



## What is Pranic Healing?

Pranic Healing® is a highly evolved and tested system of energy medicine developed by GrandMaster Choa Kok Sui that utilizes prana to balance, harmonize and transform the body's energy processes.

Prana is a Sanskrit word that means life-force. This invisible bio-energy or vital energy keeps the body alive and maintains a state of good health.

Pranic healing regards life force as an invisible energy, very similar to Chi in Chinese acupuncture. Prana can be used to restore harmony in our body, both physically and emotionally. The main cause for ailments of any form is because of disruptions in the body's energy. These disruptions can affect a person's physical, emotional and social state of being. Pranic healing involves smoothening out these disruptions.

The Pranic Healing practitioner is working on the bioplasmic or energy body and not directly on the physical body. This energy body, or aura, is the mold or blueprint that surrounds and interpenetrates the physical body. It is the energy body that absorbs life energy and distributes it throughout the physical body, to the muscles, organs, glands, etc. The reason Pranic Healing® works on the energy body is that physical ailments first appear as energetic disruptions in the aura before manifesting as problems in the physical body.

The Healing done on your aura takes anywhere from a few hours to a couple of days to begin showing effects on your physical body, depending on how energy-sensitive you are and how much of energy is required to heal that particular issue of yours: if the issue is small, you'll require maybe a couple of sessions to see the change, and if the problem has been bothering you for many years, you'll notice changes only over a few weeks.

Since Pranic Healing works on the energy level, not many people can "see" it working, which is why most people are sceptical. But you can ask any certified Pranic Healer to help you experience the energy we talk about.