

Pranic HEALING

Empower yourself

BY WENDY MACDONELL

Over six years ago I suffered from stress. In my case, it resulted from giving my own personal energy to others during a five day healing festival. I was not only working with people, but also giving workshops and doing promotional work. The day after the festival ended I had a session with Master Gregory Castanarez, a pranic healer. I became re-energised, I felt wonderful and was filled with an inner bliss. It was this last reaction which attracted me totally to pranic healing.

Within the structure of the pranic healing courses

there is a synthesis of ancient traditions from many cultures e.g. India, China and the Philippines. There is a combination of movement, breathwork, colour healing, chakra cleansing and energising and working with the electromagnetic field. Participants also learn meditation techniques, which clear negative energy and thoughts that can easily corrupt and contaminate. The negative energies lead to lethargy, illness, depression and stress. For example the stress level for young adults is extremely high as they may be embarking on new careers, relationships, money worries and setting up new homes.

Pranic healing gives them or their family methods for self-protection and for dealing with these problems and with other social pressures.

The workshops are entitled "Pranic Power" because that is exactly what occurs. There are many reasons why you may be attracted to the courses. It may be because you wish to maximise your business profitability, improve your relationships or yourself. Perhaps you may want to use it in your alternative therapy practice to compliment your skills, or you are a professional and you want to more effectively deal with clients or patients. Medical doctors, lawyers, teachers, social workers, architects, business people, people helping themselves or their family, alternative therapists and trade people all have been trained.

Since becoming trained as the New South Wales organiser, teacher and practitioner I have had many successful results in helping people deal with their particu-

lar anxiety. The courses have taught many others in Australia to obtain similar results for themselves and for others. Stress manifests on many levels – the last level being in the physical body.

If you are at the stage of rising in the morning becomes too much effort or at the end of the day you are exhausted then the energy of your body needs cleansing and energising. You will learn how to draw in energy from the Universal source and also to maintain and utilise energy efficiently.

When we look at our problems they may appear to be enormous if our personal energy is low. However, if we increase our power then the problems become small. You increase clarity and inner vision. Many times we are working on a low voltage (we are "dimmed" – turn up the dimmer switch there is more energy and more light). Can you imagine having enough energy to be able to achieve your aims efficiently. Pranic healing can also act as a preventive by cleansing the mental and emotional bodies before the problem materialises in the physical body. The result may manifest as stiff or inflamed joints, hair loss, lack of appetite or sexual drive, inability to sleep, a low self-image, disinterest in one's favoured hobbies or in their relationships. Depression means no movement.

Pranic healing teaches how to create change in a very positive way by removing old negative beliefs and entrenched patterns. Thus new charged energy can now easily be absorbed and you can move towards positive goals of good health, wealth, joy and inner

G51/76

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