

In India, from the mythological period till today, the practice of worship and worshipping God with dedication and consciousness along with the use of herbs to remove any ill-health or incurable diseases, is going on in the normal practice in the public domain. Have we tried to know carefully on this, whether it gives only satisfaction to the mind or does it have any scientific basis? In this sequence, a few questions comes in the mind and needs explanations: i). what are the benefits of the communication of energy in the physical body and the energy generated from it (aura), ii). whether it remains effective in some area other than the body, iii). what is called pranic energy and what are its benefits; these things have been reported in this book.



Prof. Bharat Raj Singh, Director General, School of Management Sciences, Lucknow, was born in 1947 at Raibigo in Sultanpur district. He did his schooling from Sultanpur and Jaunpur and received his B.Sc. Degree in 1967 from Allahabad University. BE – Mechanical Engg, from Sardar Vallabhbhai Regional Engg, College, Surat, Gujarat in 1972; ME- from Motilal Nehru Regional Engg, College, Allahabad, and PhD in 2011 from Uttar Pradesh Technical University, Lucknow. He received many national / international awards in researches on environmental science including 3-Limca Book Records in 2014, 2015 & 2017. He published 153 papers, 16-books and 27- book chapters. He is promoting yoga within country & abroad and also inspiring people to stay healthy and live long life by adopting spirituality under the aegis of “Vedic Science Center, SMS, Lucknow”.



Satish Kumar Singh, founder and Chairman, SMS Group, was born in 1954 in the district Basti. He received his B.A. and M.A. degree from Allahabad University in 1972 and 1974 respectively. Subsequently, he was selected from Public Service Commission, Allahabad in 1975 and placed as District Supply Officer in Food and Civil Supply department. He retired as Joint Commissioner (Food and Logistics) on 31 December 2013. It is because of his interest in spirituality, Vedic Science Center was established in SMS, Lucknow, which is inspiring scientific researches to stay healthy and the pursuit of life from spiritual aspect.



Dr. Dharmendra Singh is working as Associate Director, School of Management Sciences, Lucknow, having more than 19 years of experience of teaching of Mathematics at UG and PG level. He received his M.Sc. from DDU Gorakhpur and Ph.D from Lucknow University, Lucknow. He has many International/National Publications in Journal/Conferences and also have a patent on “A System of Advanced Artificial Intelligence based Automatic Guided Ship while Entering Harbour”. He has also knowledge of Pranic Urja healing.

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Pranic Energy and Therapeutic Healing

Prof. Bharat Raj Singh, Satish Kumar Singh, Dr. Dharmendra Singh



Pranic Energy and Therapeutic Healing

A Traditional Healing System



Prof. Bharat Raj Singh
Satish Kumar Singh
Dr. Dharmendra Singh



Vedic Science Centre

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Vedic Science Centre, Lucknow

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Dedication



The book is dedicated to most revered Late Shri Jwala Prasad Singh ji whose soul rests in the heavenly abode. He always encouraged me for adopting advance Technology and Innovation in day to day life.

It is his inspiration and support, which gave me the courage to write the book "Pranic Energy and Therapeutic Healing" after a deep study on this subject. On the basis of its practices and its results, I could fulfill my dream in making the book available for the benefit of the public at large.



Message

Anandiben Patel
Governor, Uttar Pradesh



Raj Bhavan
Lucknow - 226 027

22 July, 2022

It is a matter of great pleasure to know that Vedic Science Centre, School of Management Sciences, Lucknow is bringing out the book "Pranic Energy and Therapeutic Healing - A Traditional Healing System".

Mythological system of medicine is a heritage of ancient India and our sage tradition. I am sure that through the book, the readers will get useful information regarding Pranic Energy and Therapeutic Treatment.

I extend my best wishes for the successful publication of the book.

Anandiben Patel
(Anandiben Patel)

Preface

We get to know from mythological texts that there are mainly three sources of life energy (Prana): Sun, Wind and Earth. The importance of solar power is as much as that of the wind which is obtained from breathing (pranayama), through this the life energy makes our body alive and awake. The yoga as described by Maharishi Patanjali is called Raja Yoga or Ashtanga Yoga. The eight limbs i.e.; (i) Yama, (ii) Niyama, (iii) Asana, (iv) Pranayama, (v) Pratyahara, (vi) Dharana, (vii) Dhyana and (viii) Samadhi include all types of yoga that happens. These eight organs also have their own sub-parts. The fourth part of yoga is “Pranayama” i.e. breathing activity, which generates life energy, and beneficial in curing major diseases.

In India, from the mythological period till today, the practice of worship and worshipping God with dedication and consciousness along with the use of herbs to remove any ill-health or incurable diseases, is going on in the normal practices of the public life. Have we tried to know carefully on this issue, whether it gives only satisfaction to the mind or does it have any scientific basis? In this connection, few questions come in the mind that needs explanations: i).what are the benefits of the communication of energy in the physical body and the energy generated from it (aura), ii).whether it remains effective in some area other than the body, iii).what is called pranic energy (Shakti) and what are its benefits; these things have been told in this book.

Since the discussion of adopting both 'drug and medicine' for the treatment of any disease is found in the pages of our texts and history, which seems to be an urgent need to be studied in depth.

When we are suffering from any infectious diseases, then anxiety arises in us due to fear. I believe that by adopting the mythological system of medicine given in this book, one can rid oneself of diseases and the thinking and tendency to make life meaningful and serve the public for their betterment.

Currently, the deadly corona virus pandemic, this scientific method has inspired people to stay healthy in many ways, has also fueled curiosity among people to adopt "*Pranic Energy and Therapeutic Healing*" methods. If we talk about the rapid spread of Omicron (Variants) corona virus and being health conscious from the third wave and all those suffering people to get rid of the disease with pranic energy along with medical treatment, then it can lead to incurable diseases like Cancer and Omicron. Those who are found to have symptoms of virus etc. will be of great help to such un-well people whether they are located nearby or faraway places.

In this book, we have mentioned a simple method about Yoga and it is divided into 3-sections and 17-chapters. In this mainly -

Section – 1: Pranic Energy – Definition, Aura, Chakras etc.

1. Subject Introduction,
2. Prana Energy and Source,
3. Major chakras of the Human Body,
4. The Aura Power of the Human Body
5. Healing Treatment with Pranic Energy,
6. Energy Collection (Channeling) Method
7. Sense the Energy Field
8. System of Energy Cycles

Section- 2: Pranic Energy – Specific Healing Level-I & Level-II

9. Specific Treatment Level-I – An Outline
10. Pranic Energy - Specific Healing Level-II

11. Icons and Visualization

12. Simple Energy Doshas of the Aura and Chakras

Section – 3: Pranic Energy – Specific Healing Level-I & Level-II

13. Pranic Energy – Intuitive Techniques

14. Emergency Treatment Requirements

15. Pores and Leaks in Energy Ceilings

16. Some important methods and precautions for diseases

17. Yogic Practice and Benefits

This book *"Pranic Energy and Therapeutic Healing"* has been divided into the above 3-sections and 17-chapters, in which, in order, about the body's aura, chakras, pranic energy to remove incurable diseases and to receive pranic energy, and the simple and active method of channeling is explained in detail. Hope readers will take advantage of reading this and will also send their valuable suggestions.

At the end, a discussion is mentioned with some people who are regular yoga practitioners and their experiences, so that the readers can also benefit by adopting yoga philosophy, superbrain yoga and meditation. It is hoped that readers will definitely share with us their experiences obtained after reading this book, so that others can be benefited by spreading it to more and more people. We always welcome any of your suggestions, which will be useful in the meaning of this book.

Prof. Bharat Raj Singh

Satish Kumar Singh

Dharmendra Singh



Acknowledgement

Under the aegis of Vedic Vigyan Kendra, School of Management Sciences, Lucknow, more than 500 articles have been published in daily newspapers/magazines since April 2015 for the benefits of society through studying spirituality and mythological texts. In this continuity, on the demand of the public and suggestions of the members and friends of the Vedic Science Center, I have got an opportunity to write a book on "*Pranic Energy and Therapeutic Healing*". I have mentioned the mythological texts, spiritual thinkers, along with the practical experiences and spiritual contemplation of some foreign institutions, the simple methods of its implementation and how its benefits could reach to the public mind, in a sequential manner; it is divided into 3-sections and 17-chapters, in which mainly to remove incurable diseases, about the aura, chakras, pranic energy of the body and simple and active method of receiving pranic energy and channeling has been explained in detail. Hope readers will take advantage of reading of this book and will also send their suggestions.

First of all, on behalf of the all the members of Vedic Science Center, college administration and Vice Chancellor, Abdul Kalam Technical University and on my own behalf, I would like to express my sincere respect to the first lady of Uttar Pradesh one of the largest states of the country; Hon'ble Madam, Governor of Uttar Pradesh, Mrs. Anandiben Patel. This center will always be indebted to her, whose blessings will continue to inspire us to restore the mythological system of medicine-Pranic Energy Healing. It is hoped that in this book "*Pranic Energy and Therapeutic Remedies*", through its pranic energy harvesting, channeling and passing of hands and fingers over serious and incurable patients located nearby or far away will get benefited largely by this method.

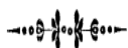
I express my gratitude to Mr. Satish Kumar Singh, Founder and Chairman, School of Management Sciences, Lucknow, and Dr. Dharmendra Singh, who is a PhD in Math's and did course in Spiritual Healing, those are co-authors of this book for making the book refined with their important suggestions.

Here, author would also like to thank all respected members of the Vedic Science Center, who gave their suggestions from time to time so that it could be broadcast as a sacrament to the teachers and students of India. In that order, I would like to thanks to all those people, who have always been instrumental in shaping this book; in particular Dr. Manoj Kumar Mehrotra, Director, School of Management Sciences, Lucknow; Dean-Students Welfare, Dr. P.K. Singh, Dean-Engineering, Dr. Hemant Kumar Singh; HoD's etc., I would also like to express my sincere thanks and appreciation to the publisher, Lulu Press Inc., USA and others who have contributed directly or indirectly to this book.

The author cannot forget to mention the support of his wife Mrs. Malti Singh, children - Nidhi and Rahul Singh, Saurabh and Deepika Singh, Gaurav Singh and grand children - Navaditya, Nandika, Jayani and Jaitra etc. whose inspiration has given me strength to shape the book *"Pranic Energy and Therapeutic Healing"*.

At the end, author would like to thank Shri Sharad Singh, Secretary and Chief Executive Officer, School of Management Sciences, Lucknow, for the encouragement given by him from time to time.

Prof. Bharat Raj Singh,
Director General (Technical),
School of Management Sciences and
Chairman, Vedic Science Center, Lucknow.



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Summary

With *Pranic Energy and Therapeutic Healing*, you can use subtle energies to relieve stress and increase your vitality. Pranic energy healing is based on the fundamental principle that the body is a self-repairing living entity with an innate ability to heal itself; this allows you to expedite the treatment of common health problems.

In India, from the mythological period till today, the practice of worship and worshipping God with dedication and consciousness along with the use of herbs to remove any ill-health or incurable diseases, is going on in the normal activities of the public. Have we tried to know this carefully, it gives only satisfaction to the mind or is there any scientific basis for it? Since the discussion of adopting both 'drug and medicine' for the treatment of any disease is found in the pages of our texts and history, so there seems to be an urgent need to study it in depth. In this sequence, in this book, what are the benefits of the communication of energy in the physical body and the energy (aura) generated from it, which remains effective in some area other than the body, what is called pranic energy (Shakti) and what are its benefits, has been referred to.

We know that Yoga is a five thousand year old style of Indian knowledge, which originated from the Yoga Sutras of Maharishi Patanjali and is the science of living properly. The yoga of Maharishi Patanjali is called Raja Yoga or Ashtanga Yoga and all types of yoga includes the eight limbs (i) Yama, (ii) Niyama, (iii) Asana, (iv) Pranayama, (v) Pratyahara, (vi) Dharana, (vii) Dhyana and (viii) Samadhi. These eight organs also have their own sub-parts. In the above sequence, when we consider our visible physical body and physical energy and aura, since they are intertwined with each other, so if one gets affected then the other can also be affected by it. Thus, from the point of view of science,

the concept of pranic energy (healing) is based on the physical energy of the human being and its aura, which we can call either touch therapy or pranic energy therapy.

Pranic Energy (healing) - works on two basic principles:-

- a. To increase physical energy or aura.
- b. Cleansing of unhealthy aura.

Therefore, we can clean the blocked and bad energy from the effective area of one's unhealthy body through the medium of life and life energy or through active means. It is different according to the life energy of each person.

This book is divided into three (3) sections and 17-chapters, in which it has been told about the aura, chakras, pranic energy of the body to stay healthy. The simple and active method (with pictures) of channeling and receiving pranic energy and the mythological treatment method has been described in detail. In which, for various diseases; there is a special benefit from its use, and its details have also been given in this book.



Section-1

Pranic Energy **Definition, Aura,** **Chakra etc.**

1.0

Pranic Energy Introduction

In India, from the mythological period till today, the practice of worship and worshipping God with dedication and conscience, along with the use of herbs to remove any ill-health or incurable diseases, is going on in the normal activities of the public. Have we tried to know carefully on this, it gives only satisfaction to the mind or does it have any scientific basis? Since the discussion of adopting both 'drug and medicine' for the treatment of any disease is found in the pages of our texts and history, so there seems to be an urgent need to study it in depth. In this sequence, in this book, what are the benefits of the communication of energy in the physical body and the energy (aura) generated from it, which remains effective in some area other than the body, what is called pranic energy (Shakti) and what are its benefits, has been mentioned in relation to.

Pranic Energy and Aura

Since our visible physical body and physical energy and aura are intertwined with each other, so if one gets affected, the other can also be affected by it. Thus, from the point of view of science, the concept of pranic energy (healing) is based on the physical energy of the human being and its aura, which we can call either touch therapy or pranic energy therapy.

Pranic energy (healing) - works on two basic principles:-

- a). To increase physical energy or aura.
- b). Cleansing of unhealthy aura.

1.1 What is aura?

Each subtle body present around the physical body has its own unique frequency. They are related to each other, and affect each other and the

individual's feelings, thinking, behavior, and health. Aura consists of seven levels/layers. Therefore, imbalance in one of the aura layers gives rise to imbalance in the others (Fig. 1).

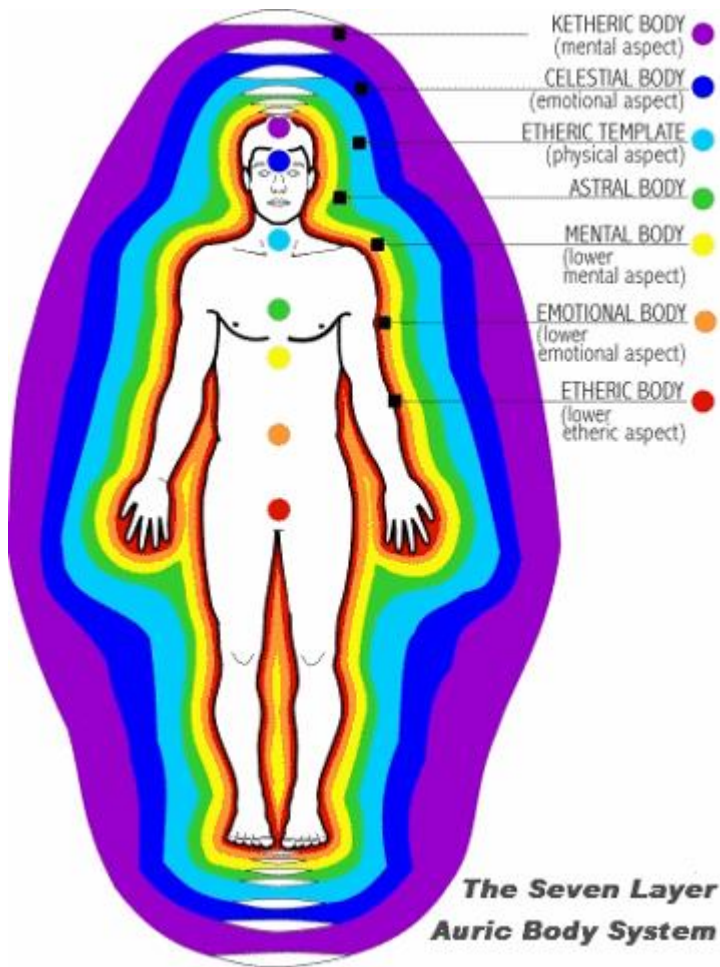


Figure 1: Different aura circles of the body

It can be understood in this way that the aura is a luminous energy, which is visible in the form of a circle around the body and about four to five inches beyond it, which has seven layers. It can be explained in the form that before any disease or disease, its effect reaches in the aura

and after that it spreads in the physical body. Master Chao Kak Sui, who has many written books on pranic science, explains that by studying any polluted energy from pranic energy and aura, it is possible to prevent its spread in the physical body and the disease arising from it.

Now to understand this through science, we are taking the example of magnet and its magnetic field. We know that a permanent magnet in addition to its physical size also creates a magnetic field around it and this field has the ability to repel and block other similar magnetic fields. But if the external magnetic field is more effective then it first enters the magnetic field and weakens its power. The same situation is with the physical body and the aura when it gets weakened by the effect of another polluted aura and causes disease in the body.

1.2 Why is cleaning necessary?

Cleansing is a very important process, which plays the role of removing the polluted / diseased energy and blockages in the energy channels and removing it from the affected part or the whole body. Pranic energy cleans the body by creating new prana or life energy. If this cleansing or ointment is not done properly, then the level of restlessness in the energized body may increase after that.

1.3 What are the benefits of Pranic Healing?

Pranic healing is also used in minor to minor treatments and also to cure major or incurable diseases. Minor ailments can be cured in just a few sessions by this action. But to cure major or incurable diseases, it can take a few months with regular treatment in several sessions. Pranic Healing is a supplement to medicines and doctors. It is always advised to continue it along with the patient's medical session and the medicines prescribed by your doctor. Since our body is already programmed with self-energy, pranic healing therapy can be increased three to four times or more generally.

It is also worth mentioning here that a Pranic Healer/Healer should not use his/her own energy for healing purpose. This is an important fact which needed to be mentioned. Instead it should use life energy from the sources of the universe or from the surrounding environment. Therefore, a Pranic Healing/Healer should perform this function as a pump from the sources of the universe, rather than from their own physical energy. Energy and vitality should never be emptied like a jug of water.

1.4 Can you become a Pranic Healing/Healer?

Pranic healing is a simple method to learn and use that requires learning some basic techniques and principles and can be learned in a few sessions. One needs to have an average intelligence, an average ability to concentrate and persistence, a prudent and open mind to learn pranic healing. In the next chapters, simple instructions and procedures for scanning, including energy recovery, cleaning and stability, will be told. By following those simple instructions, we can lead people to benefit from pranic energy.

1.5 What are the benefits of learning Pranic Healing?

After learning Pranic Healing, you can become a self healer and also heal or relieve the ailments of others. Some of these remedies are very easy, such as - eliminating the pain in or around children's fever, minor wounds, it includes curing headaches. Apart from this, immediate benefits can also be given in gas pain, toothache and muscle pain.

In the Indian mythological system, it is still seen in the villages and the countryside that after reciting the mantras to small children in their diarrhoea, stomach pain, vomiting, and restlessness or to remove eyes etc., by throwing air over the patient. The treatment is found to be very effective.

Along with this, the process of sweeping is also benefited to some extent for snakebite or disfigurement. Similarly, people affected by serious diseases, along with medicine, advice of medicine is also found in the books and in the pages of history books too. It is clear from this that in India this subtle method, which we are calling today "Pranic Energy Healing", was already propagated / implemented by the sages/saints after getting information after scientific research in the form of action in the common man.



2.0

Vital Energy and Source

What is life energy (Prana)?

'Prana' is known as the right of existence of our life energy. From the point of view of science, in any physical object, the energy by which some mobility arises in it, whether it is happening in visible or invisible state, then it is called Prana. This condition is also found in any animal-bird, insect-pest, tree-plant or animal. It is Prana or life energy that keeps the physical body strong and alive. It is mentioned in the ancient (Pauranic) texts that the word "Prana" is derived from the Sanskrit dictionary and is recognized by almost all the cultures of the world. It is called ki in Japanese, chi in Chinese, nephesch in abro, esma in Catalan, pneuma in Greek, mind in Polesian, and ruah in Hebrew, which means 'breath of life'.

2.1 Sources of Life Energy or Prana

There are three main sources of life energy - the sun, wind and earth (ground).

a) Solar Prana – Solar energy is obtained from sunlight. It promotes good health and has a special effect in making the whole body energized. Solar life energy or solar energy is also called sunbathing in the world. In this way sunlight should be invested in the body for 5 to 10 minutes because it is very effective. The water available in the body, which is present from food and drink, comes out of the body's skin pores in the form of sweat due to sunlight falling on the body and due to moisture in the skin, dryness ends on one side and On the other hand the body becomes energetic. But by too much exposure to sunlight, solar energy can be harmful to the body, the main illeffect for which is dehydration.

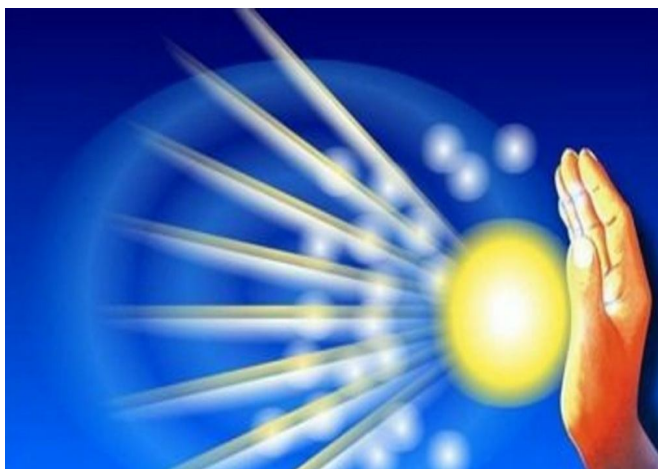


Figure 2: Pranic Energy and Healing

b). Vayu Prana- Pranic energy is present in the air, when we breathe in the air then the prana air gets absorbed by our lungs. This cycle of breathing continues continuously and the prana air energy is absorbed directly into the body through the lungs. It is possible to get more vayu prana by taking light breaths in slow and rhythmic form, taking few and deep breaths.

c). Ground (Prithvi) Prana – The life energy present in the ground is absorbed by the soles of our feet. By walking barefoot on the ground, prana gets absorbed in the body. When we apply this same action to push the material available on the ground or do some similar exercise, it becomes possible for us to be conscious and consciously aware that the earth is getting attracted to the life body. It is also clearly felt that the ground life energy is increasing our ability to do more work.

2.2 Colour Prana

Prana can be imagined in such a way that it is a collection of units of white microscopic molecules which are of the type of globules and due to the breakdown of various components from its chakra or energy center, it gets absorbed in the physical body. When white prana gets

absorbed in the body, then the digestive power is strengthened. Although this color is a collection of six types of components in addition to red-prana: orange, yellow, green, blue, indigo and violet. All these components are especially powerful than white prana.

2.3 Types of Color Prana

- a) **Red Prana** – It is of hot potency, which is useful in strengthening, expanding, distributing, constructive, activating excitement and also in maintaining the physical body.
- b) **Orange Prana** – It has the properties of repelling, destroying, decongesting, cleansing, splitting, blasting and creating destructive condition.
- c) **Green Prana** - This color prana is decongesting, cleansing, detoxifying, which has the effect of infection and dissolution.
- d) **Yellow Prana** – This is called the connecting Prana. It has the qualities of assimilation and initiation.
- e) **Blue Prana** - it is called purifying prana. It has the properties of being barrier free, soothing, calming and flexible.
- f) **Violet Prana** – It contains the qualities of all the above colours. It has a mild purple regenerating effect.
- g) **Electric Violet Pranic Energy** – Electric violet Prana or higher to higher soul is obtained by itself and it appears as brilliant white with a light purple on the periphery. It is also known as divine power or spiritual energy. It is much more powerful than the normal violet prana and has all the qualities of other colors. Electric Violet Pranic Energy has a consciousness of its own.
- h) **Golden Pranic Energy** - Golden Prana is formed when Electric Violet energy comes in contact with the invisible etheric body, then golden prana is formed and this golden prana turns red in light and gets absorbed by the body. It has also been found that the properties of golden prana are almost identical to those of electric violet energy, but it is milder and less fluid. This energy is known in Taoist yoga, as heaven. The "pillar" is the practical limit of light which is known in Christianity as the 'Holy Spirit of the Lineage' and in India as the spiritual bridge of the conscience.

2.4 The Vitality of Existence of Prana

As human beings, we imbibe both internal and external prana. On the one hand the inner prana, when we eat food and breathe air. If so, this process helps in strengthening our digestive and respiratory systems and on the other hand helps in increasing the external prana, our chakras and our inner aura as well.

Here various spiritual subjects have been studied and the current information of esoteric research in prana (globules) has been obtained. It is clear from this study that the life force communicates with the prana (globules) and it provides energy through the subtle energy body (aura) in our physical body.

This principle of pranic energy is one such interesting concept that helps to coordinate and control the functional units or cells of our body and their molecules. Along with this, it helps in maintaining a certain pattern in spite of many changes that have come in a specified and defined body.

2.5 Is Prana all Around Us?

Prana is available everywhere and it is available to be used all around us without affecting our awareness or capacity. Master Chao Kak Sui, in an in-depth study of Indian fundamental practices, has described numerous methods of Pranic Healing and SubtleYog with Life Energy or Prana Energy. He has also clarified that by reminding you about some of our healthy practices, not only does one become aware of the powerful energy of Prana in its depths, but it also greatly improves the quality of our life.

We all know that we have everything in us and that there is life around us, we just need to be reminded that in the middle of our being active or inactive, there is life (Prana). To take full advantage of this and increase capacity; It is absolutely necessary to control the right diet, right breathing, proper physical exercise, good relationships etc.

Thus it is extremely important for us to keep our physical body and the invisible etheric body-aura clean and balanced and the awareness of a powerful existence is one of the keys to this. For us to increase our concentration and become intrinsically aware, at least 5-10 minutes of breath control practice every day is a good way. If you wake up and focus on the breath or feel it, you will also find that more prana is being absorbed into every cell of your body.

Bathing with sea salt water purifies the physical body as well as the invisible etheric body. It acts as a suitable cleansing system. Through effective aura cleansing, you make yourself more sensitive and your life energy becomes highly effective. In Pranic Healing or Energy Healing, Ranga Prana is used for the treatment of various ailments. It is a healing system that helps in restoring our health and happiness by purifying or removing the polluted or dirty energy of the affected organs through healing energy or pranic energy.



3.0

Major Chakras of the Human Body

We have come to know that there are mainly three sources of prana (life force): sun, wind and earth. The importance of solar power is as much as that of the wind which is obtained from breathing (pranayama), through this the life energy makes our body alive and awake. From the mythological texts it is known that although there are 114 chakras in the physical body, but among them there is a mention of awakening of chakras in the major 7 (seven) and sometimes 11 (eleven) places of the body. Chakra is a Sanskrit word, which can be considered as a thin disc. An example of this can be explained by a windmill (Phirni), because when the phirni starts rotating rapidly on its axis with the velocity of the wind, then a kinetic energy is produced in it. Similarly, in our body also there are **eleven** major energy centers which, rotating on the axis of their centers, generate kinetic energy at those centers of the body. When we provide additional life energy to these moving chakras of the body through yoga and asanas, then this mooladhara chakra rotates on its axis and moves towards the second chakra center. With this, life energy enters the centers of various major chakras of the human body and directs the prana by aligning the glands of the body. Due to this, proper communication of life energy starts from the feet to the head. The body becomes healthy and starts growing like coherent thoughts.

3.1 Major Chakras in the Body

In the Physical Body, there are 11-major chakras. Let us now become aware about their physical location and effect.

i) Crown or Sahasrara Chakra: The Crown Chakra or Sahasrara Chakra is located at the crown of the head. It is the Sahasrara Chakra, one of the major entry points of the body that controls pranic energy.

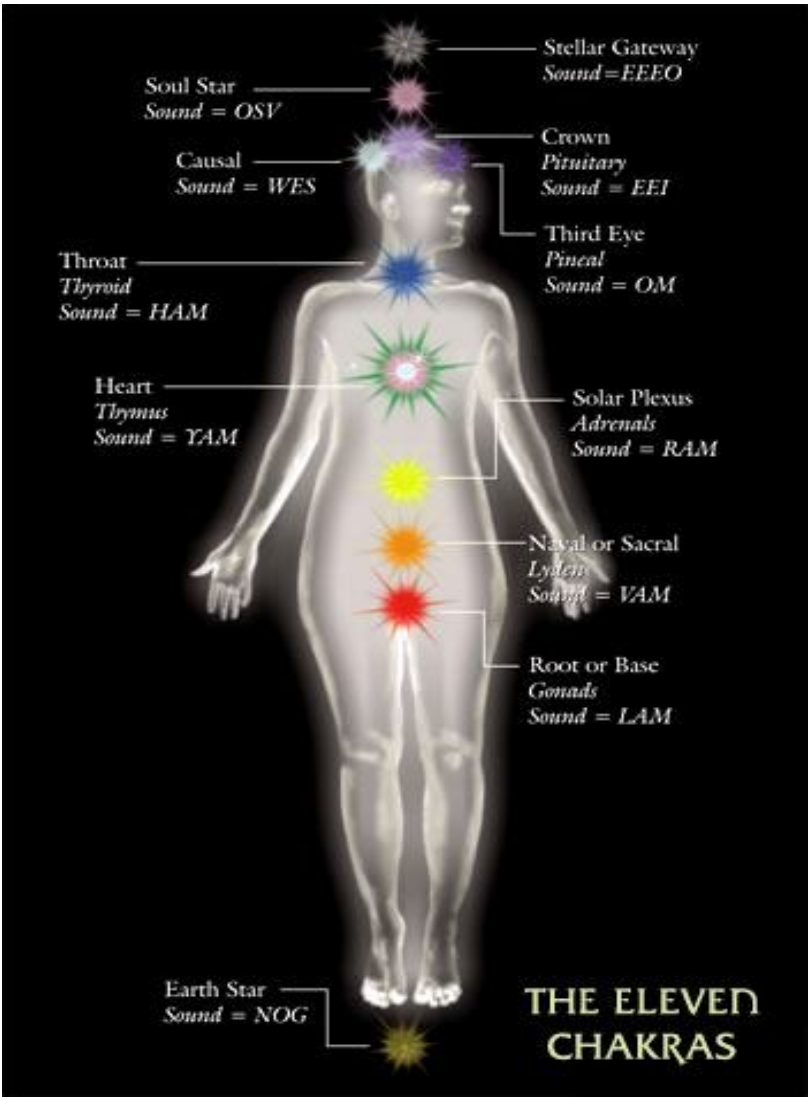


Figure-3: Location and names of chakras in the body

This energizes the brain and controls the disorders of the pineal gland and brain that give trouble like an ant is moving into it.

ii) Mastaka or forehead chakra: The forehead chakra is located at the center of the forehead and it controls and energizes the head. The pineal gland and the nervous system are affected by the head chakra. If the forehead chakra is not energized in the form of epilepsy; paralysis and loss of memory can result in loss of full body energy (prana).

iii) Ajna Chakra: The Ajna Chakra is located between the eyebrows and controls the areas of the brain, pituitary gland, and endocrine glands to a certain extent. Eyes and nose are also affected by Ajna Chakra. Ajna chakra is also one of the main reasons for causing the disease of diabetes. The Ajna chakra is also believed to be responsible for energizing the other chakras rapidly and partially affecting the respiratory system.

iv). Vishuddhi or Throat Chakra: The Throat Chakra or Vishuddhi Chakra is located in the center of the throat and controls the energy of the throat. When the Vishuddhi chakra is energized, it helps in purification of the thyroid gland, parathyroid gland and lymphatic system. It is also believed to be responsible for sore throat, loss of voice and asthma from the Vishuddhi chakra and infertility by affecting the Swadhisthana chakra or sex chakra.

v). Heart chakra: Anahata chakra or heart chakra is located at the center of the chest and controlling the thymus gland and the circulatory system. The heart chakra has a strong influence in front of the Manipura chakra. The heart chakra is located behind the heart and to a certain extent helps in removing the defects of the heart and thymus gland. The activation of tuberculosis, asthma and other physical diseases also occurs through the Anahata Chakra.

vi). Manipura Chakra: Manipura Chakra is located in the empty area in front and behind the two-ribs and energizes the pancreas and liver, diaphragm and stomach. This chakra is believed to be responsible for maintaining health and improving the quality of blood to a certain

extent. It also affects the lungs, heat in the heart, gastrointestinal system and the cooling system of the navel chakra.

vii). Spleen Chakra or Prana Chakra: The Spleen Chakra is located between the two spleens; it is responsible for purifying the blood cells and destroying the bad blood cells. It is also called the entry point of Prana.

viii). Muladhara Chakra: The Muladhara Chakra is also known as the 'Root Chakra' and is like the root of a tree. When the root is strong, the tree too, will be strong and healthy. Thus, if a person's Muladhara Chakra is highly active, the person will become strong and healthy. The Muladhara Chakra, which is located at the base of the spine and physical controls position; provides strength to the whole body. Muladhara Chakra is related to the muscular system, skeletal system, spinal cord, blood quality, adrenal glands and internal organs; controls them and strengthens them.

ix). Meng chakra: The Maga chakra acts as a pumping station for the flow of pranic energy to the spinal cord and its effect regulates the blood pressure up to the Muladhara chakra. Its effective control is about half to one third of the kidneys, adrenaline glands and other major chakras. In this cycle, it is necessary to get the treatment of the effects of urinary system done by experienced doctors.

x). Navel Chakra: The navel chakra is responsible for giving strength to the small intestine. Through this activates the life force of a person in large intestine, appendix diseases and disorders such as giving rise to constipation, stones and problems in the intestines etc.

xi). Swadhisthana Chakra: Swadhisthana Chakra is located on the pubic region. The sex organs and bladder are all controlled and activated by this. From brain chakra to ajna chakra and from vishuddhi chakra to muladhara chakra and swadhisthana chakra, it remains effective in the form of sex related problems.

3.2 Significance of Chakras

On the basis of mythological texts, there are 114 chakras in the human body, but only the main 11-chakras are very effective, due to which the increase/decrease in life force occurs due to awakening or less awakening of these chakras and different types of diseases in the body, gets generated. We can activate all the 'Chakras' through 'Dhyana and Yoga' and control their effect, due to which the body becomes full of Shakti (Prana), disease free, healthy, and full of thought and philosophy of life.

We also know that if the milk churn is run in the cooked milk, then it spins the milk around itself according to the cycle. But the whey towards the outermost surface, buttermilk in the middle and the churn which is the base of its wheel, the butter gets collected on it. Due to this process being effective for all the chakras, the life force gets accumulated at their center. And when the chakra grows like a churn from the mooladhara chakra to the crown chakra, it makes the physical energy (prana) very effective.



4.0

Aura Power of the Human Body

There is a wonderful and supernatural power in the entire universe, which exerts its effect on every substance in the universe equally. Supernatural miraculous powers exist in invisible form in every human being in the world, which is another form of self-confidence. The effect of that ignorant power, which pervades every inanimate, living and non-living matter of the world, is definitely reflected on other things.

Just like a magnet attracts iron to itself, all the objects of creation interact with each other through the charisma of that omnipresent and supernatural consciousness (aura) – *the aura*. Scientists name this cosmic energy as aura. There must be some kind of close relationship between all the creatures of the world and the attraction power of the electromagnetic aura prevailing in all the planets, stars, seas and stars of the universe. Basically in the end it comes to the conclusion that the ubiquitous supersensory powers affect the aura of man's mind. Changeless, lustless, desireless, determined and virtuous man can attain supernatural powers by fully developing his body surroundings (aura). The subconscious mind is the center and treasury of the wonderful powers of the entire aura. Supernatural powers exist in the entire universe and it is not an impossible task for a human to establish complete control over all those powers. Every human being has inner power and by developing these inner powers, he can become the master of supernatural powers by establishing contact with the supernatural miraculous power flowing in the whole universe and getting a share from it. Scientists have proved after extensive research that man does not have only one body, but in addition to this physical body, there is another luminous and energetic body which is surrounded by auras (**Fig. 4.1**).

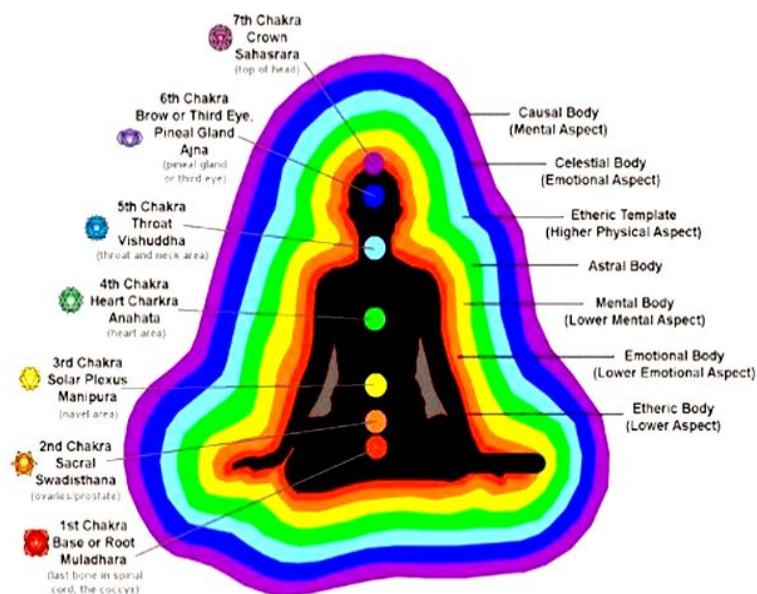


Fig. 4.1: Auric (aura) body and 7 - location of the chakras

We have already learned that each subtle body around the physical body that you can touch and see in the mirror has its own unique frequency. They are related to each other, and affect each other and the individual's feelings, thinking, behavior, and health. The frequency of energy generated by the physical body is called aura. Aura - comes around the physical body consisting of several layers/cells. Therefore, the state of imbalance in one of these aura layers gives rise to imbalance in the others.

4.1 Energy Shields in the Human Body

There are seven layers of energy in the human body. The first layer is your physical body itself i.e. the body which you can touch and see in the mirror. The outer 6 (six)-layers of energy that surround this first layer are commonly known collectively as your radiance. Together, these seven - layers or energy sheaths / bodies - are the human energy field and an energy practitioner can evaluate and treat all layers along with the physical layer of the human energy field, to provide the necessary therapeutic benefits.

One can see the second, third, fourth, fifth, sixth and seventh layers according to the penetrating power of their physical energy (aura). In addition, all those layers may look different from person to person, and all those layers may be seen in different ways, excluding third eye view. *For example:* their energy is felt through touch, scent, or sound. These are all living energies, which have a pulse through which they can be felt and measured.

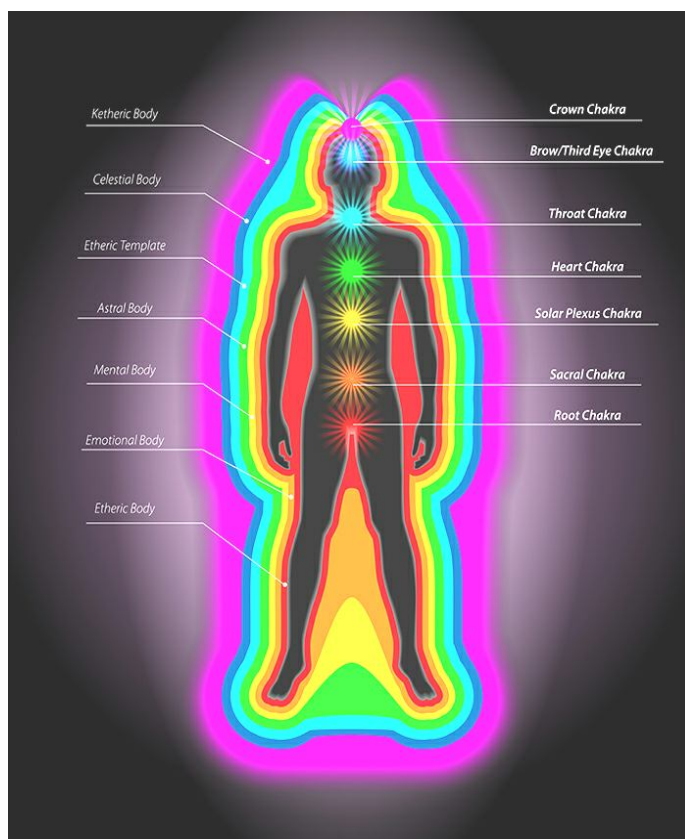


Fig. 4.2 : Auric (aura) body and 7 - location of the chakras

4.2 Significance of Seven (7) Layers of the Human Energy Field

Aura consists of seven levels/layers. Each subtle body present around the physical body has its own unique frequency. They are related to

each other, and affect each other and the individual's feelings, thinking, behavior, and health. Therefore, imbalance in one of the aura layers gives rise to imbalance in the others.

- i) **The physical energy body** - This is the layer we usually think of as our physical selves. Although we tend to think of our bodies as a package consisting of bone, organs, and blood. Our physical bodies are also energy, similar to other layers of the body that most people cannot see or understand on a physical level. The physical body aura is mainly an indicator of physical stimulation, simple physical comfort, happiness and health.
- ii) **Etheric Energy Body** - The second etheric layer of our energy body is located about a quarter or half an inch (not more than an inch) from the physical body. Energy healers, who specialize in psychic sensing this layer, have described it as a "webby" feeling. A lot of web, like a spider, it feels sticky, or stretchy. It is also grayish or grayish-blue in color. The ethereal energy body has also been referred to as the blueprint or holograph of the physical body. The ethereal aura body primarily reflects feelings in relation to self, self-acceptance and self-love.
- iii) **Vital Aura Body** – This is the third layer of our energy body. Through this energy layer it is possible to draw the situation in a clear, linear, rational way for the rational mind to understand.
- iv) **Emotional Energy Body** – The emotional layer of our energy body is the fourth layer, which is the protector of our emotions in this body located between the seven layers. It is here where both our fear and excitement reside. This layer can be quite unstable when we are experiencing extreme highs and lows. The emotional aura body is a motivator to have good relationships with others and to have loving interactions with friends and family.
- v) **Lesser Mental Aura Body** – This energy is the fifth layer of the body's divine power armor. This allows the psychic aura to absorb the divine power from the body and restrain/align the inner will and make a commitment to the man to speak and obey the truth.

- vi) **Higher Mental Energy Body** – This is the mental layer from which our thoughts spring. Our belief systems are stored here as well. This is where our thoughts are assimilated and resolved. In this layer, our beliefs based on our personal truths, or rather, our experiences are laid. From the higher mental aura body there is a feeling of divine love and spiritual ecstasy.
- vii) **Spiritual Energy Body** – The spiritual layer is the last layer of the human energy field. It is said to be where our "consciousness" or "higher awareness" resides. This spiritual aura empowers the body to connect to the Divine Mind, peace to the Divine Mind, and understand more universal patterns.

Until now we had assumed that the human energy field was, in fact, made up of many different colored bands, which were related to the chakras. On this, scientists had concluded from the study of February, 1981 that there is a correlation between physical cycles (Hz per second) and color frequency, which is shown below –

Violet	Spirituality
Indigo	Infinity
Blue	Divinity
Green	Nature
Yellow	Wisdom
Orange	Creativity
Red	Vibrancy

+ Blue 250-275 Hz plus 1, 200 Hz

+ Green 250-475 Hz

+ Yellow 500-700 Hz

+ Orange 950-1,050 Hz

+ Red 1,000-1,200 Hz

+ Violet 1,000-2,000, plus 300-400; 600-800Hz

+ White 1,100-2000Hz

It is clear from the above that there is a deep relationship between the physical chakras and the bands/layers of colors and it has a direct relation on mental state, good thoughts and health.



5.0

Healing Therapy with Pranic Energy

Prior to this study of pranic energy healing, we have learned that every living thing that exists is the universal energy, which connects and nourishes all life. This energy has been called by many different names, such as Prana, Mind and Chit. An "invisible" energy field made up of this energy is around every human being. It is the energy field around each individual that fully supports the life process in all its aspects—the functioning of the physical body, the emotional and mental functions, and even the operations of the spiritual life—that we call the aura. The energy in this energy field is not lifeless or dormant - it is active and conscious energy, a link to the universal consciousness that is the source of each of our bodies, all beings, and the entire universe. Within this realm of pure consciousness lie infinite knowledge and power, infinite love (as a universal creative force) and infinite health and well-being. This includes your higher minded (or true self), your patient and all. We have each individual consciousness in us—we are each a separate part of this universal consciousness—but we are all connected and ultimately one. Your connection to this higher spiritual truth is within you; in your ultimate nature, you are pure consciousness, with infinite knowledge and power inherent in it.

The energy field (aura)—which exists in seven layers—and the chakra system—consists of the seven major chakras. It acts as a connecting bridge, a seven-step connection between a pure-consciousness realm and life in this world.

5.1 Vitality and High Efficiency

The life force and higher potentialities that exist in the field of pure consciousness are expressed in the earthly life of the individual. If this

energy field is clear, healthy and free of Doshas (defects), the living person will exhibit good health on every level – from the spiritual aspects to the mental, emotional and physical levels. Mental health and harmony of body and mind, spiritual awareness and higher human potentialities all flow from the realm of pure consciousness and will all manifest in the individual and his life. Sometimes, however, defects are present in the energy field while being energetic. When the flow of energy in this energy field becomes weak, impure, unbalanced or blocked, these energetic doshas prevent the pure connection from the pure spiritual truth to the field of pure consciousness and the true self of the individual. It also prevents the full and healthy expression of the living potential of the whole individual.

5.2 Causes due to Energetic Faults

The ultimate causes of these energetic doshas are often physical and/or psychological trauma that often exist as a series of traumatic experiences, harmful life circumstances or dysfunctional problems in a past life and thus resist energetic attack. While doing so, strong, healthy energy is compromised. And of course, these three affects—*personality trauma* (including repressed memories), *fundamental energetic defects* in the aura and chakra systems (including but not limited to those corresponding to negative thoughts and feelings) and *unhealthy ominous energies* (either self-generated or caused by others) - planted by - exist together and are closely related. They create unhealthy energetic conditions in the energy field, and create rigid and unhealthy patterns of emotions, mind and spirit that prevent the full and healthy expression of one's true self and which will eventually lead to problems of worldly life. Diseases or illnesses of a physical, emotional or mental nature often eventually manifest themselves.

5.3 Energy Healing Measures

Energy healing is an art or science to understand and correct energized doshas in the field of energy. As an energy patient, you will seek to restore the state of your patient's energy field to its strong, natural and healthy form and correct the doshas that restore health to your patient's body, emotions, mind and spirit; help to do and maintain it.

Hence your treatment can treat the faulty energetic condition in your patient's energy field, which may otherwise lead to illness in the future, to prevent disease in the future. You will also expand your awareness and experience in order to gain an intuitive understanding of the state of your patient's energy field, in order to understand the different types of energetic doshas (and possibly their causes). This healing knowledge is not the product of your thinking mind, but comes through you from the infinite wisdom contained within the realm of pure consciousness. You will then correct the energetic doshas that are present by using various special energy healing techniques. You do not generate the healing power that makes healing techniques work, but the proper use of techniques enables you to become a channel for the healing power that comes from the realm of pure consciousness. By filling the energetic doshas in your patient's energy field, you provide your patient with the opportunity to connect with your true self and the unlimited health and well-being contained within the field of pure consciousness. Integration of personality, a new perspective of oneself beyond negative thoughts, feelings and self-limiting beliefs, and healing of energetic doshas in the energy field yield potential benefits.



Figure 5: Healing with Pranic Energy

In healing tasks, you must have the ability to act as a pure channel for the instrument, the wisdom and power inherent in pure consciousness. You already have this ability, in yourself—you just need to discover and use it. Illnesses of body, mind, and spirit begin entirely in the broad field of consciousness—perfectly—so you heal from that level, there is also an analogy: you, your patient, the healing techniques you use, and the energy—all are one.

5.4 Method of Energy Storage

To become an energy healer, it is necessary to learn the method of storing energy called energy channeling. Energy channeling is the method of bringing extra energy into yourself, allowing it to flow through your body and into your hands, and then channeling it into your patient. You already have the ability to channel this energy—which is a natural human ability—all you need to do is prepare yourself for the energy to do so. As you begin to channel the energy into your patient, your patient's energy field will harness the positive energy you need most at the time and you will be able to increase your healing abilities. You will be more able to understand and become more aware of closing the energetic doshas in your patient's energy fields.

After going through the knowledge of the various doshas you will have to adopt an efficient technique of harnessing the energy to rectify those doshas only then you will become a responsibly more conscious participant in the healing, with an increase in your awareness and abilities and energy. By continuing your study of healing, you will be able to effectively become a human energy healer by learning some very powerful and exciting methods.

Although Grand Master Chao Kok Sui invented the method of energy therapy in the 1970s, but in India this method is being adopted in one form or the other since mythological times and the practice is still present in the villages.



6.0

Energy Collection & Channeling Method

Life energy is spread throughout the universe and all around you. It does not exist only as an energy field around every living thing, but it is present around us through the earth, nature and the surrounding environment. The flow of this energy is associated with everything and we & you or every living being is receiving this life energy all the time. You are always attracting this life energy into your energy field, and this is the kind of energy that makes your life capable, as well as the life of the negative energy you want to cure, also improves the life. To practice energy channeling- we have to use this energy as much as possible for the purposes of healing of our patient. So you have to first learn to store as much energy as possible in your energy field. This technique that you would use to do this is called calling in energy.

In the energy field, by creating perspective or visualization, you can call that "energy" to be harnessed. Visualization is one of the most important processes that allow you to direct the said energy through your spontaneous effort, to heal the energy patient. To harness the energy with the help of visualization, you will look with your 'inner eye' or 'mental vision' - this energy starts getting more and more from all around you. You will visualize this energy subliminally, that it flows within you, which should be drawn in the middle of your body towards your shoulders and deposited under your arms and in your hands, so that you can send it to your patient. By using this insight, you can call in energy and you can send the energy flowing in this way to the patient for treatment.

6.1 Summoning Energy

The following exercises will help you to tap and heal the energy -

Do this several times a day (for three or more times) each day, apart from raising your shoulders to draw energy, standing with your feet together with your eyes closed and your hands down along your thighs, but do not allow your hands to touch your body.



Figure 6: Summoning pranic energy and healing the patient's body

Now easily see in your "inner chakhu (eyes)" that the energy coming in your body or into you, is coming from the sky, from the earth and from the atmosphere around you. In fact, watch and feel the energy going inside you, in the beginning feel that comes a little bit from all around your body, then it goes within you. Then "see" and "feel" the energy moving through your shoulders, down to your hands, and absorbing into your hands as you hold it to your sides and you can actually see or feel it. Because when this energy flows and collects in your hands, you will feel the sensation of tingling or warmth in the hands.

You can invoke energy in this way at different times throughout the day, anytime and anywhere, but you should only do this type of practice for a minute or two.

After a little practice of the energy called to you, when you begin to feel it in your hands, you can channel the energy into the "live" patient. Thus you can channel with your hands one or more of your patient's chakras. Within the energy field you find primary energy centers or energy junctions—the primary points are those from where energy enters in to the body, as well as these points are found within the energy field where vital life-supporters; Energetic work has its place. As an energy healer you will often be working with your patient's chakras, so this is a good place for you to start. Now allow energy to flow into that chakra, you have an innate ability to do this, so there is no doubt about it. This hand-moving energy is also called hand-healing. You can see how useful the hands are in transferring this energy; they can be carried anywhere on their patient's body so that energy can be transferred to each of the chakras or any other necessary location.

6.2 Important Guidelines for Energy Channeling

As you begin the process of channeling the energy in your patient, it is best to follow the following important guidelines:

- i) Remove all rings, watches and jewelry from your hands before treatment begins. As a courtesy, wash your hands. Have faith, hope that the energy that exists is flowing, if you allow it, you will be able to channelize it into the patient.
- ii) Do not apply forceful hand pressure on the patient's body with your hands. To maximize energy flow - use zero pressure with the hands. Your hands should just barely touch your patient's body.
- iii) Energy-channeling for energy flow is not an exercise of the intellect but a practice of recognizing and releasing energy. Just imagine the energy flowing through your hands, and feel the flow of energy with a sense of openness and you will find that this energy comes easily. Effort alone is enough for the energy to come in and conduct the energy.

6.3 Method of Channeling Energy into the Patient's Body

To start energy channeling, follow the procedure as follows:-

- i) Lay your patient flat on your treatment table. Now you can follow steps i) to iii) of energy calling, as described above. You continue the above exercise for calling in energy, until you feel tingles of energy in your hands.

- ii) Then place your right palm directly on your patient's heart chakra (between the breasts) and then with your right hand, put your left hand over and over your patient's body so that your hands gently overlap. This is called the "overlapping hand," which you often use to channel energy into your patient's chakras. If you are doing a male therapy to treat a female, you may have to do some particular hand position changes to show courtesy, but you should try to keep your right palm centered on the chakra.
- iii) Now just allow the energy to flow through you into the patient's heart chakra. When you do this, try not to alert yourself or if you are "doing it right" then think of "doing it yourself". So don't worry. Energy is intelligent and aware and has the potential to come to you. This energy, as an expression of consciousness, already knows how to go and where to go, focus itself on feeling and being sensitive to the flow of energy in your brain. It is important to be aware of the energy as it circulates in you and your patient's body. Allow the energy to travel through you and into your patient's heart chakra for several minutes.
- iv) You can sense how much energy is flowing. If you feel, you will also feel that energy is "built up". When you start this flow on the patient, it will subside after a few minutes because the chakra of the patient accepts all the energy. After a few moments or when you feel that the energy flow is decreasing, remove your hand from there.
- v) If you wish, you can channel the energy into the chakras of your other patient, for example 2-3 inches above the navel, into the solar plexus chakra. As you channel the energy into this new chakra, feel if you notice any difference in the energy flow.

When you learn this new skill of channeling energy, you may or may not feel the excitement in you; It is related to the effectiveness of the treatment you provide. You will become transparent when you have great knowledge and experience in channeling energy. Beginning with the energy healing work now, don't worry about yourself, instead start being aware of the time and flow of energy, and try to learn about your patient's energy field. In energy healing, don't forget yourself; instead connect with your patient and energy.

From the above sayings, you have now received your first experiences for summoning energy and channeling into one (or a few) of your patient's chakras, move on to the "healing pattern". Your energy-channeling skills will be fully developed for medical treatment and the process will also give you step-by-step guidance.



Sense of Energy Field

Knowing the method of calling energy, channeling this energy into your patient with your hands, you can understand the energy or feel the energy being stored in your hands and flowing into the patient. This knowledge or skill is very useful. You also have the ability to understand which energy field of the patient has acquired energetic doshas, how to correct them and how to bring renewed energetic health in them. This way you will be able to pay special attention to the areas which need special treatment and you will make maximum use of the healing energy in these places and start working in the right way to fix all the problems present there.

Along with channeling energy, it is a natural human ability to perceive energy with one's own hands that is already inherent within any individual. All you need to do is that the energy of the stimuli that is created, when your own hands are opened in the energy field of your patient, then this action is very useful for you to understand the energy and they can be moved through different areas in the energetic dosha zone to give you a sense of what kind of areas need treatment.

It's also true that it takes a while to understand the energy flowing through your hands, as these sensations are often subtle, but the fingertip sweep exercise will help you understand how the energy is generated in your hands in the beginning.

7.1 Fingertip Sweep Exercise Method

With regard to "energy channeling" in the past, the energy summoning exercise has been learned in steps 1 to 3 and should be done until you feel a tingle of energy in your hands through fingertips. This tingling gives meaning that you have brought extra energy into your hands. This does not only mean that your hands are ready to channel the energy

into your patient, but it should also mean that your hands have become more sensitive so that they can feel the energy.

Place your hands in front of you, with a distance of less than one foot between them and both palms flat together and facing each other and fingers should also be in front of each other. Now raise the wrist of your right hand so that the opposite side of the palm of that hand is pointing towards you and the fingers of that hand point towards the open palm of your left hand. Slowly "sweep" into your open left palm with the fingers of your right hand, with the right hand fingers at least three or four inches away from the palm of the left hand. Try repeating. You will see that:

- i) What sensation/feeling do you get by moving your right hand finger in the palm of your left hand – think on this, why is this happening? But try not to think about what you're feeling, but just let the action happen and whatever tingling comes, let it happen.
- ii) Now try to move your fingers in different directions like up and down and left and right. Do you feel anything in your left palm when the fingers of your right hand move over it? The tingling and tingling in the energy field emanating from your own fingers will be subtle; can be understood as it enters the palm of the opposite hand.
- iii) Now switch or sweep the fingers of your left hand in your right palm as before, do you feel anything? Is one of your palms more sensitive than the other? Repeat this exercise several times a day to get used to sensing the energy with your hands. This exercise may take some time.

7.2 Hands Sweep Exercise Method

After you understand the energy emanating from your fingers through the above exercise, it is time to try sensing the energy field of a living patient. You'll do this using a technique called passing off hands. In this technique, your hand is placed on the surface of your patient's body with the palm down, which is about four to five inches above the patient's skin level, slowly passing down, energizing the energy field around your patient's body. Defects may be present which will be felt as

a subtle sensation in the palms of your hands. Often, this sensation elicits a subtle feeling such as a dip or bump or warmth or coolness. You may also get other subtle sensations when these sensations start coming in your palms by adopting this technique. As well as whatever area of the patient's body you are scanning with your hands, you will also receive intuitive information about the position of the energy field.



Figure 7: Treatment by sweeping the pranic energy with the right hand

7.3 Method of treatment of the patient

Lay your patient flat on the table for treatment, with their hands on either side. Call on the energy now, as previously taught in steps 3 to 1 of calling into energy exercises in the lesson "Energy Channeling". Repeat this process until you feel a tingling of energy in your hands. This tingling means that your hands have become sensitive, so that they can feel the energy.

Now, start scanning your patient's body, using the palm of one hand at a time. Start with your right hand; whether you are right handed or left handed, the level of the right hand is more effective in perceiving the energy in people. Start at the head part and work your way up the level of your hand such that there is a slight spread with the fingers, as if

relaxing. Your hands should be four or five inches above the patient's body surface. As you go scanning slowly - move your open palm slowly at the rate of two to three inches per second - it is an ideal motion. When you do this, "forget yourself", and instead feel yourself for any sensations that your hands are open to any tingling as you do so, Feeling coming. When you do this, "forget yourself", and instead feel yourself for any sensations that you do, leaving your hands open to any tingling sensations that may come, is happening. Feel - Do you feel something in the face or throat area and on the top or sides of the head? Can you feel any of the head chakras?

Move down, under the abdomen. Scan the entire abdomen. Do you feel anything around the shoulders, under the arms, or on the center of the chest or abdomen? Can you feel any of the abdominal chakras? No need to move your hands very quickly, remember in which areas of your patient's body do you feel a subtle sensation in your hands? Continue scanning the entire affected body area in this way, including the hips, upper legs, and lower legs. Do you feel anything in any of these lower regions?

Do you get intuitive impressions as you cross your hands through the chakras, or in other areas where you feel excitement in your palms? Note the areas on which you were feeling the sensation in your palms, are these areas giving spontaneous impressions of your hand? You can repeat these steps, scanning with your other hand. It's easiest to work with one hand at a time. After grasping the energy field with your right hand, try this technique with your left hand. Is one hand more sensitive than the other? Do your hands feel the same things, in the same area, or slightly different sensations? However remember to use only one hand at a time.

To understand energy effectively you must have faith and believe in energy and release your expectations. You will then be able to feel the energy, and have clearer information on the state of your patient's energy field. Move away from focusing only on your hand and you are concerned with performing this method correctly, then relax and feel the sensations and impressions as you do during a scan of your patient's energy field. You already have the experience and ability to acquire this information. All you need to do is to suspend your ineffective thinking process and allow the energy sensations to come through.



8.0

Energy Chakra System

When you work as an energy healing chakra, you have to understand that your patient's chakra is the focus of your healing, as these chakras are very important in the body. It is also clear that when you start the work of energy flow on them, then by passing your hands on those chakras, you begin to understand your position that this action is beneficial for healing.

8.1 Major Chakras Associated with the Human Body

There are seven major chakras associated with the human body and in addition there are many smaller chakras which are of little importance. Grand Master Chao Kak Sui also suggests basically focusing only on the major seven chakras. These major chakras do not actually exist as "objects" but are energy patterns and are present in specific locations of the body, five—along the spine and two—at the head. Each circle of energy is shaped like a funnel or vortex. Their vortices are located inside the body, along with the spinal cord, which acts as a central energy channel, up to the head. Of the seven chakras, each has a front (usually dominant) component and a posterior (usually less dominant) component, which are well related to each other. The 1st and 7th chakras, however, usually represent the major component and only one of them is considered to be dominant, as the first is considered more important than the weaker component of these two chakras as the second is more important than the first, which is far away.

The seventh chakra is spread above the head in a standing form. The first chakra extends forward at a 30 to 45 degree angle from the bottom of the spine and down, although it's actual position varies from person to person and often begins to move downwards towards the legs. The other five chakras which are located between 1 and 7 represent a front component extending to the front of the body at their appropriate places and a posterior component extending to the back of the body (see Fig. 8).



Figure 8: Healing with the Energy Chakra System with the patient lying down

Each of these seven major chakras or primary energy centers has its own character and a unique aspect of our existence—of which the first chakra identifies the life force or existence and the seventh chakra identifies the totality or spiritual perfection of existence, which cannot be expressed in words but it can only be experienced. You will learn themselves later though the true spiritual nature of the chakras. Each of the chakras has a certain true color associated with it in the spectrum of visible light, which is red from the first chakra to the violet seventh. After this you will now learn to understand and see the correct colors in the chakras.

8.2 Understanding and seeing the correct Colours in the chakras

Chakras - processing centers of energy - are points of energy flow and act as major energy junctions in the energy field. Within us, it is the flow of energetic energy that makes every aspect of our physical, emotional, mental and spiritual life possible.

Each chakra is always receiving energy within itself, and it is this energy that we get from the environment around us and work to carry forward the entire life process of each individual. Energy enters the energy fields through each of its seven major chakras. The flow of energy from the earth goes upwards along with the first chakra, second chakra etc., eventually reaching the upper seventh chakra.

Table

S.No.	Name/Location	Character	Correct Color
7	Crown of Head	Spiritual Perfection	Completely Purple
6	Forehead (Third Eye)	Visualization-Mental Vision	Indigo
5	Throat (the pit of communication)	Creative Expression	Blue
4	Heart	Universal Love - Compassion & Sympathy	Green
3	Solar Plexus	Self Creation, Self Perception and Projection	Yellow
2	Secular (pubic)	Desire, which contains sexual energy	Orange
1	Spine	The basis of physical vitality - Survival	Red

The energy in each chakra is processed according to the unique nature of that chakra. The lower chakras operate in a simple way, but as the energy moves upward it passes through more and more complex, more spiritual functioning, deeper life experiences and personal situations.

Any defect in the flow of energy through any chakra will not only result from the energy being physically provided to certain parts of the body but also affect the feelings, mind and spirit in certain ways associated with that chakra, which will also affect many other parts of the energy field in a certain chakra, associated with the nature and character of that particular chakra, and thus reduce the energy process potential of that entire energy field. This is because the energy field is a holistic unit whereby each part affects every other part.

The way you bring extra energy into yourself in the chakra system, you can send it to your patient. When you call in energy, it enters through your own chakra system. You receive additional energy the first time through your 1st and 7th chakras, but with later practice you can move through all your chakras, which will draw energy equally.

As you learn the process of energy healing, it will be necessary for you to know the central importance of these seven-major chakras. Yet it is important to reiterate that your intellectual understanding of these

chakra systems will not be useful in your healing work. The truth is that energy healers learn this action to expand their awareness and gain experience of each chakra. Each chakra with its own nature and consciousness is present in those areas. When you begin to channel the energy flows into the energy chakra and practice passing hands over them, you begin to energize each chakra with a sense and awareness of your unique nature. It is not only a thought process, but through it you only motivate yourself to learn and allow yourself to be capable of expanding your whole being. At the same time, you also begin to gain some insight into the state of each chakra in your patients.



Section-2

Pranic Energy Specific Treatment Level-I & Level-II

9.0

Specific Treatment Level-I - An Outline

At this point of time when you have understood about energy and have also learned the energy channel, now it is the time to start our work of doing energy healing completely. Now we must learn, from the very beginning, to give each treatment in an environment that is really beneficial to the patient and for this we have to ensure that each treatment is administered in a proper way and for the proper treatment. It is extremely important that healing treatments to patient be given in a calm and supportive environment, in a peaceful or comfortable setting. Your patient's table should be at an appropriate height with you and he should be lying in a slightly warm environment and in a comfortable position.

Some patients enjoy listening to melodious music in the background, this type of situation is very necessary for this treatment. But it will be necessary for some patients to ensure that it does not hinder giving you effective treatment. You should maintain an atmosphere of calm and confidence during treatment and the person you are treating should be most interested in receiving it. We know that being nurtured healing is an act that is done to help another human being. So in general, it is not good to engage in conversation with the patient or anyone during treatment, but if you feel that it is beneficial to talk to that patient during treatment, then it can be acceptable to share a few words with him.

It is often felt that during the course of treatment a patient will either enter a completely calm or peaceful and comfortable state and this will probably be a result of your experience and awareness. But it is also possible that on occasion, your patient may find that past experiences of energy healing or memories of their suffering or superficial feelings appear, physical symptoms, or any number of other things that they may find unpleasant sometimes as part of the individual healing process

- you have been seen. But such condition or disturbance is going on in your patient's body or mind, it cannot be predicted and you may have to control it and take further action. It will be your responsibility to be a good generous supporter with the patient and work with dedication to whatever is happening. Maintain the necessary openness and clarity in your treatment while being positive and encouraging to your patient. Whatever thoughts, feelings or sensations you see, act as a support for your patient with high or extraordinary experiences.

9.1 Calling in Energy

To begin energy healing, you must first summon the energy and request or feel it begin to flow. Stand by yourself for a moment, close your eyes and start to see and feel the energy flowing in your body from all around you, see the energy filling your body and then from your shoulders and your shoulders to the arms. Down, down in your hands and feel the whole energy filling up like water in those hands. Really feel the energy flowing through your body and watch it collect in your hands. Try not to worry or pressure the energy into coming in, just watch the energy build up more easily this way. You must have practiced this process by yourself, so for the energy to come, keep yourself in a natural form, see that in some time your hands will be filled with energy.

9.2 Passing the Hand

For a few brief moments, before passing the hands, move your hands over the patient's body to gain some insight into the effect of the position of your energy field in your patient's body. Slowly move your hands from the top of the patient's head to the feet with your open palms 4 or 5 inches apart, making sure to use only one hand at a time. After this, leave your hands to relax like you do during practice and feel the tingling and tingling of energy in them. What do you think are some of the chakras that you need to give extra energy during healing? Are there other areas in which you feel some sort of energy discomfort – some bulge or depth, some warm or cold?

Have your hands noticed certain areas, or are there certain areas that you have felt and need to mark that they need special treatment? If you feel that it is necessary, then you have to take care of all such areas, so that later they can be given special attention during the treatment by channeling the extra energy to them. You should know about all these areas even the smallest intuitive detail, the patient finds it quite soothing to pass your hands when you pass them over.

9.3 Arm Position during Normal Sequence of Treatment

After practicing the passing of the hands, begin energy healing—the energy channel for each of the chakras—in the sequence and hand positions shown below. We will follow this sequence as the normal sequence of passing hands for energy healing and you will often follow this in your healing. Now begin this energy channeling, as you have learned in the exercise above, it is important to use the proper hand position on each chakra. In all the positions shown, place your hands together but comfortably. Keep relatively open and flat and don't forget to use zero pressure. In the passing of each healing hand, 'becoming open and aware' of the energy flow - do you feel it - when the flow of energy in each chakra increases and then decreases? How much energy is released into each chakra - do other chakras want some "more" than the chakra?

If this is the case then you can relax and feel in yourself to allow the energy to flow through your hands as you treat each chakra, until you feel the energy flow lessening or the energy flow do not attain a sense of fulfillment. This will inform you when it is time to move to the next cycle position. You will often be able to do the treatment for three to five minutes on each chakra, but these times will vary, as some chakras will require more energy than others. When you do healing work, you try to understand how much energy flows through you and needed to your patient. Accordingly, begin to "tune in" your patient's energy field. What are you thinking or feeling about your patient? Leaving your rational thinking process just feel and let the impression come. In a state of openness and holistic awareness, energy healing can be done best. To use this position you must get yourself free from all thoughts and engage yourself with energy and readiness for healing.

You will notice that the first (1st) cycle is not treated in this initial standard treatment. This is because doing this would require the hands to be placed directly on the genital area. But in energy therapy, hands are never placed on or near the genital area as it can irritate, agitate or cause psychological discomfort to your patient. In Chao Kak Lui's Level-1 Healing, you will later learn techniques to correct common energetic defects that may occur in the first (1st) chakra.

Seventh Chakra: In this process (kriya) you do not have to stand at the head of the treatment table and place your hands on the head of the patient, but keep the hands on both the sides of the head, with your

fingers bent down. This action provides maximum stimulation, but the hands should not be too far apart, only a gap of 2 to 3 inches will be necessary between the little fingers. The energy in this chakra should flow smoothly and without any effort.



Figure 9.1: 7th Chakra (Left) and 6th Chakra (Right)

Sixth Chakra: Move the patient's table to one side for treatment (almost all physicians find the right side of the patient to be the best place for treatment). Place your right hand above the eyebrows and right in the middle of it. At the same time, place the left palm under the head and center it straight, not straight down. But taking it behind the head and neck, keep it just below the curve of the back of the head. Now channel the energy in this chakra, thus you treat both the components (places) at the same time with different hands. This will require you to stand on the patient's right side, usually the correct position for the following chakra positions.



Fig. 9.2: 5th chakra (left) and 3rd chakra (right)

Fifth Chakra: To energize this chakra, focus the right palm over the pit in the neck or just in the throat and your left palm upwards under the neck, and then bring it back under the patient and directly with the front palm. Conduct the energy again as before.

9.4 Overlapping of Hands (4th, 3rd and 2nd Chakra)

Fourth Chakra (Front Component): Place your right palm directly in the center between the breasts and then place your left hand with your right hand and just above the patient's body, so that they overlap each other (from thumb - thumb and index fingers overlap each other). If you are a male doctor treating a woman, you will need to pay special attention and show courtesy to a certain extent, but try to focus the right palm on the chakra and channel the energy. You will first treat the front component of this chakra and after that; you will treat the back component.



Fig. 9.3: Hand overlapping (for 4th, 3rd and 2nd chakras)

Third Chakra (Front Component): Place the center point of your right palm on it between the bottom of the chest bones and above the navel and it should be several inches above the navel. Immediately after this, conduct the energy by lapsing your left hand over the right hand.

Second chakra (front component): Center your right palm between the navel and the front of the pubic bone, which is located above the genital area, and let your left hand over lap the right hand, channeling the energy.

Hands and feet: This process can be skipped when learning for the first time – but it also has an important place in the treatment of chakras. After gaining some experience, it will be beneficial to treat your patient's arms and legs with this procedure when you want or feel like doing it. Start this with the right arm and move your right palm on the inside of the patient's elbow and move it around for the treatment, keeping the left palm on the outside. Conduct this action by moving the energy from elbow to knee joint in any direction. But keep in mind that using your right palm on the inside and the left palm on the outer side.

Complementary areas: This process can be skipped when you first learn - but after a little experience, your patient will benefit from it in the treatment of a particular area, which you felt at the beginning of the treatment by the aura passing through the hands. Transfer the energy from the center of your right palm to those areas of the patient, as you did while awakening the chakra, over your right hand, slowly overlapping your left hand. You can now, with your intuition, understand additional areas during the course of treatment where the patient may benefit from the treatment. Operate the energy accordingly on all such areas and in all such situations, allow yourself to be open to understand the flow of energy or try to experience that this energy is being called and what the patient's condition may be in that area.

In addition, if you wish to treat any areas in the patient's body where injury, illness or diseases are present, place your hands directly on them in or near the affected area. Some tips for some special circumstances

and precautions, when you can go through the treatment of the patient, have been given, and must see them.

Second Chakra (Rear Component): Ask your patient to turn so that they lie on their stomach. Now centering your right palm, overlap your left hand with the right hand, which is on the fourth or fifth vertebra (1 or 2 vertebra above the joint of the hip bones), conduct the energy.

Third chakra (posterior component): Imagine, first, where the fourth chakra has a posterior position that is directly behind the front chakra, and thereafter center your right palm between this point and the point where you treat the space behind the second chakra and then conduct the energy by overlapping your left hand over your right.

Fourth Chakra (Rear Component): Take your right hand to the back of the body which is directly in front and conduct the energy while overlapping your left hand.

End of treatment: Now stand up and calmly end the treatment and request that the flow of energy stop. Now feel calmly that the flow of energy has stopped in your body and the flow of energy has stopped in your hands also. Now feel a sense of completeness in yourself for healing and thank you from your heart for the above healing action.

The above chakra places and the actions performed on them are a general guideline for learning. As you become more proficient as you go through the healing process, you will be able to really "feel" the true state of your patient's chakras and become a role model for using that information as you each cycle. By focusing the hands more precisely, one will be able to obtain subtle information on the places related to the chakra on the human body, which can be different. In this way, for the right treatment of the patient, by feeling those subtle places with our hands, maximum energy will flow, because each person's experience is unique in itself.

By and large, practitioners can comfortably focus the right hand on the chakras as described above because the right hand is usually a little

more active and more attuned to the flow of energy. This is true for almost all practitioners—whether accustomed to the right or left hand—and the maximum stimulation is experienced by placing your right palm over the chakra sites. If you find yourself consistently uncomfortable using the above arrangement, try to center your left palm on each chakra by modifying the position of the hands above. Your right hand will either be under your patient's body (for the 6th and 5th chakras) or will normally be overlapping your left hand (for the 2nd chakra positions).

9.5 Procedures for Treatment of Diseases (Level-I)

There are some situations in energy healing that require you to take certain precautions or special measures to increase the safety and effectiveness of your healing. This often occurs when the disease is present in the patient. Before treatment, it would be wise to ask each patient, if any physical condition or specific disease is present in him, which you should know that he is under the care of a doctor for a particular condition. When appropriate, always take the following precautions or special procedures:

Heart disease: When a person has to treat mild heart disease, always adopt simple treatment. If a person is taking medicine for heart disease, then the heart should be treated on the last cycle. If a person is on treatment for heart disease at an advanced stage, the heart should be treated at the last cycle and the duration may be extended - in some cases up to half an hour.

Diabetes: Always treat diabetics from the bottom chakras (when treating the front of the body, start in the second chakra or the lowest chakra and usually move up in the back of the body).

Neurological diseases: Treat diabetic patients by moving upward from the lower chakras.

Burns: When the hands cannot be placed on the burned areas of the body, the hands can be kept a few inches (up to 3 to 5 inches) above

the burned area and the patient still has a good amount of energy-transfer, but it will not be very effective.

Diseases of the internal organs: Treat these as usual, but spend extra time on the chakra(s) closest to the affected organs.

Mental Disorder: It is impossible to predict the effectiveness of its treatment and you have to proceed with caution in treating the patient. Treat such a person for a short time, that is, half or one-third of the time of normal treatment and also note their effect. Proceed carefully in this action.

Cancer: No special precautions are needed, but keep your right hand, or as close as you can, on the patient area, for an additional period (up to half an hour). It will be beneficial during treatment when you move your hands around the affected area, rather than keeping your hands in a fixed position.

Pregnancy: Pregnant women should always be lying on their side for treatment, so that you can change the position of your hands in such a way that you can treat parts of the fourth, third and second chakras at the same time. If you do this, focus your right palm on the front and your left palm on the back.

Colds and flu: For people suffering from colds or those passing through viral illnesses, you can do frequent treatments more often, but for a shorter duration. The locations of each chakra may be half or one-third of the normal time. These short remedies act as a tonic for the afflicted person, but prolonged treatment causes fatigue in the body.

AIDS: No special considerations are needed for this patient, but considerable experience with energy transfer needs to be gained. You can try the following advanced exercise: Instead of overpowering the energy, stabilize the energy in your hands. Feeling stable in yourself, give energy to the patient through your hands.

Broken bone, sprain or trouble areas: Place your right hand on the affected area in addition to the usual treatment.

Children: In each cycle, give children half to one third of the normal duration of treatment. Keep in mind; children should not be given more than one treatment every 8 or 9 days.



10.0

Pranic Energy Specific Treatment Level-II

10.1 Introduction

So far we have learned about the basic level of Pranic Energy Healing - the first. The methods demonstrated and propagated by Grand Master Chao Kak Sui in Special Healing Level-II will go a long way in knowing the healing power and techniques. In this you will learn to understand the many simple energetic defects (Doshas) in your patient's aura and chakras to channel greater amounts of healing in your patient and you will also learn many new healing techniques to correct those energetic doshas.

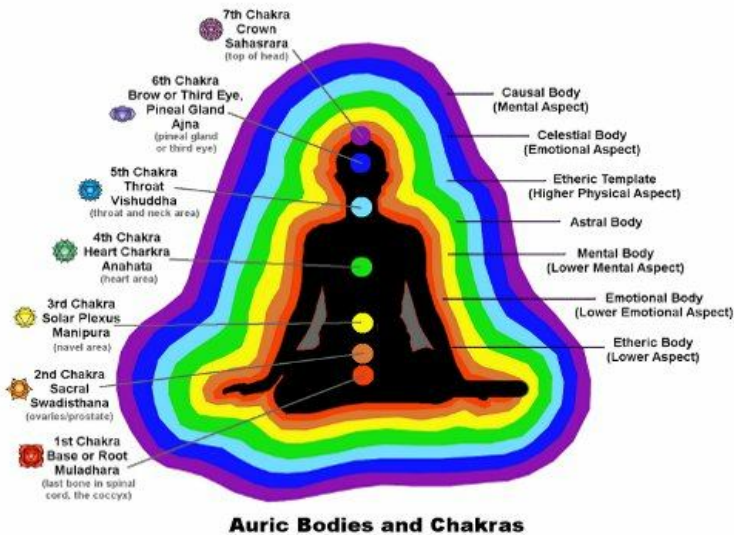


Figure 10.1: Position of the aura body and the location of the chakras

When you start studying at this level, you gain the experience of acquiring a second level of depth or harmony, which was not absolutely necessary before. But as you learn and practice techniques at this level, its depth will help channelize greater amounts of healing energy and increase your ability to work effectively. Many of the new medical techniques that you will learn in this second level are more powerful and effective than before. If so; Once again be sure to carefully track the fundamental level-one's steps so that you can get the most out of it.

10.2 Importance of Holistic Awareness and Health Action

In the study of elemental healing, channeling pranic energy as well as energy and grasping the human energy field with one's own hands. As you have learned, you have gained experience in the fields of energy. We also studied that the energy field is made up of auras and chakras and that it is the energetic doshas within them that result in ailments and diseases of the body, mind and spirit. In this study, we will try to know a little more about the energy field, some of these defects that may be in it.

The aura exists in seven layers or "higher bodies" and each layer of the aura corresponds to a different aspect of us—each aura layer, like each chakra, is the realm of being and consciousness. The first-layer, or etheric body, is an energy body that closely follows the contours of the physical body and contains energetic elements that conduct biological and chemical processes within it. Through the practice of passing the hands, we have come to understand the energy of this etheric body. You will feel to see this first layer of aura in Pranic Energy Level-II. The second layer of the emotional body or aura and the third layer of the mental body, or aura—the next two layers above the etheric body—are associated with the emotional life and the mental life, respectively. The rest of the layers, fourth through seventh, are progressively more spiritually functional. These seven layers of the aura differ (occupying an area within and around the physical body), but each layer (at approximately four to five-inch increments) extends slightly further from the surface of the body than the first layer. Layers exist at successively higher levels of energetic "vibration" and it is important to understand these layers by their successively higher vibrational levels

and not by their physical location. Energetic doshas can usually be found in any or all of the seven layers, and during the practice of Pranic Energy Level II you can understand and correct four fairly simple energetic doshas in the aura. In Pranic Energy Level-III you will learn the process of understanding and correcting all the energetic defects of all the seven layers of the aura.

We have also come to know that the chakra system consists of seven major chakras, each of which corresponds to a different aspect of the existence of our living body. Each chakra has a significant relationship from layer-I to seventh with this layer of the aura. The first-chakra, for example, is associated with physical vitality and physical life and is an energetic pattern for the operation of the first layer of the aura (the etheric body), which is closely related to the physical body. The second chakra is associated with emotions, particularly desire and sexuality, and is closely related to the second layer of the aura. The third chakra (emotional body) is associated with the mind, particularly concepts related to the perception and projection of the self, and is closely related to the third layer of the aura. The mental body fourth through the seventh chakras shows progressively more complex and functional functioning, as the same layers of their aura progress to a more refined and spiritually operational level. The seven aura layers and seven chakras form an energy field around the physical body, which connects all the different aspects of our earthly life and is also an indicator of our physical, emotional, mental and spiritual state. Energetic doshas of the chakras are common, and during your practice of Pranic Energy Level-II from the First to Seventh Layer you will learn how to understand and treat a very important energetically ill condition in the Chakras and Pranic Energy Level-III In this article, you can understand all the energetic doshas generated in the chakras and learn how to correct them by using many additional powerful techniques on the blocked chakra.

You will learn many exciting healing techniques in Pranic Energy Levels II and III. But it is important to understand from the outset that it is not the only technique that makes effective energy healing possible, but all of you through the experience of a complete awareness and

implementation. The human energy field is a holistic entity in which each part affects every other part. You should never think of the different parts of the energy field—the chakras and layers of the aura—and the different positions of the events within them, but understand as many parts as possible working together. Each chakra and layer of aura affects all others which together are involved in that person's health and condition. The layers of the aura, for example, are not completely separate entities. Not only do they intersect in space, they also influence each other well. It is also worth mentioning that energetic defects in one layer of the aura often filter through and affect many other layers. Chakras are not completely separate entities, rather the chakra system is a complete system that works in tandem and doshas generated in one chakra often affect other chakras and the entire system including the aura layer. This allows you to not only limit your awareness, as you employ healing techniques to understand the conditions in the aura and chakras, but to focus your patient on the entire energy field, rather than focusing on a particular part of the energy field. Be open whether you are working on a particular energetic event or using a specific technique.

For example - you can treat a patient who has an energetic defect in his or her first layer of aura that you have felt that is related to a physical disease and is also present. These faults in the etheric layer may actually be "filtered down" by faults on the second and third layers, which may themselves belong to the fifth, seventh or other higher layers. Of course, situations are often well involved in one or more cycles and this can be a convergent pattern.

This is a very common condition if, in treating the condition in the first layer, you limit your awareness to a different (isolated) energetic condition that you are treating, or the specific technique you use. If you are doing it, then it is necessary to be aware of its subtle and intuitive information. The information of this condition comes to you on your specific awareness of the patient's radiance, the many conditions related to the higher layers of the patient's chakras, and the patient's psychology and life experiences and situations. So if you keep an awareness of openness in yourself, allowing intuitive impressions to

work, you become more likely to learn about the patient's aura, chakras, psyche and all related, connected situations in life. To maintain this holistic information you need to allow a clear channel for this healing knowledge from the field of pure consciousness which energy will make a more significant contribution to the patient's recovery.

Since all of the above procedures work in different healing techniques, it is important to maintain knowledge of it by learning and using it. Because this technology is not separate from itself and there are no separate tools which will be available separately for your use. If you allow your awareness to reach this small, specific area of work, using a specific healing technique on a specific part of the energy field, you will not be able to heal your patient completely. Because healing power has to be channeled clearly from the pure consciousness and openness that flows through you and your patient to the real spirituality.

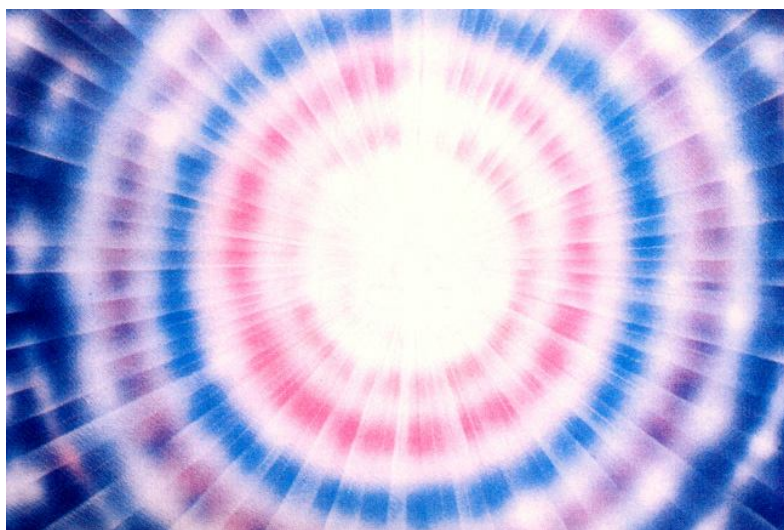


Figure 10.2: Techniques and Openness Positions in Energy Therapy

Therefore, you can expand it by developing holistic awareness and action through openness so that you can pass on all the qualities to effectively heal the patient. Openness is the most important thing you should come to know through healing wisdom and power. If your awareness and actions are limited to one part of the energy field, you will not be in a state of unity with your patient, nor will you be able to

gain full knowledge and power in the field of pure consciousness available to you. An effective treatment is guided by this higher spiritual reality that brings into you a complete understanding and awareness of the patient's condition so that you can naturally use which techniques and positions of openness to make them most effective.

From pure consciousness comes full knowledge and power and you control all healing of the higher spiritual reality through a wide and pure channel. This always leads you to a higher level of knowledge and power that doesn't require any specific guidelines or techniques, just experience is the most effective. Energy healing is the sum of several techniques and is a holistic manifestation of the higher realm of pure consciousness that is found within you and can be listed or even described in book form.



11.0

Symbols and Visualization

11.1 Calling Extra Energy from Symbols

A good first and foremost step in learning a more powerful and effective treatment is to summon greater amounts of healing energy into yourself. In fact, to learn Pranic Energy Level-II, you need to make effective use of most healing tools so that you have the ability to call higher amounts of energy for use in healing the patient.

In Pranic Energy Level-I, you study how you call energy by "looking" into your mind's eye, the energy that is gathering around in your hands and flowing through your hands into the patient - you did it. In this level, you will also use healing symbols, which are tool vehicles for energy focus. The first important use of your healing symbols is to employ them to connect a lot about your energy and channel your diseases.

Level II of the energy healing system uses three symbols—the circle, the trine, and the star—which are simple and elementary. This is true and everyone knows that it is possible to know the essence and existence of the forces by intuitive knowledge of the forces operating in the material world of humanity. It intuitively recognizes the shape of the forces that create and are shaped, and in the mind's eye, these symbols take shape as representative of the most fundamental and vital aspects of the creative force, and the field of pure consciousness.

Symbols are not merely physical shapes; they are universal symbols that correspond to universal patterns of energy and awareness. In each symbol, there is an essence associated with the shape which, in its essence, represent the ways of flow of energy and awareness in our

expressed world and are therefore useful in healing work. At times in the past, humanity has been more aware of the power and uses of simple symbols in our modern technological civilization than it is today. These three-symbols are used as symbols of wisdom and power in almost every culture on earth and in magical tradition, while other symbols have been used in healing work, these particular symbols more than any are more powerful.

While using these symbols one should not think about any meaning, but it is necessary to know about the symbol and its true meaning and power lies in each symbol.

Circle: The circle, which is the outline of a circle (not filled), symbolizes perfection, the constant vitality and the unity of creation—the beginning and end of all things. It attunes with all it is completed, and pulls together and encompasses all. It is the pattern of energy and awareness inherent in the shape of the circle (**Fig. 11.1**).

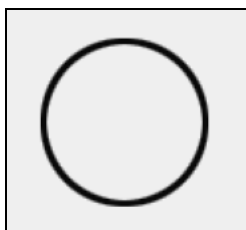


Figure11.1: Circle

In treatment, what is once separate (polar) energies and energies do not work together or harmoniously. Circle is not only called polar energy; this draws them together and resolves them. At the beginning of the healing, it will soon be helpful for you to learn how to use the Circle (in conjunction with the Trine) to summon greater amounts of energy. When calling in energy using these two-symbols, the Circle is used first, to attract life force from Earth, and to receive universal life energy using the life force of the body, the two energies meeting it. Utilizes the energy that is already present in the body to get the energy that is present all around. The circle is an opening to the soul, creating a balanced analogy between spirit and earth.

Trine: The trine, which is the outline of an equilateral triangle (not filled), signifies entry into higher levels of existence. It is aware of the

vibrations of energy and increases the vibrational level of your awareness, and awakens the mind to higher levels. It points upward and connects this world with the higher worlds. It is this pattern of energy and awareness that is contained in the shape of the trine (**Fig. 11.2**). Its three sides correspond to many triangles in spiritual systems, but notably symbolize the passage, from one to the other, between incarnation and exile life (the base point of the trine), the goal of spiritual growth and rising self-realization. And the world represents the universal awareness as a symbol of this ascension towards a state of spiritual liberation.

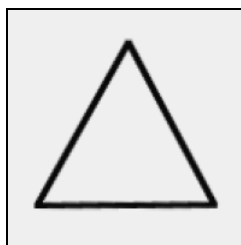


Figure 11.2: Trine

When the Trine is used at the beginning of healing, the Universal Life Energy brought in by the Circle takes it, and elevates it toward higher Companion levels – it picks up the energy at a higher rate of vibration. It has a healing, energizing and purifying effect, and the energy also increases your sensitivity. The trine leads the soul in the direction of evolution; it is an elevation of the individual spirit as it relates to this existence, which is rising from the earth.

Star: The Star, a regular five-pointed star filled in a solid shape, is a channel for energy in our physical world and the sphere of pure consciousness, the spiritual source and essence of all creation. It is distinct from the trine, but the trine symbol can be considered centered and combined with this earth (the trine shape—around a circular outline). Five points in the star, and five pointing out, indicate this use as a channel for energy between this world and a higher spiritual reality. It is the pattern of energy and awareness inherent in the shape of the star (**Fig. 11.3**).

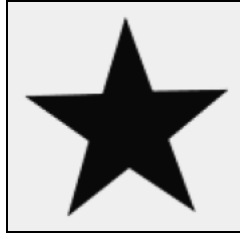


Figure 11.3: Sitara (The Star)

In Pranic Energy Level--II, one way to use the star is to draw and meditate energy from an elevated level into this physical world: to tap the healing power contained in pure consciousness and lead it into the flow of energy. Channel it in the physical body to remove the distortions. The star is very effective when used to treat the 7th chakra if it is very difficult to correct. The star (as a channel between our earthly life and the realm of pure consciousness) has a close association with the nature of the 7th chakra (the total connection between our spiritual perfection—our spirit world and our physical existence). The energetic pattern inherent in the star is in line with the spiritual nature of the 7th chakra, and therefore the means of using the star can be more active to powerfully cleanse the 7th chakra.

The star is beyond Earth—one where there is no beginning and no end; for the generality, there is no existence beyond existence. As we know that we are all present on this earth and we are also present above; You can stand on the shore and watch the waves on the ocean, feeling the excitement within, the star ahead and out all the time. The star is our higher self, the entirety of our existence, a channel to a field beyond time and space. The star is the light above us and within us and leads to the understanding of eternity.

11.2 The Use of Visualization for Direct Energy

Level-II of the Energy Healing System has the potential to activate these three symbols of direct energy by looking at them, which is a very useful tool in visualization healing. Because it enables you to direct energy in many different ways. You have to consider that there is an essential motive of energy whose flow is capable and sufficient to direct you the

way you want from the proper visualization of the energy in your mind's eye. And the flow of this energy can only be done by observing it in the desired pattern or through other means - an important example of the use of symbols and patterns of energy flow. When you visualize a pattern of energy flow, in your mind's eye, the energy is activated to flow in such a way and as you imagine a symbol in your own mind's eye, the energy contained in the essence of that symbol will flow. Prakriti becomes active and energy starts flowing according to that nature. Both of these uses of visualization are important and will be used in Energy Healing System Level II.

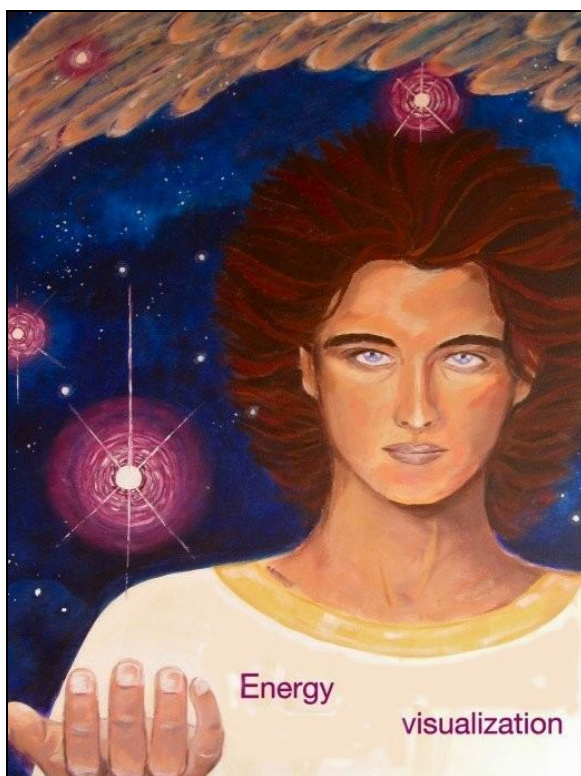


Figure 11.4: Direct Energy Visualization

To make effective use of this ability to direct energy through visualization, you must visualize properly. For example, when you visualize an energy flow, it is important to understand whether the visualization corresponds with thinking about the desired energy flow or with observing the energy flow (**Fig. 11.4**).

Because it is the process of sensing and becoming a flow of energy, properly visible in your mind's eye, becoming the desired energy flow, allows you to become a pure channel for the healing power of pure consciousness, which is actually the energy flow. Directly directs the vision and causes it to heal the energy field. When you visualize a symbol, it is essential that you become one with the symbol and not merely "think about" or "pretend to see". Appropriate Practice of Visualization - In the visualization of symbols with a simple sensibility, each healing tool is a channel of flow of energy, which comes from a connection to the pure consciousness within you.

First you start learning the process of practicing meditation then you will get a good understanding of the process of visualization and through your meditation practice the following exercises by imagining these symbols will also give you some knowledge in the correct method of visualization:

- You sit comfortably with your eyes closed, keep your mind at peace with peace. Now let your imagination sink in and just think of seeing the circle in your mind. But when you feel the circle in your mind, start looking at its shape. Ask yourself, how does this shape feel? It seems to be circles and as soon as other feelings or thoughts come with it, just drop them - think of them as unimportant. Because here you are only focusing your attention on awareness to know about the circular shape of the circle.
- Try to merge thoughts with the Circle, feel your fullness and move on to become one with the Circle. If you find yourself thinking about the circle, stop thinking and delve into it. If you pretend to see the circle, drop this visible part of your awareness. Think of the circle as "looks" as if you were using your eyes and just be like that. Do not pretend to see the circle, simply understand that the circle is visible.
- Continue to perceive yourself as a circle for a moment, then stop your sensation of the circle and end the exercise simply by closing your eyes, resting for a moment.

- Repeat this exercise with the other two symbols to understand them. The trine is felt in the shape of its outline, but the star is felt more as a solid (filled) object along its points.

11.3 Making Energy Calls from the Visualization of Symbols

You are now ready to call in energy using the circle and trine. You have to see how the energy flow increases and in looking at these symbols to increase and refine these flows, make sure to remember that you are being visualized and the energy is also released smoothly. Used to be. To visualize these symbols and call Energy, perform the following procedure:

- Stand for a moment, close your eyes and imagine the energy flowing through you. Really feel this energy coming into you, all around you, your body, through your shoulders, your arms, and down through your hands. Feel it starting to collect in your hands. Watch this energy flowing in you, not thinking or pretending to see, but now easily see this energy flowing in your mind's eye.
- Now imagine yourself, understand and become a circle. Think of yourself as a circle and then make the circle with a white light feeling that there is glare and brightness in the light and let it sit in the depth for about 10 seconds and then let it fade away. Similarly, shine the circle twice for extra time. Repeat this process a total of three times and then let it fade.
- Reimagine, understand and try. Think of yourself as tryne and then feel a bright and dazzling glow of tryne, sit in the mind for about 10 seconds and then let it fade away. Similarly, bring the trine to brightness twice for an additional time. Do this process three times in total and then let it fade away.
- Now imagine, comprehend and circle again. One last time - the lonely, quiet glow and the faint glow and the dazzling glow that lingers in your mind for 10 seconds, then begins to swell and you're full of warm light throughout your body. Feel as recruited
- You will feel a sensation of greater energy in your body and hands. The flow or filling of energy in the body provides a

sensation, which is felt and also felt by your strong emotions - giving you a certain degree of tingling and a certain degree of warmth. Now you have learned to call more energy into your hands and increase the rate of its vibration. It would be necessary to know that the star is never used in the initiation of energy healing.

- You have now prepared yourself to channel enormous amounts of energy into your patient and will experience more power than you would gain from the many healing tools in Energy Healing System Level II. Thus you are able to initiate your healing by summoning energy using the visualization of symbols, using the steps above.



12.0

Simple Energy Defects of the Aura and Chakras

Knowing how to summon more energy into yourself to use in healing, the next step is to begin understanding and treating some of the common energizing defects that you will find in the auras and chakras of your patients. You will first be briefed about the nature of these energetic doshas, then you will learn a number of new techniques to detect them, and finally, throughout the rest of the Energy Healing System Level II information, you will learn various specific techniques for their correction.

There are four potential energetic doshas of this aura that you will learn to treat at this stage. They are: impurities in the aura, leaks and tears in the aura layers, lack of energy in the aura and disturbance of energy flow in the body's energy. Fifth Position, You will learn to cure in blocked chakra.

12.1 Blocked Chakras

Such chakras are those in which energy flows upwards and generally moves through the entire chakra system into the central energy channel and in which one or more specific chakras are found to be blocked or closed. Blocked chakras do not just limit this upward flow of energy, but limit or stop the entire flow of energy through that chakra. Each chakra not only carries energy through the upper, central energy channel to the next chakra, but also takes energy from all around it. Drives it through itself and then sends it throughout the energy field, which includes the physical body. The blockage chakra affects both aspects of the energy flow, including the chakra's energy, and so the blocked chakra has a

very harmful effect on the entire energy field of your patient. Typically, a patient exhibits at least one and often more blocked chakras.

Blocked chakras usually coincide with some psychological dominant issue and with some existential bias that your patient has adapted in their relationship to reality. These existential biases block the wide range of self-awareness and expression of action available to the patient. The mental and spiritual aspects are always included as they are often tied to their emotions as they are often related to other persons as well. This restricts the whole life process of the patient. It is also necessary to know here that the operation of the chakras is very important for healthy functioning, so it is necessary to be aware of any faulty condition in them and correct them.

It is very common for patients to block the 4th, 5th and 6th chakras. Blocking of the second, third and seventh chakras is also quite common, while the blockage of the first chakra is somewhat common. Some patients have only one blocked chakra and many other patients have two or more blocked chakras - for example: a high chakra and a high chakra are very rarely blocked. When two or more blocked chakras are present in your patient, this is usually a sign of more than one cause when the treatment works in different chakras – although they may also have some relationship to each other. Sometimes only one cycle is seen in patients which have been blocked for a long time. Simultaneously with changes in the patient's personal life another chakra or chakras which are sometimes blocked is found. Concerting with other techniques often provides a great deal of emotional, mental and spiritual clearing for your patient, helping to unblock the chakra and also prevent physical illness.

12.2 Leaks and Holes

We have already learned that the aura is made up of seven different inter-structural layers. Aura leaks and holes are areas where the "cover" of one or more aura layers has been damaged. The same techniques are used to treat leaks and holes, but they have significant differences.

Leakage is usually the first layer of the aura that occurs on the layer closest to the physical body. They are areas where the energy of the energy field is slowly being depleted - it would be better to remove it than to maintain it in its normal form. Leakage can be compared to "thin to thin" the aura layer such that wearing thin clothing can result in loss of body heat due to the protection and weakening of the garment. Hence leakage of the aura- signifies the weakening and integrity of the aura layer, resulting in loss of energy. This loss of energy from leakage is harmful to your patient, as it reduces the strength of the vital energy on which every aspect of health rests. Leaks are usually found in parts of the physical body due to some kind of wear, stress or physical trauma and are often found on the joints. They are usually found on the front of the body: the knee, shoulder, and hip joints are very common places. They are also sometimes found near the neck, ankles and elbows.

Holes (as opposed to leaks) usually occur in the higher layers of the aura. Above the first layer which is often found to extend through several layers. Holes, similar to leaks, include areas where the layer of the aura has been damaged, resulting in a loss of energy. However, holes - a more serious form of damage and those areas - can be compared to actual "holes", for example: a hole in the fabric has the potential to completely destroy the cover. Holes in the aura are completely open which is more harmful to the area of damage and to your patient for the completeness of the entire area, whereas there is a smaller and more gradual loss of absolute energy. Generally the hole is the more severe the loss of energy. Holes can allow the invasion of unhealthy energies outside of your patient and into your patient's energy field. So the holes are a double threat to your patients: they are a loss of energy (in and out of your patient's area) and also delivers a loss of protection (from unwanted energy coming in and out of your patient's area).

Holes are present on any layer of the aura, but are often found in the middle layers. They may start on the first layer, but this is not the case. Usually they begin at the second, third or fourth layer (or higher layers), and often extend through two, three or more layers above. It is not uncommon for the seventh layer of the piercing to extend all the way.

Each patient is unique in its own right, although holes can start at any layer and extend through any number of layers. Holes, such as leaks, are often related to some kind of stress. But piercings are a more serious form of damage that are often related to emotional, mental or spiritual stress or past traumatic experiences. Some shocks that are severe enough to produce holes in two, three or more of the higher aura layers - limited to most layers and the seventh layer. Large holes on many layers of the aura will not only cause severe energy loss, but will also result in psychic vulnerability. These holes often relate to matters of various kinds and/or problems from dysfunctional relationships in the past and/or present.

The holes are usually found on the front of the body, and can be large or small. Large, invasive holes that extend through multiple folds are usually found on different parts of the torso – the abdomen or chest area, although sometimes they can occur elsewhere. These are of great benefit to the patient in repairing the damaged areas of the regional layers: it prevents both severe energy loss and mental vulnerability (Fig. 12.1).



Figure12.1: Holes usually on the front of the body - on the abdomen or chest

12.3 Impurity of Auric Energy

The dosha of auric energy is often unhealthy, stagnant and black/dark energy that accumulates in certain areas and is not normally necessary for healthy and energetic activities. It does not act according to the laws and normal flow of healthy energy, but instead blocks or obstructs the normal flow of bright, clear healthy energy. The field of impurity of auric energy can exist on any of the seven layers of the aura. This unhealthy energy impurity can contribute to physical illness or problems in your patient's emotional, mental or spiritual life.

In Pranic Energy Level-II, you will perform the action of removing the impurities of the aura energy that has accumulated at many places near the surface of your patient's body. This impurity is generally present above a maximum of one to one and a half feet above the surface of the body. These aura energy defects are often associated with the 1st, 2nd, 3rd and 4th layers of the aura, but they can be seen/found in these regions and often associated with any layer, and often with a dense cloud of dark energy being connected is compared. Such clouds of aura energy impurity often involve multiple layers of aura energy—energy on one layer is associated with energy on an adjacent layer that is present in the same region or cloud. Aura energy impurities in these regions, or clouds, are trapped in the energy fields of certain locations in the form of frictional electricity, because the aura layers also exist within the inner region occupied by the physical body, and the energy impurities are trapped in these areas as well, may be partly within the body.

The impurity of auric energy, on the aura layers, is related to ill conditions in your patient's body, emotions, mind and spirit. On the 1st layer, they can be the leftover energetic conditions of physical trauma or ill health inside the body. On the second or third layers they are patterns of unhealthy negative emotions or negative thought patterns that are being collected by your patient. This may have accumulated in your patient's otherwise surviving life of trauma or psychological issues and negative feelings and beliefs. On the higher layers, these defects (doshas) affect the spiritual state of your patient. Often, impurities

present on one layer will be closely associated with being overlaid on other layers yet over the same general area. For example- Doshas on the fourth layer that interfere with the expression of love, negative thoughts about self and others related to the negative on the third layer, defects on the second layer corresponding to core negative emotions and unhealthy energies on the first layer that lead to physical illness. or cause of disease. Sometimes unhealthy energies that invade your patient's energy field from other people outside can be eradicated by your patient contributing to these auric energy doshas arising in his energy field.



Figure12.2: Auric Energy Dosha Head, face, neck, shoulders, chest, hips

The auric energy doshas that are commonly found on patients usually appear on the front of the body – around the head, face, neck, shoulders, chest, lower abdomen or hips. They are sometimes found on one or more chakras - often the fourth, seventh or second. It is highly desirable to be able to locate and then remove these unhealthy and harmful energies from the patient's aura and Removal of these faulty energies,

in conjunction with blockage of the chakras, provides a great deal of emotional and mental clearing for your patient (**Fig. 12.2**).

12.3.1 Deficiency in energy: A weakness in the overall energy of the energy field (the cosmic energy) is the lack of energy to give the energy field vibrant health and adequately support your patient's life process at all levels indicates a deficiency. It usually manifests as a state of depletion or low energy on all layers of the aura throughout the aura. There may also be some weak chakras present which will be studied separately and you will learn this in Pranic Energy Level III.

When your patient's energy field is greatly depleted of the vitality force, the body, emotions and mind are less involved in running them and your patient is more prone to diseases and various kinds of suffering from this weak energy alone. There is a possibility. This state of weak natural energy also makes it very easy for unhealthy outside energy to attack areas that are also weak: unhealthy external energy often attaches itself to the aura layers and filters through them. Eventually some of these also affect the chakras. Healthy and protective function is usually lost in a strong aura. Not only does it indicate a low health status in the individual, but it can be an extremely important cause of serious illness, physically, emotionally or mentally. Even when serious illness is not yet present, depleting energy will, if left untreated, have a much higher chance of eventually causing serious illness. This state of depletion of energy can occur not only in the whole energy field, but sometimes in local parts over certain physical fields. Deficiency of this condition can sometimes be found on the legs or arms. To distinguish it from the more general and more severe, the overall or global energy deficit is called the local energy deficit. This localized energy weakness is most commonly found in the lower legs, although it can sometimes occur in the lower arms as well. When this is found, it is highly desirable to correct the state of lack of energy and doing so will be a great contribution to your patient, especially if he is suffering from or is suffering from serious ailments.

12.3.2 Disturbances in energy flow: Disturbances in energy flow are associated with irregularities or disruptions in the flow patterns of life

energy within and within the physical body. It is not necessary that the body is present in the layers of the aura or the body is in the energy system. Energy in your patient's body flows in a normal healthy pattern up to a level exactly one inch above the skin, in a pattern of energetic and energy channels that depend on physical health. This pattern is described in acupuncture and meridian based energy therapies along the spine. The central energy channel is the largest and most important of the channels. But there is a system of small channels that give energy to all the organs and tissues of the body. Sometimes the pattern of energy flow in many or more channels in the body is irregular and uneven, caused by various disturbances in your patient or by being completely obstructed from your normal, healthy paths. This disturbance in flow, eventually results in physical ailments and other unhealthy consequences for your patient. This condition should not be treated. It is a global hindrance to energy flow, affecting the flow of energy to most or all parts of the body and is not associated with any particular location. Disturbances of the flow of energy can also occur in specific areas. Energy can be interrupted by some particular path and can be diverted. This disturbance state of energy flow in certain regions is called a local disturbance in energy flow, distinguishing it from the somewhat more general global (or overall) disturbance energy in the flow of life energy.

In pranic energy flow, the same technique is used for both these types of troubles. Disturbance is treated globally - throughout the body or, more specifically, according to the pathways that have become obstructed. When energy flow disturbances are felt they can be corrected and doing so is beneficial to the energetic health of your patient. It acts to prevent possible diseases and ailments in the organs and tissues of the body.

12.4 Esoteric Knowledge of the Aura and the Chakras

12.4.1 Intuitive (mental) thinking and guidance: You can initiate each energy healing by summoning energy using symbols (symbols) as described earlier. The first thing you need to do after this is to begin the process of assessing your patient's condition. You must associate yourself with the specific energetic doshas in each patient's energy field

and specific healing needs. For this you will need to treat each patient in a unique and different way and try to understand and know about the patient's condition before treatment (**Fig. 12.3**).



Figure 12.3: Esoteric Knowledge of the Aura and the Chakras

However, you have to note that this process of being proactive about the patient's condition continues even after all the treatments so that you can use your conceptual process/ideas in your work for continuous improvement in the patient's experience.

Primary Energy In the second level, you will use three main conceptual methods to relate more to your patient's condition:

- 1) You receive psychic and guidance about the state of your brain's auras and chakras which are intuitively understood by your inner vision.
- 2) Your power of reasoning - As you use your eyes to acquire information about the patient's aura and chakras.
- 3) Stimulations in your hands - especially when you practice passing energy through your hands on the patient's energy field.

You will have to make efforts for treatment by linking them together with the information received from these sources. You can apply these conceptual methods to your knowledge in the aura field, purity of auric energy, energy reduction and disturbances in the blocked chakras, leakages and holes in the energy flow. You can also learn to understand simple energetic doshas while studying this level. To understand these doshas, you must first delve into perceptual methods, which are the beginning of intuitive (psychic) thinking and guidance and a primary

important method for the ability to receive psychic information and guidance for energy healing (healing). Is. Beyond the level of our everyday awareness (subtle) experience – with our preoccupied thinking mind, which derives itself from the surface of reality. Subtle experience is present in every person. It includes all the information we sometimes want to know, including knowledge of the patient's aura and chakras, the contribution of experiences to the knowledge of the psychological and causes of the patient's life most important to medical treatment. More profitable way. Which can be developed by using proper technique and through practice, with its own capabilities. Therefore, Feilig can access this useful information for treatment and use it to gain more accurate knowledge about the patient's condition and also to give more effective and beneficial treatment in a planned manner. Reaching this level of higher awareness (very subtle experience) enables the pranic energy (healing) healer to channelize energy to receive guidance from higher awareness by increasing self-knowledge and experience. Often the treatment of the patient can only be helped when it is helped by experiences in a field that exists at a higher level of awareness.

It has also been experienced that pranic healing can provide a source for the person to use this type of healing power, which resides in the realm of purification. Even if a Pranic Healer operates alone, it does so with the assistance of an experienced one, as it is the higher level of awareness that provides vital information for the patient's healing. To acquire this information, it is necessary to develop intuitive ability. To develop intuition one has to learn the whole process in a proper way, about which one has to be conscious and guided in the right way.

12.4.2 Use of intuitive technology: An intuitive experience requires learning the process of receiving psychic information and guidance. By gaining this information of the mind on how it works, and then using the mind in a precise and pure way to receive it, increasing this ability aids more in healing.

The human brain is often understood to have two distinct functions: the intelligence or rational mind—one that thinks with a specific path of thought—and the intuitive mind (or intuition) that is capable of and is aware of information from a large area of the intuitive. These two functions usually (but not completely) correspond to both-cerebral hemispheres and each has its share of use in our lives based on its own unique abilities.

Rational mind: According to the left hemisphere - negative, active, focused and helps in this world. It excels at focusing on the particular. For example, in preparing, analyzing, explaining things, and taking specific action.

The right hemisphere—according to the intuitive psychologist—is passive, receptive and has an inner awareness beyond time and space. It excels at getting impressions and having an intuitive understanding of things. And is able to get information from a wide area of awareness. These functions of the mind are called active principles (rational mind) and receptive principles (intuitive mind) and can be used in a certain way to obtain mental information. Active principle is that which has the ability to concentrate and prepare, the awareness on the subject of inquiry is used to obtain the desired information for attention. The active theory is discarded or left behind when the receptive theory can receive the desired information. Before information arrives, the rational mind (active principle) is focused on attention and intention and then control is relinquished, so that the intuitive mind (receptive principle) can easily obtain the necessary information. It is used in a certain way and this method of seeking and obtaining information is described in detail.

Before starting the treatment, stand up and concentrate. Imagine the shape of your patient in your endothelium (the brain's eye) - just the outline of a body. Focus your awareness on the blank outline of the body alone, trying to unimport or remove all other thoughts and feelings. The more you concentrate this shape in your mind, the sooner you will be able to get information about the patient's energy fields. This concentration for body contouring will probably require the least effort, the least learning, because focusing and paying attention to this shape alone for a short period of time will give you experience.



Section-3

Pranic Energy- Intuitive Technology

13.0

Intuitive Technology

13.1 Reading Auras and Chakras

As long as easy information is being received, keep all efforts and leave any kind of control you feel and welcome it. Let all the thoughts coming in your mind flow and keep your thinking suspended leaving the prejudices, do not try to see anything, even after this you can see / feel the outline of the body. However, this effort will show other body details, fuzzy areas or patterns in the form of spots on other such shapes or patterns in auras, colors or many other ways. Without any judgment or "thinking" bias on what comes up, let's see what's coming spontaneously, similar to the visualization you've practiced before. It is not a pretending to see, but it is the information of seeing instinctively with the third eye chakra—information which, as seeing with the physical eye, is supposed to feel existence.

It is not possible to tell you what you will see, as each person experiences differently, which you should experience and interpret / evaluate for yourself. Your own unique perceptions, perhaps you will be able to see a discoloration or blur at the chakra space and at the same time know that it is a blocked chakra. Perhaps in this area you will sense the leakage or energy hole, the damaged areas will see the energy leaking. Maybe you will also see the ugliness around the head which you know about the impurity of the auric energy, and at the same time one to feel the energy feels greasy or muddy. Perhaps you will feel a whole slew of energy flow throughout the area. Perhaps you will feel energy weakness, energy weakness in the area. You will feel all or all of these conditions in your patient, in different combinations, depending on the unique condition of that person.

You can find information on the proper treatment for these areas. You will not be "mentally" limited in your reading, as information can also come into "your" body through "voices" or "feelings". The important thing to understand is that you will not be doing the process of seeing that you normally do with your own eyes. It would be like remembering a distant memory or a dream that you would consider a decision taken

in a dream, without knowing what the consequences would be. It will not be the information you "think of", but the information that comes automatically (Fig. 13.1).

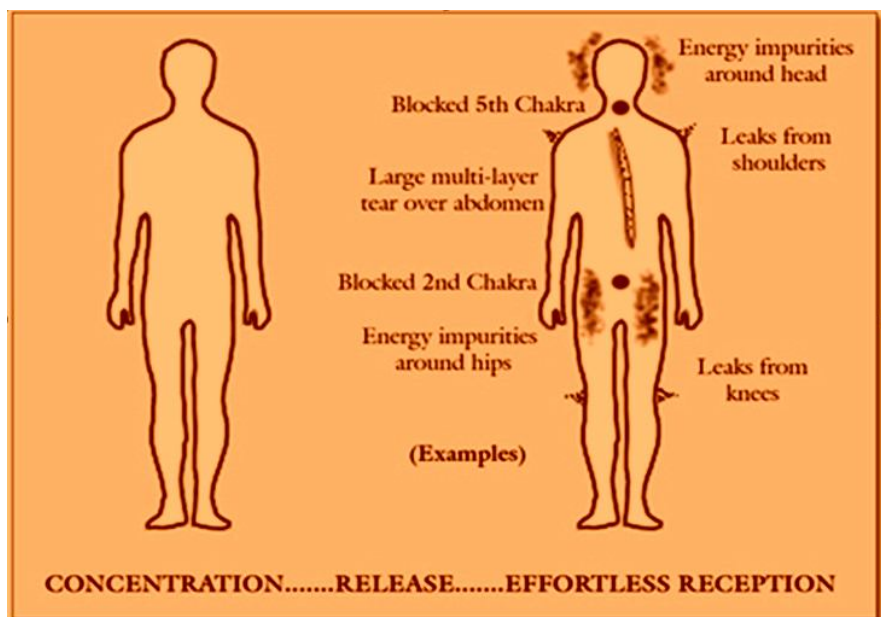


Figure 13.1: Experience of impurity of energy flow

If you find yourself distracted by your thoughts while receiving information, drop them. When you are receiving clear mental information you are free from thoughts and feelings and excessive activity of the thinking mind and allowing the incoming information to emerge, beyond just yourself. If you get distracted by worldly thoughts, or doubts, don't react to them, just let go of them and continue to get the information easily. This information is coming from the realm of wider awareness, possibly from a guide, a different "taste," a different feeling, that thought from your mind. You need to know how that difference feels.

This exercise will only take a minute or two and can be repeated for a second or third time, if you think it will be beneficial. Although it is once often enough, especially when you gain some experience in this basic technique. This technique can be used once or several times, if it allows you to integrate all the information about your patient's condition as well as to know about the various energetic doshas of the aura and chakras.

This technique is a very useful training tool and is to be used when you are studying energy fields while learning and materializing to the fullest of your potential. When you have become very advanced in intuition techniques, you now have to follow these steps carefully. As you increase your awareness, this information will come automatically. This basic technique can be used in many different ways.

In addition to seeing information, you may sometimes receive voices, feelings, inner wisdom, or other guidance. You can speak for any color – be it the colors of the chakras or the lower layers of the aura. You will use all this information and the sensations of your hands, to understand your patient's condition, to emerge in your awareness. Don't just "analyze" your patient's condition, but you can use your intuition to integrate and assess the information being received. Let this information emerge, rely on your first assessment and do not encourage your thinking mind or modify what emerges. Trust the information you receive and learn to trust your instincts—it's as valid a tool as per your rational mind.

13.2 Learning the Art of Seeing the Aura

During energy healing, you will often first feel the state of the patient's aura and chakras with the adoption of psychic information and guidance. After doing this, however, it is good to practice seeing the aura as well. It is difficult at first to see the human aura, because the eye is not used to seeing it. But don't worry, if you've never seen glitter before. In fact, everyone who puts in the practice of seeing the aura can be successful in it, but it may take some time. Indeed, the aura is visible to all, although we do not learn to recognize it ourselves, develop our ability to see from it, or perceive its presence. It is quite possible that in your experiences you are seeing some part of the aura at some level of awareness, but your conscious mind does not recognize them. There are times when you are exposed to the emotional or mental state of other persons, for example—knowledge on a deeper level by ignorance of their aura.

Attempts to see the aura are done in an environment that is conducive to viewing it, an environment that does not have bright or harsh lighting nor lighting that is too dim. Normal lighting, which is neither too bright nor too dark in a room, is considered ideal. The background color against which you will be practicing viewing the aura should be neither too dark, nor too light, nor too strong. A light to medium neutral color

would be best and brown would be ideal. If you decide to practice during treatment, you can cover your treatment table with an appropriate color, if this has not already been done. It is best to use a human subject for practice and it is not necessary to learn to use external equipment, such as special glasses.

It is very important to have the right attitude to see the aura. Attempting to see the human aura is not something to "work" or focus, in fact, the gaze itself should be soft and slightly out of focus, as if you were "off-center" or with eyes slightly. Different from meditation, according to the receptive theory, is observing the area using the eyes – now relax the eyes and learn to see the brightness of the eyes to notice whatever information comes in. It's not something you can feel at work, but you should try taking some rest, calming your mind, and being hopeless.

To see the aura, leaving all prejudices aside, make a subtle experience of what it will look or feel, being aware with your pure thoughts. Trust that you will have to rely on intuitive impression first, practicing intuition techniques in reading the spontaneity of the field and now relying on impressions in your efforts to see the aura.

There is a technique that will help you learn to see the aura. In learning to see it you will use the basic concepts that you have employed in intuitive technology. You (in receptive theory) allow the impression of the aura to form in your inner eye first and then try to confirm this intuitive perception with your physical eyes. It is easy to learn to see the aura in this way, because the aura is seen first with the mind's eye and then with the physical eye. Thus your perception to see the aura makes it easier and works to fulfill the potential and you are more and more able to see the aura. Thus you will see it with the mind's eye in conjunction with the physical eye.

The first part of the aura which is the first layer of the aura or the etheric body, you will probably be able to see. It will appear to you as a light brown, pale blue or colorless "haze" around the surface of the body, about a half inch to an inch or so above the surface of the skin. This haze is an exaggerated light, a very fine perception, and may not appear as such as a physical light. If you build your approach to seeing the aura in the proper way, you should know that trying to see this first layer isn't too difficult.

Sometimes it is easiest to see this first layer of aura by trying to see it around specific parts of the body and it's a good start to understand the etheric layer and you can feel this first layer of aura around your hands Huh.

Hold your hands in front of you and spread your fingers slowly. Now for a moment, focus on the palms in the vicinity of one of your hands. Now relax into the receptive phase, with your active mind on the shape of the hand and the area around it. Keep in mind that your mind's eye may leave some imprint independently of your physical eye. What impression do you take in your mind's eye now? Do you "see" anything around your hands such as a haze, haze or a layer of light from your hands? Now, de-focusing and relaxing your gaze, look back at your hand with your physical eyes and try to see the aura of your hands with your physical eyes. Try to confirm your physical eyes in your mind and repeat this cycle several times. Now try to make a strong impression in your mind and you will probably be able to easily see the aura around your hand.



Figure 13.2: Brightness of the Aura Easily Visible

After attempting to observe the aura of your hands in this way, call upon the energy using symbols, as described in the initial treatment. Try to bring energy creation into your own hands. Repeat the dazzling technique of the symbols again. Now try using the same technique to

see the aura around one of your hands (**Fig. 13.2**). By repeating this many times, you increase your thinking that what do you see?

Is there a difference between the apparent size and intensity of the aura in your hands? Is it easy to see the aura bringing energy to your hands? By bringing in the energy, you are increasing the auric field around your hands and this makes the glow of the aura around your hands more easily visible. Look at the aura around both your hands - are you seeing the light around them?

It is also possible to practice seeing the aura around specific parts of the body of others, especially his or her head, whose etheric layer is sometimes easily visible. Practicing this basic vision technique, several times throughout the day, often helps to increase the ability to see the first layer of the aura. After some success in this endeavor and before treatment, it is necessary to try to see the full first layer of the aura.

Try to see the whole body aura on the treatment table with your "active mind" in the area around the shape of your patient's body - the area near the open space, where the aura is around the surface of the body Required - For a brief moment then close your eyes and leave them in a receptive state and let your mind's eye become aware. What do you see in your mind's eye? You can still see the shape of your patient's body in your brain's eye, but is there something around it - a shell, a haze or a layer of dim light near the surface of the body? Repeat this process several times, each time a shape will be formed in your mind. It would be like looking quickly inside the room and then moving away from it - giving a quicker pace of this process gives you the kind of shape that comes to your mind in front of your eyes. Similarly, in your patient's eyes, you will also start to see some shape of your patient's aura.

After getting some shape in your mind's eye, look back at your patient with your physical eyes - remove your gaze and come into a receptive state. Do not try to look at anything at this time - just focus your eyes in a relaxed state, feeling whatever is creating the visual impression. Do any of the shapes created in your mind's eye appear in your physical eyes as well? Repeat this technique again, first with the shape created in

the mind's eye and then with the physical eye, to see if you can see with your eyes what you are seeing in your mind. It is possible that you may begin to understand something about the energetic phenomena of your patient's aura as you practice.

To use this active and receptive principle, it has to be repeated over and over and then a perception will be formed in your mind's eye and it will need more practice than normal effect and especially when the aura in your physical eye, begins to appear.

After you are able to see your patient's ethereal body, it is also possible that over time, you may begin to see another layer of the aura, the color of the emotional body. During these attempts to see the aura, you can leave a certain colored figure in some part of the body, in the normal position during the practice of the Nazara technique. You may not think that your eyes see anything, but you can think of the color "yellow" in your mind's eye. Don't let this concept put you off, as this is just the beginning of knowing about the colors in the aura and if you keep on feeling this perception easily, you can see the colors of the aura with your own eyes in no time. It will be a great experience, but it will be real. Trust your impressions of color, and you will find that you have consciously realized. Take some time and more practice before you can look back and get some perspective of the colors of the aura around your patient.

Just let the color come in as you practice. Keep up your practice, and you can eventually see different colors around the surface of the body, and also distinctive details. First, in your mind's eye, and then, with more practice, may be even with your physical eye. Are there visible dark or colored areas or pattern? You can begin to see the color of the second layer of the aura, of the emotional body. You can also see movement in patterns or colors.

Remember that the aura is not something that is seen with the eyes alone. For example, you can see hands, and see patterns that have a shape, form, and movement, but you cannot see them in the same way that you would see a table or chair, because colors and patterns simply

cannot be seen. If the awareness they needed to see was a product of the physical eye alone, everyone always saw auras. You should start seeing the aura and its phenomena with your mind's eye before you can see it with your own eyes. As you begin to see the aura instinctively, you will detect everything you imagine with your eyes, and ultimately there is no difference between these two types of viewing. As you learn to see the aura, you will integrate what you see with the other information and guidance you receive. You should view intuitive reading, aura viewing, and other methods of receiving information not as separate techniques, but as part of an ongoing process of understanding your patient's health. As you begin to learn, you may want to start with intuitive reading using simply body outlines. This may make it easier to get the information you need in the beginning. You can then try to visualize the aura using the dazzling technique above. It is also possible to combine the two techniques, perhaps after having some success with visualizing the aura, so that you can focus on the patient's body with your eyes open, and then release, allowing spontaneous information to enter your mind's eye. You have attempted to verify and confirm the information received with your own viewing. You can use the psychological information in your mind's eye to create a treatment plan and incorporate your own visualization into it.

All of these stages are stages in a process of learning to observe and assess the health of your patient's aura. It may be best for you to learn aura reading when you see your abilities in any way you perceive the person's aura at a particular time (**Fig. 13.3**).



Figure13.3: Psychological information in the mind's eye

If you're trying to confirm your intuitive (mind's eye) information with your aura viewing, it's important to understand that, at first, the two information sources may not deliver the same information. This is because you can get intuitive information on events that are not yet visible to your physical eye. The starting point and entry of intuitive methods is to see the aura straight-up – eventually it is good to gain the ability to see the field directly with the eyes.

All this can make it ideal for you to use your intuitive and aura viewing abilities during treatment, after taking your initial readings and starting treatment, to employ them. Also, you may feel that these two techniques are in fact similar, and that there is really no difference between seeing with the mind's eye and the physical eye and that they are one and the same. It is also necessary to point out that in order to see the aura directly, at least at first, it is not necessary to fully incorporate it into your treatment, but it is an advanced technique that may be possible with the effort of trying. What is important here is what you do and what makes it easiest for you to understand and learn.



14.0

Needs of Emergency Treatment

After obtaining information on mental status and diagnosis and attempting to see the aura on your own, you'll use the treads of your hands as your third main "source of information" as you learn more about your patient's treatment needs. Proceed in the process of becoming experienced.

In Energy Level-I, you have gained the experience of understanding the human energy field and practicing hands-on. In this Level-II, you will benefit from additional practice in this technique, so that you can master it and learn more about it. Now that you've got to the second level of practice or intonation, your hands will be more sensitive to movement, which will make it easier for you to sense the energy. After performing the arm cross body test, you will take the results of all three sources of information about your patient's condition and combine them into your interpretation of your patient's needs. You will not only look at it in a "rational" way, but in a way, by gathering each of the information sources and needing them all to work together to give your patient an awareness of the condition so that you continue to feel whole.

14.1 Refine the Practice of Passing Off Hand on the Patient's Energy Field

In order to get accurate information about the patient's energy field, it is important to practice moving the hands on his energy fields in a proper way. Move (pass) your hand in front of the body, which includes the whole body - including the hands and feet and also the area around the head. Now you move the palm downwards, as well as spread the fingers a little. Now stop the hand on the same and let it rest, which will increase your receptivity towards the feeling of energy. Notice how this is similar to the "receptive phase" experience that you have learned earlier. Your passing hand should remain 4 to 5 inches above your patient's body surface, and the hand should be moved slowly and slowly

during energy sensing, the speed of which should not exceed about 2 inches per second.

You can choose to place both hands on top of the same area at once (but there's no particular advantage), move them to different areas at the same time, or use one hand alone. Often it is easiest and best to do the job with one hand at a time and make it easier for you to experience or understand it. Usually in the early stages, the right hand is slightly more sensitive, although after some experience, both hands will probably become equally sensitive. Day by day your sensitivity in both the hands also changes as well as the feeling of change in yourself.

The finger movements that you were given in the first phase used to make you aware of subtle sensations of energy and you would feel it with your hands. You are now also beginning to understand the energy field in one part of your patient, as part of your energy healing, and the other exercises you will learn next will help you in tuning your sensitivity:

Using symbols (prateek), after the energy has been summoned, open both your hands comfortably, with palms facing forward and fingers slightly outstretched. Now, pass your palms over each other making a distance of 4 to 5 inches on the palm surface. You can experience something by paying attention to the sensation and with all your curiosity, when you pass your hands over each other and don't just try to "understand". Do this exercise several times a day - as you keep doing it, you'll be tuning in to your own sensitivity. By reaching a deeper level, you will feel the energy of the delicate sensations that energy is being generated in each of your palms, comparing, refining and integrating the different sensations of your hands.

This can also be used to tune your sensitivity, while testing your patients' energy fields. When practicing hand passing, it is beneficial to pass one hand first, over a given area of the patient where the sensation is detected. It has also been experienced that while one hand may feel the sensation, the other hand may feel it slightly differently. This experience is an extension of the perspective of understanding energy more. Do not try to understand mental sensations; Just the experience of giving you a more complete intuitive understanding of the energy of the body. When you are "tuning" your sensitivity, you are increasing your sensitivity and understanding energy, but at this point you are not interpreting the sensations as well as your mind.

When you pass your hand to certain areas on your patient's body, you may feel delicate sensations, such as: warm, cold, may manifest as attraction or withdrawal ("bump") or any in other way. Sensation in the hands - that which is felt with the hand, is not necessarily associated with the auric region itself, but gives information on the feelings in the mind and events in them. However, it is important, however, to remain free of any preconceptions about what you can perceive, whether by hand or with intuition, when passing through. You will find that practicing this technique over time will show the ability to achieve greater and greater sensitivity in your energy (**Fig. 14.1**).



Figure 14.1: Hand Passing

Increase your experience of the patient's area and your sensitivity to the patient's energy and try to know it. Achieve an emotional state of energy flow in the body and identify areas where the flow is blocked. You can also try to blend it, with the sensation and energy becoming flowing, as this will help the energy and energy field in your experience of sensitivity. Therefore you will have a more holistic perception of energy and this will give you the experience of knowing more intuitively of whatever energetic doshas are in your patient's area. This may be the source of the sensations as you examine the patient by the hand. It will try to create a greater awareness of your patient's condition in your being. The more you begin to understand your sensitivity and your

position in your patient's area, the more and more your experience power in the form of energy healing will increase.

To gain additional information, passing hands is an especially useful technique for whatever problems your intuitive reading and/or aura viewing areas may have. Use hands to confirm this and connect yourself to your intuitive reading and observing aura and compare the feelings you get with this information from all three sources. Does passing your hand give you information that is not confirmed by your intuition or eyes. This is not a discount; But hand pacing are accurate indicators of auric energy and are sometimes not apparent from your "vision". In addition, you can gain insight in some visual or other form when passing the hands over the body; For example- emotions arise in your mind when you pass your hands over a certain chakra. Areas where you perceive energetic doshas will require the use of special healing techniques designed to heal those with these conditions.

However, when you learn to incorporate different hands-on exercises into your healing, gaining psychic information and observing the aura, there is no reason why it cannot be done at the same time. It is perfectly acceptable to alternate – intuitive reading – from one information source to seek and confirm this information, while at the same time attempting to confirm the psychic information is what you can do with your own aura. Observing (using flashing techniques) with and passing hands will also obtain information from other sources. We must also understand that intuitive understanding is done by using all three sources of information together and comparing them with each other, in order to obtain a complete and holistic understanding of the patient's condition. This integration of the patient's healing needs, like each source of information that contributes to it, leaves a deep level impression that serves to create a holistic awareness of the healer and deep information integrates to the recipient from all the different forms.



Figure 14.2: Insight of energetic doshas by passing hands

14.2 Integrating the Interpretation of Treatment Needs

It is often observed that as you practice and gain experience, you start to discriminate between normal body condition and unhealthy ones. For example – you will feel a sensation of health and energy associated with those on healthy chakras when passing hands on them, whereas with blocked chakras you will feel “unhealthiness” and also feel that The energy is running out suddenly (**Fig. 14.2**). This is a blockage in the energy flow, which flows from above and out through the chakra. Knowing a few exercises, this meaning of malaise will be easier when you try to figure it out clearly and openly. Blocked or diseased chakras can also have dark, discolored, discolored or disfigured appearances that come with them, and often you will experience this in your mind's eye as you seek psychic information and guidance. Although the aura of blocked chakras is not easily detected through viewing, it is possible that you may, later on, gain access to its potential.

Blocked 4, 5 and 6 chakras are very common, while blockade of the seventh, second, third and first chakras is less common. You will notice that some chakras will be blocked for a long time on some patients, while other chakras will be blocked occasionally with different patient life circumstances and are corrected using a technique called unblocking cycles.

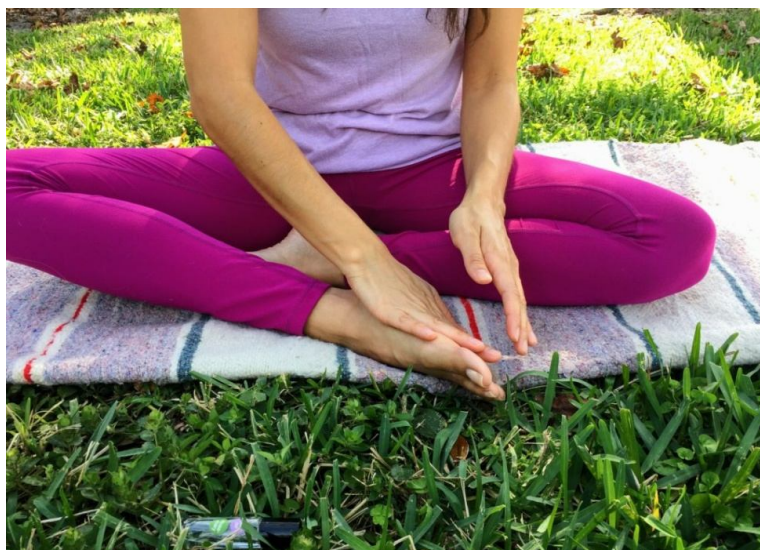


Figure 14.3: Using the Unblocking Chakra Technique

The damaged portion of an energy-leaking area may be visible from its leakage or rupture, and the flow of energy may be felt in an impossible

(often outward) direction. The harmonious flow of energy will have a sense of dissociation or breakage—a blockage in its flow is felt which is akin to leaks and ruptures, and they are treated in the same way specifically (**Fig. 14.3**).

Energy flowing through the body, usually near the knees, shoulders, neck, elbows or ankles—this energy can manifest as leaking "jets." This can be seen as an incision in the folds or layers of the torn area, or The said area can be felt with openness. These "holes" in the auric (aura) region are found on the chakras, appear on the face and sometimes larger incisions extend through several layers of the aura and are often found in parts of the torso. These types of leaks and incisions are repaired using a technique called sealing leaks and tears.

Auric energy impurity is the feeling of heaviness, confusion or impurity – excess energy material appearing where it should be. They often appear as clumps of material, fuzzy areas or areas generated by dark energy around the body. They are areas of undesirable stagnant energy accumulation and create various kinds of energy blockages, preventing the flow of apparent energy in the energy field. The color or presence of these impurities is unhealthy and undesirable, as opposed to a clear bright healthy and vibrant appearance; There you will feel stagnant, thick and pale energy.

These doshas are generally found around the head, face, shoulders, torso, hips and other areas and also occur on the chakras. Like blocked chakras and leaks and incisions; impurities of the aura can feel "unhealthy" when passing through your hands. They are often produced by unhealthy energetic conditions within the body and can sometimes be related to undesirable feelings or thoughts. **Inactive** —the clearing of impurities, blocked chakras—often results in better physical health and also emotional and mental clearing for the patient. Auric impurities can be removed using a process called aura-clearing.

Energy Deficiency – felt as the absence of energy and lack of strength in the overall feeling or presence of the energy field. In the course of psychic information and guidance, you may detect this state in your patient or you may also notice or notice that the energy appears low in the first layer and dim in the higher layers. In such a situation the weakness and diminution of the aura is experienced at all its levels.

You can also understand this position later, when you do hand passing with your patient lying down. During this hand action, you feel the lack of vitality in the energy of the body and thus you can also confirm this belief.

At the time of aura-charging, the energy loss through this technology begins to be felt. By re-establishing the aura's own energetic vitality, it aids the healing process especially to block the disease and works to reduce the chances of further illness. Sometimes there is a lack of energy, usually in the extremities, that is, only in certain parts of the aura. This reduction in overall energy is felt only in the lower legs or ankles. However, aura charging differs from local aura charging and is employed to re-vitalize the energy field at these locations.

The energy field of the disturbance of energy flow - can be felt as dissatisfaction in this energy as a whole. Such areas are not tied to any chakra or other specific location and indicate a disjointed, raised or unbalanced feeling or presence in the energy flow of the entire body. You may not perceive it with your own vision, but in your existence, at a certain level, you may feel an unpleasant or uncomfortable sensation, some tingling that gives you the feeling of hearing you wind up on the blackboard. Usually does not give any visual cues with psychic vision or eyes, but is felt on a subtle level during treatment, in the form of a discomfort in the patient's energy field— I can feel, this uncoordinated energy, exerts itself on the body during healing.

This condition is corrected through a process known as energy flow correction. When it occurs in only a specific area of the aura and sometimes on parts of the torso, it is corrected by local correction of energy flow, although this is a somewhat less common condition.

During this exercise, you will be able to learn the difference between these different conditions and also determine which treatment is appropriate for which you - using all the information you have gained through the process of mental learning and guidance, It will be necessary to integrate the knowledge of seeing the aura, passing through the hands and any other emotion, integrating and planning the appropriate treatment. Above all, keep in mind that the eyes, mind, and hands have to be used as feelings for the understanding of the condition and for the proper treatment of the patient. This thought is your way of being felt by your whole being.

Once you have a good understanding of your patient's condition, you will proceed with the treatment. The different techniques you can use and the proper way to practice them are explained in detail in the rest of the sections. You will be using the proper techniques during your treatment and the recommended order in which you should do so is set out in the treatment outline at the end.

Hand sensitization method - The sensitivity of the hands is of utmost importance in the whole process of Prana therapy, because in this the healer diagnoses the disease, scrubs the body and launches energy through the hands. That is why it is important to have sensitivity of the hands of the healer. The method of making it sensitive is explained further-

1. First of all, the healer should put the tongue on the palate.
2. After this, the middle part of the palms should be pressed by the thumbs. By doing this, the chakras of the central part of the palms become active and it becomes easy to make concentration in the central part.
3. Now remaining relaxed, both your hands should be kept at a distance of about 3 inches in front of each other.
4. After this, your attention should be focused on the middle part of the palms for about 5-10 minutes. Long, rhythmic breathing should be done. By doing this, heat, a kind of tingling, vibration or pressure begins to be felt in the middle of the palms. This is a sign of sensitive hands.
5. For the sensitivity of the hands, this type of exercise should be done for a period of about one month.

It is also possible that in the first practice one may not feel anything in his hand, but one should not get discouraged by this and should continue his practice continuously. With continuous practice for a long time, surely the hands start becoming sensitive. Testing should be started only after the hands are sensitive.

Checking Procedure

After sensitizing the hands, the process of testing begins. For the proper diagnosis of disease, it is very helpful to check the internal aura as well as the external aura and health aura, but it is not mandatory to do so. To diagnose disease, mainly the inner aura is examined, because the outer and health aura is more subtle than the inner aura. Therefore, when the hands become very sensitive, only then it is possible to check them. When examining the aura in the hand, one should always focus his

attention in the center of the palms, because by doing this the chakras found in the middle of the palms can be stimulated or they can also be stopped. Here the method of checking all three types of aura is being given which is-

Method of checking the external aura

1. The healer should first stand at a distance of about four meters from the patient with his palms facing the patient, keeping his hands at some distance from his body.
2. Now the healer should slowly move towards the patient while concentrating in the center of his palms and feel the external aura of the patient.
3. When doing this, when the feeling of heat, pressure or vibration in the hand should be stopped, because at this time it is a sign of experiencing the external aura. Now an effort should be made to check the size and type of the outer aura. From head to waist and from waist to toe. What is its width from front to back, etc. Mostly the shape of the outer aura appears like an inverted egg i.e. the upper part is wider and the lower part is relatively less broad.
4. Normally the diameter of the outer aura is up to one meter but in some people it is found to be more than 2 meters wide. Some children who are highly active have an external aura of up to 3 metres.

Method to check health aura

Protoplasm rays coming out from the surface of the physical body in a straight and erect form are called health rays. These health rays pass through the inner aura and come out and are usually two meters wide. Health rays are also in the shape of the physical body. When a person is sick, the health rays also become weak and hang down and get entangled. Along with this, its size also becomes smaller. Sometimes the size of the health aura decreases to 12 inches or less during the disease stage. The health aura of a very healthy and vital person is one meter or more big. The shape of the health aura is also similar to that of an inverted egg i.e. wider at the top and lesser at the bottom.

The process of checking health aura is

1. To test the health aura, while remaining in the previous position, slowly move forward a little.

2. Now when the sensation is felt in the palms again, it should stop. These sensations can be a little intense than before. These are signs of health aura.
3. Now slowly, with concentration, one should feel the size and shape of the health aura similar to the external aura.

Method to check inner aura

1. The inner aura usually extends up to 4-5 inches. To check this, slowly bring your palms forward and backward a little and keep your attention focused on the middle part of the palm.
2. The healer should examine the patient from head to toe i.e. from top to bottom and from front to back. In this regard, it should be kept in mind that the inner aura of the right and left parts of the body should be the same. If one part of the body i.e. right or left part is smaller than the other, then there is definitely some deformity in it. For example, when the inner aura of a patient's ears was scanned or examined, the aura of his left ear was more than 5 inches and the aura of the right ear was only two inches. It was then discovered that the patient's right ear was suffering from partial deafness for about 17 years.
3. During the examination, special attention should be paid to the aura of the major chakras, major organs and spinal cord. Sometimes it happens that there is no complaint of pain in the back, but still the energy in the spinal cord either becomes dense or decreases.
4. While examining the internal aura of the throat, the patient should be asked to keep the chin slightly raised, because the actual position of the throat is not known due to the internal aura of the chin.
5. The solar plexus chakra should be specially examined in the chakras, because the effect of the distortions arising from the emotional is especially on this chakra.
6. To test the lungs, instead of using the whole palm, only two fingers should be used and to get the best results, the lungs should be examined from the back and side instead of from the front side.

Interpretation of the results obtained from the examination of the inner aura

After examining the inner aura, now how can it be known that in which part or part of the body there is less energy and where is the energy density? The way to find it is-

1. During the examination of the patient's internal aura, there is less energy in the organs whose aura appears to be hollow. This is a sign of diminishing vitality.
2. Similarly, where there is a thickening of the vital force, there is a rise in the inner aura of that organ.

Life care precautions

1. In life therapy, the root cause of all diseases is considered to be the same and that is the imbalance of vital energy.
2. During the examination of the patient's internal aura, there is less energy in the organs whose aura appears to be hollow. This is a sign of diminishing vitality.
3. To test the health aura, while remaining in the previous position, gradually move forward a little.
4. Now the healer should slowly move towards the patient while concentrating in the center of his palms and feel the external aura of the patient.
5. For the sensitivity of the hands, this type of exercise should be done for a period of about one month.
6. First of all, the healer should put the tongue on the palate.



15.0

Pores and Leaks in Energy Ceilings

After evaluating your patient's healing needs and assessing the healing needs of those patients, the technique you want to employ to treat energetic defects (Doshas) in the patient's area is what you can do after energy healing. Also found holes and leaks in the ceiling and repair or repair the same.

15.1 Strength and Integrity in their Layers to the Auric Energy Field

Strength and integrity in the layers in the auric energy field is a necessity of the patient's energetic health and as a basis for any form of healing practice. Energy healing is to restore the integrity of the sealed area by repairing holes and leaks and preventing the loss and vulnerability of the energy field that would not otherwise be there.

Sealing of the hole and leak is done by moving one of your hands over the area where you detect the leak or tear, similar to the way the hands feel when passing. You must use the following methods to seal the area you detect any holes and leaks in the patient:

Locate or grasp with your hands the first hole or leak you want to seal. At the time of passing of the hands, keeping the palms 4 to 5 inches above the body in the same normal position, in which the palms are open and the palms are flat and stretch (instead of relaxed) and move the fingers together slowly (**Fig.15.1**).

Now move slowly forward, backward or circularly over the area where you have detected a leak or tear by passing of your hands. You will often find out from your own experience where the leak or tear is where it needs to be fixed. Your hands should be moving at about 2 inches per second - this technique will not be effective if it goes too slow or too fast.



Figure 15.1: Sealing of holes and leaks

15.1.1 Perforation and Leakage Experience in Ceiling: When you experience open sensations, as you move your hands forward during passing of the hands, instead of taking a more active role in sealing the leak, you Take your hands back over the leak and you should imagine that you are repairing it while you are in motion on the leak. For example- as you move your hands in sealing a leak, you must do and understand that the area of the first auric field layer over which the leak occurs is being sealed off - the energy field at the time where there is a weak or thin layer, to repair it with full power, take your hand there. You should do this sealing and repair of the auric energy layer – you feel the energy as if with your hand in the layer below, thus repairing a leak or tear. There is energy in your hand that gives you the effectiveness of this technique combined with the visualizing ability and your brain's inner vision directs the energy flowing through your hand to seal the field layer at that point.

When you seal a leak, you're supposed to seal off other leak holes in the auricle area, rather than open dirt or leaks. In your mind's eye, in conjunction with the visual, it is likewise the energy available at hand to repair the damaged area. When you repair them with your hand elevated in this way, seal those leaks, lubricate them, and solder them. You close them with your conscious awareness so that the repair of the area is integral and the energy leak can no longer escape. To seal a leak or tear in this way, it usually only takes a minute or two.

Leaks or holes usually occur on the first layer of the aura, usually near the joints, and leaks are also often present in the lowest layer of the aura. In these cases, the procedure described above will suffice. There may also be instances - where the leak is further located in the auric region (in the higher levels of the aura) - that begins on the first layer, but then spreads to the second, third or higher layers. In these cases, you will need to seal the leak or tear on each layer:

After sealing the first layer, after slowly moving your hands out of the body, on each layer when a leak occurs, seal that layer using the proper technique above. For example- after sealing the first layer with the palm 4 to 5 inches above the body, you may need to move the hand an additional 4 to 5 inches and apply the leak-closing seal to the next level. You may need to extend another 4 to 5 inches to the third level, and then the leak may stop at this as well. You will know from your intuition and experience whether such leaks are present on the top layer and at how high they should be sealed. By expanding the eye's intuition and experience to any level it is possible to close such leakages that are commonly found. You should have the openings open for your intuitive guidance, this is when you want to seal higher level layers than necessary.

Usually only one hand is used at a time to seal leaks and tears. Although you may choose to use the right hand, at first, even both hands can be equally effective at this technique with a little practice. Sealing of leaks and tears is done with the eyepiece open. Using this technique, your patient's energy field can proceed to seal up all your holes and leaks.

Small leaks sometimes occur on the chakras. This is not a chakra; it is a rare phenomenon, found in the layer of this area or the layers above the chakra. This is another consequence of emotional or mental stress. When faced with this, the leak should always be sealed like an ointment.

15.1,2 Maintaining Transparency: As in auric energy healing, when sealing holes and leaks with hand passing techniques, this energy naturally flows freely along with its nature at all times and You cannot distance yourself from the work you are associated with. However for energy flow, hands are the tool you use. So keep in mind that with the passing of the hands, holes or leaks, clearing the aura, unblocking the chakras, improving energy flow and even extending the hands, you exert your full energy. In fact, using your whole being, you must act openly to get the full energy from the hands. For this, consider not only

the energy that you are channeling through the whole field, whether it is hand channeling alone or to work with some energy field, it is necessary to separate the self-consciousness of the hand, which So you want to see a particular aspect of your worldly self and serve as a clear channel when practicing healing techniques or teaching your patient. Transparency is the technique you are practicing or try to read or see your patient's aura using your eyes, hands, etc. It is important to understand that this therapy and all its healing techniques are ultimately carried out along with the whole process of applying energy healers over the entire existence of the patient. Develop this quality in yourself, learning and practicing the specialized techniques given at this stage.

15.2 Aura Clearing

It is important for the health of the patient that in the energy field, the flow of energy can be freed from obstruction (interference) or incorrectly stagnant, unhealthy and impure energy, which can block its normal flow. If you detect such energy impurities in your patient's aura, they can be expelled from your patient's area, using a process known as aura clearing and energy healing. This technique is used in various areas of the body where these energy defects commonly occur, as well as on the chakras where they are indicated. Aura clearing uses the hands, especially the fingers, to remove unwanted energy from the lower layers of the energy field.

While doing aura clearing, the hands, especially the palms, are turned downwards – pulling them away from the patient's body, this is done so that the impurities of auric energy are removed from those areas. This process is deliberately done slowly and you should focus on this act during aura clearing. To remove the impurities of auric energy in your own patient's area, follow the following procedure:

Move the palms of the first hand down to those areas, simultaneously spreading the fingers moderately, but it should be more than when the hand is passing. The fingers should be drawn straight out but perpendicular to the hand or perhaps slightly above that level. The hand propulsion is about 1 inch above the body surface at the beginning of the motion (when clearing the first layer) and probably 15 inches above the body at the end of the motion, but this process takes about 5 seconds to complete the motion. You can give some rest to the hand again, so that the fingers can be bent slightly down and so that the hand is again 1 inch above the body once again in the back position.



Figure 15.2: Aura Clearing

While giving upward movement to the hands, it is to visualize, intend and understand that the impurities of the auric region are being removed. Your hand and its open fingers have their own auric zone, which also acts as an attractive device or separates a lucid auric plexus, which removes harmful energy from the patient's area that resides near the surface of his or her body. They stick to your hand (mainly under the palm and fingers), and when moving the hand upwards, they separate from the patient's area. Beyond the body, they lose their power (charge) and ability to stick to the patient's area. The impurities are eliminated, become dead and do not have any further effect on the patient (**Fig. 15.2**). As you've seen in the process above, feel the energy in your hands and fingers growing and getting stronger in the area around your fingers, and as you move your hand outwards—imagine Draw it, drag it as if you are removing the unwanted energy of the patient. In this process, while moving the hand forward, add to your visualization ability and separate and remove impure energy from the patient's area. You will see with your intuition or physical eyes that by moving your hand and spreading your fingers, you can capture and remove unwanted energies from the patient's area.

Repeat this motion as many times as necessary to remove impurities from the auricular region that may be present in any one area - this is usually done by giving it two to ten motions and one to three minutes. Beech, which depends on the amount of energy impurities, can be removed. Some practitioners want to "shake" off impurities after their

next procedure (before moving the arm), at each location, after the hand is completely removed from the body.

Only one hand is used at a time for aura clearing. In the beginning, if desired, this can be done with the right hand, as it is usually somewhat more effective than the first, but with experience, both hands usually become equally effective at removing impurities. This is done with open eyes. This technique can be used to remove all areas of auric energy impurities that you have explored one area or a wide area at a time.

This treatment will be necessary at various points throughout the body. The energy you will clear is energies that have stagnated in different areas and that energy can manifest itself as a mess, thick or uncolored, blocking the open flow of pure energy. These energies exist as regions of static energy accumulation near the surface of the body or as wide areas—they are attached to the body—yet can extend over short distances in the body and possibly even short distances in the auric fields. When performing the process of moving the hand above, however with the arm initially moved about an inch above the surface of the body, any obstructions that may be caused by the blocked energy field or part of a wider area will be removed; and are below or above the body, completely attached to the area - this is a block - which will automatically move after the entire block is removed. In other cases, the energy impurity may be some distance outside the body, yet the energy impurity near the surface of the body is and is associated with areas of the body. For example - these external energy impurities are also removed as soon as the blocks near the surface of the body are removed - giving the energy in general motion.

You will find that aura clearing requires a great deal of time to remove stagnant or distracting (non-coloured) energy at specific chakras. The seventh, fourth and second chakras are particularly susceptible to these types of stagnant energy. When doing aura clearing on the chakras, be aware that you can improve the flow of energy in the chakra, as well as remove impurities. With a few chakras you can know what poisoning is and you can heal it by drawing out impurities and purifying the flow at the same time. By moving or dragging the hands above the chakra, you can clear and refine the flow as if "funneling" the energy.

15.3 Obstruction of the Chakra System

It is important for the patient's energetic health to maintain an upward flow of energy through the chakra system and into each chakra. If you

become aware that a chakra is blocked – energy stops its normal flow to that chakra then it is possible to restore healthy and elevated energy flow.

Unblocking the chakras is done during normal position along with the position of the hands – keeping the hand on the chakra in the same position as well as rotating the arm regularly. When you detect a blocked chakra at a certain location, clear it in the following way:

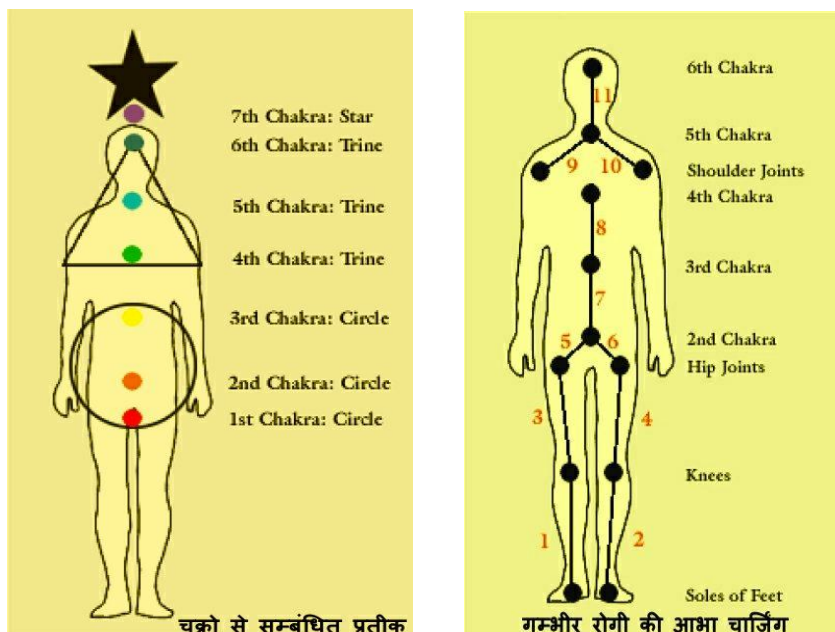


Figure 15.3: Aura Charging of a Critical Patient

When you touch that chakra point during the healing of the normal chakra, visualize the appropriate chakra (see the picture with the underlined star) in the proper way, as you complete that chakra during and at the same time- visualize, intention Do and understand that the blockage in the upward flow of energy is being removed – the energy flowing from above to that chakra, flowing through the chakra, is doing so in that chakra, being blocked in it, is being removed. . Also visualize the energy that flows smoothly around the chakra as it passes through, thus removing any blockages in that flow. As you have learned earlier, you can easily find this by imagining the clearing of the symbol and chakra with your eyes. With a little practice and with your eyes open you will be able to visualize properly. You will be able to get the desired benefits by practicing this technique (**Fig. 15.3**).

Each symbol is related to a specific energy flow and this energetic nature of the symbols is related to the chakras in this way. The 1, 2 and 3 chakras, for example, have a relationship with the circle in their energetic actions. The 4th, 5th and 6th chakras have a relationship with the energetic nature of the trine. The 7th chakra has a close energetic relationship with the star. From the point of view of the clearing of the chakras, using these symbols and therefore the energetic nature of their chakras and combined with the clearing of the chakras, provides the effectiveness of this technique by clearing the energy flow through those chakras and also blocking is removed. If you feel that a blockage of the first chakra is still present, it should be treated a little differently, as this is not done by placing a hand on the relevant area of the body (genital area). A person's hands, however, are receptive channels for body energy and the patient's hands can be used to treat this chakra.

15.3.1 How to clean the first chakra: Place your hands on the patient's hands, with your palms on your patient's palm as you send in energy, visualize the **circle** and visualize a firm intention, and understand that the first chakra is being cleaned. It will not be as focused on a clearing, which is provided by direct hand placement but will also help more.

15.3.2 Methods of cleansing other chakra: See figure, symbols are also associated with areas of the body. The circle is associated with the abdomen below the diaphragm, the Triangle (Trine) the region above the diaphragm up to the third eye and the Star with the crown of the head. Appropriate symbols can also be visualized in the mind by moving the hand over complementary areas. For example- when treating problems in the lower abdomen, if you can feel it is appropriate, use the circle view when moving hands in complementary positions after normal chakra positions. The use of symbols during the healing of positions other than blocked chakras will not be necessary on most patients, but if you think it will take advantage of a particular situation you have encountered, do use it. You may be interested to know that in each of these areas one symbol predominates, while elements of other symbols are also present.

15.4 Aura Enhancement (Aura Charging)

The lack of energy, though not the case in most patients, is a serious condition that halts the patient's entire life process and makes the

patient more susceptible to further illnesses and whatever healing work is being done, may hinder its effectiveness.

In energy therapy, this condition can be corrected through a process known as aura charging, whereby a lower energy area is "charged" or filled with energy. While regarding the general conductance of energy in the chakras, you connect the aura to the energy during the hand-carrying (hands-passing) position. When energy is depleted the aura acts in a more direct and specific way as a complement to the energy of the charging-energy field.

Although aura charging is not necessary on all patients, many patients, especially those with conditions that threaten life energy (such as depression, cancer, AIDS, heart disease and many other serious conditions), will benefit. You will find that this is usually needed for serious illnesses and to provide re-energizing and good spirits in order to treat these individuals. It is also useful for those who have been afflicted by diseases, it can prevent them and generate good feeling in these patients.

15.4.1 Charging the aura of a serious patient: Starting with the feet, place your hands on the different sensitive areas of the body as shown in the figure. In each case, the right palm is held at the lower end of the regions, the left palm is held at the higher regions. For example- In position 1, you have to place the right palm on the bottom of the patient's right leg and your left palm on the top of the patient's right knee. As shown, one is to provide energy to the patient by starting from the first position with his hands, but transferring this energy in a slightly different way than usual. The transfer of energy must be done more intensively, as if you are radiating energy towards the patient and the energy field, to create a bond between the two. You radiate energy equally to the patient and their energy field with both your hands and think of yourself as the patient and the patient's field, as it is filled with energy. Feel the bond between the patient and the patient's area in this area and imagine it expanding and filling the field with energy.

Transfer energy to the patient in this way, for one to two minutes or until you feel a sense of fullness and/or a decrease in energy flow. Now move your right palm on the lower part of the patient's left leg and your left palm on the patient's left knee in a 2-place position. With a view to replenishing and expanding the energy, continue the energy flow (transmission) as before, creating a bond between the patient and their energy field, until you feel a sense of fullness and/or a decrease in

energy flow. Continue to treat this other condition until it occurs, still making sure you understand a balance between this side of the patient's area and the other side you just treated.

After completing the treatment of this condition, have the patient continue to move the position(s) shown in the numerical order above, in each position, transmitting the energy correctly, until you feel that the position is not complete - Each condition should require 1 to 2 minutes of treatment, although in some cases, a little longer may be needed depending on the particular needs of your patient. As you move from one side to the other for healing, you move upwards, until the energy balance is established between the two sides – intentionally moving the energy towards the upper body and in this form the energy is balanced on both sides. In this process, the exact position of the hand may vary. For example - some practitioners may prefer to use the arm, but this is not usually necessary. When you move upwards in the patient's body using this technique, you will feel the patient's aura charging and can feel it radiating after filling the energy. You may feel the aura filling, shining and expanding in your inner ear or in your eye. In this way the energy flows rapidly through the patient, causing the bond between the patient and their area to feel filled and expanded, thus instructing the aura to fill and charge.

15.4.2 Transferred aura charge: It is sometimes found that there is a lack of energy in certain areas of the body. This is not a particularly common condition. But sometimes the extremities of the liver—the lower part of the arms and hands or/and the lower part of the legs or feet—are experienced a lack of energy, although the overall energy of the area is not less than typical. This condition can be corrected only with aura charging of that area.

If you feel it is necessary for a lack of energy, follow the foot to knee-lower leg as well as the knee to hip joint, to charge (processes 1 and 2 above) . For lack of energy in the lower arms - To charge each arm from hand to elbow, treat the patient by placing the palm of his right hand on the palm and the other palm jointly on the inside of the elbow. From arm to shoulder charge each arm if necessary. This is not usually necessary, however it may also be included if full aura charging needs to be treated in the arm.

15.5 Improvement of Energy Flow

During your experience of psychic information and guidance, you may have noticed an energy disturbance in your patient's overall energy

field. There is also a global disturbance in energy flow, where a patient's entire energy field is disrupted and in which the overall energy flow in the aura is erratic and uneven. This condition is often of a transient nature, but it is detrimental to the patient's energetic health and the star can be used in a specific way on the seventh (7th) chakra.

15.5.1 Correct way of improving energy flow in the patient: Sit or kneel on the side of your patient's head so that your shoulders are approximately at the level of the patient's head. In this manner, facing the top part of your patient's head (the crown), hold your hands open in front of you as if your fingers are slightly curved, but palms are open and the patient's head and body are covered with your hands. facing away. Place your fingers on the crown of the patient's head, with your thumbs pointing down, palms facing toward the patient's body (and away from you), but palms not touching the surface of the patient's head Doing . The gap between the fingers of one hand and the fingers of the other should be two inches. Now visualize the star while sending the energy towards the whole body of the patient. Energy will flow through your palms as well as your fingers, but the palms should not touch the surface of the patient's body. When you are looking at the star and sending energy, imagine at the same time, intending to harmonize and understand the whole energy field in a harmonious flow.



Figure15.4: Method of Correction of Aura Flow

Try to merge and participate in the flow of energy in the patient's area, when you practice this position and this technique creates a harmonious – even pattern – throughout the area you see “in your inner eye”. The correcting becomes a continuous and smooth flow of energy. In this way, for 1 to 2 minutes, you continue to send a continuous and smooth energy flow keeping the view of the star in mind. Close your eyes, experience the view of the star. However, it becomes easy to practice this technique, after that you can increase your ability to use this technique even by opening your eyes.

In this world, the star has the ability to draw in and act as a channel of higher realm energy. In the patient's area - by concentrating on the star and observing the energy flow, by mixing smooth and harmonious energies, through the 7th chakra, a higher level of energy is transferred to the patient's energy field (which corresponds to this higher field), Works to focus in and improve the flow of very high volume and powerful energy throughout the area.

15.5.2 Local Correction of Energy Flow: It is possible that changes in energy (disturbance) may be localized to a certain area of the body, rather than to all parts of the body. Often, but not always, it can be centered on the torso (between the shoulders and hips) (**Fig. 15.4**). You can easily find this out with your intuition and thoughts. In this situation, you should feel the energy flowing in that area continuously and till the end, with the strength of your intention and understanding, while looking at the star in the perihelion, by moving the position of your hand up. Imagine with this flow of your energy that the energy which is moving in the wrong direction or innumerable, is helping it to move through and merge in the proper way through this flow of yours. Do this process all over the body as you send energy through this visualization to the patient's body, especially paying attention to the disturbed area.

15.6 Use of Additional Technologies

There are some additional techniques in energy healing that you can also add to your healing repertoire:

15.6.1 Special focus on physical energy: While Moving the Palms Up: When you treat your patient by hand passing, marking different spots, you will learn more about the energy state of the patient's body. It is good to have information. Now that you are in the second level of pranic

energy, your hands are automatically more sensitive to the flow of energy. You will find that this can be experienced not only during hand passing, but also in your hands as you conduct energy into your patient during different hand positions.

In such a state, when you channelize the energy, you become aware of the delicate sensations in your hands and what you are experiencing at the time – that detail can be accessed through your thoughts. . The different types of irregularities that reside in your patient's energy field can give you more information by the state of your energy field. This, like other techniques, such as being aware of your patient's condition, helps you learn and feel the energy of the patient's body, and guides you through that work. During regular hand passing, it is good to understand the energy of your patient's body in this way as well as gain knowledge in the methods below during complementary hand passing as well. This will not only help you learn the condition of each individual patient, but will also help you develop a holistic knowledge of the energies present in the human body.

15.6.2 Shoulder position: This procedure is started by standing on the side of the patient's head, at the beginning of the treatment:-

Place your hands on the patient's shoulder so that they are between the neck and the outer edge of the shoulder. Hold the energy for several minutes, allowing the energy to move and allow yourself to relax and connect to and understand the energy of your patient's body. This position is done at the beginning of the treatment, if you feel that it will give comfort to the patient and will also instill confidence in you, and you will be able to treat the patient in a good way. It does not determine a necessary location for treatment, but assists in this manner. This is a good starting position especially if you think your patient is having some nervousness or if you, at first, feel a little bit attached to the patient and has trouble understanding the patient's energy field.

15.6.3 Using the star on the seventh (7th) chakra: If you wish, you can normally use the Star during the passing of the hand, while treating the Seventh Chakra.

During the regular use of the passing of the hands, while treating the seventh chakra visualize the star that it corresponds to our complete healing and thus powerfully clear the disease by using the star.

The star represents a channel between our lower and higher worlds (including, but not limited to, the lower and higher self). Thus using the star as a channel to treat the 7th chakra; you work to cleanse the patient's entire spiritual and spiritual process. The energetic nature of the star is related to the nature of the 7th chakra and this chakra effectively heals and connects the patient to his spiritual essence. Clearing in this way is the perfect example for the whole healing process. It is an effective addition to medical treatment.

15.6.4 Grounding: This position is used to add energy to the aura and grounding the patient. It provides freshness and balance to the patient and in a sense can be thought of as a simplified version of aura charging, thus adding energy to the aura and balancing the aura. Although some patients require aura to be charged, this position is beneficial for everyone, especially those you understand are not completely grounded. The grounding process is carried out as follows:

You have to stand at your patient's feet as the patient lies on the treatment table. Place your hands in such a way that the chakra is centered between your palms, which is above the small chakra between the soles of your patient's feet. Now let the energy flow through the patient's feet, feel that the energy is coming from the earth, filling in your hand and going from your hand to the patient's feet and flowing through the patient's whole body. Is . Feel that when you are doing this, a connection of energy is being created between your patient and the earth.

This is a useful position as it brings extra energy to the aura, balances both the sides of the aura and creates a healthy link between the patient and the earth. It is particularly useful for employing this position on patients who are not grounded from the earth and this process provides the basis for connecting the patient to the physical world.

15.6.5 Spine Cleansing: There is a central energy channel that runs along the spine – this energy moves through the chakra system.

Therefore this energy channel is a very important part of the body energy system. Clearing and purifying this energy channel benefits the patient and is known as spine cleansing. Spine cleaning is usually done in the final stages of treatment, with the patient's face lying face down. Its method is given below –

Place your right palm on the back part of the second (2nd) chakra and the left palm on the back part of the 5th chakra and send energy to the patient with both hands. While you are sending the energy, visualize and see the energy flowing through the spine in both directions and clearing it from the top and bottom. The energy of each hand moves both up and down from the position of that hand and does not end where this energy is found, but continues in both directions in washing and cleaning the central energy channel.

Spine cleansing is a radiation cleansing of the very important central energy channel and is an excellent final treatment condition.

15.6.6 Final Remedy: In the final treatment of energy, stand for some time and feel that the flow of energy is stopping. Feel that the flow of energy stops and becomes calm. Now feel the circle that the flow of energy has calmed down. It conveys a sense of completion of healing and pays tribute to the state of returning to the starting point and connecting the circle to the flow of universal energy.

15.7 Method of Seeing Colors of the Chakras

As a subtle exercise, if we wish, we can try to see the colors of the chakras to inform the condition of our patient. It is an optional step of practice or experience done so far. In this process it is not necessary to try to see the chakra colors for the treatment to be effective, yet you may find an interesting technique to try. As you know, each of the seven major chakras has a correct color, ranging from 1st(1st) red to 7th(7th) wagni of the chakra. When the seven chakras are healthy, their different colors appear darker and brighter. However, in the diseased chakras,

some chakras are colorless, discolored, discolored or streaked with water droplets.

In this way, the chakra that appears defective, lacking in energy for the work requires additional treatment. In diseased chakras, it is common to see such dark areas in which the color or its shade does not appeal to the patient's healer. With an aura like this, colors that look healthy and attractive indicate healthy conditions, and colors that look invisible and unhealthy indicate impurities and undesirable conditions. Learning the process of seeing the colors of the chakras is described in the following technique:

With the normal hand position on the forearm of the body, first observe the subtle color of the chakra in your mind's eye, on the upper skin of your own hand as you treat each chakra. Check the color of the chakras by looking in this way. Obviously the color visible in your skin will be from the patient's own chakra area and will expose your own skin to your subtle vision.

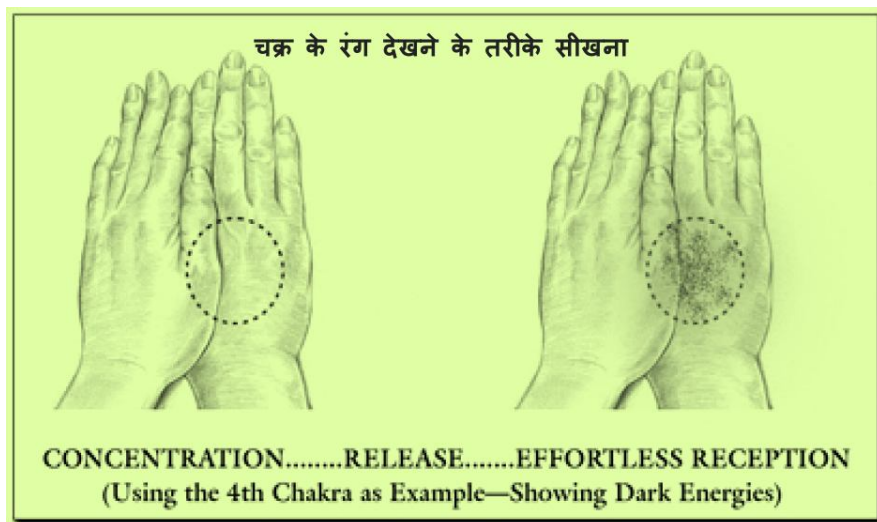


Figure 15.5: Methods of Viewing the Colors of the Chakra

It can be seen by intuitive study that when you microscopically pay attention to the skin on the back of the palm of your right hand (which is centered in the chakra) and then withdraw, as the colors of the

chakra In the act of seeing, if you move the hand forward and remove it, then you see an impression of color emerging from the eyes of the mind. This color will be either dark and very pure or weak, black or faded with impurities (**Fig. 15.5**).

You will begin to feel it on the upper surface of the right hand during the exercise of trying and confirming to see the color again, as you have been doing when viewing the aura. The general state of the chakra colours, any defects or discolorations, will first appear as a subtle yet recognizable color in your mind's eye and a clearer color to your physical eyes as well. However, you may not see the clear color of the chakra at first which will require a lot of practice. After practice, you will be able to see the color of the chakra directly without looking far, because the color of the chakra is easily visible by your mental vision. Apart from the original color of the chakra, other colors are also visible. You will learn about the colors of the chakras and their effects in the very subtle healing method - Level III (III).

This is a good technique to incorporate into the treatment, if you wish. Briefly, measure the color of each chakra as you would in the normal order. You will feel the state of the colors of the chakras, perhaps as you move your hands, with the impure color indications, to the different levels (padas) of the chakra. Those chakras that show a lighter shade should be treated with extra energy during placement in the hand, in order to restore their complexion. You may be able to see the change in color, and work to restore it. As you become more experienced about the color of the chak, then during the initial evaluation, such information can be obtained from the patient's mental state and suggestions and the shadows on his area. Keep yourself open to the experience of the chakra colors and you will continue to receive this information at various points during the course of your treatment. In this way you connect all your assessments perfectly with the position of the chakras and treat them accordingly.

15.8 The Use of Light In Therapy

If you wish, you can begin to incorporate the use of light into your energy healing. This is an additional alternative system for those

doctors who do not use light, yet give very beneficial treatment. Although it is possible, when you already have the desire to use the light and have started seeing the light as well when transmitting the energy. If you feel that it is for you to use it naturally - you feel an affinity for it - then it will be beneficial for you to use it in healing.

When you start working on the positions of the common chakras, then feel a cloud of light in your hands. The light in your mind's eye can be either a pale white, a yellow light or a yellowish-blue light. Use whichever feels natural to you. The light does not come from the hands, but as a layer of light around your hands and a cloud of light under your palms, pouring it gently into your patient's body. In this way, in the eyes of your mind, feeling the yellow light around the hands and under the hands, let the energy flow into the patient. Visualizing light in this way increases one's power and ability to transfer energy in a beneficial way. Be sure to keep the brain open while you conduct the energy, when you visualize the light - do both at the same time.

If you feel comfortable, you can use the light for other things as well—in doing so, instead of looking at the light on each common chakra position, you are correcting certain energetic doshas in the aura and chakras. , can start using the light. By doing so, the techniques you apply will have a greater impact.

Use this technique in general, by visualizing a copious layer of light just below your open palm, for example, to seal up pores and leaks using light. When you move your hand over the damaged area for treatment, the light in your palm fuses and seals the broken aura like a surgeon would treat using a laser.

To treat blocked chakras using lights, use the usual unblocking technique, imagining a thick cloud of light under your palms, as well as imagining the appropriate symbol associated with light. Watch the light as the energy flows through the chakra and grows as it breaks free from the blockage. Seeing the light, feel that energy is flowing through the unblocked (clear) chakra. Using light in this way, by thinking of unblocking the chakra, will increase the effectiveness of your treatment.

To remove disturbances in the flow using light imagine that the light coming from the stars is flowing smoothly throughout the body and removing the energy irregularities. Watch the energy flow smoothly and harmoniously through the light in the body. Is there a disturbance in the energy flow in one local area, perceive and focus your visibility of the light specifically in that area and observing the light, notice that the energy flow of that area is being restored fairly and easily.

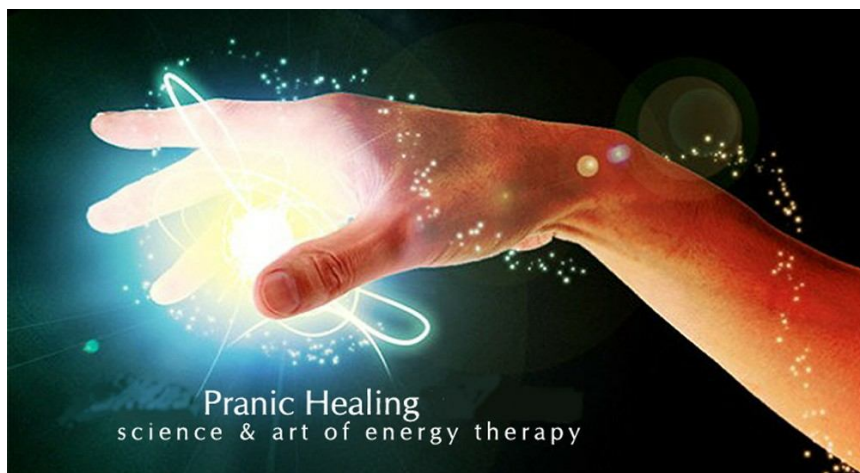


Figure15.6: Pranic Healing

You may find it easier to learn this by closing your eyes, imagining light, as you find in passing hands first through these methods and by applying different techniques to the treatment. But after a little practice, you will be able to heal with light by keeping your eyes open. Note that the use of light is not necessary during aura charging or to remove impurities of auric energy (**Fig. 15.6**).

You can use the visualization of light at your own discretion in your routine treatment. You can save it for use during the correction of energetic doshas in each of the chakra locations or in troubled areas of the patient. For example- during spine cleaning you can remove spinal cord diseases through visualization of light in some places where you want to use it regularly. The use of light - when applied to diseased areas and affected chakras, this treatment is especially beneficial and important as described and suggested earlier in the section on disease treatment.

The use of light enhances your effectiveness in energy healing and the reputation of rectifying energetic doshas. This is because light can be considered a more subtle form of healing by energy. When you visualize light, it has more of a direct effect of directing the energy than seeing the energy alone.

When you close the leakage of the aura area by seeing the light - for example - the energy is directed to heal the broken area more effectively in this way. Do not treat light and energy as separate, treat them as the same that energy and light are ultimately one.



16.0

Some of Important Methods and Precautions for Diseases

The following precautions and procedures are suggested for the treatment of patients with diseases or other critical conditions. All of these are done in addition to a complete basic energy healing process, which involves healing at specific locations, whenever the patient to treat a specific situation. If you are using light to provide comfort, you will benefit your patient by using it in these procedures, as it adds additional strength and effectiveness to therapy working with patients suffering from illness or disease.

16.1 Use of Advanced Technology

Some of these procedures are involved in advanced technology, out of which the following techniques can be adopted by practice and for subtle treatment. It is recommended to adopt healing at the beginning of the treatment. After questioning the patient, according to the condition of the medical and disease, adopt the proper procedure for a complete medical treatment including medicines.

Heart disease: Heart disease is often thought to be influenced by a heart chakra that indicates a blockage. It gives a feeling of pale complexion along with being unwell to the patient. When you treat a person with mild heart disease, proceed as normal. If a person, who is on medication for advanced heart disease, then the last treatment is of the heart chakra (fourth chakra). If the person is suffering from severe heart disease, then the last treatment of the heart chakra (fourth chakra) and also increase the duration by 15 minutes. Aura charging is an indicator of almost all serious heart disease. The passing of the hand requires additional energy to remove the impurities and its blockage from the heart chakra.

For severe heart disease, especially coronary artery disease, you can now try the following advanced exercises:

Place ten (10) fingers of your hand lightly on the surface of the body near the heart. Now by moving the fingers slowly but the palm is not pointing towards the surface of the body, imagine the entire energy of the patient's body being transmitted to the heart and feel that it is being attracted towards that. Draw and collect energy there, in the form of an electric current from all over the body, which aims to charge the heart region and the heart chakra with the form of electric current to purify and strengthen it. Hold this process for 2-3 minutes and then pull your fingers up and move the hand over the heart and away from the body. This process as if the fingers are being traced down the lines of a funnel and the energy is thus coming forward. For cleansing the body and heart, at least 3-4 times in this way the hand should be taken out at a normal speed. For people with severe heart disease, a course of this treatment is necessary, and the patient should be treated every day.

Hypertension: To improve the energy flow of a patient suffering from high blood pressure in general and treatment of both arms, treat one at a time, but always keeping your right palm inside the elbow. After the treatment of the arms, treat the hands one at a time, in which take one hand and sandwich it between the palms and let the energy flow for a few moments. Patients with hypertension should be treated twice per week if possible.

Stroke: There is no regeneration for tissue damaged by stroke, but it is also possible to prevent or prevent further strokes and to help stroke victims to restore use of the affected body parts.

To treat or prevent a stroke after the original treatment conditions - ask the patient to sit. Now place your hands on the shoulders - on the lower part of the neck, where the neck and shoulders meet and channelize the energy for 5-10 minutes. Treat both arms and hands, as detailed descriptions often exist in the treatment of high blood pressure. Aura Charging is applied to all patients who have suffered a stroke. Auric impurities near the head and neck may need to be removed and regular treatments are also necessary.

Cancer: In this treatment of yours, remove the blockage and channelize the excess energy from the chakra which is related to cure the disease. These chakras can give an unhealthy feeling, become blocked, show

poor complexion or attract excess energy during the passing of the hand. Some cancers often follow pathological cycles and will require additional treatment. For some cancers, additional treatment is given to more than one chakra, as described below:

- **Brain Tumors:** Seventh (7th) Chakra
- **Lung cancer:** fifth (5th) and fourth chakras
- **Cancers of the thyroid, throat, esophagus:** fifth (5th) chakra
- **Breast Cancer:** Fourth (4th) Chakra
- **Cancer of the colon, liver, intestines, pancreas:** the third (3rd) chakra
- **Cancers of the cervix, ovary, uterus, colon, rectum:** Cancer: Second (2nd) cycle
- **Prostate Cancer:** Second and First (1st) Cycles

16.2 Some Essential Advice after the Treatment of Chakras

16.2.1 Support to cancer patients

For cancer patients, during hand movements around the affected areas, move your hands directly on the affected area for a period of about 15 minutes and during this period, passing the hand as close to the affected area as possible 3 to 4 times can be done. In this process, the more you rotate, the more effective the treatment will be, rather than keeping the hands close and stationary. In the treatment of certain areas, such as the prostate, colon and breast, it may be necessary to take care of the patient's comfort and gentleness, rather than bringing the hands directly to the area. In these cases, place the hands on the opposite side of the area as comfortable and move the hands according to the method described above. In breast cancer, for example - move and rotate the arm in the opposite direction to the area of the patient's breast. For colon or prostate cancer, place one hand on the lower abdomen which is located below the chakra and the other hand on the upper part of the leg near the genital area in a comfortable position. In some patients, the auricular defect may need to be removed near the affected area. Aura charging is almost universally offered only in severe cases. But it is often necessary to seal off leaks and other damaged areas in the affected area, especially for patients who are receiving radiation therapy. A positive attitude is also very important for the practitioner of pranic energy.

For those patients who are more likely to spread cancer, for specific information about those areas of their body, study more information from your intuitive and also ask the patient so that the most sensitive

areas of the disease spread in the body, and those areas can be treated primarily. In addition to treating the affected areas in this way, try to include other areas of the disease as well. If with visualization you see any other areas affected by disease, then you continue to conduct energy on them so that all the tumors shrink. But make sure that you maintain your transparency and spontaneity while doing so. One should end the treatment of cancer only when the 7th (seventh) chakra is treated and finally the grounding process is done. Cancer patients will get more benefit only if regular treatment continues and for serious patient it is necessary to give daily treatment.

16.2.2 Treatment of various other diseases

Diabetes: Always treat diabetics from the lower chakras upwards, usually from the second chakra, when you treat the front and move up as you usually do the back. Pancreatic Treatment Using the hands as a sandwich, keeping the palm of one hand in front of the pancreas and the palm of the other hand towards the back of the body, feel the energy coming around and activate the treatment by activating the pancreas. Proceeding with the treatment, treat the second and third chakras. Treat diabetes generally twice a week.

Nervous diseases: Treat it like diabetes by moving upward from the lower chakra and increasing the duration till the seventh chakra using star. Around the neck, impurity or damaged areas of auric energy must be treated once or twice a week.

Diseases of the lungs: After the treatment of various places of the chakra, the treatment of diseases of the lungs or their weakness should be taken between the ribs of the chest, when the patient is kept in a specific position and treated as follows-

“Place the right hand on the upper back in front of the patient's chest, 2-3 inches below the shoulder and above the left nipple. Place your left palm in front of your right palm and behind on the patient's back position. Maintain this position, sending energy into the left lung area and deep into the middle of the chest. Once this is finished, treat the right side of the chest, right lung, similarly, placing your right palm on the front and your left palm on the rear. After the right side is treated, again the heart chakra is treated by sending in energy for several moments, placing the right hand in front and the left hand behind the chakra. Some critically ill patients who are unable to sit, their lungs are treated by lying down. This can be done by keeping the right hand as

described above and the left hand under the right hand and similarly the left and right sides can be treated. Lastly, on the heart chakra on the front side, you quickly overlap both the hands.

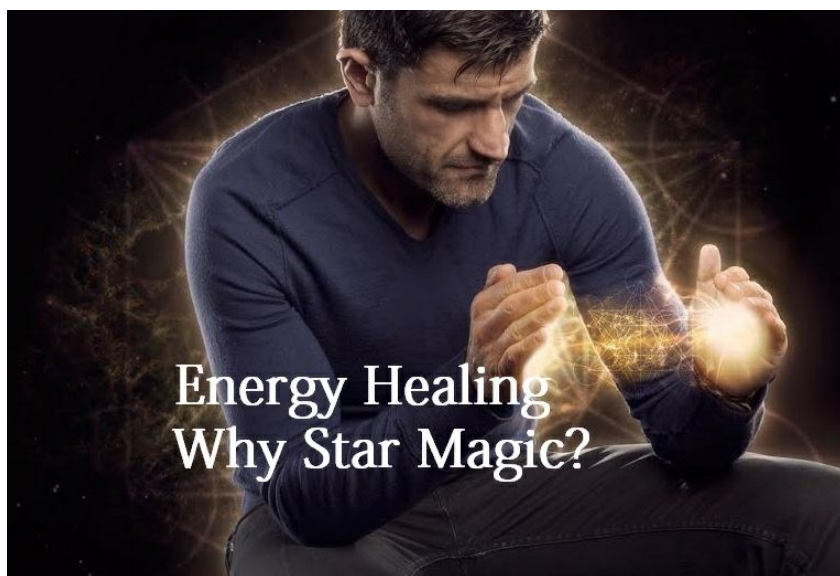


Figure16.1: Pranic Energy Healing

Infectious disease or infection: Treatment should always be using antibiotics in addition to conventional medical treatment. The patient will often be weakened by even one of these microorganisms during the siege, so all patients will need healing, including aura charging, to strengthen them. In case of fever, it is necessary that the duration of treatment is short, but in each case more than half of the normal time is required (**Fig. 16.1**).

Some of the chakras feel unhealthy, may become blocked, appear in trillions of colors and attract extra energy during the placement of the hands and they require extra energy to function, some such diseases are listed as follows:

- Poliomyelitis: 5th cycle
- Herpes: Nearest affected area of the circle
- Mononucleosis: Fourth Chakra and Arms

- Candida: fourth cycle, third cycle and second cycle
- Syphilis or gonorrhea: second cycle
- Tuberculosis: treatment as a lung disease
- Pneumonia: Treatment as a lung disease

Diseases of the internal organs: For diseases of the kidneys, liver, stomach, pancreas, gall bladder, intestines, etc., treat normally, but spend extra time on the chakra near the affected organ. This associated chakra, often, makes one feel in an unhealthy state, show poor complexion, become blocked, or draw excess energy during hand passing. This is often the third chakra, but it is possible that the second chakra may also require attention (for example - with the lower intestine). If possible, sit the patient and treat the patient's part directly and do energy therapy by placing the right palm on the part in front of the body and the left palm on the back of the body directly behind it.

Send the energy to the affected part of the patient, sandwiched between your palms, for an extended period of time and look between your sandwiched hands and feel that the energy is entering the affected part of the body. Depending on the severity of the disease, do the treatment 1-2 times per week.

Mental Disorders: It is impossible to predict which treatment will be effective for a patient suffering from mental disorder. Therefore, in the treatment of the patient, you have to proceed with caution. The patient should be given treatment for a short period of time, which should be half or one third of the normal treatment time and note down any effects and proceed carefully. Is this treatment safe, you will find that the standard treatment is beneficial for these people?

Should any chakra need extra energy or feel unhealthy in its functioning or show poor complexion, the energy should be channeled for an extended period of time.

Ear and eye disorders: For eye diseases or problems in them, keep both hands on the patient's eyes, one hand on each eye in such a way that the center of the palms is on the eyeball. In this situation, send

energy to the eyes. For ear diseases or disorders, keep the palm of one hand on each side of the patient's head on both sides. In cases of hearing difficulties or related diseases, the 7th (seventh) chakra should also be treated by increasing the duration of treatment.

Recovery from surgery: Treat the chakras on the affected area and around the affected area for more time than the extra energy. Auric defects or impurities near the affected area may need to be removed. This method, as a general treatment procedure, is useful in curing the disease and bringing immense benefits to the patient.

Dying Care: This energy healing is also very useful in a way for patients who are going through a dying situation. Because the flow of energy is a comfortable solution, seek to provide comfort and convenience to the patient. Any chakra in the chakra system that feels unhealthy shows unhealthy complexion, or needs extra energy, for an extended period should treat all such chakras. Treat the patient in any way that makes you feel comfortable doing, looks beneficial or makes you feel excited to do so. By treating such patients twice a week, they can get benefit.

Pregnancy: Pregnant women should always be lying on the side of the caregiver for treatment. So that he can change the position of his normal hand in such a way that if you wish, he can treat both sides (both-sides) of the fourth, third and second chakras at the same time. If you do this, center your right palm on the front part (Ghatak) and place your left palm on the back. A mother who has given birth will benefit from a second chakra treatment, with additional attention to the lower abdominal areas, for an early recovery after the process of conception. But there is no need to treat a newborn.

Cold and flu: For people suffering from colds, viral diseases etc. You can give the treatment more often, but for a shorter duration i.e. half or one third of the normal time on the areas of each cycle. For the afflicted person, these short remedies, like a tonic, but a longer treatment, tire the patient's body.

AIDS: During ideal healing, an important process is to provide a quality of stability in energy flow, to feel stillness in oneself and to give energy in the form of energy, rather than as energy-force. Try to strengthen the patient. Leaks and tears in the auricle area generally cause energy loss throughout the body and all the chakras, so these should be stopped immediately. To replenish the energy, it will almost always be necessary to charge the aura. Some chakras also emit an erratic or diseased energy; appear poorly in complexion, so those chakras require additional energy healing for a longer period.

Often the patient passes weakness of the lungs and chest, so the treatment of the patient with such lung should always be included according to the detailed treatment method given under diseases of the lungs. Complications are common and if they are localized they should be treated with a hand on the affected areas. AIDS patients should be treated 2 to 3 times per week and require even more attention if the disease progresses to more frequent and serious complications and the patient is debilitated.

Burns (on the burn areas): When hands cannot be placed on the burned areas of the body, the hands can be placed 3 to 5 inches above the burned area for treatment and the patient will have a good amount of energy will have to be moved, as this healing process will not be more effective than placing the arm directly on the surface of the body.

Broken bones or sprains: In addition to the usual treatment, a straight arm should be placed on the affected areas.

Children: For the treatment of children, normal treatment should be given only for one third to half the time limit on each of the cycles. This treatment should be done at an interval of 8 to 9 days, not more than this.

16.3 Some Essential Facts to Live a Happy Life

When you are around negativity and there is no possibility of being positive, having a smattering of negativity around you creates a bigger problem. Similarly, when negativity becomes so strong that disables

your ability to see any good or positivity. So what to do when this happens? Here are some things you can do when you're around negativity:

- 1) **Spend time with people who make you laugh:** In fact, positivity attracts positivity. If there comes a day where you are feeling low on positivity, where you are not able to see any light or have no motivation to get on with the day, talk to someone who speaks positively. Yes, we are surrounded by many people who emit this fuzzy light, who are positive in all aspects from inside to outside, such people can easily be seen with an eternal gleam in their eyes and if you have any kind of people around who have a warm smile on their face, approach them when you feel sadness overpowering your sense of calm. Those people can change things with their positivity.
- 2) **Don't trouble yourself:** If something is bothering you, sit in a peaceful place for some time, instead of taking away your peace of mind, think of ways to solve it. The situations, places and people that will be there will bother you. But in such a situation, just sitting and getting upset will not do you any good. So just think of possible solution, try to solve things instead of thinking about it and doing nothing.
- 3) **Realize it's not permanent:** Like your worries, nothing is permanent. Know that it's not a bad life, it's just a bad day and you'll get good things through it. Most of the problems arise, when we are so consumed by our problems, we are not able to realize that these problems will not last long. Life is full of ups and downs and it is just a rough patch, which will pass and the sun will shine again.
- 4) **Don't Lose Yourself:** When you're depressed or when you feel weak, don't think of it as an opportunity or a reason for you to quit aggressively. If you are sad or angry about certain things, you will definitely lose your mind. But this does not mean that you get angry or angry at others. When you are sad or angry, your cleverness lies in remaining calm. In such a situation, you will never feel that when you will break your calm and hurt someone else with your unnecessary and harsh words, until your anger will not subside but your excitement will end forever.



17.0

Yogic Practices and Benefits

17.1 Establishment of Center for Vedic Science, dated (21 April 2015)

The Vedic Science Center was established by Shri Satish Kumar Singh, the founder School of Management Sciences and Chairman of the Group of Institutions, on Aakshya-Tritiya Vaishakh Shuklapaksha Day Tuesday Vikram Samvat 2072 dated 21 April 2015. Its main objective is to study the scientific researches underlying the mythological texts of India and to present them in the current modern by new avatar taking it to the public mind. The Indian system is being taught to unravel the secrets of life, by studying the spiritual lessons for keeping the body healthy through the scientific method of the mystery of yoga, with the new found researches, by students aimed at spreading the mantra of "Vasudhaiva Kutumbakam" in the world.



The blind race towards development has distanced the youth of India from its culture far away while the knowledge of 'Sanskrit language' has

also been restricted to a few schools / institutions and universities. Today, there is a need to find out the role of Vedic Texts in industrial development. If these texts are beyond the perviews of present development yet part of it, is being bench marked, then technological development in 'Vedic Period' could have been more than what it is today.



Some facts found in recent times, make us rethink about the enthusiasm of the people of India that our ancestors who seems to be associated with religion were probably more scholarly and knowledgeable than we are now. There are things which have not been found and hence its research is necessary so that other countries could not tell us or teach us that the references in our ancient texts are correct.

Here, we would like to cite a few examples -

First: Goswami Tulsidas has written in the 'Hanuman Chalisa', few lines are -

“जुग सहस्र जोजन पर भानु।
लील्यो ताहि मधुर फल जानु।”

“Jug Sahasra Jojan par Bhanu!
Lilyo Tahi Madhur Fal Janu!! ,

Today, when NASA has agreed with this research, we are accepting it as true.

Jug - Kaliyuga, Dwaaper, Treta and Satyuga. Its spans are 1200 years, 2400 years, 3600 years and 4800 years respectively; Total =12000 years.

Sahasra - 1000

Jojan - 8 miles and **Mile** - 1.6 km

Thus, distance from **Earth to Sun**: $12000 \times 1000 \times 8 \times 1.6 = 15,36,00,000$ km (15 crore 36 lakh km).

The lines of Hanuman Chalisa written by Goswami Tulsidas is now proving that in today's perspective, he was a great scholar of Astronomy or it was in the knowledge of all the people of that period.

Second: According to 'Ramcharitmanas' written by Goswami Tulsidas ji, Ram Setu was constructed under the supervision of Nal and Neel, civil engineering specialist according to the current language, to transport Sri Ram Chandra's entire army to Sri Lanka from India. It has been reported by NASA that this bridge was built by laying stones on the wood piling.

Also the stones used had less density and had the ability to float in water. The application of this principle by Nal-Neel is also confirmed in the Ramayana. The bridge is currently approximately 7 feet below the surface of water, which became possible due to increasing sea level over a period of 6,000 years.

NASA has named 'Sri Rameswaram Bridge' as Marvelous Civil Engineering of Vedic period.

Third: Our Vedic period inscriptions (Vedas and Puranas etc.) mention the sound of 'Om' in the Sun, which explains the Shankhanad of the word Omkar from time immemorial. Even today, there is a mention of awakening of Kundalini; it has been considered the path to enjoin soul with Brahma through meditation and through constant practice to connect with the Atmah.

Vision & Mission of Vedic Science Centre

Vision:

The Vedic wisdom of India, which was at the forefront of the world, has to be spread more and more to all scholars especially students studying in the technical field, as well as to open the pages of science and technology which have not been confirmed, by now their presence is large part of collective imagination.

Mission:

- Enhance in-depth study and knowledge of Vedic science.
- Study and spread the knowledge of Sanskrit language.

- Increase study and knowledge of Vedic-Mathematics.
- Simple benefits yoga's procedures.
- Meditation method and its benefits.
- Knowledge of the correct enunciation of 'Om' and the power derived from it.
- Knowledge of Kundalini and the method and benefits of awakening it.
- Remote communication with spirituality.
- Knowing about the activities of distant people through introversion.
- Communication of knowledge and science in the fetus in pregnancy.
- Knowledge of Aviation science and Science & Technology of all energies.
- Indepth knowledge about 'Yuga'.
- Knowledge of Indian calendar and astrology etc.
- Campaign to compile priceless texts related to spirituality.
- To advance welfare work in the public mind of the world with Vedic knowledge and science.
- To advance underlying knowledge from time to time.

17.2 Review Meeting of Vedic Science Center

After nearly a year, on 05.03.2016, a review meeting of the Vedic Science Center was convened under the chairmanship of Shri Gadadhar Narayan Sinha Retd. DG (Police), in which Shri Ram Shabda Mishra, Shri SBL Mehrotra, Shri Jagdish Chand Shah, Shri AC Mehrotra, Shri JB Singh and Shri Sharad Singh, Secretary and Executive Officer of SMS Institute, Director Prof. Bharat Raj Singh, Dr. Jagdish Singh, Dr. Dharmendra Singh etc., participated and the activities of the Vedic Science Center were discussed. Convenor Prof. Bharat Raj Singh apprised all the eminent thinkers about the treasure of wisdom in the ancient texts of India, it was found that many wonderful things are hidden in it and we should not get surprised to know that about 5000 years ago, the aircraft which was used by Shakuni Mama as mentioned in Mahabharata literature, is still available at Gandhar Hills in Afganistan. If this news is confirmed today, then it will not only make us proud but would be a testimony to our ancient literatures / texts written in Mahabharat, Ramayana, Vedas and Purans etc.

Prof. Singh also informed that the School of Management Sciences established 'Vedic Science Center' on 21 April 2015 last year, to discover the secrets hidden in the texts of India and to unfold it in respect of currently available technical knowledge. The basic mission of the center is to explore the knowledge available in the Vedas, Puranas, Mahabharata and Ramayana etc. and place it, before the scientific community of the state, country and abroad for future development in research field. The reports of valuable researches done under the Vedic Center in the last one year was read out and told that it has been disseminated to the students and teachers too. The report was reproduced as follows:

- 1) In order to advance human life in the structure of human body, blood is transmitted through the heart by the cells to every part of the body. In an occasional meeting with the enlightened class in and around Lucknow, it was ascertain that there is an iron content in the blood and the circulation of iron-bound blood through the arteries is being sustained. If any magnetic power is brought down from a scientific point of view, then electric energy will flow in the iron-bound blood running in the arteries. The body can experience an energy from which the power is transmitted with the help of consumption of external substances (food), this energy can be produced without any food or less food. This fact can be collaborated through the pronunciation of Vedic Mantras. Due to this, daily prayers have been started by the students and teachers and a different energy is being communicated to all the people and concentration on them has been increased in their studies as well.
- 2) At least one quarterly meeting of the Vedic Science Center has also been organized in which, while sharing the experiences of the enlightened class among themselves, it has also been decided to organize a one-hour yoga program on weekends, so that the students Mental and physical development can be accelerated among boys & girls. This program was started by some teacher on the last 'World-Yoga Day' (21 June 2015). According to their experience, it has been concluded that due to the vibrations of the breath that arise from the sclerosis, cranial and anterolateral, the strength of the arteries increases, and the blocked blood clots in the arteries also disappear.
- 3) In the old texts (Vedas-Puranas, Mahabharata and Ramayana etc.), there is also mention of aircraft or flying Khatole. For this

also, this center is engaged in the search of the texts of India and the manuscript of the relics of the Aeronautical Scriptures, which was received by Maharishi Bharadhaj in India, was prepared in 1916 by Pandit Subarai Shastri. In which only six chapters were received. It was translated into English in the year 1973 by Ziyad Joshere. This center is also doing intensive study from time to time and information is provided about development in the field of mythology among students.

- 4) It has been informed by this center in the month of June 2015 that the aircraft used in Mahabharata, five thousand years ago, is located in a cave in the mountains of Afghanistan, which was brought to light by eight - American military commandos. An attempt was made to evacuate and due to unlimited energy in it, the eight commandos disappeared and till today they have not been detected. Not only this, the site inspection of the said aircraft was done by US President Barack Obama during his secret visit to Afghanistan and he also invited three Heads of State to see in January 2013, in which France, Germany, UK had visited. It is learned that the aircraft has since been taken up by the US NASA for research at the Douglas Center. This information was posted on the US website Ancient Alien Disclose.tv from the revelation of American soldiers, the video of which has since been removed, but the audio of their soldiers' conversations is still available. The detailed video of the said video has been aired in February 2016 by IBN07.

At the end of the meeting, passing a vote of thanks to the Chairman Shri Gadadhar Narayan Sinha, it has been requested that all the enlightened-class, educationist and scientists of the state and India who are associated with this center, can share the scientific facts underline in the mythological texts of India. Help to bring the country to the forefront by reviving the heritage of unlimited knowledge associated with this land of India and by doing new research in the field of science and technology.

17.3 International Yoga Day, dated 21 June 2016

Director General of School of Management Sciences, Lucknow, Dr. Bharat Raj Singh has been imparting yoga training on International Yoga Day, by organizing a yoga camp in the college campus and spreading awareness about yoga among teachers, staff and students.



स्कूल ऑफ मैनेजमेंट साइंसेज द्वारा स्थापित वैदिक विज्ञान केंद्र में अंतरराष्ट्रीय योग दिवस पर शिक्षकों, कर्मचारियों व विद्यार्थियों को डॉ. भरत राज सिंह, आरएस मिश्रा और जीएन सिन्हा ने योग कराया।

जनकल्याण समिति के तत्वाधान में नवनिर्मित विरामखण्ड-5 योगकेंद्र में बारिश के बावजूद बड़ी संख्या में लोग शामिल हुए। योग की शक्ति के बारे में पर्यावरण वैज्ञानिक प्रो. भरत राज सिंह, कोआपरेटिव बैंक के सेवानिवृत्त जनरल मैनेजर आरएस मिश्रा व सेवानिवृत्त डीजीपी जीएन सिन्हा ने विस्तार से जानकारी दी। उधर, स्कूल ऑफ मैनेजमेंट साइंसेज में योग शिविर का आयोजन किया गया। जिसमें बड़ी संख्या में गणमान्य व्यक्तियों के साथ शिक्षकों, कर्मचारियों और कॉलेज के विद्यार्थियों ने हिस्सा लिया।

17.4 Inspection of NAAC Team-2017

In the year 2017, the School of Management Sciences, Lucknow was inspected by the NAAC (NAAC) and the annual results of the students from the team members appreciated the inclusion of daily prayer and yoga practice in the course schedule. The pre-eminent growth rate of 20-30% was also appreciated and also mentioned in NAAC's report.

17.5 International Yoga Camp in Sydney, Australia (dated 06 June-11 August 2018)

Today most of the people of the world have accepted that yoga fills the mind with peace, positive thinking and health of the body as well as abundant energy. It is also found from the data of the whole world that in countries where yoga is being adopted, there is reduction of about 40-60% in their medical bills of the people. Yoga is a legacy of our Bharatvarsha, which Rishis and Munis have provided 5000 years ago through their texts (Patanjali Yoga).

In a unique initiative by the Prime Minister of India, Narendra Modi, the idea of celebrating International Yoga Day was contemplated and in his speech delivered at UNGA on 27 September 2014, it was mentioned that "Yoga is an invaluable gift of India's ancient tradition. This symbolizes the concentration of mind and bodies. Yoga teaches the human mind to think, work, practice restraint, create harmony between man and nature. " Subsequently, on 11 December 2014, India's permanent

representative Ashok Mukherjee prepared a proposal for it. 177 countries agreed to this draft and on 21 June 2015, the first International Day of Yoga was launched.

In the same sequence, Director General of School of Management Sciences, Lucknow, Dr. Bharat Raj Singh, gave yoga training at the international level by organizing a yoga camp at Aborn Park, Sydney (Australia) for one month and on World Yoga Day on 21 June 2018 Initiated to spread awareness about Yoga among the people and also greeted people on Yoga Day.



In his message, he prompted the people, 'Do yoga, stay healthy' (करो योग रहो निरोग), that is, by doing yoga continuously, the body gets healthy and peace in the mind. Many serious diseases are also supposed to have disappeared with its practice.

17.6 Experinces / Opinions of Regular Yoga Practiceners

i). Gorakh Prasad Nishad



I have crossed 80 years of age. I used to have difficulty in walking and pain in joints. I got this condition at the age of about 70 years because my blood pressure suddenly increased on a day and due to that my left side of the body was paralysed. Since, a yoga center was being run by Dr. Bharat Raj Singh and Shri Ram Shabda Mishra in Vasanti-Park near my house, in which yogic practice / training was being conducted regularly since 2012, I started attending yoga classes since 2015 and practising regular Pranayama, Bhramari and Udgith along with Bhastika, Kapala-Bhati and Anulom-Antonyms. I have now got rid of the pain of joints and a relief in prostate enlargement. I therefore advise everyone to do regular yogic activities and make their life happy.

**---- Gorakh Prasad Nishad,
Former Minister, Animal Husbandry,
Viram Khand- 5/850, Gomtinagar, Lucknow.**

ii). Mukesh Kumar Singh

I am about 48 years old. I used to regularly read the articles related to yoga published by Dr. Bharat Raj Singh in the "Science & Health" column of news papers and magazines and decided to start yoga practice. Since I attained my weight 110 kg in the year 2016, I started attending regular Yoga practice conducted at the Janeshwar Park, Lucknow and after 10-12 months my weight came down to 85 kg and new glow was created in the body. Due to the reduction of 25 kg in my weight during the year 2016 to 2017, I participated in many National Races and won second position in the 10 km race.

In the continuation to this, I took higher yoga classes and received the Post Graduate Diploma Certificate in Yoga.



Now I am conducting regular yoga classes as a Yoga Trainer and also making people aware about the yogic consciousness towards alignment of mind, heart and health to the public at large.

---- Mukesh Kumar Singh,
Yoga Instructor
Doordarshan Accounting Department,
Lucknow.

iii). Dr. Bharat Raj Singh

I have crossed 76 years of my age. Since 2009, I started feeling complaint of urine retensation (i.e., prostate enlargement). On the advice of doctors, tests were carried out in the labs of various hospitals and the situation of increase in uric-acid was informed. A test in SPGI, Lucknow showed that it could affect the kidneys. Then I took advise of a doctor situated at Aliganj who informed me that my prostate was enlarged and need to be operated with a laser, otherwise the problem could further worsen.

In the test report, my urine-retensation was found over 35 grams and temporarily the doctor advised me to start taking Urimax-30 capsule

daily for immediate relief, but after a few days, the side effects of the medicine was noticed and I suffered with stomach upset, which forced me to stop the use of this drug. Since I was doing regular yoga, I started Kapalabhati for more than 20 to 30 minutes and regular external pranayama and mandook pranayam, my prostate complaint was found negligible after few months and now during past 10-11 years, I am living a normal life without any treatment.

On my own experiences, I suggest to the public that you must do yoga practice regularly to make life happier, and also will feel increasing concentration of your mind and become a participant for the the development of your nation with new zeal.

**---- Dr. Bharat Raj Singh,
Environmentalism and
Director General (Technical),
School of Management Sciences,
Lucknow.**

iv). Shri Rajeev Bhatia



I am about 54 year's old and doing yoga regularly even after being posted in Bank of India, Mumbai for a long period. After joining Bank of India, Regional Office, Vibhuti Khand, Lucknow, from January 2020, I am came in contact with Prof. Bharat Raj Singh. Since I was suffering from prostate problem, one day I shared my problem with Dr. Singh. He advised me todo yoga 20 to 30 minutes regularly with a combination of Kapal Bhati Pranayama, Titli Asana and Manduk-Asana and asked me to report the progress after two-weeks. It felt like a miracle as the frequency of urination which was 3-4 times in the night reduced to 1-2 and I also stopped my Uri-Max medicine.

I have fully recovered now and feel great. I thank Dr. Bharat Raj Singh, in-charge of the Center for Yoga and Vedic Science, who gave me new light about the treatment of many diseases through regular yoga practice.

**.....Rajeev Bhatia,
Branch Manager, Bank of India, Regional Office,
Vibhuti Khand, Gomti Nagar, Lucknow.**

v). Shri Umesh Chand Tiwari,



I am about 67 years old, retired IAS from UP Govt. and living at Viram Khand-5 /51, Gomti Nagar, Lucknow. During my service period, I had developed a habit of smoking cigarettes continuously. Although I met Dr. Bharat Raj Singh when I was in the Public Works Department; but we are in regular touch at the Yoga Center, Vasanti Park since 2016. He suggested me to sit for half an hour under the Peepal tree in the park; take oxygen and start watering to plants and trees. This has given meraculus relief to end my habit of smoking cigarettes and I feel better now. Today I advise people to do yoga regularly.

**.....Umesh Chand Tiwari,
IAS (Retd.), 5/51, Viram Khand,
Gomti Nagar, Lucknow.**

vi).Shri Ramayan Singh,



I am about 82 years old, retired from Pradeshik Armed Constabulary (PAC) as Head Clerk and living in Viram Khand-5, Gomti Nagar. I met Dr. Bharat Raj Singh during morning walk since 2008. We continue to meet at the Yoga Center, Vasanti Park and take walk and do some postures of yoga. I am suffering from Piles

(Fistula) diseases. He suggested me to practice meditation and yoga daily and to eat fresh and light hot food to get rid of fistula. Today I am in great relief by doing regular meditation and yoga and also by changing my food habits.

**.....Ramayan Singh,
5/611, Viram Khand,
Gomti Nagar, Lucknow**



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