

PRANA SERIES

# HEALING SELF

An ebook for first time visitors to  
Sanjeevani Website



SANJEEVANI  
HYDERABAD

# Table of Contents

<b>Introduction</b>	<b>2</b>
<b>What is Pranic Healing?</b>	<b>2</b>
<b>The Concept of Prana</b>	<b>3</b>
<b>What is the energy field?</b>	<b>3</b>
<b>The few Major Chakras in the body</b>	<b>4</b>
<b>Benefits of Pranic Healing</b>	<b>5</b>
<b>Simple Pranic Healing Techniques</b>	<b>5</b>
<b>Is Pranic Healing Right for You?</b>	<b>5</b>
<b>The Concept of Prana</b>	<b>5</b>
<b>Prana in the Upanishads</b>	<b>6</b>
<b>Prana in Various Spiritual Traditions</b>	<b>6</b>
<b>Prana in the Teachings of Lord Krishna - The Bhagavad Gita</b>	<b>7</b>
<b>Chi in Chinese Tradition</b>	<b>7</b>
<b>Real-Life Examples of Healing Through Pranic Healing</b>	<b>8</b>
<b>Meditation on Twin Hearts</b>	<b>8</b>
<b>About Grandmaster Choa Kok Sui</b>	<b>10</b>
<b>Global Institutions - WPH and IIS</b>	<b>10</b>
<b>Conclusion</b>	<b>13</b>
<b>About the Author</b>	<b>14</b>

# Pranic Healing: A Pathway to Inner Wellness

## Introduction

Pranic Healing is an ancient energy-based practice aimed at harmonizing the body's energy to promote physical, emotional, and mental well-being. Developed by Master Choa Kok Sui, this no-touch, no-drug therapy is gaining popularity worldwide as a complementary approach to health and wellness. It draws from esoteric principles found in ancient Hinduism, Buddhism, and other spiritual traditions.

## What is Pranic Healing?

Pranic Healing operates on the principle that the body possesses an innate ability to heal itself. By manipulating the body's energy field, or 'prana,' practitioners aim to remove energetic blockages and accelerate the healing process. The practice is grounded in the concept that physical ailments manifest from energy imbalances in the body's aura or energy field before appearing in the physical body.



# The Concept of Prana

'Prana' is a Sanskrit term meaning 'life force' — the energy that sustains life. Similar to 'qi' in Chinese medicine or 'ki' in Japanese Reiki, prana is believed to flow through the body, energizing organs and maintaining balance. There are three primary sources of prana:

1. **Solar Prana:** Absorbed from sunlight, invigorating and energizing.
2. **Air Prana:** Inhaled through breathing; enhanced through specific breathwork.
3. **Earth Prana:** Drawn from the ground, stabilizing and grounding energy.

In the workshop you are empowered to see some of these pranas with your eyes, with some practice.

## How Does Pranic Healing Work?

Pranic Healing follows a systematic approach to cleanse, energize, and balance the body's energy field:

1. **Cleansing:** Removing diseased or blocked energy from the aura using sweeping techniques.
2. **Energizing:** Projecting fresh prana to areas of deficiency, revitalizing and nourishing affected areas.
3. **Stabilization:** Securing the energy to ensure effective healing by sealing the aura.

In the workshop you learn this in great detail and get empowered to use these methods to heal yourself and others.

## What is the energy field?

We all have an energy field around us. Often we say we are feeling feverish, but we don't have fever. Or we meet someone and we feel uncomfortable without the person saying a single word. These are all energy sensitivities that most of the people have. People can sense the energies including thoughts and emotions of other people. But because science has not proven it yet fully, we often disregard it. However, these

sensitivities along with intuition are some of the biggest assets for our health and development if understood properly. See the diagram to understand who we really are:



© Siddharth Maheshwari, 2024

### Our multi-layered and multi-dimensional system



- SUPER CAUSAL OR BUDDHIC
- CAUSAL BODY (SOUL)
- MENTAL BODY
- EMOTIONAL BODY
- ETHERIC BODY OR INNER AURA
- PHYSICAL BODY

These energy bodies are spheroidal like an egg and interpenetrate each other. These energy bodies are formed of various types of prana and other subtle matter

© Siddharth Maheshwari, 2024

## The few Major Chakras in the body

Pranic Healing focuses on the body's major chakras, which are energy centers that control physical, emotional, and mental health:

- **Basic Chakra:** Vitality and physical health.

- **Sex Chakra:** Reproductive health and creativity.
- **Solar Plexus Chakra:** Emotions and digestion.
- **Heart Chakra:** Love, compassion, and immunity.
- **Ajna Chakra:** Willpower and intuition.
- **Crown Chakra:** Spirituality and divine connection.
- **Plus more chakras...**

## Benefits of Pranic Healing

- Relief from physical ailments like headaches, fevers, and body pain.
- Emotional balance, reduced stress, and mental clarity.
- Enhanced focus, improved memory, and decision-making skills.
- Strengthened relationships and self-esteem through emotional healing.
- Greater spiritual awareness and intuitive abilities.

## Simple Pranic Healing Techniques

- **Breathing Exercises:** Deep, rhythmic breathing to increase energy levels and prana absorption.
- **Meditation on Twin Hearts:** A powerful meditation for spiritual development and emotional healing. It activates the heart and crown chakras, increasing compassion and universal love.
- **Energy Scanning:** Sensing energy disturbances with the hand chakras to detect blockages.
- **Self-Pranic Healing:** Techniques to cleanse and energize one's own energy field for maintaining well-being.

## Is Pranic Healing Right for You?

Pranic Healing is suitable for anyone seeking to improve their physical, emotional, and mental well-being. However, it is essential to understand that it is a complementary practice and not a replacement for professional medical care. Always consult a healthcare professional for serious medical conditions.

## The Concept of Prana

'Prana' is a Sanskrit term meaning 'life force' — the energy that sustains life. Similar to 'qi' in Chinese medicine or 'ki' in Japanese Reiki, prana is believed to flow through the body, energizing organs and maintaining balance.

# Prana in the Upanishads

The Upanishads, ancient Indian scriptures that explore profound spiritual truths, describe prana as the essence of life itself. In the **Prashna Upanishad**, prana is depicted as the vital force governing the body's physiological functions and maintaining the balance of the physical and subtle bodies. It is considered a manifestation of the universal consciousness (Brahman), linking the individual self (Atman) to the cosmic whole.

The **Chandogya Upanishad** refers to prana as the supreme energy sustaining all living beings. The scriptures emphasize the importance of prana control through disciplined practices like pranayama (regulated breathing) to achieve heightened states of awareness and spiritual evolution.

There are five subdivisions of prana described in the Upanishads, each governing different bodily functions:

1. **Prana:** Governs inhalation and the heart center.
2. **Apana:** Manages elimination and the lower abdominal region.
3. **Samana:** Controls digestion and metabolic processes.
4. **Udana:** Manages speech, growth, and the nervous system.
5. **Vyana:** Circulates energy throughout the body, maintaining overall vitality.

## Prana in Various Spiritual Traditions

- **Hinduism:** As outlined above, prana is seen as a vital energy sustaining all life. It is harnessed and controlled through yogic practices like pranayama to achieve balance and enlightenment.
- **Buddhism:** While the concept of prana itself is not explicit, Buddhism speaks of **vital winds** (prana vayu) in Tibetan traditions, which are believed to carry the mind and consciousness.
- **Chinese Taoism:** The concept of **qi** is akin to prana, representing the life force flowing through meridians, crucial to practices like acupuncture, tai chi, and qigong.
- **Japanese Shinto and Reiki:** **Ki** in Japanese traditions is considered the vital energy that can be channeled for healing through practices like Reiki.

- **Christianity:** Though not directly parallel, the notion of the **Holy Spirit** as a life-giving, guiding force resembles the idea of a divine life force sustaining all creation.
- **Islamic Sufism:** The breath, known as **nafas**, is considered a divine gift that sustains life, symbolizing the presence of the divine in the human experience

## Prana in the Teachings of Lord Krishna - The Bhagavad Gita

In the **Bhagavad Gita**, Lord Krishna describes prana as a vital force that sustains all life and is integral to the processes of the body and mind. In Chapter 4, Verse 29, Krishna speaks of controlling prana and apana (the inward and outward breaths) through regulated breathing techniques. This control is seen as a form of sacrifice (yajna) that purifies the practitioner and leads to spiritual growth.

In **Chapter 15, Verse 14**, Krishna identifies himself as the vital fire of digestion present in all beings, signifying prana's connection to sustaining life. He states, "I am the fire of digestion in every living body, and I join with the air of life (prana) to digest the four kinds of food." This emphasizes prana as a divine force operating within each living being.

The **Bhagavad Gita** encourages balance in the control of prana, viewing it as a means to deepen meditation, achieve mental clarity, and realize one's divine nature. Pranayama (breath control) is regarded as a discipline that can unite the mind and spirit, leading to liberation (moksha).

## Chi in Chinese Tradition

In Traditional Chinese Medicine (TCM), Chi (also spelled Qi) is considered the vital life force that flows through the body's meridians, similar to the concept of prana. Chi is believed to be the essence of all living beings, influencing physical health, emotional balance, and mental clarity.

Practices like **Tai Chi**, **Qigong**, and acupuncture aim to regulate and balance the flow of chi, preventing illness and promoting overall well-being. In TCM, illness is often attributed to blockages, stagnation, or imbalances in the flow of chi. By harmonizing chi, one can restore health and vitality.



Chi is categorized into various types, such as **Yuan Qi** (Original Chi), **Zong Qi** (Ancestral Chi), and **Wei Qi** (Defensive Chi), each serving unique roles in sustaining life. The regulation of breath and focus in Tai Chi and Qigong closely resembles the practice of pranayama, demonstrating the interconnectedness of these ancient wisdom traditions.

## Real-Life Examples of Healing Through Pranic Healing

Pranic Healing has demonstrated remarkable effects in improving physical health, emotional stability, and mental clarity. Some notable examples include:

- **Physical Healing:** A person suffering from chronic migraines experienced significant relief after a series of Pranic Healing sessions that focused on cleansing and energizing the head chakras.
- **Emotional Healing:** An individual battling severe anxiety and depression found solace through regular Pranic Healing, which balanced the Solar Plexus and Heart chakras, reducing stress and promoting emotional stability.
- **Recovery from Illness:** A patient undergoing cancer treatment reported reduced side effects from chemotherapy, such as nausea and fatigue, following the application of Pranic Healing techniques to strengthen the immune system and balance the energy centers.
- **Accelerated Recovery:** An athlete recovering from a severe knee injury found that integrating Pranic Healing with conventional therapy accelerated the recovery process, enhancing overall physical and mental resilience.

## Meditation on Twin Hearts

The Meditation on Twin Hearts, developed by Grand Master Choa Kok Sui, is a powerful meditation technique aimed at achieving inner peace, spiritual illumination, and blessing the Earth with loving-kindness. Here's a breakdown of its key aspects:

### Core Principles:

- **Activating the Chakras:**
  - The meditation focuses on activating the heart chakra (the center of emotional love) and the crown chakra (the center of divine love).
  - By activating these "twin hearts," practitioners can draw down significant amounts of divine energy.

- **Blessing the Earth:**
  - A core component of the meditation involves blessing the Earth with loving-kindness, peace, and joy.
  - This act of blessing is believed to have a positive impact on both the individual and the planet.
- **Spiritual Development:**
  - Regular practice is said to accelerate spiritual development, enhance intuition, and promote inner peace.

### Key Steps:

- **Preparation:**
  - Often, physical exercises are recommended before the meditation to cleanse the energy body.
  - Finding a comfortable position, either sitting on a chair or on the floor, is essential.
- **Invocation:**
  - Invoking divine blessings for protection and guidance is a crucial step.
- **Chakra Activation:**
  - The meditation guides practitioners through the process of activating the heart and crown chakras.
- **Blessing:**
  - Visualizing and projecting loving-kindness towards the Earth is a central part of the practice.
- **Grounding:**
  - Grounding techniques are used to release excess energy after the meditation.

### Benefits:

- **Increased Inner Peace and Calm:**
  - The meditation is known to promote a sense of tranquility and emotional balance.
- **Enhanced Spiritual Connection:**
  - It can deepen one's connection to their spiritual self.
- **Improved Well-being:**
  - Many practitioners report improvements in their overall well-being.
- **Positive Impact on the Environment:**

- The act of blessing the Earth is believed to contribute to global peace and harmony.

In essence, the Meditation on Twin Hearts is a powerful tool for personal transformation and global healing.

## About Grandmaster Choa Kok Sui

Grand Master Choa Kok Sui was the founder of Modern Pranic Healing and Arhatic Yoga. Here's a summary of key points about him:

- **Contributions:**
  - He developed and systematized Pranic Healing, a no-touch energy healing system.
  - He also founded Arhatic Yoga, a system of spiritual development.
- **Background:**
  - He had a background in chemical engineering, which influenced his systematic and scientific approach to energy healing.
  - He conducted extensive research and experimentation to validate the effectiveness of his techniques.
  - He was born on August 15, 1952, and passed away on March 19, 2007.
- **Legacy:**
  - His teachings have spread globally, with Pranic Healing and Arhatic Yoga practiced in numerous countries.
  - He authored numerous books on Pranic Healing and spirituality.
  - He was known for his philanthropic works.
- **Key Characteristics:**
  - He was known for blending spirituality with a scientific approach.
  - He had a reputation for being a very effective teacher.

In essence, Grand Master Choa Kok Sui is recognized for his significant contributions to the field of energy healing and spiritual development.

## Global Institutions - WPH and IIS

**Pranic Healing is practiced in about 120 countries**

Two key institutes are instrumental in spreading Pranic Healing globally:

The **World Pranic Healing Foundation** is an organization dedicated to spreading and teaching the Pranic Healing techniques developed by Grand Master Choa Kok Sui. Here's a breakdown of its key aspects:

**Purpose:**

The foundation aims to make Pranic Healing accessible to people worldwide, particularly in developing areas.

It focuses on providing education and training in Pranic Healing and Arhatic Yoga. It also works to promote the use of Pranic Healing for improving health and well-being.

**Activities:**

Conducting Pranic Healing courses and workshops.

Organizing meditation sessions, including the Meditation on Twin Hearts.

Providing resources such as books, CDs, and other materials related to Pranic Healing.

Establishing Pranic Healing centers around the world.

Supporting Pranic healing in underdeveloped areas of the world.

**Foundation and Growth:**

It was established by Grand Master Choa Kok Sui to disseminate his teachings.

It has grown significantly, with a presence in numerous countries.

It is involved in philanthropic work, to make these healing modalities available to those that are less fortunate.

**Focus:**

The foundation emphasizes the practical application of Pranic Healing for physical, emotional, and spiritual well-being.

In essence, the World Pranic Healing Foundation serves as a central hub for the global Pranic Healing community, facilitating education, practice, and the dissemination of Grand Master Choa Kok Sui's teachings.

***Sanjeevani Pranic Healing Studio is affiliated to World Pranic Healing Foundation.***

The **Institute for Inner Studies, Inc. (IISI)** was established on April 27, 1987, by Grand Master Choa Kok Sui. Its purpose is to globally spread Pranic Healing, Arhatic Yoga, and inner teachings. By the early 2000s, with the help of dedicated instructors and foundations, the Institute for Inner Studies had spread the work of its founder to

major cities in over 80 countries. The IISI maintains its head office in Makati, Philippines.

#### Core Functions and Activities:

- **Curriculum Development and Standardization:**
  - The IISI plays a crucial role in maintaining the integrity and consistency of Pranic Healing and Arhatic Yoga teachings worldwide.
  - It develops and updates the curriculum for various courses, ensuring that instructors adhere to Grand Master Choa Kok Sui's original teachings.
  - This standardization is vital for ensuring that practitioners receive high-quality training regardless of their location.
- **Instructor Certification and Training:**
  - The institute is responsible for certifying qualified Pranic Healing and Arhatic Yoga instructors.
  - It provides rigorous training programs to equip instructors with the necessary knowledge and skills to teach these modalities effectively.
  - This process ensures that instructors maintain high standards of competence and ethical conduct.
- **Publication and Distribution of Materials:**
  - The IISI publishes and distributes Grand Master Choa Kok Sui's books, manuals, CDs, and other educational materials.
  - This ensures that practitioners have access to accurate and reliable resources for their learning and practice.
- **Global Network Coordination:**
  - The institute coordinates the activities of Pranic Healing foundations and centers worldwide.
  - It facilitates communication and collaboration among practitioners and instructors across different countries.
  - This global network enables the widespread dissemination of Pranic Healing and Arhatic Yoga.
- **Advanced Studies and Research:**
  - The IISI supports ongoing research into the principles and applications of Pranic Healing and Arhatic Yoga.
  - It promotes advanced studies and exploration of these modalities to further enhance their effectiveness.
- **Spiritual Teachings:**

- IISI is the main source for the teachings of Arhatic yoga, and higher spiritual studies as taught by Grand Master Choa Kok Sui.
- Location:
  - The head office is located in Makati City, Philippines, and it serves as the central hub for the global organization.

Significance:

- The IISI serves as the guardian of Grand Master Choa Kok Sui's legacy, ensuring that his teachings are preserved and transmitted accurately.
- It plays a vital role in making Pranic Healing and Arhatic Yoga accessible to people from diverse backgrounds and cultures.
- Through its educational and outreach efforts, the institute contributes to the promotion of health, well-being, and spiritual development on a global scale.

## Conclusion

Pranic Healing is a transformative practice that can enrich your life by promoting overall wellness. By understanding and harnessing the body's energy, you can cultivate a deeper connection with yourself and others. Explore further and discover how this ancient art can bring balance, harmony, and vitality to your everyday life.

Pranic Healing is a structured and systematic school. The course content is standardized globally. However we advise you to go to a good instructor and a healer, as they can provide you a strong starting foundation and evince strong interest to continue your journey in Pranic Healing.

Thank you for reading! If you wish to learn more or join a Pranic Healing course, please visit our website.

## About the Author

Siddharth Shrikrishan Maheshwari or Sid M in short, is an Economist by education, a senior corporate leader by profession and Pranic healer by passion. He started believing and practicing Pranic healing after he and his family members got healed from some serious problems. Author maintains an open attitude towards healing sciences like pranic healing. In 2018 Sid M decided to start spreading Pranic Healing and then in 2022 he became an

instructor/ trainer himself. Sid M is also a certified pranic healer, which is a unique course to gain a higher level of mastery in pranic healing. He has produced good healing results. However, he always advises people to not believe him blindly, and to use intelligent evaluation of everything that is told to them about pranic healing, as intelligent people make great healers whenever they decide to believe.

Sid M has also taught meditation to thousands of people and benefited them in their inner well being. Pranic Healing is a bridge to spirituality. Sid M is not prescriptive about Pranic Healing, but advises it to be used as a complementary healing modality along with western medicine, exercises, good eating and living. This is how Grandmaster Choa Kok Sui has envisioned Pranic Healing to be. May you be inspired to take this journey of Pranic Healing and Arhatic Yoga with Sanjeevani and benefit like Sid M and his family benefited. God's blessings be with you. Great health and happiness be with you. Thanks for your time.

End-notes:

*This document has been made using the following information sources:*

1. *Gemini LLM*
2. *GPT LLM*
3. *Author's personal direction for the content*
4. *Author's guidance on the accuracy of the content*
5. *Diagrams - some from Canva and some made by the author himself*

*This document is not a guide on Pranic Healing, but a rudimentary document to evince interest from the readers.*