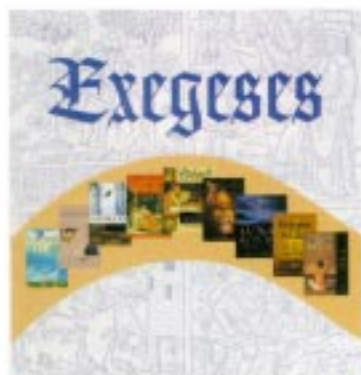


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Pranic Healing: Healing Without Touch



Grandmaster Choa Kok Sui

What is pranic healing?
And how does it differ
from reiki?

by Sheevaun O'Connor Moran

For thousands of years, every village had a shaman or medicine man who possessed knowledge to heal people's ailments. As Western medicine forced traditional healing arts into the background — denigrating them as unreliable hocus-pocus — the modern industrialized world came to rely completely on modern industrialized medicine. Any healing practice that hinted of the unusual was quashed.

Western medicine, physicians, and pharmaceutical companies generally still claim they treat illnesses best. But if they were right, society would be much healthier than it is today, and people wouldn't be desperate for news reporting the latest discoveries in vitamins or alternative-health-care approaches.

Many people are seeking out complementary healing modalities to improve their wellness. Indeed, people open to alternatives to mainstream pharmaceuticals and medical procedures form a large and fast-growing market segment in the United States. Take a look at newsstands, and you will see the major news weeklies featuring cover stories on yoga, meditation, and spiritual healing. Mainstream publishers are publishing more titles about alternative healing and the body/mind/spirit connection. Numerous specialty presses devoted to holistic medicine are being created, too.

In the past, the pendulum has swung back and forth, but as we move forward in the 21st century, the time is ripe for balance to be struck between Western medicine and complementary healing methods. But where do we begin? Today we often are left to our own devices to determine what is good for our bodies and what works with our lifestyle. As society has grown and blended — we no longer live in meaningful villages — the wisdom of the trusted local shaman or medicine man to guide us to the right herb or root or waive of the wand rarely is available. But we also are no longer at the mercy of the physician and the conventional medical system to heal us. In today's Information Age, which includes widespread Internet accessibility, we have much easier access to the tools and resources needed to educate ourselves, so we can take control of healing our bodies. We are empowered.

Pranic healing is an increasingly popular modality that invites a new symbiosis between Western medicine and complementary healing arts. The techniques of pranic healing can be integrated easily into any type of health-care practice. Pranic-healing courses and techniques create balance in the healing arts, allowing people who already have mastered another complementary technique to enhance their practice through the use of pranic healing.

The origins of pranic healing

Pranic healing is based on the utilization of the abundant universal life energy. This vital life force is called prana. Pranic-healing techniques put the prana in a person's energy body in proper balance and at desired levels. Pranic healing harmonizes energy flow in the body. The techniques do not involve any physical touch between healer and patient.

Grandmaster Choa Kok Sui, author of eight books and the present-day founder of both pranic healing and arhatic yoga, developed the modern pranic-healing techniques that use energy for healing. Choa has a scientific background in chemical engineering. Taking a scientific approach, he feels the mystery of healing should be revealed and available to anyone. "Everyone has the innate ability to heal or to learn healing," he says. Pranic-healing techniques can be applied in a "cookbook approach" to any type of health issue.

Choa spent years searching for the common denominator between all healing modalities that would allow anyone with a desire to learn to heal to do so easily. Key questions he asked were:

- What is it that shamans, Indian saints, medicine men, qigong masters, and acupuncturists have in common?
- What do people who have healing gifts do to — and do for — the people they help?
- What are the factors and elements of healing that can be boiled down and easily shared for specific ailments?

Choa reviewed the seven-chakra system and concluded that people were not healing quickly and consistently by working with only seven chakras. Only one system of the body was being addressed through the seven-chakra

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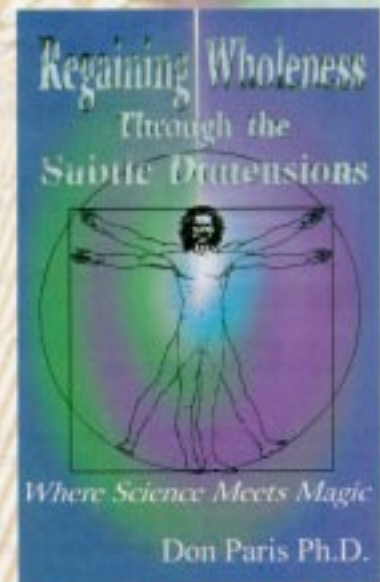


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system. Choa defined 11 major chakras that contribute to the success of the body healing more rapidly. The 11 chakras address the entirety of the body and the three major systems: the endocrine system, the nervous system, and the skeletal system. Through the use of the 11-chakra system, the body can heal itself more quickly than with seven chakras.

Choa also reviewed a theory about the body having a specific pattern in the chakras that repeats for specific illnesses. The pranic-healing remedy for migraines, for example, involves not just energy around the head; six chakras are affected.

By reviewing ancient texts, Choa determined the best way to speed the body's healing process first involves removing old, used energy. By doing so, and then replacing the energy in the affected areas with fresh energy, the body rejuvenates and regenerates much more rapidly — an important key to pranic healing's effectiveness.

Just as a pharmaceutical drug is tested and targeted to work for a specific illness, pranic healing was developed with recipes for particular illnesses. To prove his theories, Choa established several free healing clinics. His first book, *Miracles Through Pranic Healing*, details his theories and reports on the data collected from the clinics. The book includes more than 75 recipes for common ailments. The recipes give readers and practitioners information about the source and causes for many illnesses and how long it may take people to heal. The book is designed so readers can open it and begin practicing right away.

Choa's next book, *Pranic Psychotherapy*, details how the body and mind can be healed from psychological illnesses. The book takes the same "cookbook recipes" approach to psychological ailments such as trauma, phobias, and addictions. Pranic psychotherapy gives psychotherapy practitioners added tools to use with patients.

One of the terrific benefits of learning about pranic-healing techniques is discovering ways to protect yourself from other people's negative or sick energies, including from physical illnesses such as colds or flus. Pranic healing also helps you stay positive when people with draining negative energies are around you. Choa's *Practical Psychic Self Defense for Home and Office* details these techniques.

Choa travels the world sharing teachings on healing and higher spiritual courses. His approach to spirituality and healing is universal and not based on one religion or system. The books and teachings have evolved into a holistic approach for teaching people how to live better lives.

People who learn about pranic healing often are surprised that all that is needed are your hands, your intention, and some simple techniques. Choa's courses and books are written so anyone with a desire to help themselves and others have healthier lives easily can learn and apply the techniques for using the universal life force. Through the techniques of pranic healing, the mystery is taken out of ancient healing.

Comparing pranic healing and reiki

Pranic healing often is compared to, and confused with, reiki. What are the differences? Reiki was developed hundreds of years ago. Its teachings and techniques gave the world a bridge for healing the body more easily.

Reiki masters who have taken pranic-healing courses in the United States have highlighted the following major differences between the two modalities:

1. Pranic healing is completely administered without touch. Reiki practitioners administer reiki through both touch and no-touch techniques.
2. Pranic healing employs a "cookbook with recipes" approach to healing. The healing remedies are detailed and specific. Many practitioners employ different approaches to the use of reiki during sessions, and many of these approaches are remedies that are particular to the individual circumstance and not repeatable.
3. Pranic-healing practitioners do not need to remember symbols. Their techniques

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are based on a common-sense approach to the body and an ailment. Many hand positions exist in reiki, and symbols often are used during a reiki treatment.

4. Pranic-healing practitioners do not use their own energy, as some reiki practitioners do. Pranic healers are taught techniques to expand their auras to help increase their healing abilities.
5. Color prana is used prominently in pranic healing. The use of colors can accelerate the healing process and break down older, hard-to-remove energies or blockages from the body. Reiki practitioners often prefer to use color when other techniques are not working with a subject.
6. Pranic healing uses a few key elements in its techniques, including specific simple breathing exercises and the use of the "Meditation of Peace and Illumination," a meditation designed by Choa. Each of these elements are used in place of the attunements that occur during reiki.
7. Energetic hygiene has been one of the most sought-after elements of pranic healing for all types of practitioners, including those trained in reiki. Energy-hygiene techniques are so simple and powerful that they can be used in daily life, too. One energy-hygiene technique, for example, is to disconnect from clients' energy after sessions. As a result, clients' sick energy does not go into the practitioner, and clients actually heal more quickly.

Pranic healing has implemented a certification process. Practitioners document their success with a number of cases and then are required to take a test. This process ensures practitioners can employ pranic-healing techniques successfully.

Choa's teachings help people through the most simple to most complex issues of life, including creating and maintaining abundance. His courses always include elements for improving practitioners' lives to help practitioners achieve their own states of balance. Choa also includes techniques to help people on the path of spiritual advancement and to manage the safe awakening of kundalini energy.

Ideas for your store

The popularity of many energy-healing modalities is increasing sharply in the United States, and pranic healing is an important part of that mix. Several retail stores in the United States already offer pranic-healing clinics, in which customers get to experience a mini pranic-healing session with a trained practitioner. Other stores offer introductory workshops or even full-weekend intensive classes.

In terms of inventory, Choa has written eight books, with several more on the horizon. His *Miracles Through Pranic Healing* recently was revised to include the latest changes in techniques for specific ailments. To learn more about Choa and his books, visit www.pranichealing.org.

Catching the wave, mainstream publishers are releasing more titles about energy healing, too, including pranic healing. In 2003, The Free Press, an imprint of Simon & Schuster (www.simonsays.com), issued *Your Hands Can*

Heal You by Master Stephen Co and Eric B. Robins, M.D., a manual for teaching people to use pranic healing in their lives. Because of the book's strong sales and positive editorial reviews, a follow-up release to this title is expected.

When comparing pranic healing and reiki, the issue is not whether one should be chosen over the other. Pranic healing and reiki give the world two good tools for healing. With knowledge of both, you and your customers will benefit on all levels.

NAR



Sheevaun O'Connor Moran is the founder of Energetic Solutions, a company that brings products and techniques for complementary medicine and healing to the marketplace. Her company's website is www.energeticsolutions.net.

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