THE HANDOUT ON PRANIC ENERGY HEALING
LEVEL I

4TH EDITION
COMPILED BY CHARLOTTE ANDERSON
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Practitioners should study Esoteric Books & the Works of multiple Authors so as to understand the Teachings presented in *The Pranic Energy Healing Level I Workshop* more deeply. The compiler of this material will also always refer Practitioners of every tradition to the multiple books of her Life Partner, Maha Atma Choa Kok Sui. Books by other authors that are particularly recommended are:

*The Science of Psychic Healing*, by Yogi Ramacharaka, ©1909

*The Psychic Healing Book*, by Amy Wallace and Bill Henkin, ©1978

*Esoteric Healing*, by Alice A. Bailey, ©1953

*Lessons in Yogi Philosophy and Eastern Mysticism*, by Yogi Ramacharaka, ©1909

*The Etheric Double*, by Arthur E. Powell, ©1925

The Chakras, by Charles W. Leadbeater, ©1927

*Miracles through Pranic Healing*, by Master Choa Kok Sui, ©1998

*Possible Miracles on Pranic Healing*, by Master Choa Kok Sui, ©2004

*The Art of Spiritual Healing*, by Keith Sherwood, ©1985

*Chakra Therapy: For Personal Growth & Healing*, by Keith Sherwood, ©1988

*Kahuna Healing*, by Serge Kahili King, ©1983


*Text from Annotated Sources - to this material - are Excluded in the Statement of Registration Record.*
**DISCLAIMER**

The information provided in this Handout is not intended to use as Medical Advice nor should it be used to replace Medical Treatments.

Most Practitioners & 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 & Practitioners may also consider it to be an expression of their personal Spiritual Practice.

In the Practice of their Work, 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 & its Energy Information Field.

Energy Healing is strictly a supportive modality to allopathic medicine. Practitioners should encourage clients to see Medical Doctors regularly for Medical Treatments & should recommend that clients follow their MD’s advice with regard to Medical matters.

Do not ever imagine, *(that)* as a healer, 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…


**INTRODUCTION IN PRANIC ENERGY HEALING**

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

This collection of Ancient Knowledge ... is also a part of Chinese Traditional Medicine - and relates to the “Laying on of Hands” in the Christian Tradition & “Do In” in the Japanese Tradition *(while all use Energy - the major difference between these various forms - is in “Not Touching” a Client)*.

So, the Science of Pranic Energy Healing Treatments has existed for thousands of years. Previously Energy Healing was practiced by an extremely limited number of people.

Originally Pranic Energy Healing Treatments were shrouded in mystery & practiced secretly. This was 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 & Tibetan Monks have practiced Energy Healing for thousands of years. It was also widely practiced in the early civilizations of China, Egypt, India & 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. Pranic Energy Healing may be said to represent a “Union of Science & Spirituality”.
In short *Energy Healing* – including *Pranic Energy Healing* is an extremely Ancient Modality - which has been used for centuries to bring about Balance & Harmony in the Energy Systems of the Human Body - including the Physical Body, Mental & Emotional Bodies – and even in other areas of life.

**Sources of Prana**

The world in which we exist - is a World of Energy. ENERGY IS NEUTRAL & *Energy is IN everything ...*  
We can actually say that, “We ARE Energy”.

**Energy Flows where the Attention is directed!**

*“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.  


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”
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.

**CONCEPTS**

“Frequently people do not remember what is obvious... nor do they see what is obvious.”

- Modified and Extracted from the Notes of Charlotte Anderson

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*, ©1988, by Perry Tilleraas, Emphasis by this compiler

**THE CONCEPT OF RAPID RECOVERY**

Most people recognize that in the case of a mild burn, wound or infection, that even without the application of prescription drugs (or antibiotics) - the physical body has the ability to heal itself.

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

- 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 &/or in the environment.
WILLIAM WALKER ATKINSON, a freemason and theosophist, wrote over 100 books. Like our Guruji Maha Atma Choa Kok Sui – he also wrote under a series of different “Pen Names”.

As “YOGI RAMACHARAKA”, he was a highly regarded author, who founded the Vedanta Society in New York in 1894. He lectured widely on the various Applications of Subtle Energy and is known to have been an associate of Swami Vivekananda.

He was the first Western Author to write about the ancient roots of “Pranic Healing” - in his book, The Science of Psychic Healing which was published in 1909.

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 MOST EFFECTIVE WAY - IS TO USE THE HANDS AND (TO) MAKE PASSES OVER THE SICK PERSON … (while) at the same time directing a current of Prana to the affected part.”**

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

**COMPLETE THE ENERGY CIRCUIT**

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

The Moment you bring the tip of your tongue to your palate - the connection between the front & back meridian becomes complete. This causes the Flow of Energy to be positively enhanced.
(“… Placing) the tongue against the palate also forms a bridge connecting the two channels (which are called The Conception Channel & The Governor Channel in Acupuncture) - or the Microcosmic Orbit - which meet at the roof of the mouth.

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

When 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

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

To increase of your degree of sensitivity & to increase the Energy Level of the body – “switch on” the Energy Body.

- Extracted from the Notes of Charlotte Anderson

**ENERGY ANATOMY**

Historically the “Subtle Body” has been observed - in paintings of the images of Deities or Saints in almost every Race & Religion.

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

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
The Energy Body actually *controls* the Energy Centers - to a large degree. These Energy Centers are like power stations that provide Vital Life Force throughout of the body. The term Bio-Plasmic Body means a “Living Energy Body” made up of Invisible Subtle Matter.

- Extracted from the Notes of Charlotte Anderson

In the Theosophical Tradition, it is reported that the Bio-Plasmic Body, the Etheric Double (*or Energy Body*) is described as a "Body of Consciousness" that has the ability to "receive & distribute" Vital Life Force …

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 …


**ABOUT THE INNER ENERGY INFORMATION FIELD.**

In a normal person, this Inner Field interpenetrates and 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 strong healthy Person or a young person normally has an Energy Field of approximately 8 inches or 20 cm or more.
A good Yoga Practitioner has an Inner Field of at least 36 inches to 1 meter.

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, Page 104, 110, Emphasis by the compiler

**IN THE ENERGY INFORMATION FIELD, THERE ARE ALSO SMALL RAYS OF ETHERIC LIGHT**

... 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, Page 58

These 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” or “Health Aura”.

The **HEALTH AURA SURROUNDING THE PHYSICAL BODY; IS … THE ETHERIC MOULD UPON THE PATTERN OF WHICH THE BODY HAS BEEN BUILT.**

- Extracted from *Esoteric Astrology*, by Alan Leo, ©1983, Page 93, Emphasis by this compiler

These rays are approximately 2 feet or 60 cm or more in length.
These Etheric Rays & the EIF serve as a Protective Shield against germs & “Diseased” or Abnormal Energy. Through the Etheric Rays “used up” Energy, diseased Energies & toxins are expelled from the physical body.

When a person is sick these Perpendicular Rays of Light droop & 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, 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.

**BEYOND THE 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, 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.

“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, ©1925, Page 34

(1t is recommended that the Practitioner read Page 30-32 of *The Manual on Pranic Energy Healing Level I* for fuller information on this subject).

**THE FUNCTIONS OF THE ENERGY INFORMATION FIELD**

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

- 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, Emphasis by the compiler

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

**1. 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 a particular area or part.

Energy Depletion … is simply a decrease of energy flowing … This results in weakness …

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

2. ENERGY CONGESTION

… is a state that may be noted by a Practitioner when they identify an area containing a convex or an outward protrusion of Energy (opposite of “Energy Depletion”) in the profile of the area being assessed. This may also be noticed 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

ESTABLISH RAPPORT

FOLLOW THESE SIMPLE STEPS TO START A TREATMENT

• Invoke for Divine Blessings
• Look at your Client, while you are performing a Treatment
• Relax – do not be tense
• SMILE
• In front of the Client – maintain a relaxed position with your arms open
• Interview the Client – What is the medical diagnosis? What are the physical problems? Is there pain?
• Use a Pain chart* to determine the Client’s level of pain
• Explain to the Client that Pranic Energy Healing uses a “No Touching” approach. They will be requested to breathe slowly & comfortably, keep their legs uncrossed & allow their hands to remain relaxed in their lap - with their palms facing upward.
• Ask the Client to relax & instruct them to simply release their worries & concerns. Then talk to your Client & determine the nature of their problem.
• Instruct the Client to Visualize - Brilliant Luminous Energy Penetrating the part of their body or their life that requires balancing or improvement.
• In Energy Treatment it is essential for Clients to open their minds to improvement of their condition … in order to facilitate the clearing of old used up or diseased Energies – which will allow them to deeply absorb the Positive Energies being Projected. This will rapidly assist in balancing the condition and will help to create a Stabilization of their condition on all levels.
• According to this author’s Spiritual Teacher Maha Atma 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.
• Complete the Energy Circuit.
• You may “Imagine” a pink rose in front of the heart of the Client opening up. No matter how powerful the Practitioner is - if the Client does not absorb the Energy - this will interfere with their recovery process.
• Now, the Practitioner is ready to begin the Treatment

- Extracted from the Notes of Charlotte Anderson

* Pain chart are available at: admin@tisinternational.net

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

- Extracted from The Psychic Healing Book, by Amy Wallace and Bill Henkin, ©1978, Page 72
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 & OBTAINED.

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

DIRTY OR DISEASED ENERGY NEEDS TO BE DISPOSED OF PROPERLY!

Water has the ability to absorb old Energies - and Salt disintegrates them.
Both, Bio-Energetic-Healers & Practitioners frequently use a Bowl of
Water & Salt – which will ensure that the diseased &/or unwanted Energies
are Disintegrated properly.

…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.

- Extracted from *The Chakras*, by Charles W. Leadbeater,
  ©1927; 15th Reprint 2006, Page 70

MAKING A BASIN OF WATER & SALT IS SIMPLE!

Use approximately 1 quart or 1 liter of water in the Basin & add 1 or more
handfuls of salt – in a Basin of at least 12 inches in diameter and 6 inches
deep.

After giving an Energy Treatment, Throw the Water & Salt into the toilet.
It is recommended that a toilet be used for disposal of the used water ...
rather than throwing it out in other ways.
When you are at home you may place “used basins” in the sun to further cleanse them.

Some Practitioners report experiencing, that when the basin has been used for a long period of time - it is extremely difficult to clean. In this case it should be replaced with a new one.

- Extracted from the Notes of Charlotte Anderson

**ESSENTIAL TECHNIQUES FOR FAST RECOVERY ARE:**

1. **REMOVE THE UNWANTED OR ABNORMAL ENERGY**

   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, ©1909, Page 56

2. **TRANSFER VITAL LIFE ENERGY OR PROJECT ENERGY**

   The general Principles of Pranic Healing rest on the fact that **PRANA MAY BE TRANSFERRED OR TRANSMITTED FROM ONE PERSON TO ANOTHER ...**
   The usual method, and the most effective way, is **TO USE THE HANDS ... DIRECTING A CURRENT OF PRANA TO THE AFFECTED PART.**

   - Modified and Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1909, Page 37

3. **SECURE THE PROJECTED ENERGY - TO ENHANCE A MORE CONSISTENT OUTCOME**

   - Modified & Extracted from the Notes of Charlotte Anderson
SEAL THE PERSON’S AURA AFTER YOU HAVE FINISHED PLACING ENERGY

- Extracted from Patterns of the Whole, Healing & Quartz Crystals, by John D. Rea, ©1986, Page 177

PLEASE FLICK YOUR FINGERS

In multiple traditions it is recommended that Practitioners FLICK THEIR FINGERS ... in order to release “Contaminating Energies” from their hands, the fingers & even from the fine meridians - going up into the arms - it is important to use a strong “Flicking” motion. Then when through with a Treatment - clean the hands thoroughly with water and salt or Hand Spray.

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...

- Modified and Extracted from Kahuna Healing, by Serge Kahili King, ©1983, Page 124

 REMOVING ENERGIES

In the Hindu Tradition, where “Cleansing” the Energy Field was a common practice … and this technique is called by many names.

Let the client sit in a chair, you standing before him… Then RAISE (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. (Practitioners when) … SWEEPING DOWNWARD, do not stiffen the muscles, but ALLOW THE ARMS AND HANDS TO BE LOOSE AND RELAXED.

- Modified and Extracted from Fourteen Lessons in Yogi Philosophy, by Yogi Ramacharaka, ©1904, Page 154

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

“…from the head…comb their whole auric field with your long (Energy) 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, ©1987, Page 268, Modified by the compiler

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

“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, Page 166, ©1987

Simply raise your hand in the air & “Sweep” in a downward motion - Counting 1, 2, 3, 4, 5 – Throw:

- **NEVER SWEEP** Unwanted or Dirty Energy toward your own body
- **Feel the Energy that you wish to Remove … Then Simply - Pull or Sweep it out!**
- Remember to Sweep GENTLY – but thoroughly - so as not to cause discomfort to your Client.
- **Form an Intention to Remove the unwanted Energy from the body of your Client.**
- Always Cleanse **THOROUGHLY.** Always remove or extract ALL of the dirty Energy from the Energy Field of your Client.
- Your hands should remain Flexible & Relaxed. Your hands should not become stiff during this process.
- The fingers should also remain Relaxed.
- Perform the motion with the fingers - in a naturally extended position something like stroking a dog or a cat ...
Do not constantly hold them at a rigid 90° angle.

When the hands are in the right position, **Sweep Out** …

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

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

1. Simple ailments & 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.

- Extracted from the Notes of Charlotte Anderson

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

**HEALING INVOLVES THE TRANSFERRENCE OF ENERGY**

… 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, Page 70

**There are two processes:**

1. Absorbing Energy and …
2. Projecting Energy
   
   Do this gently.

- Extracted from the Notes of Charlotte Anderson

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, Page 26

Subtle Energies should be Loving & Soft when they are Projected to the Client. One way to create & 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 & Project Energy - in the correct amounts. Projection of Energy can also be done, by simply using one or two Fingers.

Using the correct posture assures the Practitioner that the Energy will not become obstructed. Keep your hand horizontal when you are Projecting Energy.

**WHEN YOU INHALE FOCUS YOUR ATTENTION ON THE RECEIVING HAND ... WHEN YOU EXHALE FOCUS YOUR ATTENTION ON THE PROJECTING HAND...**

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

- Extracted from the Notes of Charlotte Anderson

**PLEASE AVOID THE FOLLOWING POSSIBLE PROBLEMS**
- When Projecting Energy to infants ... Project it only for a short time.
- For older people Project Energy *Very Gently* ... but for a longer period of time.
- Do not Project Energy directly to the Front Heart Energy Center. Instead, when Energy is required, Project Energy to the Back Heart Energy Center.
- Avoid the Transference of Vital Life Energy to the Eyes directly.
- Do not Project Energy to the Meng Mein Energy Center.
- Do not Project Energy to the Spleen Energy Center, except in case of Severe Infection.
- AT “THE INNER SCIENCES”, WE RECOMMEND NOT TO TRANSFER ENERGY THROUGH THE MORE SENSITIVE AREAS – ENSITIV OUR EYES.

RE-CHECK TO AVOID TOO MUCH ENERGY IN GENERAL

- Extracted from the Notes of Charlotte Anderson

PROJECT ENERGY SOFTLY & LOVINGLY ON SENSITIVE AREAS
SECURING THE ENERGY

How do you “Secure the Energy”? 

You Project Pale Blue three times.
Visualize Pale Blue ...
Or say: “Blue, Blue, Blue” to the part that has been treated.

- Extracted from the Notes of Charlotte Anderson

... has BEEN SECURED BY THE USE OF SOME BLUE ...

- Extracted from Filters for the reproduction of Sunlight and Daylight and the Determination, by Raymond Davis, Kasson Stanford Gibson, ©1931, Page 14

THE CONCEPT OF DISCONNECTING FROM THE PROJECTED ENERGY

After Securing the Energy the Treatment should always end with Disconnecting the Energy Connection between the Practitioner & the Client.

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.

When a Practitioner gives a Treatment, an Energy Cord or Connection between the Client & the Practitioner occurs.
It is always necessary to “Disconnect” or release this Energy Link.

Raise your hand – like a knife - & forcefully make a downward gesture.
Form the intention to Disconnect the Cord from the Client.
Mentally say, “Cut, Cut, Cut!”

- Extracted from the Notes of Charlotte Anderson

… CUTTING THE INAPPROPRIATE TIES that bind you to other people is to image the codependent ties as CORDS OF ENERGY that radiate from your chakras. Imagine a gigantic scissors or the flaming sword of Lord Michael or the light saber of a Jedi knight. Use this instrument in your visualization, and also use your physical arm to slice through these … cords. WHEN THEY HAVE ALL BEEN CUT, PULL THEM OUR OF YOUR CHAKRAS

- Extracted from Soul Psychology: keys to Ascension, by Joshua David Sone, ©1994, Page 185, Emphasis by this compiler

FROM WHERE DOES A PRACTITIONER DISCONNECT?

- FROM THE FRONT & BACK SOLAR PLEXUS.
- The Spleen
- From the Sex Energy Center –
- including all conscious & subconscious “illegal” Connections.

… coaxing an old trauma to leave, FILLING THE HOLE left by the trauma … SEALING IT OFF...

- Extracted from Hands of Light by Barbara Ann Brennan, ©1987, Page 231, Emphasis by this compiler
STEPS REQUIRED FOR A SUCCESSFUL TREATMENT

1. PRAYER OR INVOCATION, INCREASE CONFIDENCE & BELIEF IN BOTH THE PRACTITIONER AND IN THE CLIENT

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 & OBTAINED.

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

2. INCREASE THE RESPONSIVENESS OF THE HAND ENERGY CENTERS

Prepare the Hands - Clenching the hands together, & then opening them rapidly – repeating several times – will stimulate them wonderfully.

- Extracted from The Science of Psychic Healing, by Yogi Ramacharaka, ©1909, Page 80

3. REMOVE OR CLEAN AWAY THE UNWANTED OR ABNORMAL ENERGY

CLEANSING THE CHAKRAS can give some of the most dramatic results of all the psychic techniques, both in healing others & in healing yourself.

- Extracted from The Psychic Healing Book, by Amy Wallace and Bill Henkin, ©1978, Page 122, Emphasis by this compiler

4. PROJECT OR TRANSFER VITAL LIFE ENERGY

…present … **THE HAND TO THE AFFECTED PART, AT A DISTANCE**
OF ABOUT SIX INCHES … & hold it there for several minutes.

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

5. Secure the Energy

…coax an old trauma to leave, **FILL THE HOLE LEFT BY THE TRAUMA** with the rose light of unconditional love … **SEAL IT OFF** …

- Extracted from *Hands of Light* by Barbara Ann Brennan, ©1987, Page 231, Emphasis by the compiler

6. Disconnect from the Energy

**AT THE END OF THE TREATMENT … GENTLY BREAK THE CONNECTION**…

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 235

7. Give Thanks

**THERE HAVE TO BE … FEELINGS OF DEEP GRATITUDE ON THE PART OF THE PERSON BEING HEALED FOR (THE) REGAINED HEALTH** – & on the part of the healer for the privilege of being a *(Divine)* channel."

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

*Note – Modification or Emphasis in these quotes has been noted through use of Bolded Letters & Italics by the Compiler of these materials*

**Instructions Before Treatment**

It is recommended for the Client to take a bath - with water & salt before the Treatment.
To clean your Aura take a 20-minute bath in a warm tub of one pound sea salt …

- Extracted from *Hands of Light*, by Barbara Ann Brennan, ©1987, Page 199

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.

**HOW DO YOU BEGIN A TREATMENT**

1. In Treatments, always begin by Invoking or Asking for Divine Blessings,

   *To the Supreme God*
   *Thank You for Blessing me with Your Divine Healing Energy*
   *I Completely Accept the Healing Energy*
   *Thank You for these Blessings*

   Jesus ascends a mountain, employs the night in prayer, & having thus solemnly **INVOKED THE DIVINE BLESSING**, authoritatively separates the twelve apostles from the mass of his disciples.

   - Extracted from *The Holy Bible Containing the Old and New Testaments*, by Adam Clarke, ©1825, St. Luke, Page 382, Emphasis by the compiler

I find it helpful **TO PRAY FOR HEALING** by laying hands on the person, in the same way that Jesus prayed & asked us to pray … (Mark 16:18)

   - Extracted from *Praying with Another for Healing*, by Dennis Linn, ©1984, Page 30, Emphasis by the compiler

2. Then talk to the Client & determine the nature of their problem. Interview the Client – What is the medical diagnosis? What are the physical problems? Is there pain?
Use a Pain chart* to determine the Client’s level of pain

3. Look at your Client, while you are performing a Treatment
    Relax – do not be tense
    SMILE

    … RELAX … VISUALIZE (your Client Full of Vitality and Life Energy) …
    BE COMFORTABLE & proceed with your Healing

    - Modified & Extracted from You, the Healer The World Famous Silva Method, by Silva & Stone, ©1989, Session 25

4. Explain to the Client that Pranic Energy Healing is a “No Touch” procedure. Request them to breathe Slowly & Comfortably …

You can help your patient relax by having him lie down & LEADING HIM INTO THE YOGIC BREATH.

    - Extracted from The Art of Spiritual Healing, by Keith Sherwood, ©1985, Page 173

    … with their legs uncrossed. Please instruct them to allow their hands to remain relaxed in their lap – with their Palms facing upward.

I give him a few moments to get comfortable & then ASK HIM TO CLOSE HIS EYES & RELAX

    - Extracted from The Art of Spiritual Healing, by Keith Sherwood, ©1985, Page 146

5. Ask the Client to simply Release their worries & concerns and Instruct the Client to Relax.

Consequently, THE PATIENT IS ABLE TO RESPOND TO TREATMENT WITH PRANA … PROVIDED THAT HE HAS BECOME PROPERLY
6. Instruct the Client to visualize brilliant Luminous Energy penetrating the part of their body or their life that requires balancing or improvement. In Energy Treatment it is essential for Clients to open their minds in order to facilitate the clearing of old used up or diseased Energies & 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.

When you feel ready, see that dazzling globe sending down glittering white light, This light, filled with silver sparkles, floods your aura & at the same time completely permeates you

7. According to this compilers’ Life Partner 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

In adult humans, dominance & status are shown by drawing up to full height, expanding the chest, hands on hips, expansive gestures – all ways of increasing apparent size – while SUBMISSION IS SHOWN BY LOWERING THE HEAD, SHRINKING & BOWING …

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.
8. Complete the Energy Circuit during the Treatment.

When attuning the breath, it is important to keep the tongue touched to the roof of the mouth. This is because there are two important meridians located on the center line of the front & back of the body. When the tongue touches the palate, it makes the two meridians connect.

9. You may “Imagine” a pink rose in front of the heart of the Client opening up. No matter how powerful the Practitioner is, if the Client does not absorb the Energy, this will interfere with the recovery process.

Kindly imagine a flower inside your heart. Suppose you prefer a rose … please try to imagine that petal by petal the flower is blossoming.

10. Now, the Practitioner is ready to begin the treatment. Say to the Client,

For healing to take place I need your full cooperation.
Do you want to get well?
Are you willing to absorb the Energy being Projected?
This is a very simple but very important part of your recovery process.
Please open your hands and allow them to remain open – upward in your lap.

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, Page 125

**Practice on Treating Back Pain**

1. Invoke for the Divine Blessing

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

2. Say to your Client,
   
   “Please close your eyes
   
   Be conductive & sit with your feet flat on the floor
   
   Please complete the Energy Circuit”

3. Practitioner, complete the Energy Circuit

4. 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)*

5. Clean your hands

6. Project Vital Life Energy to the part of the back being treated
   
   You can use two fingers or the palm of the hand.
   
   One hand receives, the other hand or the fingers Project the Energy
   
   Inhale slowly & comfortably ...
   
   Exhale slowly & comfortably ...

7. Secure the Energy
   
   Project Pale Blue three times, mentally say, “Blue, Blue, Blue”,

8. Give Thanks

   *To the Supreme God,*
   
   *Humbly we Thank You for Your Great, Great Blessings.*
   
   *We Thank You for Your Divine Guidance, Help & Protection & for Healing*
9. Disconnect the Energy Link completely

- Extracted from the Notes of Charlotte Anderson

**THE ENERGY CENTERS**

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

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

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

In the human body prana is specialized by each individual when it is drawn into the body from the atmosphere through the chakras & distributes (it all) over the whole system. *The vital energy in prana is present in every cell & molecule of the body …*

- Extracted from *The Power of the Rays*, by S.G. Ouseley, ©1951, Page 54

**BASIC ENERGY CENTER**

Regulates & Revitalizes the Skeletal & Muscular System
Regulates the Production of Blood in the body
Regulates the Adrenal Glands

- Modified & 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 & may even be “sickly”. He will lack physical power.

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

**SEX ENERGY CENTER**

Regulates & Revitalizes the Energy of the sex organs & the urinary bladder. 30% of the Energy of the Sex & Basic Energy Center goes to the legs.

Clients who are sexually impotent must also have their Sex & Basic Energy Centers treated.

- Modified & Extracted from the Notes of Charlotte Anderson

Sacral Center ... Gonads ... Sex Organs ...

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

"THE BASIC & SEX CENTER ARE LIKE THE ROOTS OF THE TREE"

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

- Extracted from the Notes of Charlotte Anderson

**NAVEL ENERGY CENTER**

Regulates & Revitalizes the Small & Large Intestines.

The Navel Energy Center of a woman also affects the process of giving birth. By doing thorough Cleansing of the Navel & then Projecting Energy to that area during labor, a Client may be assisted in accelerating the delivery process.

- Modified & Extracted from the Notes of Charlotte Anderson
Navel Chakra is associated physically with health, vitality, well-being, good digestion & 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”**

- Extracted from the Notes of Charlotte Anderson

**MENG MEIN ENERGY CENTER**

Regulates and Revitalizes the Kidneys & Adrenal Glands.
Regulates the Blood Pressure.
The Meng Mein Energy Center, together with the Sex Energy Center and Regulates the Urinary System.

- Modified & 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

**SOLAR PLEXUS ENERGY CENTER**

The Solar Plexus Energy Center is located both in the front & back of the body. It:

- Regulates & Revitalizes the Liver, Pancreas, Stomach, Diaphragm & to a large extent, the Large & Small Intestines.
- Regulates & Revitalizes the Digestive, Assimilative & Eliminative Systems.

- Modified & Extracted from the Notes of Charlotte Anderson
Solar Plexus: Pancreas, Stomach, Liver, Gall-Bladder ...

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

“NEGATIVE EMOTION OF STRESS AFFECTS THE LIVER & OTHER ORGANS...”

**Spleen Energy Center**

- Regulates the Spleen, & draws in Energy from the surroundings, Digests & then Distributes it to all the different Energy Centers.

- Modified & Extracted from the Notes of Charlotte Anderson

**The Spleen Energy Center also regulates the physical spleen. The blood of the body passes through the spleen three times per minute ...**

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

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

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

- Extracted from *The Chakras*, by Charles W. Leadbeater, ©1927, Page 12

**Heart Energy Center (Front & Back)**

These positions are *(Numbered according to the Source)*:

8. The front Heart Chakra
27. The back Heart Chakra

- Extracted from Reiki: A Way of Life, by Nicole Petsch, ©2002, Page 121
Both the Front & the Back Heart Energy Center are Interconnected. The Front Heart Energy Center Regulates & Revitalizes the Physical Heart & the Thymus Gland.

The Back Heart Energy Center Regulates & Revitalizes the Physical Heart, the Thymus Gland, & the Lungs.

When Projecting Energy to the Heart, always remember to Project the Energy through the Back Heart Energy Center.

- Modified & Extracted from the Notes of Charlotte Anderson

Remember THE ONLY CHAKRA THAT SHOULD NOT BE ENERGIZED IS THE FRONT HEART CHAKRA. This means YOU CAN ENERGIZE THE BACK HEART CHAKRA WITH LIGHT WHITE ENERGY – AND KEEP IT SUBTLE, NOT TOO STRONG.

- Extracted from A Sparkling Aura – a Sparkling Life: A Guide to Ethereal Crystals, by Scott Marmorstein, ©2006, Page 119

“ACTIVATING THE HEART WILL HELP TO NORMALIZE BOTH THE UPPER & THE LOWER ENERGY CENTERS.” FRONT 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, Page 45

**THROAT ENERGY CENTER**

Regulates & Revitalizes the Throat, Thyroid Gland, Parathyroid Gland, Lymphatic System. To a certain degree it influences the Sex Energy Center.

- Modified & Extracted from the Notes of Charlotte Anderson
Throat: Thyroid, Breathing Apparatus, Sound ...

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

**AJNA ENERGY CENTER**

**“THE AJNA IS CONNECTED TO THE CONCRETE MIND & TO STRESS”**

Regulates & Revitalizes the Pituitary Gland, the Endocrine System & the other Major Energy Centers. *IT IS THE MASTER ENERGY CENTER.*

- Modified & Extracted from the Notes of Charlotte Anderson

Center between the Eyes - Ajna Center - Pituitary Gland, Nose ...

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

**“ACTIVATING THE AJNA ENERGY CENTER HELPS TO-normalize the Higher Energy Centers”**

**FOREHEAD ENERGY CENTER**

Regulates & Revitalizes the Nervous System & the Pineal Gland.

- Modified & Extracted from the Notes of Charlotte Anderson

In the school of Atreya the Forehead Energy Center is called a Minor Energy Center ...

Forehead ... nervous system, endocrine system ...

- Extracted from *Prana, The Secret of Yogic Healing*, Atreya, © 1996, Page 64
**CROWN ENERGY CENTER**

Regulates & Revitalizes the Brain & 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 & the Pituitary Glands & the mouth.

- Modified & Extracted from the Notes of Charlotte Anderson

The Crown Chakra – Pineal Gland... ...
Top of the head: control(s) the Brain & Pituitary Gland.


**FEELING THE INNER ENERGY INFORMATION FIELD & 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 Feel the Energy – Scan …

**ALWAYS “FEEL” & SCAN THE ENERGY WHILE “LOOKING” AT THE AFFECTED PART.**

- Extracted from the Notes of Charlotte Anderson

**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, ©1978, Page 44, Emphasis by this compiler
- Stand about 3 feet or 1 meter away from the Client with the palms facing the Client & the arms slightly outstretched.
- Proceed to feel the Outer Energy Information Field with one or both hands by moving the hands slowly & slightly back & forth.
- Stop when you feel heat, a tingling sensation or a slight pressure.
- Now, focus on Feeling the distance of the Health Energy Information Field of the Client.
- Proceed to feel the Health Energy Information Field with one or both hands by moving the hands slowly & slightly back & forth.
- Stop when you feel heat, a tingling sensation or a slight pressure.
- Now, focus on Feeling the distance of the Inner Energy Information Field of the Client.
- Proceed to feel the Inner Energy Information Field with one or both hands by moving the hands slowly & slightly back & forth.
- Stop when you feel heat, a tingling sensation or a slight pressure.
- Now, Feel the Energy of the Energy Centers on the front side of the body & the Corresponding Energy Centers on the back of the body.
- To do this properly you have to remember where the Energy Centers are located.

- Extracted from the Notes of Charlotte Anderson

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, ©1987, Page 55, Emphasis by this compiler

**General Cleansing**

General Cleansing is done with a series of Downward Sweeping movements. Move your hands downward only.
Let the client sit in a chair, you standing before him... **Then raise (your hands) to the level of the patient’s head, & sweep them slowly toward his feet,** with your palms toward him with fingers outstretched ... Then repeat several times. **In sweeping downward, do not stiffen the muscles, but allow the arms & hands to be loose & relaxed.**

- Extracted from *Fourteen Lessons in Yogi Philosophy,* by Ramacharaka, ©1904, Page 154, Emphasis by this compiler

1. Cleansing with the Hands slightly curved – or Curved Hand Position.
2. Cleansing with the Fingers wide open or Comb Finger Position.
3. Cleansing the Etheric Rays of Light sideways with the Fingers wide open – Comb Finger Position.

Disease manifests in the Aura in certain defined ways such as **Dark patches or sport over the organs affected, greyness, paleness, bent or deflected rays**

**In health the lines of vital force radiate in straight lines & project emanations of vitality and vigor ...**

- Extracted from *The Power of the Ray,* by S.G.J. Ouseley ©1951, Page 50

**Why do we do General Cleansing?**

- It removes diseased & excess Energy in general.
- It cleans the Meridians & 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 & Stress.
- When combing the Health Energy Information Field – disentangles & strengthens the fine Etheric Rays.
… 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, ©1987, Page 268,

**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, Practitioners should be in reasonably good health.

Practitioners who smoke - should treat Clients who also smoke & 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 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 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*, “Metta” Meditation or “Bhakti Yoga” – are techniques which increase Harmony & Balance in the life & personality of those participating in these practices.

No matter how strong the Practitioner 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
**YOGIC BREATHING**

Pranic Breathing plays a very important part in Pranic Healing....

- Extracted from *The Science of Psychic Healing*, by Yogi Ramacharaka, ©1909, Page 71

**WHAT ARE GOOD REASONS TO PRACTICE 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 & energize the Energy Information Field of the Client to a certain degree
- To remove the Stress & Tiredness of the Practitioner

- Extracted from the Notes of Charlotte Anderson

As in the Yogic Tradition ... In Pranic Energy Healing we call Re-Energizing yourself through “Breathing In” fresh Energy or Prana – or Yogic Breathing.

- 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 & exhalation should be the same, while the units for retention & between breaths should be one-half the number of those of inhalation & 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 beats between breaths.

- Extracted from *The Science of Breath*, by Yogi Ramacharaka, ©1904, Page 63
**Practice for treating Respiratory Disorder**

... it also **controls diseases relating to the nose**, including bad colds.

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 & if the infection is very severe to treat the Spleen Energy Center.

1. When doing a treatment, remove your watch
2. Exercise the hands to increase responsiveness
3. SMILE
4. Isolate the Client from your Energy Information Field
5. Face the correct direction (*North or East*).
6. Tell the Client to,
   “Close your eyes
   Be conductive & sit with your feet flat on the floor
7. Please, complete the Energy Circuit”
8. Practitioner, complete the Energy Circuit
9. 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 & Protection*
& for Miraculous Healing Power.
With Thanks & in Full Faith. We Thank You.

10. Imagine a pink rose opening up in front of the heart of the Client
11. Start with the Anja Energy Center
12. Feel the Energy of the Ajna Energy Center
13. Apply cleansing on the Ajna Energy Center
14. Clean your hands
15. Project Energy to the Ajna Energy Center
   Remember to use your fingers instead of the palm of the hand to
   Project the Energy
   Look at the Client while you are Performing the Treatment
   Relax, do not be tense
   SMILE
   “Flick” your hand
16. Feel the Energy. Can you feel a difference?
17. Imagine Pale Blue. Paint 1, 2, 3 – Throw
18. Scan the Throat Energy Center
19. Remove the diseased Energy
20. Clean your hands
21. Project Energy to the Throat Energy Center
22. Again raise your hand & feel the Throat Energy Center
23. Imagine Pale Blue. Paint, 1, 2, 3 - Throw
24. Scan the Secondary Throat Energy Center
25. Apply cleansing on the Secondary Throat Energy Center
26. Remove the diseased Energy
27. Clean your hands
28. Project Energy to the Secondary Throat Energy Center
   Take care not to Project the Energy to the front Heart Energy
   Center.
   Look at the Client while you are treating
29. Again raise your hand and feel the Secondary Throat Energy Center
   Can you feel a difference?
30. Imagine Pale Blue, Paint, 1, 2, 3 – Throw
31. Feel the Back Heart Energy Center
32. Apply cleansing on the Back Heart Energy Center
33. Remove the diseased Energy.
34. Clean your hands.
35. Project Energy to the back Heart Energy Center
36. Again raise your hand & feel the back Heart Energy Center
37. Imagine Pale Blue. Paint 1, 2, 3 – Throw
38. Feel the Front Solar Plexus Energy Center
39. Apply cleansing on the Front Solar Plexus Energy Center
40. Remove the diseased Energy
41. Clean your hands
42. Project Energy to the front Solar Plexus Energy Center
43. Again raise your hand & feel the front Solar Plexus Energy Center
44. Imagine Pale Blue. Paint 1, 2, 3 – Throw
45. Give Thanks,

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

46. Disconnect the Energy Link

- Extracted from the Notes of Charlotte Anderson

**PRACTICE ON TREATING GASROINTESTINAL INFECTIONS**

In case of a gastrointestinal Infection, two Energy Centers are affected.

1. Solar Plexus Energy Center
2. Navel Energy Center

Cleanse Thoroughly & Project the right amount of Energy.
If the Infection is severe, treat the whole abdominal area.

1. Invoke for the Divine Blessings
To the Supreme God
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for your Divine Guidance, Help & Protection
For Miraculous Healing Power …
With Thanks & in Full Faith. We Thank You.

2. Imagine a pink rose opening up in front of the heart of the Client
   No matter how powerful the 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. Feel the Energy of the Front Solar Plexus Energy Center
5. Apply cleansing on the Solar Plexus Energy Center
6. Clean your hands
7. Project Energy to the Solar Plexus Energy Center
   Look at the Client while you are treating
   Relax, do not be tense
   SMILE
8. “Flick” your hands
9. Again raise the Hand & Feel the Energy
10. Imagine Pale Blue. Paint 1, 2, 3 – Throw
11. Scan the Navel Energy Center
12. Apply cleansing on the Navel Energy Center
13. Clean the Hands
14. Project Energy to the Navel Energy Center
15. Again raise the hand and Scan the Navel Energy Center
16. Imagine Pale Blue. Paint 1, 2, 3, 4, 5 – Throw …
17. Give Thanks

To the Supreme God,
Humbly we Thank You for Your Great, Great Blessings.
We Thank You for Your Divine Guidance, Help & Protection & for Healing this Client.
With Thanks & in Full Faith.
We Thank You.
18. Disconnect the Energy Link completely, Cut!

- Extracted from the Notes of Charlotte Anderson

THE PLANETARY MEDITATION FOR PEACE

...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 & 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

In the Tradition of our Guruji, Maha Atma Choa Kok Sui, The Planetary Meditation for Peace has been called by various names including The Meditation on Peace & Illumination, The Meditation on Loving Kindness, Meditation on Twin Hearts, Prayers & Contemplations on Compassion & Peace … and others … depending on the religious Tradition of those being taught.

In 1995 while visiting Latvia, this compiler’s Guruji, Maha Atma Choa requested Charlotte Anderson to establish a new organization to promote Global Harmony & 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 for The Planetary Peace Movement - 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 & produced Charlotte in Manila Philippines.

Today, people from all over the world Practice this Meditation under the name, “The Planetary Meditation for Peace” – & 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 & 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 & Devotion for God & 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” & focuses on the development of Compassion.

**THE TERM “METTA” means achieving the State of Mind & Being from which emanates Unconditional Loving Kindness.**

This Meditation is also practiced by some Sufi Groups. Regular Practice of this Meditation fills the Practitioner with Love, Light, Hope, & Strength.

Maha Atma Choa Kok Sui has given this technique to the world. In some of the first Editions of his earlier books it states …

- Please never skip Exercise before Meditation.
- Before you Meditate … Please remove wallets, watches, rings & crystals & safeguard them in your bag or briefcase on the floor.
- Please do not meditate with crystals on your body.
- The Meditation for Peace & 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 should only sit on the floor if it is very clean.
- Simple Breathing helps to regulate the mind & emotions.

**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 & more Loving Energy
- Greater Understanding
- Increased Alpha Wave activity in the Brain which leads to Higher Intuition & more rapid “Direct” Perception
- A greater down pouring of Divine Energy – leading to the development of Increased Healing Power & more rapid Soul Development

**WARNING: THIS MEDITATION SHOULD NOT BE PRACTICED BY:**

- Infants & 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.

If you feel any discomfort, please open your eyes & cross your arms & legs to reduce the High Energy flowing into your body.
If excess Energy is experienced - release the excess Energy through Blessing & Rooting.
Do Physical Exercises.

... 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 & REPRODUCE THIS CHAPTER** provided proper acknowledgment is made.

*(signed) CHOA KOK SUI*

- Excerpted from *The Ancient Art and Science of Pranic Healing*, by Master Choa Kok Sui, Page 239

**USE INVOCATION OR PRAYER TO ACCELERATE THE SPEED OF THE TREATMENT**

1. Invoke for Divine Blessings
2. Now, do General Cleansing one time on the front & one time on the back of the body.
3. Now, clean the whole Head area & the Crown Energy Center.
5. Mentally say,
   
   **Lord we humbly Invoke Your Divine Blessing,**
   For Guidance, Healing & Protection.
   Please, make me a Divine Healing Instrument.
   *With Thanks & in Full Faith.*
   
6. Repeat the Invocation,
   
   **“Thank you for Healing __________**
   *(Say the name of the Client)*
   *With Thanks & in Full Faith.*
   
7. The Client should be Receptive.
   The client should say,
I am Open to the Healing Energy.
My body is Absorbing the Healing Energy.
My body is Absorbing the Healing Prana on All Levels
It is being Absorbed Deeply, Completely & Permanently - Right Now.
I Fully, Willingly & Gratefully Accept the Divine Healing Energy.

I WANT TO BE HEALED RIGHT NOW.

8. Instruct the Client to Imagine White Prana or White Energy going into the Area being Treated. They should imagine the body Absorbing the Healing Energy.
9. After the treatment, give the body of the Client the Instruction to “Completely, Deeply & Permanently absorb the Healing Energy NOW!”
10. Say,

   Thank you for Assigning a Healing Angel
to __________ (say the Clients name),
   until the Healing is Complete.
   With Thanks & in Full Faith.

11. At the end of the treatment, Always Give Thanks
12. Secure the Energy
13. Then “Disconnect” the Energy Link.

- Extracted from the Notes of Charlotte Anderson

Sometimes a Client may fall asleep during a Treatment.
This is because Divine Energy is very strong & their physical bodies become overwhelmed by the Energy.
So, the Client simply falls asleep.
Remember to mentally repeat the name of your Client regularly.
You may also do General Cleansing with Prayer.
So during the prayer, you do Thorough General Cleansing.

Practitioners should 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!

- Extracted from the Notes of Charlotte Anderson

**THE LAW OF CONSEQUENCE**

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.

The effect of directing criticism toward someone over & over again, will tend to stunt the other person’s Growth. By being Merciful Kind & Forgiving, you are practicing the technique of avoiding & not generating new problems.

If you follow the law you will be okay. You & 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 & 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.

**STEPS IN ABSENT TREATMENT**

**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 ...

- Extracted from Psychic Healing, by Yogi Ramacharaka, 1909, Page 88

**MAKE IT SIMPLE.**

- 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 & over again will be enough.
- During Treatment the Practitioner should constantly remain focused on the Client & on the Client’s Energy Information Field.
  This occurs through simply mentally or verbally repeating the Client’s name during the entire Treatment.
- The Practitioner simply imagines the Client in front of them - about 1–2 feet high or about 30 – 60 cm tall.
- Now, follow the steps given in Pranic Energy Healing.
- Always use a Basin with Water & Salt to dispose of the dirty or diseased Energy.
- Remember to Clean your Hands with water & salt or with Alcohol after the Treatment.

- Extracted from the Notes of Charlotte Anderson

THE PERSONAL PRESENCE OF THE PATIENT IS NOT ESSENTIAL AS HIS CONDITION CAN BE SENSED FROM ANY OBJECT HE HAS HELD OR FROM A PHOTOGRAPH … (Or by simply writing their Name on a piece of Paper … )

It is the “Intention” of the Practitioner together with a certain amount of will that allows the diseased Energy to quickly & thoroughly be removed with the hands.

- Extracted from The Power of the Ray, by S.G.J. Ouseley ©1951, Page 50

MORE INFORMATION FOR A PRACTITIONER

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.

In general, Practitioners should do regular Treatments on their own Energy Information Field.

STRENGTHEN YOUR BODY

... PLACE THE HANDS OVER THE SOLAR PLEXUS, BREATHE RHYTHMICALLY. After the rhythm is fully established, will that (with) 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, ©1904, Page 67

**PRACTICE THE PLANETARY MEDITATION FOR PEACE**

Regular Practice of *The Planetary Meditation for Peace*, increases your Energy Level easily & rapidly. This takes only a short period of time.

**RIGHT DIET**

Avoid pork.
It is extremely dirty & 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 & maintaining one's health & Vitality.
10 Minutes of daily physical Exercises can be enough for Well Being.

**PRACTICE SELF HEALING MEDITATIONS**

For Self-Healing, you may use free of charge online Meditations, guided by this compiler’s Spiritual Teacher, Maha Atma Choa Kok Sui. These Meditations have been online for many years.

For example in the “Green Violet Meditation”, you simply visualize yourself in an Ocean of Green Energy, then in an Ocean of Violet Energy.

Through these Visualizations – You should consciously “Inhale” the Healing Balancing Energies into your body.
You may listen to these Meditations - 24 hours a day, 7 days per week without charge. Please visit the: http://www.ppmaudiostream.org

**SIGNS OF CONTAMINATION IN A PRACTITIONER**

The following Symptoms are Signs of Contamination in a Practitioner. Contamination in Practitioners occurs for the following reasons:

- Through carelessness in “Throwing” the dirty Energy into a Basin of Water & Salt – & allowing discarded Energies to remain on the floor. When this happens others may step into the Diseased Energy … thereby becoming rapidly Contaminated.

- It is necessary to *Fully Concentrate* when Throwing the diseased Energy directly into the Water & Salt. **DO NOT THROW DIRTY ENERGY ONTO THE FLOOR.**

- Arthritis can occur when there is residual Dirty Energy in the arms, the legs, or the feet.

- Chronic symptoms may occur when the Dirty Energy affects the spleen of the Practitioner - which also may occur due to the improper disposal of discarded Energies.

- Practitioners also report having the symptoms & 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.

- Sometimes after a Treatment the Practitioner may feel tired or that their Energy is depleted. This is another symptom of Contamination.

- When the Client repeatedly comes in the mind of the Practitioner after the Treatment it means that the connection between the Practitioner & the Client has not been properly disconnected. Disconnect the Energy Link immediately.

- To protect the Arms & the body from diseased Energy, take regular Salt Water Baths after Treatments. Also Clean your Hands & arms up to the elbows with Soft Salt & 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*
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 … **WE, HOWEVER, DO NOT FEEL THAT THIS IS EVER NECESSARY.**


**TREATMENT FREQUENCY**

- 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 Sensitive or in a Non-Sensitive area?
  Non-Sensitive areas include the feet or arms. These areas can withstand more frequent treatments within one day. This will tend to activate the Self Healing process in the Client. In particularly Sensitive areas, like Brain, Heart & Eyes - too many treatments may cause Energy Congestion.
- Check. 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.

- Extracted from the Notes of Charlotte Anderson

**THE PURITY OF THE PHYSICAL ENVIRONMENT OF THE HEALING TREATMENT AREA IS EXTREMELY IMPORTANT**

- Open the windows & allow the room to air
- 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 day & night continuously between the Treatments
- Burn sandalwood incenses in the treatment room
  Thoroughly clean the chair or the bed where the client has been
sitting
- Spray the room thoroughly with Spray

**AVOID CONTAMINATION**

The most accomplished healers, who learn how to work entirely with universal free energy channeled through their systems and transmitted onward to the patient, without getting their own personal emotional energy or ego involved, **DO NOT EXPERIENCE AS MUCH CONTAMINATION FROM THEIR PATIENT’S POLLUTED ENERGIES ...**

- Extracted from A Complete Guide to Chi Gung, by Daniel Reid, ©1998, Page 113

Practitioners should keep their Energy Systems Strong and Healthy!

1. Practice Yogic Breathing after Treating 2 to 3 clients (never more then 4-5 times a day)

2. Face North or East when giving Treatments.

3. Practitioners may obtain more Energy when needed - from physical sources such as Ginseng, Raw Eggs, Wheat Germ, Wheat Grass Juice & other natural substances.

4. When taking these substances the Practitioner should say: *“I am absorbing the Energy of this Egg, or whatever is being Assimilated or Ingested.”*

5. Practitioners should remember to thoroughly clean their hands, their arms & their underarms after finishing each Treatment.

- Extracted from the Notes of Charlotte Anderson

5. It is better if the quality of a Practitioner’s Energy is matched to that of the Client.
When possible the Quality of the Energy of the Practitioner should be more refined than that of the Client.

6. Every time the Practitioner has finished a series of Treatments, they should wash their entire body with water & salt to remove any residual contamination.

- Extracted from the Notes of Charlotte Anderson

**ALL AILMENTS & 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 PRANIC ENERGY HEALING LEVEL I**

**IT IS EASY FOR PRACTITIONERS TO STUDY & PRACTICE**

... So as to become a good Practitioner.

*Please do read the books on the Recommended Book List.*
**Energy Documentation Form for Level I Cases**

Name of the Practitioner: __________________________________________
Name of the Client: ________________________________________________
Age of the Client: _________________________________________________
Ailment being treated: _____________________________________________

Feelings of the Energy: (name the part, Energy Center, Energy Information Field being assessed & mark with × the condition)

<table>
<thead>
<tr>
<th>What Energy Center</th>
<th>Congestion</th>
<th>Normal</th>
<th>Depletion</th>
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Describe your Treatment (name the Energy Center, Energy Information Field being treated & explain what have been done in that area)

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<thead>
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<th>What Energy Center</th>
<th>Cleansing</th>
<th>Projecting</th>
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ENERGY EVALUATION FORM FOR LEVEL I CASES

Thank you for your feedback. It will be used to evaluate the quality of our Practitioners during their Trainings.

Name of the Practitioner: ________________________________
Name of the Client: ____________________________________
Age of the Client: _____________________________________
Ailment being treated: _________________________________
Number of Treatments: _________________________________

Did your Well Being improve through Treatments?
Yes ☐      Maybe ☐      No ☐

Do you feel your Ailment has been Relieved through these Treatments?
Yes ☐      Maybe ☐      No ☐

How much Relief do you think has been achieved through Treatments?
100% ☐     80% ☐     60% ☐     40% ☐     20% ☐     0% ☐

Would you contact your Practitioner, if Problems arise?
Yes ☐      Maybe ☐      No ☐

Would you recommend this kind of Energy Healing to a friend?
Yes ☐      Maybe ☐      No ☐

_________________________________________  _________________________
Date, Place                        Sign
CHECK – WHAT DO YOU REMEMBER?

ANSWER THESE QUESTIONS TO VALIDATE YOUR KNOWLEDGE

1. Can you remember three different names used in different traditions for the term Vital Life Force?
2. What are other terminologies to describe the EIF?
3. What are the functions of the Energy Information Field?
4. What are the two primary conditions that may be observed in the Energy Body?
5. Think about five different possibilities, which simple steps to follow when starting a treatment!
6. What are the three essential Techniques?
7. Where should you deposit the Diseased or Unwanted Energy?
8. What to use to Clean your hands?
9. Do you remember some tips how to enhance the removal of Unwanted Energies?
10. What to avoid when Projecting Energy?
11. After Projection of Energy – what is the next step?
12. From where does a Practitioner disconnect?
13. What is an important Recommendation after Treatment?
14. What are the Steps required for a successful Treatment?
15. What are the 11 Energy Centers?
16. Remember 2 Functions of each Energy Center!
17. How do you Feel or Scan the Clients Energy body?
18. Which steps are required in thorough General Cleansing?
19. When should a Practitioner not do Treatments?
20. What are the positive effects of regular practice of The Planetary Meditation for Peace?
21. On which Energy Center do you concentrate when Practicing Healing with Prayer?

If you are unsure as to how to proceed or are unclear on any topic - please contact your Trainer or a more Advanced Practitioner in your region for further information.

Wishing you Great Success in your Treatments!