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Mind, Body, Spirit & You

### Mantra for digestion

**Pranic healing teaches a form of yogic breathing technique that enables us to draw in a lot of 'prana' through the whole body, from the surroundings and utilize it for attaining better health**

**P**rana has been used by ancient sages, Chinese taoists, Tibetan monks among others, to heal. The modern-day pranic healing, as founded and taught by grand master Choa Kok Sui, is a way of life that teaches us about proper diet, exercises, human relationships, livelihood, lifestyle and karma laws.

In yoga, the energy body or aura that surrounds the body is called the 'Pranamaya Kosha' which is distinct from the

physical body called the 'Annamaya Kosha'. The prana is all around us, and comes from the sun, air and earth. The fourth element is the divine prana,

which is received by the healer through his spiritual cord on the crown of his head.

Pranic healing teaches a form of yogic breathing technique that enables the practitioner to draw in a lot of 'prana' through the whole body, from the surroundings and utilize it for attaining better health. It energizes us to such an extent that our auras are temporarily expanded by 100% or more.

The method is as follows:

- Connect the tongue to the palate
- Do abdominal breathing
- Inhale for seven counts and

retain for one count

- Exhale for seven counts and retain for one count. In doing abdominal breathing, we expand the abdomen slightly when inhaling and contract it when exhaling. We should not over-expand or over-contract it. Holding the breath after exhalation is called 'empty retention', and holding the breath after inhalation is called 'full retention'. It is critical to maintain the rhythm of counts while breathing and empty



retention. It has been noted that there is a tremendous amount of prana rushing into our body when inhalation is done after empty retention. The above four steps done in one

sequence makes one cycle of pranic breathing. It is not advisable to do more than seven continuous cycles of pranic breathing at any given time. Beginners should not do it more than thrice a day. Pranic breathing is an effective technique for de-stressing and speeding up recovery of the body from ailments.

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

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