

**Certificate in Integrative Palliative Care – 3**  
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**Week-04**  
**Lecture 32: Introduction**

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Hello friends. Namaskar. Week number 4, Pranic Healing. So, we are coming nearer to the completion of one month. Congratulations.

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## **Pranic Healing**

- **Pranic Healing traces its roots back to ancient civilizations in India**, where the practice was used to heal ailments by **manipulating prana**. Over time, it evolved and spread to other parts of the world, gaining popularity for its non-invasive nature.
- **Grand Master Choa Kok Sul**, through his research and experiments, conceptualized a comprehensive method that helps in cleansing and energizing the energy system, which pervades the physical body, thus accelerating the rate at which the body can heal.
- **Years later, the science of Pranic Healing spread from South East Asia to the rest of the world.**

What is Pranic Healing? Pranic Healing traces its roots back to ancient civilization in India where the practice was used to heal ailments by manipulating prana.

In traditional Chinese medicine they call it chi, we call it prana. Over time it evolved and spread to other parts of the world gaining popularity for its non-invasive nature. Grand Master Chau Kok Sul through his research and experiments conceptualized a comprehensive method that helps in cleansing and energizing the energy system which pervades the physical body, thus accelerating the rate at which the body can heal. Years later, the science of pranic healing spread from Southeast Asia to the rest of the world.

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**Benefits Of Pranic Healing?**

The key benefits of pranic healing include:

- Greater happiness
- Inner peace
- Higher degrees of intelligence
- Fewer health problems
- Helping others
- Higher degrees of sensitivity and awareness
- Improving your intuition

The key benefits of pranic healing include greater happiness, inner peace, higher degree of intelligence, fewer health problems, helping others you become helpful in your nature and behavior, higher degree of sensitivity and awareness and improving your intuition.

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WEEK FOUR**

- 1. Role of Pranic Healing in Palliative Care**
- 2. Five Elements: Pranic Healing**
- 3. Chakras: Pranic Healing**
- 4. Forgiveness**
- 5. Twin Hearts Meditation**
- 6. Gratitude**

We will have the following lectures in this. All these lectures will be taken by Dr. Usha. She is a professor in Dev Sanskriti University located at Haridwar, a very good trainer in pranic healing.

She and her husband Rakesh Jaiswal, both are pranic healing trainers. Role of pranic

healing in palliative care. Five elements in pranic healing. Chakra system, what is the use of chakra system in pranic healing? Forgiveness and gratitude, these are the two qualities which we are supposed to inculcate. If we do not have that inner peace, then we cannot learn or we or neither we can teach pranic healing to anybody and then is the twin hearts meditation.

Role of pranic healing in Palliative Care.

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### What is Pranic Healing?



- Pranic Healing is an ancient science and art
- Utilizes Prana or vital energy to accelerate the natural healing power of the physical body and mind
- This was widely practiced in the ancient civilizations of India, China and Egypt.
- Involves the manipulation of the vital energy and bio-plasmic matter of the patient's body for physical and mental well-being.

What is pranic healing? Pranic healing is an ancient science and art, utilizes prana or vital energy to accelerate the natural healing of power of the physical body and mind. This was widely practiced in ancient civilization of India, China and Egypt. It involves the manipulation of the vital energy and bioplasmic matter of the patient's body for physical and mental well-being.

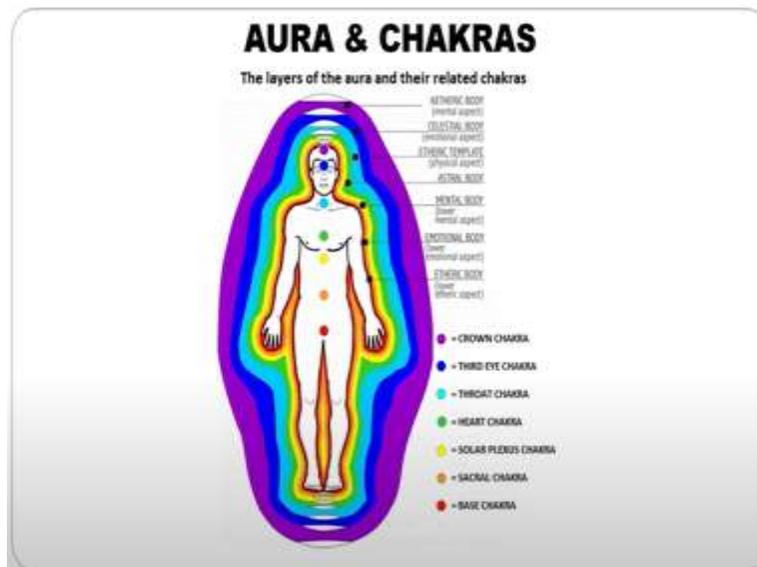
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## AURA

- An aura is an electromagnetic energy field that surrounds us all. From humans to animals and even objects, everything has an aura of some sort.
- **The aura is what gives us that “vibe” we get from other people. When, without getting to know someone first, you just have “a feeling” about them, you’re actually reading their aura.**
- Some people, animals or things could have a negative aura or a positive aura. If you’re tuned into noticing it, you’re the type of person who can get a good feel for someone’s personality from just one conversation.

Aura. An aura is an electromagnetic energy field that surrounds us all, from human to animals and even objects, everything has an aura of some sort. The aura is what gives us that vibe we get from other people, when without getting to know someone first, you just have a feeling about them, you are actually reading their aura. Some people, animals or things could have a negative aura or a positive aura. If you are tuned into noticing it, you are the type of person who can get a good feel of somebody's personality from just one conversation.

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This is the picture of aura and chakras.

Chakras are round spots center of the image, it starts with the purple at the top and comes down to red that is the Muladhara chakra we call it, lowest most base chakra. The top most is called crown chakra, then in between the eyes that is called the third eye chakra, on the throat is the throat chakra, then heart chakra, solar plexus chakra, sacral chakra and base chakra, muladhara chakra and around the person you just see colorful pictures that is the aura, that aura emanates from the body of the person.

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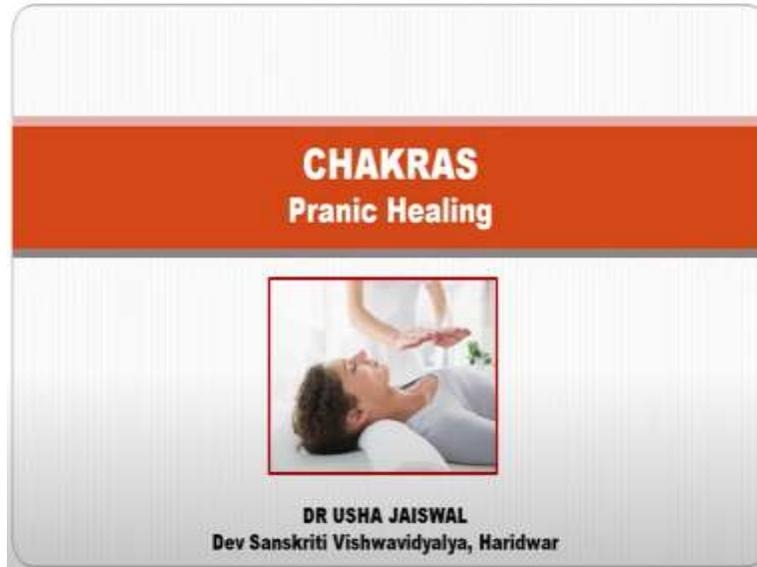
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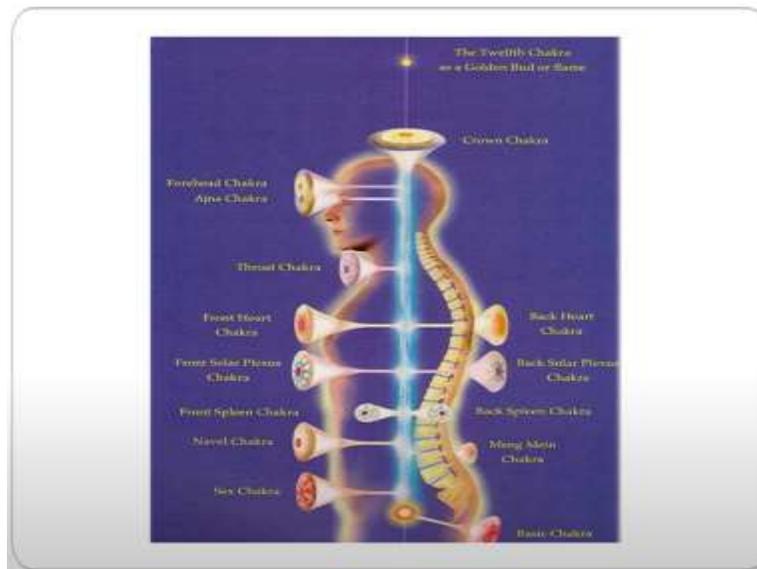
Five elements, the five elements are we call them Panchmahabhuta, five great elements. Prithvi tatva that is earth prana, jal tatva that is a water prana, agni tatva that is called sun

prana, vayu tatva that is called air prana and akash tatva that is ether. So, these are the five elements and our body is made up of these five elements.

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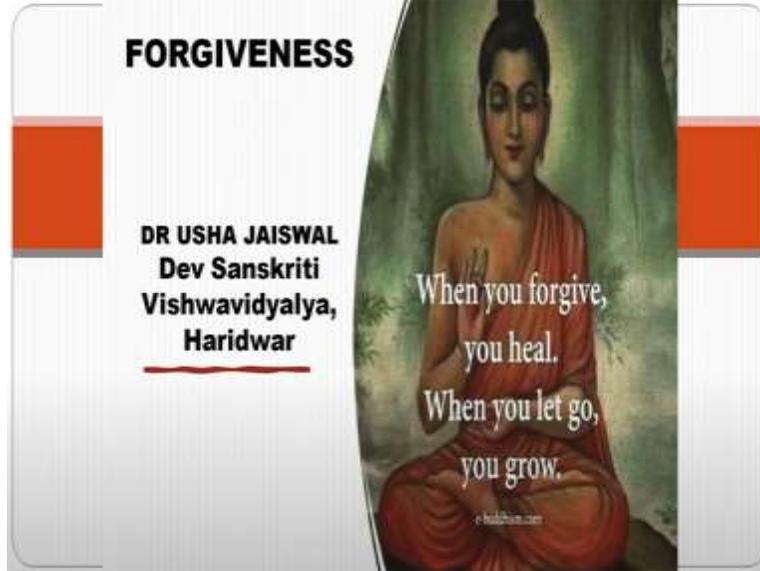
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Chakras in pranic healing, these are the Chakras starting from forehead and topmost is the crown chakra, sahasra, then agnya chakra, throat chakra, heart chakra, solar plexus, spleen, navel chakra and down below muladhara that is the sex chakra. So, these are the chakras and the energy is passing through all the chakras. All these things will be explained to you by Dr. Usha when she starts presenting her lecture. I am just giving you

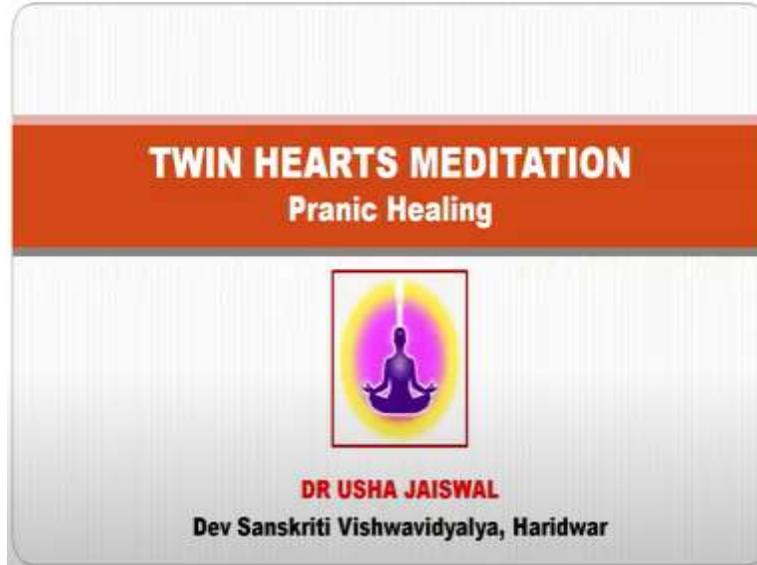
a rough idea, this is what you are going to face, that is aura, chakra and other things.

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Forgiveness, when you forgive you heal, when you let go you grow. If you do not forgive, then that particular point will remain with you, you will become unhappy. So, it is very important that you forgive, you forgive somebody if you find he has done something wrong with me, okay, I just forgive him, let him go on his own path, I am on my own path, I do not want to worry about that. Once you start doing this, when you let go of it, your mind becomes free, you become happy.

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Twin heart meditation in pranic healing.

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Steps of twin heart meditation cleansing the etheric body through physical exercises. That means this is normal for any meditation always advisable to do some sort of exercise, body exercise. Like in Ashtang yoga, what we do? We do asanas. Asanas are nothing but sort of physical exercises. So, before entering the meditation, it is better to cleanse the etheric body.

Invocation for divine blessings, thereafter once you do pranayama or once you do asana, After asana, you do pranayama. When you do pranayama, the breathing control, you in vocation for the divine blessings starts automatically. Activating the heart chakra by blessing the entire earth with loving kindness. You activate the heart chakra and you get the blessings from the entire world. Then you activate the crown chakra by blessing the earth with loving kindness.

Then meditating and blessing the earth with loving kindness through your heart and crown chakra simultaneously. So you keep meditating. At the same time the total concentration goes over to those chakras. The total concentration goes to those chakras and you bless the earth with loving kindness.

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Gratitude: Karma, think good thoughts, say nice things, do for others, everything comes right.

These are the laws of karma and therefore it is very important. Do good things to others and those good things will come to you. Thank you friends. Thank you.