To learn and understand about Pranic Healing, one must first understand what Prana is. Prana is a Sanskrit word, a synonym for Life energy or Vital force. It has nothing to do with a religion, sect or New Age concept. There is a central , universal intelligence that drives the universe. There is a central pool of energy that can be accessed.

In different traditions it is called by varied names:

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Prana - Indian.

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Qi - Chinese.

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Ruah - Hebrew.

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Pneuma - Greek.

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Mana - Polynesians.

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Ki - Japanese.

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Miwi - Aboriginal.

Pranic healing provides techniques to harness Prana or Vital Force and use it to rebalance, harmonize and strengthen energy fields. The causes of most physical, emotional, psychological and spiritual imbalances lie in the energy field. As all living forms have energy fields and also as most human activities are surrounded by vortices of energy that control them, Pranic healing techniques can be applied quite successfully to correct dis-ease in plants, animals, relationships, finances , workplaces and the home.

Grand Master Choa Kok Sui has researched this systematized knowledge over 20 years of arduous research and validated it to produce repeatable results in most cases.

The Etheric Body:

The etheric or energy body is also called the aura or bioplasmic body. It surrounds and interpenetrates the physical body and vivifies it. It controls the physical body and psycho-emotional and spiritual states. It has channels of energy which circulate Prana , which nourishes the system. The etheric body also stores all information, particularly the original causes of physical, emotional and mental imbalances.

We are beings of energy and light. Energy is infinite and indestructible. As Beings of Energy we are inherently very powerful and given the effective tools we can unleash this power for good health, personal development and success in life as well as to help others.

Scientists validate the existence of the energy body and Kirlian photography now provides evidence that it exists.All people have an energy body that surrounds and interpenetrates the physical body, by cleansing and energizing the energy body we can create better health, de-stress and revitalize our system.

Pranic Healing teaches us how to access & transfer Prana (life energy) from our surroundings to our energy body for rapid healing of all ailments.

The Chakras:

[redacted]

Contamination:

This is the energy body of an average person.It is dirty and clouded with toxins, negative emotions and thoughts. This contamination has a cumulative adverse effect on well being at all levels and retards success and personal power.

What are the consequences of a dirty energy body?

• Lack of clarity.

• Inadequate self mastery when emotions and thoughts are uncontrolled.

• Poor immunity.

• Chronic health problems.

• Loss of vitality at all levels.

• Premature aging.

• Stress levels are high and there is insufficient control over situations.

• Retarded personal development.

• Lack of material success.

• Recurring patterns of problems in relationships.

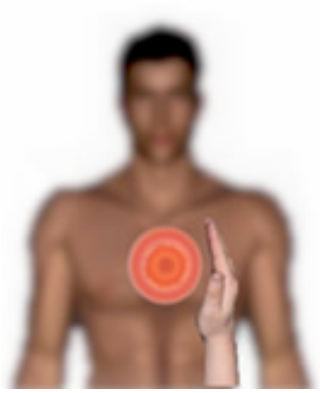
• Impediments in the ability to materialize goals.

We need to erase the old archetype of humans as helpless.

We are beings of energy , light and power and with proper training and practice can control Destiny itself.

The techniques of Pranic Healing , meditation on the Twin Hearts and Arhatic Yoga help us to achieve a strong, healthy and bright energy body as seen in the picture to the left.

Pranic Healing Techniques:



Scanning

This is a diagnostic technique to identify the cause of the imbalance in the auric field. Scanning has multiple applications: you can scan for the source of the disease in the physical body, to identify the blockages in troubled relationships, finances etc. You can monitor your child during the growth period in the teenage years, choose the correct future partners, scan your shares and stocks for financial returns and on and on.

Cleansing is the process which aims to balance and distribute energy program, the

Energy Healing is the process of Pranic Healing. The principle behind the energy