

## **What is Pranic Healing®?**

By Gene Ang

Pranic Healing® is a no-touch bio-energy healing modality created by Master Choa Kok Sui. Its roots stem from ancient esoteric healing arts such as Chinese medical qi-gong and it is classified as an external form of medical qi-gong. Chinese medical qi-gong has two branches: an external and an internal form. In internal medical qi-gong, the practitioner sends the patient her own chi or vital energy in order to restore harmony in the patient. In the external form, chi is drawn from external sources and channeled through the practitioner and then to the patient. Pranic Healing practitioners draw chi energy from the surroundings and send this to the patient. In this way, the Pranic healer can serve many people without becoming quickly drained. In practice, most practitioners of medical qi-gong are practicing a combination of both the external and internal form with emphasis on one or the other.

Within the various Chinese medical modalities, Pranic Healing is classified as a subtle form of healing. At the first and most physical level, the healing practitioner uses massage to work on the muscles, tendons, and bones. The second level involves using herbs, food, and medicines to treat various ailments. The third level involves the use of needles in acupuncture to affect the meridians and energy channels in the body. The fourth and more advanced level of acupuncture involves the energizing of the needles with chi or life force by the practitioner while they are in the patient's body. The fifth and most subtle form of healing involves the direct transfer of energy from practitioner to client. All five levels form a comprehensive package of treatments for each person according to his needs and the dictates of his various problems and concerns. Pranic Healing serves to complete that package of healing modalities by offering work directly on the energy body.

The energy or etheric body has long been recognized by esoteric healing traditions for many millennia. Only recently has modern science and medicine began to recognize the presence of such an energy field surrounding all living systems. Pranic Healing works directly on this energy body and its major centers or vortices of energy called chakras. Within this system there are 11 major energy centers compared to other traditional systems which delineate 7 major chakras. These chakras include three in the head: the crown, the forehead, and the ajna (between the eyebrows); three in the upper body: throat, heart, and spleen; and finally five in the lower body: solar plexus (below the sternum), navel, sex, meng mein (along the spine at the level of the navel), and basic (at the base of the spinal cord). In addition to these major chakras there are a host of minor and mini energy centers such as the ones located on the palms of the hand and the finger tips respectively.

The basic concept behind energy healing in general and Pranic Healing in particular is to cleanse and then energize the specific area of the body that is affected and the corresponding chakras. The emphasis is first on cleansing those areas so that they can "breathe" naturally which then allows external chi or prana to come into the area and accelerate the natural healing process. Only after cleansing an area of energetic congestion will a practitioner then energize that area with prana or life force in order to further aid in recovery. In more advanced forms of Pranic Healing, the practitioner can cleanse and energize with particular types of colored energy that have various properties that greatly aid in healing. For example, life force that is colored by green has a cleansing and disintegrating effect. This type of colored prana is used to cleanse the various body parts and chakras before energizing them. In contrast, red colored prana has an inherent energizing effect and is extremely useful in rapidly healing conditions involving the musculoskeletal system.

Central to most forms of bio-energy healing including Pranic Healing is the ability of the practitioner to sense or scan energy with their hands. Scanning allows the Pranic Healer to sense whether an area is congested or depleted with energy. This then allows her to be able to apply the appropriate remedy for that area. Although this is not necessary to be a successful Pranic Healer, it greatly aids in the diagnosis

and healing of various disorders. Master Choa Kok Sui's system has derived protocols for all the major medical disorders including psychological disorders. This system was created in a logical, straightforward, and reproducible manner in order to enable everyone to use her own innate healing ability.

Pranic Healing practitioners can address psychological as well as physical problems. Stress, phobias, addictions, and anxiety are some of the most amenable ailments to Pranic Healing treatments. This framework assumes that thoughts exist on the energetic level. Negative thoughts, or what are sometimes referred to as negative thought forms, can sometimes become lodged in the various chakras leading to psychological distress. For example, one of the main chakras where negative thought forms become lodged during stress is in the solar plexus chakra. A Pranic Healing practitioner will use electric violet colored energy to cleanse this chakra of these negative thought forms. One advantage of Pranic Psychotherapy is that the client does not necessarily need to go into detail about his personal issues. All he needs to do is to be willing to let go of these thoughts while the emphasis is placed on working with the energetic level. Then, following the treatment, verbal discussion can take place to understand the issues on an emotional and mental level but with the advantage of having cleared away blockages on the energetic level.

Work on and with the energy body is not only an avenue for healing disease and distress but also for accelerating one's own development physically, psychologically, and spiritually. Once a person becomes aware of energy, they can appreciate how different behaviors and thoughts affect their energy body. This can lead to optimal states of health and wholeness not always possible within a strictly physical view. For example, there is the Master Healing technique in which the basic and meng mein chakras are cleansed and energized. The basic chakra provides energy for the entire physical body. It is like a power plant for the body. By cleansing and energizing it, the body has a heightened amount of energy. The meng mein, however, is the gateway that allows this energy to be distributed throughout the body. By simultaneously cleansing, energizing, and opening the power plant and gateway, tremendous amounts of energy can be released into the physical body. This is extremely helpful for people who are too weak to fight their disease and also for athletes who are looking to find a natural way to heighten their power without resorting to harmful drugs.

Pranic Healing offers people another avenue to include in their strategy towards health and wholeness. It is a complement to Western allopathic medicine and other complementary healing modalities. In the end, energy is universal and all healing entails our awareness of our connection with this universal energy. Pranic Healing is one of the most effective means to that end.

Information for this article was drawn from the following resources:

Sui, Choa Kok. Advanced Pranic Healing: Practical Handbook for Healing with Color Pranas. Manila: Institute for Inner Studies Inc., 1992.

Sui, Choa Kok. Miracles Through Pranic Healing: Practical Manual on Energy Healing. Manila: Institute for Inner Studies Inc., 2004.

Sui, Choa Kok. Pranic Psychotherapy. Santa Monica, Evergreen Productions. 2000.

Disclaimer: The Pranic Healing® system is not meant to replace orthodox medicine but to complement it. Pranic Healing® practitioners *do not* physically touch the recipient's body, diagnose diseases, prescribe any drugs/substances or make any health claims or guarantee any outcome. The preceding article is the author's own view and not necessarily those of Master Choa Kok Sui or the Pranic Healing® Organization.