

Rays Of Hope



It's all in the air. Pranic healers claim to sweep your aura free of ailments

“**O**urs is a miraculous healing system with a success rate of 85 to 90 per cent,” claims Jayanti Patel, the founder of the Pranic Healing Foundation of Maharashtra.

Born into a family of builders, Patel has his own business of distributing pharmaceuticals and optical equipment. However, today his ambition is, “To ensure that every home in the country has at least one pranic healer.” He learnt pranic healing in 1993 to help his father who suffered 13 heart attacks, had ulcers, acidity, slip disc and a paralytic stroke. “It was a very painful sight for the family and at one time he used to be given about 30 tablets everyday through tubes as he couldn't swallow anything. A friend of mine asked me to learn acupressure and that was when I was exposed to pranic healing. When I tried it on my father, the results were fantastic. He began to eat well and lived relatively comfortably till he expired in 1998.”

To the uninitiated, Jayanti Patel explains pranic

healing in these words:

“This is a no-touch, painless and drugless healing technique. It utilizes the *prana* or *chi* (life energy which keeps the body alive and healthy) to heal the body.

- It is simple to learn and practice. It is not an alternative but is complementary to modern medicine.

- It is based on two fundamental principles. The first is self-recovery, i.e. the physical body is capable of normalising itself; and the principle of life force, i.e. for the physical body to exist, it has to have life force or *chi*.

- Every person's body is surrounded by an energy body which is called the bioplasmic or energetic body. This can be seen through Kirlian photography.

- The invisible body forms an aura surrounding the physical body for four to five inches. This is called the inner aura.

- Just as the visible body has blood vessels, the energy body has invisible bioplasmic channels or

meridians through which *chi* flows. In yoga, the energy centres are called *chakras* and minor ones are called meridians.

■ A meter or two away from the physical body is an outer aura. Pranic healers say that Lord Buddha and Mahavir had a kilometer-wide inner aura, explaining why wild animals were soothed in their presence.

■ Between inner and outer aura there are health rays facilitating the inflow and outflow of *pranas*.

■ All diseases are manifest on the aura first and then percolate into the physical body. Sickness is caused either by a depleted *prana* or excess *prana* which leads to pranic congestion.

■ Feeling the auras is called scanning. This helps a healer to locate an imbalance in the system.

■ There are no tools for pranic healing except air, water, salt and the human being who is willing to help himself/herself. The water absorbs the negative energy and salt neutralises it.

■ This system of healing which was propounded in ancient Indian writing, has been rediscovered by Choa Kok Sui, a Filipino chemical engineer.

■ Though there are no guarantees for success, it is beneficial for sciatica, spondylosis, arthritis, asthma, migraine, lung infections, heart ailments, kidney disorders, cancer, tumors, vision and hearing problems.

■ With pranic psychotherapy, we alleviate phobias, trauma, hysteria, suicidal tendencies, alcoholism, smoking, drug abuse, depression and schizophrenia."

Modern medicine may be quick to disprove these claims but patients who have been 'healed' endorse this approach.

Says Rupali Khatri who was so impressed by the benefits of this system that she has now taken up pranic healing as a career, "I used to remain sick frequently with asthma, fever, cough and cold every now and then. Through a mutual acquaintance I was referred to Jayanti Patel and took pranic healing for a few weeks. It changed my life completely. I've suffered so much pain that I understand what a sick person undergoes and want to do my best to heal people. I get a lot of satisfaction and peace of mind out of this career."

Adds Patel, "Housewives with time on their hands can easily learn and practice pranic healing. It will not only give them a small income but also save the household expenditure on small illnesses. A mother who knows pranic healing will be able to cure her children of minor ailments like cuts, burns, headaches, fever, coughs and colds without medicines and without side-effects. There should be at least one pranic healer in every family."

Jayanti's wife Jarna is also a trainer in pranic healing. She was totally skeptical about pranic healing until she tried it out and benefitted from it for a pain in the abdomen and a catch in her shoulder. She says, "Pranic healing is about better living. I don't think it is a faith cure because I didn't have any faith in it initially. I developed faith when I experienced the benefits. My husband also used to heal my children who kept ill-health initially. Now they are quite healthy."

Adds Jarna, "After I learnt pranic healing, the way I interact with people has changed. Earlier I used to be very irritable, especially with my children and cause disharmony in my family. Now I have a lot of inner peace and the way we interact with friends and relations too has changed for the better."

A lot of Patel's patients are totally hooked on to his treatment and he claims to have documented medical records of patients before and after they underwent pranic healing. Incidentally, consultations at his Mumbai centre are free though they charge Rs 75 per session of healing. They often conduct a two-day training workshop for healers. This costs Rs 2,200 for two days, including re-

source material and lunch. Says Patel, "It is my ambition to spread pranic healing. We have a free meditation session every week and if a person cannot afford the treatment, we reduce the cost."

Isn't there a contradiction in having a pharmaceutical business and doing pranic healing? "No," feels Patel. "We are not against taking medicines when one is ill. My business is still my bread and butter while pranic healing is my life's calling."

Patel also claims that many doctors use pranic healing along with accepted medicines but, "are not ready to admit it for fear of being censored."

The medical fraternity, however, claims to be very open to innovation. Says Dr S H Pingle, secretary, Indian Medical Association, Bombay West Suburban Branch, Mumbai, "Modern scientific medicine is always ready to learn new things. If a cure is provable and thor-

oughly studied for all possible effects, there is no reason why it shouldn't be accepted by science. For instance, a drug called tomozifen has recently been approved for use in treating ovarian cancer. This is a herbal extract and was approved for general use only after a 33-year-long process of research and experimentation.

"We don't claim that our knowledge is complete. We know our limitations. There are many unanswered questions. Modern science welcomes knowledge about any form of treatment, provided it is scientifically proved."

(Jayanti Patel can be contacted at 022 516 3721/513 9930.)



"There should be at least one pranic healer in every family."