

Yoga Vidya

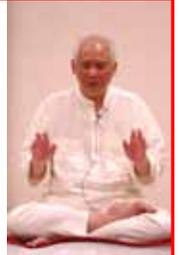
# Pranic Healing



## Master Choa Kok Sui Introduction to Pranic Healing



*Manifest Your Greatness*



## About the Founder

**Grand Master Choa Kok Sui**, as a spiritual teacher, was a true embodiment of his teachings.

**His rare depth of wisdom was a result of the alchemy of his experiences as an enlightened guru, chemical engineer, philanthropist, businessman, scientist, and international lecturer.**

**His more than 20 years of research and proclivity for experimentation on the wise use of subtle energy made him a Grand Master of energies.**

**He is the foremost world expert on Pranic Healing and Arhatic Yoga.**



An **intelligent** person is not closed-minded. He does not behave like an ostrich burying his head in the ground, trying to avoid new ideas and developments.

An intelligent person is not gullible. He does not accept ideas blindly.

He studies and digests them thoroughly, than evaluates them against his reason; he tests these new ideas and developments through experiments and his experiences.

An intelligent person studies these ideas with a clear objective mind.

- **GMCKS**



# AGENDA

Introduction to Pranic Healing

Testimonials / Medical Case Reports

Meditation on Twin Hearts

The School of Healing and Spirituality

Water Crystal Research on Energies

Questions

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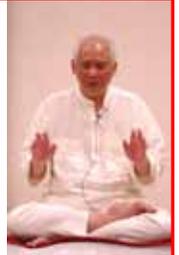
**Pranic Healing**



# Pranic Healing A Background



*Manifest Your Greatness*



## What is Pranic Healing?

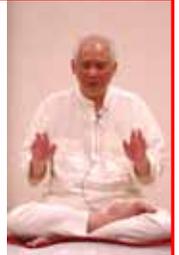
Pranic Healing is an ancient science and art of healing that utilizes **prana or life energy** to heal the whole physical body. It also involves the manipulation of energy and bio plasmic matter of the patients body.

Pranic Healing is not intended to replace orthodox medicine but rather to **complement** it.



## Why Complimentary Therapy?

- ❖ The healing procedure can be so designed as to meet with the valid response of the human body and can be ailment specific, condition specific and persona specific.
- ❖ In addition, it helps in the enhancement of the body's response to medical intervention.
- ❖ Observations include a marked reduction in side-effects and complications that invariably accompany medical/surgical therapy.



## Is it Scientific?

What we call miraculous healing is nothing more than increasing the body's rate of self recovery.

Although science is not able to detect and measure **Life Energy YET**, it does not mean that life energy does not exist or does not affect the health and well being of the body.

There is nothing Supernatural or Paranormal about healing, it is simple based on Natural laws that most people are not aware of...



## Two Basic principles of Pranic Healing

- ❖ ***Principle of Self-Recovery:*** In general, the body is capable of healing itself at a certain rate.
  
- ❖ ***Principle of Life Energy:*** For life to exist, the body must have prana, chi or life energy. The healing process can be accelerated by increasing life energy on the affected part and on the entire body.



## What is Energy?

- ❖ Prana or Ki is that life energy which keeps the body alive and healthy
- ❖ In Pranic healing, the healer projects prana or life energy to the patient, thereby healing the patient.
- ❖ Prana or the “Breath of Life” is known by various names

In Sanskrit : Prana

In Greek : Pneuma

In Polynesian : Mana

In Chinese : Chi

In Japanese : Ki



## Feeling the Energy



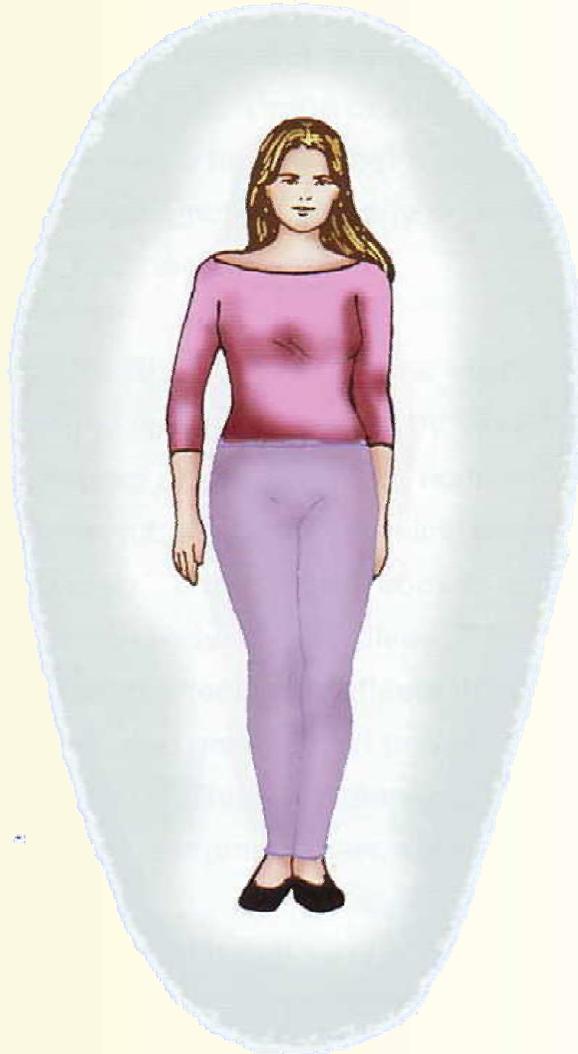
Sensitizing the Hands



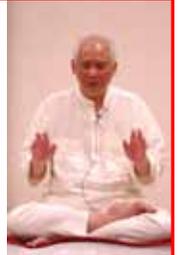
## The Energy Body

- ❖ Pranic Healing is based on the overall structure of the Human body, which comprises of –
  - ❖ Visible physical body
  - ❖ Invisible energy body (bio plasmic body)
  
- ❖ The word “Bioplasmic body” comes from “Bio” which means life, and “Plasma” which is the 4<sup>th</sup> state of matter, the first three being solid, liquid and gas. Plasma is ionized gas or gas with positive and negatively charged particles
  
- ❖ Bioplasmic body means a living energy body made up of invisible subtle matter or etheric matter.

## The Energy Body



- ❖ The energy body comprises of the inner and outer aura.
- ❖ The inner aura interpenetrates and extends beyond the physical body by approx. 4 to 5 inches
- ❖ It follows the contour of the physical body
- ❖ Beyond the inner aura is another luminous energy field called the 'outer aura' extending to about 1 meter



## Functions of the Energy Body

- ❖ Absorbs, distributes and energizes the physical body with prana or ki so the physical body can function properly
- ❖ It acts as a mold or a pattern for the physical body. If the energy body is defective, the physical body is defective. Diseases manifest mostly as an energy disturbance in the Energy body before they manifest themselves on the physical body
- ❖ The energy body serves as a protective shield against germs and diseased energy
- ❖ Based on the principle of correspondence, when the Energy body is healed, the Physical body also gets healed

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# Pranic Healing



**Healthy Energy Body**



**Diseased Energy Body**

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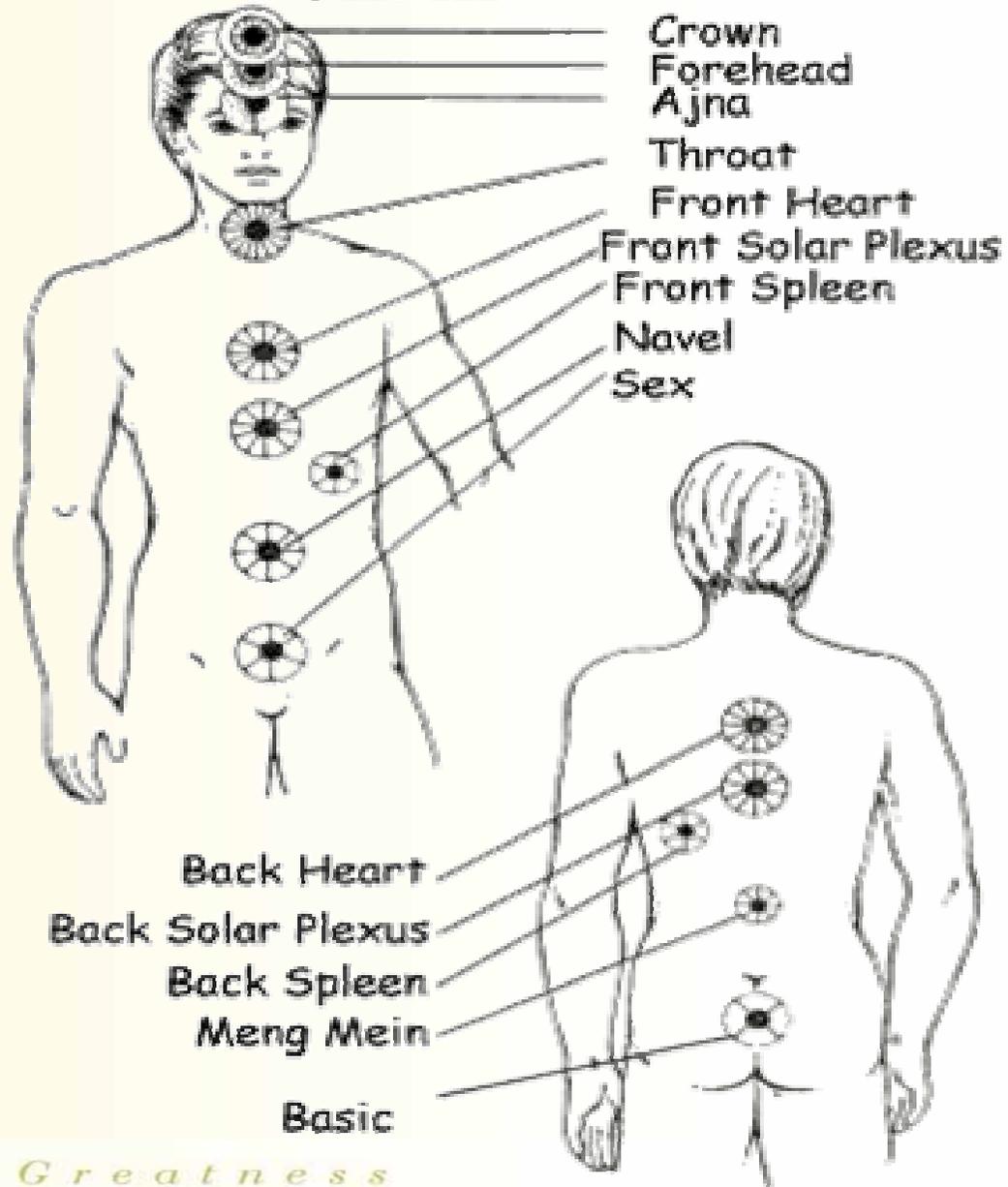
## Chakras (Energy Centers)

Just as the physical body has **vital organs**, the energy body has major, minor and mini chakras.

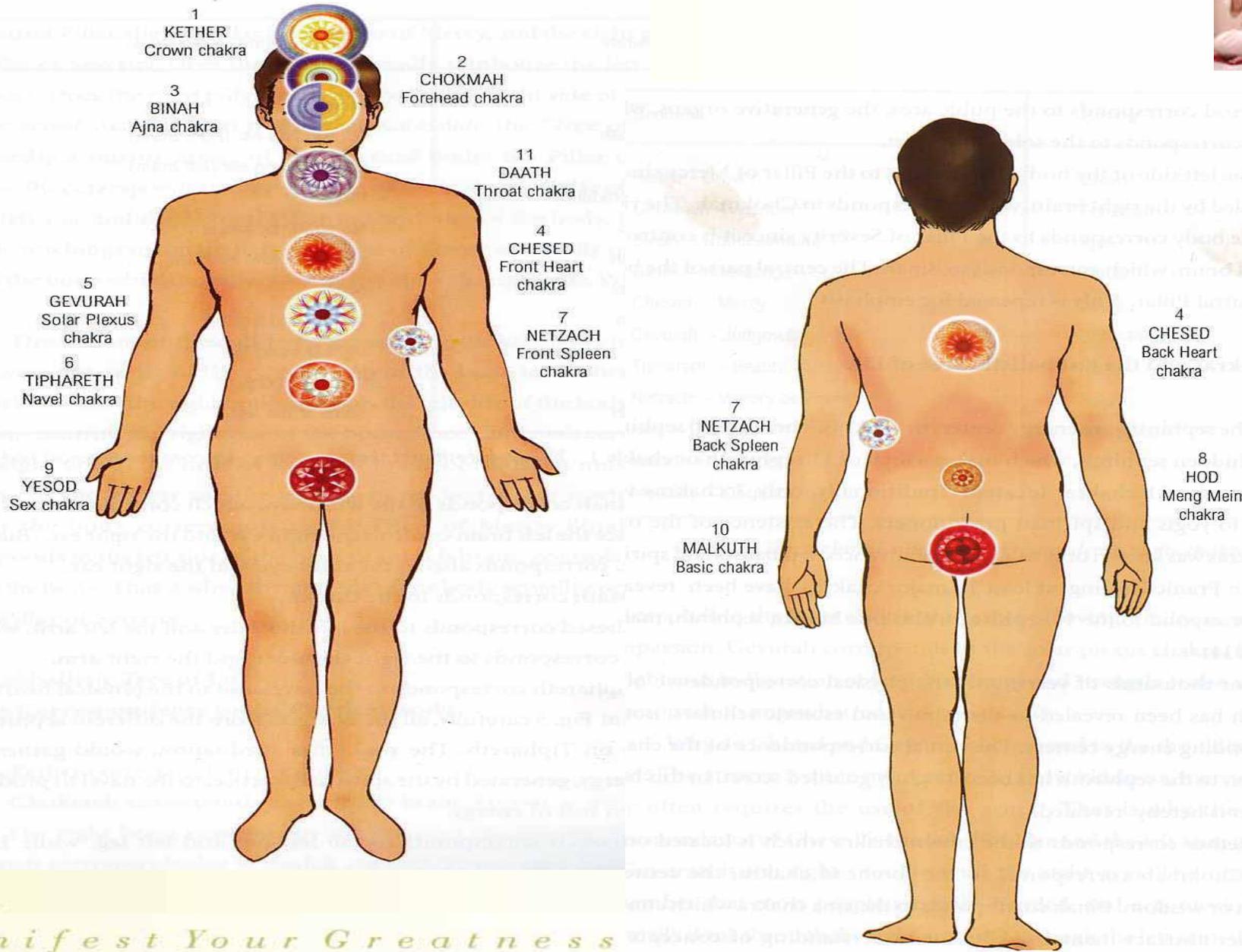
- ❖ Chakras are like **power stations**, they supply life energy to major and vital organs
- ❖ Major chakras are about 3 to 4 inches in diameter
- ❖ There are 11 major chakras

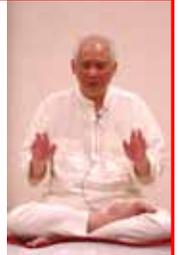


## Chakras



# Pranic Healing





## Scientific Developments: Energy Body

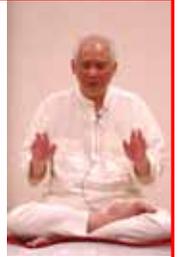
### Kirlian Photography

- ❖ Kirlian Photography: Semyon Davidovich Kirlian and his wife developed Kirlian photography in 1939, which can be used to photograph the energy body
  
- ❖ Based on the studies of Kirlian photography, it has been observed that
  - ❖ a disease first manifests in the energy body before it appears on the physical body
  - ❖ Even emotional, mental and psychological states and an individual's thoughts affect the energy body



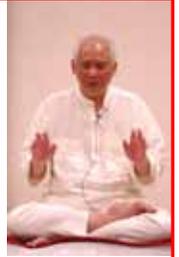
## How does Pranic Healing work?

- ❖ Healing is brought about by removing the diseased bioplasmic matter from the patients energy body and subsequently transferring or projecting Prana **through** the healer to the patient
- ❖ The healer functions as a channel for transference of healthy prana
- ❖ There are three primary sources of prana:
  - ❖ Sun
  - ❖ Air
  - ❖ Ground



## Self Healing

- ❖ The same two basic principles of cleansing and energizing are used to heal oneself
- ❖ There are several methods of healing oneself, some of which are:
  - ❖ Manual Technique
  - ❖ Pranic Breathing Technique
  - ❖ “Distance Healing” Technique
  - ❖ Chakral Breathing Technique



## What Can You Heal?

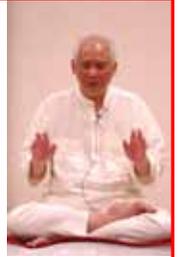
### ❖ Minor ailments like:

- ❖ Fever
- ❖ Migraine
- ❖ Aches, burns, itches, joint pains
- ❖ Gastro-intestinal problems

### ❖ Major ailments like:

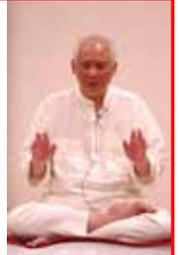
- ❖ Diabetes
- ❖ Cancer
- ❖ Tuberculosis
- ❖ Kidney ailments

The efficacy of the healing depends among other factors upon the proficiency of the healer and more importantly the receptivity of the patient



## Healing beyond the physical body...

- ❖ Pranic Healing is a highly effective healing technique and can be used to heal problems beyond physical diseases.
- ❖ It can be effectively used to heal –
  - ❖ Lifestyle related problems like stress and tension etc.
  - ❖ Psychological disorders like phobia's, depressions etc.
  - ❖ Addictions like smoking, alcoholism, drugs etc.
  - ❖ Financial healing
  - ❖ Relationship healing



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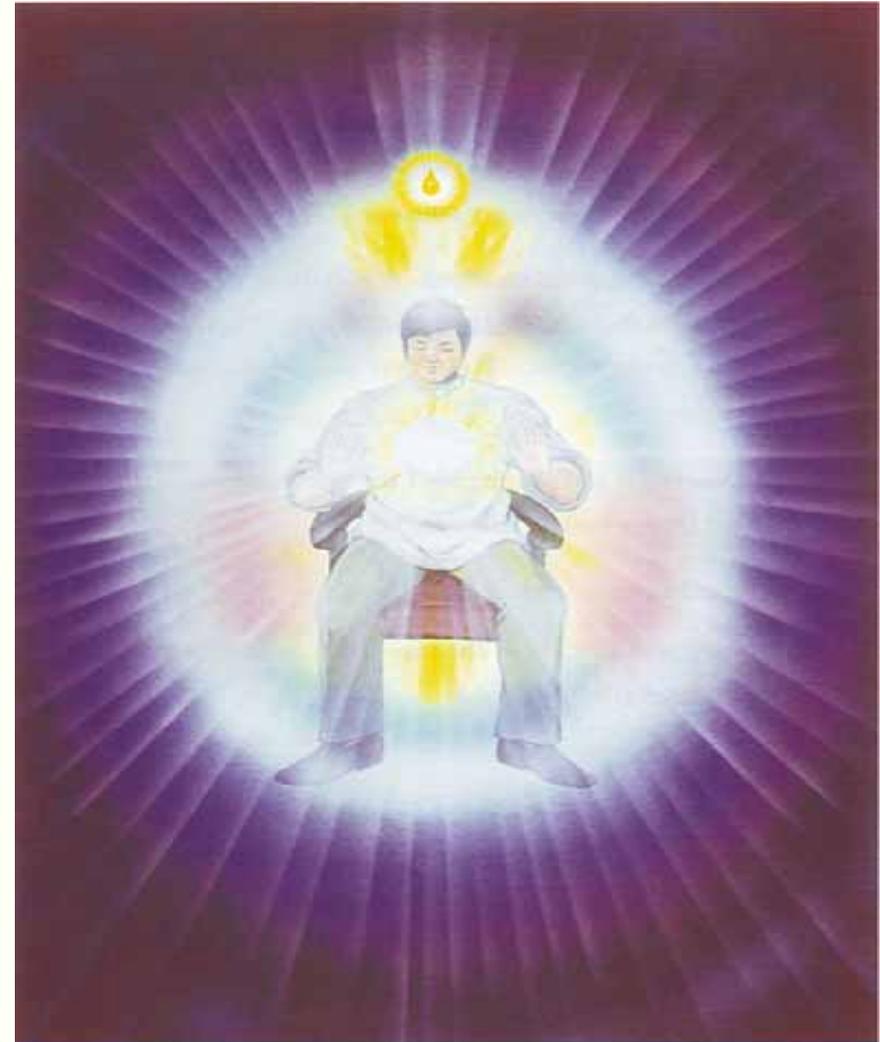
Water Crystal Research on Energies

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## Meditation on Twin Hearts

“Meditation on Twin Hearts” is an advanced meditation technique aimed at cleansing our internal system of the stress, negative emotions/thoughts and energies – which left untreated may lead to physical and psychological ailments





## Understanding Twin Hearts Meditation

- ❖ Meditation on the Twin Hearts is based on the principle that some energy centers are entry points or gateways for higher consciousness
- ❖ Twin hearts – heart chakra (emotional love) and crown chakra (divine love)
- ❖ Activating the heart chakra causes the solar plexus chakra to be cleansed thus releasing stress and negative energy - the practitioner experiences inner peace and happiness
- ❖ Activation of the crown chakra floods the energy body with divine energy, this divine energy flushes out the negative emotions/thoughts – deep psychological cleansing
- ❖ Activation of crown chakra enables a practitioner to experience illumination or higher consciousness



## Benefits of Twin Hearts Meditation

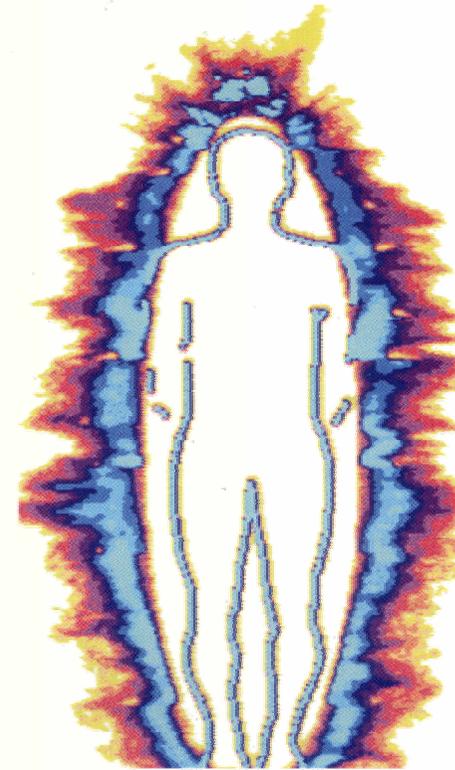
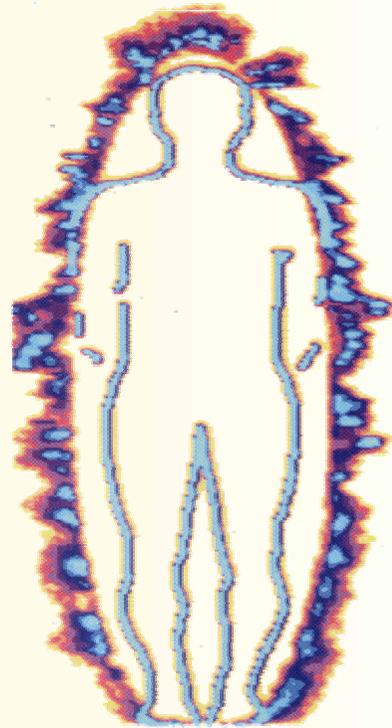
- ❖ Inner Peace
- ❖ Bigger Aura and Chakras, increased immunity to diseases and problems in life
- ❖ More Energy, Greater Tolerance to Stress and other emotional and psychological upsets and problems.
- ❖ More good karma / luck
- ❖ Ability to bless the world and problematic situations
- ❖ Better physical health
- ❖ Higher intuitive intelligence
- ❖ Higher Emotional stability



## Benefits of Twin Hearts

**Before Meditation**

**After Meditation**

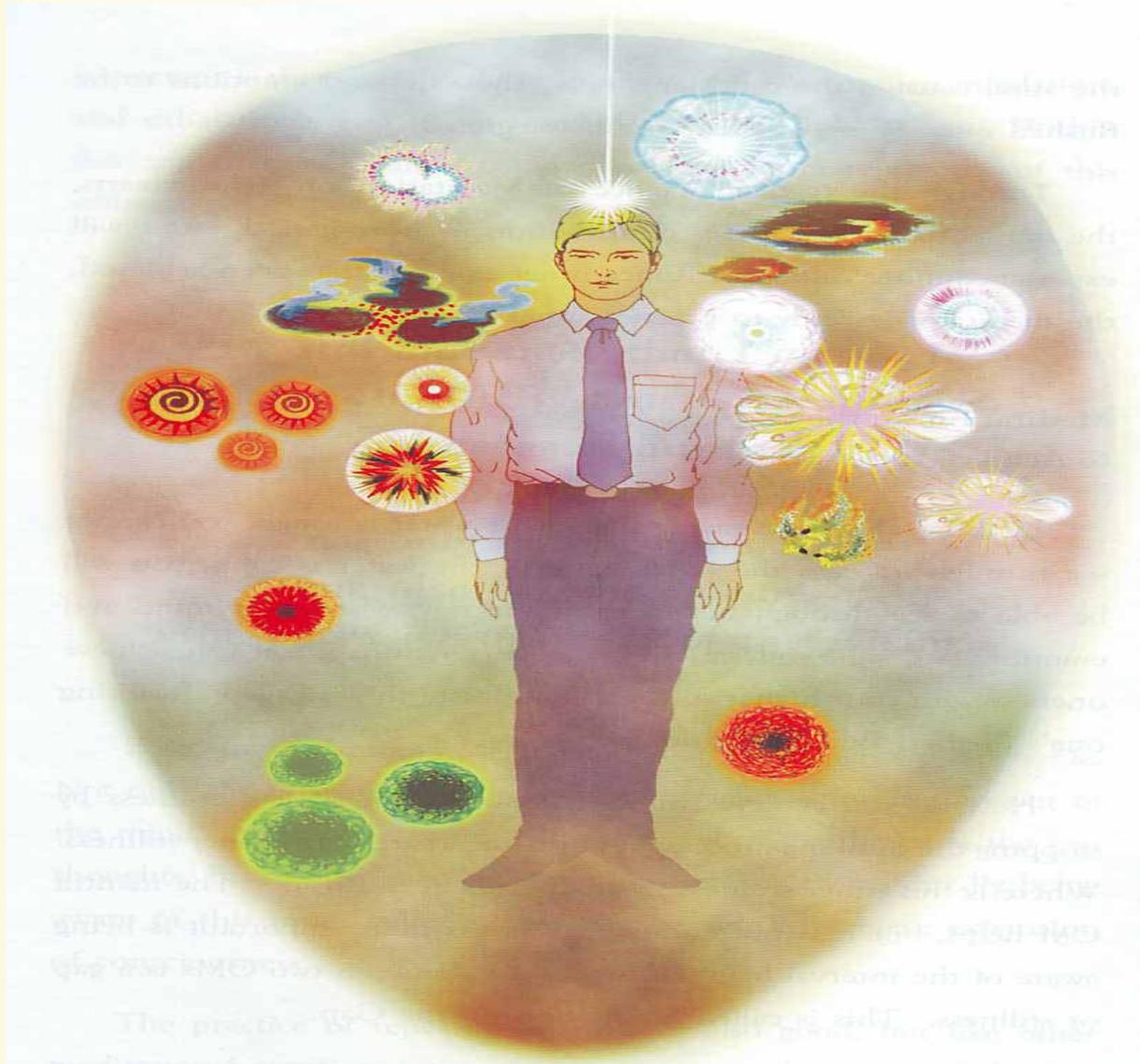


The images show the energy body (computer generated images using the GDV camera) of Mr. S.M.P aged 60 years, before and after the meditation on twin hearts.

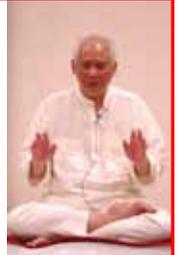
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# Pranic Healing

## Aura before the meditation



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Introduction to Pranic Healing

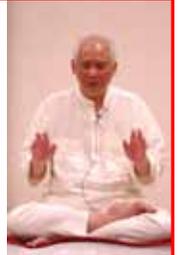
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## Levels in Pranic Healing

Pranic healing has several levels, gradating from simple to more advanced concepts, and from easy to difficult techniques moving on to Spiritual practices in Arhatic Yoga.

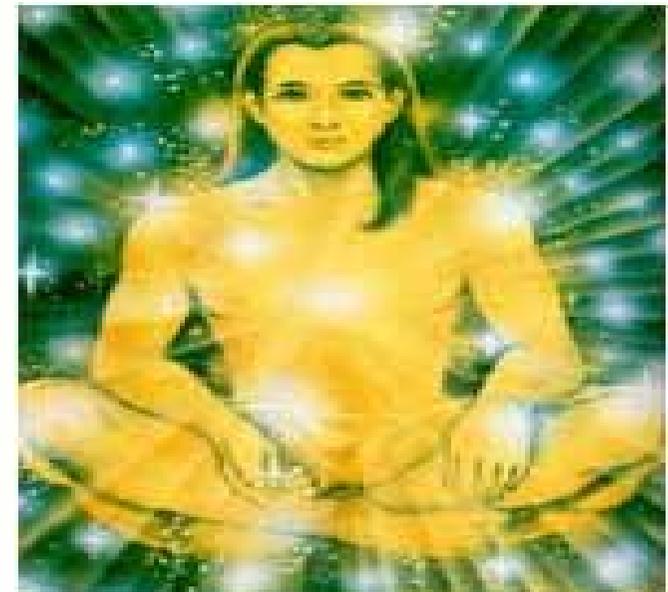
- 1. Basic Pranic Healing:** At this level basic Pranic healing principles and techniques are taught to enable one to do simple healing.
- 2. Advanced Pranic Healing:** Advanced Pranic healing teaches you to use color prana and advanced healing techniques to produce rapid healing results.
- 3. Pranic Psychotherapy:** Pranic Psychotherapy is advanced Pranic healing applied in the field of psychological ailments.
- 4. Pranic Crystal Healing:** This course facilitates Pranic treatment using crystals as instruments.
- 5. Pranic Psychic Self Defense for home and office**
- 6. Arhatic Yoga Preparatory and Higher levels**

# Arhatic Yoga



- ❖ Yoga in Sanskrit means practicing union with God.
- ❖ Arhatic Yoga is a synthesis of various yogic techniques, including powerful meditations and energy-generating physical and breathing exercises, integrated into a step-by-step system that rapidly and safely accelerates the spiritual development of the practitioner.
- ❖ “Arhatic” derives from the word Arhat, which means “a perfected one” or “a highly evolved being”.

An Arhat has well developed **intuition, advanced mental powers, highly refined emotions** and a strong desire to **contribute personally to the uplifting of humanity.**





## List of other Courses offered..

- ❖ Achieving Oneness with the Higher Soul
- ❖ Spiritual Essence of Man
- ❖ OM Mani Padme HUM
- ❖ Meditation on the Lords Prayer
- ❖ Higher Clairvoyance
- ❖ Kriyashakti for prosperity
- ❖ Pranic Feng Shui
- ❖ Spiritual Business Management
- ❖ Hinduism Revealed
- ❖ Buddhism Revealed (new)
- ❖ Christianity Revealed (new)



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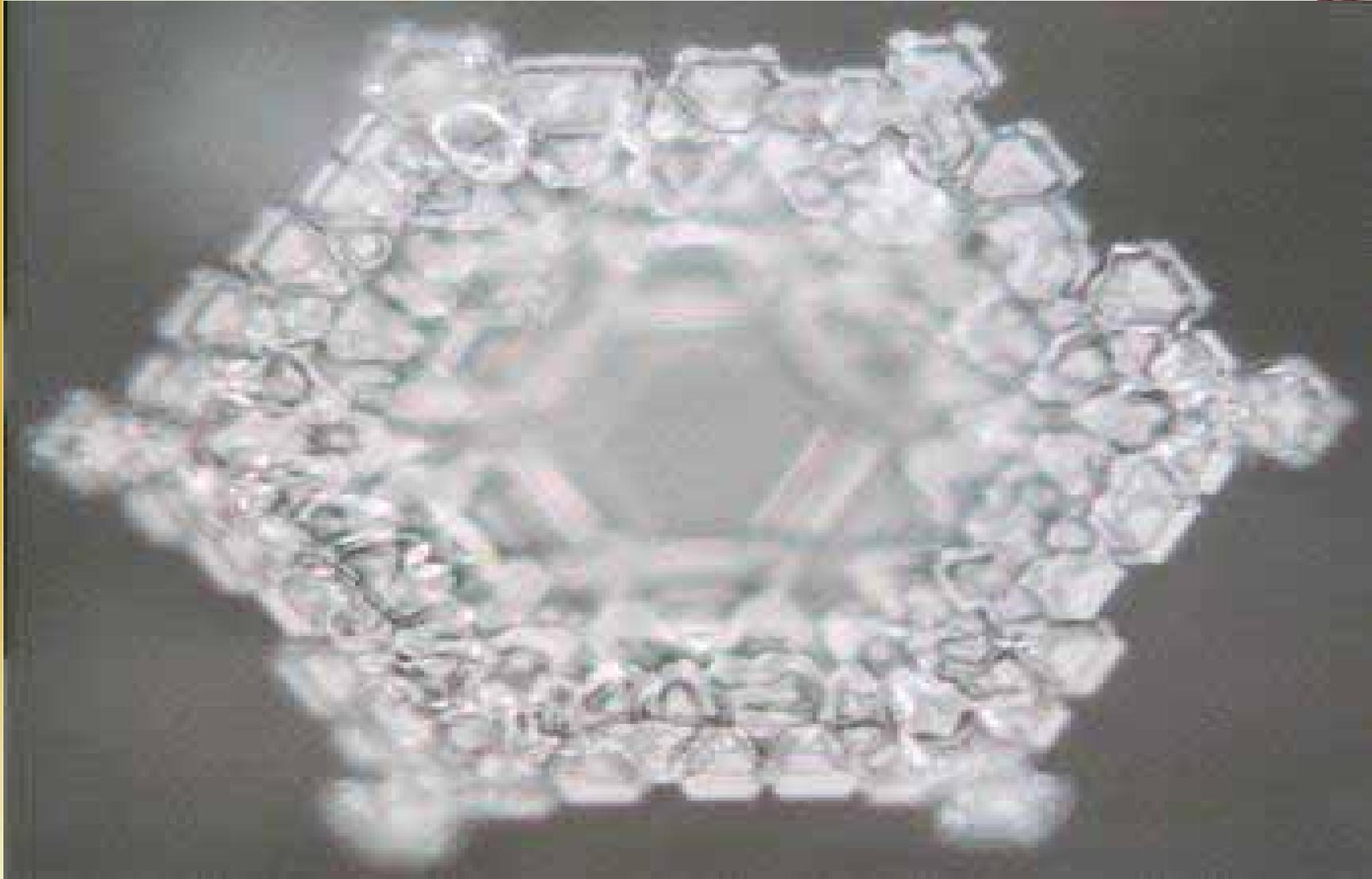
## Scientific Developments: Impact of thoughts, emotions and intentions on physical realities

- ❖ Dr. Masaru Emoto studied the impact of human intentions on water crystals
- ❖ Through repeatable experiments he demonstrated that human thoughts and emotions can alter the molecular structure of water
- ❖ After much experimentation, Dr. Emoto discovered that the most powerful combination of thoughts in terms of capacity to transform was that of "Love and Gratitude"

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## Pranic Healing

### Effect of “OM” label on water bottle

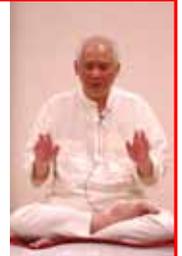


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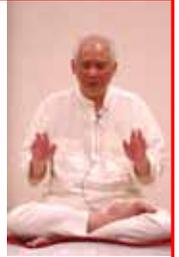
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# Pranic Healing

## EFFECT OF "THANK YOU" LABEL ON WATER BOTTLE



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- **The human body is largely composed of water**
- **We live on a planet covered by more water than landmass**
- **If we have the power to transform the structure of the medium we are made of than the power to restore not only our own health but that of everyone around us, and even the planet itself, lies in our hands.**

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# Pranic Healing



This presentation is compiled from the  
various books and courses of  
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