THE MANUAL ON PRANIC ENERGY HEALING LEVEL I

COMPILED BY CHARLOTTE ANDERSON

THE BLACK COLORED INK USED IN THIS MANUAL DENOTE QUOTATIONS FROM VARIOUS AUTHORS. OTHER TEXT IS NOTED IN REDDISH COLOR.

IN ORDER TO MAINTAIN COMPLETE CLARITY, THIS MANUAL SHOULD ALWAYS BE PRINTED IN TWO COLORS OF INK.

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DISCLAIMER

• This website contains general information about some medical conditions and Energy Treatments. It is not exhaustive or complete. For information regarding Medical Conditions and/or Treatments please refer to appropriate texts and other resources.

• The information provided is not intended to used as Medical Advice nor should it be used to replace Medical Treatments.

• Most Pranic Energy Healing Practitioners and Instructors are not Medically Licensed Professionals - nor are they Physicians or Surgeons. A duly Licensed Medical Profession Practicing Medicine or another Healthcare Specialization – will hold a License issued by a government agency.

• Pranic Energy Healing Treatments are not legally recognized or licensed in any of the State in the United States of America nor in their territories nor in any other global areas. The use of this Modality as Supportive to Increased Well Being ... may be considered a personal lifestyle choice. Some Clients and Practitioners may also consider it to be an expression of their personal Spiritual Practice.

• In the Practice of their Work, Pranic Energy Healing Practitioners should NEVER refer to themselves as “Doctor” should NEVER Diagnose a Client or Prescribe Medications, Herbs or other Treatments unless they are legally licensed to do so.

• Pranic Energy Healing is a simple System of Techniques that use Energy or Prana - to Rebalance or Harmonize the Body's Energy System - including its bio-electromagnetic field and its Energy Information Field.

• A Very Important Reminder for Pranic Energy Healing Practitioners is: Practitioners should NOT touch a client's physical body. They likewise should Never Interfere with Medically Prescribed Treatments or Medically Prescribed drugs.

• No claims or guarantees can be made regarding the outcome of Pranic Energy Healing Treatments or Sessions. It should be recognized that various factors affect the potential outcome of Treatments, including the Practitioners Experience, the Client’s openness to Treatment & their Karma.
COMPILER’S NOTE

According to Wikipedia:

“Historians & sociologists have remarked on the occurrence, in science, of the phenomena of ‘multiple independent discovery’.

Robert K. Merton defined such "multiples" as ‘Instances in which similar discoveries are made by scientists working independently of each other’.

"Sometimes the discoveries are simultaneous or almost so; sometimes a scientist will make a new discovery which, unknown to him, somebody else has made - years before.”

It is this compiler’s viewpoint that same phenomena exists within the field of the Esoteric Sciences & applies to many other topics …

Therefore, the Brilliance of Her Spiritual Partner, Teacher & Mentor Master Choa Kok Sui– is comparable in this sense. While He is now sometimes described as the “Inventor” of Modern Pranic Healing – in this Manuscript, it has been noted that multiple techniques & most aspects of this Energy Healing Modality – pre-existed the publication of the Beloved’s first book which was first published in December of 1987.
INTRODUCTION TO
THE MANUAL ON PRANIC ENERGY HEALING
LEVEL I

Pranic Healing, Prana Therapy, Prana Yoga Vidya, Yoga Prana Vidya, Prana Chiktsa (Treatment), Prana Therapy … and Pranic Energy Healing are all forms of Prana Treatment … originating from Vedic Literature of India as well as from multiple other ancient traditions and schools of Yoga and Esoteric Sciences.

Readers from different traditions may read and substitute the term “Pranic Energy Healing” for Yoga Prana Vidya or Prana Yoga Vidya … in order to enhance their understanding of the text.

In regions where these terms are more comfortable … the Reader may substitute any of these terms for Pranic Energy Healing where they are considered to be more appropriate.

This may be done because they are generally synonymous with each other within the context of this manuscript.

This collection of Ancient Knowledge … is also a part of Chinese Traditional Medicine, is also related to the “Laying on of hands” in the Christian Tradition and “Do In” in the Japanese Tradition (while All use Energy - the major difference is in Not Touching a client).

One of the most salient features of Energy Healing modalities (including Pranic Energy Healing) is the application of Treatment … WITHOUT ANY PHYSICAL CONTACT. Therefore, Practitioners should NEVER physically touch a client. Treatments are should only be preformed on the Energy Level!

In short Energy Healing – including Pranic Energy Healing are extremely Ancient Modality which has been used for Centuries to bring about Balance and Harmony in the Energy Systems of the Human Body - including the Physical Body, Mental & Emotional Bodies.

The applications of the Energy given here may be employed to create a pervasive Stabilization and Greater Balance of the Mind, the Body and the “Spirit” or the Soul (Atma) of a person.

Energy Healing is strictly a supportive modality to allopathic medicine and Practitioners encourage clients to see Medical Doctors regularly for Medical Treatments and strongly recommends that clients follow their MD’s advice with regard to Medical matters.
In certain global areas “Healing” as such – is strictly reserved for trained Medical Professionals. In the in many countries – Energy Practitioners – who are not legally “licensed or registered” within the country or city – may not Practice “Healing” of any kind – however, while Energy Treatments are considered to be Harmonizing and Balancing in nature – Practitioners are cautioned NOT to use the terminology “Healing”.

Nor is there any reason for a client to remove their clothing in order to receive an Energy Treatment.

It is the perception of the compiler of this material, that this information should be shared. It is her perception that it should be Spread in an Unrestricted Way that clarifies the historic nature of this Work and its great benefits. Such Priceless Teachings comprise Universal Truth.

Let us Meditate on the idea that TRUTH IS UNIVERSAL …

No one person, or body or persons, ever has (Truth); has now … or ever will have; a monopoly on Truth.

That there is Truth in All Teachings – but … none have ALL the Truth … in so Meditating, let us carry in our minds the words of the thousand-of-years-old Rig Veda, which says:

“THE TRUTH IS ONE - MEN CALL IT BY MANY NAMES.”

- Extracted from The Inner Teachings of the Philosophies and Religions of India, by Yogi Ramacharaka, ©1908, The first Lesson

May this manuscript assist in bringing Comfort, Balance, Harmony & Transformation to All People.

With Sincere Wishes for All of Humanity to rapidly Find and Practice the Spreading of – Peace, Love & Healing.

Charlotte Anderson


Pranic Energy Healing is a term that has been “Registered” as a Trademark in the USA by Charlotte Anderson.
ACKNOWLEDGEMENTS

To the Supreme Being, to All of our Spiritual Teachers, to the Entire Spiritual Hierarchy, we offer our Infinite Gratitude to you for your Divine Guidance, Divine Help and Divine Protection … and surrender to your Divine Will – without which this small part of the Divine Plan could not have been Manifested.

Clearly Deepest Appreciation and Acknowledgement must be given to the Massive Contributions given from multiple continents and global regions toward the materialization of this Work.

Deepest Gratitude is hereby extended to All of those contributing to this Manual including but not limited to:

our valiant Editor,
to the multiple Proofreaders,
to the Web Master and
to ALL of those …
who have donated their Time, their Expertise,
Ideas, Suggestions and Great Great Effort
toward the Materialization of this Work.

Without the Team Approach - the compilation of this material would have been nearly impossible.

To the multiple various Authors quoted here … who have written down their experiences, perceptions, and who have provided so many suggestions and techniques for Improved Well Being and Better Health – Heartfelt Gratitude.

May Loving Blessings, and Peace, Love & Healing be with All People!
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*these book references apply only to the Sequence you are now reading*

**WORKSHOP ORIENTATION**

**WELCOME TO PRANIC ENERGY HEALING LEVEL I**

_(Instructor’s notes)_

1. Thank the Organizer who has organized the workshop
2. Ask the students where they have come from in order to attend the workshop.
3. Ask how many students have taken this workshop before.
4. Ask, “Why do you want to take this course?”

This workshop will not make you an expert in the area of Energy Healing. In this workshop you will learn essential Technology that will allow you to begin to develop Fundamental Energy Healing Skills.

Please do not immediately begin to judge or assess what you hear. Take your time, experiment, evaluate, and then reach your own conclusion. Do you agree with this approach?

_(Wait for the student’s response._)

**REMAIN OPEN-MINDED**

This course will give you an Energy based understanding of our world. Please maintain an open mind and a flexible attitude.

Through these Teachings students may begin to understand simple Techniques that permit a Practitioner to Direct Energy to various parts of life – including:

- Healing
- Ethics
- the Environment
- the Energies of Materialization and
- Spirituality

You will begin to understand that everything in life is a form of Energy. By using simple Techniques, Energy can be modified, enhanced, reduced or transformed from one state into another state.

Every student’s ability to understand the world itself will be enhanced. This occurs through learning to apply Techniques of Energy, to what we understand the best - the human body.

From this starting point we may begin to utilize Energy in order to effect positive changes in our lives and in the world itself.

**Enable Rapid Learning**

Please reduce your resistance by sitting comfortably in your chair with your feet flat on the floor and with your arms relaxed and open.

Stay neutral, and don’t resist anything. Notice now, we didn’t say that you have to believe everything you’re told (or, in fact, anything you’re told), or that you shouldn’t have feelings, thoughts, or bodily responses to stimuli. On the contrary, to do so would be to resist having your own impulses, and that is certainly not a neutral position.

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, Chapter 3, Page 84, ©1978

We request that you not cross your legs or your arms during the next two days. Your open relaxed sitting position will increase your ability to understand and enhance your grasp of the techniques being presented. If you cooperate in receiving the information you hear during this course, the learning process will occur more rapidly. Please assess then validate these teachings after you have completed the course.

- Extracted from the Notes of Charlotte Anderson
**INVOCATION FOR DIVINE BLESSING**

Let us begin with a short Prayer.
Please close your eyes.

“To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection
and for Divine Healing Power.
Thank You for using us as Instruments for Healing.
With Thanks and in Full Faith.”

The name of this workshop is Pranic Energy Healing Level I.
The Science of Pranic Energy Healing has existed for thousands of years.
Previously it was practiced by an extremely limited number of people, because
different schools teaching Energy Healing Technology had never before created a
Healing System in such a clear and simple form.

By simplifying and clarifying the ancient Healing Arts, results can be regularly and
systematically “duplicated”.

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Almost anyone who is interested and willing to learn can assist in facilitating rapid recovery and increased well being, through applying this simple Technology. Sometimes this improvement is called “Healing”. Positive changes have been noted to occur physically, emotionally or mentally.

Pranic Energy Healing is not intended to replace conventional medicine. It is intended to be compatible and supportive of standard medical treatments. Energy Healing may be used as a parallel approach to provide comfort, and to enhance increased wellness in a person on multiple levels.

In addition the following recommendations of my Spiritual Teacher, Master Choa Kok Sui are suggested in order to protect Practitioners from running into difficulties – legally, morally and ethically. It would be wise for all Energy Practitioners to follow these guidelines carefully. It is suggested that they be placed wherever Energy Healing is being Practiced.

Pranic Energy Practitioners should not make medical diagnoses.
Pranic Energy Practitioners should not prescribe medications and/or medical treatments.
Pranic Energy Practitioners should not interfere with the prescribed medications and/or with medical treatments.

Pranic Energy Practitioners should avoid situations that will create conflict with local or national medical communities.
The emphasis of Pranic Energy Practitioners should be that Energy Medicine is a complementary field to allopathic treatment as recommended by different Authors on Energy Healing.

Do not ever, as a healer, imagine that you are a doctor, unless you come to this knowledge with complete medical training and you are, in fact, a physician.
A healer can fail, a healer can be wrong and sometimes a healer can be sued for practicing medicine without a license…

As a Pranic Energy Practitioner your area of expertise is with the Energy Body.
Never interfere with Treatments prescribed by medical doctors.

**THE ORIGINS OF PRANIC ENERGY HEALING ARE VERY ANCIENT**
Originally Pranic Energy Healing was shrouded in mystery and was practiced secretly. This is due to the fear - of the misuse of various applications of Energy, for the purpose of enhancing personal interests or for attacking other people.

Indian Rishis, Chinese Taoists and Tibetan monks have practiced “Pranic Healing” for thousands of years. It was widely practiced in the early civilizations of China, Egypt, and India, and in many other parts of the world.

The system of Pranic Energy Healing that you will study during the next two days has its roots within the traditions of many different Healing Arts.

These were simplified and systemized by Master Choa Kok Sui (MCKS) and called by the same name previously used, “Pranic Healing”.

Pranic Energy Healing may be said to represent a “Union of Science and Spirituality”.

“YOGI RAMACHARAKA”, is a highly regarded author who wrote more than 20 books, founded the Vedanta Society in New York in 1894 and lectured widely on the applications of Subtle Energy. A freemason and theosophist, he is known to have been an associate of Swami Vivekananda.

He wrote about the ancient roots of “Pranic Healing” in his book, *The Science of Psychic Healing*. More than 80 years ago he stated that, “The general Principles of Pranic Healing rest on the fact that Prana may be transferred or transmitted from one person to another, in many ways.

The usual method, and the most effective way, is to use the hands and make passes over the sick person, and at the same time directing a current of Prana to the affected part.”

- Extracted from *The Science of Psychic Healing*, By Yogi Ramacharaka, ©1909, Chapter 6, Page 37

The Yогis divided the forms of “Healing” into three general classes:

1. “Pranic Healing”, including what is known to the Western world as “Magnetic Healing”

2. “Mental Healing”, including several forms of Mental and Psychic Healing, including Absent Treatments.

- Extracted from *Lessons in Yogi Philosophy and Eastern Mysticism*, by Yogi Ramacharaka, ©1903, Lesson 8, Page 142

A few years before he passed from the body Master Choa Kok Sui and Charlotte Anderson visited the Rosicrucian Headquarters in San José California. At this time his interest in the Science of Cycles was reactivated.
Master Choa Kok Sui’s interest in the electrical nature of the body should not have been considered unusual because by degree he was trained as a chemical engineer.

As a Master of Energy, his interest in the various theories regarding the applications and “origins” of Energy were inborn. One could say that all of his teachings include a “higher” perception regarding the uses and application of Energy.

These great mystics, philosophers and scientists demonstrated on many occasions in the secret and sacred temples, as well as in the privacy of their laboratories, that this same electrical Energy could be used in certain ways and under certain proper conditions for the purpose of Magnetic Healing.

- Extracted from Rosicrucian Digest, ©1940, Page 191
## LET’S TALK ABOUT THE FUNDAMENTALS OF PRANIC ENERGY HEALING

### SOURCES OF PRANA

The world in which we exist - is a World of Energy.

**Energy is neutral and**

*Energy is in everything …*

We can actually say that, “We ARE Energy”.

This is because all people on Earth - are a part of the Earth’s Energy Grid.
The Energy Body is a part of the Energy Body of the Earth.
The Energy Body of the Client is connected to the Energy Body of the Earth.
Energy Flows where the Attention is directed.
Energy is called by different names in different cultures.

For example:
- Greek: “Pneuma”
- Polynesian: “Mana”
- Hebrew: “Ruah”
- Sanskrit: “Prana”
- Chinese: “Chi”
- Japanese: “Ki”
- Ancient Egypt: “Ka”
- German: “Lebenskraft”
- Tibetan: “Lung”
- Persian: “Rooh”

Prana equals Subtle Particles combined with Life Energy.
These Subtle Particles are expelled when the Life Energy is used up - like a discharged battery.

- Extracted from the Notes of Charlotte Anderson

The word Prana is a Sanskrit term that means “Vital Life Force”.
This is the invisible “Bio-Energy” or Subtle Energy that is fundamental to sustaining life.

Yogi Ramacharaka wrote, “Yogis realize that Prana is the direct force used in all cures. Prana is called into operation in several different ways …”

- Extracted from The Science of Psychic Healing, by Yogi Ramacharaka, ©1909, Chapter 6, Page 37

We may obtain Vital Life Energy from the air, the sun, the ground and trees, as well as “Divine Energy” which is received as a result of Prayer, Meditation and through other practices.

**THERE ARE MANY WAYS TO ABSORB PRANA**

For example – for many years a few different groups of people have placed tea, drinking water and other liquids in the sun to allow them to absorb Energy or Prana.

**PRANIC ENERGY HEALING IS BASED ON FUNDAMENTAL CONCEPTS:**
**The Concept of Rapid Recovery**

1. Pranic Energy Healing is based on the concept that the body has an innate ability to Rapidly Recover from Injuries and Illnesses without Treatment.

Your body is a self-protecting, self-healing, self-repairing mechanism. It has an inherent capacity and ability to protect itself from all threats to its health and integrity. It can heal itself from every condition of derangement or illness, and restore health.

   - Extracted from *Vegetarian Times*, a Magazine Feb 1982

2. Self-Healing employs the use of Dynamic Vital Life Force, to create biochemical changes within an individual’s Energy System. This can facilitate physical, mental, emotional and spiritual changes within the person. In some cases this is called “Healing”.

   Most people recognize that in the case of a mild burn, wound or infection, that even without the application of antibiotics or prescription drugs, the physical body has the ability to heal itself. Even in the case of a severe viral infection where no medicine is available, without treatment, the body recovers in most cases.

   We honor and respect our body’s miraculous ability to heal itself.

   - Extracted from *The Color of Light: Meditations for All of Us Living with AIDS*, by Perry Tilleraas, ©1988

   “Frequently people do not remember what is obvious… they do not see what is obvious.”

   - Extracted from the Notes of Charlotte Anderson

**The Concept of Vital Life Force**

Pranic Energy Healing harnesses Vital Life Force as fuel. This can cause biochemical changes to occur. These may take place within the body and/or the environment.

In areas where medical treatment is unavailable, the utilization of Vital Life Force can produce rapid recovery results in many cases.
Pranic Energy Practitioners learn to absorb and transmit Energy to diseased, wounded or burned parts as well as to the entire body, usually producing a rapid positive outcome.

The Prana so transferred acts as a bracing tonic to the patient, and invigorates and strengthens him wonderfully, besides tending to produce the local improvement, just noted.

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1909, Chapter 1, Page 38

**THE ACCELERATION OF CHEMICAL REACTIONS IN THE BODY EXPLAINS WHY THE RATE OF RECOVERY IS SUBSTANTIALLY INCREASED**

These reactions occur when Vital Life Energy is directed to the body or to a specific part of the body.

The fact that science is currently unable to measure the precise amount of Energy or Prana within the physical body does not mean these subtle Energies do not exist.
In ancient times, people were unaware of electricity, its properties and utilization of electrical Energy. This did not mean that electricity did not exist.

Our ignorance does not change reality. It simply alters our perception of reality. Mistaken perceptions or misconceptions regarding what we think we can or cannot do in our life needs to be reassessed.

**WHAT IS PRANIC ENERGY HEALING?**

Pranic Energy Healing is based on the Concept that it is possible to Transfer Energy from one person to another person, from one place to another place, from one state to another state.

This involves the Practitioner becoming a channel or a receiver for Vital Life Energy. Then they Project Energy into the body or into an area of an individual’s life that requires an increase in Energy.

This Energy Transference usually balances, stabilizes or harmonizes the Energy Factors, which rapidly normalize the physical body, the environment or the condition of that person’s life in general.

Vital Life Energy usually transfers from a Higher Energy source - to the lower Energy level.
At different times in different countries – Charlotte Anderson noted that her Spiritual Teacher Master Choa Kok Sui has frequently used the following story to illustrate the “Transference of Energy” to students. This story was extracted from the Holy Bible.

Just then a woman who had been subject to bleeding for twelve years came up behind him and touched the edge of his cloak. 21 She said to herself, “If I only touch his cloak, I will be healed.”
Jesus turned and saw her. “Take heart, daughter,” he said, “your faith has healed you.” And the woman was healed from that moment.


He would then explain that sometimes a person might enter a room or area or interact with people - who immediately make us feel upbeat and happy. On the other hand, we might likewise visit a location or interact with people who seem to cause us to feel very Energetically drained after a very short time.

So, for example, if you want to absorb more youthful Energy spend time with younger people, because, young people have more Vital Life Energy.

One of the Foundations of Pranic Energy Healing is the “Concept of Enhancing Vital Life Energy” in the body or in a part of the body, thereby rapidly assisting the body to heal itself.

The bodies of young people heal faster and have significantly more Energy than older people who have already “run out” of “Dynamic Vital Life Force or Energy”.

**WE MAY EASILY FEEL & SEE PRANA**

Let’s talk about Air Prana or the Life Energy that comes from the air.

Air Prana can actually been seen by the naked eye.
When you squint your eyes you can see small bubble-like structures in the air.
Those subtle bubble like forms that you are seeing are actually “Air Prana”.

A second source of Life Energy comes from the ground.

This is Visible Ground Energy or Ground Prana.
This form of Energy should only be absorbed from clean places, through the soles of the feet. For example, when a person is walking barefooted on clean earth or clean grass it is possible to absorb substantial amounts of Earth Energy.

- Extracted from the Notes of Charlotte Anderson

Dirty environmental locations should be avoided, if one wishes to absorb Energy from the earth or from the air.

Shift your gaze to the edge of treetops against the blue sky. You may see a green haze around the trees … If you look closely at a house plant, you will see a similar phenomenon.

- Extracted from The Hands of Light, by Barbara Ann Brennan, ©1987, Chapter 6, Page 37

We may also absorb Energy from trees. A person may simply rest beside a tree and lean their back against a tree. Another way to absorb the Energy from a tree is to embrace a tree - in order to absorb its Energy.

Please choose only healthy trees not trees that are weak or diseased. Feel the quality of the Energy of the tree, and then take some of the excess Energy from the tree. Remember to practice ahimsa or nonviolence towards nature.

- Extracted from the Notes of Charlotte Anderson

Do not constantly absorb Energy from only one tree. If you make it a habit to absorb Energy from trees please remember to change trees regularly.

Pranic Energy Practitioners know that “Divine Energy” or Prana may be absorbed and utilized in order to facilitate rapid healing and improvement, both in their own lives and in the lives of their Clients.

**Completing the Energy Circuit**

In order to increase your sensitivity – or to make it easier for you develop the ability to “Feel Energy”, it is necessary to Complete the Energy Circuit.

Your body may be compared to a piece of highly sophisticated electronic equipment.

The Energy Body has a Network of wiring, not physical wiring, but energy wiring.
In Acupuncture these are called Meridians.
In Sanskrit these “Energy Channels or Meridians” are called “Nadis”.
The body has meridians or Energy Channels both in the front and in the back.
A Meridian is a channel, or a tube that is made of Subtle Energy.

- Extracted from the Notes of Charlotte Anderson

In Acupuncture, the front Energy Channel is called the “Conception Channel” and the back Energy Channel is called the “Governor Channel”.

Human beings exist in a human body - right?
Because the body has to eat, the front Energy Channel is “broken” at the mouth.
If there is an obstruction in front of the mouth, (Instructor puts their finger in front of their mouth to demonstrate.)

A person will not be able to eat.
So, in order for a person to eat, the Energy Channel must be broken at the mouth.

The Moment you bring the tip of your tongue to your palate the connection between the front and back meridian becomes complete.

The tongue against the palate also forms a bridge connecting the two channels (which are called The Conception Channel and The Governor Channel in the Acupuncture) of the Microcosmic Orbit, which meet at the roof of the mouth.

- Extracted from The Tao of Health, Sex and Longevity: A modern Practical Guide to the ancient way, by Daniel P. Reid ©1989, Page 382

What happens when you connect your tongue to your palate?
The flow of Energy is enhanced and when the tongue is not touching the palate, the Energy Circuit is not connected – so there is a corresponding decrease in the Flow of the Energy.

- Extracted from the Notes of Charlotte Anderson

In order to close the Energy Channel – YOUR TONGUE MUST BE CONNECTED TO THE ROOF OF YOUR MOUTH.

In the Hindu tradition, some yogis practice the Khechari Mudra which really means to connect the Tongue to the Palate. In some cases extreme measures are taken and the practice of cutting the tongue is done so as to enable the practitioner to fold the Tongue as far back as possible – and they even cover the nasal opening at the back of throat. This is not needed in Pranic Energy Healing. Very simply we connect our

When the Tongue is touching the Palate, it completes the Energy Circuitry of the
Subtle Body.

Next bring your tongue to the top of your mouth while continuing to breath yogically.

- Extracted from *Chakra Therapy: For Personal Growth & Healing* by Keith Sherwood, ©1988, Chapter XIV, Page 185

Connecting your tongue to your palate may be compared to turning on a light. You know when you turn the lights “on” – because the darkness ceases to exist due to the artificial light. This is true whether the light is electrical or it is the light of a candle!

Recent scientific observations into Subtle Energy have detected that these Energy Channels are capable of both - expanding and contracting.

To increase of your degree of sensitivity and to increase the Energy level of the body – or to “switch on” the Energy Body … your tongue must be connected to the palate.

- More about the Kechari Mudra, See Appendix C

**WOULD YOU LIKE TO SEE ENERGY IN THE AIR?**

*(Wait for the student’s response.)*

Before you “look” at Vital Life Energy …
First you must complete the Energy Circuit within your body.

**LOOKING AT VISIBLE AIR ENERGY OR AIR ENERGY**

Would you like to see Energy in the air? *(Wait for the student’s response.)*

*(Please do this exercise outside of a building or open the windows and instruct the student’s to look outside.)*

In 1987 Barbara Ann Brennan gave clear Information about how to see the Energy in the Air. She said:

…simply relax on your back in the grass on a nice sunny day and gaze at the blue sky. After some time you will be able to see the tiny globules of orgone making squiggly patterns against the blue sky…

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Chapter 6, Page 37,

Okay, let’s do a simple exercise Looking at visible Air Energy.
1. Please complete the Energy Circuit
2. Invoke for Divine Blessing

"To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection
and for the Ability to see Air Prana.
With Thanks and in Full Faith."

3. Squint your eyes slightly
4. Look at the sky
5. Look slightly upward and Focus your eyes approximately 2 meters or 6 feet away
6. Do not blink
7. Do not imagine anything … Just LOOK!
8. Do not expect anything … Just Look!
9. Simply … Be neutral
10. Do not try too hard … Just Relax!
11. Just continue to look at the sky …
12. Inhale slowly and comfortably …
13. Exhale slowly and comfortably …
14. Repeat this for 7 breathing cycles
15. Thank you
16. Did anyone see something?
17. Please raise your hand
18. What did you see?
   (Wait for the student’s response.)
19. The others may continue practicing - looking at the Energy of the Air
   (Wait one to two minutes.)
20. Thank you
21. Shall we continue?

LOOKING AT VISIBLE GROUND ENERGY

(This is an optional exercise.)

Would you like to see Energy from the ground?

1. Please complete the Energy Circuit by connecting your tongue to your palate
2. Invoke for Divine Blessing,

"To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection
and for the ability to see Ground Prana.
With Thanks and in Full Faith."
3. Squint your eyes slightly
4. Focus your eyes about 2 to 5 inches or 5 – 12 cm above the ground
5. Do not blink your eyes
6. Do not imagine anything
7. Do not expect anything
8. Simply be neutral
9. Do not try too hard … just relax
10. Just continue to look at the ground
11. Inhale slowly and comfortably …
12. Exhale slowly and comfortably …
13. Repeat this for seven breathing cycles
14. Thank you
15. Did anyone see something?
16. If you saw something please raise your hand
   \(W\text{ait for the student’s response.}\)
17. Wow! Fantastic!
18. What did you see?
19. \((T\text{o the rest of the class})\) Please continue looking …
   \(W\text{ait. Get feedback from the students.}\)
20. Thank you
21. Shall we continue?

**LOOKING AT THE ENERGY FIELD SURROUNDING A TREE**

It is possible to easily and rapidly develop awareness of Energies within the environment.
By looking at the plants, trees and other living organisms that surround us … Seeing Energies can be easily developed.

… now, shift your gaze to the edge of treetops against the blue sky…you may see a green haze … if you look closer you may see the globules at the edge of the green haze …

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Chapter 6, Page 38

*(Optional exercise if there are trees in the surrounding area)*

Would you like to see the Energy Field surrounding a Tree?
*(Wait for the student’s response)*

1. Please complete the Energy Circuit. Connect your tongue to your palate
2. Invoke for Divine Blessing,

\*To the Supreme God,\n
*Humbly we Invoke for Divine Guidance, Help and Protection*
and for the ability to see the Energy Field of a Tree.
With Thanks and in Full Faith.”

3. Squint your eyes slightly.
4. Focus your eyes approximately 1 – 2 feet or 30 – 60 cm away from the tree.
5. Do not blink
6. Do not imagine anything
7. Do not expect anything
8. Simply be neutral
9. Do not try too hard … just relax
10. Just continue to look at the tree …
11. Inhale slowly and comfortably …
12. Exhale slowly and comfortably …
13. Repeat this 7 Breathing cycles
14. Thank you
15. Did anyone see something?
16. Please tell us, what did you see?
   (Wait for the student’s response … To the rest of the class)
17. Please continue practicing looking at the Energy Field of the tree.
   (Wait for a few minutes)
18. Very good! Thank you.
19. Shall we continue?

**Science has rediscovered and validated the presence of an Energy Field surrounding the human body.**

Would anyone like to see the Energy Field surrounding the human body?
Multiple authors and experts in Energy recommend a simple exercise to further develop your skill to see Energy.

Pick a friend. A white wall is not necessary but seems to make the exercise easier.
Stand about 20 feet from your friend and focus on a point in space about 4 inches above his or her head. Do not focus on the wall or on your friend’s face, but rather on the point in space which you have chosen.

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Chapter 4, Page 104

*(Take a volunteer)*
*(Request the subject to sit against a light colored background preferably white or creamy white)*
*(To the subject and to the class)*

1. Please complete the Energy Circuit. Connect your tongue to your palate.
2. Invoke for Divine Blessing,

   *To the Supreme God,*
Humbly we Invoke for Divine Guidance, Help and Protection
and for the ability to see the Energy Field of ______________
With Thanks and in Full Faith.”

(To the class)
3. Squint your eyes slightly. Focus your eyes approximately 6 inches or 15 cm above the head of _______________ and 1 foot or 30 cm behind the head of _________________.
4. Do not blink.
5. Do not imagine anything.
6. Do not expect anything.
7. Simply be neutral.
8. Do not try too hard … Just relax.
10. Inhale slowly and comfortably …
11. Exhale slowly and comfortably …
12. Repeat this seven Breathing cycles.
13. Thank you
14. Did anyone see something?
15. If you see something please raise your hand.
16. Please tell us, what did you see?
   (To the rest of the class)
17. Please continue looking at the Energy field of the human body.
18. (Get feedback.) Say, Thank you
19. Shall we continue?

WOULD YOU LIKE TO SEE THE ENERGY COMING OUT OF YOUR FINGERS?
(Wait for the student’s response)

We have Hand and Finger Energy Centers. The human body has both Hand and Finger Energy Centers. If you wish to feel the Energy coming out of your hands and fingers - it is necessary first to energize these small Energy Centers in your hands and fingers.

Make sure there is a plain white wall for a background. Relax your eyes and softly gaze at the space between your fingertips, which should be about one and a half inches apart. Do not look into bright light. Let your eyes relax. What do you see? Move your fingertips closer and then further apart.

1. Please complete the Energy Circuit. Connect your tongue to your palate.
2. Invoke for Divine Blessing,
   “To the Supreme God,”

- Extracted from The Hands of Light, by Barbara Ann Brennan, ©1987, Chapter 6, Page 42
3. Press the center of your left hand with the thumb of the right hand and turn it clockwise. Now press the center of your right hand with the thumb of your left hand and turn it clockwise. This will activate the Energy Centers in the palms of your hands.

4. To further facilitate the ability to feel Energy press the tip of each finger against the tip of the thumb. Be certain that each of the fingers and the thumb are touched tip to tip. (Instructor demonstrates)

5. Now, place the three fingers of your two hands about 1 inch or 2 - 3 cm apart.

6. Please raise your hands above your eye level approx 6 - 8 inches or 15 - 20 cm. Continue looking above your eye level toward the ceiling and you continue to focus your eyes and your intention on your fingers.

7. Now focus your attention on the tips of your fingers.

8. Inhale and concentrate on the tips of your fingers.

9. Relax, maintain your concentration on the tips of your fingers.

10. Inhale slowly and comfortably ...

11. Exhale slowly and comfortably ...

12. Do this for 7 breathing cycles ... Then, Take a deep breath.

13. Now, very, very slowly move your fingers apart 4–5 inches or 10–12 cm. Now move your fingers slowly back together and apart again. Do this another time please. Now focus your attention on the small space between your fingers.

14. Do not imagine anything.

15. Do not expect anything.

16. Try to be neutral.

17. Continue to move your hands apart and together again very slowly. Focus with squinted eyes on the space between the fingers. (Instructor, please wait. Then ask)

18. Do you see something or can you feel something between your fingers?

19. Those who have seen or felt something may put their arms down, the others please continue Feeling the Energy between your hands. (Wait a few seconds)

20. Did anyone else see something? (Please exchange feedback with the class)

- Extracted from the Notes of Charlotte Anderson
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**INFORMATION ABOUT THE ENERGY CENTERS**

Our physical bodies are filled with *Energy Vortexes*, which we call *Energy Centers*.

(With) these vortices of energy … it seemed possible to make certain deductions about the relationship between the physical anatomy of the human body and the energetic nature of the chakras.
In the Hindu tradition in the “Yoga Kundalini Upanishad” text there is early documentation recording the existence of Energy Centers.

The first important thing I was taught after entering the monastery, was this: The body has seven Energy Centers, which in English could be called vortexes … They are powerful electrical fields, (nearly) invisible to the eye …

The word “Chakra” is derived from a Sanskrit term, which means “wheel” or “turning”, and refers to a “wheel like form” or an Energy vortex. These Energy Centers are actually whirling, pulsating Energy Centers that exist in the Etheric Field of the human body.

In Sanskrit, chakras literally means wheel, and they are described in ancient yogic texts as centers of energy in the body.

If the form of a “Wheel” is depicted around the parameter of a circle, the “spokes” of the wheel divide the circle into segments. In the Hindu tradition these are called the “Petals” of the Energy Center.

Why did the Hindus use the terminology, “Petal”? Because when the “wheel” or Energy Center is turning very fast … it forms a shape that looks like a flower. Due to this ancient inner perception of the Energy Center looking like a flower, these segments were called “Petals”.

The Chakras mentioned in these Sanskrit books … differ slightly among themselves as to the number of petals … the crown center (or Sahasrara Padma) – the lotus of a thousand petals. The discrepancies as to the number of petals are not important.

**MORE BASIC INFORMATION ABOUT THE ENERGY CENTERS**

A thorough knowledge and understanding of the Major Energy Centers and their
Functions, is extremely important for a Practitioner.

I call it “subtle energy system” which is composed of: the chakras – the major energy centers …

- Extracted from The Art of Spiritual Healing, by Keith Sherwood, ©1985, Chapter 3, Page 21

The Energy Body actually controls the Energy Centers - to a large degree.

The Practitioner must understand and recognize that the endocrine glands in the human body are physical manifestations of the Energy Centers.

The Etheric Chakras have two distinct functions. The first is to absorb and distribute Prana, or Vitality, to the etheric and then to the physical body, thus keeping these alive.

- Extracted from The Etheric Double: The Health Aura of Man, by Arthur E. Powell, ©1925 Chapter 3, Page 22

Energy Centers have several functions, including absorbing, digesting and distributing Energy to different parts of the body.

These Energy Centers are like power stations that provide Vital Life Force throughout of the body.

When Energy from the lower centers moves to the higher centers they are transformed into Energies of a higher frequency.

When Higher Energy moves down to the lower centers - likewise they are transformed into a form of Energy - with a lower frequency.

The terminology “Energy Center” can really be better understood if we think of them actually being “Energy Transformers”.

The chakras act as transformers … they are energy centers, gates and transformers …

- Extracted from Chakra Therapy: For Personal Growth & Healing, by Keith Sherwood, ©1988, Chapter 12, Page 131

The word “transformer” can also be used in the sense of “stepping up” electrical voltages and in “stepping down” electrical voltages.

For example, transforming one form of Energy into another form of Energy. In another example, light can be transformed into electrical Energy.
Then Electrical Energy can be transformed into mechanical Energy or into heat.

This is why Energy Centers can be compared to Energy Transformers. The Hand Energy Centers are among the easiest centers to activate.

By Activating the Hand Energy Centers a Practitioner develops the Ability to "Feel" Subtle Energy

The Hand Chakras are the seats of Creative Energy…

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Chapter 1, Page 31,

**LET’S PRACTICE FEELING CHI ENERGY**

*(Wait for the student’s response)*

First let us do a short set of Physical Exercises.

*(Please stand up)*

1. Twist the upper part of your body to the right then to the left, right, left, right, left – Do this 12 times.
2. Rotate your hips 12 times to the right and 12 times to the left.
3. Turn your head to the right and turn it to the left 12 times.
4. Now, please exercise your shoulders by rotating your arms 12 times back, then forward 12 times.
5. Now, bend your elbows up and extend your arms forcefully downwards spreading your fingers and allow the Energy to be Thrown forcefully out of your hands, your fingers and even your webs between your fingers. Can you feel something coming out?
6. Now, let us exercise the wrists 12 times to the left and 12 times to the right
7. Now, stretch your left hand up, with the palm reaching to the sky - while your simultaneously stretch your left hand down to the ground. Then reach and stretch the right hand up, with the left hand facing downward. Please do this seven times.

- Extracted from the Notes of Charlotte Anderson

**CAN YOU FEEL VITAL LIFE ENERGY?**

… hold your palms about two to five inches apart; slowly move your hands back and forth decreasing and increasing the space between them. Build something up between your hands. Can you feel it?

- Extracted from *The Hands of Light*, by Barbara Ann Brennan, ©1987, Chapter 6, Page 41

1. Complete the Energy Circuit. Connect your tongue to your palate.
2. Invoke for Divine Blessing,

“To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection
And for the Ability to feel Vital Life Energy.
With Thanks and in Full Faith.”

3. Press the Center of the left palm with the thumb of the right hand.
   Press the center of the palm and simultaneously turn the thumb in a clockwise motion.
   This is done in order to activate the Hand Energy Center.
4. Now, repeat this process with the right palm and the left thumb.
   Remember to turn the thumb clockwise while pressing the palm.
   This process will facilitate your ability to “Feel” the Energy.
5. To further facilitate the ability to feel Energy press the tip of each finger against the tip of the thumb. Be certain that each of the fingers and the thumb are touched tip to tip.
6. Now, place your two hands about 2-3 inches or 5-7 cm apart.
7. Do not image anything.
8. Do not expect anything.
9. Simply be neutral.
10. Now, very slowly move your hands away from each other – then bring them closer together again.
11. Continue to move your hands slowly together and apart.
12. Concentrate on the center of the palms.
14. Do not try too hard … just relax.
15. Inhale slowly and comfortably …
16. Exhale slowly and comfortably …
17. Repeat this for seven breathing cycles.

(Instructor waits a few minutes.)
18. Remember to maintain your concentration on the center of your palms.
19. Thank you

(Questions to the students)
20. Did anyone feel something?
21. Raise your hand.
22. Did anyone feel warmth between your hands? Raise your Hand.
23. Who felt some sort of pressure between your hands? Raise your Hand.
24. What about pulsation or a sense of Energy or movement of some sort between your palms? Raise your Hand.
25. Are some of you relatively sensitive or do some of you have a relatively high Energy level? This may cause some of you to have a tingling sensation like mild electricity between your hands.
27. Now for one more question. This will require someone who is quite sensitive.
28. Very likely only a few people will have this experience.
29. Did anyone here feel a whirling sensation between their palms?

(Wait for the student’s response)
(Instructor, make an appropriate response such as: “That is fantastic! Or “This may take some time…”)

30. Please share your experiences with the people on either side of you.
31. Thank you.
32. Shall we continue?

- Extracted from the Notes of Charlotte Anderson

**PRIMARY CONCEPTS**

In order to understand Pranic Energy Healing it is necessary to understand the Energy Anatomy - not just the physical Anatomy of a human being.

That is when you created this Body of Light you endowed it with your own life force and life power, and thus it is truly an extension of yourself.

- Extracted from *The Art and Practice of Astral Projection*, by Ophiel, ©1974

The way MCKS stated this is:
“You have an Energy Body or a Body of Light.
Children who are sensitive can see it.
This was called the “Bio-Plasmic Body” by the Russians.
The Inner Energy Information Field or Aura is the “Light around the body.”

- Extracted from the Notes of Charlotte Anderson

Human beings have a visible physical body - which we can easily see and touch.
They also have subtle bodies - which are not normally seen by the physical eyes.
Sometimes these subtle Bodies may be seen by clairvoyants or by very sensitive people.
It can be described as a luminous body that surrounds and interpenetrates the physical body, emits its own characteristic radiation and is usually called the “aura”.

- Extracted from *The Hands of Light*, by Barbara Ann Brennan, ©1987, Page 53

Historically the “Subtle Body” has been observed - in paintings of the images of Deities or Saints in almost every Race and Religion.
Sometimes these images are shown with light surrounding the head, and sometimes with light radiating from their bodies or with light emanating from the palms of their hands of the figures being depicted.

When understood from a broader viewpoint, the Practitioner may realize that these are illustrations or representations of the way Subtle Energy looked to the artist.

This nearly invisible subtle Energy Body is called the Etheric Body, the Bio-Plasmic Body, the Energy Information Field or the Energy Body.

In the Theosophical Tradition, it is reported that the Bio-Plasmic, the Etheric Double \textit{(or Energy Body)} was described as a "Body of Consciousness" that has the ability to "receive & distribute" Vital Life Force emanating from the "Light" of the Sun. They say that this Energy is connected with Physical Health:

Briefly, we shall find that the Etheric Double, while necessary to the life of the physical body, is not, properly speaking, a separate vehicle of consciousness: that is \textit{(it) receives and distributes} the vital force which emanates from the sun and is thus intimately connected with the physical health.

Russian scientists named Dr Semyon Davidovich Kirlian & his wife Valentina Khrisanovna Kirlian scientifically rediscovered the existence of the Bio-Plasmic Body in 1939.

They developed a special type of early Energy photography called “Kirlian Photography”.

The term Bio-Plasmic Body means a “Living Energy Body” made up of invisible subtle matter.

To simplify the terminology, the term Energy Body or Energy Information Field will be used to replace the term Bio-Plasmic Body.

This photography used high frequency electrical fields to take pictures of small portions of the Energy Information Field.

Through this new technology it became possible to understand that subtle Energy cannot only be seen – but that it is real!

Now we have even newer Energy Technology called “GDV Imaging” which is significantly more developed, more advanced.
This technology is used for recording the human bioelectric field using the Gas Discharge Visualization (GDV) photography, which can assess the human bio-energy field and provide useful information regarding the state of the person.

Using this modern technology it is now possible to know and verify what Yogis and others have said for hundreds of years – that “a body of light” which in esoteric terminology is called the “Aura” surrounds the “physical body”. The word “Bio-Plasmic” comes from the word “bio” which means life and “Plasma” which means the fourth state of matter.

The other three states of matter are solid, liquid and gas. Plasma is simply ionized gas or gas particles with a positive or negative charge. This is not the same as blood plasma.

- Extracted from Superbrain Yoga, by Master Choa Kok Sui, ©2005 Chapter 1, Page 5

The Energy Information Field or Energy Body both interpenetrates and extends - beyond the physical body - by approximately 5 inches or 12 cm.

This diffuse field extends beyond the limit of the body structure. How far this vibration extends varies from person to person and changes in response to the health and state of excitation.


Clairvoyantly this is seen as a luminous Energy Field Projecting from around the periphery of the physical body.

We will call this the “Inner Aura” or the Inner Energy Information Field. A strong healthy Person or a young person normally has an Energy Field of approximately 8 inches or 20 cm or more.

The etheric aura extends about eight inches from the physical body … People with greater vitality will have a stronger aura and consequently it will extend further from the physical body.

- Extracted from The Art of Spiritual Healing, by Keith Sherwood, ©1985, Chapter 10, Page 104, 110

In a normal person, this Inner Field extends approximately 5 inches or 12 cm from the body.

When an individual is weak or very sick this Inner Field may be reduced to only 2 inches or 5 cm or even less.
A good Pranic Energy Practitioner has an Inner Field of at least 36 inches to 1 meter.

In the same way that blood circulates throughout the physical body, through blood vessels, Energy circulates throughout the Energy Body, through the “Energy Channels.”

These Energy Channels can be compared to “Energy Tubes” and they are known in other traditions as “meridians” or “nadis.”
L5 – Lesson 5  |  FUNCTIONS OF THE ENERGY INFORMATION FIELD

Organisational:  |  Approximately 10 min

Power Point

               |  *Fourteen Lessons in Yogi Philosophy*, by Yogi Ramacharaka © 1903, 2007
               |  *Hands of Light*, by Barbara Ann Brennan, ©1978
               |  *Hands on Spiritual Healing*, by Michael Bradford, ©1993
               |  *The Etheric Double*, by Arthur E. Powell, ©1925
               |  *Ritual Healing in Suburban America*, by Meredith B. McGuire, ©1988

Internet  |  [www.pranichealing.org](http://www.pranichealing.org)

*these book references apply only to the Sequence you are now reading*

**DISEASE REVEALS ITSELF FIRST IN THE ENERGY BODY - BEFORE IT BECOMES PERCEPTIBLE IN THE PHYSICAL BODY**

This is true historically and has been validated through clairvoyant observation.

This all-pervasive force field has no form of its own, but represents a vibrating field of potential in and about the body.

It responds from moment to moment to the internal and external environment of the body … This field tends to mirror the physical body.


The implication is that to a certain degree, we may prevent diseases from manifesting, when Energy treatment is applied prior to the appearance of symptoms.

Pain or disease result from disruption or imbalances in your Life Energy

Because disease shows up in the psychic, or astral body before it shows up in the physical body, a psychic reader can often diagnose an illness before it occurs, or at
least can equally to work with you or work with others.

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Chapter 3, Page 64

Therefore we may say that Pranic Energy Healing does not just Treat the physical body, but through Energy “harmonizes” of the Energy System. There have also been **Preventative Effects** noted as an outcome of the Treatments.

The etheric double has three principal functions.
First, it forms the mold or pattern into which the dense physical matter will grow during prenatal life and in recovering from wounds.
Second, the etheric double assimilates and stores vitality from the sun and atmosphere and distributes it through the body …

- Extracted from *Life: Your Great Adventure*, by Eunice Layton, Felix Layton, ©1987, Chapter 8, Page 87

**THE FUNCTIONS OF THE ENERGY INFORMATION FIELD OR THE AURA**

1. To Absorb Energy
2. To Distribute Energy
3. To Vitalize the whole physical body with Prana or Chi Energy
4. To act as a Mold or Pattern for the physical body

The radiations in the vital field absorbs and carry vitality (*prana*) from the outer atmosphere and dispose of subtle waste matter … The etheric counterpart is an accumulator of potential vital energy for the whole system.

- Extracted from *The Etheric Body of Man: The Bridge of Consciousness*, by Laurence John Bendidt, Phoebe Daphne Payne Bendit, ©1977, Chapter 2, Page 26

Many illnesses are either caused or partially caused due to - the malfunctioning of one or more of the Energy Centers.

According to MCKS, “both the Energy body and the visible physical body are so closely related that what affects one affects the other and vice-versa.”

- Extracted from the Notes of Charlotte Anderson

**IN THE ENERGY INFORMATION FIELD, THERE ARE ALSO SMALL RAYS OF ETHERIC LIGHT OR BIPLASMIC RAYS, SOMETIMES SEEN AS LOOKING LIKE A PART OF OR AN EXTENSION OF THE AURA.**
… the “Health Aura,” as it is a sure indication of the state of the physical health of the person from whose body it radiates. Like all other forms of the Aura, it extends from the body to a distance of two to three feet, depending upon certain circumstances which need not be mentioned at this place. Like all other forms of the Aura, it is oval or egg-shaped … to the psychic vision it appears to be “streaked” by numerous fine lines extending like stiff bristles from the body outward.

- Extracted from *Fourteen Lessons in Yogi Philosophy*, by Yogi Ramacharaka, ©1903, Lesson IV, Page 58

Perpendicular Rays of Etheric light interpenetrate the Inner Energy Information Field and Project outward from the physical body.

These rays are approximately 2 feet or 60 cm or more in length. They form what we will describe as the “Health Energy Information Field”. Esoteric authors call this Energy Field the “Aura”.

The health aura surrounding the physical body; it is, in fact, the etheric mould upon the pattern of which the body has been built.

- Extracted from *Esoteric Astrology*, by Alan Leo, ©1983, Chapter 10, Page 93

These Etheric Rays and Aura serve as a protective shield against germs and “Diseased” or Abnormal Energy. Through the Etheric Rays “used up” Energy, diseased Energies and toxins are expelled from the physical body.

One time Master Choa Kok Sui stated that: “When a person is healthy the “body of light” is luminous. When a person is sick there are grey areas of dirty Energy in this “Body of Light”. This dirty Energy is expelled through the Health Rays, when a certain part of the body is sick. Sicknesses can cause the Health Rays to become entangled.

- Extracted from the Notes of Charlotte Anderson

This author’s Spiritual Teacher, Master Choa Kok Sui gave an analogy that explained more about the Health Rays when he said that: “Just as the skin of the physical body has pores, our Energy bodies have a Health Energy Information Field.”

- Extracted from the Notes of Charlotte Anderson

When a person is sick these perpendicular Rays of Light droop and tend to become partially tangled or clumped together.
… the Energy is blocked. Since there is no longer a free flow…more dark blobs of stagnated or very weak Energy will appear, this disruption will be precipitated down into the etheric body in the form of tangled or torn lines of light force …

- Extracted from Hands of Light, by Barbara Ann Brennan, Chapter 15, Page 142, ©1987

When a Client is sick the Health Energy Information Field frequently decreases in size. The Health Energy Information Field of a healthy person may be as large as 1 meter or more.

Usually this Field is shaped like a tapering cylinder - bigger on the top and smaller at the bottom.

The purpose of Health Energy Information Field is to expel used up Energy. When Dirty Energy is expelled through the Health Rays, even a room may become dirty – through the releasing of those Energies into a space.”

When a certain part of the body is sick, dirty Energy is expelled through the Health Rays. Sicknesses may also cause the Health Rays to become entangled.

- Extracted from the Notes of Charlotte Anderson

The well-known author, Arthur E. Powell discussed the Health Aura in 1925. He said: “The Health Aura, consisting of these particles ejected from the body, serves the useful purpose of protecting the person from the invasion of disease germs. In health the particles are thrown out through the pores in straight lines, at right angles to the surface of the body, giving to the Health Aura a striated effect. As long as the lines remain firm and straight the body seems to be almost entirely protected from the attack of evil physical influences, such as disease germs, the germs being actually repelled and carried away by the outrush of Pranic Force. But when, on account of weakness, over – fatigue, a wound, depression of spirits, or through the excesses of an irregular life, an unusually large amount of Prana is required to repair waste or damage within the body, and there is consequently a serious diminution in the quantity radiated, the lines of the Health Aura droop, become erratic and confused, the system of defense is weakened, and it is then comparatively easy for deadly germs to effect an entrance.”

- Extracted from The Etheric Double, by Arthur E. Powell, Published 1925, Chapter 4, Page 34

Beyond this Health Information Field is the Outer Energy Field. The Outer Energy Field of an average person is approximately 36 inches to 1 meter in size.
It has been observed that sick people usually have holes or cracks or breaks in their Outer Energy Information Field. Through these openings Vital Life Energy leaks out thereby weakening the physical body of the Client.

**“The Basic Problems that you will encounter when healing are Energy Congestion or Depletion.”**

- Extracted from the Notes of Charlotte Anderson

Most people do not realize that the auric field – the energy field around the body – experiences cuts, bruises, breaks, punctures, tears, shocks and trauma just as the physical body does.

- Extracted from *Hands on Spiritual Healing*, by Michael Bradford, © 1993, Page 29

When the Energy Information Field is not normal, there are two primary conditions that may be observed in the Energy Body:

*Energy Depletion* – is a condition that occurs when the Practitioner feels an area in the Inner Energy Information Field is “concave” or “curves” inward toward the body - when compared to “normal” adjacent areas.

This condition is caused by an insufficient amount of or a reduction in the Energy in that area or part.

Energy Depletion … is simply a decrease of energy flowing down the limb in the direction of the distal end. The person cuts off the limb by simply not allowing the energy to flow there. This results in weakness of the limb and, in some cases, even physical underdevelopment in that area.

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Chapter 12, Page 103

Conversely a Practitioner may observe the opposite condition (Congestion) when assessing Energy in a Client’s body. This occurs when there is:

- an obstruction or
- a blockage in the Energy system or
- if the part being examined is excessively filled with too much Energy

This condition may also occur if *the Projected Energy is excessive* for the body of the Client. In another instance if it combines together with diseased, old, pent-up or used-up Energies – this also may cause the Energy Profile of the Client to become distorted.

*Energy Congestion* – is a state that may be identified by a Practitioner when they
identify an area containing a convex or an outward protrusion of Energy – in the profile of the area being assessed or when it is compared to other, “normal” parts of the Energy body.

- Extracted from the Notes of Charlotte Anderson

Many also used Therapeutic Touch for diagnosis. Sharing the psychics’ general notion of the illness-producing effects of energy “congestion”.

- Extracted from Ritual Healing in Suburban America, by Meredith B. McGuire, ©1988, Page 111
**Pranic Energy Practitioners - use laws of nature of which most people are unaware.**

- Extracted from *Summo Bona* by St. Augustine, paraphrased by Charlotte Anderson

**A Story about how simple Pranic Energy Healing Works**

There is a story about a man in Canada. He was far out in the wildness with a group of hunters.

He had a serious accident. On the first night of his trip…
Accidently he fell into the camp fire - badly burning his arm. None of his buddies (who were partying) could drive him back to civilization in order to help him to reach a hospital.

And no one in the group of hunters knew anything about Energy Healing. But this man had watched his wife doing Pranic Energy treatments, so he started
Sweeping the badly burned area - with his other Hand – repeatedly sweeping and “Throwing” the Energy from the severely burned parts into the fire.

He repeated this for hours and hours, and finally “tied” his arm slightly upward to a tree … so that the sweeping could be done thoroughly and completely. He was not able to leave the mountain for two to three more days.

When he finally came down … immediately his wife took him to the hospital. They informed him that he had sustained a severe 3rd degree burn. But they also told him, that the burn had already begun to heal properly.

It was only by using “Simple Pranic Energy Healing” that he was able to reduce the seriousness of his condition – allowing the body to begin the process of healing his hand and arm.

It is reported that ultimately the burned parts healed without any of the serious scarring – which might have been expected to occur with this kind of an injury.

- Extracted from the Notes of Charlotte Anderson

USE A FEW SIMPLE STEPS TO BEGIN A TREATMENT
ALWAYS BEGIN BY ASKING FOR DIVINE BLESSINGS

The simple act of Invocation to the Supreme Being increases the healing Energy of a Practitioner. The Divine Energy received also assists in enhancing the Intuition of the Practitioner during a session.

It is extremely important for both the Practitioner and the Client to always pray or “Invoke” for Divine Blessings before using Energy Protocols.

The moment you Pray orInvoke, the Healing Process has already begun. Always remember to practice proper Invocation.

- Extracted from the Notes of Charlotte Anderson

Simply say,

“To the Supreme God
Thank You for Blessing me with your Divine Healing Energy.
I completely accept this Healing Energy.
Thank You for these Blessings.”

IT IS IMPORTANT TO ESTABLISH RAPPORT WITH YOUR CLIENT IMMEDIATELY!

Always remember to speak with your Client. Repeat the NAME OF YOUR CLIENT several times during the Treatment Session.
Ask your Client:
How old is the pain?
Can you walk?
Can you raise your arm?
How long have you had this problem?
Or ask another pertinent question regarding their condition
Gather information and make them feel Comfortable

- Extracted from the Notes of Charlotte Anderson

Imagine your Chakra opening up like an Iris in a camera lens, or like a flower opening it petals.

-Extracted from The Psychic Healing Book, by Amy Wallace and Bill Henkin, ©1978, Chapter 3, Page 72

FOLLOW THESE SIMPLE STEPS TO START A TREATMENT

1. Invoke for Divine Blessing
2. Look at your Client, while you are performing a TREATMENT
3. Relax do not be tense
4. SMILE
5. In front of the Client maintain an relaxed position with your arms open.
6. Interview the Client. “What is the medical diagnosis? What are the physical problems? Is there pain?”
7. Use a pain chart to determine the level of pain.
8. Explain to the Client that Pranic Energy Healing is a no-touch procedure
   They will be requested to breathe slowly and comfortably, to keep their legs uncrossed, and to allow their hands to lie comfortably in their lap, with palms facing upward.
9. Ask the Client to simply release their worries and concerns and to relax.
10. Then talk to the Client and determine the nature of their problem.
11. Instruct the Client to visualize brilliant luminous Energy penetrating the part of their body or their life that requires balancing or improvement.
   In Energy Treatments it is essential for Clients to open their minds in order to facilitate the clearing of old used up or diseased Energies and to deeply absorb Energies that are Projected. This will rapidly assist in balancing or help to create a stabilization of their condition on all levels.
12. According to this author’s Spiritual Teacher Master Choa Kok Sui, “When a Client is skeptical, instruct them to slightly bend their head forward, looking downward.” This position tends to psychologically improve the receptivity of the Client.
14. You may “Imagine” a pink rose in front of the heart of the Client opening up. No matter how powerful the Pranic Energy Practitioner is, if the Client does not absorb the Energy, this will interfere with the recovery process.
15. Now the Pranic Energy Practitioner is ready to begin the treatment.

- Extracted from the Notes of Charlotte Anderson

CONFIDENCE AND BELIEF OR “FAITH AND RECEPITIVITY” ARE EXTREMELY IMPORTANT TO THE OUTCOME OF THE TREATMENT

Both the Practitioner and Client must reduce their Internal Resistance in order to facilitate Rapid Recovery.

The attitude of the sick person might be a reason why spiritual healing could not take place. It could fail if there were no will to live, no purpose to life, which would give the impetus, or if the purpose had not been grasped, or if the person believed that he or she was too great a sinner to deserve to be healed.

- Extracted from Kundalini Yoga, by Swami Sivananda, © 1978, Chapter 7, Page 192

One important part of the job of a Practitioner is to assist a Client to increase the degree of their Positive Thinking. Both the Practitioner and Client need to have Faith in a Positive Outcome. This attitude enables the Client to more rapidly absorb Projected Energy.

“Belief turns on the mental computer by entering the message that “programming is on the way.” Belief also enables us to picture an end result with enthusiasm, and enthusiasm heightens the flow of energy that runs the computer.”

- Extracted from You the Healer, by José Silva, Silva & Stone, Robert B. © 1989, Page 22

If there is strong resistance on the part of the patient, request him to assume the receptive pose during the treatment. Request the patient to turn his palms upward and to bend his head slightly downward. Ask him to close his eyes. This is to reduce his resistance and, which will makes the Treatment a lot easier.

- Extracted from the Notes of Charlotte Anderson

Surrender is a process which always happens in the ”now” but must be repeated many times for it to be impressed deeply within a person. It can be accelerated through meditation, yogic breathing, visualization and particularly through
affirmation. The more you affirm that you want to be a channel, that you want to surrender to the energy which strives to come through you, the faster will be your progress, and the sooner you will come into relationship with the All.

- Extracted from *The Art of Spiritual Healing*, by Keith Sherwood, © 1985, Chapter 6, Page 79

Sometimes, by simply looking at the Pranic Energy Practitioner, a Client may increase their conductivity due to the Aura of Positive Energy surrounding the Practitioner.

Strong Conductivity alone, significantly assists the Recovery Process in many cases.

The best results are obtained when the patient is induced to manifest a receptive attitude of condition of mind…The patient should be induced to give the healer his entire attention, as the measure of the effect of treatment depends largely upon the degree of attention given and obtained.

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1909, Chapter 13, Page 125

**THE PRACTITIONER SHOULD SMILE TO INCREASE THE RECEPTIVITY OF THE CLIENT AND INCREASE THEIR ENERGY. ALWAYS SMILE.**

It is very important for Pranic Energy Practitioners to always remember to say a short Prayer or to Invoke for Divine Blessings before every healing.

1. Choose a subject.
2. Class, please feel the Energy of the subject.
3. Subject, SMILE very big or Laugh.
4. Class, feel the Energy.
5. Does the Energy stay the same?
6. Subject, look very sad.
7. Class, feel again.
   *(Get Feedback.)*

Say to the Client,

“For healing to take place I need your full cooperation. Do you want to get well? Will you absorb the Energy being Projected? This is a very simple … BUT … very important part of your recovery process. Please open your hands and lay them upward in your lap.”
Receptivity of the Patient. The best result is in giving Suggestive treatments, are obtained when the patient is Induced to manifest a receptive attitude of condition of mind.

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1909, Chapter 6, Page 125

Number 1
Tell your Client to:
“Bend your head forward and close your eyes”

The patient should be placed in an easy, comfortable position. The patient should be taught to relax his muscles, sit in an relaxed condition. Use the suggestion, “Now, make yourself perfectly comfortable.

- Extract from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1909, Chapter 13, Page 128

Number 2
Ask your Client to “Recall a Happy Event”. Say, “Take a deep Breath and Just Relax”. This will place the Client in a Positive Psychological State.

Number 3
Payment is another way to make your Client receptive. When the Clients pay they are entitled to receive more Energy, so you have to ask the Client to pay in advance.

Would you go to a doctor who charges you only 5 cents? Usually or probably people equate payment with skill. When you charge you have greater credibility.

If Clients ask for free treatment, then consider the value of relieving the ailment or the pain of the Client. How much is their relief worth? On the other hand, if a Client cannot afford Treatment – it is the Compassionate thing to do to perform Treatments according to the need of the Client or their condition.

If a person does not want to be healed … Don’t waste your time. When doing treatments, do not allow the Client to become irritated or stressed.

- Extracted from the Notes of Charlotte Anderson

**THE THREE ESSENTIAL TECHNIQUES IN PRANIC ENERGY HEALING ARE:**

1. Cleansing or Removing the Unwanted or Abnormal Energy

2. Transfer Vital Life Energy or Projecting Energy
3. Secure the Projected Energy - to enhance a more consistent outcome

BEGIN TREATMENTS BY PREPARING A BASIN OF WATER AND SALT

Dirty or diseased Energy needs to be disposed of properly. Both, Bio-Energetic-Healers and Pranic Energy Practitioners frequently use a bowl of water and salt.

Why should you use a basin with water and salt?
Water has the ability to absorb old Energy while salt disintegrates it.

Using a basin of water and salt is extremely important. By carefully “Throwing” the unwanted Energies into the basin, it is possible to substantially avoid spreading the unwanted Energies into the environment or to oneself.

Attention should be paid to seeing that all Energy removed is properly Thrown into the basin of water and salt.

Some Healers perform little rituals such as “Flicking their fingers” to wash away or discharge the patient’s Energy…for the healer to be safe…

- Extracted from Kahuna Healing, by Serge Kahili King, ©1983, Chapter 5, Page 124

When cleansing is done, you simply shake your hand or “Flick” your hand - as though you are Throwing the diseased Energy into the basin.

Some healers wash their hands after a healing, to cleanse themselves of any unsavory vibrations they may have collected (or) simply shake the Energy off their hands periodically while they work. 

We shake our hand every so often while healing, and “Flick” the Energy away with our fingers. (Emphasis by this author).

- Extracted from The Psychic Healing Book, by Amy Wallace and Bill Henkin, ©1978, Chapter 2, Page 48

In multiple traditions it is recommended that Practitioners “Flick their fingers”… (Instructor demonstrates.) …in order to release contaminating Energies from the hands, the fingers and even from the fine meridians - going up into the hands - it is important to use a strong “Flicking” motion and then to clean the hands thoroughly with water or Hand Spray.

Making the basin of water and salt is simple. Use approximately 33 ounces or 1 liter of water in a basin and add 1 or more handfuls of salt.
After giving an Energy treatment, please Throw the water and salt into the toilet. It is recommended that the toilet be used for disposal of used water … rather than Throwing away this dirty water in other ways.

Once used, only use the basin for Energy treatments. Never use it for other purposes.

When you are at home you may place the basins in the sun to further clean them. Some Practitioners report experiencing, that when the basin has been used for a long period of time it is extremely difficult to clean.

Therefore, it is recommended to periodically replace old basins with new ones.

The size of the basin should be at least 12 inches or 30 cm in diameter. Smaller basins are ineffective in holding large amounts of unwanted Energies.

A second method can be used when water and salt is not available. This method has been widely recommended within various schools of esoteric sciences as well as by several schools of healing.

Occult fire, on the other hand, is that aspect of the One Cosmic Energy that has qualities similar to fire, of which the chief is its power of disintegrating and consuming physical forms …

- Extracted from True and Invisible Rosicrucian Order, by Paul Foster Case, ©1985, Chapter 18, Page 263

Visualize green or orange fire beside you and throw the dirty energy into it. Make sure that you put off the fire to avoid unnecessary risk.

-Extracted from Miracles through Pranic Healing, by Master Choa Kok Sui, 4th Edition ©2004, Chapter 3, Page 67
### L7- Lesson 7  |  **Removing and Projecting Energy**

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#### Book Reference*

- *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1909
- *The Art of Spiritual Healing*, by Keith Sherwood, ©1985
- *Esoteric Healing*, by Alice A. Bailey, ©1953
- *Kahuna Healing*, by Serge Kahili King, ©1983

#### Internet

- [www.pranichealing.org](http://www.pranichealing.org)

#### Other

- Appendix K – Positions used to Absorb Energy

*these book references apply only to the Sequence you are now reading

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**HOW TO REMOVE OR CLEAN UNWANTED ENERGY**

**BEGIN BY INTENSIFYING THE SENSATION OF YOUR HANDS**

The 21 Minor Chakras … they are in the following locations … one in the palm of each hand …

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Chapter 7, Page 44

At the Center of the palm of each Hand is an Energy Center. These Hand Energy Centers are able to both absorb and Project Vital Life Energy. This author’s Beloved Spiritual Teacher, Master Choa Kok Sui said He noticed that when He would simply direct His attention to the palms of His Hands … *(The Instructor points to the palm of their hand)* … and to His fingers *(Instructor touches the tips of the fingers …)*

then He would began to feel something in his hand.

He noticed that when His attention was directed to the palm of the hand and the
fingers or to these Energy Centers all of these areas were filled with an increased degree of Energy. He noticed that when attention was directed to these areas, they became more active and looked brighter.

**PREPARE TO FEEL ENERGY THROUGH EXERCISE**

Practitioners should regularly Work to improve their Ability to Feel Subtle Energy and should Exercise the Arms and the Hands thoroughly before “Feeling” the Energy.

Exercise increases the Sensitivity in the Hands of a Practitioner. This is due to the release of old Energies that unknowingly may be stuck in the Arms and in the Hands. Exercise has the positive effect of increasing Sensitivity on various levels that permit a Practitioner to become Aware of both more Levels and Degrees in the Subtle Energies they are Feeling.

- Extracted from the Notes of Charlotte Anderson

It might be of interest where the twenty-one minor centers are located. There are two, one each in the palms of the hands …

- Extracted from *Esoteric Healing*, by Alice A. Bailey, © 1953, Chapter 1, Page 73

Simply by directing their attention to their palms and their fingers, a Practitioner may rapidly increase the Responsiveness of the Hand Energy Centers. There are many ways of Increasing the Responsiveness of your Hand Energy Centers.

Preparing the Hands. Rub the hands together briskly for a few minutes, and then swing them to-and-fro a little while, until they have that indefinable feeling of “ALIVENESS” and being full of Energy. Clenching the hands together, and then opening them rapidly – repeating several times – will stimulate them wonderfully.

- Modified and Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1909, Chapter 9, Page 80

**DISCUSSION ON REMOVING UNWANTED OR ABNORMAL ENERGY**

The Practice of this Technique removes Unwanted, Dirty, Diseased or Used-up Energy.

This facilitates the flow of Pranic Energy throughout the body including the part or
parts needing healing, balancing or harmonizing – or Treatment.

The objective of Energy Healing is not only to assist the Client’s Well-Being - but also to assist in activating and accelerating the Natural Healing Process within a Client’s body.

**WHAT DOES IT MEAN TO “REMOVE” UNWANTED ENERGY?**

If you see a piece of paper or some loose dirt on the floor what do you do? Pick it up, right. If you cannot pick it up you get a broom and sweep it away. In the same way when an unwanted Energy is present in the Energy Field of a Client, simply remove it by Sweeping it away.

Cleansing the Chakras can give some of the most dramatic results of all the psychic techniques, both in healing others and in healing yourself.

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Chapter 5, Page 122

In different cultures “Cleansing” is done to remove diseased or unwanted Energies. For example, American Indians use feathers and red meat to remove dirty Energy.

Eastern Indians use salt, and tree branches or brooms. When you Clean or remove the unwanted or diseased Energy.

How can you remove the diseased Energy from a person’s Etheric or Energy body? This is done through Cleansing the Particular Area.

Some healers use chakra cleansing as an integral part of each healing session.

- Extracted from *The Art of Spiritual Healing*, by Keith Sherwood, ©1985, Page 163

**REMOVING UNWANTED ENERGY IS EASY**

Please remove and secure your wristwatch in a safe place.

Do not leave it on a chair or table … put it safely away. Cleansing is very easy to perform. Begin with “Sweeping” which is a Technique taught by different authors.
When the hands are in the right position, sweep … out, *(then)* sideways … *(in front of)* the body or part …

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, Chapter 7, Page 56, 1909

Simply raise your hand in the air and “Sweep” 1,2,3,4,5 Throw – *(Instructor Demonstrates the Correct Position of the Hands for Sweeping)*

Please SWEEP SLOWLY!

FEEL AND SWEEP, then THROW THE ENERGY REMOVED INTO THE WATER AND SALT.

FEEL AND SWEEP! THEN THROW THE UNWANTED ENERGY INTO THE WATER AND SALT.

FEEL THE QUALITY OF THE ENERGY.

YOU HAVE TO FEEL IT!

**TIPS TO ENHANCE THE REMOVAL OF UNWANTED ENERGY**

Simply raise your hand in the air and “sweep” 1,2,3,4,5 Throw –

Do this up to 30 times.

*(Instructor together with the students Practices the Hand Position)*

1. Remember NEVER to Sweep Unwanted or Dirty Energy toward your own body
2. *Feel the Energy* that you wish to Remove from the body of your Client.
3. *Pull it or Sweep it out!*
4. Remember to Sweep GENTLY – but thoroughly - so as not to cause discomfort to your Client.
5. Feel and “Sweep” and Feel and “Sweep”.
   Form an intention to remove the unwanted Energy from the body of your Client.
6. Always Cleanse THOROUGHLY.
   Always remove or extract ALL of the dirty Energy from the Energy Field of your Client.
7. Your hands should be flexible and relaxed.
8. Your hands should not be stiff.
9. Your fingers should also be relaxed.
10. Perform the motion with the fingers in a naturally extended position – something like stroking a dog or a cat … not constantly at a rigid 90˚ angle.

If the Client’s pain moves during treatment from one part of the body to another part, it means that a part of the dirty Energy has moved (to another location in the body or in the area you are treating).

- Extracted from the Notes of Charlotte Anderson
When the hands are in the right position, sweep them out, sideways, before the body or part, and in bringing them back...

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1909, Chapter 7, Page 56

**HOW LONG DOES IT TAKE TO SWEEP AWAY UNWANTED ENERGY**

1. Simple ailments and conditions may require 20 – 30 repetitions of removing or sweepings in order to facilitate thorough cleansing.
2. For semi-difficult cases 50 – 100 sweepings or more may be required.
3. In severe cases as many as 300 – 500 sweepings may be needed on a certain part.

**DISCONNECTING FROM THE REMOVED ENERGIES**

It has been noticed (in many Traditions) when a Practitioner regularly Throws dirty Energy onto the floor they have a tendency to have problems with their legs or to even develop arthritis in their legs. To avoid this it is necessary to dispose of dirty Energy properly.

- Extracted from the Notes of Charlotte Anderson

Please release the Energy that you are removing from your hand regularly and properly into the basin of water and salt.

How do you do this?
By Shaking or Disconnecting from the dirty Energy, through throwing it into a Basin of Salt and Water.
*(Show how to Throw the Energy into the water and salt.)*

**PLEASE REMEMBER TO CLEAN YOUR HANDS REGULARLY!**

If your hands feel slightly sticky, itchy or heavy this means your hands have become slightly contaminated. Always remember to decontaminate your hands!

- Extracted from the Notes of Charlotte Anderson

…(the Practitioner) would probably drawing out the deleterious magnetism…. it is necessary for his comfort and well-being that he should dispose of diseased matter before it obtains a permanent lodgment in his body. He should therefore adopt some definite plan to get rid of it and the simplest is just to throw it away, to shake it from the hands…he should not neglect these precautions, and he should
not forget to wash his hands carefully after curing…

- Extracted from *The Chakras*, by Charles W. Leadbeater, 1st Publ. 1927; 15th Reprint 2006, Chapter 3, Page 70

Contamination may result in the Practitioner becoming physically ill, weak or depleted, or they may even experience symptoms similar to those of their Client.

What is Energy Contamination?

Energy Contamination may occur for a variety of reasons. It may be the result of a person becoming affected by the dirty Energies removed during the process of Treatment.

Or it may also occur due to the presence of Stress or other Energies present within a Treatment area, or in any environment or location.

This Contamination may manifest as simple discomfort in a Practitioner’s hand or arm. It may also manifest as a burning sensation, as heat, as a prickling sensation or stiffness in the hand or in the fingers.

This author is strongly recommends the hand position of a Practitioner be correct—so as to avoid this consequence of an improper Technique causing this problem.

In order to avoid Contamination, a Practitioner must remember to shake off or “Flick” the hand regularly into the basin of water and salt.

Remember the terminology “Flicking” the fingers or hands - mentioned by Yogi Ramacharaka. He said that: Every once in a while raise the hands and “Flick” the fingers as if you were throwing off the diseased condition. It is well to do this occasionally and also to Clean the hands after treatment, as otherwise you may take on a trace of the diseased condition of the patient.

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1909, Chapter 8, Page 78

Thoroughly clean the hands during and after a treatment. After removing dirty or diseased Energies it is advisable to clean your hands with alcohol, inexpensive vodka or water and soft salt. These have sufficient cleansing effect.

This practice also safeguards the practitioner from transferring dirty or diseased Energy back to the Client and prevents it from remaining in the environment of the treatment room.

Also a Practitioner should remember to shake or Flick their hands during the Projection of Energy.

This will allow the Practitioner to minimize being affected by the dirty or
“diseased” Energies.

Some Healers perform little rituals such as “Flicking their fingers” to wash away or discharge the patient’s Energy…for the healer to be safe…

- Extracted from *Kahuna Healing*, by Serge Kahili King, ©1983, Chapter 5, Page 124

After a Treatment the Pranic Energy Practitioner should thoroughly Clean the hands and arms with water and salt.

**INSTRUCTOR DEMO**

*(Show, how simple Pranic Energy Healing is done on a Client … Ask for a student to assist. See if anyone in the group has a non-karmic simple condition.)*

I need someone who is able to verbalize what they feel.
*(Instructor chooses a student)*

**LET US INVOKF FOR DIVINE BLESSINGS**

“To the Supreme God,

Humbly we Invoke for Divine Guidance, Help and Protection

and for Divine Healing Power.

Thank You for using us as Instruments for Healing.

With Thanks and in Full Faith.”

When you do Cleansing, please remove your watch.

Now, raise your hand above the area to be treated and sweep downward.

Do this rhythmically … 1, 2, 3, 4, 5 Throw.

Do this up to 30 times.

6, 7, 8, 9, 10 Throw

11, 12, 13, 14, 15, Throw

*(Instructor … continues up to 30 times)*

**NOW CLEAN YOUR HANDS**

Please always remember to decontaminate your hands.

**IT’S EASY TO LEARN TO PROJECT VITAL LIFE ENERGY**

**HEALING INVOLVES THE TRANSFERENCE OF ENERGY**

There are two processes:
Absorbing and Projecting Energy or Prana. Do this gently.

- Extracted from the Notes of Charlotte Anderson

... Then, after he has removed the cause of the evil, he proceeds to pour in good strong healthy magnetism to take its place ...

- Extracted from The Chakras, by Charles W. Leadbeater, 1st Publ. 1927; 15th Reprint 2006, Chapter 3, Page 70

Subtle Energies should be Loving and Soft when it is Projected to the Client. One way to create and maintain a more Loving Quality of Energy – is for the Practitioner to Touch their Heart when Projecting the Energy.

It is important to both Absorb and Project Energy - in the correct amounts. Likewise when doing Pranic Energy Healing it is important to do both Projecting of the Energy, as well as thorough Cleansing.

When you transfer the Vital Life Energy to the body of a Client, what is happening?

The Energy Transfers from one person to the other person! It is necessary for the Pranic Energy Practitioner to direct their attention to the hand, which is absorbing the Energy, … rather than the hand, which is Directing or “Projecting” the Energy!

**WHEN YOU INHALE FOCUS YOUR ATTENTION ON THE RECEIVING HAND …**

**WHEN YOU EXHALE FOCUS YOUR ATTENTION ON THE PROJECTING HAND…**

- Extracted from the Notes of Charlotte Anderson

There is a Huna aphorism which says, “Energy flows where attention goes.” Wherever you put your attention – on a thought, an object, an experience – a current of energy is generated between you and it.


Remember!
Energy goes where your attention is focused.
When you Project Energy …
Hold your arms in such a way that your armpits remain constantly open or away from the body. This facilitates a smooth constant flow of the Energy.
(Show in the slides Images of Deities in a Giving and Receiving Pose)
... present the palm of the hand to the affected part, at a distance of about six inches, or even a little nearer, and holding it there for several minutes.

Either hand may be used for Absorbing or Projecting. Absorbing is usually done through the dominant hand.

**Project Vital Life Energy to the Palms of a Partner**

Let's Practice. Please take a partner. *(Wait for the students to prepare for the exercise)*

(Instructor: Please take a partner).

1. Practitioner, stand up, Client take a seat.
2. Both, please complete the Energy Circuit. Connect your tongue to the palate.
3. Practitioner, simply raise one palm upward. Please be aware of the Palm of your hand.
4. Take your time.
5. Can you feel the Energy moving in the palm of your upraised hand? *(Wait for the student's response.)*
6. When you Project Energy do not stand directly in front of the Client … stand to the side. Why? When standing to the side, the Practitioner will not receive Energy from the Client.
7. Now, through the other hand direct or Project the Vital Life Energy to the palm of your Client.
8. Inhale slowly and comfortably …
9. Exhale slowly and comfortably …
10. Do this three – seven breathing cycles.
11. When you Inhale - focus on the receiving hand.
12. When you Exhale - focus on the giving hand.
13. Your internal state affects your ability to heal.
14. When you feel there has been sufficient Energy transferred to the palm of your Client stop transferring the Energy.
15. Thank you.
16. Please relax.
17. Shake your shoulders and your arms.
18. Now, let’s Project Vital Life Energy to the second palm of your Client.
19. Practitioner, simply raise one hand upward and be aware in the Palm of the hand.
20. Take your time.
21. Can you feel the Energy moving in the palm of your upraised Hand? 
   *(Wait for the student’s response.)* 
22. Now, through your other hand direct or Project the Vital Life Energy to the 
   palm of your Client. 
23. Inhale slowly and comfortably … 
24. Exhale slowly and comfortably … 
25. Do this 3 - 7 breathing cycles. 
26. When you Inhale - focus on the receiving hand. 
27. When you Exhale - focus on the giving hand. 
28. Your internal state affects your ability to heal. 
29. When you feel there has been sufficient Energy transferred to the palm of 
   your Client, please stop transferring the Energy. 
30. Please relax. 
31. Shake your shoulders 
32. Please give feedback. 
33. Who was able to feel the movement of the Energy 
   *(Wait for the student’s response).* 
34. Change roles. 
35. Thank you! Take your seat. 

- Extracted from the Notes of Charlotte Anderson

**THE PROJECTION OF VITAL LIFE ENERGY MAY ALSO BE DONE WITH THE FINGERS**

Projection of Energy can also be done, by simply using one or two Fingers. 
On the tip of every Finger there is an acupuncture point, called a “Mini” Energy 
Center by our Spiritual Teacher Master Choa Kok Sui. In other Traditions the very 
small Energy Centers are called “Lesser Centers”, “Minor Centers” and even 
“Smaller Centers” by Alice Bailey. They are called “Minor Chakras” by Barbara 
Ann Brennan.

By directing one or two Fingers to the spot where the Energy should go 
Transference takes place. 
You may use only your fingers to specifically Project Energy to a point - either on 
the surface - or deep within the body. 

- Extracted from the Notes of Charlotte Anderson

Has anyone here noticed when watching TV that when a person points at 
something or someone – this tends to strengthen the verbal point or thought in the 
mind of the person pointing? 
This is because the Energy coming from your Finger Energy Centers is dense and 
may even through the intention of the person pointing become stronger. 
When Finger Energy Centers are used for healing, the Projection of the Energy 
should be done very gently.
The fastest way of Treatment is through the Projection of Loving Energy to the Client.

**CERTAIN POSITIONS MAY BE USED TO ABSORB MORE ENERGY**

Different Arm positions, may be used to Absorb greater amounts of Vital Life Energy – which may be then Projected to the Client

In the tradition of certain Schools of Healing a Practitioner simply Projects Energy to the Client - allowing the Energy to freely flow from the hands.

When the flow of the Energy stops – sufficient Energy is considered to have been “Projected”.

Certain postures facilitate the flow of Energy through the hand.

Using the correct posture assures the Practitioner that the Energy will not become obstructed.

Keep your hand horizontal when you are Projecting Energy.

Inhale … Focus on the Receiving Hand …

Exhale … Focus on the Projecting or Giving Hand.

*(Extracted from the Notes of Charlotte Anderson)*

(Instructor see Appendix K – Page 183)

After transferring Vital Life Energy to a Client’s physical body, please ask “How do you feel?” Feedback from the Client should be obtained - in order to avoid “Energy Congestion” on the treated part.

**REACTION IN THE ENERGY INFORMATION FIELD OF THE CLIENT**

The Client can feel discomfort if the Practitioner Projects too much Vital Life Energy into the Energy Body or Energy Information Field of the Client.

What type of reactions could the Client experience?

The Client can feel dizziness, heaviness in the upper area of the body, experience a faster Heartbeat or somewhat heavy breathing – due to the shift in level of their Energy.

On VERY rare occasions, it has been noticed that a Client might even faint. How can discomfort be avoided?

By simply looking regularly at the Client and asking about their well-being. When they are reassured -then discomfort may be easily avoided.

Immediately stop Projecting Energy - if the Energy flow from the Projecting Hand stops.
Some Practitioners tend to Project Energy too intensely. This may cause discomfort in the Client. When Projecting Energy – always SMILE, and Project gently in order to decrease the Clients resistance to the Projected Energy. If discomfort occurs, simply remove the excess Energy from the area where too much Energy was Projected.

**WHEN DO YOU KNOW THAT THERE IS ENOUGH ENERGY?**

When repulsion is felt the flow of Energy has stopped and that part is full.

After several minutes of work (*in our tradition this would be Projecting Energy*) the intensity of the (Energy) flow will diminish …
this means that the overall field is generally balanced (*or we would say - the area is sufficiently energized*) …

- Modified and Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Chapter 10, Page 206

Project Energy for as long as it is required. When there is sufficient Energy the Practitioner may feel a stop of the Energy flow. Stop Projecting Energy.
Sometimes already in the beginning the Projecting hand is pushed back. That means the Client is not receptive.
It means that the Client is saying, “I don’t believe in this … no, no, no!”

- Extracted from the Notes of Charlotte Anderson

**INSTRUCTOR DEMO**

Now, let’s Project Vital Life Energy. When you feel the Energy bouncing off of your hand, the Client is filled up.
*This feels like a slight “pressure” pushing your hand back. This indicates that the Practitioner should stop Projecting Energy.*
When pressure is felt, it is an indication that the flow of Energy has stopped or that the part is full. Please Project the Energy for as long as it is required.

Now, let us Secure the Energy. Which is more subtle Prana or Perfume? *(Wait for the student’s response) Prana.*
What happens if you leave the top off of the perfume bottle? *(Wait for the student’s response) It evaporates!*

If you do not Secure the Energy, it leaks out.
How do you Secure the Energy?
You Project Light Blue three times. Say Blue, Blue, Blue.
Then Disconnect and Cut, Cut, Cut.

(Ask the Client, “How do you feel?”)
(Ask the Client to give feedback to the group and take a seat.)

- Extracted from the Notes of Charlotte Anderson
## L8 – Lesson 8

### Things to Avoid in Pranic Energy Healing Level I

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<td><a href="http://www.pranichealing.org">www.pranichealing.org</a></td>
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</tbody>
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*these book references apply only to the Sequence you are now reading

### Please Avoid the Following Possible Problems Level I

1. When Projecting Energy to infants … Project it to them only for a short time. Infants are like small cups. They are filled quickly. So you Project Energy for a shorter period of time. Please, Project the Energy to infants very, very gently.

   - Extracted from the Notes of Charlotte Anderson

   In the case of infants and children, the transference of Vital Life Force may also cause the blood pressure to increase or may cause too much Pranic Energy from the base of the spine to go up to the brain.

   These conditions seriously affect the brain and in extreme cases may even cause death.

2. If Energy is Projected to the infant's Solar Plexus Energy Center, located at the hollow area between your ribs, this Center may become congested and may even affect the diaphragm. In some cases this can cause difficulty in breathing. In this case it is recommended that you Project Vital Life Energy directly into the Navel Energy Center located on the Navel.

3. For older people Project Energy very gently … but for a longer period of time. When you feel bouncing Energy … the Client is refilled. This is repulsion.

   - Extracted from the Notes of Charlotte Anderson

4. Do not directly Project Energy to the Front Heart Energy Center. Instead, when Energy is required, Project Energy to the Back Heart Energy Center.
The Practitioner must remember - to Project Energy only to the Back Heart Energy Center.

- Extracted from the Notes of Charlotte Anderson

5. Avoid the Transference of Vital Life Energy to the eyes directly. They contain minute Energy Channels or Meridians. If you Project Energy to them directly - they may immediately get better but then they might get worse after a day or two. So you project Energy to the Ajna, the back head and the temples – just a little.

- Extracted from the Notes of Charlotte Anderson

6. Do not Project Energy to the Meng Mein Energy Center. Where is the Meng Mein Energy Center located? Touch your Navel, then go straight through to the back - to directly behind the navel – at the back.

- Extracted from the Notes of Charlotte Anderson

In the case of pregnant women, an excess of Vital Life Energy may adversely affect the unborn child and may also cause the mother’s blood pressure to go up. This should be avoided.

7. Do not Project Energy to the Spleen Energy Center, except in case of severe infection. If the Spleen Energy Center is over-energized the person may collapse.

- Extracted from the Notes of Charlotte Anderson

To make Treatments safer, the Guidelines must be followed.

HISTORICALLY IT HAS BEEN NOTED THAT IN VARIOUS TRADITIONS ENERGY HEALERS HAVE USED THEIR EYES TO TRANSFER ENERGY TO THEIR CLIENTS.

“Gazing, or transmitting Prana by the eye…and as the eye is a well-known channel of conveying Mental Force, it follows that the eyes may be advantageously used in conveying or transmitting Vital Force in healing.”

- Extracted from The Science of Psychic Healing, by Yogi Ramacharaka, Chapter 7, Page 52, 1909

At “The Inner Sciences”, we do not recommend transferring energy with the more delicate parts of our body including - the eyes.

This is to avoid contaminating the PEP – who in their compassionate desire to heal
the other person – may inadvertently absorb some of the diseased Energy from the Client.

“Because the eyes absorb the diseased Energy … *(it)* is not advisable *(or)* too healthy for the Practitioner *(to direct Energy with the Eyes)*.  
… it is *(also)* not advisable to transfer Vital Life Energy directly *(to the client)* from *(any of)* your Major Energy Centers to the diseased part of the client for the same reason.”

- Modified and Extracted from *The Origin of Modern Pranic Healing and Arhatic Yoga.* by Master Choa Kok Sui, 2006, Chapter 10, Page 111

**RE-CHECK TO AVOID TOO MUCH ENERGY IN GENERAL**

If a Client feels any discomfort, please remove some of the Projected Energy.  
Re-check.  
“Feel” the Energy of the part being treated – then re-check to determine how the Client feels.

The Practitioner then needs to Secure the Energy so that it will remain where it has been Projected.
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<th>L9 – Lesson 9</th>
<th>Securing, Cutting, Disconnecting from the Energy</th>
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<td>Learn the Art of Psychic Defense, Remote Viewing, Telekinesis and more, by Nicholaus R. Taylor ©2003</td>
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<td>Hands of Light by Barbara Ann Brennan ©1987</td>
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<td></td>
<td>Possible Miracles - The Golden Lotus Sutra on Pranic Healing, by Master Choa Kok Sui, ©2004</td>
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**Securing the Energy**

It is necessary to “Secure” the Energy at the part of the body the Practitioner has just treated.

If a Pranic Energy Practitioner does not Secure the Energy, within 30 minutes to 1 hour - the pain or discomfort of the Client may come back.

“…coaxing an old trauma to leave, filling the hole left by the trauma with the rose light of unconditional love and sealing it off…”

- Extracted from Hands of Light by Barbara Ann Brennan, ©1987, Chapter 22, Page 231

How do you “Secure the Energy”?

You Project Light Blue three times. Visualize Light Blue …

Or say: “Blue, Blue, Blue” to the part that has been treated.

- Extracted from the Notes of Charlotte Anderson

_(Demonstrate how the Energy is Secured on the treated part of the body)_

If a Practitioner is not good at visualization then by simply forming the thought of
“Light Blue” and saying “Blue, Blue, Blue”, the Energy is Sealed. Once this has been done, the Energy will not “leave” or “leak out” from the locations where the Energy has been Projected. This we call Securing the Energy.

… projected Pranic Energy tends to leak out if it is not stabilized. Stabilization is done by energizing the treated part with light whitish blue prana, or covering the treated part with pastel blue prana through a “painting” motion of the hand. Symptoms tend to reoccur if stabilization is not done.

THE CONCEPT OF DISCONNECTING FROM THE PROJECTED ENERGY

After Securing the Energy the treatment should always end with Disconnecting from the Energy connection between the Practitioner and the Client.

Disconnecting the Energy Link between the Practitioner & the Client is very important.

The clairvoyant eye can perceive lines of Energy, resembling cords, entering into the Chakras and connecting you with another person…CORDS ARE PASSED BACK AND FORTH BETWEEN PEOPLE’S CHAKRAS CONSTANTLY, WITHOUT THE PEOPLE BEING AWARE OF IT ...

Obviously a cord in the third Chakra can only sap of your own Energy, and it would serve you to remove it.” (Emphasis by this author …)

USE THE TECHNIQUE OF CUTTING AND DISCONNECTING

It is widely recognized in multiple traditions, that Energy Connections (sometimes called “Cords”) exist between people. It is for this reason that people may sometimes become “addicted” to each other – due to these Energy Connections, that “bind” them together.
As we go through life meeting and greeting people, setting up relationships, we
CONNECT LITTLE ENERGY CORDS TO PEOPLE TO SUBCONSCIOUSLY and
intuitively read their personal data … The more of a personal relationship we build
with someone, the stronger the etheric cord gets … This can also drain our energy
as well.” (Emphasis by this author …)

- Extracted from Learn The Art of Psychic Defense, Remote Viewing, Telkinesis
  and more, by Nicholaus R. Taylor, © 2003, Chapter 1, Page 15

Practitioners should be aware of Energy Connections with their Clients – both
when Treating and interacting with them.

Developing personal relationships with Clients is not recommended. A Practitioner
will rapidly lose credibility if they establish personal liasons with their Clients.

The first, popularized by Max Long uses the analogy of aka thread, cords, and
fingers … According to this analogy, we remain in contact with everything we
sense by means of “sticky” aka threads, like drawn out strands of bubble gum, that
never break and never get tangled. Every time we renew contact, another thread is
formed, so that we are connected to certain people and places by cords rather than
threads. In addition, by the power of thought we have the ability to send out an
“aka finger” to places or people we have never been in contact with, and thereby
seek out information or have an influence.

- Extracted from Mastering Your Hidden Self: A Guide to the Huna
  Way, by Serge Kahili King, © 1985, Chapter 6, Page 69

When a Pranic Energy Practitioner gives a treatment, an Energy Cord or
Connection between the Client and the Practitioner occurs. It is always necessary to
Disconnect this Energy Link.

… Gently break the connection … and move away from the client …

- Extracted from Hand of Light, by Barbara Ann
  Brennan, ©1987, Chapter 22, Page 235

If the Energy Connection is not Disconnected, a portion of the transmitted Energy
may return to the Practitioner, thereby causing the treatment to be less effective.

ALWAYS DISCONNECT THE ENERGY CONNECTION BETWEEN THE
PRACTITIONER AND THE CLIENT

Disconnecting the Energy Cord or Link between the Practitioner and the Client is
fast and easy. This must be done after every Treatment.
Raise your hand – like a knife - and forcefully make a downward gesture
*(Instructor demonstrates)*
Form the intention to Disconnect the cord from the Client.
Mentally say, “Cut, Cut Cut!”

**FROM WHERE DOES A PRACTITIONER DISCONNECT?**
FROM THE FRONT AND BACK SOLAR PLEXUS.

- Extracted from the Notes of Charlotte Anderson

*(Instructor touches their Solar Plexus Energy Center and instructs the class to touch each area from which they must remember to “Cut” the Energy Link.)*

The Spleen *(Instructor touches their Spleen Energy Center and Says, Class touches the Spleen)*
From the Sex Energy Center - including all conscious and subconscious “illegal” connections. *(Instructor touches the Sex Energy Center and class touches the Sex Center)*

- Extracted from the Notes of Charlotte Anderson

**GIVING YOUR CLIENT INSTRUCTIONS AFTER TREATMENT**

In the same way that water and salt is used to absorb and disintegrate dirty Energies in the environment – water has been noted to interfere with Energy Treatments when used immediately after a session.

It is recommended for the Client to take a bath - with water and salt BEFORE Treatment.

Additionally it is recommended for Clients not to immerse their body in water for a minimum of 24 hours AFTER an Energy Treatment. If the condition is severe, they may even wish to refrain from bathing for a few days.

This practice will make the Energy Treatment more effective because the Projected Energy applied to their system will not be washed away – which allows the Energy sufficient time to be assimilated.
**STEPS REQUIRED FOR SUCCESSFUL TREATMENT**

1. **Confidence and Belief – Prayer or Invocation**

2. **Increasing the Responsiveness of the Hand Energy Centers**

3. **Remove or Clean the Unwanted or Abnormal Energy** – from the Area being Treated.
   - Flick the removed Energy from your hand regularly during the process of Cleansing.
   - Use a Basin of Water and Salt.
   - Always remember to **Clean your Hands**.

4. **Project or Transfer Vital Life Energy** to the Body or to the area being Treated.
   - Repeat the Cleansing of the Particular Area and the Transference of Vital Life Energy if necessary more often. Ask the Client if they feel okay.

5. **Secure the Energy**

6. **Disconnect from the Energy** - Cut the Connection to the Client

7. **Give Thanks**

**ALWAYS “GIVE thanks” AFTER A TREATMENT SESSION**

It is also advised to always “Give Thanks” for the Divine Guidance, Help and Protection received, after every session.

Healing is facilitated through the Divine Grace of the Supreme God.
Feeling a deep sense of Gratitude for the Mercy and Compassion received is an integral part of the Recovery Process of the Client.

There have to be cultivated emotions, feelings of deep gratitude on the part of the person being healed for regained health and on the part of the healer for the privilege of being a channel. Gratitude … plays an important part in the practice and the results.

- Extracted from *Kundalini Yoga*, by Swami Sivananda, ©1978, Chapter 7, Page 192

At the end of each session give a short Prayer of Thanksgiving
Please close your eyes. Mentally say:

“To the Supreme God,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help and Protection
and for Miraculous Healing Power.
With Thanks and in Full Faith.
Thank You.”

**PRACTICE IN USING THE SIMPLE STEPS**

If during the course of this workshop any subjects or volunteers feel discomfort,

simply clean the Excess Energy off of the Particular Area.

**1. PRACTICE ON TREATING TOOTHACHE**

Okay, Let’s Practice Treating Toothache.

1. Get a partner
2. Decide who will be the Practitioner, and who will be the Client.
3. Take a Basin with Water and Salt and Hand Spray
4. Practitioners stand up - Clients sit down

- Extracted from the Notes of Charlotte Anderson

**NOW, LET US INVOKE FOR DIVINE BLESSINGS**

“To the Supreme God
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help and Protection
and for Miraculous Healing Power.
With Thanks and in Full Faith. Thank You.”
5. When you treat, remove your watch. 
   Exercise your hands to increase Responsiveness 
   Practitioner SMILE. 
   Tell the Client to, “Close your eyes. Be conductive and sit with your feet flat 
   on the floor. Please complete the Energy Circuit by connecting your tongue 
   to the palate.”

6. Practitioner, complete the Energy Circuit.

7. Now, raise your hand in the air and sweep the tooth. 
   1, 2, 3, 4, 5 Throw. 
   Do this up to 30 times. 6, 7, 8, 9, 10 Throw; 11, 12, 13, 14, 15, Throw … 
   (Instructor, count up to 30. Give the students time.)

8. NOW CLEAN THE HANDS 
   Remember to decontaminate your hands. Spray your hands.

9. Now, let’s Project Vital Life Energy to the affected part, the tooth. 
   One hand is receiving and the other hand is giving the Energy. 
   Inhale slowly and comfortably … 
   Exhale slowly and comfortably … 
   When you feel the Energy bouncing off of your hand, 
   the Client is filled up. 
   This is repulsion. 
   When repulsion is felt, the flow of Energy has stopped. 
   The part being Treated is full. 
   Project the Energy for as long as it is required.

    How do you Secure the Energy? 
    You Project Light Blue three times to the treated tooth. 
    Mentally say, Blue, Blue, Blue, 

11. Now, Give Thanks, 

   “To the Supreme God, 
   Humbly we Thank You for Your Great, Great Blessings. 
   We Thank You for Your Divine Guidance, Help and Protection 
   and for Healing this Client. 
   With Thanks and in Full Faith. Thank You.”

12. Then Cut - Disconnect the Energy link. Say, “Cut, Cut, Cut”

   - Extracted from the Notes of Charlotte Anderson

2. PRACTICE ON TREATING HEADACHE

Okay, let’s practice treating the condition of a Headache. 
1. Do not change roles
LET US INVOKE FOR DIVINE BLESSINGS

“To the Supreme God,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help and Protection
and for Miraculous Healing Power.
With Thanks and in Full Faith, Thank You.”

2. Practitioner SMILE
   Say to the Client,
   “Please close your eyes.
   Be conductive and sit with your feet flat on the floor. Please complete the Energy Circuit by connecting your tongue to the palate.”

3. Practitioner, Complete the Energy Circuit.

4. Now, raise your hand in the air above the head of the Client and sweep the Head.
   1, 2, 3, 4, 5 Throw.
   Do this up to 30 times. 6, 7, 8, 9, 10 Throw, 11, 12, 13, 14, 15, Throw …
   (Instructor, count up to 30. Give the students time.)

5. NOW CLEAN YOUR HANDS

6. Now, let’s Project Vital Life Energy to the affected part of the head.
   One hand is receiving and the other hand is giving the Energy.
   Inhale slowly and comfortably …
   Exhale slowly and comfortably …
   Project the Energy for as long as it is required.

7. Now, raise your hand in the air and sweep the Ajna between your Eye brows. This Energy Center can be affected in case of Headache.
   1, 2, 3, 4, 5 Throw.
   Do this up to 30 times. 6, 7, 8, 9, 10 Throw, 11, 12, 13, 14, 15, Throw …
   (Instructor, count up to 30. Wait for the students.)

8. NOW CLEAN THE HANDS

   Use two Fingers to Project Energy to this small spot between the eyes.
   Do not Project Energy directly to the Eyes.
   Please position the hand and fingers carefully!
   One hand is receiving and two fingers are giving the Energy.
   Inhale slowly and comfortably …
   Exhale slowly and comfortably …
   When you feel the Energy bouncing off of your fingers, the Client has received enough Energy.
   Project the Energy for as long as it is required.

    Project light Blue three times. Mentally say, “Blue, Blue, Blue”.
    Do this in the Head area and at the Ajna Energy Center.

11. Now, Give Thanks
“To the Supreme God, 
Humbly we Thank You for Your Great, Great Blessings. 
We Thank You for Your Divine Guidance, Help and Protection 
and for Healing this Client. 
With Thanks and in Full Faith. Thank You.”


- Extracted from the Notes of Charlotte Anderson

3. PRACTICE on Treating Ailments of the Shoulder or Arm

Okay, let’s practice on ailments of the shoulder or arm.

1. Practitioners do not change roles!

LET US INVOKE FOR DIVINE BLESSINGS

“To the Supreme God, 
Humbly we Thank You for Your Great, Great Blessings. 
We Thank You for your Divine Guidance, Help and Protection 
and for Miraculous Healing Power. 
With Thanks and in Full Faith. Thank you.”

2. Practitioner SMILE.
Say to your Client

“Please close your eyes. 
Be conductive and sit with your feet flat on the floor. 
Please complete the Energy Circuit. 
Connect your tongue to the palate.”

3. Practitioner, complete the Energy Circuit.
4. Practitioner, raise your hand – above the shoulder and sweep the affected part in the Shoulder or the Arm.
   1, 2, 3, 4, 5 Throw.
   Do this up to 30 times. 6, 7, 8, 9, 10 Throw, 11, 12, 13, 14, 15, Throw …
   (Instructor count up to 30. Wait for the students.)
5. PLEASE CLEAN YOUR HANDS
6. Now, Let’s Project Vital Life Energy to the affected part of the Shoulder or Arm.
   (Instructor, take care, that the students do not point with their fingers to the head)
   One hand receives; the other hand gives the Energy.
   Inhale slowly and comfortably …
   Exhale slowly and comfortably …
When you feel the Energy bouncing off of your hand, the Client is filled up. Project the Energy for as long as it is required.

7. Now, let us Secure the Energy. Project Light Blue three times. Mentally say, “Blue, Blue, Blue”,

Now, Give Thanks

“To the Supreme God, 
Humbly we Thank You for Your Great, Great Blessings. 
We Thank You for Your Divine Guidance, Help and Protection 
and for Healing this Client. 
With Thanks and in Full Faith. Thank You.”

8. Then Cut the Energy Link - Completely Disconnect the Energy.

4. PRACTICE ON TREATING BACK PAIN

Okay, Let’s practice on treating Back Pain.

1. Practitioners stay the same, do not change roles. If your partner has lower Back Pain, ask them to stand up.

Invoke for Divine Blessings

“To the Supreme God, 
Humbly we Thank You for Your Great, Great Blessings. 
We Thank You for Your Divine Guidance, Help and Protection 
and for Miraculous Healing Power. 
With Thanks and in Full Faith. Thank You.”

2. Practitioner SMILE, Say to your Client, “Please close your eyes. Be conductive and sit with your feet flat on the floor. Please complete the Energy Circuit. Connect your tongue to the palate.”

3. Practitioner, complete the Energy Circuit.

4. Practitioner, raise your hand to the top of the head and sweep the affected part of the back – including the spine. (If the affected part is on the lower back, subsequent Sweepings should begin in area needing Treatment.)

1, 2, 3, 4, 5 Throw. Do this up to 30 times. 6, 7, 8, 9, 10, Throw. 11, 12, 13, 14, 15. Throw … (Instructor, count up to 30. Wait for the students.)

5. NOW CLEAN YOUR HANDS

6. Now, let’s Project Vital Life Energy to the part of the back being Treated.
You can use two fingers or the palm of the Hand.

(Instructor, be certain, that the students do not Project Energy to the Meng Mein Energy Center)

One hand receives, the other hand or the fingers Project the Energy.
Inhale slowly and comfortably …
Exhale slowly and comfortably …
When you feel the Energy bouncing off of your hand, the Client is filled up.
Project the Energy for as long as it is required.
7. Now, let us Secure the Energy.
   You Project Light Blue three times, mentally say, “Blue, Blue, Blue”,
8. Let us Give Thanks
   “To the Supreme God,
   Humbly we Thank You for Your Great, Great Blessings.
   We Thank You for Your Divine Guidance, Help and Protection
   and for Healing this Client.
   With Thanks and in Full Faith. Thank You.”

10. Is everyone okay?
11. Please give Feedback.
   (Instructor, repeat the whole exercise.)

- Extracted from the Notes of Charlotte Anderson

**WHY WILL A DELAY IN RELIEF SOMETIMES OCCUR?**

Pranic Energy Practitioners may notice that it may take some time for the Client to feel an easing of their discomfort.
This is because healing the Energy body is significantly faster than alleviating a condition in the physical body.

In other words, the chemical process involved in obtaining relief may take from minutes to hours, to even days after a treatment has been performed.
**EVERY BODY IS DIFFERENT …**
Some bodies heal faster, while some bodies are slower to heal.
Young Children heal or regenerate faster.

Be certain that the mind of the Client is focused on receiving the light of the healing.
Do not allow their minds to focus on their problem or negative things.

- Extracted from the Notes of Charlotte Anderson

**SOMETIMES “REJECTION” OF PROJECTED ENERGY MAY BE NOTED**
Some person may believe a Pranic Energy Practitioner may produce an immediate miracle … but even an aspirin takes time to be assimilated.

The Transference of Vital Life Energy is the factor that further accelerates the rate of improvement.
Rapid results are most frequently obtained when extremely thorough cleansing is applied …
A Client is often able to see or feel – rapid or sudden changes in their condition.
Usually a slight change may occur - even within two to three minutes.

- Extracted from the Notes of Charlotte Anderson

If the Client is not receptive to the Healing Energy or if they have already received enough of Energy or if there is no Karmic Entitlement to the Treatment – the Projected Energy may not penetrate their system – or penetrate the area where the Energy is being directed.

In another instance – when Energy is Projected – the Practitioner may note that the Projected Energy returns to their hand – or “rebounds” back into the Projecting hand.

**Practice, Practice, Practice**

It will take you approximately 4 hours to learn Fundamental Concepts of Pranic Energy Healing Level I.

Through the application of the simple technology given you may immediately begin to transform Energy from one state to another state.

The first step required is to practice regularly.
It is recommended that you start with simple conditions, in order to develop confidence. This is gained by achieving visible rapid results.
In the beginning treatments may take 15 – 20 minute for simple conditions.
As you practice and you gain an ability to feel the quality of various kinds of Energies, your ability to use this technology will become much faster.
Few modalities give a Practitioner the knowledge required to treat and alleviate conditions after only a short period of time.

**Blessings**

“To the Supreme God,
Thank You for Your Great Blessings.
Humbly we Invoke for Divine Guidance, Help and Protection
and for Divine Healing Power.
Thank You for using us as Instruments for Healing,
With Thanks and in Full Faith.”
### L11 – Lesson 11

<table>
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<td><em>Prana, The Secret of Yogic Healing</em>, by Atreya, Samuel Weiser Inc, ©1996*</td>
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<td><em>The Universal Healing Art of Jing-Qi-Shen</em>, by Ven. Rinchen Chodak, ©2006*</td>
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<tr>
<td><em>Taoist Meditation: the Mao-Shan-Tradition of Great Purity</em>, by Isabelle Robinet, ©1970*</td>
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<td><em>Transitions to a Heart Centered World: Through the Kundalini Yoga and Meditation</em>, by Guru Rattana, Ph.d ©1988*</td>
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<td><strong>Other</strong></td>
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<td><em>Appendix E – Additional Info on the Energy Centers</em></td>
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*These book references apply only to this Sequence that you are reading*

### ALWAYS INVOKE FOR DIVINE BLESSING

Let us begin with a short Prayer.
Please close your eyes.
“To the Supreme God, 
Humbly we Invite for Divine Guidance, Help and Protection 
and for Divine Healing Power. 
Thank You for using us as Instruments for Healing. 
With Thanks and in Full Faith.”

**THE ENERGY CENTERS**

The Energy Centers are like Power Centers that generate Energy for the different areas of the body. This can be compared to having different power stations - that serve various parts of different communities - within one metropolitan area.

*(Give an Example some of your Cities around you.)*

In this workshop we will focus on discussing the Major Energy Centers. All Energy Centers are Beings or Devas. The form of the Energy Centers is like “flowers” - but they are made of Light.

“For our purpose we identify and work with seven principal chakras and four secondary ones. All eleven Energy Centers are connected to an "Energy Channel" which runs behind and parallel with the spine ...”

"Anything which disturbs an Individual's normal functioning has the potential to disturb the chakras as well... Physical as well as psychological problems can result from these blockages, and a healer can frequently accomplish a great deal simply by cleaning out and aligning the chakras."

-Sent from *Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Chapter 1, Page 26

Sometimes children may have bigger Energy Centers than adults. This is dependent on the development of the soul of the person.

-Sent from the Notes of Charlotte Anderson

**LOCATION AND FUNCTION OF THE MAJOR ENERGY CENTERS**

Now, where are the 11 Major Energy Centers located and what are the Functions of the individual Energy Centers?

-(Instructors look to see that the students grasp these important areas. Correct if the student’s hands are placed incorrectly.)
When I touch, touch.
When I say repeat, repeat.

- Extracted from the Notes of Charlotte Anderson

**BASIC ENERGY CENTER**
*(Instructor projects a colored image of the Energy Center on the screen.)*

Touch the base of your spine.
Say “Basic Energy Center”  *(Wait for the student’s response.)*

- Controls and energizes the skeletal and muscular systems
- Regulates the production of blood in the body
- Controls the adrenal glands

- Extracted from the Notes of Charlotte Anderson

When the center is blocked or closed … *(the person)* will avoid physical activity, will be low in Energy and may even be “sickly”. He will lack physical power.

- Extracted from Hands of Light, by Barbara Ann Brennan, ©1987, Chapter 9, Page 72

**SEX ENERGY CENTER**
*(Instructor projects a colored image of the Energy Center on the screen.)*

Touch the pubic area.
Say “Sex Energy Center”  *(Wait for the student’s response.)*

- Controls and increases the Energy of the sex organs and the urinary bladder.
- 30 percent of the Energy of the Sex and Basic Energy Center goes to the legs.
- Clients who are sexually impotent must also have their Sex and Basic Energy Centers treated.

- Extracted from the Notes of Charlotte Anderson

Sacral Center … Gonads … Sex Organs …

- Extracted from Esoteric Healing, by Alice A. Bailey, ©1953, Chapter 1, Page 45

**“THE BASIC AND SEX ENERGY CENTER ARE LIKE THE ROOTS OF THE TREE”**

People with ailments involving weak legs require the treatment of both the Sex and Basic Energy Centers.

- Extracted from the Notes of Charlotte Anderson

The Sacral Center is related to the quantity of sexual Energy of a person.

- Extracted from Hands of Light, by Barbara Ann Brennan, ©1987, Chapter 9, Page 72
**NAVEL ENERGY CENTER**  
*(Instructor projects a colored image of the Energy Center on the screen.)*

Touch your Navel.  
Say, “Navel Energy Center” *(Wait for the students response.)*

- Controls and energizes the small and large intestines.  
- The Navel Energy Center of a woman also affects the process of giving birth.  
  By doing thorough Cleansing of the Navel and then Projecting of Energy to that area during labor, a Client may be assisted in accelerating the delivery process.  
  - *Extracted from The Notes of Charlotte Anderson*

… Body Organs: Large intestine, colon …  
  - *Extracted from The Universal Healing Art of Jing-Qi - Shen, ©2006, Chapter 6, Page 34*

Navel Chakra is associated physically with health, vitality, well being, good digestion and energy.  
  - *Extracted from Transitions to a Heart Centered World: Through the Kundalini Yoga and Meditation, by Guru Rattana, Ph.d, ©1988, Page 11*

**“WHEN YOU PROJECT ENERGY TO THE NAVAL … THE WHOLE BODY GETS ENERGIZED”**

**SOLAR PLEXUS ENERGY CENTER**  
*(Instructor projects a colored image of the Energy Center on the screen.)*

Touch the hollow area between your ribs.  
Say, “Solar Plexus Energy Center” *(Wait for the student’s response.)*

The Solar Plexus Energy Center is located both in the front and back of the body.  
Touch the Back Solar Plexus Energy Center.  
Say, “Back Solar Plexus Energy Center” *(Wait for the student’s response.)*  
- Controls and energizes the liver, pancreas, stomach, diaphragm, and to a large extent, the large and small intestines.  
- Controls and energizes the digestive, assimilative and eliminative system.  
  - *Extracted from The Notes of Charlotte Anderson*

Solar Plexus: Pancreas, Stomach, Liver, Gall-Bladder …  
  - *Extracted from Esoteric Healing, by Alice A. Bailey, © 1953, Chapter 1, Page 45*
“NEGATIVE EMOTION OF STRESS AFFECTS THE LIVER & OTHER ORGANS…”

**MENG MEIN ENERGY CENTER**

*(Instructor projects a colored image of the Energy Center on the screen.)*

Now, touch the back - opposite to the Navel
Say “Meng Mein Energy Center” *(Wait for the student’s response.)*

- Controls and energizes the kidneys and adrenal glands.
- Controls the blood pressure.
- The Meng Mein Energy Center, together with the Sex Energy Center, controls the urinary system.

- *Extracted from the Notes of Charlotte Anderson*

GV4, Ming Men: some clinical Indications … Hemorrhage, lumbar pain, diseases of adrenal gland …

- *Extracted from Acupuncture Medicine: Its Historical and Clinical Background, by Yoshiaki Omura, © 1982, Page 118*

Remember not to energize the Meng Mein Energy Center of infants, children, pregnant women and hypertensive Clients.

By removing diseased Energies from the Meng Mein Energy Center through sweeping 100 to 200 times, the blood pressure is gradually able to normalize. This treatment may be repeated until the condition normalizes.

- *Extracted from the Notes of Charlotte Anderson*

… one may generally consider ming-men as referring to the kidneys

- *Extracted from Taoist Meditation: the Mao-shan Tradition of Great Purity, by Isabelle Robinet, © 1979, Chapter 2, Page 79*

“The Spleen Energy Center also controls the physical Spleen. The Blood of the body passes through the spleen 3 times per minute …”

**Spleen Energy Center**

*(Instructor projects a colored image of the Energy Center on the screen.)*

Touch the middle of your left lower rib.
Say “Front Spleen Energy Center” *(Wait for the student’s response.)*
The Spleen Energy Center also is located at the back of the body.
Touch the Back Spleen Energy Center.
Say “Back Spleen Energy Center”

(Wait for the student’s response.)

- Controls the Spleen, and draws in Pranic Energy from the surroundings, digests it and distributes it to all the different Energy Centers.

- To rapidly revitalize weak Clients, thoroughly remove the diseased Energy and Project Vital Life Energy to the person. This is to be done preferably by an experienced Practitioner.

- Extracted from the Notes of Charlotte Anderson

… the Spleen is the organ of Prana or of physical vitality …

- Extracted from Esoteric Healing, by Alice A. Bailey, © 1953, 6th Printing 2007, Chapter 1, Page 177

… (the Center) at the spleen - is devoted to the specialization, subdivision and dispersion of the vitality …

- Extracted from The Chakras, by Charles W. Leadbeater, ©1927, 15th Reprint 2006, Chapter 1, Page 12

“Activating the Heart will help to normalize Both the Upper and the Lower Energy Centers.”

- Extracted from the Notes of Charlotte Anderson

**Front Heart Energy Center**

(Instructor projects a colored image of the Energy Center on the screen.)

Touch the center of your chest with the pads of your fingers.
Say, “Heart Energy Center” (Wait for the student’s response.)

The Heart Energy Center also is located at the back of the body.
(Show the students the location of the back Heart Energy Center.)
Touch the Back Heart Energy Center.

Say “Back Heart Energy Center”

(Instructor projects a colored image of the Energy Center on the screen.)

(Wait for the student’s response.)

- Controls and energizes the physical heart and the thymus gland.
- Back Heart Energy Center controls and energizes the physical heart, the thymus gland, and the lungs.
- Both the front and the back Heart Energy Center are interconnected.
When Projecting Energy to the Heart, always remember to Project the Energy through the Back Heart Energy Center.

- Extracted from the Notes of Charlotte Anderson

Heart: Thymus, Heart Circulation System, Blood …

- Extracted from Esoteric Healing, by Alice A. Bailey, ©1953, Chapter 1, Page 45

THROAT ENERGY CENTER

(Instructor projects a colored image of the Energy Center on the screen.)

Touch the Throat.

Say “Throat Energy Center” (Wait for the student’s response.)

- Controls Throat, Thyroid Gland, Parathyroid Gland, Lymphatic System.
- To a certain degree it influences the Sex Energy Center.

- Extracted from the Notes of Charlotte Anderson

Throat: Thyroid, Breathing Apparatus, Sound …

- Extracted from Esoteric Healing, by Alice A. Bailey, ©1953, Chapter 1, Page 45

“THE AJNA IS CONNECTED TO THE CONCRETE MIND AND TO STRESS”

AJNA ENERGY CENTER

(Instructor projects a colored image of the Energy Center on the screen.)

Touch the empty space between the Eyebrows.

Say “Ajna Energy Center” (Wait for the student’s response.)

- Controls and energizes the Pituitary Gland, the Endocrine System and the other Major Energy Centers.
- It is the Master Energy Center.

- Extracted from the Notes of Charlotte Anderson

Center between the Eyes - Ajna Center - Pituitary gland, Nose …

- Extracted from Esoteric Healing, Alice A. Bailey, © 1953, Chapter 1, Page 45

“ACTIVATING THE AJNA ENERGY CENTER HELPS TO NORMALIZE THE HIGHER ENERGY CENTERS”
**FOREHEAD ENERGY CENTER**
*(Instructor projects a colored image of the Energy Centers on the screen.)*

Touch the middle of the forehead.
Say “Forehead Energy Center”  *(Wait for the student’s response.)*

- Controls and energizes the Nervous System and the Pineal Gland.

  - Extracted from the Notes of Charlotte Anderson

In the school of Atreya the Forehead Energy Center is called a Minor Chakra…
Forehead … nervous system, endocrine system …

  - Extracted from *Prana, The Secret of Yogic Healing*, Atreya, Samuel Weiser, Inc, © 1996, Chapter 10, Page 64

**CROWN ENERGY CENTER**

*(Instructor projects a colored image of the Energy Center on the screen.)*

Touch the top of your Head.
Say “Crown Energy Center”  *(Wait for the student’s response.)*

- Controls and energizes the brain and the Pineal Gland.

At the back of the head is the Back Head Minor Energy Center.
By Projecting Energy to the Back Head Minor Energy Center, the brain can be energized along with the eyes, the ears, the Pineal and the Pituitary Glands, and the mouth.

  - Extracted from the Notes of Charlotte Anderson

The Crown Chakra – Pineal Gland…

  - Extracted from *Esoteric Healing*, by Alice A. Bailey, © 1953, Chapter 1, Page 45

… Top of the head: control(s) the Brain and Pituitary Gland.


**ENERGY CENTERS CONTROL THE INTERNAL ORGANS AND THE ENDOCRINE GLAND SYSTEM**

Let’s make a fast overview regarding the Internal Organs.
This does not mean that after going over the organs you are an expert.
This exercise simply shows the location of the various organs so that they are easier to work with effectively.
(Instructor projects a colored image of the Internal Organs of the body on the screen.)

Touch the Crown and the Forehead Energy Center.  
Say, “Brain and Central Nervous System”

Touch the Ajna.  
Say, “Executive Energy Center, pituitary gland,  
Upper respiratory system, nose, sinuses”

Touch the throat  
Say, “Larynx, voice box, thyroid gland, air tube, bronchi, food tube”

Heart, touch the front heart  
Say, “Thymus, physical heart, right and left ventricle, right and left atrium”  
Right upper side - pacemaker.  
Left side – critical side.  
Touch the back Heart

Say, “Lungs”

Touch the lungs, left and right.  
Touch the Center of the body  
Say, “Stomach”

Touch the Right side of the body  
Say, “Liver”  
The liver digests fat, has lymph nodes inside, produce cholesterol and cleans the blood. Stress affects the liver.

At the top, back of the body – is the pancreas.  
Say, “Pancreas”

Put your right hand on top of your left hand.  
Say, “Islets of Langerhans”  
The pancreas and the cells at the top of the pancreas produce insulin. This helps to digest food.

Touch the left side of the body.  
Say, “Spleen”  
It destroys diseased dirty blood cells.

If the spleen is not functioning, the person may feel weak.  
Touch the back, right and left.  
Say, “Kidneys” - purifies blood from toxins.
Touch just above your kidneys
Say, “Adrenal glands”

Now touch the diaphragm
Say, “Diaphragm - movement of the lungs, makes the lungs work”
It separates the organs of the upper part of the body from the digesting and simulative organs from the lower part of your body.

Touch the abdomen area
Say, “Intestine - Digestion, Elimination, and Circulation”

Middle - Transverse colon
Right side - Ascending colon
Left side - Descending colon.
Center of the body bellow the Navel - Small intestines

Lower Area
Sex organs, uterus, female organs, urinary bladder, prostrate gland, and testicles.

- Extracted from the Notes of Charlotte Anderson
### L12 – Lesson 12  |  FEELING THE ENERGY

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<td>Book Reference</td>
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**PHYSICAL EXERCISES FOR “FEELING OF THE ENERGY”**

Chi Gung was developed in China, nearly 5,000 years ago. We will use a modification of Chi Gong Movements in order to allow the Practitioner to increase their Sensitivity to Subtle Energy.

When old energies are released, one’s Meridians or Nadis become cleansed. This allows Subtle Energies to freely flow in the Energy Channels within the body and increases the Practitioner’s ability to Feel Subtle Energies to a far higher degree.

Let us do the short set of Physical Exercises to Increase the Responsiveness of the Hand Energy Centers.

*(Please stand up)*

1. Twist the upper part of your body to the right then to the left, right, left, right, left – Do this 12 times.
2. Rotate your hips 12 times to the right and 12 times to the left.
3. Turn your head to the right and turn it to the left.
4. Now, please exercise your shoulders by rotating your arms 12 times back, then forward 12 times.
5. Now, bend your elbows up and extend your arms forcefully downwards spreading your fingers and allow the Energy to be Thrown forcefully out of your hands, your fingers and even your webs between your fingers. Can you feel something coming out
6. Now, let us exercise the wrists 12 times to the left and 12 times to the right
7. Now, stretch your left hand up, with the palm reaching to the sky, while your simultaneously stretch your left hand down to the ground. Reach and stretch with the right hand up, with the left hand down. Please do this seven times.

“The Hand Chakras are the Chakras brought into play whenever… Healers use their hands both to receive and to communicate Healing Information and Energy.”

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, Chapter 1, Page 31, ©1978

**INCREASE THE RESPONSIVENESS OF THE HAND ENERGY CENTERS**

**Lets Practice**

1. Complete the Energy Circuit by connecting your tongue to your palate.
2. Press the center of the left palm with the thumb of the right hand.
   Press the center of the palm and simultaneously turn the thumb in a clockwise motion.
   This is done in order to activate the Hand Energy Center.
3. Now, repeat this process with the right palm and the left thumb.
   Remember to turn the thumb clockwise while pressing the palm.
   This process will facilitate your ability to “Feel” the Energy.
4. Now, press the tip of each finger against the tip of the thumb
5. Now, place your two hands about 2 - 3 inches or 5 - 7 cm apart.
6. Do not imaging anything.
7. Do not expect anything.
8. Simply be neutral.
9. Now, very slowly move your hands away from each other – then bring them closer together again.
10. Continue to move your hands slowly together and apart.
11. Just try to “Feel” the Energy.
12. Do not try too hard … just relax.
13. Inhale slowly and comfortably …
14. Exhale slowly and comfortably …
15. Repeat this for seven breathing cycles.
   *(Instructor waits for a few minutes.)*
16. Remember to maintain your concentration on the center of your palms.
17. Thank you.

Do this exercise before the Practice of “Feeling” the Energy.
This will assist the Practitioner to achieve better results.

“The feeling of building something up between your hands is that of a tickling sensation with pressure, somewhat like static electricity. When the Energy Body
edges touch each other, there is a feeling of tingling and of pressure”

- Extracted from *Hands of Light*, by Barbara Brennan, Chapter 7, Page 55, 1987

**LET US TALK ABOUT “FEELING THE ENERGY”**

The Practice of this technique will increase the Practitioner’s ability to “Feel” or “Scan” the Energy.

Through this process it is possible to determine whether a reduction or an enhancement in the Energy Level of the Client is needed.

**ASSESSMENT OF THE LEVEL OF ENERGY OF THE BODY OR THE AREA BEING TREATED, DETERMINES WHETHER OR NOT THE CLIENT NEEDS MORE OR LESS ENERGY IN THAT AREA.**

Feeling Energies or “Scanning” may be used to check the entire body or a specific part of the body.
Move your hand slowly toward the Client - gently Feeling the Energy.
Please do not “slap” at the edges of the Energy, by moving your hands too rapidly.

“Scanning a friend …
First, scan the body to find an area you are attracted to.
You may use your hands …”

- Extracted from *Hands of Light*, by Barbara Ann Brennan, Chapter 18, Page 166, ©1987

*Move your hands slowly …*
When you feel Pressure … it means that you have located the edge of the Energy Information Field of the Client.

“…Feel for his aura by holding your hand palms down about one foot above from him. Feel for sensations of heat, fullness, or tingling. When you sense or feel the aura, start to move your hands over the entire Aura in order to compare temperatures, sensations, feelings, and images that come to your own mind.”

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, Chapter 2, Page 44, ©1978

It is important to feel both the general Energy Level … and the “thickness” of the part being scanned.

This subtle difference allows the Practitioner to have a reference point or a
standard for comparison when Feeling the Energy of the different Organs and Energy Centers. There can be “Energy Depletion” or “Energy Congestion”.

“…each chakra is a doorway for energy of a different frequency. When any of these doorways are closed or blocked for any reason whatsoever, problems arise because energy needed to nourish the physical body is restricted, and these problems will later be transmuted into physical disease.”

- Extracted from *The Art of Spiritual Healing*, by Keith Sherwood, © 1985, Chapter 6, Page 63

In areas where you do not feel the Energy or if you do not feel any pressure against your hand when it is near the body, this indicates an insufficient amount of Energy in the area being Treated.

The surrounding fine meridians may be partially or severely blocked causing the Energy to be restricted from flowing freely through the Particular Area or “affected part”.

“If there is no sensation in your hands above these areas, the Energy is not flowing properly there.”

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, Chapter 2, Page 45, ©1978

Another cause may be if the Energy Center is lacking in Energy or if it has been so filled up with the dirty or diseased Energy due to the ailment or condition of the Client.

When the hand of the Practitioner feels like it is being pushed back - or pushed away from the body, this is an indication of Energy Congestion.

The Energy may push the hand back even for more then 1–2 meters. This means that too much Energy or Bio–Plasmic Matter is causing the surrounding Meridians to become partially or severely blocked. The Energy cannot move.

“If parts of the Aura feels thick or dense, there is an excess of Energy in these areas which may have accumulated in one spot because it is blocked in some other part of the Aura.”

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, Chapter 2, age 46, ©1978

The Pranic Energy Practitioner must remember that diseases first manifest in the Energy Body before manifesting in the visible physical body. When feeling the Energy or the Inner Energy Information Field it is important to
feel not just the first layer of the Energy but also to gently feel the *Inner Layers* of the Energy.

Careful examination when feeling the Energy may reveal that one layer is thin - meaning that not enough Energy is present - while another layer may be observed to be normal.

Move your hand slowly back and forth in order to “feel” the Energy carefully. Maintain an intention to feel the Energy of the Client. Feel and scan the Client from their head to their feet. Then feel or scan the front and the back of the body.

Determine if the right and the left sides of the body are equal or imbalanced. The right and left sides of the body should have the same degree of Energy – with regard to the *amount* of Energy and the same degree of the *thickness* in the Energy.

Feeling the Energy with your fingers is required when locating small trouble spots within the body.

The palm of your hand may feel the healthier areas you are examining, but it may not have adequate sensitivity to detect very small trouble spots. In this case it is necessary to feel the Energy with your fingers. *(Instructor demonstrates.)*

**FEEL OR SCAN BEFORE YOU DO A TREATMENT**

Check the Energy condition of the Client.

First, scan the body to find an area you are attracted to. You may use your hands…

* - Extracted from *Hands of Light*, by Barbara Ann Brennan, © 1987, Chapter 18, Page 166

Pranic Energy Practitioners must improve their ability to Scan or Feel Energy properly. This is a skill that can be developed.

* - Extracted from the Notes of Charlotte Anderson

It is helpful to learn how to feel the size and the shape of the Outer, the Health – and the Inner Energy Information Field.

This is because both, the Outer Energy Information Field and the Health Energy Information Field are more subtle than the Inner Energy Information Field.

**“FLICK “THE HAND REGULARLY IN THE FEELING PROCESS**

Sometimes the hand of the Practitioner comes into contact with diseased Energy during the process of “Feeling” of the Energy.
This is why it is important to “Flick” the Hand between the Feeling regularly.

“Every once in a while raise the Hands and "Flick" the fingers as if you were throwing off the diseased condition.”

- Extracted from *Hindu Yogi Breathing Exercise*, by Yogi Ramacharaka, ©1909, Chapter 6, Page 34

**FEELING THE INNER ENERGY INFORMATION FIELD AND THE ENERGY CENTERS**

**IN FEELING OR SCANNING - FOLLOW THE PROCEDURE:**

1. Increase the Responsiveness of the Hand Energy Centers.
2. Isolate the Client from your Energy Information Field.
3. Then scan.

*Accurate Scanning or “Feeling” - the Energy of the Energy Centers - or the Energy Information Field - cannot take place if the Practitioner does not completely Separate the Client - from the Practitioner’s Energy Information Field.*

The Energy Information Field and the Energy Centers of the Practitioner need to be stronger than the Client. A Client’s Energy Center’s will start to change more rapidly during Treatment Energy flows from the Practitioner to the Client.

- Extracted from the Notes of Charlotte Anderson

How to do this?
Say, “The Client is Isolated from my Energy Information Field right now.”

**DURING SCANNING LOOK AT THE PART YOU WISH TO FEEL**

Now, validate the effect when you look at the part you wish to feel.
To the class:

1. Complete the Energy Circuit.
2. Invoke for Divine Blessings,

   “To the Supreme God,  
   Humbly we Invoke for Divine Guidance, Help and Protection,  
   For Clarity in our Feeling and for Divine Healing Power.  
   With Thanks and in Full Faith.”

   - Extracted from the Notes of Charlotte Anderson
3. Increase the Responsiveness of the Hand Energy Centers. Press the center of the left palm with the thumb of the right hand. Press the center of the palm and simultaneously turn the thumb in a clockwise motion.

4. Now, repeat this process with the right palm and the left thumb. Remember to turn the thumb clockwise while pressing the palm.

5. Now, press the tip of each finger against the tip of the thumb.
6. Inhale slowly and comfortably …
7. Exhale slowly and comfortably …
8. Concentrate on the center of your palms and on the tips of your fingers.
9. Form an Intention to “Feel” the Energy of the finger of the other Hand.
10. Look at the part you wish to feel.
11. Slowly move the Hand back and forth.
12. Can you feel the Energy Information Field of the finger?
   (Wait for the student’s response.)

Now check the effect - when you do not look at the Affected Part*.

(Instructors Note:
Yogi Ramacharaka and Master Choa Kok Sui – both used the Terminology “Affected Part”. In Pranic Energy Healing we use the Terminology “Particular Area”.)

… for the underlying principle of Pranic Healing seems to be that the healer sends a supply of Pranic Force to the Affected Parts, supplying the deficiency of Prana in those parts.

- Extracted from The Science of Psychic Healing, by Yogi Ramacharaka, ©1909, Chapter 6, Page

Again Feel and Scan the Energy.

1. Look at the Ceiling.
2. Form an Intention to “Feel” the Energy of the finger of the other Hand.
3. Inhale slowly and comfortably …
4. Exhale slowly and comfortably …
5. With one Hand or with one finger try to feel the Energy Information Field of the Finger of the opposite Hand.
6. Concentrate on the center of your palms and on the tips of your fingers.
7. Slowly move the Hand back and forth.
8. Can you feel a difference?
9. What is the difference?
   (Wait for the student’s response. Let the group discuss for about 5 minutes).

Always “Feel” and Scan the Energy while “looking” at the affected part.
Who wants to learn to feel the Energy?
Let's practice.

Take a partner.
One person be the Client and one person be the Practitioner.
Take a Basin with Water and Salt and a Hand Spray.
Practitioners stand up. Clients remain seated.
(Wait for the students to find a partner.)

1. Invoke for Divine Blessing,

“To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection,
For Clarity in our Feeling and for Divine Healing Power.
With Thanks and in Full Faith.”

2. Complete the Energy Circuit.
3. Isolate the Client from your Energy Information Field.
   Say, “The Client is Isolated from my Energy Information Field right now!”
4. Now, Practitioners stand about 3 feet or 1 meter away from the Client with
   the palms facing the Client and the arms slightly outstretched.
5. Focus on Feeling the distance of the Outer Energy Information Field of the
   Client.
6. Proceed to feel the Outer Energy Information Field with one or both hands
   by moving the hands slowly and slightly back and forth.
7. Stop when you feel heat, a tingling sensation or a slight pressure.
8. Now, focus on Feeling the distance of the Health Energy Information Field
   of the Client.
9. Proceed to feel the Health Energy Information Field with one or both hands
   by moving the hands slowly and slightly back and forth.
10. Stop when you feel heat, a tingling sensation or a slight pressure.
11. Now, focus on Feeling the distance of the Inner Energy Information Field
    of the Client.
12. Proceed to feel the Inner Energy Information Field with one or both hands
    by moving the hands slowly and slightly back and forth.
13. The Inner Energy Information Field is usually about 5 inches or 12 cm
    in thickness.
14. Stop when you feel heat, a tingling sensation or a slight pressure.
    (Wait for the students to find the Outer, Health and Inner Energy Information Field.)
    (Then ask the Practitioners …)
15. Can you feel the Energy Information Field?  (Wait for the student’s response)
16. Now … Feel the Energy of the left part and right part of the body.
Move your hand slowly and slightly back and forth.
Feel the front and the back of the body - from the head down to the feet.
The right and left side of the body should have approximately the same thickness.  (Wait a few seconds)

17. Now, Feel the Energy of two Energy Centers on the front side of the body and the Corresponding Energy Centers on the back of the body.
To do this properly you have to remember where the Energy Centers are located.  (Wait a few seconds)

18. Feel the Energy of the Forehead Energy Center.
Where is the Forehead Energy Centers located?
(Wait for the student’s response. Show it again if necessary)

19. Move the hand slowly back and forth.
Be certain that the hand is directly in front of the Forehead Energy Center.
(Wait a few seconds.)

Where is the front Solar Plexus Energy Center located?
(Wait for the students response and show it again if necessary.)

Take care that your hand is directly in front of the Energy Center that you wish to feel.  (Wait a few seconds.)

Now Clients, turn around.
Let’s practice on the back of the body.  (Wait for a few seconds.)

22. Feel the Energy of the back Heart Energy Center.
Where is the back Heart Energy Center located?
(Wait for the student’s response. Show it again if necessary)

23. Move the hand slowly back and forth.
Be certain that your hand is directly in front of the Energy Center.
(Wait a few seconds.)

24. Feel the Energy of the Basic Energy Center.
Where is the Basic Energy Center located?
(Wait for the student’s response. Show it again if necessary)

25. Move your hand slowly back and forth.
Take care that your hand is directly in front of the Energy Center.
(Wait a few seconds.)

26. Disconnect the Energy Link
27. Give feedback to your partner
Is there an Energy Reduction or Congestion in any part of the Energy Body or in any Energy Center?
(Wait for about one minute.)

Change roles and repeat the process.
(If there is an opportunity to go outside – the students may go outside to scan the flowers and the trees)

(Give the students 5 minutes time to experience Feeling of Energy in Nature.)
Are there any questions?
(卫 the questions of the students and answer them carefully.)

“AS YOUR HAND BECOMES MORE SENSITIVE YOU CAN DISTINGUISH BETWEEN STRONG, WEAK AND PAINFUL ENERGIES.
THROUGH SCANNING YOU CAN ALSO DETECT IF A PERSON HAS HIGH OR LOW ENERGY”

- Extracted from the Notes of Charlotte Anderson

If one puts one´s hand next to a person´s body, one will feel the warmth of the heat given off, and as the hand is brought further away, the heat diminishes to a point where it is no longer apparent. Heat is one form of energy, and it requires no stretch of the imagination to say that the heat emanating from a person´s body is one expression of that person´s vibratory field.


FEEL THE DIFFERENCE IN THE ENERGY INFORMATION FIELD, WHEN THE CLIENT IS ISOLATED FROM THE PRACTITIONER

Let’s do an experiment.
Take a partner.
Practitioner stand up, Client remain seated.

1. Invoke for the Divine Blessing,

   “To the Supreme God,
   Humbly we Invoke for Divine Guidance, Help and Protection,
   For Clarity in our Feeling and for Divine Healing Power.
   With Thanks and in Full Faith.”

2. Both Practitioner and Client, complete the Energy Circuit. Connect the tongue to the palate
3. Now, Practitioner, Feel the Inner Energy Information Field of the Client
4. Practitioner mentally “Isolate” the Client from your Energy Information Field
5. Feel the Client’s Energy Level again
6. Change roles
7. Get Feedback
L13 – Lesson 13  |  GENERAL CLEANSING

Organisational:  |  Approximately 20 min

Power Point

Book Reference  |  *these book references apply only to the Sequence you are now reading

|  Fourteen Lessons in Yogi Philosophy by Yogi Ramacharaka, © 1903, 2007 |
|  The Science of Psychic Healing by Yogi Ramacharaka, ©1909 |
|  Hands of Light by Barbara Ann Brennan, ©1987 |
|  Chakra Therapy: For Personal Growth & Healing, by Keith Sherwood, ©1988 |

**GENERAL CLEANSING**

“Let the client sit in a chair, you standing before him… Then raise them (your hands) to the level of the patient’s head, and sweep them slowly toward his feet, with your palms toward him with fingers outstretched, as if you were pouring force from your fingertips upon him… Then repeat several times.

In sweeping downward, do not stiffen the muscles, but allow the arms and hands to be loose and relaxed.”

- Extract from *Fourteen Lessons in Yogi Philosophy*, by Ramacharaka, ©1904, Lesson 8, Page 154

General Cleansing is an ancient method to clean the Energy body in general. Many Esoteric Authors have written about this kind of cleansing.

In the Hindu Tradition, where “Cleansing” the Aura was a common practice, this technique is called by many names

They not only used their hands to “sweep” the Client’s body, sometimes they used a broom or a small tree branch – moving it in a sweeping motion from head to toe.

It is this sweeping motion that actually removes diseased energies from the Aura of the Client. In Hindi this is called “Jhadna”, in Tamil language it is called “Krishti Kadikarthi”. In mountainous regions Pine Branches were used.

In the state of Maharashtra, in India they sometimes use an egg or a lemon to cleanse away the dirty or diseased energy from a person. Clearly these multiple methods used to clean the Energy system of a person, is why Pranic Energy Healing is considered to be a part of the Yoga Vidya system of ancient Indian
Knowledge and Wisdom.

General Cleansing is done with a series of Downward Sweeping movements. Move your hands downward only.

“The downward motion of the hands, bring a restful feeling to the patient, while an upward movement in front of the face causes a feeling of wakefulness, and activity.”

- Extracted from The Sciences of Psychic Healing, by Yogi Ramacharaka, Chapter 7, Page 54, 1909

In Downward Sweeping, start with the hands over the top of the center of head down, down, down to the feet.

How to do this?

“… from the head…comb their whole auric field with your long fingers. Make long strokes from the head down to the toes holding your hand about six inches away from the body. Cover the whole body on all sides…”

- Extracted from Hands of Light, by Barbara Ann Brennan, Chapter 26, Page 268, ©1987

Different authors make various recommendations regarding the position of the hands while doing Cleansing. These and various other hand positions are commonly recommended.

1. Cleansing with the Hands slightly curved – or Curved Hand Position.
2. Cleansing with the Fingers wide open or Comb Finger Position.

These two steps are used 5 times on the front and 5 times on the back of the Clients body

In other words, divide the front and back of the body into 5 lines going from the head to the feet of the Client – from the center of the Clients body outward to the sides of the Clients body.

The first line is exactly in the middle of the body - where the Conception Channel is located on the front side of the body and on the back of the body the position is in the precise location of the Governor Channel – as noted in Chinese Traditional Medicine in Acupuncture.

3. Cleansing the Etheric Rays of Light sideways with the Fingers wide open – Comb Finger Position. The Hands are moving from the Middle of the body outward beyond the edge of the Inner Energy Information Field.

It is very important to concentrate.
Form an intention to remove the diseased Energy.
If there is no mental clarity in the mind of the Practitioner, removing the Energy is less effective and more time-consuming. Anyone may simply form the intention to “help” another person … then “sweep” and achieve amazing results.

It is the “Intention” of the Practitioner together with a certain amount of will that allows the diseased Energy to quickly and thoroughly be removed with the hands.

With regular practice, a Practitioner may apply cleansing with great ease and with minimum effort.

“…from the head…comb their whole auric field with your long fingers. Make long strokes from the head down to the toes holding your hand about six inches away from the body. Cover the whole body on all sides…”

- Extracted from Hands of Light, by Barbara Ann Brennan, Chapter 26, Page 268, ©1987

Let’s Practice.
Take a partner.
Get a Basin of Water and Salt and Hand Spray
Both Practitioner and Client stand up
Please complete the Energy Circuit

1. Start with the Curved Hand Position (the Hands are slightly curved)
2. Form a clear Intention to remove all diseased Energy
3. Place the Hands together over the Head of the Client
4. 1st time – Move the Hands down, down, down and Throw
5. Move the Hands 4 inches or 10 cm apart
   2nd time – move the Hands down, down, down and Throw
6. Move the Hands another 4 inches or 10 cm apart
   3rd time – move the Hands down, down, down and Throw
7. Another 4 inches or 10 cm apart
   4th time – move the Hands down, down, down and Throw
8. Follow the contour of the body
   5th time – move the Hands down, down, down and Throw
9. Please clean your Hands
10. Now, lets practice the Comb Finger Position, the Fingers are wide open
11. Form a clear Intention to remove all diseased Energy
12. 1st time – move the Hands down, down, down and Throw
13. 2nd time – move the Hands down, down, down and Throw
14. 3rd time – move the Hands down, down, down and Throw
15. 4th time – move the Hands down, down, down and Throw
16. 5th time – move the Hands down, down, down and Throw
17. Clean your Hands
18. “Comb” the Health Rays in order to disentangle them. Do this with a
sideway movement with the Fingers spread - wide open.
19. Head area - move your Hands sideways from the middle of the body beyond
the Inner Energy Information Field.
20. Throat area - move your Hands sideways from the middle of the body
beyond the Inner Energy Information Field.
21. Heart area - move your Hands sideways from the middle of the body beyond
the Inner Energy Information Field.
22. Solar Plexus area - move your Hands sideways from the middle of the body
beyond the Inner Energy Information Field.
23. Pubic area - move your Hands sideways from the middle of the body beyond
the Inner Energy Information Field.
24. Upper part of the legs - move your Hands sideways from the middle of the
body beyond the Inner Energy Information Field.
25. Lower part of the legs - move your Hands sideways from the middle of the
body beyond the Inner Energy Information Field.
26. Clean your Hands
27. Repeat the process on the back of the body
28. Disconnect the Energy Link
29. Change Roles
30. Exchange Feedback with your partner
   *(Wait for a few minutes)*

Finish by sweeping the current of prana, to and from the head to feet several
times.

- Extracted from *The Hindu Yogi Science of Breath*, by
  Yogi Ramacharaka, ©1909, Chapter 9, Page 43

When doing a Treatment a tremendous down pouring of Spiritual Energy that
occurs. Therefore, when the Energy is swept downward by the Practitioner during
a Treatment – frequently the Client will feel sleepy or even fall asleep. This is due
to the strong effect of the Divine Energy on the Clients less strong Energy System.

You may apply a few “Upward Sweeping” to “reawaken” the Client or to make the
Client’s mind more alert. This process of Cleansing frequently relaxes the Client to
a very high degree – and they may even feel sleepy.

Beginning at the patient’s feet and with both hands within his/her etheric aura,
make a continuous sweep upward from the patient’s feet to the top of the
head.

- Extracted from *Chakra Therapy: For Personal Growth & Healing*, by Keith Sherwood, ©1988, Chapter XIV, Page 185

Please note that “Upward Sweeping” is *not* a cleansing technique.
Therefore there is no need to Flick your hands after doing Upward Sweeping.
“Upward Sweeping” should be applied only after the Client has been thoroughly
cleansed.

*Warning:* Applying “Upward Sweeping” before “Downward Sweeping” may result in the diseased Energy going to or getting stuck in the head area. This may cause a negative effect.

How many times should General Cleansing or Cleanse a Particular Area?
The answer is as many times as it is required.
There is no fixed number of times.
Why do we do General Cleansing?

- It removes diseased and excess Energy in general.
- It cleans the Meridians and Acupuncture points to a certain degree
- It enables the Health Energy Information Field to release more diseased Energy.
- It calms Over-Energized people by rapidly removing Excess Energy
- When the Excess Energy is removed it allows the body to easily fall asleep.
- Relaxes a person by reducing Tension and Stress.
- When combing the Health Energy Information Field – disentangles and strengthens the fine Rays of Etheric Light.
THE “EASY STEPS” REQUIRED FOR A SUCCESSFUL TREATMENT
When a Practitioner follows the easy steps given they may become successful.

1. Invocation or Prayer

2. Confidence and Belief
   A Client's Confidence and Belief is required in order for the Client to experience rapid improvement.
   For recovery to take place, the Client must be receptive or willing to absorb the Projected Pranic Energy. Another term for receptivity is Faith.

3. Increase the Responsiveness of the Hand Energy Centers
   Press the center of the left palm with the thumb of the right hand, and turn your thumb in a clockwise motion.
   Press the center of the right palm with the thumb of your left hand and simultaneously turn the thumb in a clockwise motion. Press the tip of each finger against the tip of the thumb – of their respective hands.

4. Feel the Energy
   Move the hands slowly and slightly back and forth and proceed to feel the Inner Energy Information Field, the Energy Centers and the Organs as well as the different parts of the body. Don’t forget to Isolate the Client from your Energy Information Field when “Feeling” the Energy.

5. Remove or Clean the Unwanted or Abnormal Energy – from the Area being Treated. Flick the removed Energy from your hand regularly during the process of Cleansing. Use a Basin of Water and Salt.
Always remember to *Clean your Hands.*

5. **Project or Transfer Vital Life Energy** - One hand is the receiving hand with the palm turned upward and through the other hand Vital Life Energy is transferred to the Client.

6. **Secure the Energy**  
   Apply light Blue Energy or Prana to the part that has been treated.

7. **Disconnect the Energy**  
   Raise your hand -like a knife- and forcefully make a downward gesture.  
   Form the intention to Disconnect the cord from the Client and mentally say, “Cut, Cut, Cut!” (*Instructor demonstrates*).

9. **Give Thanks**

**COMPLETE THE ENERGY CIRCUIT**

Madame Blavatsky wrote:
“… we must not believe in a thing said merely because it is said; nor traditions because they have been handed down from antiquity; nor rumours, as such; nor writings by sages, because sages wrote them; nor fancies that we may suspect to have been inspired in us by a Deva (that is, in presumed spiritual inspiration); nor from inferences drawn from some haphazard assumption we may have made; nor because of what seems an analogical necessity; nor on the mere authority of our teachers of masters. But we are to believe when the writing, doctrine, or saying is corroborated by our own reason and consciousness (emphasis by this author). “For this,” says he in concluding, “I taught you not to believe merely because you have heard, but when you believed of your consciousness, then to act accordingly and abundantly.”

- Extracted from *The Secret Doctrine, Volume 3*, by H.P. Blavatsky, © 1800’s, Section 46 page 401

“Blind belief in Authority is the greatest enemy of Truth.”

- Attributed to Albert Einstein and Extracted from *Hypnotic Leadership Leaders, Followers and the Loss of Self*, by Misha Popper © 2001, Page 81

This author’s Spiritual Teacher Master Choa Kok Sui said, “Do not believe things blindly. You have to validate.” So let’s do an experiment.
We will experiment the difference in the Energy Information Field when the tongue is connected to the palate and when the tongue is not connected.

Take a Partner  
Practitioner stand up, Client sit down.
1. Practitioner, Increase the “Responsiveness of the Hands”
2. Client, do not complete the Energy Circuit
3. Practitioner now “Feel the Energy” of the Inner Energy Information Field of your Client
4. Now ask the Client to connect Complete the Energy Circuit or Connect your tongue to your Palate
5. Again Feel the Energy of the Inner Energy Information
6. Is there a difference?

(Wait for the student’s response.)

Change roles and Get Feedback.
Did the Energy Level increases?
By what percentage?
(Wait for the student’s response)

In different traditions the “Responsiveness of the Hands” is increased in different ways.

“I clap my hands together a couple of times and then vigorously rub my palms together.”

- Extracted from Hands – on Spiritual Healing, by Michael Bradford, © 1993, Page 54

Practitioners should always remember to complete the Energy Circuit during Treatment and also ask the Client to do this.

**WHEN SHOULD A PRACTITIONER NOT DO TREATMENTS**

The Health of a Practitioner is important in order to avoid contaminating the Client with Energies that may aggravate their condition. Therefore, Pranic Energy Practitioners should be in reasonably good health.

Pranic Energy Practitioners who smoke - should treat Clients who also smoke, and Pranic Energy Practitioners who eat meat - should treat Clients who also eat meat – rather than treating vegetarians, because their Energy is not compatible.

The degree of the Etheric, Emotional & Mental “Purity” of the Pranic Energy Practitioner is of great importance. Just as water flows more easily through clean pipes, Energy flows more easily through the Energy Channels or Meridians when the person’s Energy System is clean. When clean the Etheric Hygiene of Practitioners also enables them to easily Project more powerful Energies.

It is advisable for a Pranic Energy Practitioner to never practice Pranic Energy Healing when they are angry or irritated or emotionally imbalanced.
Likewise if the Energy Practitioner is an Alcoholic, drug user or undergoing medical treatment for a medical condition which utilizes toxic drugs, they should refrain from healing other people.

The regular Practice of the Planetary Meditation for Peace, Twin Hearts Meditation, “Metta” Meditation or “Bhakti Yoga” – are techniques which increase Harmony and Balance in the life and personality of those participating in these practices. These will be discussed later and are considered to be a very important part of becoming a more powerful Healing Practitioner.

No matter how strong the Healer is you have to follow the Law of Nature. Cancer Clients should not treat others. They should focus on their own Recovery.

- Extracted from the Notes of Charlotte Anderson

**PRACTICE IN USING TREATMENT TECHNIQUES**

**1. PRACTICE ON TREATING RESPIRATORY DISORDERS**

In case of ailments connected to the Respiratory System the following Energy Centers are affected.

1. Ajna Energy Center – controls the Nose, Sinuses
2. Throat Energy Center – controls the whole Throat area
3. Secondary Throat Energy Center – controls the Air tube. It is located in the hollow area bellow the Throat
4. Heart Energy Center – controls the lungs
5. Solar Plexus Energy Center – controls the diaphragm

In some cases it might be important to strengthen the body of the person by cleansing the Navel and if the infection is very severe to treat the Spleen Energy Center.

Okay, Let’s practice on **RESPIRATORY DISORDERS**

Take a partner
Decide who will be the Practitioner, and who will be the Client

Take a Basin with Water and Salt and Hand Spray *(Wait a short while.)*

1. Practitioner stand up, Client sit down.
   When doing a treatment, remove your watch,
   Exercise the hands to increase responsiveness
   Practitioner SMILE,
   Isolate the Client from your Energy Information Field,
Face the correct direction (*North or East*).

2. Tell the Client to, “Close your eyes. Be conductive and sit with your feet flat on the floor. Please, complete the Energy Circuit.”

3. Practitioner, complete the Energy Circuit.

4. Now Invoke

   
   To the Supreme God
   
   Humbly we Thank You for Your Great, Great Blessings.
   
   We Thank You for your Divine Guidance, Help and Protection
   
   And for Miraculous Healing Power.
   
   With Thanks and in Full Faith. Thank You.”

5. Imagine a pink rose opening up in front of the heart of the Client.

6. Let’s start with the Anja Energy Center

7. Practitioner, raise your hand, feel the Energy of the Ajna Energy Center

8. Apply cleansing on the Ajna Energy Center
   
   Remove the Energy. 1,2,3,4,5 Throw. 6,7,8,9,10. Throw, up to 30 times.

9. Clean your hands

10. Project Energy to the Ajna Energy Center
   
   Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold. Remember to use your fingers instead of the palm of the hand to Project the Energy
   
   Look at the Client while you are treating, relax, do not be tense, SMILE, “Flick” your hand

11. Again raise the hand and feel the Energy. Can you feel a difference?

12. Imagine Light Blue. Paint 1,2,3, Throw

13. Go to the Throat Energy Center

14. Practitioner, raise the hand, scan the Throat Energy Center

15. Can you feel something?

16. Apply cleansing on the Throat Energy Center

17. Remove the diseased Energy. 1,2,3,4,5 Throw. 6,7,8,9,10. Throw - up to 30 times

18. Clean your hands

19. Project Energy to the Throat Energy Center
   
   Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold
   
   Look at the Client while you are treating, relax, do not be tense, SMILE. “Flick” your hands

20. Again raise your hand and feel the Throat Energy Center
   
   Can you feel a difference?

21. Imagine Light Blue. Paint, 1,2,3 Throw

22. Go to the Secondary Throat Energy Center

23. Practitioner, raise your hand and scan the Secondary Throat Energy Center.

24. Can you feel something?

25. Apply cleansing on the Secondary Throat Energy Center
26. Remove the diseased Energy. 1,2,3,4,5 Throw. 6,7,8,9,10 Throw - up to 30 times
27. Clean your hands
28. Project Energy to the Secondary Throat Energy Center
   Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold. Take care not to Project the Energy to the front Heart Energy Center.
   Look at the Client while you are treating, relax, do not be tense, SMILE, “Flick” the hands
29. Again raise your hand and feel the Secondary Throat Energy Center
   Can you feel a difference?
30. Imagine Light Blue, Paint, 1,2,3 Throw
31. Go to the Back Heart Energy Center
32. Practitioner, raise the hand, feel the Back Heart Energy Center
33. Can you feel something?
34. Apply cleansing on the Back Heart Energy Center
35. Remove the diseased Energy. 1,2,3,4,5. Throw. 6,7,8,9,10.
   Throw - up to 30 times
36. Then, clean your hands.
37. Project Energy to the back Heart Energy Center.
   Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold
   Look at the Client while you are treating, relax, do not be tense, SMILE, “Flick” the hand.
38. Again raise your hand and feel the back Heart Energy Center
   Can you feel a difference?
39. Imagine Light Blue. Paint 1,2,3 Throw
40. Now, go to the front Solar Plexus Energy Center
41. Practitioner, raise the hand, feel the Front Solar Plexus Energy Center
42. Can you feel something?
43. Apply cleansing on the Front Solar Plexus Energy Center
44. Remove the diseased Energy. 1,2,3,4,5 Throw. 6,7,8,9,10 Throw - up to 30 times.
45. Clean your hands.
   Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold
   Look at the Client while you are treating, relax, do not be tense, SMILE, “Flick” the hand.
47. Again raise your hand and feel the front Solar Plexus Energy Center.
   Can you feel a difference?
48. Imagine Light Blue. Paint 1,2,3 Throw
49. Now, Give Thanks

“To the Supreme God,
Humbly we Thank You for Your Great, Great Blessings.”
We Thank You for your Divine Guidance, Help and Protection
and for Healing this Client.
With Thanks and in Full Faith.Thank You.”

50. Then, Disconnect the Energy Link.
51. Is everyone okay?

- Extracted from the Notes of Charlotte Anderson

2. RAPID TREATMENT FOR DYSMENORRHEA

In case of Dysmenorrhoea two Energy Centers are affected.

   1. Basis Energy Center – controls the Uterus as a muscle
   2. Sex Energy Center – controls the female organs

In some cases it might be important to strengthen the body of the woman by cleansing the Navel and Solar Plexus Energy Center and Projecting the right amount of Energy to both Centers.

Let’s Practice on Dysmenorrhoea
Please do not change roles.

   1. Now Invoke

   “To the Supreme God
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help and Protection
And Invoke for Miraculous Healing Power.
With Thanks and in Full Faith.Thank You.”

   2. Imagine a pink rose opening up in front of the heart of the Client
   3. Isolate the Client from your Energy Information Field
   4. Let’s start with the Basic Energy Center
   5. Practitioner, raise the hand, feel the Energy of the Basic Energy Center
   6. Apply cleansing on the Basic Energy Center
      Remove the Energy. 1,2,3,4,5 Throw. 6,7,8,9,10 Throw - up to 30 times.
   7. Clean the hands
   8. Project Energy to the Basic Energy Center
      Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold
      Look at the Client.
      Do not Project the Energy to the Meng Mein Energy Center.
      “Flick” the hands.
   9. Again raise the hand and feel the Energy. Can you feel a difference?
10. Imagine Light Blue. Paint 1,2,3,4,5, Throw
11. Go to the Sex Energy Center
12. Practitioner, raise the hand, Scan the Sex Energy Center
13. Can you feel something
14. Apply cleansing on the Sex Energy Center
15. Remove the diseased Energy. 1,2,3,4,5 Throw. 6,7,8,9,10 Throw - up to 30 times
16. Clean your hands.
17. Project Energy to the Sex Energy Center
   Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold
   Look at the Client while you are treating, relax, do not be tense, SMILE, “Flick” the hand.
18. Again raise your hand and scan the Sex Energy Center
   Can you feel a difference?
19. Imagine Light Blue. Paint 1,2,3,4,5, Throw
20. Now, Give Thanks

   “To the Supreme God,
   Humbly we Thank You for Your Great, Great Blessings.
   We Thank You for Your Divine Guidance, Help and Protection
   and for Healing this Client.
   With Thanks and in Full Faith. Thank You.”
21. Disconnect the Energy Link. Cut!
22. Is everyone okay?
23. Please give Feedback
   (Wait a few minutes)
24. Change Roles

- Extracted from the Notes of Charlotte Anderson

3. PRACTICE ON STRENGTHENING THE IMMUNE SYSTEM

In case of Strengthening the Immune System start with two to three sets of General Cleansing to enhance the ability of the Energy Body to absorb more Energy.
In strengthening the Immune System, treatment of the Minor Energy Centers in the Hands and Feet is highly effective. It allows the Energy Body to be filled with Air and Ground Energy.

   The Hand Energy Centers are located in the middle of the palm
   The Sole Energy Centers are located in the middle of the sole of the foot

To strengthen the body the Practitioner should also treat the Solar Plexus and the Navel Energy Center. If the body has a severe infection the Spleen Energy Center
may also be treated.

Let’s Practice
Decide who will be the Practitioner and who will be the Client.

1. Isolate the Client from your Energy Information Field
2. Tell the Client to, “Close your eyes, Be conductive, and to sit with their feet flat on the floor. Please, complete the Energy Circuit.”
3. Practitioner, complete the Energy Circuit.
4. Now, Invoke

“To the Supreme God
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help and Protection
Invoke for Miraculous Healing Power.
With Thanks and in Full Faith. Thank You.”

5. Imagine a pink rose opening up in front of the heart of the Client.
6. Let’s start with the General Cleansing
7. Practitioner, raise both hands above the Head in a Curved Hand Position and clean Line 1, Throw, 2, Throw, 3, Throw, 4, Throw, 5, Throw
8. Clean your hands
9. Now, raise both hands above the Head in a Comb Finger Position, the Fingers wide open and clean 1st time, Throw, 2nd time, Throw, 3rd time, Throw, 4th time, Throw, 5th time, Throw
10. Clean your hands
11. Then, comb the Health Rays with a sideway movement in the Head area, Throat area, Heart area, Solar Plexus area, Pubic area, Upper parts of the legs, lower parts of the legs.
12. Please go to the back of the body and repeat the process.
13. Raise both hands above the Head with a Curved Hand Position and clean 1st time, Throw, 2nd time, Throw, 3rd time, Throw, 4th time, Throw, 5th time, Throw.
14. Clean your hands.
15. Now, raise both hands above the Head in a Comb Finger Position, the Fingers wide open and clean 1st time, Throw, 2nd time, Throw, 3rd time, Throw, 4th time, Throw, 5th time, Throw.
16. Clean your hands.
17. Then, comb the Health Rays with a sideway movement in the Head area, Throat area, Heart area, Solar Plexus area, Pubic area, Upper parts of the legs, lower parts of the legs.
18. Now, raise the hand, feel the Energy of the Hand Energy Centers, right and left
19. Apply cleansing on the right Hand Energy Center
Remove the Energy. 1,2,3,4,5 Throw. 6,7,8,9,10 Throw, up to 30 times.
20. Now, clean the left Hand Energy Center
   Remove the Energy. 1, 2, 3, 4, 5 Throw. 6, 7, 8, 9, 10 Throw, up to 30 times
21. Clean the hands
22. Project Energy to the right Hand Energy Center …
   Look at the Client
   Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold.
   “Flick” the hands
23. Project Energy to the left Hand Energy Center
   Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold.
   Look at the Client.
   “Flick” the hands
24. Again raise the hand and feel the Energy of both Hand Energy Centers.
   Can you feel a difference?
25. Go to the Sole Energy Centers.
26. Practitioner, raise the hand, feel the right and left Sole Energy Center.
27. Can you feel something?
28. Apply cleansing on the right Sole Energy Center. 1, 2, 3, 4, 5 Throw. 6, 7, 8, 9, 10
29. Throw, up to 30 times
30. Clean your hands
31. Now, Apply cleansing on the left Sole Energy Center. 1, 2, 3, 4, 5 Throw.
    6, 7, 8, 9, 10 Throw, up to 30 times.
32. Clean your hands
33. Project Energy to the right Sole Energy Center
   Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold
   Look at the Client while you are treating, relax, do not be tense, SMILE,
   “Flick” your hands
34. Project Energy to the left Sole Energy Center
   Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold
   Look at the Client while you are treating, relax, do not be tense, SMILE,
   “Flick” the hand
35. Again raise your hand and feel the Energy of the right and left Sole Energy Centers
36. Can you feel a difference?
37. In this protocol DO NOT Secure the Energies Projected to the Hand and
   Sole Energy Centers.
   (This enables the Air and Ground Energy to be absorbed for a longer time
   into the body of the Client. For a better result you can instruct them to
   absorb more Air and Ground Energy.)
38. Now. Give Thanks

“To the Supreme God,
   Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help and Protection and for Healing this Client. 
With Thanks and in Full Faith. Thank You.”

39. Disconnect the Energy Link. Cut!
40.Is everyone okay?

- Extracted from the Notes of Charlotte Anderson

4. PRACTICE ON TREATING GASTROINTESTINAL INFECTIONS

In case of a gastrointestinal Infection, two Energy Centers are affected.

1. Solar Plexus Energy Center
2. Navel Energy Center

Cleanse thoroughly and Project the right amount of Energy.
If the Infection is severe, treat the whole abdominal area.
Okay. Let’s practice on Gastrointestinal Infection.
Do not change roles.

1. Invoke
   “To the Supreme God
   Humbly we Thank You for Your Great, Great Blessings.
   We Thank You for Your Divine Guidance, Help and Protection
   And for Miraculous Healing Power.
   With Thanks and in Full Faith. Thank You.”

2. Imagine a pink rose opening up in front of the heart of the Client.

No matter how powerful the Pranic Energy Practitioner is, if the Client does not absorb the Energy it will interfere with the healing process

3. Isolate the Client from your Energy Information Field
4. Let’s start with the Solar Plexus Energy Center
5. Practitioner, raise your hand, feel the Energy of the front Solar Plexus Energy Center
6. Can you feel something?
7. Apply cleansing on the Solar Plexus Energy Center
   Remove the Energy. 1,2,3,4,5 Throw. 6,7,8,9,10 Throw- up to 30 times.
8. Clean your hands
9. Project Energy to the Solar Plexus Energy Center
   Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold.
   Look at the Client while you are treating, relax, do not be tense, SMILE,
   “Flick” your hands
10. Again raise the hand and feel the Energy. Can you feel a difference?
11. Imagine Light Blue. Paint 1,2,3 Throw.
12. Go to the Navel Energy Center
13. Practitioner, raise the hand, scan the Navel Energy Center
14. Can you feel something?
15. Apply cleansing on the Navel Energy Center
16. Remove the diseased Energy. 1,2,3,4,5 Throw. 6,7,8,9,10 Throw, up to 30 times.
17. Clean the hands.
18. Project Energy to the Navel Energy Center
   Inhale slowly, hold, Exhale slowly, hold, Inhale slowly, hold, Exhale slowly, hold.
   Look at the Client while you are treating, relax, do not be tense, SMILE, 
   “Flick” the hand.
19. Again raise the hand and scan the Navel Energy Center.
   Can you feel a difference?
20. Imagine Light Blue. Paint 1,2,3,4,5 Throw.
21. Now, Give Thanks
   “To the Supreme God,
   Humbly we Thank You for Your Great, Great Blessings.
   We Thank You for Your Divine Guidance, Help and Protection
   and for Healing this Client.
   With Thanks and in Full Faith, Thank You.”
22. Disconnect the Energy Link completely, Cut!
23. Is everyone okay? Does anyone have side effects?
24. Give Feedback
   (Wait for a few minutes)
   - Extracted from the Notes of Charlotte Anderson

**ASSIGNMENT**

When you go home, please practice what you have learned today.
Start with something simple. Start with Cleansing and Projecting Energy.
Treat your child or your partner or a plant, or an animal. Treat something simple.
Whatever is possible, begin to Practice immediately. In this way, what you have learned will be rapidly reinforced.

**BLESSINGS**

“To the Supreme God,
Thank You for Your Great Blessings.
Humbly we invoke for Divine Guidance, Help and Protection
and for Divine Healing Power.
Thank You for using us as Instruments for Healing.
With Thanks and in Full Faith.”
L15- Lesson 15

**THE PLANETARY MEDITATION FOR PEACE**
**ALSO KNOWN AS THE MEDITATION ON TWIN HEARTS**

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*these book references apply only to the Sequence you are now reading

"Teach this triple truth to all …
A generous heart …
kind speech & a life of service & compassion
are the things which renew humanity."

- The Lord Buddha

**THE PLANETARY MEDITATION FOR PEACE**
**ALSO KNOWN AS THE MEDITATION ON TWIN HEARTS**

Let’s talk about The Planetary Meditation for Peace.

In the Tradition of Master Choa Kok Sui, this Meditation has been called by various names including The Meditation on Peace and Illumination, The Meditation on Loving Kindness, Meditation on Twin Hearts, and Prayers and Contemplations on Compassion and Peace – depending on the religious tradition of those being taught.

In 1995 while visiting Latvia, Master Choa requested Charlotte Anderson to establish a new organization to promote Global Harmony and World Peace. He said the name should be “The Planetary Peace Movement.” She did so.
Approximately 2 years later, He instructed Charlotte to make a new recording of The Meditation on Twin Hearts using His voice. He instructed her to call the new version of this meditation, “The Planetary Meditation for Peace”.

Patiently He explained to her that many people are not interested in a meditation called “Twin Hearts”, but that MANY people are willing to spend a little time “praying or meditating” for World Peace. The recording was financed and produced Charlotte in Manila Philippines.

Today, people from all over the world Practice this meditation under the name, “The Planetary Meditation for Peace” – and it now plays 24 hours a day, 7 days per week on the “PPM Audio Stream” website at: www.ppmaudiostream.org There is no charge to people for using this website - to Pray and Meditate for Peace.)

In the Hindu Tradition the Planetary Meditation for Peace is also known as a form of “Bhakti Yoga”. It has been stated by Yogi Ramaiah in his compilation from Mahavatar Babaji’s Kriya Yoga Essays, that this Practice is a part of Kriya Bhakti Yoga or the Cultivation of Love and Devotion for God and all of His Creation.

In the Buddhist Tradition this Practice is known as a higher form of “Meditation on Loving Kindness”. It is called “Metta Meditation” and focuses on the development of Compassion.

The term “Metta” means achieving the State of Mind and Being from which emanates Unconditional ‘Loving Kindness’.

Metta is considered to be the first stage to achieving Compassion. The objective of this Practice is to suffuse the entire Universe with the Energy of Love for Every Person and Every Being – with Love for All Things. This is done, until Love reaches such an active state, that the Practitioner actually experiences Being One with All.

This Meditation is also practiced by some Sufi Groups. Regular Practice of this Meditation fills the Practitioner with Love, Light, Hope, and Strength.

This author’s Spiritual Teacher, Master Choa Kok Sui also called the “Planetary Meditation for Peace” – by the name “The Meditation on Twin Hearts”.

Why was it called the Meditation on Twin Hearts?
“The Meditation on Twin Hearts” refers to two Energy Centers – the Heart Energy Center and the Crown Energy Center.
It has been observed clairvoyantly, that the Heart Energy Center has 12 petals. It has also been noted that the Crown Energy Center has 960 outer petals and 12 inner petals.

The 12 petals of the Heart Energy Center are an exact replica of the inner petals of the Crown Energy Center. When these two powerful Energy Centers are joined together - and used to Project Loving Energy to every person and every being – then this Meditation is called The Meditation on Twin Hearts.

“In many cases it will be seen that the two tiers of the “Sahasrara Chakra” (Indian term of Crown Energy Center) are copied – the larger dome of 960 petals first, and then the smaller dome of 12 rising out of that in turn… It is described in Indian books as thousand-petalled, and really this is not very far from the truth…”


“The Heart Chakra. The fourth Centre, the cardiac, at the heart, is of a glowing golden color, and each of its quadrants is divided into three parts, which gives it twelve undulations, because its primary force makes for it twelve spokes.”


The Heart Energy Center is the Center for human love and peace, respect and tolerance to others as well as to oneself.

The Crown Energy Center is the Center of Divine or Spiritual Love for Every person and Every Being without exception. It is also the Center of Higher Intuition.

When the Crown Energy Center is activated, clairvoyantly it looks like a lotus flower. This symbolically can be seen in images of all spiritual traditions – by depicting a halo above the crown – which explains the resemblance to the “lotus flower” as seen in Taoist or Buddhist images.

Higher Intuition means to have flashes of direct knowing about a certain thing or things. In this case, answers simply pop into or come in the consciousness. This kind of information simply comes into the mind without a person having to study anything. Generally this knowledge that seemingly comes from “out of nowhere” is simply called Intuition.

Enlightened people are not the only ones who sometimes have good intuition. This is also frequently true of businessmen, scientists, musicians as well as ordinary people. To possess good intuition is a very important factor in achieving success in one’s life.
Master Choa Kok Sui has given this technique to the world. In some of the first Editions of his earlier books it states …

“…Meditation on Twin Hearts is a very powerful tool in bringing about world peace; therefore, this meditational technique should be disseminated. The Author hereby grants permission to all interested persons to reprint, recopy and reproduce this chapter provided proper acknowledgment is made.”

(signed) CHOA KOK SUI

-Extracted from The Ancient Art and Science of Pranic Healing, by Master Choa Kok Sui, Page 239

The following Information is being shared in order to prepare the Consciousness of the students who are learning this Meditation for the first time. These materials are a compilation of important information that has been published for many years, without charge, on various websites such as:

www.meditatepeace.com or the www.ppmudiostream.org.

Different variations of this meditation are also discussed in various books of Master Choa Kok Sui including: Miracles through Pranic Healing, Beyond the Mind - The Golden Lotus Sutra on Meditation, The Origin of Modern Pranic Healing and Arhatic Yoga and Achieving Oneness with the Higher Soul.

**HOW TO PRACTICE PLANETARY MEDITATION FOR PEACE**

Has anyone here ever done Meditation before?

(Instructor engages in a short discussion with the class on this subject and asks what kinds of meditation have previously been practiced).

The question is, “How does a person meditate?”

Meditation is easy if you follow a few simple steps.

Before Practicing Meditation we will do a short set of physical exercises.

These exercises clean the Subtle Body, the Energy Centers and Meridians to a certain degree. This helps to prepare the physical and Energy Bodies, so that the Energy received through the Practice can easily and freely flow in the body during the Meditation.

Please never skip Exercise before Meditation.

Exercise is an important factor that will contribute to making your meditation experience more fulfilling.
Before you meditate, please remove wallets, watches, rings and crystals, and safeguard them in your bag or briefcase on the floor.

Please do not meditate with crystals on your body. Why? Because crystals activate your lower Energy Centers. This may keep you from having inner experiences due to “anchoring” you to the physical world. Sometimes having beautiful experiences during meditation is called “flying in the higher world”.

The Meditation for Peace and Illumination should be done in a sitting position. Please move your body forward on your chair, sitting with your back about 15cm or 6 inches away from the back of the chair.

Please keep your back straight to facilitate the flow of the Energy. You may also use the Lotus Asana (as done in Hatha Yoga) … sitting on the floor. However, you should only sit on the floor if it is very clean.

If the floor is not very clean, Energy Contamination may be experienced – which may cause itchiness or discomfort in the body.

When you Practice meditation, it is necessary to complete the Energy Circuit in your body. Please connect your tongue to the Palate in order to allow the Energy to flow smoothly during your meditation.

Please also do Rhythmic Yogic Breathing. Simple Breathing helps to regulate the mind and emotions. When the breath is smooth and even, it will tend to improve your experience with the meditation.

Please remember to Invoke or ask for Divine Blessings. Always ask for Divine Guidance, Help, and Protection and for Illumination.

First please concentrate on the Heart Energy Center Form the Intention to Bless the Planet Earth, including every person and every being. During the Meditations of Master Choa Kok Sui, frequently he uses the Prayer of St. Francis of Assisi.

When using the text from this Meditation or Prayer … Meditators automatically Bless every person and every being.

First we will Bless using the Loving Energy of the Heart Energy Center – the Center for Human Love and Compassion. With focus and intention we Bless every person and every being, with Peace, Love, Hope, Faith, Light, Joy, and with Forgiveness. Then the Meditators turn their attention to Blessing Mother Earth.
Then the Meditators turn their attention to the Crown Energy Center and continue to Bless the entire Earth with Loving Kindness, but now using the Energy of their Crown Energy Center.

The Meditators now turn their attention to both their Heart and Crown Energy Centers. Using the combined Energies of the Heart and Crown, at the same time - they continue to Bless Mother Earth.

After this, the Meditators put their hands in their laps – with their palms facing upward in a relaxed position on their knees. Their armpits should remain open to facilitate the flow of the Energy.

During this part of the Meditation, the Meditators will be asked to visualize a point of light like a brilliant star or a brilliant flame (approximately 2.5 inches or 7 cm above your Head) on their Crown Energy Centers.

The Meditators continue to visualize the Light and silently chant the Mantra Om or Amen or Amin - with Master Choa Kok Sui’s voice.

It is during this time, when the Meditators practice “Meditating on the Light”, on the Mantra “OM” and on the Interval or the Gap between the OM’s that Illumination may be achieved. It is especially by concentrating on the interval between the two OM’s that one may experience their Christ Nature, their Krishna Nature, their Buddha Nature, Expansion of Consciousness and Oneness with All.

Meditators are then guided to “relax, let go, to look at the Light, feel the Stillness and to allow the Consciousness to Expand”. This usually occurs automatically during the deep relaxation of the Meditation.

As the Meditators continues to Practice Stillness, to “Be Aware”, and continues to Concentrate on the Light and the Stillness, they will be guided to simply “Disconnect and Let go”.

After returning fully to your body, it is necessary for the Meditators to fully Release the Excess Energy. The way in which the Consciousness is brought back into the body – is by moving the hands and the feet.

Then it is necessary to Let Go of the Excess Energy through Blessing.

This is done by again raising your two hands in front of you - with the palms facing outward at heart level.
Imagine the Earth the size of a small ball.
With your hands - you direct the Loving Energy and Compassion generated through the Meditation to All People in All Places.

Blessing is also particularly directed to those people or places that need Healing Energy or Reconciliation, and of course extra Energy is directed to troubled spots in our world.

Then through your feet and the base of the spine, the Meditator continues to Bless Mother Earth.

During the Meditation, Mother Earth is Blessed with Good Air, Good Water, Good Earth, with Peace, with Progress, with Prosperity. Then the Meditators ask that Mother Earth be Revitalized, Rejuvenated, and Regenerated.

This is done by placing your hands beside your knees facing downward – directing the Excess Energy to Mother Earth.

Blessings are given to Revitalize, Regenerate our Divine Beloved Mother Earth.

The Blessings should be continued until you feel the hands and feet have been normalized.

At the end of the Meditation, it is always necessary to say, “Thank you” for the Divine Blessings that have been received during the meditation.

After Meditation, please do a short set of physical exercises, which will allow the Energy to be further assimilated and released.
Please follow these simple instructions as closely as possible.

After Meditation:
When a person’s back is very congested - it is a symptom of people who meditate but do not release the excess Energy. Release the excess Energy thoroughly.

- Extracted from the Notes of Charlotte Anderson.

When you regularly practice The Meditation for Planetary Peace you will have:

- A stronger Immune System (the Heart Energy Center activates & strengthens the Thymus Gland)
- More Psychological Stability and more Loving Energy  
- Greater Understanding
- Increased Alpha Wave activity in the Brain which leads to Higher Intuition and more rapid “Direct” Perception
- A greater downpouring of Divine Energy – leading to the development of
- increased Healing Power and more rapid Soul Development

Warnings:
Meditation should not be done by:

- Infants and young children
- People with Glaucoma
- People with Severe Heart problems
- People with Hypertension
- People with Severe Kidney Ailments.

The Meditation could have adverse effect on these conditions.
Neither the Instructor nor those propagating this Meditation will be responsible for
the negative effects due to improper practice.

**DO THE FOLLOWING EXERCISES BEFORE THE MEDITATION.**

*(The physical Exercises are taken from the inside cover of PPM Meditation CD ©2001,
Produced by Charlotte Anderson. These exercises can also be found on the web: www.meditatepeace.com).*

1. Rotate your eyes in circles 12 times clockwise, then 12 times counterclockwise.
2. Neck Exercises
   a. Turn your head to the right, then to the left. This is one count. Do this 12 times.
   b. Tilt your head backwards then bend it forward. This is one count. Do this 12 times.
3. Arm Rotations - Extend your arms in front of you, then swing them upward over your shoulders towards the back, and return them to the original position. This is one count. Do this 12 times, and then do another 12 counts in the reverse direction.
4. Elbow Exercise - Bend your elbows up and extend your arms forcefully downwards spreading your fingers and allow the Energy to be Thrown forcefully out of your hands, your fingers and even your webs between your fingers. Can you feel something coming out?
5. Hand Rotation – Rotate the wrists 12 times to the left and 12 times to the right.
6. Upper Body Twists - Twist your upper body to the left, then to the right. This is one count. Do this exercise 12 times.
7. Hip Rotations - With your hands on your hips, rotate your hips 12 times to the right, then 12 times to the left.
8. Semi-Squat Exercises - Slightly bend your knees and rhythmically move up and down. Let's do this exercise 50 times.
9. Bending and Stretching Exercises - Raise your arms over your head, arch your body and tilt your head back-wards. Bend your body forward. Simultaneously bend your knees slightly while extending your arms to touch the floor with your fingers. This is one count. Repeat this 12 times.

10. Knee Exercises - Rotate your knees 12 times clockwise and 12 times counter-clockwise.

11. Feet Exercises
   a. Point your toes forward, then backward. This is one count. Do this 12 times with the right foot then 12 times with the left foot.
   b. Rotate your right foot 12 times clockwise, then 12 times counter clockwise. Do the same for the left foot

You may do these exercises one to three times before the Meditation.

**PRACTICE THE PLANETARY MEDITATION FOR PEACE**

Please take a seat.
We will now practice the Meditation together.
(Instructor, please use, the CD “Planetary Meditation or Peace” by Master Choa Kok Sui. Should there be no facility for the use of a CD, the Instructor may lead the Meditation however this is only recommended if absolutely necessary. The whole Meditation can be found in Appendices K.)

You will be guided through the Meditation by Master Choa Kok Sui.
(Where required translation will be given as needed, so that you can understand.)

Please remove your watch, your wallets and any crystals.

During the Meditation:

- Do not cross your arms or your legs.
- Sit with your back straight, away from the back of the chair
- Complete the Energy Circuit
- Relax.
- If you feel any discomfort, please open your eyes, cross your arms and legs to stop the high Energy flowing in your body.
  If excess Energy is experienced - leave the room, release the excess Energy through Blessing and Rooting. Do Physical Exercises and ask for help from the Instructor if it is needed.

The version that will be practiced is the text from the CD of Planetary Meditation on Peace guided by Master Choa Kok Sui, produced by Charlotte Anderson. For further information in Presentation format, please visit: [http://www.ppmaudiostream.org](http://www.ppmaudiostream.org)
After Meditation do a short set of physical exercises to assimilate and distribute the Energy throughout the body. Please repeat the same set of physical exercises done before the Meditation or you may do the following simplified exercises.

1. Shaking - Stand on the balls of your feet and shake your body for 60 times. The purpose is to rapidly shake off the excess Energy generated by the meditation and to release the used-up Energy.
2. Jumping Jacks Exercises - Stand with your legs together. Jump up and raise your arms and clap your hands, simultaneously landing on your feet with your legs open. Then jump again, this time with your hands on your hips, and your feet together.
3. Eye Rotations - Rotate your eyes 12 times clockwise, then 12 times counterclockwise.
4. Bending and Stretching Exercises - Raise your arms over your head, stretch your body, and tilt your head backwards. Bend your body forward. Simultaneously bend your knees slightly while extending your arms to touch the floor with your fingers. This is one count. Do this exercise 12 times.
5. Upper Body Twists - Twist your upper body to the left, then to the right. This is one count. Do this exercise 12 times.
6. Hip Rotations - With your hands on your hips, rotate your hips 12 times to the right, then 12 times to the left.

- Extracted from [www.meditatepeace.com](http://www.meditatepeace.com); provided by Charlotte Anderson (2000)
**Pray or Invoke for Divine Healing**

To Pray or Invoke for Divine Healing calls upon the Power of the Supreme God, the Spiritual Hierarchy and one’s Spiritual Teacher to heal a Client. Healing is never limited merely to the physical body. Frequently “healing” may include all areas of the Clients’ life that require balancing and harmonizing – including the Clients’ physical body.

It is called spiritual healing, because God, the ALL, the source of healing, the Supreme Being, resides on the highest plane we can conceive of, the spiritual plane. From the spiritual plane, His essence is transmuted downward to the planes below.

- Extracted from *The Art of Spiritual Healing*, by Keith Sherwood, ©1985, Chapter 1, Page 1

Let’s talk about Divine Healing.

Divine Healing is based on a person having a Spiritual Cord.

- Extracted from the *Notes of Charlotte Anderson*

“Truth is Universal and cannot be monopolized by any man or organization of men.”

- Extracted from *The Theosophist*, October 1887 to 1888, by HP Blavatsky

The Antahkarana is the Spiritual Cord that connects the Incarnated Soul and the Higher Soul with the Divine Spark.

Divine Energy enters through the “Antahkarana” passing down into the Crown Energy Center and into the Energy Body of the Practitioner.
As the Practitioner’s Energy Level increases, this “higher quality” of Energy enables the Practitioner to produce better healing results. Truth is Universal. Truth does not belong to only one Tradition.

- Extracted from the Notes of Charlotte Anderson

Kabbalists calls the Sutra Atma the "Pillar of Light," and refers to what Clairvoyants literally see as a “Pillar of Light”.

Chi Kung Practitioners and Practitioners of Taoist Yoga call this Divine Energy "Heavenly Chi or Ki."
The Christians call it the "Descent of the Holy Spirit", which is symbolized by a Pillar of Light with a “Descending Dove”.

In Sanskrit the Indian Yogis call this the “Antahkarana” or the “Spiritual Bridge of Light”.

How much Divine Energy a Practitioner can bring down or “Channel” depends on the size of the Spiritual Cord.

Spiritual healing, unlike other forms of healing … relies on the ability of the healer to channel healing energy directly to his patient and the patient’s ability to use that energy for one’s own healing.

- Extracted from The Art of Spiritual Healing, by Keith Sherwood, ©1985, Chapter 1, Page 2

The size of the Spiritual Cord may be gradually increased as the Soul develops. A Practitioner may influence the actual size of their Sutra Atma, by:

1. By Practicing the Virtues
2. By Regular Practice of The Planetary Peace Meditation
3. By Doing Service for others
4. By Giving and Tithing

Many people seem to be unfamiliar with the term “spiritual cord”, probably because the existence of the cord itself is not generally known.

- Extracted from The Eagle and the Rising Sun: Americans and the new religions of Japan, ©1974

FEELING THE ENERGY OF THE SPIRITUAL CORD

Would you like to feel the Energy of the Spiritual Cord?
(Wait for the student’s response.)
Shall we practice?
Please take a partner

There are two ways to scan (feel) the Spiritual Cord.

- Extracted from the Notes of Charlotte Anderson

One person be the Practitioner, one please be the Subject.
Subject, please sit down.
Scanners please, stand behind the Subjects.

1. Practitioner, scan the Spiritual Cord with two hands.
2. The Hands should be about 4 inches 10 cm apart
3. One Hand should be higher than the other hand.
4. Gently move your hands inward to feel the edge of the Energy of the Spiritual Cord of your partner Please do not “slap” the Energy. This area is very sensitive, so please “feel” the Energy very gently.
5. Now, turn your hand upward.
6. Begin with your hand beside the head of your partner. Can you feel anything?
7. Now, please place your hand directly over the head of your partner with your palm facing upward. Can you feel the downpouring of the Divine Energy?
8. Can you feel the Subtle Energy coming down into your Hand?
9. Now Subject, Please connect your tongue to the palate (Complete the Energy Circuit)
10. Practitioners Re-scan … Feel the Energy of the Spiritual Cord with both Hands. Then Re-scan with one Hand, with the palm upraised above the crown of your partner.
11. Now, please ask the Subject to Pray by saying:

   “Lord I humbly Invoke for your Blessing.
   For Guidance, Healing and Protection.
   With Thanks and in Full Faith”

12. Practitioner, Rescan the Energy of the Spiritual Cord … Please Feel the Energy carefully.
13. Is there a difference?
14. Please give feedback to your partner.
15. Very good.
17. Please take a seat.

- Extracted from the Notes of Charlotte Anderson

The moment a person has doubt the Spiritual Cord becomes smaller.
In dying Clients the Spiritual Cord is very thin.

- Extracted from the Notes of Charlotte Anderson

**HOW TO USE DIVINE HEALING**

In some traditions they do deep breathing before working with the Energy of a Client. In other Traditions, such as the Christian Tradition, they practice the laying on of hands in order to transfer Healing Vibrations or Energies to the Client. Historically in different Traditions varying methods have been noted.

“True Spiritual Healing is not “done” by anyone. In such cases the Healer becomes an instrument or channel through which flows the Spiritual Healing Force of the Universe…”

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1909, Chapter 19, Page 174

How much Divine Energy a Practitioner can bring down or “Channel” depends on the size of the Spiritual Cord The Antahkarana is the Spiritual Cord that connects the Incarnated Soul & the Higher Soul with the Divine Spark.

Divine Energy enters through the “Antahkarana” passing down into the Crown Energy Center & into the Energy Body of the Practitioner.

“It is a process in which the Healer aligns himself totally with the totally harmonious Energy of the cosmos – which may prefer to see as God – and thereby becomes a clear channel through which that Energy can flow. In fact, it is prayer and nothing else is involved than the faith that moves mountains.”

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978 Chapter 1, Page 35

During a Treatment … be in a meditative state.
Pranic Energy Healing is “Meditation in Motion”.

- Extracted from the Notes of Charlotte Anderson

**USE PRAYER TO ACCELERATE THE SPEED OF THE TREATMENT**

Now, to heal using Prayer:
Let’s practice.
Take a Partner.
Practitioner stand up, Client sit down.
Both Practitioner and Client, please Complete the Energy Circuit. 
A good Practitioner always does thorough Invocation. 
When the Spiritual Cord is big a Practitioner can produce substantially better results when Treating their Clients.

1. Invoke for Divine Blessing, 

   “Lord we humbly Invoke your Blessing,  
   For Guidance, Healing and Protection.  
   Make me a Divine Healing Instrument.  
   With Thanks and in Full Faith.”  

2. Now, let us do General Cleansing one time on the front and one time at the back of the body. 
   With curved Hands clean, line 1, Throw, 2 Throw, 3, Throw, 4 Throw 5 Throw.  
   With the Fingers wide open, clean 1, Throw, 2 Throw, 3, Throw, 4 Throw 5 Throw.  
   Now, with the Fingers wide open clean the Etheric Rays of Light sideways from above down to the feet. 
3. Now, clean the whole Head area and the Crown Energy Center. 
4. Now, clean your Hands before Projecting the Divine Energy to the Client 
6. Mentally say 
   “Lord we humbly Invoke your Divine Blessing,  
   For Guidance, Healing and Protection.  
   Please make me a Divine Healing Instrument.  
   With Thanks and in Full Faith.”  

7. Repeat the Invocation  

   “Thank You for Healing this person.  
   With Thanks and in Full Faith.”  

8. The Client should be receptive. 
   The Client should say 
   “I am Open to the Healing Energy  
   My Body is Drawing In … the Healing Energy  
   My body is Drawing In … the Healing Blessings,  
   Deeply, Completely and Permanently … Right Now  
   I fully, willingly, and gratefully accept the Divine Healing Energy  
   I want to be healed Now “
9. Instruct the Client to imagine white Prana or white Light inside of the Area being Treated. Imagine the body absorbing the Healing Energy.

10. After the treatment, give the body of the Client the Instruction to “Completely, deeply and permanently absorb the Healing Energy now!”

11. Then say, “Thank You for assigning a Healing Angel to this Client, until Healing is complete. With Thanks and in Full Faith.”

12. At the end of the treatment Give Thanks

   “Lord God, to the Healing Angels, Thank You for your Presence Thank You for the Healing, With Thanks and in Full Faith.”

13. Then Secure the Energy

14. … and Cut or Disconnect the Energy Link.

- Extracted from the Notes of Charlotte Anderson

“The spiritist (Spiritual) Tradition is a long and noble one with many successful adherents. “Spirit Guides”, or “Healing Guides” or “Healing Masters” are the helpmates or advisors of a great many healers.“

- Extracted from The Psychic Healing Book, by Amy Wallace and Bill Henkin, ©1978, Chapter 2, Page 53

A Client may sometimes fall asleep during a Treatment. This is because Divine Energy is very strong and their physical body becomes overwhelmed by the Energy. So, the Client simply falls asleep.

Remember to repeat the name of your Client regularly.
You may also do General Cleansing with Prayer.
So during the prayer, you do 5 lines of General Cleansing.

- Extracted from the Notes of Charlotte Anderson

Take care to gently Project Divine Energy to infants, old or weak people. The tremendous amounts of Energy may be too much for the more delicate state of their bodies.

**DIVINE HEALING MAY BE USED TO INCREASE YOUR CLIENTS WELLBEING**

*(Instructions should be given to the Client)*
1. Please Complete the Energy Circuit
2. Begin with an Invocation

   To the Supreme God,
   To the Spirit of the Earth,
   To the Divine Father and Mother,
   The Invisible Helpers, Healing Angels,
   Archangels and Healing Ministers,
   Thank You for Your Healing Light.

3. Visualize your whole body filled with Light
4. Create an egg of Violet Light and walk inside
5. Visualize your whole body surrounded by an egg-shaped area of Violet Light
6. Say, “I am filled with violet light, my Energy Information Field has turned completely Violet.”
7. See your internal organs filled with Violet Light
8. See, the Energy Information Field filled with Violet Light

   My Mind is filled with Violet Light.
   My Emotions are filled with Violet Light.

9. At the end of the Treatment, always Give Thanks.

   “Lord God, to the Healing Angels,
   Thank You for your presence Thank You for the Healing,
   With Thanks and in Full Faith.”
**The Law of Consequence**

The Law of Consequence is also known as the Law of Karma or the Law of Cause and Effect. Essentially this means that for every single Action, there will be a Reaction ... In other words, there will be a consequence or reaction for each Thought, Word and Deed.

“Well that karma be understood, and how it is to be met. For various thought – whether considered philosophy or religion, or whether from the more scientific manner of cause and effect – karma is all of these and more.”

- Extracted from *Reincarnation & Karma*, by Edgar Cayce, ©2006, 2nd Printing March 2007, Chapter 5, page 151

The Hindu concept of “Karma” is well known in all religions and traditions and it is shown to us in Nature.

In the Holy Bible, the Yang and Yin Golden Rules says:

*Do unto people what you want them to do to you ... and*

*Do not do to people what you do not want them to do to you.*

“Karma is a universal law with which one should be working.”

- Extracted from *Story of Karma*, ©1994, by Edgar Cayce, Chapter 1, page 7

The Law of Consequence is exact. It is a Science.
Please write down three things that you want in your life.

Have some of the students share what they want to receive.

These things, that you want to receive is what you have to give.

The Law of Consequence is really the Technology that corresponds to the implementation of the Law of Karma. Through applying these simple Techniques you may change your life.

When the Lord Jesus told the sick and crippled people, “Your Sins are forgiven …” essentially, He was forgiving their past mistakes – which is another way to say he “neutralized” their past negative karma – which was the basis of the suffering that was occurring in their lives at the time when they had the good fortune to meet the Messiah, the Lord Jesus.

Clearly only a Great Soul has the ability to instantly Transmute a person’s Karma – thereby relieving them of their suffering.

It should be noted that Master Choa Kok Sui performed multiple “miraculous”, and also performed many “instantaneous” healings during His lifetime.

This pattern during His lifetime was the rule, rather than the exception.

The Law of Mercy and Forgiveness is “higher” than the Law of Karma or Law of Consequence.

“It is also the law of grace, of mercy, for if ye would have mercy ye must show mercy. If ye would have peace it must be first within self, and ye must be peaceful and create peace wherever you go, with whomever ye contact, and not dissension.”

- Extracted from Reincarnation & Karma, by Edgar Cayce, ©2006 2nd Printing March 2007, Chapter 8, page 168

The effect of directing criticism toward someone over and over again, will tend to stunt the other person’s Growth. By being Merciful Kind and Forgiving, you are practicing the technique of avoiding and not generating new problems.

If you follow the law you will be okay.

You and your family will be protected.

Harmlessness or Ahimsa is a result of Practicing Loving Kindness.

- Extracted from the Notes of Charlotte Anderson

Please advise your Clients to make use of the Law of Consequence. Practitioners need to motivate their Clients to begin to increase their “Good Karma” through creating what we call “Good Deeds” – which may be used to reduce a person’s “ancient negative Karma”.
The Result of these positive activities will also be manifested as improving the individual’s physical, mental and emotional good health.

“The Law of Karma does seek to teach us a lesson so that we will not continue in ignorance, and the law of Karma always seeks to bring about an adjustment or to see that proper compensation is made for all wrongs, and also for all rights. We must remember that the law of Karma is just as ready to reward us for the good things we do as to cause us to make compensation for the wrong things we do.

In the case where instructions and guidance is intended by Karma, the result of our wrong acts performed in ignorance will be conditions and experiences in the future that will teach us the valuable lesson and help us to avoid making similar mistakes again.”

- Extracted from *The Rosicrucian Forum* ©1936, by Rosicrucian Editors.

A Pranic Energy Practitioners may also increase their Good Karma through “Doing Service” by donating a few treatment sessions each week.

By Sowing good Deeds … due to the Law of Consequence what is sown will be manifested into a person’s life. Utilization of these simple Techniques of Pranic Energy Healing, assist a Practitioner to increase Positive Karma. Learning these simple Universal Laws of Nature empowers students so that they know what to do in order to “pay back” their old karmic debts.

These Universal Truths are strongly emphasized by Master Choa Kok Sui. The result of applying these Teachings is that the students lives are frequently transformed beyond recognition. By applying these simple Teachings an individual is able to advance, and to reap a harvest of happiness and contentment.
**INVOKE FOR DIVINE BLESSING**

Let us begin with a short Prayer.
Please close your eyes.

“To the Supreme God,
Humbly we invoke for Divine Guidance, Help and Protection
and for Divine Healing Power.
Thank You for using us as Instruments for Healing.
With Thanks and in Full Faith.”

In Yogi Ramacharaka’s Book *Psychic Healing* (1906) he discusses a powerful technique that enables a practitioner to absorb considerable Prana and to thereby energize the body of another person.

“Pranic Breathing plays a very important part in Pranic Healing…."


**AS IN THE YOGIC TRADITION … IN PRANIC ENERGY HEALING, WE CALL RE-ENERGIZING YOURSELF THROUGH “BREATHING IN” FRESH ENERGY OR PRANA – RHHYTHMIC YOGIC BREATHING OR PRANAYAMA.**

According to Yogi Ramacharaka, “…the main principle to remember is that by Rhythmic Breathing and controlled thought you are enabled to absorb a considerable amount of Prana, and are also able to pass it into the body of another person, stimulating weakened parts and organs, imparting health and driving out diseased conditions.”
What are good reasons to practice Rhythmic Yogic Breathing?

- To increase the Sensitivity needed to “Feel” Energy more easily
- To increase the Practitioner’s Vital Life Energy before starting a Treatment
- It increases the Practitioner’s Energy Level during Treatment
- To clean and energize the Energy Information Field of the Client to a certain degree
- To remove the Stress and Tiredness of the Practitioner

Extracted from the Notes of Charlotte Anderson.

At “The Inner Sciences” we call Rhythmic Yogic Breathing Pranayama. The term “Pranayama” comes from the Hindu or Yogic Tradition, and is known as one of the five techniques recommended in the Teachings of Mahavatar Babaji.

Pranayama or Rhythmic Yogic Breathing is divided into parts. The Secret of the Power of Rhythmic Yogic Breathing is to hold the Breath after Inhaling - which is called “Full Retention”. To then Expel and momentarily Hold the body in the breathless state upon Exhaling is called “Empty Retention”

In order to “Feel” or “scan” the Energy to a higher degree, it is necessary to do Rhythmic Yogic Breathing

First we will do Physical Exercises to Increase the Responsiveness of the Hand Energy Centers.

1. Twist the upper part of your body to the right then to the left, right, left, right, left – Do this 12 times.
2. Rotate your hips 12 times to the right and 12 times to the left.
3. Turn your head to the right and look over your shoulder as far behind you as possible, turn it to the left and look over your shoulder as far behind you as possible.
4. Now, rotate your shoulders by rotating your arms 12 times then forward 12 times.
5. Now, bend your elbows up and extend your arms forcefully downwards spreading your fingers and allow the Energy to be Thrown forcefully out of your hands, your fingers and even your webs between your fingers. Can you feel something coming out
6. Now, let us exercise our wrists 12 times to the left and 12 times to the right
7. Now, stretch your left hand up, with the palm reaching to the sky, while you simultaneously stretch your left hand down to the ground. Reach and stretch
then, with the right hand up, with the left hand down. Do this 7 times.

**PRACTICE RHYTHMIC YOGIC BREATHING while FEELING ENERGY**

1. Complete the Energy Circuit  
2. Place your Hands in front of your chest  
3. Put your hands about 4-7 inches or 10 – 15 cm apart  
4. Concentrate on the tips of your fingers  
5. Feel the Energy between your Hands and Fingertips  
6. Now, Inhale slowly – Hold for 1 count  
7. Exhale slowly, hold for 1 count  
8. Inhale – hold  
9. Exhale – hold  
10.Inhale – hold  
11.Exhale - hold  
12.Now, gently move your fingers back and forth  
13.Continue with Rhythmic Yogic Breathing  
14.Do you notice a strong resistance?

*(Wait for the student’s response)*

**THE 7-1 7-1 BREATHING EXERCISE**

Let’s Practice Rhythmic Yogic Breathing 7-1 7-1

1. Get a partner.  
2. Practitioner stand up, Client sit down.  
3. Both complete the Energy Circuit.  
4. Practitioner Inhale to the count of 7 … 1,2,3,4,5,6,7.  
5. Hold 1 count  
6. Now, Exhale 2,3,4,5,6,7  
7. Hold 1  
8. Now Practitioner, Project Energy on to the Palm of the left Hand of your Partner  
9. Practice Rhythmic Yogic Breathing for 12 Cycles  
10.Okay, that is enough  
11.Now, change roles  
12.Repeat the Exercise  
13.Ask your Partner, what they feel  
14.Talk to the person in front of you  
15.Talk to the person behind you  
16.Exchange experiences

*(Wait)*
17. Have a seat please
18. Shall we continue?

- Extracted from the Notes of Charlotte Anderson

6-3 6-3 Breathing Exercise

“The Yogi rule for Rhythmic Breathing is that the units of inhalation and exhalation should be the same, while the units for retention and between breaths should be one-half the number of those of inhalation and exhalation.

- Inhale slowly a Complete Breath, counting 6 pulse units.
- Retain, counting 3 pulse units.
- Exhale slowly through the nostrils, counting 6 pulse units.
- Count three pulse bets between breaths.”

- Extracted from The Science of Breath, by Yogi Ramacharaka, Chapter 13, Page 63, ©1904

Let’s Practice 6-3 6-3 Breathing Exercise

1. Place the hands about 2 – 4 inches or 5 – 10 cm apart
2. Move the hands back and forth, very slowly
3. Do you feel a pushing sensation as you move your hands back and forth?
4. Remember the tongue is connected to the palate, it means that the Energy Circuit is complete. It should be maintained throughout the Practice
5. Inhale for 6 counts, 2,3,4,5,6
6. Hold 3- 2,3
7. Exhale 6 – 2,3,4,5,6
8. Hold 3 – 2, 3
9. Do this for seven Breathing Cycles

(Wait for a few minutes).

10. Observe how big the Energy Field is that you have created. Move the hands back and forth
11. Is there a difference?
12. What is the difference?
   (Wait for the student’s response.)
13. Thank you.

Through simple Breathing you can create an Energy Field between your hands
This is good if you must give a Client a lot of Energy

- Extracted from the Notes of Charlotte Anderson
Another source says for healing to take place, “… It is a must to increase our energy, which according to yogic practices is possible only if Kundalini (Energy) can be raised. Raising Kundalini can be done in various ways.

In another passage by the same author it is said, “Kriya Kundalini Pranayama and related breathing techniques (can be used) for the circulation of Pranic Energy in the Vital Body…”

-Extracted from Yoga Vidya Pranic Healing, (Therapeutic Yoga), by Dr. C. Sundaram,, ©2003

A PEP may do Rhythmic Yogic Breathing before and after a Treatment. By doing so the Energy Projected to the Client may be increased - thereby accelerating the Healing process. Should a PEP require additional Energy during a difficult Treatment, Yogic Pranic Breathing may be practiced during the session. However the PEP should be careful not to absorb diseased Energy or contamination from the Client being healed.

When choosing a Energy Treatment Centers the Practitioner should take care to see that adequate ventilation is readily available and whenever possible leave the window open in order to receive as much fresh Prana as possible.

The additional Energy received during a Pranic Treatment by doing Rhythmic Yogic Breathing can help prevent the PEP from feeling tired after a Treatment.

It is advised after healing a large number of Clients to do Rhythmic Yogic Breathing in order to recharge the body of the PEP. This allows the PEP to treat numerous Clients without becoming tired or depleted.

A good plan is to place the right hand over the pit of the stomach, or solar plexus, and the left hand under the middle of the back, and allow the current of Prana or Vital Force to flow through the body for a few minutes.

- Extracted from The Science of Psychic Healing, by Yogi Ramacharaka, ©1909, Chapter 9, Page 84

ENHANCE PROJECTED ENERGY THROUGH RHYTHMIC YOGIC BREATHING

For Example: Double Parallel Projection of Energy may be used in the Treatment of an arm that cannot be raised or a shoulder which has restricted movement!

A good plan is to place the right hand over the pit of the stomach, or solar plexus, and the left hand under the middle of the back, and allow the current of Prana or Vital Force to flow through the body for a few minutes.

- Extracted from The Science of Psychic Healing, by Yogi Ramacharaka, ©1909, Chapter 9, Page 83
This Technique makes it possible to energize the upper and the lower parts of certain areas of the body at the same time. For example, you may treat the knee or the shoulder – Projecting Energy - both to the upper portion and the lower portion simultaneously. The Projection of Energy in this manner accelerates the Healing Process in certain conditions.

**LET’S PRACTICE**

8. Please, take a partner
9. Client sit, Practitioner stand up
10. Complete the Energy Circuit
11. Do Rhythmic Yogic Breathing
12. Energy that may be used is received through breathing slowly and rhythmically
13. Inhale – hold
14. Exhale – hold
15. Continue doing Rhythmic Yogic Breathing
16. Feel the Energy of the shoulder
17. Now, clean the shoulder
18. 1,2,3,4,5 Throw, 6,7,8,9,10, Throw… continue cleansing up to 30 times
19. That is enough, Clean your hands
20. Now, place your hands exactly parallel to each other - with one hand on the top of the shoulder and the other hand slightly below the armpit. Project Energy through both hands while doing Rhythmic Yogic Breathing.
21. When Projecting Energy, Practitioners should remember they should never allow the fingers or the hands to Project Energy toward the head of the Client.
22. Continue doing Rhythmic Yogic Breathing and transfer Energy to both sides of the affected part simultaneously

This kind of “Double Parallel Projection of Energy” is also helpful when applied to the Treatment of broken bones.
**L19 – Lesson 19** | **PRANIC ENERGY ABSENT TREATMENTS**
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Organisational: | Approx. 60 min
Power Point | 
Book Reference | *Psychic Healing*, by Yogi Ramacharaka, ©1909  
*Psychic Healing Book*, by Amy Wallace and Bill Henkin, *Original*  
Internet | www.pranichealing.org

*these book references apply only to this Sequence that you are reading

**PRANIC ENERGY ABSENT TREATMENT**

Sometimes Clients are not able to come for a Treatment because they live too far away.

We may observe that modern cases of Distant or Absent Healing are numerous. The Eddyites have many unquestionably genuine cases of this class on record … when the patient is unaware of the treatment, his mind will be free from resisting any adverse suggestions; … if the patient be aware of the fact that he is to be thus treated, and has full confidence in the healer, conditions will be equally favorable.


Therefore Practitioners need to understand how to provide “Absent Treatments” or to do what Yogi Ramacharaka and Master Choa Kok Sui both called “Distant Healing” (however Yogi Ramacharaka also called it “Absent Healing”). Like other parts of Pranic Energy Healing this Technique has been used by traditional “healers” and others since antiquity.

“Prana colored by the thought of the sender may be projected to person at a distance who is willing to receive it, and the healing work done in this way. This is the secret of the “Absent Healing” of which the Western world has heard so much …

- Extract from *Psychic Healing*,  
By Yogi Ramacharaka, 1909, Chapter 9, Page 88
With typical simplicity, Master Choa Kok Sui and others have stated that:

**“Distant” Healing is based on the Principle of Interconnectedness**

- Extracted from the Notes of Charlotte Anderson

The widest generalization of the Principle of Interconnectedness results in the conception of the world as a web of interconnectedness …


**The Energy Body is a part of the Earth’s Energy Body**

The Mechanism of Healing at a distance is similar to that of the telephone. You are able to contact another person because your telephone line is linked to the other person’s telephone line.

- Extracted from the Notes of Charlotte Anderson

Distant healing, or “absent treatment,” is performed in precisely the same way as is the treatment when the patient is present.

- Extracted from *Fourteen Lessons in Yogi Philosophy*, by Yogi Ramacharaka, ©1903, Lesson 7, Page 161

**Concept of a Practitioner’s Ability to Direct & or Project Energy**

When a person thinks about another person, an Energy Link is created between these two people. In many traditions it states that Energy follows Thought. This Philosophy is the basis for our being able to intuitively know certain information.

The thought of the Healer sends forth the Prana to the sender, and it flashes across space and finds lodgment in the psychic mechanism of the patient. It is unseen, and like the Marconi waves, it passes through intervening obstacles and seeks the person at a distance, you must form a mental image of them until you can feel yourself to be en rapport with them.”

- Extract from *Psychic Healing*, By Yogi Ramacharaka, 1909, Chapter 9, Page 88

When the Practitioner is treating a Client, the ability of the Practitioner to remove diseased Energy or to Project Positive Healing Energy from a distance - occurs in part through the miraculous power of the mind. It is best for the Client to be receptive when Divine Healing Energies are being transmitted. Treatments done from a distance in this tradition are called “Absent Healing”.

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Some controversy regarding Absent Treatments being provided without the Client’s permission exists. This author’s Spiritual Teacher Master Choa Kok Sui gave an interesting analogy. He said, “If a person is in a swimming pool and seems to be drowning – do you say to the person, ‘Hey, it looks like your drowning’ … Would you like me to help you out? Shall I throw you a lifesaver?” OR do you reach over and grab the lifesaver and throw it to the person – or do you simply jump into the pool and save the drowning victim?

What if you see someone on the television or read about them in the newspaper? Or what if someone is sick or they have been badly injured and need help and they are unable to ask for assistance? Giving Treatments is the compassionate thing to do.

So it is recommended that you do Invocation, including Invoking to the Soul of the one needing help – requesting permission from the Soul to render assistance. IF there is a strong negative response – or an intuition that help should not be given – then it would be wise not to do so. However, if it seems that the Soul is receptive to receiving a Treatment, then you may do so.

Sometimes a close family member or a friend will say they do not wish to receive any Treatments. In such a case, the Practitioner should respect their wishes – and not Treat them.

However, in a case where the individual is not in a Balanced State – or they are unable to discern clearly that help is needed - then it is recommended that the Practitioner do Invocation – including Invoking to the Soul of the person – and request permission for a Treatment to be performed - then appropriate Treatment may be given by the Practitioner.

“Absent Healing is the process of sending Healing Energy to someone who is not in your physical presence. In Absent Healing, the Healer directs his attention to the mental Image of a person who is not present. Absent Healing is the process of sending Healing Energy to someone who is not in your physical presence.”

- Extracted from Psychic Healing Book, by Amy Wallace and Bill Henkin, ©1978, Chapter 2, Page 50

**THE PROCEDURE FOR ABSENT TREATMENT**

“If you wish, set a date and a time with your friend and ask him to do something quiet and relaxing while you work on him.”

- Extracted from The Psychic Healing Book, by Amy Wallace and Bill Henkin, ©1978, Chapter 2, Page 50,
In Absent Treatment, the Practitioner imagines the Client standing in front of him. It is also possible to use a photograph of the person, or to simply write the name of the person on a piece of paper. This enables the Energy Practitioner to more easily “connect” to the person, because a “Link” is formed.

It is for this reason that Master Choa Kok Sui advised NOT to teach Distant Healing or the “Absent Treatment Technique” to criminals, to people in jail, to those who are immature, or to people who might try to misuse this priceless Energy Technology. The sole purpose of Teaching these techniques is to be of compassionate use to Humanity.

The Practitioner’s focus should be very clear. It is not important to “see” the Energy Information Field of the Client. The Practitioner does not have to see clearly – in order to perform the Absent Treatment properly.

Frequently a person’s Mind may tend to think it must be very difficult to Treat another person at a distance. This is not the case. All that is needed is to be aware of the existence of the Energy Information Field.

Simply visualize the person in front of you. Forget the distance between you. Mentally shrink their physical body until it is in a “manageable size”.

Begin treating them just as if they were in the same room with you. Be Gentle! Never use force. Willfully Projecting Energy to a Client may actually make the condition worse instead of better. It can have a destructive effect.

Projection of Prana should always be regulated. Otherwise it is not possible for the Client to absorb and digest the Projected Energy properly. The Client may even feel a certain degree of discomfort.

**Steps in Absent Treatment**

1. Make it simple.
2. Connect with the Client, by repeatedly saying the name of the Client. Repeating the name of the Client may be done aloud or silently. Some Practitioners use a picture of the Client, for better Visualization. In general repeating the name over and over again will be enough.
3. During Treatment the Practitioner should constantly remain focused on the Client and on the Client’s Energy Information Field. This occurs through simply mentally or verbally repeating the Client’s name during the entire Treatment.
4. The Practitioner simply imagines the Client in front of them - about 1–2 feet high or about 30 – 60 cm tall.
5. Now, follow the steps given in Pranic Energy Healing.
6. Always use a Basin with Water and Salt to dispose of the dirty or diseased Energy. Remember to Clean your Hands with water and salt or with Alcohol after the Pranic Energy Treatment.

**Practicing Absent Treatment**

Let’s practice.
Take a Partner.
Decide: Who is the Practitioner, who is the Client.
(Separate the class into one group of Clients and one group of Practitioners.
Place the Client group in one location and the Pranic Energy Practitioner in a separate location.

Instruct the Client to sit in a receptive pose and to complete the Energy Circuit.
Should anyone feel discomfort inform the PEP or the Instructor immediately.)

If during the course of this workshop any subjects or volunteers feel discomfort simply clean the excess Energy away from the effected part.

1. Practitioners, take a Basin with Water and Salt and a Hand Spray.
2. Invoke for Divine Blessings

   “To the Supreme God,
   Humbly we Invoke for Divine Guidance, Help and Protection
   And for Divine Healing Power.
   Thank You for using us as Instruments for Healing.
   With Thanks and in Full Faith.”

3. Please complete the Energy Circuit.
4. Imagine the Client in front of you
   Say the Client’s name
   Repeat the name
5. Do Rhythmic Yogic Breathing.
   Inhale slowly, Hold.
   Exhale slowly, Hold.
   Continue to practice Rhythmic Breathing during the whole Treatment.
6. Isolate the Client from your Energy Information Field.
8. Now, think of the Ajna Energy Center
9. Clean the Ajna Energy Center 1, 2, 3, 4, 5, Throw, 6, 7, 8, 9, 10 Throw….up to 30 times.
10. Clean the Hands
11. Repeat the name of the Client again
12. Project Energy to the Ajna Energy Center
13. Feel again the Energy of the Ajna Energy Center
14. Now, let us practice on the Back Solar Plexus Energy Center
15. Raise your hand. Feel the Energy of the Solar Plexus Energy Center
17. Clean the Back Solar Plexus Energy Center 1,2,3,45. Throw, 6, 7, 8, 9, 10 Throw … for up to 30 times.
18. Clean the Hands
19. Repeat the name of the Client again
20. Project Energy to the Back Solar Plexus Energy Center
21. Combine this Projection with Invocative Healing
   Invoke and Concentrate on the Crown and the Projecting Hand.
   Mentally say, "Thank You for Cleansing, Revitalizing and Healing this Energy Center. Thank You Thank You Thank You Thank You"
23. Now, let us practice at the Basic Energy Center
25. Now, think of the Basic Energy Center
26. Clean the Basic Energy Center 1,2,3,45. Throw, 6, 7, 8, 9, 10. Throw. Do this up to 30 times or until the area being treated “feels” normalized
27. Clean the Hands
28. Repeat the name of the Client again
29. Project Energy to the Basic Energy Center
30. Feel the Energy of the Basic Energy Center again
31. Now, Secure the Energy
32. Give Thanks
   "Lord God, to the Healing Angels,
   Thank You for Your Presence Thank You for the Healing.
   With Thanks and in Full Faith."
33. Disconnect. Say, “Cut, Cut, Cut!”

(Bring the class back to one location and Give Feedback.)

**NOTE:**
When Absent Treatment is combined with Divine Healing Energy it becomes very powerful.
After Invocation the PEP simply needs to concentrate on the Crown and Hand that is Projecting Energy and Mentally say, “Thank You for Cleansing Revitalizing and Healing the Energy Center being treated. Thank You, Thank You, Thank You for the Divine Healing.”
This procedure may be repeated for each Energy Center.
35. Change Roles
(It is possible to change the Energy Centers - that will be treated - when roles are changed.)

- Extracted from the Notes of Charlotte Anderson
**L20 – Lesson 20**  
**METHODS FOR PERSONAL HEALING**

<table>
<thead>
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<th>Organisational:</th>
<th>Approx. 40 min</th>
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<tbody>
<tr>
<td>Power Point</td>
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<tr>
<td></td>
<td><em>The Science of Breath</em>, by Yogi Ramacharaka, ©1904</td>
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<td></td>
<td><em>The Science of Psychic Healing</em>, by Yogi Ramacharaka, ©1909</td>
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<tr>
<td></td>
<td><em>Hands of Light</em>, by Barbara Ann Brennan, ©1987</td>
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<tr>
<td>Internet</td>
<td><a href="http://www.pranichealing.org">www.pranichealing.org</a></td>
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<td><a href="http://www.pppmaudiostream.org">www.pppmaudiostream.org</a></td>
</tr>
<tr>
<td>Other</td>
<td>Appendix I – Using the White Light Meditation</td>
</tr>
</tbody>
</table>

*these book references apply only to this Sequence that you are reading*

“Self-healing is an entirely normal and natural process. It is so much a part of having a body that, for most small ailments and some larger ones as well, we consign the conscious part of ourselves that also controls our breathing, our digestion, the beating of our hearts, and the replacement of all the cells in our bodies every seven years.”  

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, Chapter 3, Page 63, ©1978

**THE INNER STATE OF THE PRACTITIONER IS IMPORTANT**

It is desirable for a Practitioner to maintain a High Level of Energy in order to do more proficient Treatments. How can a Practitioner be expected to perform Miraculous Treatments if their Energy is low? A sustained level of Energy is required in order to be a good Practitioner.

There are many ways in which a person may increase their Energy Level. Here are some Techniques designed to assist in rapid Personal Recovery.

The Practitioner’s Inner State affects their Ability to Heal.

**METHODS FOR PERSONAL HEALING**
In general, Pranic Energy Practitioners should do regular Treatments on their own Energy Information Field.

This can be done by:

- Treating the affected area directly
- Using Absent Treatments by visualizing their own Energy Information Field or their own body in front of them.

Let’s Practice: **PERSONAL HEALING**

Take a Basin with Water and Salt and Hand Spray

1. Complete the Energy Circuit.
2. Invoke for Divine Blessings

   “To the Supreme God, 
   Humbly we Invoke for Divine Guidance, Help and Protection 
   And for Divine Healing Power. 
   Thank You for using us as Instruments for Healing. 
   With Thanks and in Full Faith.”

3. Feel the Energy of the Navel Energy Center
4. Clean the Navel Energy Center. 1,2,3,4,5 Throw. 6,7,8,9,10. Throw …
   Do this up to 30 times
5. Clean the hands
6. Project Energy to the Navel Energy Center
7. Inhale …. hold … Exhale … hold. Project as long as it is needed
8. Feel again the Energy of the Navel Energy Center
9. Secure the Energy
10. Let’s practice on the Solar Plexus Energy Center
11. Feel the Energy of the Solar Plexus Energy Center
12. Clean the Solar Plexus Energy Center 1,2,3,4,5. Throw 6,7,8,9,10
   Throw … Do this up to 30 times
13. Clean your hands
14. Project Energy to the Solar Plexus Energy Center
   Inhale … hold … Exhale … hold. Project for as long as it is needed
15. Feel again the Energy of the Solar Plexus Energy Center
16. Secure the Energy

For PERSONAL HEALING on parts of your body, which you cannot see or reach … Use the Absent Treatment Method.

Let’s Practice
1. Complete the Energy Circuit.
2. Invoke for Divine Blessings

“To the Supreme God,
Humbly we Invoke for Divine Guidance, Help and Protection
And for Divine Healing Power.
Thank You for using us as Instruments for Healing,
With Thanks and in Full Faith.”

3. Visualize yourself standing in front of you. Position yourself in your visualization so that you can see the back of your body.
4. Feel the Energy of the back Heart Energy Center.
5. Clean the Back Heart Energy Center. 1,2,3,4,5 Throw. 6,7,8,9,10. Throw … do this up to 30 times.
6. Clean the hands.
7. Project Energy to the back Heart Energy Center.
   Inhale … Hold … Exhale … Hold. Project as long as it is needed.
8. Feel again the Energy of the back Heart Energy Center.

**STRENGTHEN THE BODY**

In this exercise the Solar Plexus and the Navel Energy Centers have to be thoroughly cleansed.

Now place the fingertips of both of your hands directly on the Solar Plexus Energy Center.
Project Energy through the Finger Energy Center for about 10 Rhythmic Yogic Breathing Cycles to the Solar Plexus Energy Center.
When exhaling, be aware of the whole body.
Repeat this on the Navel Energy Center.
When this is done properly, the body will be energized and recharged.

“…place the hands over the Solar Plexus, breathe rhythmically. After the rhythm is fully established, will that each inhalation will draw in an increased supply of prana or vital energy stored in the Solar Plexus. At each exhalation, will that the prana or vital energy is being distributed all over the body…”

- Extracted from *The Science of Breath*, by Yogi Ramacharaka, Chapter 14, Page 67, 1904

**OTHER TECHNIQUES TO USE FOR PERSONAL HEALING**

To increase the Energy Level and support the Wellbeing of the Practitioner
certain points may be emphasized. These may assist in accelerating the Rate of Recovery if the Practitioner is in Pain or Discomfort. Please consider the following points:

**COMPLETE THE ENERGY CIRCUIT**

To complete the Energy Circuit is the easiest way to increase your Level of Energy. You simply have to think about it. Generally, most of the people do this intuitively all the time when Treating Clients.

**PRACTICE THE PLANETARY MEDITATION FOR PEACE**

By doing regular Planetary Meditation for Peace, your Energy Level can be increased easily and rapidly in a short period of time.

**PRACTICE RHYTHMIC YOGIC BREATHING**

Through regular Rhythmic Yogic Breathing, a Practitioner’s whole Energy Level will be increased.

In rhythmic breathing the main thing to be acquired is the mental idea or rhythm. To those who know anything of music, the idea of measured counting is familiar. To others, the rhythmic step of the soldier; “Left, right; left, right; left, right; one, two, three, four, one, two, three, four,” will convey the idea

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1909, Chapter 6, Page 74

In order to rapidly increase their Energy Level, it is recommended for Practitioners to regularly do Rhythmic Yogic Breathing.

For example, it may be done:

- in a clean outdoor area or in the woods,
- by the sea, or in a garden or in any place that is etherically and physically clean.

Rhythmic Yogic Breathing can also be used in combination with Visualization. In this case, you can imagine or visualize that you are cleaning the Area being Treated or Energy Center and then Project fresh Energy.

This will enable their bodies to be energized regularly.

“Then inhale more Prana for the purpose of driving out the painful condition; then exhale, holding the thought that you are driving out the pain. Keep this up for seven breaths …”
**Using Salt Water Baths for Cleansing**

Salt breaks down Dirty Energy.

“To clean your Aura take a 20-minute bath in a warm tub of one pound sea salt …”

For a stronger cleansing effect you may add 7 drops of lavender oil or seven drops of Tea Tree oil.

**How do you absorb Energy from the Ground?**

There are Minor Energy Centers in the feet. These important Energy Centers are an entry point for Earth or Ground Energy - to be absorbed into the physical body. Therefore in order to strengthen the body, whenever possible a person should walk barefooted on the ground and should wear shoes which do not have rubber or leather soles in order to facilitate the absorption of Ground Energy. This will strengthen the body and enhance the Healing Power of the Pranic Energy Practitioner.

**By focusing on a certain area and doing rhythmic yogic breathing – the energy of that area increases.**

“When you are well grounded, focus your attention on your Feet Chakras (locate in the arches of your feet). Imagine the Energy of planet Earth being drawn up through your Feet Chakras and spreading up your lower legs, your thighs and into your first Chakra. You may literally feel the Energy – many people do.”

Let’s do a short Exercise:

1. Take a partner.
2. Complete the Energy Circuit.
3. Isolate the partner from your Energy Information Field.
4. Feel the Energy of the Energy Centers on the Feet of your Partner.
5. Now, is your Partner wearing shoes with Rubber or Leather Soles?
   Tell him to remove the Shoes … then
6. Feel the Minor Energy Centers on the Soles again.
7. Is there a difference?
8. Subject, do Rhythmic Yogic Rhythm for 7 cycles and simultaneously concentrate on the Soles of your feet.
9. Practitioner, please feel again.
10. Is there a difference?
11. Please, exchange Feedback.

**HOW DO YOU ABSORB ENERGY FROM THE AIR OR ENERGY FROM THE SUN**

When absorbing Air Energy or Energy from the Sun, the Practitioner simply focuses their attention on their Hands. They practice Rhythmic Yogic Breathing for as long as they wish to absorb the Energy.
When the body is fully energized, the Practitioner will feel like they are filled up. They may also experience feeling the movement of Intense Energy within the body.

**PROPER DIET**

Avoid pork. It is extremely dirty and causes the Energy of the person to be gross. Feel the Energy of the food to check if it is Energetically clean. If not, then Clean the food.

**PHYSICAL EXERCISES**

Physical exercise plays a primary role in self-healing and maintaining one's health and Vitality.
10 Minutes of daily physical Exercises can be enough for Wellbeing.
The easy Exercises by Master Choa Kok Sui used before and after Meditation can also be repeated more often during the day.
This will cause the Energy Information Field, the Meridians and Energy Centers to be partially cleansed and activated.

**PRACTICE SELF HEALING MEDITATIONS**

For Self-Healing, you may use free of charge online Mediations, guided by Master Choa Kok Sui. For example in the “Green Violet Meditation”, you simply visualize yourself in an ocean of green light, then in an ocean of violet light. Through these Visualizations you Inhale the Healing Balancing Energy of Light in your body.
You can listen to these Meditations - 24 hours a day, 7 days per week without charge. Please visit the: www.ppmaudiostream.org
SIGNs OF CONTAMINATION OF THE PRANIC ENERGY PRACTITIONER

The following Symptoms are Signs of Contamination in a Practitioner. Contamination in Practitioners occurs for the following reasons:

1. Through carelessness in “Throwing” the dirty Energy into a Basin of water and salt – and allowing it to remain on the floor. When this happens others may step into the Diseased Energy and thereby become contaminated.

It is necessary to fully concentrate when Throwing the diseased Energy directly into the water and salt. Do not Throw it onto the floor.

2. Arthritis can occur when there is residual dirty Energy in the arms, the leg, or the feet. Chronic symptoms may occur when the dirty Energy affects the spleen of the Practitioner due to improper disposal of contaminated Energies.

3. Practitioners also report having the symptoms and even the feelings that the Client is experiencing. This is a sign of contamination not empathy. It is necessary for a Practitioner to be caring, yet partially de-attached from their Clients.

“For some Healers taking on another’s problem is a matter. If such a healer works on a broken leg, he may expect to hobble around for a day or two, working out his client’s ailment in his own body. We, however, do not feel that this is ever necessary.”


4. Sometimes after a Treatment the Practitioner may feel tired or that their Energy is depleted. This is another symptom of contamination.

5. When the Client repeatedly comes in the mind of the Practitioner after the Treatment means the connection between the Practitioner and the Client has not been properly disconnected. Disconnect the Energy Link immediately.

6. To protect the Arms and the body from diseased Energy, take regular Salt Water Bath after Treatments. Also Clean your Hands and arms up to the elbows with salt and water after every single Treatment. This will prevent the dirty Energies from sticking to the Practitioner’s body

- Extracted from the Notes of Charlotte Anderson
**L21 - Lesson 21**  
**SKILLS FOR SUCCESSFUL TREATMENTS WITH PRANIC ENERGY HEALING**

| Organisational: | Approximately 15 min |
| Power Point | |
| Book Reference* | *The Psychic Healing Book* by Amy Wallace & Bill Henkin, ©1978  
*Hands of Light*, by Barbara Ann Brennan, © 1987 |
| Internet | www.pranichealing.org |

*these book references apply only to this Sequence that you are reading

**CAN SYMPTOMS RECUR?**

Sometimes symptoms recur.
Why does this happen?
What can be done to prevent this from happening?

1. Holes or Cracks in the Energy Information Field can cause the Energy to leak out. General Cleansing may resolve this condition.

   The Energy Information Field…may be thin in places and even have breaks or holes in it. These need to be repaired, and the whole form needs to regain the shape of an egg with a nice, firm shell.

   - Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Chapter 23, Page 228

   Leaking out of Energy may also be caused, if the Projected Energy is not properly Secured on the area where the Energy has been Projected.

2. Sometimes there are still blocking and/or sticking Energies on or near the Area being Treated. Assess the Particular Area or organ or the adjacent Energy Center next to or around the Area you are Treating. Thoroughly remove these Energies so that the situation can be rapidly improved.

3. On the other hand, if the Practitioner has not transferred enough Vital Life Energy to the area being treated - acceleration of the Self-Healing Process cannot take place.

4. Energy has the tendency to return back to where it originates.
For the best result, always Throw the diseased Energy into the Salt Water Basin. Remember to Disconnect the Energy Link between Practitioner and Client after every treatment.

5. If the ailment of the Client is very severe, the symptoms may return after some hours. This means the Energy has been consumed very quickly. In this case, Treatments need to take place at more frequent intervals and often are best performed using the Team Treatment approach.

6. Clients should not take a shower or bath for 24 hours after a treatment. Bathing will remove the Projected Energy - which may cause a substantial decrease in receiving a noticeably positive result.

In serious cases where a lot of Energy is Transferred to the Client – they should be instructed not to bath for even up to 2-3 days after treatment. They may use a moistened towel to clean the body as needed. But Clients should be cautioned not to “wash off” the Energies.

- Extracted from the Notes of Charlotte Anderson

After a Treatment, it may be noted that the pain or symptoms either immediately recur or recur after a short period of time. In such cases the Practitioner should analyze the reasons for the recurrence of the symptoms.

Possible causes are:

- The condition or ailment requires a large amount of Energy in order to recover.
  Solution A: The treatment has to be repeated within a short period of time.
  Solution B: The Projected Energy has been used up very fast. When this happens send the Client to a medical doctor immediately for conventional medical diagnosis and treatment.
- The Area being Treated contains numerous blockages. These cause a pooling of the diseased Energy which must be removed. Therefore cleansing must be applied more frequently.

These conditions usually arise because the underlying cause was not fully removed, therefore regular or frequent treatment must be applied.

**TREATMENT FREQUENCY**

Practitioners find that the rate of improvement in the condition of the Client is Instantaneous.
However in the treatment of severe ailments and conditions complete recovery may require a longer period of time even up to several months.

In cases where an emergency condition exists, a team-approach may be used in order to facilitate a more rapid recovery, a greater degree of pain-relief, and/or improvement of the serious condition.

For example, in the Philippine Islands, if there are severe cases, a team approach is used and several Practitioners will do nearly non-stop Healing.

- Extracted from the Notes of Charlotte Anderson

The Practitioners should remember that Energy Treatments are always complementary to allopathic medicine. The intelligent approach is to coordinate conventional medical treatment together with Energy treatments.

In the case of serious diseases like cancer, leukemia, lymphoma and others, regular treatment will be necessary at least several times per week.

Whether a Client presents relatively simple symptoms or a serious condition or a chronic condition, the nature of the ailment in part will guide the Practitioner in how frequently the Client needs a treatment.

Treatment should be applied frequently or at least be repeated as often as needed. To find the right number of treatments ask the Client:

- Is the ailment severe, critical or chronic.
- Is the ailment in a particularly “delicate” or “non-delicate” area?
  Non-delicate include the feet or arms and can withstand more frequent treatments within one day. This will tend to activate the Self Healing process in the Client. In delicate areas, like Brain, Heart and Eyes - too many treatments may cause Energy Congestion.
- What is the overall condition of the Client?
- If a person is very old, Energy cannot be absorbed too fast.
  When this is the case, it will take a longer time to achieve successful results. It is the same with people who have a lot of different chronic diseases.
- How fast do they want to get well?
- The mental state of the Client is very important in order to manifest a Miraculous result.

For example … in Emergency Cases:

1. In the case of Heart Attack: Apply treatment 2–3 times a day for several days.
2. In the case of a headache, first remove the dirty Energy from the Solar Plexus. 30–40 % of the time the condition will be removed or it will be substantially relieved.

3. Bad burns must be treated over and over again - constantly for many hours. For example, boiling soup fell on a 1-½ year old baby. The face and head were burned. Immediately the Mother began Cleansing and Projecting Energy to the injured child. After 45 minutes of Treatment, the baby did not even need to go to the hospital.

4. In cases of Surgery, treatment may be done 2 -3 times or more in one day to facilitate a faster recovery.

5. In the case of severe infections, repeated healing is necessary because the consumption of Energy is very fast.

- Extracted from the Notes of Charlotte Anderson

When Treating Severe Illness you must remember to heal the Solar Plexus and the Navel as well as the Spleen. This is a very important factor when treating severe illness.

If a Practitioner is not certain which treatment to use they have several choices.

1. Consult the books of Master Choa Kok Sui for specific guidance.
2. Consult a Pranic Energy Healing Instructor
3. Go to Pranic Healing Question and Answers for a recommendation at: http://health.groups.yahoo.com/group/phqanda

It is important for PEPs to do extremely thorough cleansing, to learn to feel energies accurately and to take adequate time to follow all recommended steps in order to achieve the desired outcome.

**WHY DOES PRANIC ENERGY HEALING SOMETIMES NOT WORK?**

It is important for a Practitioner to be relaxed when they heal the Client. If the Energy Practitioner is attached to the result of a treatment the Healing effect or the final outcome may be substantially reduced.

In some cases there will be no positive outcome. This occurs because no matter how well the Practitioner treats the Client, and no matter how hard the Client tries to improve, sometimes there are karmic debts that must be paid, therefore the client’s condition will not improve.

This is not the fault of the Practitioner. It is also not the fault of the Client. While this is not a usual result when performing the protocols correctly, it is a
possible outcome.

Another cause of Treatment not being successful – is if it is “time” for the client to depart from the body.

**ALL AILMENTS AND CONDITIONS CAN BE HEALED. BUT NOT EVERY PERSON CAN BE HEALED. THIS IS DUE TO THE LAW OF KARMA. WHAT A PERSON SOWS THEY MUST HARVEST.**

- Extracted from the Notes of Charlotte Anderson

In case of treating a dying person the Energy will not stay in the body anymore.

Certain Clients are more receptive to certain Practitioners, just as some people are more attracted to each other than other people. This is normal.

“Perhaps in paying off his karmic debts some person is destined to have the illness he consults you about. Or perhaps because of his karmic relations with some other healers, he is destined to be healed by someone other than yourself. If a subject being is unwilling to be healed, there is nothing on God’s green earth you can do to heal that person. This is why all the greatest Healers have clients they cannot cure.”

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978, Chapter 1, Page 36

Some Practitioners are unable to accept that not every Client will get well. It is necessary to remember that all ailments, conditions, and diseases can be treated but not every Client will improve or be cured.

- Extracted from the Notes of Charlotte Anderson

“When you act in a way that offends your own sense of ethics, you make your work as a healer more difficult and probably less effective, because you trouble your conscience. At the same time, healing provides a wonderful opportunity to be ethical in your life while helping someone else in his.”

- Extracted from *The Psychic Healing Book*, by Amy Wallace and Bill Henkin, © 1978, Chapter 1, Page 34

**PRACTITIONER’S SHOULD AVOID CONTAMINATION**

Throw the unwanted or Diseased Energy into the Water and Salt – so as to fully Disintegrate these Energies and to avoid Contamination to the Practitioner as well as to the Environment.
Do 6-3, 6-3 Rhythmic Yogic Breathing, but no more than 4-5 times per day. To over do this exercise may result in Kundalini Syndrome. Pranayama may be done after Treating 2-3 Clients with “heavy” conditions – to reduce the possibility of Contamination.

A Practitioner should face north or east when giving Treatments.

Request your Clients to position their head with the Crown Energy Centers toward the East while treating Psychological or Emotional ailments.

When treating Physical Ailments, please ask your Client to position their head with the Crown Energy Center toward the North.

Practitioners may obtain more Energy when needed - from physical sources such as Ginseng, raw Eggs, Wheat Germ, Wheat Grass Juice and other natural substances.

When taking these substances the Practitioner should say: “I am absorbing the Energy of this ‘Egg’”, or whatever substance is being assimilated or ingested.

Practitioners should remember to thoroughly clean their hands, their arms and their underarms after finishing Treatments.

- Extracted from the Notes of Charlotte Anderson

Qualities of Energy are different.
If you are a pure Vegetarian you are more sensitive.
It is better if the quality of your Energy is matched to that of the Client.

If you smoke do not Project Energy to a Client, who does not also smoke.
When you smoke your hands are clairvoyantly seen as slightly gray. This grayish

Energy may transfer to the Client.
Dirty Energy may thereby be transferred to the Client.
Remember to cleanse your hands very thoroughly.

Arthritis in a Practitioner may be due to dirty Energy accumulating in the Arms, Hands and Legs.

A Practitioner who has not paid proper attention to de-contaminating their physical bodies after performing Treatments may also occasionally experience chronic Fatigue Syndrome.

The Quality of the Energy of the Practitioner should be finer or more refined than that of the Client.
Every time the Practitioner has finished a series of Treatments, they should clean their body with water and salt to remove any residual contamination.

It has also been noted that sometimes a Practitioner will experience the Symptoms of the Client. This means that due to the empathetic nature of the Practitioner, that they become physically aware of the condition of the Client.

This is strictly not advised – and should be avoided. Immediately Disconnect or Cut from the Client get some fresh air and then continue the Treatment.

*Extracted from the Notes of Charlotte Anderson

THE PURITY OF THE PHYSICAL ENVIRONMENT OF THE HEALING TREATMENT AREA IS EXTREMELY IMPORTANT

1. Open the windows and allow the room to air.
2. Play the Mantra “OM” from the time the treatment is finished until the next time treatment is to be done in that area. The “OM” may even play continuously between the treatments - day and night.
3. Burn sandalwood incense in the treatment room.
4. Thoroughly clean the chair or the bed where the Client has been sitting.
5. Spray the room thoroughly with alcohol.*

*It is recommended Ethyl alcohol not Isopropyl alcohol should be used.
Master Choa Kok Sui personally used inexpensive vodka, with essential oils to replace other alcoholic products altogether.

As your treatment skills increase, improvement becomes very fast.

IN PRANIC ENERGY HEALING IT IS IMPORTANT FOR PRACTITIONERS TO STUDY & PRACTICE
Then it will be easy to become a good Practitioner.
Most of the time, 2 -3 treatments produce relief.
But in the case of a severe ailment, 6 months to 1 year of regular treatments may be required for improvement to be observed.
Treatment must be repeated regularly for the effect to be permanent.
The term “cure” simply means that symptoms do not recur.
Remember to Cut the Energy link between you and the Client.
If you even think about the Client the symptoms may recur. You must cut!

*Modified & Extracted from the Notes of Charlotte Anderson

NOW IT IS TIME TO CLOSE THE WORKSHOP.
PLEASE TAKE NOTE OF THE FOLLOWING REMINDERS TO THE STUDENTS.
1. Remind the students of upcoming higher classes.
2. Encourage the students to continue their learning process.
3. Ask the students for assistance in attracting new people to Pranic Energy Healing Level I.
4. Give contact information - so they know where to reach you and how to reach other Pranic Energy Healers for Pranic Energy Healing and other Energy Teachings according to Master Choa Kok Sui.

Share important International links:

www.pranichealing.org
www.tppmaudiostream.org
www.thesphinx.cc
www.superbrainyoga.org
www.arhatiyoga.org
www.theinnersciences.net
http://www.pranicenergyhealing.net

LET US CLOSE THE SESSION BY ASKING FOR Divine Blessings:

“To the Supreme God,
Thank You for Your Great Blessings.
Humbly we invoke for Divine Guidance, Help and Protection
and for Divine Healing Power.
Thank You for using us as Instruments for Healing.
With Thanks and in Full Faith.”
APPENDICES

These Appendices are provided as sources of further information regarding topics included in this Manual on Pranic Energy Healing.

APPENDIX A - CHRONOLOGY OF THE TERM “PRANIC HEALING”
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- Page 188

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- Page 189

APPENDIX M – Positions Used to Absorb Energy
- Page 191
This chronology was created to demonstrate the ancient nature of the term PRANIC HEALING – which derives from multiple sources - & from multiple Authors.

The information demonstrates usage of the term - historically and globally.

Clearly the terminology - PRANIC HEALING - Pre-Existed usage of the term by Master Choa Kok Sui.

The very title of his first book The Ancient Science & Art of PRANIC HEALING (Dec. 19871st Release - 1988 1st Distribution) - denotes that it is a compilation of techniques - which are derivative in nature.

While “PRANIC HEALING nach Choa Kok Sui” maybe descriptive - the term PRANIC HEALING is generic.

“PRANIC HEALING nach Choa Kok Sui” - is distinctively separate from the other multiple Authors, who have previously and are currently using the term.

Our discussion begins with the root of the terminology - Prana - and leads step by step through a chronology of the usage of the term - PRANIC HEALING.

<table>
<thead>
<tr>
<th>Copyright Date</th>
<th>Book Title</th>
<th>Author</th>
<th>Discussion</th>
</tr>
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<tr>
<td>Before mid first millennium BCE</td>
<td>Chandogya Upanishad 2.7.1</td>
<td>Ancient Text from the Yoga Prana Vidya System</td>
<td>Prana (prāṇa) is the Sanskrit word for &quot;vital life&quot; (from the root prā &quot;to fill&quot;)</td>
</tr>
<tr>
<td>Before mid first millennium BCE</td>
<td>Chandogya Upanishad 2.7.1</td>
<td></td>
<td>Prana … is a part of the worldly, physical realm (which) sustains the body …</td>
</tr>
</tbody>
</table>
| 1906 New York, USA | The Science of Psychic Healing | Yogi Ramacharaka (One of the Pseudonyms of the American Author William Walker Atkinson) | The Principles of PRANIC HEALING
The Practice of PRANIC HEALING
Spiritual Healing is also called “Divine Healing” by this author … MCKS also presented Spiritual or Divine Healing as used by this and other earlier sources indicating multiple derivative extracts. |
<p>| 1911 New York, USA | Journal of the Outdoor Life: Volume 8 | National Tuberculosis Association | This Journal states, that Indian Theosophists use PRANIC HEALING more than any other method … and (also) operate by &quot;Distant Pranic Healing&quot; - with splendid results. |
| 1950, Great Britain, Ireland | The Publisher (A Book of collected Articles) | Volume 164 | … the vital force of Prana (PRANIC HEALING) can through the practice of this technique of Yoga - (Projecting Energy) from the hands - to produce an impressive list of certified cures of patients. |</p>
<table>
<thead>
<tr>
<th>Year</th>
<th>Location</th>
<th>Title</th>
<th>Author/Date</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>1970</td>
<td>New York, USA</td>
<td>Darshana International: Volume 10</td>
<td>J.P. Atreya, Jan 1970</td>
<td>When the mind is still and concentrated … one becomes in tune with God … <em>(and it)</em> surcharged with God’s electric energy <em>(which)</em> is flowing through him … this is known as PRANIC HEALING.</td>
</tr>
<tr>
<td>1973</td>
<td>New York, USA</td>
<td>Orgone, Reich and Eros: Wilhelm Reich’s Theory of Life Energy</td>
<td>William Edward Mann</td>
<td>… most of the books on magnetic <em>(healing)</em> or PRANIC HEALING advise the healer to shake or flick their hands … <em>(to avoid)</em> Healers taking on some or all of the symptoms of their patients.</td>
</tr>
<tr>
<td>Jul-Aug 1978</td>
<td>Montreal, Canada</td>
<td>Yoga Journal</td>
<td></td>
<td>Discussion on the Power of Pranayama and PRANIC HEALING.</td>
</tr>
<tr>
<td>1978</td>
<td>Himalayas, India</td>
<td>Kundalini Yoga</td>
<td>Swami Sivananda Radha</td>
<td>PRANIC HEALING <em>(or)</em> Prana then can be released “at will” toward the patient in need of healing. Pranic Energy <em>(then)</em> flows into the patient´s body.</td>
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<tr>
<td>1985</td>
<td>Himalayas, India</td>
<td>Health and Hatha Yoga</td>
<td>Swami Sivananda</td>
<td>The control of vibratory Prana … <em>(lead)</em> a yogi <em>(to)</em> the realization of the Self - PRANIC HEALING … <em>(Practitioner)</em> may impart Prana in healing morbid diseases.</td>
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<tr>
<td>1986</td>
<td>York Beach, USA</td>
<td>The Chakras &amp; Esoteric Healing</td>
<td>Zachary F. Lansdowne</td>
<td>On the term Pranic Healing the following excerpts can be noted:</td>
</tr>
<tr>
<td></td>
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<td></td>
<td>It is the approach of PRANIC HEALING to heal the physical body by directing Prana … Before proceeding with PRANIC HEALING, it is important that the <em>(energy of the)</em> patient be carefully diagnosed</td>
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<td></td>
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<td>If the assistance of the higher</td>
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intelligence has been invoked, then this *(Divine)* Intelligence is able to direct the needed Energies *(in the)* form of **PRANIC HEALING**

<table>
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<th>Title</th>
<th>Author</th>
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<tr>
<td>1986</td>
<td>York Beach, USA</td>
<td><em>The Chakras &amp; Esoteric Healing</em></td>
<td>Zachary F. Lansdowne</td>
<td>The <strong>PRANIC HEALER</strong> attempts to either stimulate or to abstract energy from one or more or a patient’s chakras <em>(according to the need of the patient)</em>.</td>
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<td></td>
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<td><strong>Note:</strong> We believe the term Pranic Healer was first used by this Author in 1986 prior to the Publishing of the books of Master Choa Kok Sui</td>
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<td>1986</td>
<td>Llewellyn, MN, US</td>
<td><em>Complete Book of Witchcraft</em></td>
<td>Raymond Buckland</td>
<td>Lesson 13: Auric Healing, <strong>PRANIC HEALING</strong>, Absent Healing, Color Healing, Gem therapy ... Positive thinking You can do Auric or <strong>PRANIC HEALING</strong> <em>(at a Distance)</em> Two methods of doing <strong>PRANIC HEALING</strong>, <em>(may be used)</em> when the patient is not physically present Both Auric and <strong>PRANIC HEALING</strong> <em>(at a Distance)</em> can be done using a good, clear photograph of the person</td>
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<td>1987</td>
<td>York Beach, USA</td>
<td><em>The Eyes have it: A Self-Help Manual for Better Vision</em></td>
<td>Earlyne Chaney</td>
<td><strong>PRANIC HEALING</strong> magnetism flows from your hands … The warmth increases the circulation.</td>
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<td></td>
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<td></td>
<td></td>
<td><strong>It should be noted that the first book of Master Choa Kok Sui was released in December 1987</strong></td>
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<tr>
<td>1987</td>
<td>Philippines</td>
<td><em>The Ancient Art and Science of Pranic Healing</em></td>
<td>Master Choa Kok Sui</td>
<td>This is the first published book of Master Choa Kok Sui about <strong>PRANIC HEALING</strong></td>
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<td>1996</td>
<td>USA</td>
<td><em>Prana, The Secret of Yogic Healing</em></td>
<td>Atreyā</td>
<td><strong>PRANIC HEALING</strong> used as a complement to, rather than a competition for, the allopathic regimens of Western health care</td>
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<td>1997</td>
<td>India</td>
<td><em>Pranic Healing using</em></td>
<td>L.R. Chowdhry</td>
<td>Please note: The term Pahan, the Secret of Yogic Healing <strong>PRANIC HEALING</strong> used as a complement to, rather than a competition for, the allopathic regimens of Western health care</td>
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<td>Publication Date</td>
<td>Title</td>
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<td>Notes</td>
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<td>1998, USA</td>
<td>Practical Ayurveda: Secrets for Physical, Sexual &amp; Spiritual Health</td>
<td>Atreya</td>
<td>It is possible to have therapeutic effect ... by using Pranic Healing</td>
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<td>1999, Delhi, India</td>
<td>The Oneness/Otherness Mystery: the Synthesis of Science and Mysticism</td>
<td>Sutapas Bhattacharya</td>
<td>Discusses conventional and paranormal processes in Pranic Healing ... and on the more complex aspects of the healing phenomenon - such as tissue regeneration and immunological reactions ...</td>
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<td></td>
<td></td>
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<td><strong>The Term Pranic Energy Healing</strong></td>
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<td>2003, Pennsylvania, US</td>
<td>Eternal Wellness (Crystalis Readers)</td>
<td>Carol &amp; Robert Lawson</td>
<td>Pranic Energy Healing is an inborn talent in everyone ...</td>
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<tr>
<td>2005, California, 1st Print - Canada</td>
<td>The Miracle of the Breath</td>
<td>Andy Caponigro</td>
<td>In the book Chapter 16 is titled Pranic Energy Healing ... I call this skill “Pranic Energy Healing” because it's based on the healer's ability to consciously transmit healing Prana from one person to another is possible because the Pranic Life-force is the same in all living creatures.</td>
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<tr>
<td>2006, Indianapolis, US</td>
<td>The Rite Way to Immortality</td>
<td>F. Cantanza Rite, Ph.D., D.H.H</td>
<td>... of this system lies the science and practice called Pranic Energy Healing</td>
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<tr>
<td>2011, US</td>
<td>A Survivor's Guide to Kicking Cancer's Ass</td>
<td>Dena Mendes</td>
<td>Pranic (Energy) Healing is a highly evolved, intricate, and tested system of energy medicine that uses Prana (Energy) to balance, harmonizes, and transforms the body's Energy. Note: Parenthesis in the terminology Pranic Energy Healing are verbatim from this Author</td>
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# APPENDIX B
## RESOURCES USED FOR PRANIC ENERGY HEALING

<table>
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<tr>
<th>Name of Book</th>
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<tr>
<td>Color Cure</td>
<td>A. Osborne</td>
<td>1901</td>
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<td>Esoteric Astrology</td>
<td>Alan Leo</td>
<td>1983</td>
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<td>Esoteric Healing</td>
<td>Alice A. Bailey</td>
<td>1953</td>
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<td>Education in the New Age</td>
<td>Alice A. Bailey</td>
<td>1953</td>
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<tr>
<td>The Psychic Healing Book</td>
<td>Amy Wallace and Bill Henkin</td>
<td>1978</td>
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<tr>
<td>How God changes your Mind</td>
<td>Robert Waldman</td>
<td>2009</td>
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<tr>
<td>London Lectures</td>
<td>Annie Besant</td>
<td>1907</td>
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<tr>
<td>The Etheric Double</td>
<td>Arthur E. Powell</td>
<td>1925</td>
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<td>The Astral Body</td>
<td>Arthur E. Powell</td>
<td>1927</td>
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<td>Prana, The Secret of Yogic Healing</td>
<td>Atreya</td>
<td>1996</td>
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<td>Hands of Light</td>
<td>Barbara Ann Brennan</td>
<td>1987</td>
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<td>Natural Pet Healing - our psychic spiritual</td>
<td>Brachler</td>
<td>2003</td>
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<td>Connection</td>
<td>Charles W. Leadbeater</td>
<td>1902</td>
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<td>Man-Visible and Invisible</td>
<td>Charles W. Leadbeater</td>
<td>1927</td>
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<td>The Chakras: A Monograph</td>
<td>Charles W. Leadbeater</td>
<td>1927</td>
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<td>Gems of Thought</td>
<td>Charles W. Leadbeater</td>
<td>1911</td>
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<td>Astral Plane</td>
<td>Charles W. Leadbeater</td>
<td>1973</td>
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<td>The Inner Life</td>
<td>Charles W. Leadbeater</td>
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<td>The Hidden Life of Freemansonry</td>
<td>Charles W. Leadbeater</td>
<td>1927</td>
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<td>The Science of Sacraments</td>
<td>Charles W. Leadbeater</td>
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<tr>
<td>A Study of Taoist Acupuncture and Moxibustion</td>
<td>Cheng-Tsai Liu Liu Zhen-Cai, Ka Hua</td>
<td>1999</td>
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<tr>
<td>The Tao of Health, Sex and Longevity: A modern Practical Guid to the ancient way</td>
<td>Daniel P. Reid</td>
<td>1989</td>
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<td>Cosmic Doctrine</td>
<td>Dione Fortune</td>
<td>1995</td>
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<td>Reincarnation &amp; Karma</td>
<td>Edgar Cayce</td>
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<td>Story of Karma</td>
<td>Edgar Cayce</td>
<td>1994</td>
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<td>Life’s Hidden Secret</td>
<td>Edward G. Collinge</td>
<td>2003</td>
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<td>The Principle of Light and Color</td>
<td>Edwing D. Babbit</td>
<td>1878</td>
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<tr>
<td>Inner Bridges: A Guide to Energy Movement and Body Structure</td>
<td>Fritz Frederick Smith M.D.</td>
<td>1986</td>
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<td>Transitions to a Heart Centered World: Through the Kundalini Yoga and Meditation</td>
<td>Guru Rattana Ph.d</td>
<td>1988</td>
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<td>The Theosophist</td>
<td>H.P. Blavatsky</td>
<td>1887</td>
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<td>Year</td>
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<tr>
<td>The Secret Doctrine</td>
<td>H.P. Blavatsky</td>
<td>1888</td>
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<td>Color Healing Chromotherapy</td>
<td>Health Research</td>
<td>1996</td>
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<td>Acupuncture</td>
<td>Shuai Xue Zong</td>
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<tr>
<td>Taoist Meditation: The Mao-Shan-Tradition of Great Purity</td>
<td>Isabelle Robinet</td>
<td>1970</td>
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<tr>
<td>Education and the Significance of Life</td>
<td>J. Krishnamurtti</td>
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<td>Acupuncture Point Combination: The Key to Clinical Success</td>
<td>Jeremy Ross</td>
<td>1995</td>
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<td>Theory of Color</td>
<td>Johann Wolfgang von Goethe</td>
<td>1870</td>
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<td>You the Healer</td>
<td>Jose Silva</td>
<td>1989</td>
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<td>Chakra Therapy: For Personal Growth &amp; Healing</td>
<td>Keith Sherwood</td>
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<td>The Art of Spiritual Healing</td>
<td>Keith Sherwood</td>
<td>1985</td>
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<td>Handbook of the Aura</td>
<td>Laneta Gregory and Geoffrey Treissman</td>
<td>1985</td>
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<td>The Etheric Body of Man: The Bridge of Consciousness</td>
<td>Laurence John Bendidt,</td>
<td>1977</td>
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<td>Edgar Cayce and the Eternal Feminine</td>
<td>Phoebe Daphne Payne Bendit</td>
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<td>The Origin of Modern Pranic Healing and Arhatic Yoga</td>
<td>Lynn Roger</td>
<td>1971</td>
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<td>The Ancient Art and Science of Pranic Healing</td>
<td>Master Choa Kok Sui</td>
<td>2006</td>
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<td>Superbrain Yoga</td>
<td>Master Choa Kok Sui</td>
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<td>Miracles through Pranic Healing</td>
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<td>Advanced Pranic Healing</td>
<td>Master Choa Kok Sui</td>
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<td>Achieving Oneness with the Higher Soul</td>
<td>Master Choa Kok Sui</td>
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<td>Possible Miracles</td>
<td>Master Choa Kok Sui</td>
<td>2005</td>
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<td>Prana Psychotherapy</td>
<td>Master Choa Kok Sui</td>
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<td>Pranic Crystal Healing</td>
<td>Master Choa Kok Sui</td>
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<td>Ritual Healing in Suburban America</td>
<td>Meredith B. McGuire</td>
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<td>Hands on Spiritual Healing</td>
<td>Michael Bradford</td>
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<td>Hypnotic Leadership: Leaders, Followers and the Loss of the Self</td>
<td>Misha Popper</td>
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<td>Learn the Art of Psychic Defense, Remote Viewing, Telekinesis and</td>
<td>Nicholaus R. Taylor</td>
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<td>The Art and Practice of Astral Projection</td>
<td>Paul Foster Case</td>
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<td>True and Invisible Rosicrucian Order</td>
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<td>The Color of Light: Meditation for All of Us Living with Aids</td>
<td>Perry Tilleraas</td>
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<td>The Ancient Secret of the Fountain of Youths</td>
<td>Peter Kelder</td>
<td>1939</td>
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<td>Teaching Atlas of Acupuncture: Clinical Indication</td>
<td>Piero Ettore Quirico MD</td>
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<td>The Rosicrucian Forum</td>
<td>Rosicrucians Editors</td>
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<td>Kahuna Healing</td>
<td>Serge Kahili King</td>
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<td>Mastering your Hidden Self: A Guide to the Huna Way</td>
<td>Serge Kahili King</td>
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<td>The Chakras and the Human Energy Fields</td>
<td>Shafica Karagulla MD, Gelder Kunz</td>
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<td>The Life Divine</td>
<td>Sri Aurobindo</td>
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<td>Fluid Physiology and Pathology in Traditional Chinese Medicine</td>
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<td>William Walker Atkinson</td>
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<td>The Science of Psychic Healing</td>
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<td>Fourteen Lessons in Yogi Philosophy and Eastern Mysticism</td>
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<td>The Science of Breath</td>
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<td>Hatha Yoga: The Yogi Philosophy of Physical Well-Being</td>
<td>Yogi Ramacharaka</td>
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<td>Acupuncture Medicine. Ist Historical and Clinical Background</td>
<td>Yoshiaki Omura</td>
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<td>The Eagle and the Rising Sun: Americans and the new religions of Japan</td>
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<td>The Holy Bible, New International Version, Book of Matthew</td>
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<td>Vegetarian Times, A Magazine</td>
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APPENDIX C - PRACTICE THE VIRTUES

Pranic (Energy) Healers (Practitioners) are supposed to be models for patients and their communities. As such, the development of the virtues is very important:

1. Loving-Kindness and Non-Injury: Loving-kindness and Non-Injury simply means absence of cruelty. Loving-kindness may be expressed physically, verbally and mentally. Being polite, courteous and helpful are acts of Loving-Kindness. Verbally, you can say words that are nurturing and encouraging. People are just like plants that need to be nurtured to bloom and grow. For instance, you can show appreciation or give recognition for the achievements of a person. In this way, he is inspired to become better.

Mentally, loving-kindness means blessing other people.

In Pranic (Energy) Healing, Loving-Kindness means healing (treating) a patient, even if the patient cannot afford to pay. It is healing (treating) others out of kindness and compassion.

Non-Injury is refraining from hurting other people physically, verbally and psychically.

The practice of harmlessness towards other creatures is also very important. Sometimes, however, a person may have to take the life of an animal to provide food for his family. The act of killing should not involve any cruelty, malice or enjoyment in seeing the animal suffer.

Termination of rats, cockroaches, mosquitoes and insects is permissible for hygienic reasons.

Verbal injury is avoiding the use of harsh or injurious words - which often take a longer time to heal than physical injury.

A physical wound takes only one or two weeks to heal but the wounds caused by a tactless or malicious remark can take years to heal, if ever they do get healed at all. Therefore, watch your words that they do not hurt others.

On a more subtle level, non-injury means minimizing or abstaining from excessive mental criticism.

In Pranic (Energy) Healing, Non-Injury means not misusing one's Psychic Powers.

Loving-kindness and non-injury are necessary for proper and harmonious interpersonal relationships.

If everybody practices them, the world would be a better place to stay.

2. Generosity and Non-stealing: Generosity means sharing or giving. On the physical level, it means sharing or giving money wisely. The key to prosperity is in giving. Donating a part of your income to spiritual and charitable institutions is a physical act of generosity. It has been observed that patients who give generously to the Healer (Practitioner) usually recover very fast from their ailments. This is because by giving, they are entitled to receive the Energy.
The author has observed that in many instances, just paying a powerful Pranic (Energy) Healer (Practitioner) in advance will cause partial or complete Healing even before the Pranic treatment is consciously done.

Blessing the earth is also a form Generosity. On an emotional level, you can be generous by being warm, nurturing and supportive. Mentally, you can share knowledge and skills to people who are ready and willing to learn. You will notice that your understanding of a certain subject becomes deeper when you do this. This is because you do not master a subject until you start teaching it.

Non-stealing means that a person should not take anything that does not belong to him. It also means, on a more subtle level, that one should not steal the merit or credit that is due to other people. In Pranic (Energy) Healing, Non-stealing means that the Healer (Practitioner) must heal (treat) the patient very thoroughly if the Healer (Practitioner) has been properly paid in advance or will be paid later. It also means that the patient should properly compensate the Pranic (Energy) Healer for the great Healing benefit that has been received. In some instances, underpaying or not paying the Healer (Practitioner), even if one has the financial capacity to do so, will result in a very slow Healing rate or no Healing at all.

3. Honesty and Non-lying: Honesty should be practiced in such a way that it will not harm or injure others. One should not use honesty or frankness as a tool or weapon to cause emotional pain or injury. Honesty should not be used out of malice. This is misusing the virtue of honesty. If there is a conflict between the virtue of honesty and the virtues of kindness and non-injury, the virtues of kindness and non-injury should prevail over honesty.

Non-lying means that one should not make untrue or false statements out of malice or with the intent to take advantage of other people.

4. Industriousness and Non-laziness: In Pranic Healing, industriousness means studying Pranic healing books thoroughly. It also means practicing different Pranic healing techniques regularly so that one becomes very skillful. It also means healing the patient thoroughly. Industriousness also implies a strong sense of responsibility. If one is given a certain task to do, one has to perform it properly and completely. It also means non-procrastination. Another term for industriousness is "constancy of aim and effort." Constancy of aim and effort and non-laziness is the key to success and spiritual development.

5. Moderation and Non-excessiveness: It is important that one should avoid extreme or excessive behavior and practice moderation. In Pranic healing, healing and helping a lot of people is very good - but not to the point of exhausting one's self. To do this five or six days a week is definitely excessive and bad for the health. There are healers who have become very sick or have died at a young age due to this type of excessiveness. A healer can be more useful to society for a longer period of time by practicing moderation in healing.
Having sex is good but one should practice moderation and non-excessiveness. Too much sex for a prolonged period of time will cause a dramatic decrease in one's healing power.

Financially, it means that one should avoid excessive-and wasteful spending. If possible, one should save and invest 20 % to 30 % of one's net earnings after tax and tithing. This is one of the keys to prosperity.

- Extracted from Miracles through Pranic Healing, by Master Choa Kok Sui, 4th Edition ©2004, Chapter 8, page 351
APPENDIX D – MESSAGE TO PRACTITIONERS

MESSAGE

Upon completing this workshop, please start to Practice immediately. And it is advised that you continue to Review these workshops many times. This will allow you to attain the greatest benefit from these Teachings.

Immediately you are given an opportunity to reduce suffering in the World and to enhance your personal well being every day of your life.

The Ancient Knowledge presented here as Pranic Energy Healing provides each student with a priceless opportunity to understand more about the forces that influence our everyday lives.

To “Know” a thing - is important.
But it is also necessary to “Understand” that “thing” very deeply and thoroughly.

To “Remember” something - means that we are aware of a certain level of knowledge about the thing we think we understand.

To “Practice” these Teachings changes our lives. Practicing guides us to reach the target – which is to “Master” these Techniques and Protocols – in order to become proficient at what we are doing. Through this effort, we also become more compassionate human beings and we Spiritually evolve.

As you Practice you will develop confidence and your ability to learn will be enhanced in the future.

FROM THE TEACHINGS YOU HAVE RECEIVED ABOUT PRANIC ENERGY HEALING, IT CAN CLEARLY BE SEEN THAT THIS FORM OF ENERGY HEALING HAS EXISTED FOR CENTURIES.

NEVER-THE-LESS, IT IS RECOGNIZED THAT MASTER CHOA KOK SUI IS A GREAT MASTER OF ENERGY – AND HE STANDS OUT FROM AMONG THOSE VARIOUS AUTHORS WHO HAVE BROUGHT ENERGY HEALING INTO THE MINDS OF MODERN PEOPLE – DUE TO HIS CONCERN FOR HUMANITY AND ALSO DUE TO HIS UNDERSTANDING THAT ENERGY HEALING IS “A BRIDGE TO SPIRITUALITY”. IT IS STRONGLY RECOMMENDED THAT INTERESTED PARTIES READ HIS BOOKS ON BOTH HEALING AND SPIRITUALITY.
APPENDIX E - THE KHECHARI MUDRA

A more accurate representation of the mudra is related to Chinese Chi Kung or Qi gong practices. A great explanation from the Shaolin Wahnam Institute stated, “It is related to the small universe techniques often practiced by chi kung and martial arts practitioners to connect the front and back channel and create the flow of microcosmic orbit.”

Here is an excerpt from Sifu Stier on this forum: "The Internal Martial Arts...such as the various styles of Tai-Chi, Pa-Kua, and Hsing-Yi...advocate placing the tip of the tongue on the roof of the mouth behind the front teeth...and also to keep the upper and lower teeth slightly touching while practicing any Chi-Kung/Qi-Gong method. Such placement of the tongue and the teeth allows the intrinsic Energy (chi/qi) which rises in the front and back centerline Meridian Channels to communicate with one another at their end points inside the mouth. The rear Centerline Channel (Governing Vessel/Tu-Mai) has its last Energy point on the gum line of the upper jaw between the upper two front teeth. The Chi Energy in this line rises upward more easily than it can descend...and often has difficulty to rise as well. The front Centerline Channel (Conception Vessel/Jen-Mai) has its last energy point on the gum line of the lower jaw between the lower two front teeth. The Chi Energy in this line is usually capable of both ascending and descending with equal ease. Thus...when the upper and lower teeth are slightly touching and the tongue is properly placed ... any Energy which ascends in the back Centerline Channel to its last point on the upper gum line will be able to 'communicate' with and 'connect' to the Energy which ascends in the front Centerline Channel to its last point on the lower gum line by way of the 'energy bridge' of the tongue and teeth. Then...when the Energy of the front Centerline Conception Vessel Channel descends and sinks back down to the perineum space below and behind the genitals...it will pull the Chi from the rear Governing Vessel Channel through the mouth to descend to the perineum as well. This is called the Small Circle of Heaven rising upward through the front and back Centerline Channels simultaneously...then both descending through the front Centerline to the perineum again. This is a completed electromagnetic Energy Circuit which has to be fully functional in order to achieve the full benefits and skills of any good chi-kung/qi-gong practice."  
http://www.wongkiewkit.com/forum/archive/index.php/t-4086.html - this is the forum mentioned
APPENDIX F - THE BIO-PLASMIC BODY

1. At the highly respected Kirov State University in Alma-Ata, a group of biologists, biochemists and biophysicists declared that the Bio - Plasmic Body is not merely some sort of plasma-like constellation of ionized, excited electrons, protons and possibly some other particle but is a whole unified organism in itself which acts as a unit that gives off its own Electromagnetic Fields (Chap. 17, p. 217).

2. Emotions, states of mind, and thoughts affect the Bio - Plasmic Body (Chap. 16, p. 209).

3. Based on the findings of the State University of Kazakhstan, the Energy Body has a specific organizing pattern that determines the form of the organism. For instance, Dr. Alexander Studitsky of the Institute of Animal Morphology in Moscow minced up muscle tissue and packed it into a wound in a rat's body. An entirely new muscle was grown. From this they concluded that there is some sort of an organizing pattern (Chap. 17, p. 218).

4. If a man loses a finger or arm, which is why an individual still fill because the missing part of the body is still there. (Chap. 17, p. 216).

5. Dr. Mikhail Kuzmich Gaikin, a Leningrad scientist, confirmed the existence of Bio - Plasmic Channels and Centers that correspond to the Meridians and the Acupuncture Points described in ancient Chinese Medicine (Chap. 18, pp. 226-29). With the aid of the tobiscope, he accurately pinpointed the location of the Acupuncture Points.

Later, a young physicist, Victor Adamenko, invented an improved version of the tobiscope and called it the CCAP — Conductivity of the Channels of Acupuncture Points, which locates not only acupuncture points but also numerically graphed reactions and changes in the Bio - Plasmic Body (Chap. 18, p. 232).

APPENDIX G – INFO ON THE MEDITATION ON TWIN HEARTS

Without leaving the house, one may know all there is in heaven and earth. 
Without peeping from the window, one may see the ways of heaven. 
Those who go out learn less and less the more they travel. 
Wherefore does the sage know all without going anywhere, see all without looking, do nothing and yet achieve (the Goal)

- Lao Tzu, Tao Te Ching

Meditation should be directed toward the realization of oneness with God. Your entire attention should be given to the realization of God, always bearing in mind that the kingdom of God is within you, neither here nor there, but within you.

- Joel Goldsmith

ILLUMINATION TECHNIQUE or Meditation on Twin Hearts is a technique aimed at achieving cosmic consciousness or illumination.
It is also a form of service to the world because the world is harmonized to a certain degree through the blessing of the entire earth with loving kindness.
Meditation on Twin Hearts is based on the principle that some of the major chakras are entry points or gateways to certain levels or horizons of consciousness.
To achieve illumination or cosmic consciousness, it is necessary to sufficiently activate the Crown Chakra.
The Twin Hearts refer to the Heart Chakra which is the center of the emotional heart, and the Crown Chakra with is the center of the divine heart.
When the Crown Chakra is sufficiently activated, its 12 inner petals open and turn upward like a golden cup, golden crown, golden lotus or golden flower to receive spiritual energy which is distributed to other parts of the body. It is also symbolized as the Holy Grail.
The crown worn by kings and queens is but a poor replica or symbol of the indescribable resplendent Crown Chakra of a spiritually developed person.

The golden crown which is rotating very fast appears as a brilliant flame of light on top of one's head. This is symbolized by the miter worn by the pope, cardinals, and bishops.
When the Crown Chakra is highly activated, a halo is produced around the head. This is why saints of different religions have a halo around their head. Since there are different degrees of spiritual development, the size and brightness of the halo also vary.
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.
In Taoist Yoga, this Divine Energy is called "Heaven Ki." In Kaballah, this is called the "pillar of light," referring to what clairvoyants literally see as a pillar of light. The Indian yogis call this pillar of light as the spiritual bridge of light or "Antakarana." The Christians call this the "Descent of the Holy Spirit" which is symbolized by a pillar of light with a descending dove. In Christian arts, this is shown in pictures of Jesus or the Saints having a pillar of white light on top of their head with a descending white dove. This is to symbolize the coming down of the Divine Energy. Spiritual aspirants who have practiced this meditation for quite sometime may experience being enveloped by dazzling, sometimes blinding, light or his head filled with dazzling light. This has been a common experience among advanced yogis and saints of all religions. If you study the holy scriptures of different religions, you will notice the similarity in their experiences.

The Crown Chakra can only be sufficiently activated when the Heart Chakra is first sufficiently activated. The Heart Chakra is a replica of the Crown Chakra. When you look at the Heart Chakra, it looks like the inner Chakra of the Crown Chakra which has 12 golden petals.

The Heart Chakra is the lower correspondence of the Crown Chakra:

The Crown Chakra is the center of Illumination and Divine Love or Oneness with all. The Heart Chakra is the center of higher emotions. It is the center for compassion, joy, affection, consideration, mercy and other refined emotions. It is only by developing the higher refined emotions that one can possibly experience Divine Love. To explain what is Divine Love and Illumination to an ordinary person is just like trying to explain what is color to a blind man.

There are many ways of activating the Heart and Crown Chakras. You can use physical movements or hatha yoga, yogic breathing techniques, mantras or words of power, and visualization techniques. All of these techniques are effective but are not fast enough. One of the most effective and fastest ways to activate these Chakras is to do Meditation on Loving Kindness, or bless the whole earth with loving kindness. By using the Heart and Crown Chakras in blessing the earth with loving kindness, they become channels for spiritual energies, thereby becoming activated in the process. By blessing the earth with loving kindness, you are doing a form of world service. And by blessing the earth with loving kindness, you are in turn blessed many times. It is in blessing that you are blessed. It is in giving that you receive. This is the law!

A person with a sufficiently activated Crown Chakra does not necessarily achieve illumination for he has yet to learn how to activate the Crown Chakra to achieve illumination. It is just like having a sophisticated computer but not knowing how to operate it. Once the Crown Chakra has been sufficiently activated, then you have to do meditation on the light, on the mantra aum or amen, and on the interval between the aums or amens. Intense concentration should be focused not only on the mantra aum or amen but especially on the interval between the two aums or
amens. It is by fully and intensely concentrating on the light and the intervals (moments of silence) between the two aums or amens that illumination or samadhi is achieved!

With most people, their other chakras are quite activated. The Basic Chakra, Sex Chakra, and Solar Plexus Chakra are activated in practically all persons. With these people, their instincts for self survival, sex drive and their tendency to react with their lower emotions are very active. With the pervasiveness of modern education and works that require also the use of the mental faculty. The Ajna Chakra and the Throat Chakra are developed in a lot of people. What is not developed in most people are the Heart Chakra and the Crown Chakra. Modern education, unfortunately, tends to overemphasize the development of the Throat Chakra and the Ajna Chakra or the development of the concrete mind and the abstract mind. The development of the heart has been neglected. Because of this, you may encounter a person who is quite intelligent but very abrasive. This type of person has not yet matured emotionally or that his Heart Chakra is quite underdeveloped. Although he is intelligent and may be "successful," his human relationships may be very poor, have hardly any friend and may have no family. So by practicing Meditation on Twin Hearts, a person becomes harmoniously balanced. It means that the major chakras are more or less balancedly developed.

Whether the abstract and concrete mind will be used constructively or destructively depends upon the development of the Heart Chakra. When the Solar Plexus Chakra is overdeveloped and the Heart Chakra is underdeveloped or when the lower emotions are active and the higher emotions are underdeveloped, then the mind would likely be used destructively. Without the development of the heart in most people, world peace would be an Unattainable dream. This is why the development of the heart should be emphasized in the educational system.

Persons below 18 years old should not practice the Meditation on Twin Hearts since their body cannot yet withstand too much subtle energies. This may even manifest as physical paralysis in the long run.

Persons with heart ailment, hypertension or glaucoma should also not practice Meditation on Twin Hearts since it may worsen their condition.

It is important that persons who intend to practice regularly Meditation on Twin Hearts should practice self-purification or character building through daily inner reflection.

Meditation on Twin Hearts not only activates the Heart Chakra and the Crown Chakra but also the other chakras. Because of this, both the positive and negative characteristics of the practitioner will be magnified or activated. This can easily be verified by the practitioner himself and through clairvoyant observation.

PROCEDURE:
1. Cleansing the Etheric Body through Physical Exercise. Do physical exercise for about five minutes to clean and energize your etheric body. Light greyish matter or used-up prana is expelled from the etheric body with exercise. Physical exercises also minimize possible pranic congestion since Meditation on Twin Hearts generates a lot of subtle energies in the etheric body.
2. Invocation for Divine Blessing. You can make your own Invocation. Here is one example the author usually uses:

   *Father, I humbly invoke Thy divine blessing!*
   *For Protection, Guidance, Help and Illumination*
   *With Thanks and in Full Faith!*

Invoking the blessing of Divine Providence or one's spiritual guides is very important. Every serious spiritual aspirant usually has spiritual guide(s) whether he is consciously aware of them or not. The Invocation is required for one's protection, help and guidance. Without the Invocation, the practice of any advanced meditational technique can be dangerous.

3. Activating the Heart Chakra—Blessing the Entire Earth with Loving Kindness. Press your front heart chakra with your finger for a few seconds. This is to make concentration on the front heart chakra easier. Concentrate on the front heart chakra and bless the earth with loving kindness. When blessing, you may visualize the earth as very small in front of you. The author usually uses the following blessing:

   **BLESSING THE EARTH WITH LOVING KINDNESS**

   *From the Heart of God*
   *Let the entire Earth be Blessed with Loving-Kindness*
   *Let the entire Earth be Blessed with great Joy, Happiness and Divine Peace.*
   *Let the entire Earth be Blessed with Understanding, Harmony, Goodwill and the Will to do Good. So be it!*  
   *From the Heart of God, let the Hearts of all Sentient Beings be filled with Divine Love and Kindness.*
   *Let the hearts of all Sentient Beings be filled with Great Joy, Happiness and Divine Peace.*
   *Let the Hearts of all Sentient Beings be filled with Understanding, Harmony, Goodwill and Will to do Good*  
   *With Thanks ... So Be It!*

For beginners, this Blessing is done only once or twice. Do not overdo this blessing at the start. Some may even feel a slight pranic congestion around the heart area. This is because your etheric body is not sufficiently clean.

Apply localized sweeping to remove the congestion. This blessing should not be done mechanically. You should feel and fully appreciate the implications in each phrase. You may also use visualization. When blessing the earth with loving kindness, visualize the aura of the earth.
as becoming dazzling bluish pink. When blessing the earth with great joy, happiness and peace, visualize people with heavy difficult problems smiling, their hearts filled with joy, faith, hope and peace. Visualize their problems becoming lighter and their faces lightening up. When blessing the earth with harmony, goodwill and will to do good, visualize people or nations on the

verge of fighting or fighting each other reconciling. Visualize these people putting down their arms and embracing each other. Visualize them being filled with good intentions and the will to carry out these good intentions. This blessing can be directed to a nation or group of nations. Do not direct this blessing to infants, children or persons because they might be overwhelmed by the intense energy generated by the meditation.

4. Activating the Crown Chakra—Blessing the Earth with Loving Kindness. Press the crown with your finger for several seconds to facilitate concentration on the Crown Chakra and bless the entire earth with loving kindness. When the Crown Chakra is sufficiently opened, some of you will feel something blooming on top of the head and some will also feel certain pressure on the crown. After the Crown Chakra has been activated, concentrate simultaneously on the Crown and Heart Chakras, and bless the earth with loving-kindness several times. This will align both Chakras, thereby making the blessing much more potent.

5. Achieving Illumination—Meditation on the Light, on the Aum or Amen, and the Interval between the Two Aums or Amens. To achieve Illumination (expansion of consciousness), visualize a point of dazzling white light on top of your head and simultaneously chant mentally the word Aum (Ah — omm —) or Amen (Ah — men —) and concentrate on the intervals (moments of silence) between the two Aums (or Amens), while maintaining the point of light. Do this meditation for 10 to 15 minutes. When you can fully concentrate simultaneously on the Point of Light and on the intervals between the two Aums, you will experience an “Inner Explosion of Light”.

Your entire being will be filled with light! You will have your first glimpse of Illumination and first experience of Divine Ecstasy. To experience Buddhic Consciousness or Illumination is to experience and understand what Jesus meant when He said: "If thine eye be single, thy whole body shall be full of light* (Luke 11:34). "For behold, the kingdom of heaven is within you" (Luke 17:21).

For some people, it may take years before they can experience an initial glimpse of Illumination or Buddhic Consciousness. For others it may take

only months while for some others, only weeks. In the case of a very few, they achieve initial expansion of consciousness on the first few try. This is usually done with the help from an "elder" or a facilitator.
When doing this meditation, the aspirant should be neutral. He should not be obsessed with results or filled with too much expectations. Otherwise, he will be actually meditating on the expectations or the expected results rather than on the Point of Light, the Aum and the intervals between the two Aums.

6. Releasing the excess Energy. After meditation, it is important that the excess energy should be released by blessing the earth with light, loving kindness, peace and prosperity for several minutes until you feel your body is normalized. Otherwise, the etheric body will become congested and the meditator will experience headaches and chest pains. The visible body will deteriorate in the long run because of too much energy. Other esoteric schools release the excess energy by visualizing the Chakras projecting out the excess energy and the Chakras becoming smaller and dimmer, but this approach does not utilize the excess energy into constructive use.

7. Giving Thanks. After meditation, always give thanks to the Divine Providence and to your spiritual guides for Divine Blessing.

8. Further Release of Excess Energy and Strengthening the Body through Massage and More Physical Exercise. After meditating, massage your body and do physical exercise for about five minutes to expel more used-up prana from the body and, thus, to further release, clean and strengthen the visible body. This will also facilitate the assimilation of the pranic and spiritual energies, thereby enhancing the beauty and health of the practitioner. Massaging and exercising after meditation also reduce the possibility of pranic congestion in certain parts of the body which may lead to illness. You can also gradually cure yourself of some ailments by doing exercises after doing the Meditation on Twin Hearts. It is very important to exercise after meditation; otherwise, the visible physical body will inevitably weaken. Although the etheric body will become very bright and strong, the visible physical body will become weak because it will not be able to withstand the leftover energy generated by the meditation in the long run. You have to experience it yourself to fully appreciate this. Some have the tendency not to do physical exercises after meditation but to continue savouring the blissful state. This tendency should be overcome; otherwise, one's physical health will deteriorate in the long run. Sometimes when a spiritual aspirant meditates, he may experience unusual physical movements for a limited period of time. This is quite normal since his etheric channels are being cleansed. The instructions may seem quite long but the meditation is short, simple and very effective! It requires only about 20 minutes excluding the required time for the physical exercises.
There are many degrees of illumination. The art of "intuiting" or "direct synthetic knowing" requires constant meditation for a long duration of time. Blessing the earth with loving-kindness can be done in group as a form of world service. When done in group for this purpose, first bless the earth with loving-kindness through the heart chakra, then the crown chakra and, finally, through both chakras. Release the excess energy after the end of the meditation. The other parts of the meditation are omitted. The blessing can be directed not only to the entire earth but also to a specific nation or group of nations. The potency of the blessing is increased many times when done in group rather than individually. Another way of blessing the earth with Loving Kindness in group is through daily radio broadcast at an appropriate time with some or most of the listeners participating.

Meditation on Twin Hearts

Fig. 8-1
The Descent of Divine Energy during Meditation on Twin Hearts:
In Christian tradition, this is called the descent of the Holy Spirit in Taoist Yoga, the descent of the Heaven ki or energy; in Kabbalistic tradition, the pillar of light; In Indian yoga, the spiritual bridge of light or antakharana.

Just as pranic healing can "miraculously" cure simple and severe ailments, the Meditation on Twin Hearts, when practiced by a large number of people, can also miraculously heal the entire earth, thereby making the entire earth more harmonious and peaceful. This message is directed to readers with sufficient maturity and the "will to do good."

INCREASING ONE'S HEALING POWER
When a person practices the Meditation on Twin Hearts daily or regularly, his Major Chakras and auras will increase in size, making his energy body more dynamic and stronger.
You may perform this simple experiment to verify the validity of what has been stated:

1. Ask somebody who is proficient in this meditation or has been practicing this meditation for at least about two or three weeks to perform this experiment with you.
2. Scan his Major Chakras, inner and outer auras before doing the meditation.
3. While the person is meditating, wait for three minutes before scanning his Major Chakras, inner and outer auras and note the difference in size before and during meditation. When scanning the auras, gradually move five meters or more away from the subject and try to feel his energy body. You may feel a tingling or mild sensation on your hands and fingers. Others may feel some sort of mild electrical current or sensation.
Several hours after meditation, the chakras and the auras will gradually normalize to almost their former sizes, but if this meditation is practiced daily for about a year, the size of each chakra will increase from three or four to about six inches or more in diameter, while the inner aura will expand from five inches to about one to two meters or more in radius. This is due to the cumulative effects of regular meditation. A healer with big chakras and inner aura is powerful and can heal most minor ailments very quickly and almost instantaneously. A proficient intermediate pranic healer should have at least an inner aura of one meter in radius, and an advanced pranic healer, about three meters. A powerful master pranic healer can have an inner aura of at least 164 feet or 50 meters in radius. A person with big Chakras and inner aura is just like a big pump while a person with smaller chakras and inner aura is just like a mini pump. So, it is very advantageous to practice this meditation daily or regularly.

Having a Powerful and Dynamic Energy body not only enhances one's healing powers but also increases one's effectivity and productivity in his work. Having taught many students and met all kinds of people, the author has observed that successful people and top executives have usually bigger Chakras—about five or six inches or more—and an inner aura of about 3 feet or one or more meters. People who have magnetic personality or great charisma usually have bigger Chakras and inner auras than ordinary people and tend to have a strong influence over most people. Furthermore, a person who regularly meditates becomes more intuitive and intelligent. When he is faced with a problem he will have the increased ability to see directly through the problem and find the right or proper solutions.

ARHATIC YOGA

There are other meditation techniques more advanced than Meditation on Twin Hearts. One of these is Arhatic Yoga which is only for a chosen few, Arhatic Yoga is called the "yoga of synthesis." It deals with the activation of the chakras, and awakening of the kundalini through a systematic and safe method. One of the common and serious mistakes among esoteric practitioners is to try to awaken the kundalini in order to activate the chakras. A truly advanced yogi or chi kung practitioner is aware of the necessity of purifying oneself and substantially activating the chakras first, before awakening the kundalini. Otherwise, serious pranic congestion will occur if too much kundalini energy goes to the relatively underactivated chakras which are still small in size, resulting in serious physical ailments or discomfort.

Hence, the practice of arhatic yoga should preferably be under the guidance of an advanced guru or master.

That is why the major problem is not the pupil, but the educator; our own hearts and minds must be cleansed if we are to be copal* of educating others.
Without a change of heart, without goodwill, without the inward transformation which is born of self awareness, there can be no peace, no happiness for men.

- J. Krishnamurti, Education and the Significance of Life

...Love always draws forth what is best in child and man.
Enlightenment is the major goal of education.

- Alice Bailey, Education in the New Age

**MEDITATION ON TWIN HEARTS**

1. To clean the etheric body, do physical exercise for about five or more minutes.
2. Invoke for Divine Blessing.
3. To activate the Heart Chakra, concentrate on it and bless the entire earth with loving kindness.
4. To activate the Crown Chakra, concentrate on it and bless the entire earth with loving kindness. Then again bless the earth with loving kindness simultaneously through the Crown and Heart Chakras.
5. To achieve Illumination, concentrate on the point of light, on the aum or amen, and on the interval between the two aums or amens.
6. To release excess energy, bless the earth with light, love and peace.
7. Give thanks.
8. To further release the body of excess energy and strengthen it, massage the body and do more physical exercise.

**BLESSING THE EARTH WITH LOVING-KINDNESS**

*From the heart of God.*
Let the entire earth be blessed with Loving-Kindness.
Let the entire earth be blessed with Great Joy, Happiness and Divine Peace.
Let the entire earth be blessed with Understanding, Harmony, Goodwill and the Will to do Good. So Be It!

*From the Heart of God, Let the Hearts of all Sentient Beings be filled with Divine Love and Kindness.*

Let the Hearts of all Sentient Beings be Filled with Great Joy, Happiness and Divine Peace.
Let the Hearts of all Sentient Beings be Filled with Understanding, Harmony, Goodwill and the Will to Do Good.
With Thanks, So Be It!

**AUTHORITY TO REPRINT**

**MEDITATION ON TWIN HEARTS IS A VERY POWERFUL TOOL IN BRINGING**
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(SIGNED) CHOA KOK SUI

**APPENDIX H – TEXT FOR TWIN HEARTS MEDITATION**

**PRACTICE THE PLANETARY MEDITATION ON PEACE**

*(Instructor, please use, the CD “Planetary Meditation for Peace” by Master Choa Kok Sui. Should there be no facility for the use of a CD, the Instructor may lead the Meditation however this is only recommended if absolutely necessary.)*

Let us Invoke for Divine Blessings

*To the Supreme God, to the Divine Father, Divine Mother, to my Spiritual Teacher, to all the Spiritual Teachers, to all the Holy Masters, to all the Saints, all the Angels, Spiritual Helpers, and to all the Great Ones, We Thank You for Your Blessings, for Your Guidance, Your Divine Love. We Thank You for the Divine Sweetness, Illumination, Divine Oneness, Divine Help, and Protection. We Thank You in Full Faith.*

**Recall a Happy Event**

Take your time. Recall a happy event.
Re-experience the exquisite feelings of Sweetness, of Tenderness and of Love.
You are smiling, you are filled with Love and Happiness.

Gently and lovingly Smile at your Heart Energy Center.
Your Heart Energy Center is a being of Love.
Gently and lovingly Smile at your Heart.
Say words of Love and Sweetness to your Heart.
Wait for the response.

Can you feel your Heart Energy Center responding with Love, with Joy and Bliss? The feeling is fantastic!

Recall another happy event. Re-experience this happy event.
Feel it. Smile at your Crown Energy Center.

Your Crown Energy Center is a Being of Divine Love.
Say words of love to this Being of Divine Love.

Lovingly and gently Smile at your Crown Energy Center.
Wait for the response.
Can you feel your Crown Energy Center responding with Divine Love and Divine Sweetness?
We are going to Bless the Earth with Loving Kindness.
Very gently touch your heart with your left hand.  
Raise your hands at about chest level with your palms facing outward.

Silently repeat after me.

*Lord, make me an instrument of Your Peace.*

Allow yourself to be a Channel for Divine Peace.  
Feel the Inner Peace within you.  
Bless the Earth with Peace.  
Imagine there is a small Earth in front of you, the size of a small ball.  
Feel the Inner Peace within you.  
Radiate this Peace into the Earth.  
Feel the Inner Peace within you.  
Share it with the Earth in front of you.

*Where there is hatred let me sow Love.*

Feel the Love within you.  
Feel the Sweetness within you.  
Allow yourself to be Channel for Divine Love and Divine Sweetness.  
Bless the whole Earth, and every Person, every Being with Love and Sweetness.  
Imagine pink light radiating from your Heart to your Hands to the Earth.

*Where there is hatred let me sow Love.*

(Allow yourself to be a channel for Divine Love)  
*Where there is injury, Pardon.*

Bless the Earth with the spirit of reconciliation; with the spirit of understanding,  
Harmony and Divine Peace.

*Where there is despair, Hope; doubt, Faith.*

Allow yourself to be a channel for Divine Hope and Divine Faith.  
Bless the whole Earth with Hope and Faith.

Bless people who are having a difficult time.  
Bless them with Hope and Faith.  
Bless them with Divine Strength.  
Tell them, "You can make it! You are Blessed with Hope and with Faith."

*Where there is darkness Light; sadness, Joy.*

Bless the whole Earth with Light and Joy.
Especially people who are in pain, people who are sad, people who are depressed; Bless them with Divine Light and Divine Joy.
Be aware of your Crown. Silently follow me.

From the Heart of God,
Let the entire Earth be Blessed with Loving Kindness.

Allow yourself to be a channel for Divine Love and Divine Kindness. Bless the Earth with Love and Kindness.
Imagine Golden Light radiating from your hands to the small earth in front of you.

From the Heart of God,
Let the entire Earth be Blessed with Great Joy and Happiness.

Feel the Divine Joy and Divine Happiness.
Allow yourself to be a Channel for Divine Joy and Happiness and share this Divine Joy and Happiness with the entire Earth.

From the Heart of God
Let the entire Earth be Blessed with Understanding, Harmony & Divine Peace; with Goodwill and the Will to do Good.
Blessings be to All.

Be aware of your whole body.
(Exhale slowly.)

Be aware of your Heart and your Crown simultaneously.
(Take a deep breath. Inhale deeply. Hold your breath.)

Be aware of your whole body.
(Exhale slowly.)
Can you feel your whole body filled with Divine Bliss?

Imagine the small Earth in front of you.
Again, be aware of your Heart and your Crown.

(Silently repeat after me.)

From the Heart of God,
Let every Person, Every Being

Be Blessed with Divine Love,
Be Blessed with Kindness.

Feel the Kindness.
Let the whole Earth, every person, every being
Be Blessed with Sweetness, with Divine Sweetness,
with Tenderness, with Warmness, with Caringness,
with Inner Healing, with Inner Beauty,
with Divine Bliss, & Divine Oneness with All.

Feel the Divine Bliss, the Divine Sweetness, and share this with the whole Earth,
with every person, every being.
(Gently put your hands down on your lap.)

Imagine a Golden Flame on your Crown.
Feel the quality of the Golden Flame.

Feel the Love, Peace and the Divine Bliss radiating from this Golden Flame.
Feel the Divine Sweetness, the Divine Joy.
(Gently and silently chant the mantra, OM.)

Be aware of the stillness and the interval between the two OM's.
Do this lovingly and with awareness.
Imagine the Golden Flame again.
(Silently chant the mantra, OM. Chant the mantra, OM twelve times.)

Be aware and let go.
(Gently and lovingly return to your body right now!)

Feel the bliss feel the Love, feel the Divine Sweetness.
(Slowly and gently move your fingers. We are going to release the excess Energy. Gently raise your hands again at the chest level with your palms facing outward.)

Imagine the small Earth in front of you.
(Silently say)

Let the entire Earth with Divine Light, Divine Power.
Let the whole Earth, every Being be Blessed.
Let there be Peace, Harmony, Progress, Spirituality & Prosperity to All!
Blessings be to All!
Bless your country with Divine Light, Divine Power,
with Progress, Spirituality & Abundance.
Bless your City with Peace and Order, with Spirituality,
with Divine Love and with Prosperity.
Bless your Loved Ones, your Relatives, Associates & your Friends
with Divine Love, with Kindness
with Sweetness and with much Affection!
Blessings be to All!
(Gently put your arms down.)
We are going to release the excess energy by blessing Mother Earth.

Be aware of your feet and the base of your spine.
Imagine golden light going down, down down to the earth about three(3) meters or ten(10) feet deep.

_Bless Mother Earth with Divine Light, Divine Love Divine Power._
_Blessings be to Mother Earth!_
_Let Mother Earth be Blessed,_
_Let Mother Earth be Regenerated._
_Blessings be to our Beloved Mother Earth!_

Thanksgiving Invocation

_To the Supreme God, we Thank You for this Great, Great Blessing!_  
_To the Divine Father, Divine Mother,_  
_We Thank You for the Divine Bliss and this Priceless Blessing!_  
_To my Spiritual Teacher,_  
_to all the Spiritual Teachers,_  
_to all the Saints, Holy Angels, Spiritual Helpers,_  
_especially to the Angels of Love and All the Great Ones,_

_Thank You for this Great Great Blessing!_  
_Thank You for the experience of Love and Divine Bliss!_  
_Thank You, in Full Faith!_

- Extracted from the CD _The Planetary Meditation for Peace_, by Master Choa Kok Sui, Executive Producer and Voice Over Editing by Charlotte Anderson.
APPENDIX I – THE WHITE LIGHT MEDITATION

OTHER SCHOOLS DISCUSSING THE WHITE LIGHT MEDITATION

This method of general cleansing and energizing is usually called Meditation on the White Light or Meditation on the Middle Pillar. Various Oriental and Occidental esoteric schools have used the Middle Pillar Technique.

The core techniques are visualization and vibratory vocalization, both of which facilitate the awakening of the microcosmic Tree of Life, the linkage of same with its macrocosmic analogy, and the conscious manipulation of vital energy. (For the actual technical methods in full, see Regardie’s *The Middle Pillar*.)

The purpose of the basic Middle Pillar Exercise and its contingent circulations is not merely to become a willing and conscious channel for vital energy; this task can be accomplished much more simply and quickly with other methods. The primary function of the exercise is the conscious communion and eventual integration of the various levels of spiritual and psychic functioning. When approached from this angle, the MPE (Middle Pillar Exercise) performs its duty admirably and becomes a magnificent training tool.

It is as well to remark at this point that the MPE (Middle Pillar Exercise) seeks to draw the Ketheric Light, or Divine Light, from the macrocosm to the aspirant’s highest center of consciousness, then on down through successively lower phases and finally into mundane awareness.

APPENDIX J - research SOURCES

The author of this Manual on Pranic Energy Healing was the Transcriber, Compiler and Editor of these books together with Master Choa Kok Sui.

The Origin of Modern Pranic Healing and Arhatic Yoga, by Master Choa Kok Sui, © 2006
Possible Miracles The Golden Lotus Sutra on Pranic Healing, by Master Choa Kok Sui, © 2004

SOURCES USED DURING THE RESEARCH OF MCKS


The Aura by W. J. Kilner. ©1911. York Beach, Maine. Samuel Weiser, Inc.

This book deals with the scientific experiments and personal experience of Dr. Hiroshi Motoyama on the Chakras.

It also gives Instructions how to activate the Chakras.
The Chinese Acupuncture Meridians are compared with the Indian Nadis.
This book is quite interesting and very informative.


Our Guruji Master Choa Kok Sui discusses many interesting Findings, about the Energy Body in His book, Miracles through Pranic Healing.

This book deals with the different types of Prana. It also discusses the negative effects of alcohol, drugs, and tobacco on the Etheric Body.
It contains 10 colored illustrations of the Chakras (Energy Centers) based on the clairvoyant observations of Mr. Leadbeater.


The Aura by W. J. Kilner. ©1911. York Beach, Maine. Samuel Weiser, Inc.
Essentially, this book is a treatise on the Etheric Body and Etheric Phenomena.
Its contents are largely based on the writings of Madame Blavatsky, C. W. Leadbeater, and Annie Besant.
These highly developed clairvoyants conducted clairvoyant researches and experiments.
They recorded their observations and conclusions in their writings during the years 1897-1923.

This book deals with the scientific experiments and personal experience of Dr. Hiroshi Motoyama on the Chakras.
It also gives Instructions how to activate the Chakras.
The Chinese Acupuncture Meridians are compared with the Indian Nadis.
This book is quite interesting and very informative.
APPENDIX K – THE GREAT VISION FOR THE GOLDEN AGE

The Great Vision
The target is to produce one Pranic Healer for every family. One Arhatic Yogi for every one thousand people out of the present population of about seven billion people.
The target is to produce seven million Arhatic Yogis. Out of every ten Arhatic Yogis one Senior Arhatic Yogi will be produced. A total of seven hundred thousand Senior Arhatic Yogis will be produced.
Out of every one hundred Senior Arhatic Yogis the target is to produce one Baby Arhat or seven thousand Baby Arhats.
Out of every hundred Baby Arhats the target is to produce one fully matured Arhat or a great Arhat. A total of seventy fully mature Arhats or great Arhats.
Out of the seventy great Arhats hopefully three Holy Masters or three Great Ones will be produced.
If this can be done within one hundred fifty years time the world will change, be transformed and progress beyond recognition.
If this objective can be accomplished, we can have Heaven on Earth!

- The Origin of Modern Pranic Healing and Arhatic Yoga, by Master Choa Kok Sui, ©2006 1st Edition, Chapter14, Page 199
APPENDIX L – ENERGY HEALING IS A PART OF CHINESE TRADITIONAL MEDICINE

INTRODUCTION

In Ancient Chinese Medical Science, there are five levels of healing *skills*. The first is *Tui Na*. The healer uses his hands to massage. This is also called acupressure. This is the first level. In the second level, the medical healer uses herbs, sometimes animal products, and minerals to heal the patient. In the third level, the healer uses acupuncture or moxibustion. In the fourth level, the healer practices acupuncture with the projection of chi energy into the needles, meridian, and internal organs. This is a higher level of healing skill which is required additional years of training and practice in ancient China. The fifth level requires the highest healing skill, which is projection of chi energy without the use of needles or physical contact. The chi energy is projected at close range or at great distance, like from one continent to another continent. In ancient China and India, the techniques of projecting chi energy at close range or at a distance without getting exhausted had been a closely guarded secret.

The projection of chi energy without physical contact is called Medical Chi Kung, and it is divided into two schools, the Internal and the External School. The Internal medical Chi Kung School is the more popular one. It takes many years of practice in order to develop substantial chi energy. The use of one’s internal chi energy in order to heal patients is exhausting and tiring, and this is why the Chinese medical doctors are allowed to heal only two to three patients per day using this method.

The External Medical Chi Kung School is the less popular school and is almost not known to the public. This school uses chi energy from the air and from the earth, and directs it to the patient for healing. The External Medical Chic Kung School is superior to the Internal School. The use of external medical chi kung is not exhausting nor tiring to the practitioner. A good External Medical chi Kung Master can heal as many as 20-30 patients per day.

According to Master Choa Kok Sui, the Internal Chi Kung School and the External Medical Chi Kung School are actually two sides of the same coin. In order to become a good healer using external chi, one must have a certain amount of internal power, which fortunately most people possess. The greater one’s internal chi power, the greater the capacity to absorb and to protect chi energy to the patient. Internal chi power can be developed through meditation. The activation of the crown chakra or *bai hui* (meeting point for 100 paths) is very important. Therefore, it is highly recommended to practice the Meditation on Twin Hearts, since this is one of the fastest ways to activate the crown chakra.
Bai Hui is the entry point of spiritual energy. Without its activation it is not possible to develop strong internal chi. Therefore, it is highly recommended to practice the Meditation on Twin Hearts.

The practice of yogic physical and breathing exercises is very helpful since they will increase one’s healing power. To become even more powerful it is advisable to practice Arhatic Yoga or other higher meditations.

The External Medical Chi Kung as taught by Master Choa Kok Sui is very revolutionary. It is easy to learn to practice. It also uses acupuncture points, but not the ordinary acupuncture points. It uses 11 major acupuncture points called ta xue lun (ta is translated as “big”; xue as “acupuncture point”; and lun, “spinning wheel”). It also uses semi-major acupuncture points called xiao xue lun (xiao is translated as “small”).

Since the students of External Medical Chi Kung do not have to learn hundreds of acupuncture points but, rather, has to learn only a few major and semi-major acupuncture points, learning is faster and easier.

In ancient times there had been great scientific and cultural exchanges between China and India. In India, External Medical Chi Kung is now called Pranic Healing. The major acupuncture points are – called chakras, and the semi-major acupuncture points are called minor chakras. Master Choa Kok Sui has taught the External Medical Chi Kung School of Healing to the West and other parts of the world, under the name Pranic Healing.

APPENDIX M – POSITIONS THAT INCREASE ABSORPTION OF ENERGY

EGYPTIAN POSE
1. Stand up.
2. Please, complete the Energy Circuit. Connect your tongue to the palate.
3. Simply raise one hand upward in a receiving Position and be aware in the Palm of the hand.
4. The second Hand place in a Projecting Position. Both Arms should be slightly open.
5. Take your time.
6. Be aware of the center of both hands.
7. Can you feel the Energy moving in the palm of your upraised Hand?
8. Inhale - focus on the receiving hand.
9. Exhale - focus on the giving hand.

- Extracted from the Notes of Charlotte Anderson

REACHING FOR THE SKY POSE
Some Chinese martial artists including Chi Kung Practitioners practice an exercise called “Reaching for the Sky”.
One hand is raised upward and the other hand faces downward with the palm flat. They would alternate this position.

1. Please complete the Energy Circuit.
2. Raise one arm up to the sky with the hand turned upward. Be aware in the middle of the Palm.
3. The second Hand place in a Projecting Position.
4. Take your time.
5. Be aware of the center of both hands.
6. Can you feel the Energy moving in the palm of your upraised Hand?
7. Inhale - focus on the receiving hand.
8. Exhale - focus on the giving hand.

- Extracted from the Notes of Charlotte Anderson

CASUAL SKY POSE
1. Please complete the Energy Circuit.
2. Pose one arm relaxed beside your leg with the Hand turned slightly upward and be aware in the middle of the Palm.
3. The second Hand place in a Projecting Position.
4. Take your time.
5. Be aware of the center of both of the hands.
6. Can you feel the Energy moving in the palm of receiving Hand?
7. Inhale - focus on the receiving hand.
8. Exhale - focus on the giving hand.

- Extracted from the Notes of Charlotte Anderson