

Heartbreak is an option

ONCE IN A WHILE one is faced with difficult life experiences. Most of us experience the pain and grief of heartbreak at least once. People we love leave our life, sometimes when we least expect it.

Tragic events such as the death of a loved one, the end of a marriage or of a love affair, or simply when a dear friend moves away, can have a major impact on our emotions and mental state. They also affect the way that we approach life after the event.

For most people the pain is unbearable. They become overwhelmed and take a long time to overcome the disabling effects of grief and regain joy in their lives.

This state of mind may flow to other areas of life such as the workplace and relationships with others. New fears and negative beliefs may become prominent, even if they are completely without foundation. This negativity can become etched very deeply in the mind, the physical body, and the energy body.

Pranic healing is very helpful in treating and dissolving the disabling effects of grief, trauma, depression and heart-

break as well as a variety of physical ailments. With Pranic Healing, heartbreak is an option - not a sentence.

Recently Jennifer came to see me. She told me that her old boyfriend, whom she had not seen for many years, had phoned her. They were both excited and made plans to meet, but her excitement was soon replaced with fear and doubt.

The memories of their first separation flooded back and the pain of her broken heart and lost love resurfaced. She confided that she has not had a serious relationship in the six years since the breakup.

I offered her a Pranic Healing treatment. I scanned her energy body, cleansed the stagnant and blocked energy and she felt immediate relief. I then proceeded to clear negative beliefs and attitudes that formed as a result of the trauma she had suffered when they first separated. Jennifer immediately regained her normal joyful self and their meeting went ahead with very positive results.

So how is it possible to create such quick positive results?

To understand Pranic psychology is to go beyond the conventional, and beyond the confines of one's beliefs, practices and training.

The study of the human energy field is the key.

The physical body is surrounded and interpenetrated by an energy field, called the aura. Within the aura there are energy centres called chakras. Each chakra controls and regulates a designated physical, emotional, mental and spiritual part of the body. There are eleven major chakras and various minor chakras in the energy body.

When a person is in physical or emotional pain, the life force and the body's energy field are affected. The energy body may be depleted or congested. It may be over or under activated.

Using Master Choa Kok Sui's scientific 'no touch' methodology, Pranic Healing utilizes 'prana' or life force, to initiate specific changes in the human energy field, that accelerate the body's innate ability to prevent, alleviate, and heal a whole spectrum of physical and, emotional ailments.

Pranic healing procedures

are simple and easy to learn. However, behind the simplicity is a sophisticated technology that is one of the best, among the publicly known and disseminated alternative healing arts.

Pranic Healing is far more scientific and accurate than other healing modalities that involve channeling energy. Pranic Healing involves the study of chakras, the understanding of the different qualities of energies, and what energy to use for any particular treatment. It concentrates on removing diseased, dirty and used up energy, before energising with fresh, healthy energy.

Heartbreak, grief, trauma, anxiety, depression and addiction result in a depleted energy body, and some of the chakras will be affected. The stress energy, the traumatic energy and the negative thoughts of fear, poor self-esteem, doubt and pessimism need to be removed from the areas in the energy body wherever they may be.

According to Master Choa Kok Sui, the mental and emotional energies produced by thinking and feeling have consciousness. What we experi-



By Gilla Mogilevsky

ence, think and feel produces thought forms or entities. In other words the thoughts and feelings are real.

When a person has a traumatic experience, such as heartbreak, it produces traumatic psychic energy, which if not cleared, may in the long-term manifest as stress or phobia. A traumatic experience may produce repeated thoughts of fear, poor self-esteem, insecurity, futility or indifference.

In the long-term these negative thoughts and feelings can produce negative thought forms, with strong inhibiting and disabling affects manifesting as severe depression.

Pranic Mastery Courses are now being offered in Adelaide. One scholarship will be offered to the Basic Course.

* Gilla Mogilevsky, Pranic healer and teacher from Sydney, will be in Adelaide to offer a free introductory Talk on Monday, May 27. Please see ad on this page for further details.

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