

The power of 'Prana'

By Lankika de Livera

When two people are in love, they radiate a kind of energy towards each other that is felt by others too.

There is a magnetic attraction and powerful energy.

"Prana" in Sanskrit is Life Force or Life Energy. Without energy, there is no life in the body. As we know, our physical body closely interacts with our minds. Neuroscience today has proof of this body-mind interaction through the PNIE system (Psych-neuro-immuno-endocrine system), and we know psychosomatic illnesses cause many physical malfunctions in the body.

Apart from the physical and mental bodies, there is still yet another dimension for healthful living. That is the Energy Body - controlled by the spiritual dimension in our lives. Thus our thoughts play a pivotal role in the kind of lives we lead.

Every physical body, be it man or animal is surrounded by an "aura" or the Bioplasmic Body that we earlier called the energy body. The aura is like an outline of the body; there is an inner aura and outer aura.

Russian Kirilian photography makes a person's aura visible. Some computers too with the aid of a special device, can scan your photograph to an extent that your aura can be seen. Kirilian photography has also shown that all diseases first manifest within this energy body and are clearly shown by changes in the aura.

Energy follows thought. Thus mental stress and emotional disturbances directly affect our energy body, in turn, adversely affecting our physical body. Hence by manipulating this aura or energy body and bringing about an improvement within it, the physical body can be healed of its ailment or disease.

When one goes for Pranic healing - the healer will generally not ask you what your problem is. He will "scan you" with his bare hands - (not even touching you) and find out what your problem is. This is a non-touch, no drug system, more on a spiritual plane.

Pranic healing offers the chance to overcome diseases, practise preventive treatment and rejuvenate the human body, thereby bringing about a youthful vitality both physically and mentally. This form of healing can stimulate physical and mental growth in retarded children. But it is not intended to replace conventional medicine, rather to complement it.

If you have been meditating or are a more spiritual person, the aura around you will have a powerful golden hue. All religious leaders and spiritually advanced persons generate this kind of powerful energy.

On earth, Prana (energy) exists in the form of solar, air, ground, and tree energy. When you walk barefoot on the grass you are absorbing good ground Prana from earth. If you rest under a tree, it rejuvenates you,



Sumi Lazar

because again you are absorbing good Prana from the tree. Thus the four elements of Earth, Wind, Water and Fire (sunlight) give energy.

Choa Kok Sui is the Filipino Master of Pranic Healing who revitalized the ancient art of Pranic healing, which is now practised in the US, Canada, South America, Europe and South East Asia. In Sri Lanka, the Pranic Healing Foundation is headed by former civil engineer, Deva Somasundaram.

Heart ailments, strokes and imbalances in blood pressure, diabetes, gastro-intestinal disorders, kidney and urinary malfunctions, menstrual ailments, sterility, impotence, arthritis, rheumatism, asthma, sinusitis, migraine, ENT ailments, eczema, stress, depression and drug, tobacco and alcohol addiction, skeletal and muscular disorders, tumours and cancers and almost all psychiatric illnesses can be cured by Pranic healing.

Once in six months, the Pranic Healing Foundation of India sends trainers to Sri Lanka to conduct two advanced courses. The March courses had 52 participants including six Sri Lankan medical doctors.

Sumi Lazar, a trainer from Bangalore was in Sri Lanka to conduct advanced and psychotherapy courses, which teach the techniques for practising healing on one's self and others through learning and practice. The textbooks for the courses have been published in 17 languages and will be translated to Sinhala as well.

Lazar talked of her personal experience and how she had seen through Kirilian photography - that the aura of cancer patients is a muddy brownish-red. A healthy person's aura should be a mixture of iridescent rainbow colours without the colour of indigo.

Lazar believes that Pranic healing can cure cancer in its early stages and that even in the final stages, pain can be minimized.

Explaining instances of transfer of energy examples in our daily lives, Lazar says if you walk into a temple, mosque, church or kovil - you immediately feel calm and relaxed, because of the transfer of good energy in that place to you. But if you go to a marketplace, it does not make you feel relaxed. Every environment and place has its different kinds of energy.

Those interested in Pranic Healing to heal themselves or others, could contact- The Pranic Healing Foundation of Sri Lanka at No. 20, Moor Road, Wellawatte - tel: 2580048.

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Deva Somasundaram at a Pranic healing session