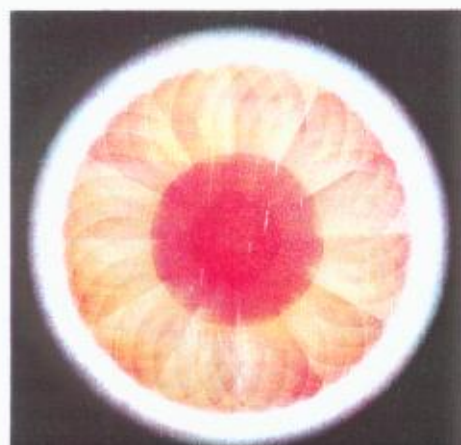

Pranic

Alternative therapy is fast becoming an alternative lifestyle, so widespread is its use and so numerous its converts. Among the most popular is pranic healing, an ancient science now resurrected. Sushil Gupta, Managing Director, Asian Hotels Ltd, is one of its foremost practitioners. Here's his personal insight into pranic healing.



Aura of

Healing



Life

I WAS DEPRIVED OF PLAYING WITH ONE OF MY REGULAR GOLF partners, a very highly placed professional. He was suffering from a frozen shoulder and had tried out several remedies including Kerala Ayurvedic massage, with little effect. I advised him to undertake pranic healing sessions. Not only has he been cured of his frozen shoulder and is playing the game again, he also recently won a prize!

Allopathic science usually sends the patient for a number of tests. Only after this, is the diagnosis made—a kind of trial and error method. In pranic healing, however, we are able to diagnose the root of the disease by observing the aura and chakras of the patient. All organs are connected with one chakra or the other. The disease occurs in the aura, or the pranic body, first and only then manifests itself in the physical body. And if the pranic body is treated, the effect automatically goes to the physical body, thereby healing the person of his/her ailment.

What is pranic healing? According to Hindu tradition, prana is life force; the basic constituent and source of all life and the universe. It is the energy responsible for keeping the body alive and healthy. This energy is recognised in many other cultures and known by different names such as Chi in Chinese, Ki in Japanese, Mana in Polynesian, Pneuma in Greek, and Ruah in Hebrew. The main sources of prana, available in abundance, are: air, sun, earth and the divine. Our body has the capacity to absorb prana from the sun and the earth as well as from the air through deep breath-

ing. The yoga system of pranayama teaches various ways of breath control to achieve perfect health and a higher state of consciousness. Pranic healing is based on two fundamental principles:

The principle of self-recovery: The body in general has the capacity to heal itself. This principle is best proven by the way broken bones reunite and bond themselves when allowed to rest.

The principle of life force or prana: Just as blood flows through blood vessels in the physical body, prana, the vital energy, flows through the many nadis or meridians in the bioplasmic body. The word 'bioplasmic' comes from 'bio' which means life and 'plasma' which means the fourth state of matter, the first three being solid, liquid and gas. The bioplasmic body is generally referred to as the 'human aura' or the 'etheric twin', the mirror image and counterpoint of the physical body. Through Kirlian photography it is possible to capture the colours of the human aura and record changes in the physical, mental or



Aura seen through Kirlian photography

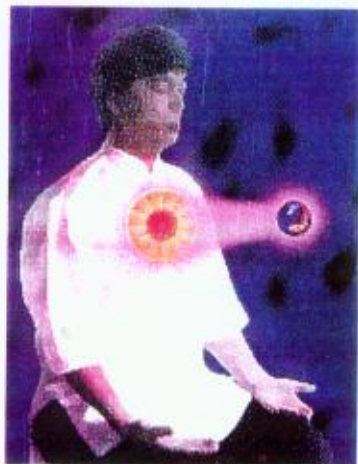
emotional states of a person. Pranic healers can see the disease in the aura of a patient even before it manifests itself in the physical body.

Pranic healing essentially involves treating the energy body. There is a law of correspondence between the physical and the energy body. For example, if a person's liver is sluggish, it will be reflected as a dirty, sticky energy in that part of the aura, where the liver is located. In case of more severe ailments, the entire aura will be affected. A person who is healthy in body, mind and spirit will have a bright aura, and all the energy centres called chakras will be strong and active. There are several energy channels and points in the body, and 11 major energy centres called chakras which are

connected to and control different organs. For instance, the basic chakra (mooladhara chakra) controls the skeleton and the skin, while the navel chakra (manipura chakra) controls the entire digestive tract.

Meditation on Twin Hearts

Meditation on Twin Hearts is a technique to achieve illumination, or what we normally call 'universal consciousness' by Master Choa Kok Sui, the principal proponent of the technique. He believes that this meditation greatly helps to meet urgent global requirements. The system



Activating the heart chakra

makes a person's etheric, emotional, and mental energies stronger and of better quality. One can accomplish more things in a shorter period, thereby increasing efficiency and productivity at work. More important, this meditation builds the divine link between the soul and the personality and eventually leads to Divine Union. This powerful form of meditation brings about a profound inner transformation and expansion of consciousness leading to inner peace, harmony, joy and self-realisation. If practised regularly, it enhances one's healing ability. During the process of meditation, powerful positive energies are released for the purpose of blessing and benefit the whole of humanity.

The twin hearts refer to two of the energy centres: the heart chakra (anahata chakra), and the crown chakra (sahasrara chakra). The heart chakra, located at the centre of the chest, is the core of one's higher refined emotions such as love, kindness, compassion, joy, affection, understanding and mercy. The crown



Activating the crown chakra

energy centre (also called the spiritual heart centre) on the top of the head is the gateway to illumination or higher spiritual consciousness. When this centre is highly developed, one experiences divine love and oneness with all. When the crown energy centre is highly activated, the 12 inner petals open and are turned upward like a golden crown. An opened crown

Pranic healing is accomplished through very simple procedures which are easy to learn. The first process is cleansing, to remove the cumulated dirt and disorganised energy causing congestion in the body. The second process is energising, to replenish and reinvigorate the body with fresh prana or vital energy. This is done by transferring energy used on the principle that energy flows through thought. At the centre of each palm is an energy centre called the hand chakra capable of absorbing and projecting pranic energy. The pranic healer takes in pranic energy through one hand, and projects it through the other. Advanced pranic healers use their own chakras to draw the energies from the atmosphere and project this through their hand to heal the patient.

When the twin processes of cleansing and energising are

complete, the crown receives a tremendous flow of spiritual energy that is distributed to all parts of the physical body and all the subtle bodies. This has a cleansing effect on physical ailments, as well as negative attitudes in life. The brightness in the chest of saints actually depicts the heart energy centre. A highly developed crown energy centre is symbolised by the Holy Grail, by



Using the heart and crown chakras

Through Kirlian photography it is possible to capture the colours of the human aura and record changes in the physical, mental or emotional states of a person. Pranic healers can see the disease in the aura of a patient even before it manifests itself in the physical body.

Healing involves treating the energy body.

the crown worn by kings and queens, and by the mitres worn by popes and bishops. These are but poor physical replicas or symbols of the indescribably resplendent crown chakra of a fully illuminated person. The crown chakra can only be fully activated when the heart chakra is first fully activated. The heart chakra is a replica of the crown energy centre. Clairvoyants see the heart chakra similar to the inner chakra of the crown, which has 12 golden petals.

To better understand the significance of the Meditation on Twin Hearts in everyday life, it might be helpful to look at the general state of peoples' lives. At present, the instinct for self survival, the uncontrolled urge for material success and sex drive at the expense of spirituality, and the tendency to react using the lower emotions are very strong. Modern education and activities tend to overemphasise the development of the concrete mind.

The development of the higher emotions, spirituality and intuitive nature

complete, the circulation and flow of energy throughout the body is improved and the body's ability to heal itself is greatly enhanced. Sometimes, just the removal of energy blockages and imbalances is sufficient to normalise the energy flowing through the body to the point where the body's healing process is suddenly accelerated, producing miraculous recoveries. Pranic healing has been demonstrably effective not only in healing both physical and psychological ailments but it can also help prevent illness by harmonising one's physical, emotional, mental and spiritual energies. It strengthens the immune system and enhances the vitality and quality of one's life, health and happiness.

Pranic healing is an ancient science known to the great sages of India from time immemorial. There are several references to it in



Activated crown and heart chakras of a spiritual being meditating

have been neglected. This is the main reason why many people lack inner peace and right human relations in the spirit of their intelligence and material success. Through the constant practice of the Meditation on Twin Hearts, a person becomes a well-rounded, harmonious being, with a healthier physical body, controlled lower emotions, a sharp and intelligent mind, and a practical spirituality.

the sacred scriptures of the Hindus. The *Vedas*, the *Kathopanishad*, the *Yoga Shastras*, and the illuminated works of many sages and yogis of the past, and even of recent times, including Swami Vivekananda, Swami Rama and Paramhans Swami Satyananda of the famed Bihar School of Yoga. The knowledge of this science spread from India to Tibet, China and Japan and to the Middle East even before the beginning of the Christian era. Other forms of healing like Tai-chi, Reiki, acupuncture, acupressure and reflexology, to name a few, have all evolved from this science.

LIKE many ancient sciences, pranic healing went into virtual oblivion. The credit for rediscovering pranic healing and developing it into a complete system belongs to its greatest modern teacher, Master Choa Kok Sui. He has authored several books distilled from his experiences stretching over 20 years of extensive research and experimentation. The first of these was *The Ancient Science and Art of Pranic Healing*, published in 1987, which has run into several editions and been translated into 17 languages. Master Choa Kok Sui is the founder of the World Pranic Healing Foundation and the Institute of Inner Studies in Manila, Philippines. It is remarkable that in a short span of less than a decade, the practice has spread across the planet to countries in every continent, and more and more persons are turning to it as a form of healing. Today, pranic healing is being taught and practised in Argentina, Austria, Australia, Brazil, Canada, Eastern Europe, Finland, Germany, Italy, India,

A unique feature is that the healer does not even touch the patient. What's more, it is possible to heal patients who may be thousands of miles away. The healer uses his own body to project energies, thereby acting as a medium. Pranic healing, in my experience, gives excellent results, especially in psychosomatic diseases.

Indonesia, Ireland, Malaysia, Singapore, Switzerland, Thailand, USA, and Master Choa's home country, the Philippines. For developing countries, where millions of people live in dire poverty and do not have access to medical care, pranic healing is proving a great blessing.

The attraction, and reason for the spreading popularity of pranic healing is that it does not require any drugs or surgical treatment. The energy can be transmitted even thousands of miles away by distance healing—only here the patient has to be in a receiving mode. Pranic healing has helped cure people suffering from acute and chronic diseases like back injuries, asthma, arthritis, migraine, ulcers, muscular atrophy, osteoporosis, back pain, kidney and gall bladder stones, deep venous thrombosis, oedema, and old wounds. Pranic psychotherapy has been remarkably successful in curing emotional and psychological ailments.

I have come across several patients with different diseases and the results from pranic healing have been fantastic. In one case, the wife of a friend of mine had an enlarged heart and the only treatment for that was a heart-transplantation procedure. After reaching a stage where she could not move out of the house, she began undergoing pranic healing sessions with me and has now considerably improved.

A unique feature of this system is that the healer does not even touch the patient. What's more, it is even possible to heal patients who may be thousands of miles away, even with problems that may not seem so serious. My sister's son, who lives in Bangalore and is

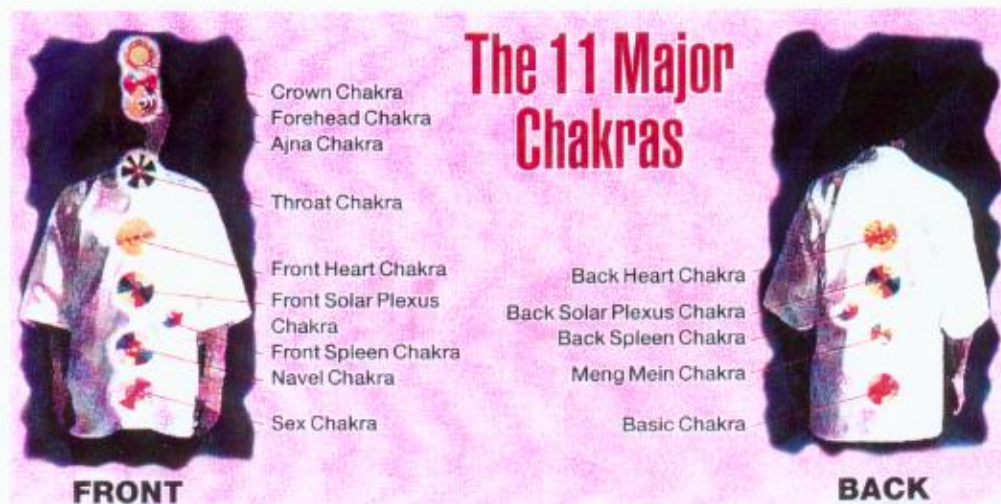
The Five Virtues

Master Choa Kok Sui, a Filipino businessman of Chinese descent, is considered the world's foremost proponent and practitioner of pranic healing. He also conceived the Meditation on Twin Hearts, an advanced technique to achieve 'illumination' or universal consciousness. In his teachings, he emphasises the need to practise the Five Virtues: loving kindness, generosity, honesty,



forgiveness, and living in moderation. He also lays great emphasis on the law of karma.

In 1988, he set up the Institute for Inner Studies Inc., and the World Pranic Healing Foundation in 1990 to offer specialised training and to disseminate the science of pranic healing to a larger audience. He has also written three books on the subject, apart from an audio recording, *Meditation on Twin Hearts*, which contains a step-by-step guide through the process. The centres he has set up around the world offer a range of courses on pranic healing, ranging from pranic psychotherapy to arhat yoga, crystal healing and sacred sex based on spiritual sexuality.



studying engineering, developed a bald patch on his head about four to five inches in diameter. I used distant pranic healing with him (I would telephone him beforehand, so he was ready in the receiving mode) and now his hair has grown back.

IT IS not necessary for a person to be empowered or endowed with any special inborn qualities or talents to become a good pranic healer. All that is needed is the willingness to learn with an open and discriminating mind, and a desire to heal oneself and others. In pranic healing, the basic requirement from a patient is to sit with their palms open, eyes closed, and connect the tip of the tongue to the palate to facilitate better flow of energies. Usually, the pranic healer uses the hands or a crystal to extract diseased energies from the patient.

The healer also uses salt water to disintegrate diseased energies, so that he/she is not contaminated by the diseases. Once the chakra is free from the diseased energies, they are energised with the healing energies from the atmosphere. The healer uses his own body to project energies, thereby acting as a medium. This is another unique aspect of pranic healing: the healer is a

mere medium. In other forms, the healers use their own body, which, if unhealthy or diseased, will not be able to cure a patient.

Recently, the wife of an ambassador came to me with a back problem. She had sustained a severe injury in a car accident and after just a few sessions only she says it feels like she has been given a new lease of life. Pranic healing, in my experience, gives excellent results, especially in psychosomatic diseases. In my company, one of our managers developed insomnia after his wife



The outer aura of an individual meditating

committed suicide. With just one session his sleep pattern has returned to normal.

But there is one regret that I have. And this is to do with all kinds of alternative healing methods. Most people resort to them only after prolonged pursuit of allopathic medicine or other modern forms of treatment. With the result, by the time they come to us (pranic healers or any such alternative therapy practitioners), they are already in an advanced stage of the problem, making our work that much more complicated. If people were to approach us in the early stages, i.e. using pranic (or any alternative therapies) as the first option (rather than last resort) we would be able to cure them much more faster. ♦

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