalities, which are caused by negative, used or diseased energy and which are usually associated with physical problems. If a person is already suffering from a physical problem, then the aura will have either a depletion (like a dip in energy strength) or a congestion (like a bulging bump) in the area of the physical problem. Sometimes the aura will show these depletions or congestions even before they have manifested physically.” **

Cleansing:
“It is by removing diseased energies from the affected energy centers and diseased organs and then energizing them with sufficient life force/prana that healing is accomplished.” †

Energizing: After cleansing the subject’s energy center, the Pranic Healer uses his/her energy centers to receive and project fresh prana to the subject. Different ailments require the healer to
concentrate on different energy centers. The healer also selects the usage of different kinds of prana for the various steps of the healing process. ** Healers do not use a “battery approach” and transmit their own life force energy to their subject, which would leave them feeling drained. In Pranic Healing, they utilize the "water pump" approach. By pumping life force energies to their bodies and then systematically projecting them to the subject, they are able to sufficiently energize the subject without draining themselves. **

**Advanced pranic healing:**

“White prana from the environment is absorbed by the energy body and then digested into different color energies to be utilized by the different organs. By using intention and visualization skills you can project color energies to the subject to produce more effective healing results.”

**Ending a session:**

Decontamination. Healers purify themselves and healing space to prevent absorption of diseased energies, which occurs not only on the physical level but also on the etheric, astral, mental and spiritual levels.

**Uses: When is this Technique useful?**

**What do practitioners say it is useful for:**

Examples: “1. It can help parents bring down the temperature of their children suffering from high fever in just a few hours and heal them in a day or two in most cases. 2. It can relieve headaches, gas pains, toothaches, and muscle pains almost immediately in most cases. 3. 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. 4. It increases the rate of healing by three times or more than the usual rate of healing.” **

**Other uses:**

Pranic Psychotherapy is done “by using advanced energetic extraction techniques on the affected chakras. Childhood emotional traumas, phobias, compulsions and addictions can be alleviated in a very short time.” The Meditation on Twin Hearts is practiced by Pranic Healing practitioners worldwide as a global healing technique, which helps heal and harmonize the earth by blessing it with loving-kindness, peace, joy and goodwill.