

Hands-off Healing

Healing with Life Force – whether we call that force Prana, Chi, Ki, Ruah, Mana or Pneuma – has taken place for many thousands of years, and in a multitude of different forms and guises. It has been practised by Indian Rishis, Chinese Taoists, Tibetan Monks and by Masters from many other cultures. What is it, then, that has led Pranic Healing, as taught by Filipino Grand Master, Choa Kok Sui, to gain such an increase in worldwide recognition over these last years few years? Melaney Ryan and Paul O'Malley explain.

Pranic Healing is a comprehensive and holistic health care system with easy-to-learn basics, a vast range of practical applications, and a remarkable power and precision. An ancient system of the East, it was brought to Western awareness by Grand Master Choa Kok Sui of the Philippines, who developed and modernised pranic healing over a period of 20 years' research. It originates from a scientific and intuitive understanding of the deep interconnectivity between the subtle body and subtle bio-plasmic body of human Auras. Through a combination of scanning, cleansing or sweeping, and energising, the hands-off healing modality leads to rapid rebalancing and regeneration of the area. This in turn leads to dramatically increased rate of physical self-recovery.

The ancient wisdom teachings and modern clairvoyant research both point to Prana being the very animating principle behind life itself. This force is present in some degree within everything in this physical universe. It is literally universal. One way to think of Prana is as living waves on the tide of supreme consciousness, which shapes and sustains the material plane. It can also simply be thought of as life energy. Acupuncture, Acupressure, and Reflexology all work this Prana, redirecting it along the bio-plasmic channels or meridians, which are for the bio-plasmic body what blood vessels are for the visible physical body.

Prana manifests in nature as raw, powerful solar prana, also as revitalising air prana or air vitality globules, and as soothing ground prana. Air prana is actually quite easy to see, even for those of us who don't consider ourselves clear seeing or clairvoyant. Try looking up at the sky for a few minutes, away from the sun, on a bright day at the beach. Relax or blur your eyes a little. A low, dim glow will try. After a while a myriad of white dancing specks may appear and disappear before your eyes in a scintillating dance. This is the rhythmic life-pulse of air prana. Try

looking at the skyline just beyond the edges of a group of healthy trees. Again, keep your gaze soft and relaxed. Soon you may see a diaphanous blue around the leaves, still brighter than the sky beyond. This is part of the bio-plasmic body or aura of the tree. You may even notice that the dance of air prana ends abruptly at the edge of the tree and, unlike the tree's energy body, is unwilling to air vitality globules from the surrounding atmosphere. A similar, though more complex, process occurs with animals and humans.

Great old oaks trees actually give off more air prana than they draw in, as do particular species such as eucalypts and pines. This resin-like substance is also generated by animals and humans who are in excellent health and even more so by persons who have spiritually expanded to receive vastly greater amounts of Divine Prana than the world around us allow ourselves to receive. It is this excess of Prana that will be cultivated by the Pranic Healer in order to recharge depleted areas in their patient's bio-plasmic body.

While it is interesting to use clairvoyance for verifying the reality and behaviour of prana, and clairvoyance may also be developed as a very useful diagnostic tool, it is not in any way a requirement for Pranic Healing. Nor do Pranic Healers require any mediums or intuitions. As the Grand Master himself writes: "I am not a clairvoyant, nor was I born with any healing ability. If I could learn how to heal effectively, then you can also. All that one needs is the willingness to heal." This is the heart and power of Master Choa's mission. His gift is preserving a non-sense disillusion of ancient esoteric truths in a form that empowers people both to heal themselves and to facilitate the healing of others. Indeed, his goal for Pranic Healing is to have a healer in every family.

Pranic Healers work with the whole bio-plasmic body, but attention is particularly focused on the whirling energy centres or Chakras, which are in

the bio-plasmic body what organs are to the visible physical body. These chakras have a range of sizes and locations, from major ones such as the Heart and Crown centres, through to minor chakras such as the palm and sole chakras to minor chakras such as the finger tip chakras which project intense prana, like laser beams (this is the energetic reason why it is safe to point). These centres absorb, digest and distribute prana to different parts of the body. They are also vastly linked to the proper functioning of the physical organs, and certain centres are also the sites of psychic faculties.

There are five basic techniques needed in order to perform basic work with Pranic Healing.

1. *Sensitising the hands* – our hands are the most vital organ (the CLs we have known for millennia that energy mediators directly connect hands to heart), and they give form and power to the love in action that is our Healing Intent. Pranic Healers are encouraged to stimulate and sensitise their palm chakras so that bio-plasmic fields are experienced as differing textures and degrees of heat, pressure, tingling or other clairvoyant phenomena.

2. *Sweeping the lower Aura* – Pranic Healers are taught how to scan precisely for congestions and/or depletions of the chakras and bio-plasmic field. Interpretations of results is considered in detail, and remote scanning techniques are also taught. Grand Master Choa has also painstakingly researched generic treatments for specific disorders so that even without scanning, effective healings may take place.

3. *Sweeping or cleansing* – simple, powerful methods of sweeping the aura and chakra system are taught. This is forable clearing of the meridian blockages which have led to the imbalance of prana in the area which is being treated. This stage is also vital for removing the stagnant or diseased energy from a location before fresh prana is put in, else a radical reaction

may occur where the patient's systems are unnecessarily confronted with the contaminated energy.

4. *Energising with Prana* – this stage is concerned with how the healer efficiently draws in fresh prana, as well as how to project it safely and appropriately to depleted areas.

5. *Stabilising the projected Prana* – the new energy may escape or leak out into the environment if left to its own devices. Pranic Healing teaches simple methods to minimise the chances of this weakening effect occurring.

Once these five steps have been applied during a healing, the patient's energy field will have a dramatically improved opportunity to regain harmony and a dynamic peace, complete yet stringent energy hygiene protocols are taught to protect both parties from exchanges of diseased energy both during and after the healing session. This also guards long-serving and professional healers from experiencing burn-out due to chronic cross-contamination.

This whole healing process leads to rapid relief of a great many physical, emotional and mental maladies, as well as being a powerful tool for facilitating spiritual growth. It is very advantageous for parents to learn as it will quickly and effectively heal ailments as varied as headaches, depression, fever, breathing difficulties, mumps, bruises, sore throats and nervous disorders. The system has been developed to work alongside allopathic medicine, which it complements powerfully. Pranic healing is also remarkably effective when applied directly to oneself, accelerating personal growth and maximising disease patterns. It can heal your health, your finances, your relationships and make the future bright by removing negative emotions, especially anger, jealousy and insecurity.

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