



From the ancient Orient to modern Western societies like ours, the therapeutic technique of Pranic Healing has travelled through time to cure more and more people. **By Serpil Senelmis**



Harnessing your life force

The modern founder of Pranic Healing, Sri Sri Pravin Charan

On a typical Western Australian summer's day, it's not unusual to lie back on your hammock with the sea breeze brushing your cheek and stare out at the endless blue sky. And if you're lucky, while you continue to study your surroundings, you may be able to see a multitude of white-flicking specks swirling together in a remarkable atmospheric tango. This sparkling vision is a unique view of prana, the animating force behind life itself, at play in one of its many forms. Prana is a Sanskrit word meaning 'life force' or 'vital energy' and it is the core power behind Pranic Healing.

Derived from ancient Eastern beliefs, Pranic Healing is founded on the idea that physical, emotional and psychological ailments are symptoms of imbalances in a person's electro-magnetic energy field or bio-plasmic body, also known as the aura. So if we become ill, pranic healers believe that the cause ultimately stems from a contaminated or depleted energy body.

Melaney Ryan, an advanced pranic healer from the WA Institute of Inner Studies, says disease first appears when emotional issues come into sight on a person's energy body.

"A lot of people spend a lot of time and effort on the physical body and they actually forget that it's the energy body that keeps the physical body alive," explains Melaney.

In Pranic Healing, the practitioner first scans the patient's energy field for signs of any energy blocks. He or she then goes through the process of cleansing and clearing diseased energy from the aura and "energising it with fresh and vital prana". According to Melaney, prana is drawn from various sources like the sun, the air and the earth and provides nourishment for the energy body during the healing process. "Prana is a vital force that surrounds us so we direct it and bring it in through our energy centres and transmit it through to the person who needs the healing. We believe this helps the natural healing of the physical body."

If the energy body is healthier, this will have a definite reflection on the physical body says Melaney. She adds that while the physical body stays alive through its internal organs, the energy body stays alive through its chakras. Chakras she likens to whirling energy centres with each centre relating to a different physical organ. If the energy level of a particular chakra is out of balance, then the relating physical organ is going to be out of balance, too. She says redistributing the prana through the energy body can rectify this situation.

"If the nasal chakra were out of balance, that would mean there would be problems with that person's digestion. If a person's heart chakra is out of balance

that would suggest that the person is suffering in the lungs, maybe from asthma. We actually work with 11 chakras while most people only work with seven. Because we work quite specifically with some conditions and the emotional origin of those conditions, we've been given a

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few extra chakras to work with."

The remedial techniques of Pranic Healing can be used to treat a variety of ailments, from persistent headaches right through to more intense conditions like ADD and cancer. Pranic Healing can also be used as a stress-buster and aid in combating negative emotions. Furthermore, the ancient therapy can enhance a person's life by simply restoring their balance. Finding a balance, says Melaney,

could mean "finding peace within oneself or just being able to laugh, or simply sharing time with someone."

"In creating balance you not only improve a person's health, wellbeing and life, but that also reflects onto others. As you get more balanced and aligned, you only have to smile to touch somebody's life."

While Melaney has actually worked with energy healing for over 17 years, with the skill passed down to her from her great grandmother, she says it wasn't until she picked up a book titled *The Pranic Healing* that she realised energy was universal and not personal.

While knowledge of Pranic Healing has been around for centuries among Tibetan monks and Chinese Taoists, this ancient science has been modernised for today's use by Grand Master Chou Kok Sui from the Philippines, who is aptly called the modern founder of Pranic Healing. Master Chou, a former chemical engineer and scientist and now enlightened teacher, has spent the past 25 years developing Pranic Healing to create a holistic care system that's easy to learn and is practical in its application.

Melaney, who trained with the Grand Master, points out that while the therapy requires a highly trained practitioner for certain treatments, his simple step-by-step techniques allow everyone to tap into this

