An Introduction Booklet

The Science and Art of Pranic Healing
As science now shows us, stress and disease are apparent in our bioplasmic energy field before we see physical
signs. Modern medicine in all it's efficiency has not yet incorporated an effective tool to help patients remove
weaknesses in their energy body to speed up the recovery process and strengthen their overall wellbeing.

Pranic Healing is an effective tool that can be incorporated into your regular
consultations to dramatically improve patient care. Treatment involves
removing the stress and diseased energy from the energy body through
validated systems of energetic cleansing and re-balancing techniques.
Once the energy field is clear of disease, the patient's physical and emotional
states soon follow. When this energy field is strong, the health and
recovery process is quicker and less painful. The exciting part is, it can
take just 5min per patient.

Pranic Healing was developed by a scientist and philanthropist who devoted his life to the research and teachings of
this modality. Treatments are systematic and results are repeatable.

Medical Research

**REGENERATION OF SPINAL CORD** - A case of spinal injury due to prolapsed disc, leading to Paraplegia, due
to Impingement of Spinal Chord. After 3 months of Pranic Healing alone, total restoration of form and function of
limbs was established.

* Complete relief from pain, discomfort and impaired movement.
* Observable realignment of discs relieving the impinged
  spinal chord.

**DEALING WITH CANCER** - Meningioma of the Brain, treated with a combination of Surgery and Pranic
Healing.

Total regeneration of Brain tissue was achieved in six months, which is considered Phenomenal by normal
accepted medical Standards.

Testimonies -

“*A wonderfully structured technology that brings together significant disciplines and makes sense of them. Well taught and ecumenical. A breath of fresh prana to the world of healing and the planet as a whole*.”

- Dr Michael Charles Grant de Longueuil M.D

“To me it was a link between mind and body, something which I have been trying to work with for a long time. The courses were good, interesting and very useful to me.”
Are you and your clients frustrated at the trial and error process to health and recovery?
Do you sometimes find yourself stuck for a solution?
What if we told you there is a way to speed up this recovery process and remove the trial and error no matter what the condition.

As science now shows us, stress and disease are apparent in our bioplasmic energy field before we see physical signs. Once the energy field is clear of disease, our physical and emotional states soon follow. As therapists, we are trained to focus on the physical and emotional health of our client but what we often miss, is the health of the energy field.

When this energy field is strong, the health and recovery process is quicker and less painful. The exciting part is, in less than 5min, you can adjust your clients energy field during your regular consultations and dramatically improve patient care. Pranic Healing treatments remove the stress energy, anxiety and disease from the energy body through a non-contact system of cleansing and re-balancing techniques. This short treatment can be used to instantly change energy fields to positively influence ourselves, clients and our clinic.

Pranic Healing to help clients recover quicker:
When used as an addition to your modality, Pranic Well being techniques are a safe and powerful tool to relieve pain and hasten recovery of ailments such as, fatigue, menopause, menstrual disorders, anxiety, fear, infection, heart ailments, high blood pressure and more....

Pranic Healing for Self Maintenance:
Whenever we interact, we are constantly transferring energy to one another. Negative energy transference affects therapists in particular because of the nature of their contact. Like a sponge, the problems of your client are slowly absorbed into your system until saturation point when fatigue, stress, anxiety and dis-ease begin to manifest. When Pranic Healing is used for self maintenance a therapist will no longer feel drained, stressed or anxious at the end of a working day or feel aches and pains after just a couple of clients.

Pranic Well-being to improves success of your clinic:
Pranic well-being programs can be implemented as an effective and highly acceptable initiative for staff and business

Testimonies -

"I was able to use the techniques successfully on a health care practice that was ailing. After treating the clinic environment and its staff, not only did the business improve dramatically, the therapist also overcame his persistent depression".

- Adele Matthews

"A wonderfully structured technology that brings together significant disciplines and makes sense of them. Well taught and economical. A breath of fresh prana to the world of healing and the planet as a whole"

- Dr Michael Charles Grant de Longueuil M.D

"I had been practicing as a Shiatsu Therapist for several years and was experiencing great physical and emotional fatigue. I felt that while the patient would leave the sessions feeling lighter and in less pain, as the practitioner, I would feel some of their symptoms or just a general sense of malaise. Once I learnt and applied the techniques of Pranic Healing on myself and on my patients, instead of fatigue, I started feeling energized after treatments. I have been using Pranic Healing on my patients, healing space and on myself for 8 or 9 years now and expect to keep doing so for many more. I can honestly say I may not still be practicing Shiatsu if not for these amazing techniques."

- Alida Zuluaga
All of life is governed by channels of energy. In business we instigate change by directing this energy and our time toward that change.

Change requires hard work and effort sometimes resulting in success, prosperity and harmony - and other times not. Imagine if you knew how to harness this energy and channel it directly into making your projects and your business a success time after time, maximizing the return for your investment of effort. Pranic Wellness programs can show you how.

Business wellbeing is not a new concept, many schools have included some parts of this knowledge into their training. Pranic Wellbeing for Business incorporates the bioenergetic, mental and physical factors needed to create all round success and prosperity and turn this knowledge into a skill set.

**Bioenergetics** - Stagnant and negative energies are removed from your environment and projects to allow for positive change, growth and inspiration.

**Mental Effort** - Through the use of goal setting, positive affirmation and an understanding of the laws of nature that affect business growth, new patterns of success can be created.

**Physical Effort** - Change is implemented by sustained and focused action towards the goals with a renewed commitment from members, maximizing chances of success.

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### Create Prosperity for your business:

Are you caught in the cycle of striving for prosperity to enjoy life, but find you do not have enough time to enjoy life? Pranic Wellbeing tools can be implemented on your environment, staff, management and projects to create powerful, prosperous and harmonious vortices of energy that work for you even when you're not at work.

You or your staff can choose to learn these tools yourself during a weekend workshop or have a pranic wellness consultant review your workplace at a convenient time for you.

### Create Well-being for your staff:

Businesses are made up of individuals all working toward common goals. Is your business full of happy and motivated employees operating as a team - focused on the goals? If you answered no, your business is running on half capacity or less. The good news is, it does not take much time out of your work day to improve this situation.

“One extra effort in business and life separates the good from the great"
Pranic Healing for Parents: How to Create a Happy and Stress free Household

Are you struggling with the constant demands of raising a family? Do you find yourself a little more tired, stressed or just worn out? Uncover the amazing secrets some Mum's and Dad's have found to recharge your energy, regain balance and feel great!

Pranic Healing for Parents has a busy Mum and Dad in mind and can teach you how to regain your energy and vitality while managing to juggle the demands of a busy household, partners, family and friends.

Pranic Healing is a science of energy patterns. These patterns govern how we feel, think and act and consequently how our children react. When we are unbalanced, fatigued or just feeling a bit out of wack, usually the household tends to follow suit. Similarly if one of our children is having a bad day, it can soon rub off on others. In one weekend, Pranic Healing can help you correct these imbalances, regain vitality and maintain harmony in your home.

Learn Life skills that could change your family forever:

*Calm and comfort your baby
*De-stress your environment
*Treat the baby blues
*Get back into shape physically, emotionally and mentally
*Create a calm home environment
*Deal with problems without taking them out on your children
*Enhance your children's abilities to cope socially and academically
*Boost your finances when on one income
*Be productive with your time when you're home with children
*Achieve inner stillness

And more………..

Benefits to your Relationships:
As well as feeling a great inner peace personally, your relationships can be renewed. Instead of taking out frustrations and limitations on our friends and family, these tools will give you an avenue to dissolve stress before it is brought into the home.

Benefits to your children:
As your children progress through the challenges of being a toddler, primary school age child, teenager and into adulthood you will have on hand at a moments notice a 'bag of tricks' to calm tantrums, regulate extreme behaviors, ease the boyfriend blues, increase focus for study and cut the apron strings when the time comes. The versatility of your skills will astound you.
Are you struggling to maintain a harmonious classroom and finding yourself a babysitter rather than a teacher? Find your creativity again and explore techniques that can easily be incorporated into your daily activities and make a huge impact on the lives of your students.

Through awareness of energy patterns and their influence on our environment, Pranic Wellbeing programs will help you increase your energy levels and get back into shape physically, emotionally, mentally & spiritually. These tools can be passed onto your students or used for yourself to deal with the everyday challenges teachers face.

Energy patterns influence every area of our life, scientifically this is known in quantum physics terms but have you ever thought of the effect that one student or one teacher's energy can have on a whole classroom day after day? Did you know, this pattern can be changed by you in one day!

Pranic Wellbeing for Teachers:
Learn techniques to de-stress, become more productive with your time and change your classroom environment into a place of relaxation, co-operative learning and joy. A 2 day workshop will give you tools that can change your classroom with just 5 minutes per day.

or Children:
Incorporate exercises into your daily program that balance the right and left brain, encourage cooperation, enhance classroom performance and give positive life skills to all children. A certified instructor visits your school and guides the children through physical and relaxation exercises, balancing brain yoga and character building scenarios. This program is based on a researched system designed to improve concentration, enhance learning capabilities and create stress free internal and external environments.
Does your child seem wise beyond their years, have behavior a little out of the 'norm' or maybe they've been labeled by teachers or friends as Sensitive, Hyperactive, ADD, Gifted or a little too Shy. If this is the case or you would just like your children to be the best they can be and utilize all of their talents, then Pranic kids workshops may be what you and your children are looking for.

Pranic Kids Workshops give children life skills to help them remain stress free, have confidence, cultivate positive attitudes and behaviors and develop their gifts. Through games, balancing brain activities, relaxation and exploring nature, children are encouraged to discover their inner strengths and natural self confidence and learn how to deal with everyday stresses successfully.

Whilst in a nurturing and fun environment, children learn about subtle energies, energy bodies and the roles they play in our lives. For example, when our energy bodies are healthy and strong we have more energy, are happier and healthier, have better relationships and good self esteem.

**Consequences of Unbalanced Energy:**
- Grumpy
- Irritable
- Get Angry Easily
- Tired
- Lower immunity
- Find it difficult to concentrate
- Easily effected by outside influences

**Benefits of Balanced Energy:**
- Happier
- Confident
- Healthy
- Improved Focus and Concentration
- Self Esteem

The concepts discussed in the workshops are designed to carry through with the children into adolescence and adulthood as their circles broaden beyond home and school life.

Through character building games, children are encouraged to treat each other with more respect and be confident in different arenas, learning that each one of them has special skills to be proud of. These skills are generally not taught in the classroom and need to be nurtured until they become part of everyday life.

Many teachers are already implementing these techniques into the classroom with great success and see the need for children to learn these skills for themselves.
Have you ever wondered how a minor wound heals in a few days or why a cold or a headache goes away after sometime? That's because every living being possesses the inborn ability to heal itself. Pranic Healing is based on this fundamental principle of one's inborn ability to heal oneself by using the 'Life Force'.

We all know that the body functions because there is life (Prana) in it. Also, there exists an energy field that surrounds the body. This energy field absorbs Prana or Life Energy from the environment (Sun, air and ground) and distributes the life energy through the whole physical body. Pranic Healing is an ancient science and art of healing that utilizes this 'Prana' or 'life'.

The art of Pranic Healing is perfectly in tune with our busy lifestyle, owing to it being an absolute no-touch, and painless energy system. To be noted is the fact that Pranic Healing has absolutely no side-effects. So, the only things that advances, is Your spirituality!

Pranic Healing is Elementary:

In theory, Pranic Healing is as elementary as anything else. There are two Basic Laws that permeate through the functioning of Pranic Healing. These laws seem to be very obvious, but strangely they are hardly noticed by people.

**Laws of Self Recovery:** As mentioned earlier, in general, the body is capable of healing itself at a certain rate. If you have a wound or burn, the body will heal itself and recover within a few days.

**Law of Life Force:** For the body to function smoothly, the body must have 'Prana' or Life Energy. What Pranic Healing essentially does is that it enhances the healing process of the body by increasing the Life Energy on the affected part or parts.

What you might think as miraculous healing is nothing more than increasing the rate of self-recovery of the body. There is nothing super natural or paranormal about Pranic Healing. It is simply based on natural laws that most people are unaware of.

**Testimonies -**

“"I have never felt better in my life, both physically and emotionally. I continue to grow in body, mind and spirit. I attended the Pranic Healing workshop for the second time and thanked Master for the gift that he has given me - a new life filled with love, joy, peace and well-being. I realized that since I have been given this blessed gift, I must now return it with love. He was able to free me of my pain and start my body on the healing process. I must also thank my Lord and Savior for, without Him, none of these blessings would have been possible.".

- DIANE M. SMITH(USA)

Having suffered a neurologic disorder that affected my face, mouth and throat, with cramps around the eyes, I sought pranic treatment. There was no big change during the first two treatments. After a break of four weeks, two more pranic treatments followed. I felt a notable change around the mouth. It felt relaxed and, although I had a very stressful period at work, my energy increased remarkably.

Now I feel almost completely recovered with only a slight tension in the throat every now and then. I have also regained my joy for life."

- KRISTINA ANDERSSON (Finland)

Pranic Healing Courses

General Public

Arhatic Yoga Prep - 1 ➞ Basic Pranic Healing Course
(Soul Realization Course)

Pranic Healing
Higher Courses
- Pranic Crystal Healing Course
- Pranic Psychic Self-Defense Course
- Pranic Feng Shui
- Higher Clairvoyance

Arhatic Yoga
Courses
- Arhatic Yoga Prep 2
- Arhatic Yoga Levels 1 & 2
- Arhatic Yoga Levels 3, 4, 5 and higher levels

Advance Pranic Healing
- Pranic Psychotherapy

Other Courses
- Kriyashakti
- Spiritual Essence of Man
- Hinduism Revealed
- Buddhism Revealed
- Christianity Revealed
- Meditation on the Lord's Prayer
In BASIC PRANIC HEALING (Level 1), you learn the basics of working with your energy aura, including learning to “scan,” or feel the energy, to “sweep,” or clean away congested energy, and to “energize,” or supplement areas in your aura that have a pranic (energy) deficiency. You begin by learning to activate the energy centers, or “chakras,” in the center of your hands. This enables you to become sensitive to prana and scan a person’s - or your own - energy field to identify blockages and then cleanse, energize and revitalize the area with new prana.

Topics Covered:

Anatomy of the Energy Body:
You will learn about the chakras, meridians and auras and how to work with them to accelerate the healing process of your body.

Healing Simple Ailments of People: You will learn Step-by-step techniques for ailments related to:
- Respiratory (e.g. asthma),
- Circulatory (e.g. heart ailments),
- Gastrointestinal (e.g. irritable bowel syndrome),
- Musculoskeletal (e.g. arthritis and back pain),
- Migraine headaches,
- Sinusitis,
- Reproductive (e.g. menstrual problems) and other common illnesses

Self Pranic Healing:
You will learn how to treat your own energy body and chakras to achieve good health and avoid fatigue and stress in your life.

Practical Sessions:
During the weekend we have alot of practice sessions to give you the experience of working on the energy body and also receiving pranic healing, this helps to put the teaching into practice from day one and gives you confidence to treat your family and friend after the workshops.

Pranic Breathing:
Learn how to recharge your energy body with vitality and peace.

Distant Pranic Healing:
Learn how to project energy at a distant so you can treat family and friends where ever they are.

Twin Hearts Meditation:
You will learn an advanced meditation technique aimed at achieving illumination or universal consciousness. It is also an instrument of world and community service that eventually harmonizes the earth by blessing it with loving-kindness, peace, joy and goodwill.

Testimonies -

"Eighty-five percent of illnesses are not optimally treatable with drugs or surgery. For those individuals, Pranic Healing offers one of the best self-healing approaches I have seen."

- C. Norman Shealy, M.D., Ph.D: President, Holos Institutes of Health

"With elegant simplicity and practical wisdom pranic healing book shows you how to harness the healing power that exists in every human being."

- Deepak Chopra(Author of Grow Younger Live Longer and 7 Spiritual Laws of Success)

Reference: http://www.pranichealing.com/praises
Learn to use the secret techniques of Master healers! Project color pranic energies to produce very rapid healing for severe and difficult ailments. By using the latest in Energy Healing Technology, it enables a student to reproduce healings similar to those made by experienced healers but in a much shorter learning time.

**Color Pranic Healing**

By using the will and special visualization skills taught in this course, you can focus color energies to the receiver to produce accelerated healing. Most severe ailments necessitate the use of qualified Color Pranic Energies for better results. Using Color Prana is like going to a specialist instead of a general practitioner.

**Just Some of What You Will Learn:**
- Rapid cleansing techniques for delicate and non-delicte organs and chakras,
- Advanced energizing techniques using your Crown, Throat, and Basic Chakras,
- Activate or inhibit chakras to speed up recovery from severe ailments,
- Energize the immune system through the lymphatic system, blood, liver, kidneys.

**Specialized techniques for:**
- Rapid healing of fresh wounds,
- Rapid growth of tissue,
- Cell regeneration
- Cleansing the blood,
- Cleansing the internal organs,

**Instructive and Divine healing**—to reprogram the subconscious minds at the levels of the:
- Cellular
- Organic
- Etheric
- Emotional
- Mental

**Specific techniques for severe cases:**
- Cancer,
- HIV positive,
- Diabetes,
- Leukemia,
- Kundalini Syndrome,

**Advance work for ailments related to different systems:**
- Respiratory,
- Circulatory,
- Skeletal,
- Endocrine,

And much more........................

**Testimonies -**

"Color prana is more specialized and more potent than white prana. Using color prana instead of white prana is just like approaching a specialist instead of a general practitioner."

- Master Choa Kok Sui

"Our patient had suffered years of chronic pain from a car accident. Various physical therapy techniques had been tried during this time. I initiated PRANIC HEALING®. After only 5 sessions, the patient was feeling well and she no longer needs therapy."

- Kim Fantini, LPTA

Reference: http://www.pranichealing.com/praises
Pranic Psychotherapy® is the application of Pranic Healing® techniques to healing and alleviating emotional and mental imbalances. Negative emotions and traumatic experiences are essentially negative thought forms and emotional energies lodged in the aura and in the critical energy centers. These energies are often difficult to release, requiring months or even years of traditional psychotherapy to experience any improvement. Pranic Psychotherapy®, however, offers you the ability to quickly and safely release these crippling energetic patterns.

In Pranic Psychotherapy®, you will learn advanced energetic extraction techniques on the affected chakras so phobias, compulsions and addictions can be alleviated in a very short time. But perhaps most important, Pranic Psychotherapy® can be carried out without the patient having to reveal any potentially embarrassing personal information. It is not uncommon that in just the first session, a phobia is 70-90 percent gone. In fact, during class time we encourage the students to do their best to completely remove real-life emotional issues that their partners have.

Some of what you will learn:

- Self healing for tension, irritability, grief and anxiety,
- Repairing damaged/cracked Chakra protective webs to prevent future intrusions,
- Purge negative programming acquired during childhood that could be holding you from success,
- Remove the negative seed thoughts of drug and alcoholism by using pranic psychotherapy everyday after children come home from school,
- Healing the effects of psychic attacks—when left untreated could cause anxiety attacks, irritability, bad luck or even financial ruin!

- Shielding techniques to protect your chakras, aura and other possessions,
- Remove the negative influences (envy, jealousy, anger etc.) of other people,
- Extraction and disintegration of negative energies and patterns of compulsive behaviors, phobias, addictions—smoking, alcoholism, drug addiction, food and sugar addictions, depression.

Plus much more......

Testimonies -

“As a professional Drug and Alcohol Counselor, I find Pranic Healing very beneficial and expedient as a tool in my work in the addiction field. On a personal level, my own tobacco addiction of 30 some years was lifted in April of this year. Master Co (Master Pranic Healer) worked with me in one session and when I left 45 minutes later, I threw cigarettes and lighter away with NO regrets or fear. Not only have I personally and professionally benefited from introducing this healing to my clients, but I’ve also received the blessing of breath and I’m deeply grateful. Thank you.”

Reference: http://www.pranichealing.com/praise/healing-addictions
In Pranic Crystal Healing® you will learn how to harness the power of one of Mother Earth's precious gifts, crystals and gemstones, which you can use to enhance your healing ability, spirituality and prosperity.

Among the topics covered:

* Increasing your healing power by 200 times or more by using special crystals.

* Extracting negative emotions and diseased energies from your aura quickly and easily.

* Creating personal barriers and shields so that you don't absorb your patients', diseased energies when healing.

* Consecrating crystals to make them more powerful by 1000 percent or more.

* Consecrating rings, pendants and jewelry to attract good Health and prosperity for your loved ones and business associates.

* Using crystals as protective amulets against psychic attacks

* Learning which crystals and stones are appropriate for which purposes.

* Using power rings, the secret of magicians and master healers, for power, healing and prosperity.

* Using the colored pranic energies of color crystals for facilitating rapid healing.

* Using special crystals like obsidian to absorb and divert psychic attack.

* Learning why wearing the wrong crystals or gems could cause financial hardships.

* Learning why wearing certain crystals or gems could draw a psychic attack to you.

* Learning the five factors that determine the real potency of a crystal.

* Programming crystals for healing.

And much more . . .

"A crystal is a subtle energy condenser. This means that it can absorb, store, project and focus subtle energies. In a certain sense, it is just like a rechargeable battery that can absorb, store and release electrical energy."

- Master Choa Kok Sui
We are swimming in a world of thought forms and emotional energies, not all of which are beneficial for us. In fact, we are constantly bombarded by negative and injurious energies. If you are not properly protected from these contaminants, you can be affected spiritually, mentally, emotional, physically and financially.

Pranic Psychic Self Defense® teaches you scientific ways of utilizing pranic energies to properly protect yourself, your belongings, surroundings and love ones. Pranic Psychic Self Defense® teaches you to protect yourself and loved ones from psychic attacks, negative intentions, malicious entities and energetic Pollution.

Among the topics covered:

* Closing the aura to prevent intrusions.
* Understanding how psychic attacks are launched and how you can protect yourself from them.
* Placing a protective aura around your business to ensure prosperity.
* Utilizing holy objects for protection, empowerment and good luck.
* Shielding your personal belongings, including your financial assets.
* Multi-dimensional shielding for protection on the spiritual, mental, emotional, etheric and physical planes.
* Guarding against the four critical factors that can weaken a shield.
* Using the power of love to get an angry psychic assailant on your side.
* Building up sufficient energy for your shield and combining the energy with visualization and intent for optimum protection.
* Protecting your business and finances from envious competitors and their negative vibes.
* Safeguarding your children's precious and innocent consciousness from preying entities of drugs and negative programming from peers.
* Scanning the strength and integrity of your shields so that you know they're in place and working.
* Experience inner peace and calmness in the midst of a chaotic work or home environment.
* Learning what causes "bad luck" and changing it to GOOD FORTUNE.

And much more . . .

“The human aura is a major factor involved in the natural psychic self-defense system of each person.”

- Master Choa Kok Sui
Ancient meditations, kept secret for centuries, will be revealed and taught to the public for the first time. These techniques allow you to accelerate the Union of your incarnated soul (often described as the personality or lower self) with your Higher Soul (Higher Self). This phenomenon is known as "Soul-Realization", "Enlightenment" or "Self-Realization". The Higher Soul is a seed of God's Divinity within all of us. Through the Higher Soul, we are made in the Image of God! Being One with our Higher Soul, we become One with the "I AM", the Christ, the Buddha, the Shiva, the Krishna Nature within all of us.

Learn the Inner Secrets of: the Blue Pearl, the 12th Chakra, the Medical Caduceus to Raise the Kundalini Shakti, the Silver Cords.

Learn to experience Peace, Calmness and Clarity in the midst of a busy and chaotic work/home environment

Invite your loved one to meditate together and experience Spiritual Intimacy and reignite your love for each Other

Learn how to release old emotional baggage and create positive changes in all your relationships

Use Words of Power (mantras) to quickly achieve Inner Stillness

Experience "Coming Home and Being One with All"

Experience the unique state of Total Peace and Expansion of Consciousness and Awareness within minutes of meditation.

Discover the Nature of Your Soul and its journey through timeless incarnations.

Learn how your Soul chooses your parents and place of birth

Know the exact location of the 12th Chakra and its function

Experience the Inner Light and Intense Bliss of the "Blue Pearl" or the "Seed of Consciousness" within you.

Learn the existence of energetic seeds in your auric field and how they affect your Spiritual, Mental, Emotional and Physical lives. These "energetic DNA recorders" contain the "blueprints" for the formation of your subtle and physical bodies.

Discover Secrets of your 3 Silver Cords, Inner Caduceus and how it is related to Safely Awakening the Kundalini Shakti.

Testimonies -

"Pranic Healing offers an elegantly simple technique of using your own natural spiritual resources to enhance your flow of vibrant energy."

Reference: http://www.pranichealing.com/praises
"ARHATIC" is derived from "arhat", describing a highly evolved being. This advanced yoga system was given by Mahaguruji Mei Ling to Master Choa Kok Sui. It has origins from China, India and Tibet. In addition to being an advanced technique practiced by Spiritual Initiates, it also synthesizes and integrates all yogas. Learn and experience the essence and powers of the 7 yogas: Raja yoga, Karma yoga, Laya/Kundalini yoga, Gnana yoga, Bhakti yoga, Mantra yoga and simplified Hatha yoga.

You will first undertake the purification of the physical, etheric, astral, and mental bodies. Then the chakras are substantially activated in a secret sequence to safely and effectively awaken and then circulate the Kundalini energy throughout the body. This technique is practiced by very advanced and evolved yogis. It is the foundation for building the Much coveted "Golden Body"!

What you will learn:

**ARHATIC YOGA ENERGY CIRCULATION**

- This special meditation moves the Soul Energy through a series of energy channels called the "microcosmic orbit". Circulating the Soul Energy helps extract the "ancient seeds", pent-up emotions and negative crystallized thought patterns.

- As a Living Spiritual Teacher, Master Choa Kok Sui imparts a massive current of Divine Force that quickly and safely awakens and regulates the Kundalini Energy of the student.

- Open the microcosmic orbit in less than 45 minutes. With an advanced technique not taught to the public, you can open these pathways safely to allow the Kundalini energy to flow and nourish and activate the chakras.

- Effortlessly diffuse crippling negative emotions to allow the Soul to control the astral & mental bodies.

- Increase your charisma, healing powers, sexual energies and other qualities as your chakras and aura increase in size and power.

- Learn how to recognize the 10 different "Kundalini Syndrome" symptoms and their remedies.

"There are several spiritual or yogic systems of activating the chakras and awakening the kundalini. Arhatic Meditation is one of the systems that systematically, safely and rapidly activates the chakras and awakens the kundalini."

- Master Choa Kok Sui

**Testimonies -**

"Pranic Healing and Arhatic Yoga emerged as a wonderful tool to help me increase my concentration, stamina and ability to grasp my lessons faster, and to retain what I had learned. I was able to study continuously for hours without feeling fatigued. The mental and physical recharging techniques were extremely helpful in rejuvenating myself. Headaches and heaviness of head, that used to be frequent during examinations, were healed in a jiffy."

- Nilesh Sinha (Software Engineer)

Reference: http://www.pranichealing.co.in/testimonials.html
Material abundance gives you freedom to pursue spiritual goals. KriyaShakti teaches you how to properly harness the power of your thoughts, subtle energies and your auric field to create a life of prosperity and success both materially as well as spiritually.

**In Kriyashakti, you will have Powerful Principles & "Hands On" Techniques:**

**Learn:** Why some individuals with good education and abilities come up with little results in their life.

**Law of Entitlement:** How to create your own good luck. Use time-tested techniques to control your Karmic Directions.

**Secret Hand Gestures (Mudras) And Eye Positions:** These ancient techniques known only to high-level magicians accelerate precipitation of thoughts into physical reality.

**The Real Midas Touch Through Prosperity Meditations:**
Especially designed to purge old lingering negative programming from childhood and simultaneously build a network of powerful psychic assistants to be interlaced into your aura to continuously attract prosperity and wealth even as you sleep.

**Correct Giving: "As we give so shall we receive"** – This is the Divine Karmic Law. However, where and how you plant these karmic seeds will determine how fast and abundant your Karmic Harvest will be! Create the right physical environment to facilitate the programming of your mind and your aura. How to create channels and avenues for your desires to become a physical reality... plus much more!!!

**Inner Kriyashakti:** the science of Creating Powerful Thought Forms. Thought-Forms act as your psychic assistants in the energy world to Pave a way for manifesting what you want in the material world.

**Testimonies -**

"In the year and a half after I first took the Kriyashakti class, I tripled my income. Even though I practiced Kriyashakti inconsistently, I still got good results."

- Mona Temchin, New York City

"I used the Kriya Shakti technique that we would be able to buy the 'Right House' at the 'Right Price!' In less than 3 months after making this 'wish', we found a new development where the houses started at far LOWER PRICES than our Target Price! In little later we become able Built our Dream home in much sooner time expected."

- Dawn Babler, New Jersey

Reference: http://www.pranichealing.org/testimonials/t_kriya.htm
MCKS Spiritual Business Management
Simplified Management Techniques

A Revolutionary Approach to Successful Management of Your Life and Business using Esoteric Laws.

This innovative workshop recently designed by Master Choa Kok Sui uses a revolutionary approach for the success and financial prosperity of businesses giving a modern and friendly image to management.

By using energy and spiritual laws, the realization of plans and projects and overall implementation of labor relations can be made easier. A positive organizational environment, increased worker productivity and good return on investment can be created. Through the use of simple meditation techniques, individuals will develop a sharp mind, increasing their capacity to make accurate decisions and take care of critical business situations.

The course also teaches how to handle situations that generate stress in the workplace, allowing employees to instantly recharge physically and mentally. Attendees will be given quick practical tips to remove "stress and tension energy."

The spiritual empowerment of individuals results in strength, confidence, clarity of goals and dynamism to handle business situations. Hear about techniques used to bridge the gap between management and the workforce, gain mutual respect, develop stronger relationships, enhance efficiency and increase productivity.

The workshop is practical and well structured. While the core teachings are based on ancient spiritual and esoteric principles, its concise, innovative and effective approach to corporate management is tailored and made relevant for the modern world.

By attending this experience-packed course, you will learn:

- To increase business success and profits using esoteric laws
- Stress Management with proven breathing and meditation techniques
- Rapid and instant physical and mental recharging techniques
- To develop clear and sharp mind through meditations
- To create a productive, efficient and harmonious business/work environment
- Effective Time Management
- To improve professional and personal relationships
- Management Using the Seven Rays (human archetypes and tendencies)

Testimonies -

"Incorporating the Pranic breathing techniques, the Twin Heart Meditation and the Arhatic Meditation in my daily routine gave me a new perspective of myself and made me view myself objectively. My limiting thoughts of insecurity, dependency and negative emotions of fear, anger, hatred, memories of personal trauma and personal sense of self-worth were gone. This gave me a miraculous clearing of my complexes and I suddenly realized that the same situations that used to cause me anxiety no longer did."

Reference: http://pranichealing.co.in/testimonials.html
True Directional Feng Shui: Know the actual origination points on the compass of Prosperity Energies and Spiritual Energies. Avoid negative energies that cause bad luck. Open the correct pathways in your home and office to allow fresh prosperous energies to come in and nourish you. Having the wrong openings means inviting disaster and misfortune.

True Form Feng Shui: Energy, chi or prana has definite characteristics that follow the pathways given to it. Opening the correct pathway is like opening the right door for good energy to come it.

Esoteric Feng Shui Through Thought Power: The key link in making Feng Shui immediately usable. This once secret technique is going to be divulged by Master Choa to integrate as well as quickly materialize the benefits of Feng Shui. Psychological Feng Shui will help your children do better in school by positioning your child’s bed and reading desk to highly energize his/her intellectual faculties. It will allow executives to make better decisions. Marriages will also benefit by positioning the bed to love-enhancing positions. Also know which paintings and pictures to hang on your walls to magnetize positive energies.

MCKS Om Mani Padme Hum
Experience the Inner Teachings of one of the most well known Mantras in the World.

Om Mani Padme Hum® is a powerful mantra and prayer that is imbued with tremendous Love, Mercy, and Compassion.

In this course learn the deeper understanding of this powerful mantra and its numerous benefits and applications. Experience "Yoga", or union with the Higher Soul, as you are guided in Meditation with this powerful Mantra. Master Co will also share teachings on Character Building, Meditation on Loving Kindness and Meditation on the Blue Pearl in the Golden Lotus, as well as guide the group in these meditations. Additional topics include: chanting for purification of the chakras, invoking the Buddha Quan Yin, wish-fulfilling properties of the mantra, this mantra as An instrument of World Peace... and much more!

MCKS Spiritual Essence of Man
A Unique and Powerful Spiritual Workshop to Experience the Divine Essence within Your Chakras and Energy Bodies

You will be empowered with deeper knowledge and practices once divulged only to inner disciples of Egyptian and Indian Mystery Schools!

- Learn Krishna's Teachings on the Inverted Tree of Life and the Upanishad's Tree of Eternity
- Secrets of the "Triple Cross" and how it can activate your chakras and energize your subtle bodies.
- Direct correspondence of the Lord's Prayer in the Kabbalistic and Egyptian Tree of Life.

- Practice the "I AM" Meditation on your Pineal Gland!
- Discover your Buddha Nature & Spiritual Fetus and Experience the Divine Essence within you
MCKS Inner Hinduism Revealed

Discover the mysteries behind the nature of the various Indian Deities and how can access their energies for self-transformation and self-healing.

- Know the techniques of utilizing the inner teachings of Hinduism:
  - Why does Ganesh have an Elephant Head? How is he connected with the Kundalini Shakti? Why only a single tusk?
  - Why are Shiva and Krishna shown with "blue skin"? How does it accelerate our Spiritual Development and the Indigo Children?
  - Was Hanuman really a monkey, why is he so powerful? Learn and harness Hanuman's Secret of Power!

- Learn and practice the Secrets of key Hindu Mantras like:
  * Om Namah Shivaya - access the Power aspect of the Soul
  * Gayatri Mantra - for Divine Guidance, Protection & to awaken Buddhi
  * Lakshmi Mantra - Manifesting Abundance & Prosperity

MCKS Inner Buddhism Revealed

The Four Noble Truths and The Eight Fold Path as taught by Lord Buddha are beautifully expounded and clarified by Grandmaster Choa Kok Sui.

- The different levels and facets of truth, and the different Schools of Buddhism, the Four Major Causes of suffering and the Powerful Solutions are all discussed in depth by Grandmaster.

- He also explains and gives practical applications to these priceless teachings of the Lord Buddha. He gives you a simple road map to utilize the Eight Sacred Paths to systematically put your life in Divine Order.

- How to cultivate the Buddha Nature within you and Lord Buddha’s Teachings on the Spiritual “I” and the Atma, Spiritual Detachment are just not terms in this class but Practical way to live your life.

MCKS Inner Christianity Revealed

During this fascinating one day workshop, you will be enlightened and empowered with Teachings and the Esoteric Practices that include:

- The Lord's Prayer as an Advanced Method of activating the chakras.
- Secret Purification Rituals by the Essenes.
- The Inner Teachings behind the Baptism by Fire, Water, Air and the Holy Spirit
- The Trinity and the 3 Universal Aspects of God found in the major religions
- The true meaning of the Pentecostal Fire
- Learn the Formula of becoming One with your Higher Self through the Verse of the Camel/Eye of the Needle

- Transfiguration and its connection to the verse, "Let your eyes be one and your body filled with Light."
The word “Stress” is commonly used. But do you know that there is such a thing as “stress energy”?

Pranic Treatment for Stress-Relief is an advanced pranic technique aimed at cleansing our internal system of the stress, negative emotions/thoughts and energies – which left untreated, may lead to physical and psychological ailments.

**Feel happy and stress free in just 25 minutes!!!**

**BENEFITS**

- Deep relaxation and inner peace
- Feel energized within minutes
- Eliminate dullness
- Increased intelligence
- Improved relationships
- Calm your emotions
- Spiritual Growth

**Learn these benefits and much more in just 1 session!!!**

Explanation about the energy body and chakras

- Principle of correspondence (energy body affects the physical body)
- Stress energy and how it affects us
- Measurement of stress
- Heart chakra, Solar Plexus and Crown chakra in detail
- Pranayama – increases the size of the energy body, prepares energy body and physical body for meditation

Procedure for the Meditation, followed by actual meditation

- The Law of Karma and Golden Rule

**MSR (Meditation for Stress Relief)** is based on the science of the energy body and chakras (energy centers):

- The Solar Plexus chakra is the seat of lower emotions like anger, hate, irritation, abrasiveness, addiction, etc. When a person is highly stressed, the solar plexus is affected and becomes imbalanced, energetically. By removing the stress or negative energies from the solar plexus chakra the person can experience a sense of relief and “internal lightness”

The MSR activates the heart chakra, which is situated at the center of the chest. The heart chakra is the center of high emotions like peace, serenity, joy, compassion, kindness, sensitivity, etc. By activating the heart chakra, the lower emotional energies from the solar plexus chakra can be transmuted into higher forms of emotional energies, thus causing STRESS RELIEF.

**Duration of Session: 4 hours**

**Actual Meditation time: 25 mins**

**Testimonies -**

"Relaxed and peaceful. After the pranic session, I slept well and did not feel my irregularity in my heart beat/rhythm for about two days. Usually, I can sense and feel any irregularity which is normal for me, but a quiet rhythm is good when I can notice it."

Reference: http://www.pranichealingne.com/testimonials.html
**Pranic Facial Rejuvenation**

Receive these unique energy healing sessions to re-vitalize and tone your face and neck. Restore the natural glow and radiance. Pranic Facial provides the essential elements of facial skin care but in the context of a no-touch no-drug energy healing.

During the session, we remove stress-related energies that are deeply embedded into the facial tissue. Then we gently moisturize, tone and re-generate by applying pranic energy techniques. The treatment is done by a proficient advanced pranic healer with the use of a laser healing crystal.

With this treatment, you will not only look better but feel better too. In fact, every person may want to add the Pranic Facial Program to their present facial skincare regimen.

The Pranic Facial Program is a safe, simple alternative approach in the hope of achieving a wrinkle-free, stress-free and youthful looking face.

To see the most rapid results, the candidate for this treatment should be in good health, be receptive to the techniques, should follow the recommended sessions and guidelines.

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**Pranic Weight Management**

We are not losing weight. We are releasing weight.

Everything is Energy. Emotions are energy. Your thoughts are energy. The desire, to eat crappy food – is an energy! And these energies are in your chakras, your aura, and possibly the physical body. But there is a solution with Pranic Healing. Pranic Healing works by removing these energies, and restoring balance and proper function to the energy body. And in doing so, the weight will follow.

A 6-week Weight Loss Program based on Pranic Healing, Exercise and Diet. The purpose of this Healing-Exercise-Diet Program is to focus healthy ways to promote and achieve wellness, good nutrition and a healthy and happy life.

The program is incorporated with twice a week to apply Pranic Healing that included Meditation on Twin Hearts, affirmations and application of Pranic Psychotherapy and advanced color pranas on certain chakras and organs and Kriyashakti techniques. Simple Physical Exercises for at least 30 minutes daily incorporated to assist in building fitness activities. We incorporated the 5 Tibetan Exercises performed twice a day into the program.

The combined use of Pranic Healing, Exercise and Zone Diet in achieving weight loss gives miraculous effects in controlling weight.

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**Pranic Hair Treatment**

Hair loss could also be one of these reactions. The condition may have also been compounded by hormonal changes. Hair loss is generally caused by

- Physical stress: surgery, illness, anemia, dieting, rapid weight change.
- Emotional stress: mental illness, death of a family member.
- Thyroid abnormalities.
- Medications: High doses of Vitamin A --Blood pressure medications- - Gout medications.
- Hormonal causes: pregnancy, birth control pills, menopause.

Hair Treatment using MCKS Pranic Healing is a new advanced innovative no-touch technique with the purpose of hair fall control, regenerations and hair strengthening and energizing utilizing color pranas.

This step-by-step hair-control over MCKS Pranic Healing Protocol when mixed proper health and nutritious diet, can provide the fastest and sustainable results to control the hair fall and regenerations with strengthening of roots.

This session will help you to increase your overall energy level of your hairs,
Benefits of Pranic Healing:

- It provides rapid healing power to the body.
- It prevents manifestation of diseases in the body.
- It helps to improve appetite.
- It helps in building “energy shields” in your body.
- In chronic conditions, it is used to initiate healing process.
- It can help to bring down the temperature of a person suffering from high fever in just a few hours and heal it in a day or two in most cases.
- It can relieve headaches, gas pains, toothaches, and muscle pains almost immediately in most cases.
- It cures cough and cold immediately. Loose bowel movement can be healed in a few hours in most cases.
- Major illnesses such as eye, liver, kidney, and heart problems can be relieved in a few sessions and healed in a few months in many cases.
- It cures physical diseases like arthritis, asthma, respiratory disorders, eye defects, hypoertension, ovarian cyst, epilepsy etc.
- It cures psychological problems like anxiety, depression, compulsive behavior patterns, probias, trauma etc.
- It removes discord in marital relations.
- It helps to maintain family health, unity, peace and well-being.
- It heightens the level of intuition.
- It enhances inter-personal and positive relationships.
- It increases sharper and clearer thinking.
- It develops inner peace, love and compassion in regular practioners.
- It enhances an individual’s spirituality.

Testimonies -

“In my company, we had tough times during the software industry recession. A group of us got together and regularly did the Meditation on Twin Hearts; we cleansed and energized the projects and business of our company. In a few months time, our company got more projects and we started to recruit more engineers.

Many thanks, gratitude, respect and love to my teacher and guru Grand Master Choa Kok Sui for having given my loved ones and me this opportunity to evolve.”

Reference: http://www.pranichealing.co.in/testimonials.html
Approved as a complimentary therapy by the Government of Malaysia

Approved as a complimentary therapy by the Government of Ghana

Approved as a complimentary therapy by the Government of Dubai

Approved as a part of the curriculum for Continuous Education units for nurses, counselor, psychologist, and massage therapists in several states in the USA

Part of the curriculum of Bachelor of Naturopathy and Yogic Science (BNYS) under Mangalore & Dharmashala University

Part of the Curriculum of post-graduate course for M Sc Psychology Holistic Counseling since 2001 under Bangalore University

Offered as an outpatient facility in several hospitals in India. M. S. Ramaiah Medical and Teaching Hospital, Bangalore even has a Dept of Pranic Healing.

“We have increasingly discovered that complimentary therapies contribute to one’s physical, emotional and mental well-being and effectively complement orthodox medicine. So much so that many doctors are taking to healing methods like Pranic healing in a big way.”

Dr Prathap Reddy
Chairman, Apollo Hospitals

Reference: http://worldwithoutobstacles.org/pranic_healing.htm
Master Choa Kok Sui is the Founder and Originator of the Pranic Healing® and Arhatic Yoga® System, as well as the internationally acclaimed author of the book, Miracles Through Pranic Healing (3rd Edition). Originally published in 1987 as The Ancient Science and Art of Pranic Healing, Master Choa conceptualized a fresh and far deeper understanding of energy healing, using the readily available source of all life - Prana, called Pranic Energy or Vital Life Force.

Recognizing multiple applications for the use Prana or Pranic Energy, Grand Master Choa Kok Sui is one of the greatest Master’s of Energy of our generation. In developing the modern Pranic Healing® techniques used today and known as ‘MCKS Pranic Healing®’, Master Choa created a new standard of perception regarding healing itself.

Master Choa not only conceived the comprehensive techniques designed to cleanse and energize the physical body, thereby accelerating the rate at which the body can heal itself, he even originated new, never before used terms, to thoroughly clarify the concepts he devised. Master Choa successfully has demonstrated that energy is an important factor in healing the physical body, and through employing Pranic Psychotherapy®, also in healing the psyche.

Master Choa formulated an easy to learn, user friendly system, so brilliantly simple that even new students can rapidly learn to heal simple ailments, enabling them to produce immediate positive results that contribute to good health and well being.

**World Pranic Healing Foundation, Inc**

Pranic Healing has been describes as a simple and yet very powerful technology that can be employed with immediate benefits to the patient. This quality of pranic healing makes it the perfect healing modality for millions of people suffering from a variety of illnesses who have no access to medicine. It was with this idea in mind that Grand Master decided to bring Pranic Healing to the poor and underdeveloped areas of the world.

Thus was born the World Pranic Healing Foundation. The date, July 23, 1990. Pt.’s beginnings were even humbler than the Institute’s, with an office that had only one table and a chair, shared by about 6 employees. They had to use the stack of pranic healing books as their chairs during staff meetings. But what they lacked in logistical support, they more than made up for in terms of devotion and will-to-do-good. In its first year alone, the foundation was able to produce more than 3,000 graduates from seven regions of the Philippines. Initially funded by Master Choa and the Institute, the Foundation eventually attracted other benefactors enabling the organization to continue the work of propagating pranic healing throughout the Philippines as well as in other developing countries like Indonesia, India, and parts of Africa.

To date, the foundation has been able to help spread pranic healing in China, Pakistan, Kenya, Nigeria, and Tanzania. Through its branch office in India, pranic healing has been brought to Oman, the United Arab Emirates, and Iran. Other 3 world countries will hopefully be covered as pranic healing expands and spreads out in the next few years.

Today, the Foundation has generated over 13,000 pranic healing graduates, and developed, with Master Choa’s encouragement, hundreds of donors from among the pranic healing graduates from around the world.

**The World Pranic Healing Foundation, India** is tasked to help spread pranic healing in other parts of the Indian subcontinent not covered by the Indian pranic healing foundations, including the Middle East, and the African continent.

With the support of its donors, the Foundation has not only been able to continue its international operations in developing countries, but has finally been able to purchase its own office. The International headquarters of the World Pranic Healing Foundation is now located at 2210 Medical Plaza Ortigas Building, in Pasig City, Metro Manila, Philippines.

**Yoga Vidya Pranic Healing Foundation Trust-Uttar Pradesh**

The Yoga Vidya Pranic Healing Foundation Trust-UP, linked to World Pranic Healing Foundation, Inc., Manila, Philippines, is a registered Trust in UP with the intention to promote health and wellness through energetic healing, pranayam and meditation. It aims to introduce Pranic Healing throughout the state of Uttar Pradesh and set up healing and meditation centres where people will have access to an easy and effective system that promotes health, healing, memory sharpness, mental growth and Spirituality.
Pranic Healing is a field of health care that works with, and not against standard allopathic health care providers, such as medical doctors. The philosophy of Pranic Healing is to work with the body, to assist it in its natural ability to heal and maintain health along with stress control, prosperity, personality developments and spiritual upliftment.

Treatments are natural and non-invasive and include no-touch, no-drug, energy treatment. The techniques and philosophy upon which Pranic Healing is based have been used since ancient times.

The roots of the profession have been around for thousands of years, but mainstream culture just recently adapted Pranic Healing as an effective modality of health care. Pranic Healing is fast gaining popularity around the world for its safe and effective healing.

Naturopathy and Pranic Healing is getting increasingly popular in all countries. There is great scope for Pranic Healing as a professional career. In India naturopaths and Pranic Healers are appointed in government as well as private hospitals and health centres. They can also start their own venture where there is high density of population.

Pranic Healing is getting increasingly popular in all countries across the globe including India, among people who wish to escape the various side effects and symptoms with a faster natural way of relief. Hence the scope of employment in this sphere is broadening.

**Career prospects:**
Hospitals are increasingly looking towards integrating pranic healing into their system. In Delhi, Apollo Hospital has already hired many pranic healers. Various Career prospects under Pranic Healer are:

- Full Time Healer in Pranic Healing Foundation
- Managerial Job prospects in Foundation
- Pranic Healing Instructor
- Can open Pranic Healing Centres for Treatment and Meditations
- Opportunities in Naturopath Centres and Hospitals
- Marketing and Promotional Jobs in Pranic Healing
- Public Relation Jobs in Pranic Healing Foundation
- Part Time Pranic Healer in Foundation Authorized centres.

**Remuneration:**
A Pranic Healer earnings largely depends on the location, employer, expertise and qualification, and experience in the field of healing. Self-employed Pranic Healers easily earn in the range of Rs. 10,000 - Rs.20,000 per month. Once you have gained experience you can expect a lucrative salary. In developed countries like UK and US, the salary range is much higher.

**Testimonies -**
"At a certain phase of my career I felt stagnation in my profession in the terms of learning and earning. I learnt that pranic healing can be helpful in professional situations too. So, I decided to do a healing for my profession. I did sweeping and energizing for next three days and got the wonderful results. I got the opportunity to expand my knowledge, got more projects to handle and finally got a good increment in salary even at the phase of recession in the market."

- Sumita Mehra, Architect