

Benefits of pranic healing

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Pranic healing is a science and art of healing with 'prana', which has been practised since ancient times in India. 'Prana' is a Sanskrit word literally meaning 'life-force', the invisible vital energy that keeps the body alive and maintains a state of good health.

The body is actually composed of two parts — the visible physical body and the invisible energy body. What affects one, affects the other. Any disease aiming at the physical body has to first penetrate the energy body. The energy body comprises of the energy centers or '*chakras*' (which correspond to the vital organs in the physical body) and the '*nadis*' (which correspond to the blood vessels). For perfect health, the *chakras* should be balanced, and the *nadis* free flowing. Any imbalance of *chakras* or block/leakage in the *nadis* causes the person to fall ill. In the palm of your hands are energy centers or *chakras*. Through simple exercises, these *chakras* are activated. Once activated, they will become sensitive to feeling other's energy. Energy leaks/blocks in the aura are detected and sealed/opened respectively.

Try this simple exercise to feel the life force in your palms:

- Connect your tongue to the

palate. Inhale and exhale slowly and deeply for two minutes to generate more energy and to relax yourself

- Place your hands about six inches apart, facing each other. Keep your armpits slightly open to facilitate the flow of energy

- Concentrate on the center of your palms and continue to inhale and exhale slowly and deeply

- Be aware of any sensations



you can feel around your palms and fingers. You might feel heat, pressure, or tingling, or slight electrical charges. This exercise activates the hand *chakras* located in the palms. It enables you to scan for abnormalities in the auras of other people, and help fix it through 'pranic healing' techniques.

(MCKS "Yoga Vidya Pranic Healing" Karuna Wellness Centre)

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