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Mind, Body, Spirit & You

## It's better to forgive than to suffer

**Although pranic healing improves the condition of the patient, the rate of healing would be faster if the patient consciously exerts an effort to forgive those who may have hurt him or her**

**P**ositive emotions and thoughts like happiness, kindness, joy, enthusiasm, and others tend to have beneficial effects psychologically, etherically and physically. Being happy, relaxed, or just smiling can increase the energy level of the body. In many instances, negative emotion is one of the critical factors – if not the most critical – in severe ailments. The problem caused by unregulated emotions is compounded by living in a very stressful world. Some severe ailments are emotional in origin. Although pranic healing can affect the emotional state of the patient, the rate of healing would be faster if the patient makes a conscious and persistent effort at regulating his or her emotions.

Grandmaster Choa Kok Sui, modern founder of pranic healing and arhatic yoga, shares some of the causes and techniques to treat emotional ailments

Some patients have much deep-seated resentment towards certain person(s). Although pranic healing does greatly improve the condition of the patient, the rate of healing would be much faster

if the patient consciously exerts an effort to forgive those who may have actually or imaginarily hurt him or her. Even though the solar plexus *chakra* (*manipura chakra*) and the other *chakras* are quite clean after pranic treatment, if the patient recalls the person(s) or the disturbing event, the solar plexus *chakra* will again become congested and dirty. This will also adversely affect some of the other *chakras* and organs. Unless the patient learns to forgive, the healing will be slow or there will be a relapse. Being habitually critical, irritable or angry is also very unhygienic and bad for the health in the long run. The remedy is of course, to learn to appreciate the good qualities of others, to practice kindness and to learn to be calm. It is easier to wear shoes than to try flattening the rough ground. It is easier to be kind, tolerant, and detached than to try to change and improve everybody.

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