

PRANIC HEALING

By Dr Hazel Wardha Ph.D.

Pranic healing is an ancient science and art of healing. It is presented in its modern, systematized form by Master Choa Kok Sui, a scientist, philanthropist, international teacher and author of eight books*. Master Choa Kok Sui has spent twenty arduous years intensively researching, testing and validating Pranic healing techniques during the twentieth century. His first three textbooks, *Miracles through Pranic healing*, *Advanced Pranic Healing*, and *Pranic Psychotherapy* present new paradigms for health and healing as well as a major breakthrough in vibrational healing methodology and practice.

WHAT IS PRANIC HEALING?

Pranic healing is the art and science of transferring Life Force or Prana to the physical-etheric body in order to accelerate healing. The basic techniques used are scanning, to diagnose and locate the source of the problem, cleansing and energizing the bio-plasmic or etheric body. The techniques are no-touch, non sectarian and have no deleterious or side effects.

* Text books by Master Choa Kok Sui:

Sui, Choa Kok. *Miracles through Pranic healing*. Institute for Inner Studies. Philippines. 1987.

Advanced Pranic healing. Institute for Inner Studies. Philippines. 1992.

Pranic Psychotherapy. Institute for Inner Studies. Philippines. 1989.

ANATOMY OF THE ENERGY BODY

The physical body is surrounded and interpenetrated by an energy body, known as the etheric or bio-plasmic body, commonly referred to as the human aura. Scientists validate the existence of this energy body and Kirlian cameras image it.

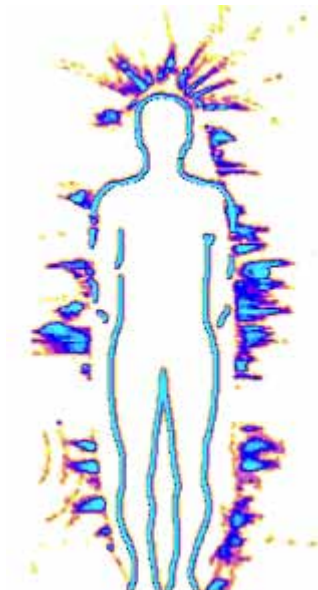


Fig 1. Kirlian image before Pranic healing treatment

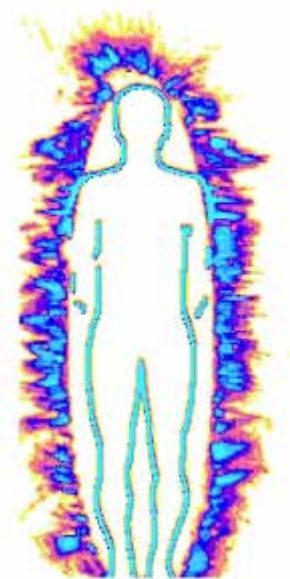


Fig 2. Kirlian image after Pranic healing treatment

There is an outer aura which generally extends to one meter away from the body and an inner aura which is usually three to five inches from the physical body surface in average people. This energy body supplies Prana or Life energy to the human body to survive, to accelerate healing and also eliminates dirty and diseased energies in order to sustain well being.

Master Choa Kok Sui has revealed that there are 11 energy centers or *chakras* located on strategic parts of the etheric body, which also correspond to major acupuncture points. These *chakras* control specific organs, glands, body functions, mind and emotions and are similar to power stations, supplying Prana to these aspects of the human system. It is believed that, usually, the causes of imbalance or dis-ease manifest first in the energy body and can be located in a malfunctioning *chakra*. Therefore, if there is a problem with an organ or gland, it is necessary to treat the corresponding *chakra* in order to address the causes of the condition. Generally, physical or emotional trauma, stress, dirty and diseased energies cause the energy body to develop congestion or depletion. The flow of Prana can also be impeded or interrupted due to congestion and/or depletion and also when cracks and leaks develop in the etheric body, preventing healing and rapid recuperation. For example, when a person experiences stress over a prolonged period of time, the Solar Plexus chakra, situated beneath the breast bone, gets congested with dirty energies and the proper flow of energy is impeded. Consequently, aches, discomfort and bloating are experienced in the epigastric region. Gastroscopy and endoscopy do not reveal any pathology. If stress persists, the congested energy in the Solar plexus transfers through a major energy channel to the heart chakra, situated just above the Solar plexus chakra. Consequently, the patient may experience chest pain, palpitations and breathlessness. ECG and cardiac investigations reveal no positive diagnosis. When Pranic healing is applied, the symptoms subside rapidly in most cases. Similarly, when a person experiences emotional pain caused by the death of a loved one or a broken relationship, the heart chakra develops holes and cracks caused by the trauma. The person is not able to overcome the depression despite the use of different healing methods as Prana leaks out continuously from the heart chakra. When Pranic healing is applied and the leaks and cracks are repaired, the heart chakra energy is restored to harmony and balance and the outcome is generally positive.

METHODOLOGY OF PRANIC HEALING

It is possible to repair the etheric body and rebalance and harmonize it, thus, re-establishing and enhancing the flow of Prana to the *chakras* and the organs, glands and structures and mental and emotional aspects that they control. It has been proved that when the etheric body is treated, the healing process in the physical body is accelerated greatly. For instance, if a minor fresh wound is treated with Pranic healing, the bleeding stops immediately and after a few minutes the skin heals over fully, in most cases. Similarly, when Pranic healing is applied to a fresh minor burn the pain subsides completely after a few minutes and no blistering occurs. The results are consistent and repeatable.

The treatment is performed according to the seven basic techniques of Pranic healing, which do not involve touching the patient. The therapist stands or sits a few feet away from the patient and applies the techniques. Energy contamination, depletion and congestion in the etheric body can be diagnosed by the Pranic healer using a method

called scanning. This diagnostic procedure enables the practitioner to determine the location and causes of the dis-ease. The Pranic healer then cleanses the energy body, using specific motions of the hand and subsequently energizes or transfers fresh Prana to the patient. Cleansing is an important part of the treatment as the dirty energy, causing the congestion or depletion in the diseased part or chakra, has to be removed before fresh energy or Prana can be transferred to the patient's etheric body. Usually, 70% - 80% of the problem is resolved with thorough cleansing of the affected areas and *chakras*. This is most apparent in the management of pain. In most cases there is significant reduction of pain within a few minutes of applying Pranic healing and regular treatment of the affected part and the *chakra* which controls it leads to permanent relief of symptoms in the vast majority of cases. By cleansing, energizing and rebalancing the energy body the physical as well as psychological symptoms subside as the organs, glands and structures controlled by the energy body are maintained by the unimpeded flow of fresh Prana. Significant improvement is thus achieved in relation to physical vitality and maintenance of good immune system function.

Pranic healing does not intend to replace orthodox medicine or any form of therapy. It complements all therapies and is a valuable tool in the healing repertory of therapists from all disciplines who can easily incorporate Pranic healing into their current practices.

RESEARCH TO VALIDATE THE EFFICACY OF PRANIC HEALING

It is apparent that Pranic healing is using a form of subtle energy that is quite potent and capable of altering the molecular structure of liquid as well as dense states of matter. Quantum physicists have proved that sub atomic energy is potent. They maintain that humans are living packets of energy and resonate with the universe. They also maintain that one cubic meter of space has enough quantum energy to boil all the oceans of the world.* Pranic energy is a form of subtle energy, which, when directed with specific techniques and intention, creates powerful therapeutic effects. Medical scans and special cameras are able to record such outcomes.

In a scientific experiment conducted by Dr Masaru Emoto*, a Japanese researcher, on the effects of subtle energy on water, in July 2003, twelve Pranic healers from Melbourne and one healer from the Philippines directed Pranic energy to a tap water sample in his Tokyo laboratory for a few minutes. The two slides, given below, prove that Pranic healing can alter the molecular structure of water even when directed from a distance of thousands of miles. 70% of the human body comprises water and the research of Dr Emoto is valuable as it indicates what could be happening when Pranic healing is applied to the physical-etheric body to create well being.

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- A ground breaking book with research collated from many quantum physicists: McTaggart, Lynn. *The Field: The quest for the secret force of the Universe*. Harper Collins. U.K. 2001
 - Dr Masaru Emoto has been researching the effects of subtle energy on water scientifically for over 40 years and his research methodology can be accessed from the website www.hado.net. He is also the author of 3 books, *The Message from Water* IHM Research Institute, Tokyo.

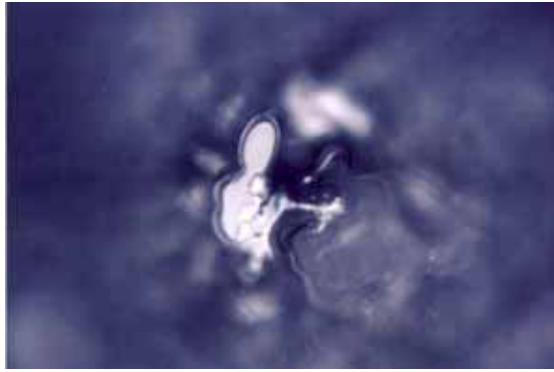


Fig 3. Tokyo water before Pranic healing



Fig 4. Tokyo water after Pranic healing

Dr D Ramesh, a maxilo-facial surgeon in Chennai in India has been using Pranic healing in his practice and has validated the efficacy of this therapeutic tool to alter dense states of matter in the human body.



Fig 5. Scoliosis before Pranic healing treatment



Fig 6. Scoliosis after Pranic healing treatment

The patient, (Fig 5) suffered from scoliosis, degenerated intervertebral discs and osteophytes on the vertebrae. After six months of Pranic self healing, the scans revealed that the spine was restored to its normal curvature, the intervertebral discs had regenerated and almost all of the osteophytes had disappeared.

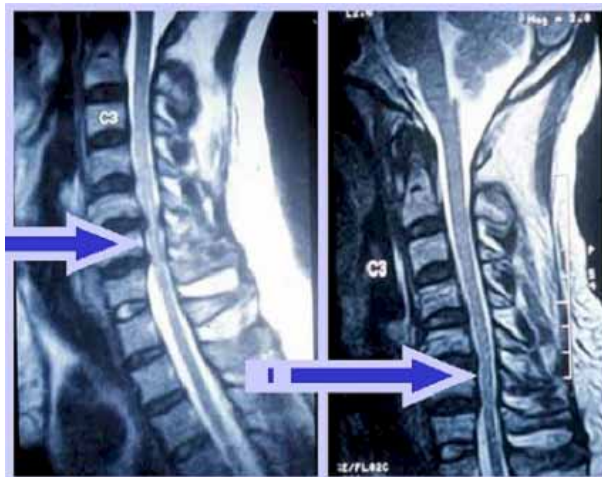


Fig 7. A case of spinal injury due to prolapsed disc, leading to Paraplegia, due to Impingement of Spinal Cord. Before and after Pranic healing treatment scans.

In this instance, (Fig 7) the patient was in acute pain, wheel chair bound due to prolapse of a disc on the spinal cord. After 3 months of Pranic healing, the patient was not only pain free but was able to walk as the disc returned to normal, correcting the impingement on the spinal cord.

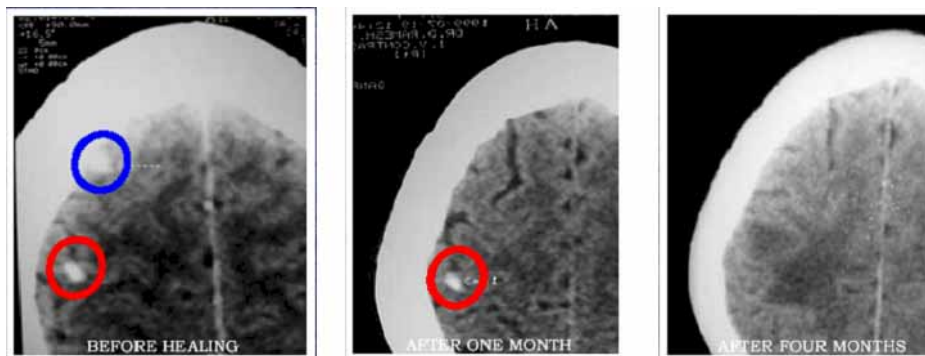


Fig 8. Granuloma of the brain removed with Pranic healing.

The disintegration of granuloma or calcified mass in brain tissue with Pranic healing, after 4 months, is regarded as quite extraordinary in medical circles. (Fig 8)

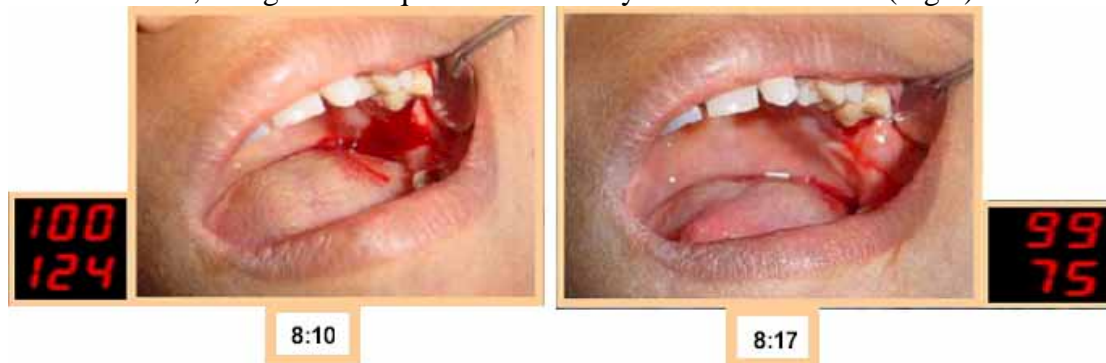


Fig 9. Wisdom teeth extraction monitored with pulse oximeter

In this case (Fig.9) the bleeding stopped almost instantly, during extraction of wisdom teeth, and within 7 minutes of applying Pranic healing the pulse oximeter indicated a drop in the heart rate from 124 to 75. This proved that Pranic healing is effective to control and reduce stress and to stop bleeding rapidly.

Dr J Jones from the Department of Radiological Sciences in the University of California conducted Neurophysiological Measurements of Pranic Healing using Functional Magnetic Resonance Imaging (fMRI). Extract from Dr Jones research:

“Medical imaging methods provide a unique tool for the quantitative evaluation of the healing process, even when brought about by non-conventional means, including the use of subtle energy methods and/or spirituality. Here we describe a series of preliminary studies in which functional magnetic resonance imaging (fMRI) has been used to measure neurophysiological changes in subjects treated by a healer, even from a distance. Specifically, two experienced Pranic Healers who were also experienced acupuncturists were instructed to focus the subtle energy used during pranic healing on the acupoint UB₆₇, known to be related to vision, in a human subject undergoing fMRI studies of the visual cortex area of the brain. Focusing of the subtle energy (prana or Qi) onto the acupoint produced a stimulation of the visual cortex identical to that produced by needle stimulation of the acupoint. Initially, the Pranic Healers were

immediately adjacent to the subject undergoing fMRI, with their hand, from which the subtle energy was said to emanate, only a few inches away from the skin surface above UB₆₇. However, additional experiments in which the healers were located some distance from the subject produced identical results with fMRI, confirming the possibility for healing at a distance.

The second research experiment was an investigation of Pranic Healing using HeLa cells in culture subjected to gamma radiation. Here, we measured the effect of the healing modality in modifying the survival rates of cells subjected to radiation. The results of this preliminary study are summarized in the table below.

TREATMENT OF CELLS BY INDIVIDUAL PRANIC HEALERS

<u>Designation</u>	<u>Survival Rate, 1 Day Post Radiation</u>
A (control)	~ 100%
B (radiation only)	~ 50% (range: 49.4% - 50.7%)
C (PH after radiation)	~ 70% (range: 67.4% - 71.8%)
D (PH before radiation)	~ 80% (range: 78.1% - 82.9%)
E (PH before and after radiation)	~ 90% (range: 87.8% - 93.4%)

These results indicate that treatment of the cells with Pranic Healing produces a major change in cell survival rate. It should be noted, however, that this table is based on 61 single experiments where the Pranic Healer produced a positive results. In 8 single experiments or about 12% of the total runs, the Healer produced no effect whatever. The reasons for these failures remain unclear and are still under investigation. It would seem that Pranic Healing produces an effect at a certain level or produces no effect at all.

In a final single experiment (the 70th run), Pranic Healing was applied by a group of 24 healers. Treating the cells both before and after radiation produced a cell survival rate of 97%. This remarkable result suggests that the Pranic Healing effect is enhanced by group healing.

Although a second and more extensive publication (27) will provide a detailed analysis for these and many additional experiments, we can summarize some of our findings here. First, the distance between the healer and the cells was unimportant. Initially, each healer worked on the cells in my laboratory at UCI. Additional experiments were done with the healer at a distance (in some cases, 6000 miles). The separation between cells and healer had no effect on the result.

Secondly, the shielding of cells from EMF and gamma radiation had no effect on the results. In one extreme case, both the healer and the cells were shielded and separated by a distance of some 6000 miles. These results were indistinguishable from those in which the cells and healer were in the same room and without shielding.

Thirdly, the experience of the healer was found to be slightly important. However, even a beginning student could produce a positive result.

As a final note to this study of Pranic Healing we can only conclude that these findings are difficult (if not impossible) to explain in terms of the standard scientific paradigm.”

My own personal experience in clinical practice has revealed the enormous power and potential of this healing science to help humanity. Experiments done by Pranic healers globally reveal that Pranic healing can be successfully employed to treat not only ailments of humans but of all living forms. Animals and plants respond positively to

this treatment. Evidence is available of how Pranic energy enabled a vineyard farmer in Swan Hill to produce the best harvest in three years, despite drought conditions. In Canada it has been proved that Pranic healing is beneficial for farms that use organic methods and the produce is of a very good quality in taste and size: tomatoes were the size of melons, cabbages weighed between 14 and 22 pounds and garlic was as big as fists.

It is apparent that humanity is moving into new paradigms of health and healing with the emergence of subtle energy healing systems such as Pranic healing. As the body of research evidence regarding its efficacy grows, so also will its credibility and practice.

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* More research outcomes of Pranic healing are available from the website www.aiis.com and www.pranichealing.org . Notable research has been done by Dr Vrunda and associates in a hospital in Bangalore, using Pranic healing on scholastically backward children and cardiac disease.