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HEALING THE BODY WITH THE MIND

By Daniel O'Hara

"The most beautiful experience we can have is the mysterious. It is the fundamental emotion which stands at the cradle of true art and science. Whoever does not know it and can no longer marvel, is as good as dead, and his eyes are dimmed."

—Albert Einstein

Wouldn't it be great to know how much internal power a chi gung teacher has before training with him? How about how balanced he is physically, emotionally, mentally or even spiritually? What about having a way of measuring how much energy you have, or how your training is benefiting you? Not only does Pranic Healing teach you how to heal without touching, it answers these and many other questions that martial artists have.

When I was young, TV shows such as "Kung Fu", videos of Morihei Ueshiba, and stories of martial art masters stopping bulls with a punch, fascinated me. I wanted to explore and develop these mystical skills that were latent within me and waiting to explode like a Bruce Lee three-inch punch.

Like most youngsters starting in the arts, I began at the age of 12, knowing that in under a month I would be able to walk on rice paper without a trace and make myself invisible, just like the TV shows and stories. As I started my training in traditional arts, I learned kata after kata, got caught up in belt promotion, and put aside my dreams of being one with the universe and all the skills that went along with it.

Ultimate Stress Test

It wasn't until 13 years of training later that I found my dream. I had been a commodity trader for seven years and the stress tore me apart. All my years of studying numerous external training styles left me pow-

erless against the stress I was under. I again searched out instructors to teach me about this mystical energy called chi. I tried a few big names, special programs, meditations, and even thought I knew something about Taoism. And, still I hadn't felt chi, the health, or the mystical experiences for which I had hoped.

Then it happened! My wife and I went to the Whole Life Expo, a place where hundreds of people were demonstrating everything imaginable. A sign at a booth proclaiming, "Free Chakra Balancing" caught my eye. I didn't even know what a chakra was, but it was free. After I laid down on the floor, one of

the students started moving his hands over me (about a foot away). I could feel waves of energy pulsing through me and I knew that everything I had dreamed about when I was a kid was possible.

For him to impart these ancient secrets to me, I thought I would have to sweep his floors for years. Much to my surprise, he said I could read a book called *Pranic Healing* and take a two-day class with a Certified Pranic Healing Instructor. Then I, too, could do this! I was so excited I almost didn't believe him. However, nothing could deny the experience so I gave it a try.

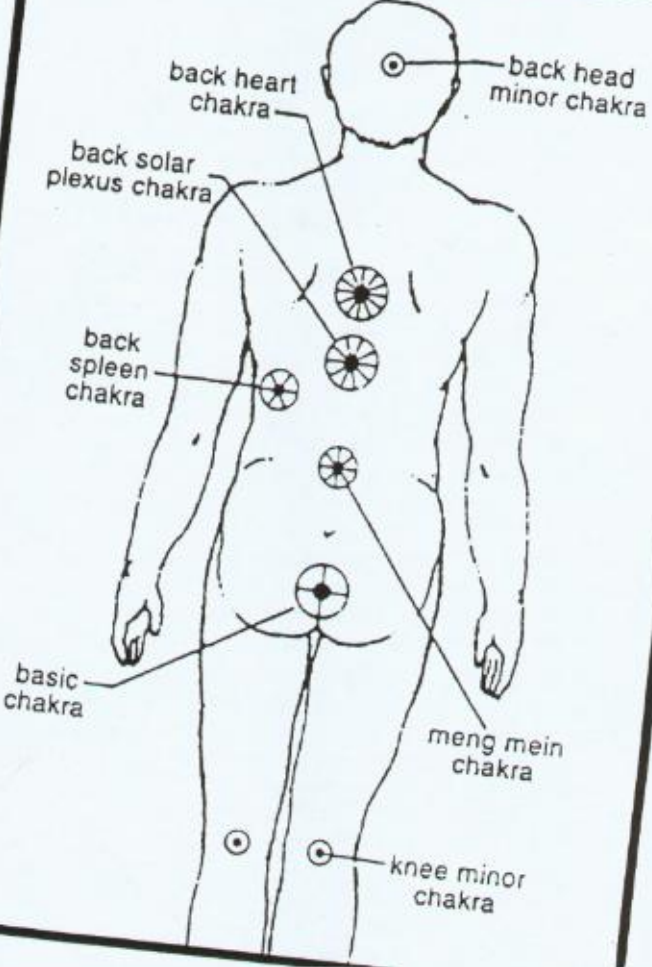
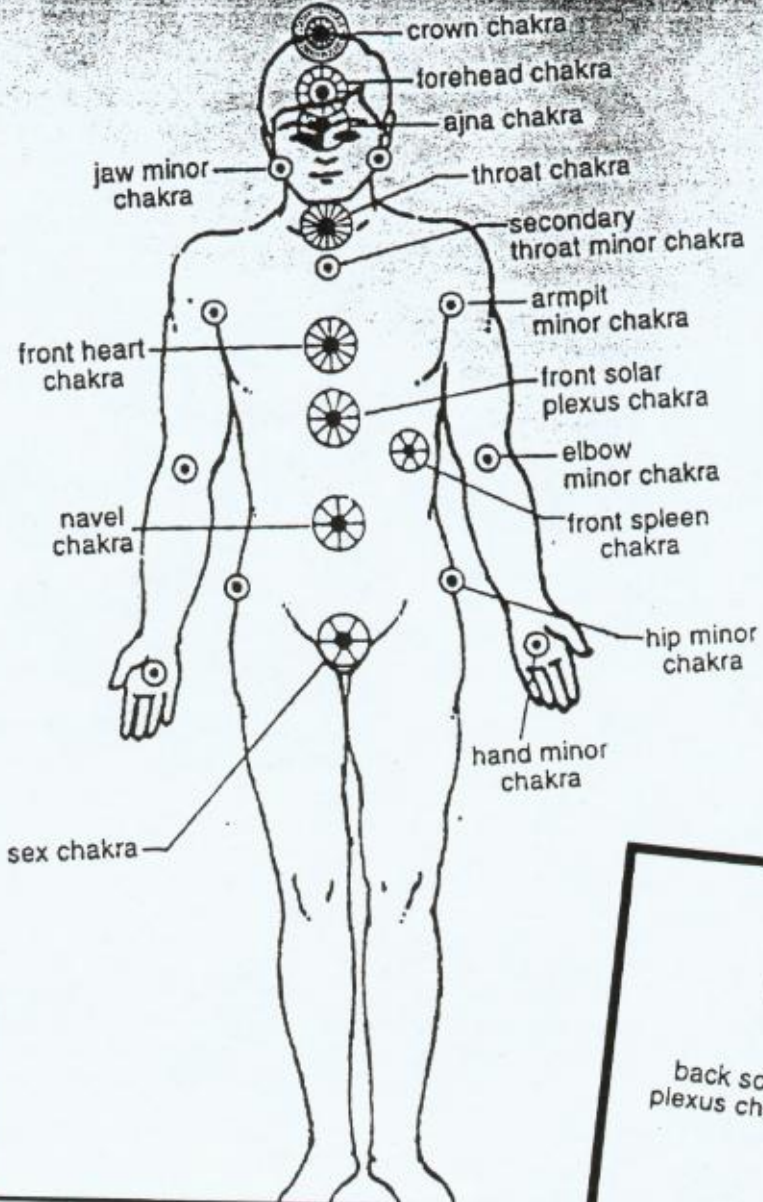
At the class, I met a remarkable Certified

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Pranic Healing can help

MAFIA

Pranic healing is a natural energy healing system that can help you to heal your physical, emotional, mental and spiritual self. It is a safe and effective way to improve your health and well-being. Pranic healing can help you to release negative energy and attract positive energy into your life. It can help you to improve your relationships, your career and your overall quality of life. Pranic healing is a powerful tool that can help you to achieve your goals and live a more fulfilling life.



Above, the founder of Pranic Healing, grandmaster Choo Kok Sul. Diagrams are of Chakra Man illustrating chakra placement on the body.

"I could feel waves of energy pulsing through me and I knew that everything I had dreamed about when I was a kid was possible."

Pranic Healing Instructor named master Steven Co, who could do things with his mind, like change the temperature of the room and heal others, with or without moving his hands in the air. Incredibly, in two hours I was feeling energy, projecting energy, and occasionally even moving people. I learned about prana (energy), how it affected the body, and the body's energy centers called chakras.

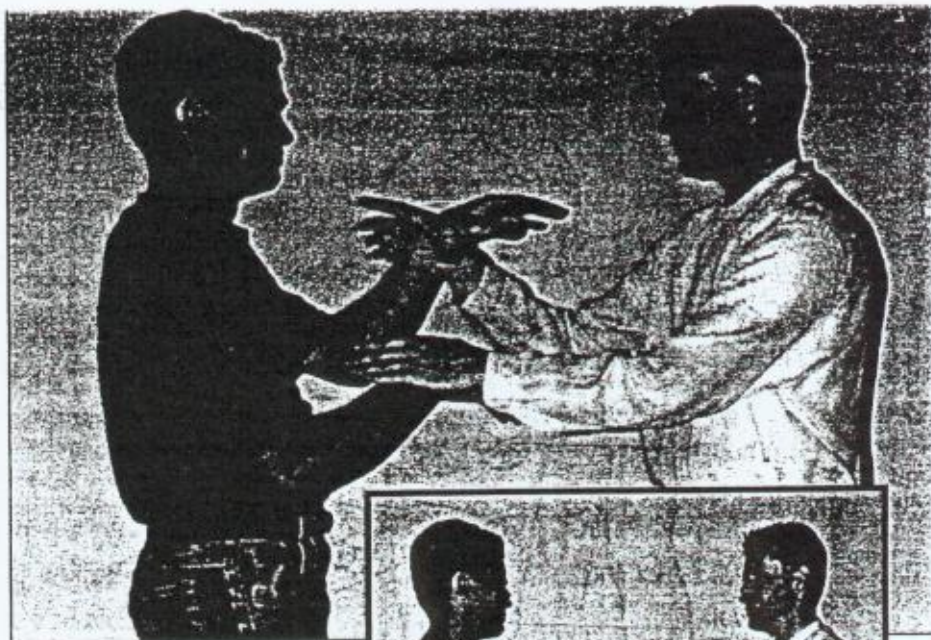
The Power Of Energy

"The Meditation on Twin Hearts," the first meditation he taught us, felt incredible and sent energy running through me like I never thought was possible. In fact, it was too powerful for me, because I had high blood pressure. My previous training, unbeknownst to me, made my blood pressure worse and left me with my head racing with thoughts and unable to sleep at night. With Pranic Healing a relief was now in sight.

Within two weeks my blood pressure had normalized so I was able to do the meditation. My allergies and headaches disappeared and were replaced with a sense of peace that that was unbelievable. My martial art training rose to an even greater level. What a feeling to have finally found all that I was looking for. And better yet, to know that I had two teachers who could, and more importantly, who *would* show me everything I needed.

The founder of Pranic Healing, grandmaster Choa Kok Sui, is the most amazing man I have ever met. He truly lives up to his title. His ability to move unfathomable amounts of energy and to easily explain the most difficult of concepts is awesome. The first time I met him was in a class called Pranic Psychic Self-Defense. We learned to make shields of energy that could protect someone from physical, emotional, and mental attack. Being a martial artist, I had heard about techniques such as iron shirt and others that would take years of meditation to develop. Within an hour we were hitting each other with objects.

For most people not familiar with energy, they would be astounded at how detrimental it actually is when someone is thinking negative thoughts toward him. For example, the



Demonstrating sensitivity on the arms—sticky hands while touching and sticky hands without touching.



expression "my ears are burning, someone must be talking bad about me" is based on the negative interaction of this energy. Through the eyes of people who see energy, it looks like red daggers hurled in the air toward the person, making his energy field hot and compact. Over time this could cause physical problems like shoulder pain or back pain, as in the expression, "Someone is stabbing me in my back."

Positive From Negative

Most people have probably experienced a negative energetic exchange, such as being in a hospital and then leaving feeling tired and depleted. Pranic Healing can help martial artists protect themselves in all areas of life. One of the many things I love most about grandmaster Choa is that we are always doing fun experiments. One night after class we were experimenting until the late hours of the night. I was ten feet away from grandmaster Choa and trying to move him energetically. The mere thought of doing so resulted in a breeze across my face. As I put more energy into it, my feet started slipping backward, as if I were standing on ice and trying to push the Empire State Building. For my betterment, he had me continue trying to push him for another ten minutes. I was exhausted, but grateful for knowing that he allowed me a priceless opportunity to experience his energy and for me to develop my own.

That same evening I learned what was

involved when "Grasshopper" (David Carradine in "Kung Fu") had to snatch the pebble from his master's hand. We had just completed learning a higher level of Arhatc Yoga, which is unwritten, internal Tibetan meditation.

A couple of us were snagging quarters out of each other's hands. Grandmaster Choa walked up with a man in his 70s named Pepe, who didn't know what we were doing, for he had never seen the game before. Grandmaster Choa explained the rules to Pepe and told him to take the coin out of my hand. I put my hand out, expecting to humor the man. He effortlessly stole the quarter out my hand. In my mind, since I was 40-plus years his junior and had very fast hands, this must have been beginner's luck or I wasn't ready for him. Much to my surprise he took it from me again and again.

Shocked and a little frustrated, I tried to take it away from him and got air every time. All of us were awestruck at how this could have happened. Grandmaster Choa then explained, "Since Pepe had been practicing a higher level of meditation than I, and since we had just finished doing meditating, his body had more chi and could move much faster."

This demonstration explains how someone older and trained in the internal arts can easily overcome the size, speed, and strength of youth.

Another night, we were having dinner after class when Grandmaster Choa picked up a

“Pranic Healing is a perfect complement to balance the physical energy prevalent in most martial arts systems.”

This rapid healing process is invaluable for today's warriors looking for an edge.

Many fighters look to supplements to increase their strength, speed, and power. Again, Pranic Healing will help in these areas. For strength, athletes take steroids. We have a natural solution to this chemical, harmful process. It is called the Master Healing Technique, which floods the body with power. I have seen firsthand a body builder “max out” on a bench press. I applied this technique on him and he added another 30 pounds!

In the speed department, here again, energy is the key. I have seen grandmaster Choa, who doesn't even work out, throw a punch so fast I could barely only see the recoil. Pranic Healing will help fighters be stronger, move faster and become more powerful.

The modern-day fighter will become more balanced externally as well as internally. The Taoist have a saying that if you are breathing heavily through the mouth, you should stop exercising. This belief was practiced since heavy exercise depleted the energy reserves stored in the dan tien. Pranic Healing will teach fighters to replenish this internal gas tank or better yet have someone “in their corner” refresh them between rounds and during the fight. When fighters get tired the cells in their body stop exchanging vital nutrients such as oxygen. Fighters train in high altitudes so their lungs will absorb more oxygen at normal altitudes. In Pranic Healing we use certain energies to dilate the lungs and air tubes to help asthmatics as well as fighters.

One attribute of a successful fighter is his ability to overcome pain. In hospitals doctors and nurses are using a no-touch healing method called Pranic Anesthesia. They are reporting results of almost no pain when inserting catheters and spinal taps. This same technique should be applied to reduce pain suffered in the ring.

The thoughts and emotions of a fighter can be a greater nemesis than his physical opponent. How does a fighter overcome the fear of fighting an opponent? Or, worse yet after a loss, the mental anguish of getting back in the ring? Surrounding the physical body is the energy body which controls the physical health. After the energy body is the emotional body and mental body which govern our emotional and mental health.



Demonstrating the ninjustu sword test. Daniel's Inner aura feels the oncoming blow (1-2). He rolls out of harm's way (3) and gets back into position (4).

Pranic Psychotherapy can help fighters overcome their fears, addictions, and limited thinking. I have seen people teach a seminar after complaining the day before they couldn't walk.

It was Musashi who said, “The greatest warriors are those who are the greatest healers.” In much the same way that Bruce Lee developed jeet kune do, grandmaster Choa has combined the essence of many healing and meditational modalities such as chi kung, reiki, and “laying on hands” to optimize and refine Pranic Healing.

Pranic Healing is helping martial artists in over 30 countries learn how to heal and to develop all sides of the warrior and monk within us. In a two-day seminar, you will learn how to heal without touching and make training injuries a thing of the past. Later, students are able to study Arhatic Yoga, unwritten Tibetan Meditation.

Next year, after only four years of studying, I should be learning how to meditate in snow and melt it. And, in doing it, achieve higher levels of spiritual development and inner peace. Today, there are hospitals abroad which are medicineless, and treat people without touch using Pranic Healing to treat cancer and other conditions. In the U.S., hospitals and medical schools are now starting to teach and embrace Pranic Healing.

How To Learn

The best way to learn how to feel energy centers is in a Pranic Healing class. Pranic Healing students are taught to test everything. To be able to do this the Certified Instructor will activate your hands and several energy centers making energy easy to feel and use.

Until your hands are activated try this simple experiment to feel energy centers. Put your tongue on your palate and smile; do 15 squats; hold your hands out facing each other about six inches apart (as if you were holding a grapefruit); concentrate on your fingers and palms; do slow, deep diaphragmatic breathing for 30-to-45 seconds.

The palm chakras (energy centers) with use or after activation become very sensitive. To feel (scan) a chakra, face your partner and move your hands from about five feet inward (use the corresponding chart to imagine where there is a chakra.) As you move in, stop at the point where you feel pressure (if not, do the sensitivity exercise again) and you will feel the size of the chakra. These energy centers feel like subtle “pressure or a magnet”. With time you will feel their movement and various properties of the chakra. You can feel a potential instructor's energy body and energy centers and see just how much he really knows.

Since Pranic Healing is a healing-based system for developing oneself spiritually, it is a perfect complement to balance the energy of most martial artists. If you were to scan the lower energy centers of most chi kung practitioners and most external martial artists, their lower energy centers are overdeveloped and the upper centers are underdeveloped. This puts great tension on the body's energy system and on the underlying physical body.

Therefore, you should seek balance in your life, training, and energy systems. Pranic healing will give you the skills to achieve this. For more information on Pranic Healing, or hosting a seminar, call (909) 860-5656, or check out the website at www.pranichealing.com.



Daniel O'Hara working on Brazilian Jiu-Jitsu master Joe Moreira.



Daniel O'Hara with UFC and Pride Champion Mark Kerr.



U.S. senior instructor, master Steven, presenting an award to Certified Instructor Daniel O'Hara.

lemon and asked me to suggest a different flavor for it. Like other advanced Yogis of India, he transformed the bitterness into divinely tasting chocolate. He then energized my right index finger. The energy from the finger expanded from about six inches to at least six feet and continued to grow. With his energy in my finger, I touched several people and they felt the touch. To complete the evening, he made the room smell like roses and everybody felt better. If I hadn't experienced this with my own eyes and nose, it would have been hard to believe.

Healing For Martial Arts

Pranic Healing is helping martial artists to become more complete (i.e., to cultivate more energy and to balance one's energy centers). For example, a wing chun practitioner's sensitivity, whether or not he knows about energy, is due to his inner aura becoming sensitive to energy. The level five black belt test in taijutsu (ninjutsu) training is the famous sword test given from behind. Here again, it is the sensitivity of the aura to oncoming energy that

allows one to move out of the way before the attack. Grandmaster Choa has demonstrated movements in the martial arts that, when combined with energy, are devastating.

In the 1980s, Stephen Hayes' ninjutsu was the rage, and rightfully so—it is a great art. In the 1990s, the Ultimate Fighting Championship brought grappling into the martial artists' repertoire, again making us all well-rounded practitioners. However, as much fun as kicking, punching, grappling and getting faster can be, it is minute in comparison to healing someone's sprained ankle and helping him walk. The next level of training is mastering internal energy, which is Pranic Healing.

We have a saying: "Everything is energy," so the more you have, the faster you can be and the faster you can heal, both yourself and others. I foresee a future of pro athletes and pro fighters having a Pranic Healer ringside, pumping them full of energy and eliminating/reducing injuries and recovery times. I have already healed ringside at the LJFC and I know this trend will continue. Martial artists will realize their dreams of training like the ancient masters.

When you look into the power of Pranic Healing, you can start at the top with grandmaster Choa Kok Sul. With grandmaster Choa's schooling as a chemical engineer, his success in business, and his humanitarian values, it is no wonder Pranic Healing is having such a profound impact on so many people. He has spent over 20 year studying Eastern and Western principles of meditation, martial arts, and other esoteric subjects, while continuously experimenting and validating their efficacy.

Grandmaster Choa has proven in his international lectures that mankind is ready to receive these ancient secrets to uplift humanity. He has earned a reputation for

demystifying arcane principles and rituals into a pragmatic application relevant to this day and age. Seminars, healing centers, and foundations have been established in over 45 countries to share these priceless teachings with humanity.

I have spent the past 18 years studying many forms of external and internal martial arts. Pranic Healing, while primarily a healing art, has improved every area of my life, especially my martial art training. It is said we use only ten percent of our brain capacity. One of the reasons I took up martial arts was to develop greater powers of concentration and to stimulate other parts of my brain.

In the East they have a saying: "The mind is like a drunken monkey," meaning it is hard to control. Most people attempt a tai chi set to relax, but they can't. Their brain is racing. Pranic Healing will teach students how to relax in minutes. The ability to focus the mind on one thing is also a valuable tool I have gained in my Pranic Healing training.

The professional fighter's ability to make a living will be greatly improved through Pranic Healing. Fighters lose money if they can't fight because of a training injury. Wouldn't it be great to speed up or altogether eliminate healing times?

When I met Joe Moreira for the first time, his knee was injured so badly he couldn't walk. Had I not intervened, he wouldn't have been able to teach a two-day seminar one day later. To further demonstrate how Pranic Healing speeds up healing times, in the advanced Pranic Healing class one of the students volunteers to cut himself. In most cases the healing time is reduced from one week to about ten minutes. A martial artist I know had a broken finger. A day earlier an X-ray clearly showed the finger to be fractured. I applied Pranic Healing on him. In ten minutes he was pain free and took off his splint.