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Expel contaminated etheric energy

As a general guideline, it is better for individuals to avoid exchanging personal objects. Etherically dirty rooms or even objects can be cleansed by these easy-to-apply techniques

Grand Master Choa Kok Sui, founder of modern pranik healing and arhatik yoga says that for one's holistic wellbeing, etheric (energy) hygiene plays an important role. There are different instances which may result in contaminated etheric energy: if reclaimed land is dumped with garbage, then that area will be etherically dirty or polluted. Such areas, in the long run, tend to adversely affect the physical and psychological health of their residents. This is same as living in a highly polluted city.

Places such as hospitals, funeral parlours and cemeteries are etherically dirty due to the lower emotions of people. For persons who are relatively weak, it is advisable to take a salt-water shower to remove etheric dirt after visiting such places. Relatively healthy individuals whose energy bodies are usually capable of expelling dirty energy may also take a salt-water shower.

A room inhabited for a long period of time by a very sick person is filled with diseased energy, which must be cleansed. Similarly, if a room has been occupied by a negative or psychologically disturbed person, then it is not physically or psychologically conducive to one's wellbeing.

Relatively sensitive individuals may consequently experience negative feelings for no apparent reason while visiting certain places.

When interacting with a sick person, one may tend to feel depleted since the sick person may subconsciously absorb some of the healthy pranik energy.

Objects too can be etherically contaminated. As a general guideline, it is better for individuals to avoid exchanging personal objects in order to prevent etheric contamination. Etherically dirty rooms or even objects can be cleansed by easy-to-apply techniques, which include exposure to sunlight (in a controlled manner), cleaning with salt and water, burning sandalwood incense and praying.

One should take salt-water baths regularly to cleanse the energy body. It is a healthy practice to go to the beach frequently as seawater has a cleansing effect on the energy body. The body is highly energised with prana from the fresh air, sunlight and ground.

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