



# Stephen Co

## Teaches Weekend Courses in Pranic Healing

by joanne sala  
photography tracy jones

Senior Certified Instructor, Stephen Co teaches Pranic Healing workshops in Pasadena, California. The Manila native never thought he'd be teaching this ancient form of healing, recalling, "I was an engineer by trade," and that he wasn't the type of person who was drawn to the "airy-fairy" mystical world. However, once he read Master Choa Kok Sui's books on the subject and studied with the Master in the Philippines, he became fascinated with the "pragmatic and results-oriented approach" of this simple yet effective healing technique.

Some may consider Pranic Healing part of the New Age movement, but its origins can be found in the ancient texts and traditions of Chinese medicine. Pranic Healing is based on the principle that energy can be projected from one person to another. This type of "no touch" therapy is perfect for people who wish to complement traditional Western medicine with a holistic approach to repairing and harnessing the bodies' natural ability to heal itself. "When I first practiced Pranic Healing, I didn't feel a thing," Co recalls. "All I had to go on were the results." And he certainly got results. The most significant healing he first performed was on his mother, who was suffering with a painful ulcer. After using the newly learned therapeutic technique on her, Co says his mother felt immediate relief. In fact, Co recalls, on her following visit to the doctor, his mother was pronounced ulcer-free and in excellent health.

Last May, Co performed what could be termed another Pranic Miracle. Thirty-year-old Jill Schwartz had developed a blood coagulating disorder four years ago. As a result of this disease, she suffered a retinal vein occlusion, leaving her left eye legally



blind. Over the past four years, she has endured nine laser eye surgeries and has been on a variety of medications, including blood thinners and steroids. Schwartz visited Stephen Co, not for herself, but because her boyfriend had a backache that wouldn't go away. By chance, Schwartz let Co perform Pranic Healing on her, though she warned him, "You can't possibly help me." Schwartz left the session with the vision in her left eye completely restored. "This must be a joke," Schwartz recalls thinking. "I kept saying, 'How can this be? I can see out of my left eye!' I lost it and started crying." The next day, Schwartz returned and had Co perform a "head to toe blood cleansing." She then made an appointment to see her hematologist, who took a blood platelet count. Miraculously, her blood condition had vanished. Schwartz is thrilled and thankful, but conflicted too. "I can't comprehend it. I can understand taking a pill. I can understand that something terrible happened to me four years ago and the doctors could never tell me why. Now they can't tell me

why it's gone. I wound up with the gift," Schwartz muses, "the biggest gift of all."

Co says, based on his experience, Schwartz's case isn't unusual. "It has been done by many healers before. Basically, the body has the innate ability to heal itself. What Pranic Healing did was give Jill's body the right quantity and quality of energy to heal itself," Co says, adding, "I think what happened to her could have been done by anyone who learned the Pranic Healing technique."

"You can learn it in a weekend and start helping people right away," Co asserts. His workshops consist of two-day sessions which allow students to quickly and easily perform the therapeutic technique on themselves and others. According to Co, Pranic Healing can be used to cure any number of ills, from relieving back pain to curing addictions and phobias. "It empowers the common person. In a short amount of time, you can give someone the ability to do something about their health," Co states.

Reflecting on his role as an instructor who has literally healed and taught thousands of people this profound technique, Co says, "I'm a much different person than when I first began learning Pranic healing. The biggest thing it has taught me is to give. As humans, we have a tendency to only look after ourselves. The more I teach, the more personal satisfaction it gives me. Seeing people's smiling faces is incomparable." Co sagely adds, "One of life's greatest rules is that you cannot hold a torch to light another's path without brightening your own."

For more information about Pranic Healing classes, call (909) 860-5656. ■