

# Ybrant Prana

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## Pranic Healing

Manifest your greatness



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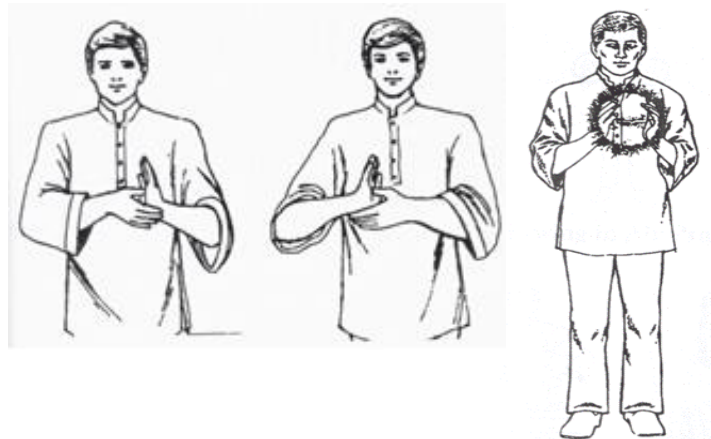
### Introduction to Pranic Healing

Pranic Healing is an ancient science and art of healing that utilizes Prana or ki or chi or life force or vital energy to accelerate the natural healing power of the physical body and mind. It also involves the manipulation of ki and bioplasmic matter of the patient's physical 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. –**Master Choa Kok Sui**



### Demo of Feeling Pranic Energy

- Inhale and stretch; exhale and relax you palms
- Press the center of a palm with a thumb and then same way for 2nd palm (see in figure)
- Bring the palms facing each other, 3 to 6 inches apart.
- Be aware of & concentrate on center of the palms for about 2 to 3 minutes
- Gently keep inhaling and exhaling
- Gently rotate your hands for 5 to 6 times.
  - Move palms closer and farther (3 times)
- What do you feel in the center of the palms? Many of you may feel,
  - Warm sensation
  - Tingling sensation, Pulsation/Rotating
  - Magnetic Repulsion
- What you felt is the Prana moving in your hands and body



Do your best. That's all you can ask of yourself. If you did your best and things just didn't work out, you don't owe an apology to anyone. And you certainly don't need to feel 'bad' about it -- or, worse yet, guilty. Stop beating yourself up; what happened is what happened. You're not the 'villain' here, I promise. It's just what happened. And there is a Soul Reason, I promise you – *contributed by Manu Tayal*

**What is Meditation?** There are a number of different types of meditation techniques, most originating from various ancient religious and spiritual sources. They are all concerned with intentional training of attention and concentration. For most types of meditation, a quiet place, with few distractions is preferred and a specific, comfortable posture is adopted. There are a few different techniques for focusing attention:

- In transcendental meditation, a word or phrase, known as a mantra is repeated over and over.
- In mindfulness meditation, which comes from Buddhism and other eastern religions, concentration on the sensation of breathing is used. When distracting thoughts appear, the meditator is taught not to suppress them, but to gently let them go, while returning attention to the focus.

Nowadays, meditation is widely used outside of its traditional religious and cultural settings, for physical and psychological health enhancement.

**Master says:** "Watch out for people who criticize. Those who criticize the most, do the least"

### Excerpt from **MPH:**

**Sweeping:** Sweeping is generally a cleansing technique. It can also be used for energizing and distributing excess prana. When cleansing is done on the whole energy body, it is called general sweeping. Cleansing which is done on specific parts of the body is called localized sweeping. The hands are used in sweeping. There are two hand positions: *cupped-hand position* and *spread-finger position*. These two positions are used alternately. The cupped-hand position is most effective in removing the diseased energy while the spread finger position is more effective in combing and disentangling the health rays. General sweeping has been called aura cleansing or combing by some esoteric students.

### Healing Steps for **Compulsive Thoughts:**

1. Invoke and scan before, during and after treatment.  
Use the "divide the chakra into 6 parts technique when scanning and sweeping and chakra.
2. Play the Meditation on Twin Hearts CD and ask the patient to follow the guided meditation during treatment.
3. Form the intention to remove obsessive compulsive thought forms and negative emotions when sweeping.
4. General sweeping using EV.
5. Localized thorough sweeping using EV on the different parts of the solar plexus, crown, throat, ajna with emphasis on the part(s) with bulging or uneven surface. Rescan. Continue sweeping until all the parts are even and smooth before energizing. Energize with EV.
6. Localized thorough sweeping on the front and back heart chakra.
7. Energize through the back heart chakra with EV.
8. Stabilize and release projected energy.
9. Repeat treatment twice a week until the patient is completely relieved.
10. Encourage the patient to practice the Meditation on Twin Hearts including the physical exercises before and after the meditation once a day, every day, to facilitate and maintain proper healing.

### Experience with **Pranic Healing:**

**Sore and scratchy throat:** I had this scratchy throat, fever and cold, red tonsils. I had to take the day off from my office. My voice was very hoarse too. While I was checking my mails on the net, my friend who is a Pranic Healer came online and I told him about my condition. He immediately sat down for some healing and in some 5 minutes times, my throat was much less scratchy and even totally alright. The pain disappeared in another few minutes and feverish sensation also diminished. I felt progressively better as the day went on, mom said my voice sounded fine. I was ready to go out but didn't last evening, today I am back in the office, cannot even feel I was scratchy in my throat yesterday...back in the office today. THANK YOU M  
~ PL, Utah, USA, May 16, 2008

### Highlights of the month:

- ~ Organized Free Healing camp under the guidance of Foundation.
- ~ Conducted Intro lectures
- ~ Started healing clinic in Gachibowli at Sanjil/Ruchi's place



**Last Row:** Shalendra Mangaraj, Sanjil Saxena (Teacher), Sanjay Kiran (Reviewer)  
**Middle Row:** Ajit Bhagvat, Manaranga Rath (Baba)  
**Front Row:** Ruchi Goel (Teacher) Pallavi Bhagavat, Preeti Paul (Guest Teacher Bangalore) Richa Sethi, Missing Prashant Paul (Photographer)

### News You Can Use:

#### Upcoming Events/Classes in July 08:

- 12-13<sup>th</sup> GMCKS Basic Pranic Healing Course
- 11-13<sup>th</sup> GMCKS Advance Pranic Healing Course
- 20<sup>th</sup> - The Power of Spiritual Teacher (A glimpse of Convention 2008, Hamburg) Non Pranic Healers are also invited – by Acharya Sasi
- 26<sup>th</sup>/27<sup>th</sup> – Teachers Training Course
- 11<sup>th</sup> to 13<sup>th</sup> - GMCKS Advance Pranic Healing Course
- 27<sup>th</sup> Free Healing Camp at Gachchibowli

#### Upcoming Events/Classes in Aug 08:

- 3<sup>rd</sup> - Arhatic Yoga Prep-I @ Foundation

### Do You Know?/Hints & Tips

When you are tired, you must activate your will power. Touch your Ajna chakra with 3 fingers and say, "Power, Power, Power".