



INTRODUCTION

Pranic Healing is based on the overall structure of the human body. Man`s whole physical body is actually composed of two parts: the visible physical body, and the invisible energy body called the bioplasmic body. The visible physical body is that part of the human body that we see, touch, and are most acquainted with. The bioplasmic body is that invisible luminous energy body which interpenetrates the visible physical body and extends beyond it by four or five inches. Traditionally, clairvoyants call this energy body the etheric body or etheric double.



What Is Pranic Healing?

Pranic healing is an ancient science and art of healing that utilizes prana or ki or life energy to heal the whole physical body. It also involves the manipulation of ki and bioplasmic matter of the patient`s body. It has also been called medical qigong (ki kung or ki healing), psychic healing, vitalic healing, therapeutic touch, laying of the hand, magnetic healing, faith healing, and charismatic healing.

Two Basic Laws of Pranic Healing

Pranic healing is based on two laws: The law of self-recovery and the law of prana or life energy. These laws are quite obvious but strangely they are usually the least noticed or least remembered by most people. It is through these basic laws that rapid or miraculous healing occurs.

1. Law of Self-Recovery:

In general, the body is capable of healing itself at a certain rate. If a person has a wound or burn, the body will heal itself and recover within a few days to a week. In other words, even if you do not apply antibiotic on the wound or burn, the body will repair or heal itself. At the present moment, there is no medicine available for the treatment of viral infection. But even if a person has cough or cold due to viral infection, the body will recover generally in one or two weeks without medication.



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2. Law of Life Energy:

For life to exist, the body must have prana, chi or life energy. The healing process can be accelerated by increasing life energy on the affected part(s) and on the entire body.

In chemistry, electrical energy is sometimes used as a catalyst to increase the rate of chemical reaction. Light can affect chemical reaction. This is the basis for photography. In electrolysis, electricity is used to catalyze or produce chemical reaction. In pranic healing, prana or life energy serves as the catalyst to accelerate the rate of biochemical reactions involved in the natural healing process of the body. When pranic energy is applied to the affected part of the body, the rate of recovery or healing increases tremendously.

What we call miraculous healing is nothing more than increasing the rate of self-recovery of the body. There is nothing supernatural or paranormal about pranic healing. It is simply based on natural laws that most people are not aware of.

Although science is not able to detect and measure life energy or prana, it does not mean that prana does not exist or does not affect the health and well being of the body. In ancient times, people were not aware of the existence of electricity, its properties and practical uses. But this does not mean that electricity does not exist. One's ignorance does not change reality; it simply alters the perception of reality, resulting in misperception and misconception of what is and what is not, what can be done and what cannot be done.

Children have more life energy than elderly people do. You notice that they move a lot from morning to night, hardly getting tired at all. When suffering from a fracture, who heals faster--the child or the elderly? The broken bone of a child heals very fast while that of an elderly heals very slowly; sometimes, it will not even heal at all.

Prana Or Ki

Prana or ki is that life energy which keeps the body alive and healthy. In Greek it is called `pneuma`, in Polynesian `mana`, and in Hebrew `ruah`, which means `breath of life`. The healer projects prana or life energy or `the breath of life` to the patient, thereby, healing the patient. It is through this process

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that this so-called `miraculous healing` is accomplished.

Basically, there are three major sources of prana: solar prana, air prana and ground prana. Solar prana is prana from sunlight. It invigorates the whole body and promotes good health. It can be obtained by sunbathing or exposure to sunlight for about five to ten minutes and by drinking water that has been exposed to sunlight. Prolonged exposure or too much solar prana would harm the whole physical body since it is quite potent.

Prana contained in the air is called air prana or air vitality globule. Air prana is absorbed by the lungs through breathing and is also absorbed directly by the energy centers of the bioplasmic body. These energy centers are called chakras. More air prana can be absorbed by deep slow rhythmic breathing than by short shallow breathing. It can also be absorbed through the pores of the skin by persons who have undergone certain training.

Prana contained in the ground is called ground prana or ground vitality globule. This is absorbed through the soles of the feet. This is done automatically and unconsciously. Walking barefoot increases the amount of ground prana absorbed by the body. One can learn to consciously draw in more ground prana to increase one`s vitality, capacity to do more work, and ability to think more clearly.

Water absorbs prana from sunlight, air, and ground that it comes in contact with. Plants and trees absorb prana from sunlight, air, water, and ground. Men and animals obtain prana from sunlight, air, ground, water, and food. Fresh food contains more prana than preserved food.

Prana can also be projected to another person for healing. Persons with a lot of excess prana tend to make other people around them feel better and livelier. However, those who are depleted tend to unconsciously absorb prana from other people. You may have encountered persons who tend to make you feel tired or drained for no apparent reason at all.

Certain trees, such alpine trees or old and gigantic healthy trees, exude a lot of excess prana. Tired or sick people benefit much by lying down or resting underneath these trees. Better results can be obtained by verbally

requesting the being of the tree to help the sick person get well. Anyone can also learn to consciously absorb prana from these trees through the palms, such that the body would tingle and become numb because of the tremendous amount of prana absorbed. This skill can be acquired after only a few sessions of practice.

Certain areas or places tend to have more prana than others. Some of these highly energized areas tend to become healing centers.

During bad weather conditions, many people get sick not only because of the changes in temperature but also because of the decrease in solar and air prana (life energy). Thus, a lot of people feel mentally and physically sluggish or become susceptible to infectious diseases. This can be counteracted by consciously absorbing prana or ki from the air and the ground. It has been clairvoyantly observed that there is more prana during daytime than at night. Prana reaches a very low level at about three or four in the morning.

Aura

Clairvoyants, with the use of their psychic faculties, have observed that every person is surrounded and interpenetrated by a luminous energy body called the bioplasmic body or aura. Just like the visible physical body, it has a head, two eyes, two arms, etc. In other words, the bioplasmic body looks like the visible physical body. This is why clairvoyants call it the etheric double or etheric body.

The word `bioplasmic` comes from `bio`, which means life and plasma, which is the fourth state of matter, the first three being: solid, liquid, and gas. Plasma is ionized gas or gas with positive and negative charged particles. This is not the same as blood plasma. Bioplasmic body means a living energy body made up of invisible subtle matter or etheric matter. To simplify the terminology, the term `energy body` will be used to replace the word `bioplasmic body`. Science, with the use of Kirlian photography, has rediscovered the energy body. With the aid of Kirlian photography, scientists have been able to study, observe, and take pictures of small bioplasmic articles like bioplasmic fingers, leaves, etc. It is through the energy body that prana or life energy is absorbed and distributed throughout the whole physical

body.

Benefits of Pranic Healing

1. It can help parents bring down the temperature of their children suffering from high fever in just a few hours and heal it in a day or two in most cases.
2. It can relieve headaches, gas pains, toothaches, and muscle pains almost immediately in most cases.
3. Cough and cold can usually be cured in a day or two. Loose bowel movement can be healed in a few hours in most cases.
4. Major illnesses such as eye, liver, kidney, and heart problems can be relieved in a few sessions and healed in a few months in many cases.
5. It increases the rate of healing by three times or more than the normal rate of healing. These are some of the few things that pranic healing can do. All of these assume that the healer has attained a certain degree of proficiency.

Pranic Healing Is Easy To Learn

Any healthy person with an average intelligence, an average ability to concentrate, an open but discriminating mind, and a certain degree of persistence can learn pranic healing in a relatively short period. Learning pranic healing is easier than learning to play the piano or painting. It is as easy as learning to drive. Its basic principles and techniques can be learned in a few sessions. Like driving, pranic healing requires much practice and time to achieve a certain degree of proficiency.

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