



Holistic healing

IN TODAY'S LIFESTYLE OF STRESS, TENSION AND ANXIETY WHERE EVERYONE IS IN SEARCH OF HEALTH, WEALTH, HAPPINESS OR SPIRITUALITY, PRANIC HEALING IS ABLE TO FULFILL THESE NEEDS

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Pranic Healing is an ancient science and art of healing. It is a simple yet powerful tool that utilizes *prana* or *ki* or life energy to heal various illnesses in the physical body. It is based on the fundamental principle that the body is a "self-repairing" living entity, which possesses the innate ability to heal itself. Pranic healing also works on the second principle that energy can be projected from one person to another. As a result, increasing the life force or vital energy on the affected part of the physical body can then accelerate the healing process.

It is a no touch, no drug healing that treats the person on the physical, emotional and mental levels by treating the human energy field. Healing is done in the energy body through 11 chakras. So physical touch is not required. Since physical touch is not required, distant healing can also be done.

Any healthy person with an average intelligence, an average ability to concentrate, an open but discriminating mind, and a certain degree of persistence can learn pranic healing in a relatively short period.

Pranic healing can not only used in the physical body but also in offices, homes, businesses, financial conditions, studies, etc. based on the principle that if a specific work is not taking place it is because of the lack of energy. In pranic healing we can scan and can give energy to where there is lack and the project will materialize fast.

For those interested in spirituality,

there is the Twin Hearts meditation, soul realisation and different levels of Arhatic yoga. Twin Hearts meditation is a powerful tool for spiritual development. It is extraordinary in its simplicity with amazing and dramatic results. This exceptional meditation is based on an ancient secret only revealed to advanced spiritual aspirants.

When a person does meditation on Twin Hearts, divine energy flows down to the practitioner filling him

with divine light, love and power.

The practitioner becomes a channel of this divine energy. It is also a form of world service. By blessing the earth with loving kindness you fill the world with positive spiritual energies. The blessings can be directed to organisations, specific towns, cities, countries or group of nations.

The writer is Founder of Pranic Healing and Arhatic Yoga at Pranic Healing Home, Anna Nagar.

Benefits of Pranic healing

- It helps in healing chronic and acute physical and psychological disorders and diseases like sinus, asthma, diabetes, migraine headache, back pain, digestive disorders, arthritis, heart problems, menstrual problems, stress, irritability, depression, etc.
- Self-healing and distant healing
- To improve relationships at home and office
- To heal the past
- To materialise goals
- To increase prosperity and professional success
- To improve the academics of children by teaching superbrain yoga
- To develop spirituality