

HEALTH



Deva Somasundaram
Photo by Berty Mendis

Get well with pranic healing

into salted water. Once this is over, new good energy is sought and transferred to the patient.

Many healers

There are many healers practicing pranic healing with Somasundaram, and every morning they meditate so that they will have enough energy to heal others.

"But one healer will only be allowed to treat two or three persons a day, this is to ensure that the healer does not lose his energy.

Somasundaram added that a good

environment is needed for the healers as well as the patients to be well balanced and meditation is also very important.

Pranic healing has been performed on over 1000 patients and over 500 students have been taught this healing technique.

The number of pranic healing sittings depend on the severity of the ailment, where some ailments can be treated in one sitting others can be treated in a little over six and more serious ailments require sitting for a few months.

Pranic healing can treat...

Pranic healing can treat heart ailments, strokes and imbalances in blood pressure, diabetes, gastritis, intestinal disorders, kidney and urinary malfunctions, menstrual ailments, sterility, impotence, arthritis, rheumatism, frozen shoulder, lower back pain, eczema, asthma, sinusitis, migraine, ear and throat infections, pimples and boils, stress, depression, phobias and drug addiction.

Pranic healing is not intended to replace conventional medicine but rather to complement it.

Pranic healing creates a healthy energy field which envelopes the body and enables it to heal itself with ease and swiftness. This healing can be done to a person far away, even in another country.

Pranic healing is easy to learn, there are classes as well as workshops for people who are interested.

This healing method is relatively easy to pick up but one ought to be careful to use the energy from the environment to pass on to the patient or the healer may get weak.

Somasundaram says that he learnt this technique from healers in India and is ever grateful to Master Choa Kok Sui for the books and other information he has found on pranic healing. Somasundaram also wishes to thank Master Choa Kok Sui for his contribution of \$ 35,000 for tsunami relief he sent to Sri Lanka.

Pranic healing can bring relief to women during childbirth and also be a complementary healing method to cancer patients. This technique is also said to be very popular among doctors as well as patients around the world.

By
SHEZNA SHUMS

Pranic healing, derived from Sanskrit, which means life force or life energy, is an alternative healing technique which solely uses the energy around the person and the environment to treat many ailments of the body and mind without any form of therapeutic ointments, drugs, massages or exercises.

"This ancient science of healing is a non-touch and non-drug healing method. It has many other advantages," said Pranic Healer, Deva Somasundaram, a retired chartered civil engineer who has been carrying out this practice for over 10 years. Somasundaram said that pranic healing is not only able to cure the symptoms of the disease but treat the cause of it as well. "This is a holistic type of healing," he added.

Another advantage of pranic healing is that as there are no drugs used, there are no side effects to this treatment and this is why pranic healing is becoming popular in the Western world, where there are many centres offering this method of healing.

This alternative healing method can treat physical, emotional, mental and psychological problems. However Somasundaram noted that patients are advised to continue with their normal medications for their ailments. He also said that many patients have discontinued with Western medication after seeing the results of pranic healing.

Preventive measure

Pranic healing will also be able to promote preventive measures, because once a person is scanned by a pranic healer, the healer is able to gain knowledge of where there are imbalances of a person's energy. The pranic healer would scan the person by feeling with his palms, the surrounding of the person's energy or environment.

When a patient comes to us we talk to the patient, find out if they are under stress and get a basic idea of the person, after which we scan the person with the method we have learnt.

The patient is to sit down and have his hands on his lap with his palms facing up, and his tongue to his palate. For about half an hour the pranic healer would with his hands study the energy surrounding the person, if they are balanced or not.

After this the pranic healer will note where there are imbalances, example the throat, stomach or chest area and will thereafter find out from the patient if he suffers from any ailments in these places and if so advise him to consult a doctor. Minor ailments can be treated by pranic healing as well.

Somasundaram stated that pranic healing is a complementary treatment for a patient and they never encourage the patient to stop their Western medication or treatment.

It should also be noted that this art of healing was considered to be more superstitious. At present, however, this type of healing has also been researched and experimented upon by chemical engineer, Master Choa Kok Sui and established as a simple, scientific form of healing now called pranic healing.

Pranic healing is practiced in countries as the USA, India, China and Sri Lanka and does not necessarily belong to one denomination or country.

Energy field

Somasundaram explained that around every person is an energy body, a magnetic field, aura or what is called a bioplasmic body.

"It is this energy that has a direct impact on the physical body, so if the person has an ailment, we can detect it and if the disease is still with his or her energy we can detect it and take preventive action," Somasundaram explained.

The pranic healer, after finding imbalances of energy of a person can get rid of these imbalances and through the energy in the environment, ground, sun and divine, transfer energy so as to create a balanced energy for the person in question.

"We know there may be something wrong in a patient when we feel these imbalances around them," stated Somasundaram.

In healing, the pranic healer would use a crystal and capture the dirty or bad energy from a particular place and transfer this energy