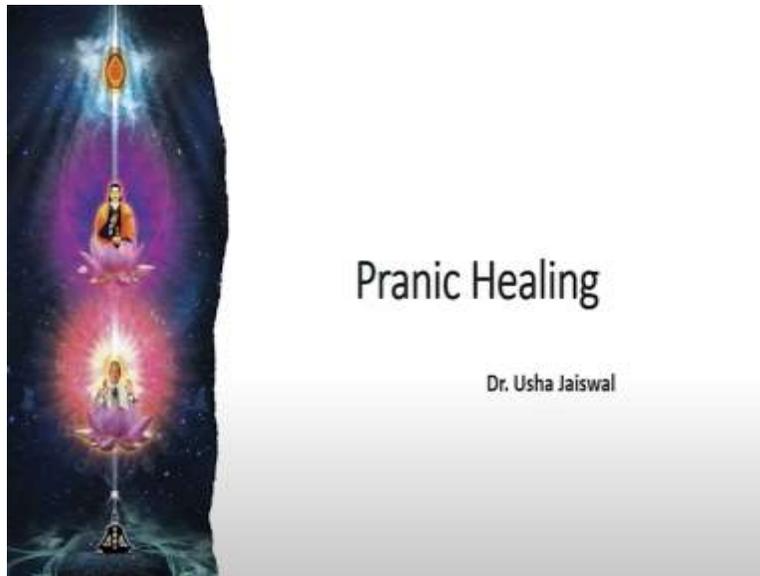


Certificate in Integrative Palliative Care – 3
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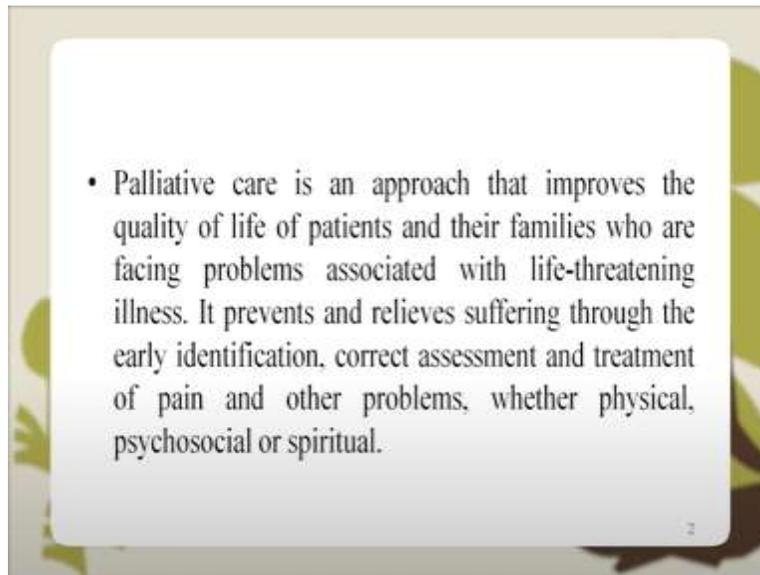
Week-04
Lecture 33: Role of Pranic Healing in Palliative Care

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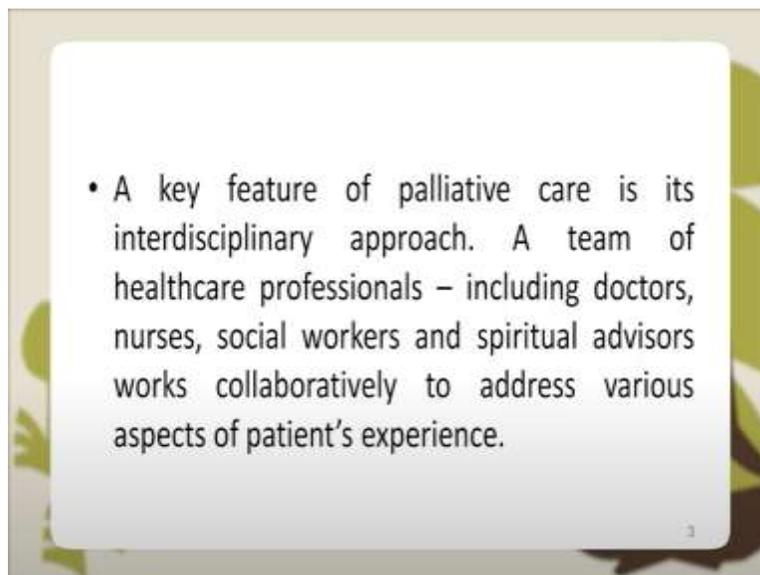
Namaste! Today we are going to discuss the role of Pranic Healing in Palliative Care.

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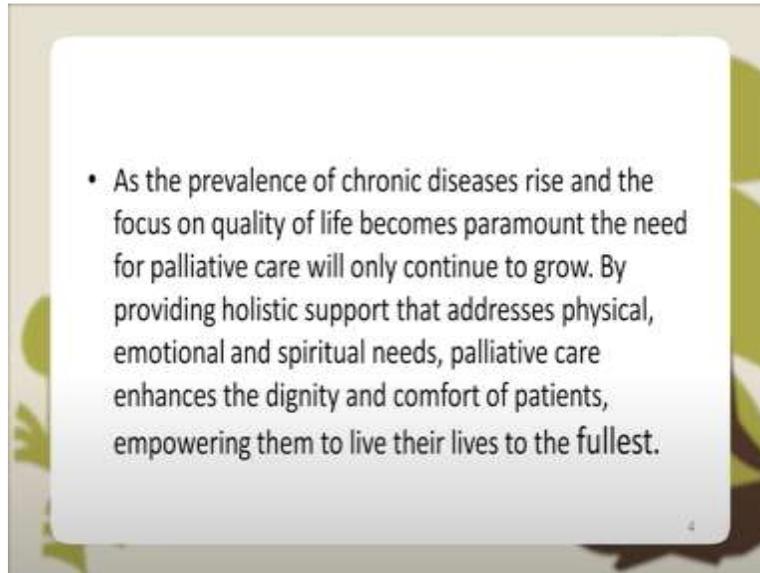
Palliative care is an approach that improves the quality of life of patients and their families who are facing problems associated with life-threatening illnesses. It prevents and relieves suffering through the early identification, correct assessment, and treatment of pain and other problems, whether physical, psychosocial, or spiritual.

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A key feature of palliative care is its interdisciplinary approach. A team of healthcare professionals, including doctors, nurses, social workers, and spiritual advisors, works collaboratively to address various aspects of patients' experiences.

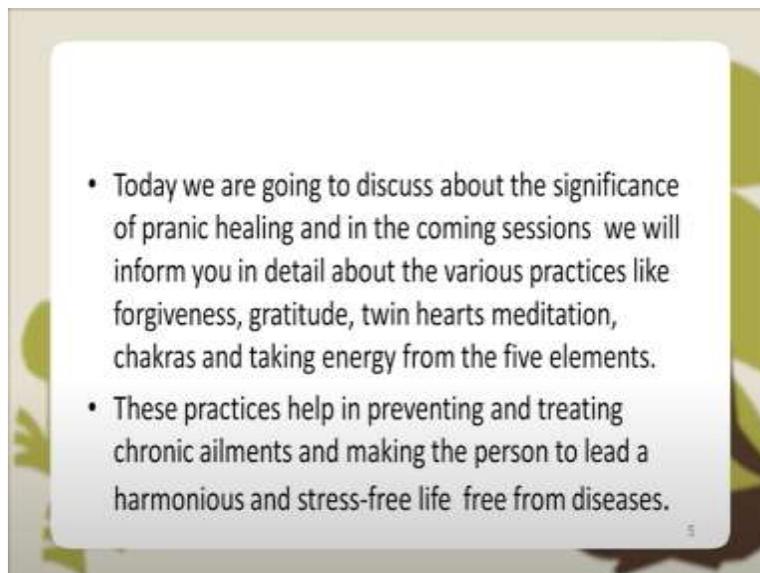
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As the prevalence of chronic diseases rises and the focus on quality of life becomes paramount, the need for palliative care will only continue to grow.

By providing holistic support that addresses physical, emotional, and spiritual needs. Palliative care enhances the dignity and comfort of patients, empowering them to live their lives to the fullest.

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Today, we are going to discuss the significance of Pranic healing, and in the coming sessions, we will inform you in detail about the various practices like forgiveness,

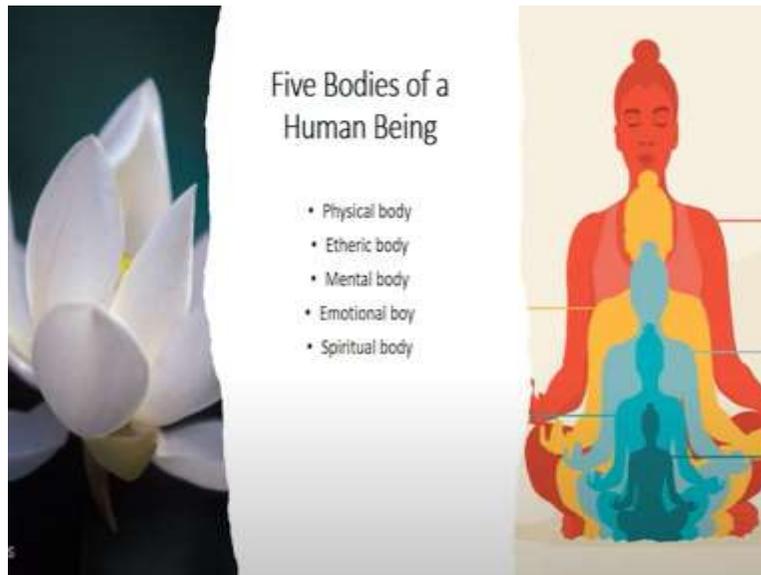
gratitude, twin heart meditation, chakras, and taking energy from the five elements. These practices help in preventing and treating chronic ailments and enable the person to lead a harmonious and stress-free life free from diseases.

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So, this is our agenda. In the introduction, we are going to understand what Pranic Healing is, what Prana is, the ancient knowledge and present-day applications, what the major chakras are, how to cure diseases, who can learn Pranic Healing, and we will show a demonstration of it, feel the prana, and provide a conclusion.

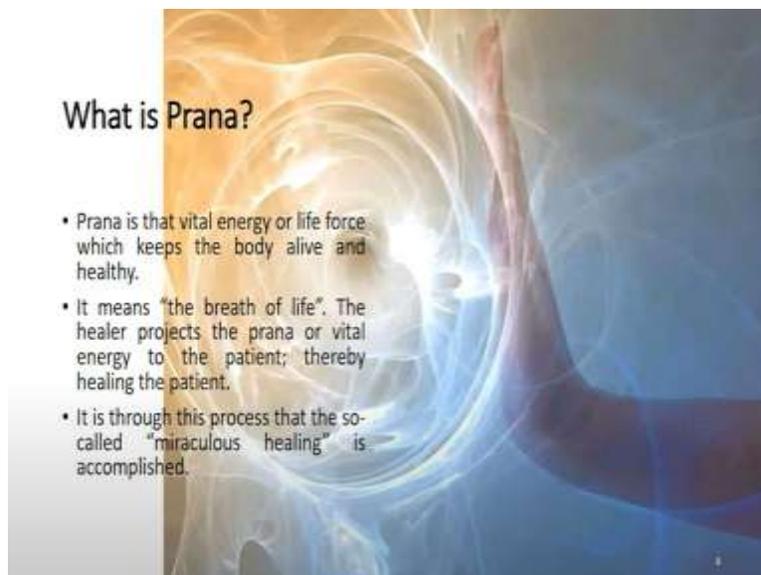
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So, first of all, we should try to understand the five bodies of human beings. What are they? Physical body, etheric body, mental body, emotional body, and spiritual body. So pranic healing works on the etheric body, which is the pranamaya kosha.

So we have five koshas: annamaya, pranamaya, manomaya, vijnanamaya, and nandamaya kosha. Pranavaya Kosha in the English language is called the etheric body. It consists of three layers: inner aura, outer aura, and health.

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So, what is Prana? Prana is the vital energy or life force that keeps the body alive and healthy. It means the breath of life.

The healer projects the Prana, or vital energy, to the patient, thereby healing the patient. It is through this process that the so-called miraculous healing is accomplished.

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What does Prana do?

Prana

- Invigorates the whole body
- Promotes good health
- Increase ones vitality
- Capacity to do more work
- And the ability to think more clearly

Person with a lot of excess prana tend to make people around them feel better and livelier.

A glowing human figure with energy points, illustrating Prana. The figure is shown from the back, with a bright yellow and orange glow emanating from the head, shoulders, and lower back. The figure is in a seated or crouching position, with hands held near the chest. The background is dark, making the glowing figure stand out.

So, what does prana do? Prana invigorates the whole body. It is promoting good health. It increases a person's vitality.

The capacity to do more work is possible with the help of prana and the ability to think more clearly and make decisions wisely, which is also possible with this prana. A person with a lot of excess prana tends to make people around them feel better and livelier.

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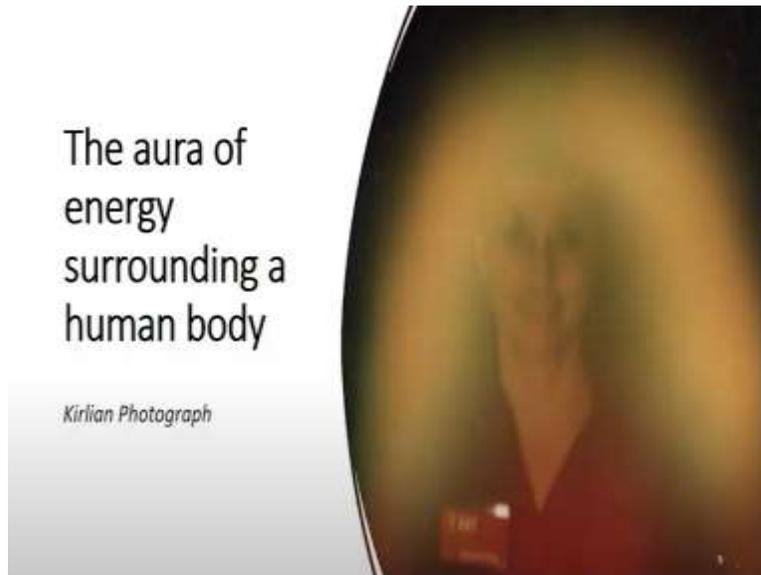
So this prana in China is called chi. In Japanese, they call it Ki. In Europe, they call it Elan Vitalae.

In Hebrew, they call it Ruah. And in Hawaii, they call it Mana. In India, we call it Prana. The life force is the vital energy. What is pranic healing? Pranic Healing is an ancient science on Earth.

It utilizes prana or vital energy to accelerate the natural healing power of the physical body and the mind. This pranic healing technique was widely practiced not only in India but also in China, Egypt, and other countries. It involves the manipulation of the vital energy and bioplasmic matter of the patient's body for physical and mental well-being. Prana, in the Sanskrit word, means life force or vital energy. Pranic healing synthesizes the principles of energy healing from around the world.

Pranic healing is one of the most advanced and complete methods of working with energy in the world. How is it possible? It is accomplished by removing negative, diseased energy from the patient's energy body and transferring fresh prana to the affected areas.

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So here you are able to see the aura that surrounds the physical body. You can see Kirlian photography using this technique. They are able to take photographs of auras.

It is clearly visible in this picture. So the aura in a normal person is 5 to 6 inches; in a healthy person, it is 8 inches; and in a spiritual person, it is 1 meter or more. So, what does Aura contain? It contains our feelings, our emotions, our ideology, and our value system. So whatever we feel, whatever we are, is reflected in our heart. That's the reason that whenever we go to certain homes or meet certain people, we feel positive, and sometimes we feel negative.

I will give you an example. I went to one of my friend's houses. I felt like sitting for hours. I only went to their house for a few minutes because there was some work to do. But I sat for 3 to 4 hours.

I don't feel like coming back. Because of the aura surrounding the people and the energy in the room, we felt better and happier. So, in certain places, you see the positive aura; in other places, you see the negative aura. So, what are the positively aura places? You go to temples, you go to spiritual places, you go on pilgrimages, and you feel a lot of positive vibrations and energy. You have a lot of plans.

You will think about the future; I will do this work, I will do that work, and I will just wake up early in the morning and do all my spiritual practices. You have such commitment and strong sankalpa because of the ambience that is creating this type of feeling in you. In certain places that have a negative aura, like hospitals, Smashana Vatika, and places where a person has been suffering for months, if you go to those rooms, you will feel the negative aura and negative energy. Because a person's energy

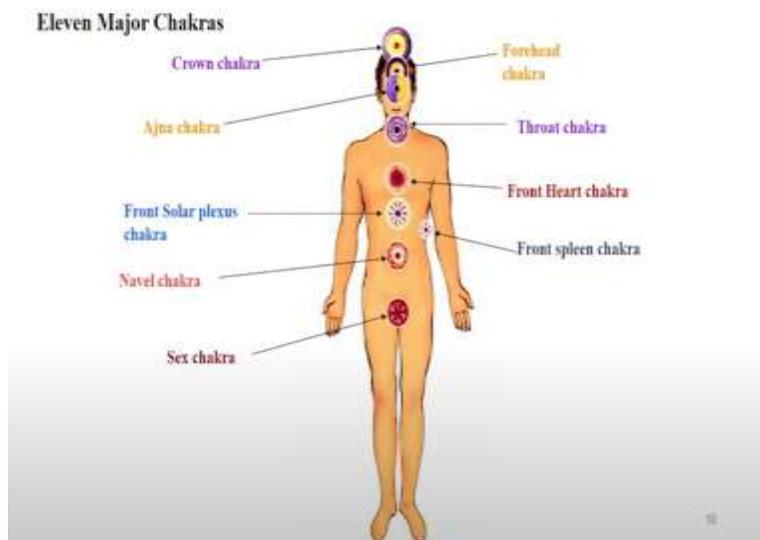
will penetrate all the items that are used by our hearts. Suppose I am using these pens; my energy is imbued in this item.

I am using this pen; my energy is infused in it. So whatever items we are using, suppose I wear this sari and these bangles, everything—all the items I use—has been imbued with my energy. The energy will go inside this instrument. That's the reason the items used by the great sages and saints are considered very sacred. We just touched our toes.

We want to at least have a touch of the items used by those great personalities. Because by touching, simply by touching, we feel energy. We are able to absorb the energy. Because they have done a lot of penance for many years, they deserve recognition. That's the reason the saints and sages of India, whenever a person comes to them with any difficulty, give one flower or whatever small thing they have, and those things work like miracles.

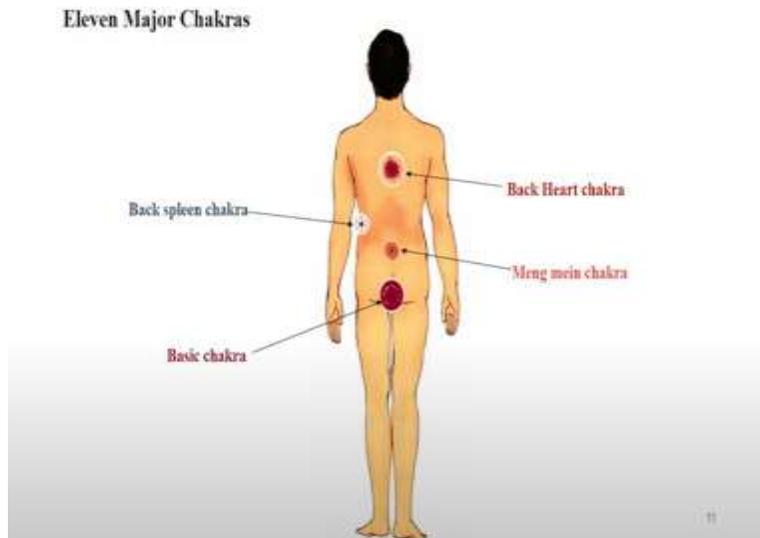
They will do wonders for him. Why? Because the aura is very strong.

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Here you see 11 major chakras in the pictures. You see the location also: crown chakra, this area above the head; forehead chakra is here, ajna chakra is here, throat chakra is here, front heart chakra is here, and just opposite is the back heart chakra; front spleen chakra is just below the ribs, front solar plexus chakra is here, below the ribs, and then navel chakra and then sacral chakra.

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Next, in the following picture, we see the back spleen chakra just opposite the plant spleen, the back heart opposite the front heart, the main chakra just opposite the navel, and the basic chakra at the edge of the smile.

So in the upcoming lecture, we are going to discuss the seven major chakras, which have already been described in all the unit texts. You will understand the functioning of these chakras in detail.

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The diagram shows a human figure with a glowing energy field. The chakras are represented as colored spheres along the spine, with lines of energy extending from them. The colors from top to bottom are green, yellow, orange, red, and purple.

Applications of Pranic Healing

HEALING Physical Body, Emotions, Mind, and Spiritual problems,
Relationships Parental, Marital or any other at home
Relationship with colleagues in office/workplace
Other aspects of one's life
Failing business
Performance of children in studies

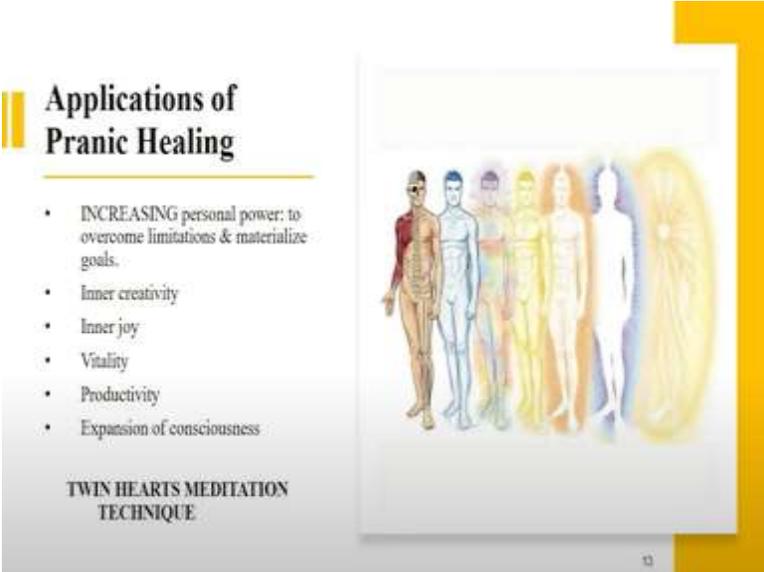
ENHANCING

- Healing skills
- Social skills
- Domestic skills
- Physical, psycho-emotional, mental health

So, what are the applications of pranic healing? Pranic healing can be applied to all problems. It might be physical, emotional, psychological, or spiritual problem. It can also be used to create relationship problems.

The relationship problems between the wife and husband, between brothers and sisters, or any relationship issues can benefit from this technique. A relationship with colleagues in the office is a workplace that can also be improved by using the technique of Pranic Healing. So we can also use the Pranic Healing techniques in other aspects of one's life, such as enhancing business growth and improving children's performance in their studies. And it will also help in healing skills, social skills, domestic skills, physical skills, psychological skills, emotional skills, and mental health.

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Applications of Pranic Healing

- INCREASING personal power: to overcome limitations & materialize goals.
- Inner creativity
- Inner joy
- Vitality
- Productivity
- Expansion of consciousness

TWIN HEARTS MEDITATION TECHNIQUE

13

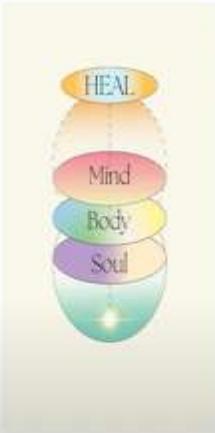
How do you apply Pranic healing? Pranic healing techniques will help enhance personal growth, overcome limitations, and materialize goals.

It will also help you increase the creative potential of individuals. The joy, vitality, and productivity can also be enhanced by using the techniques of Pranic Healing. We can expand our consciousness by practicing the Twin Hearts Meditation. We will discuss in detail the Twin Heart Meditation in another lecture, where you can understand its importance and what role it plays in making your life better.

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What can Pranic Healing treat?

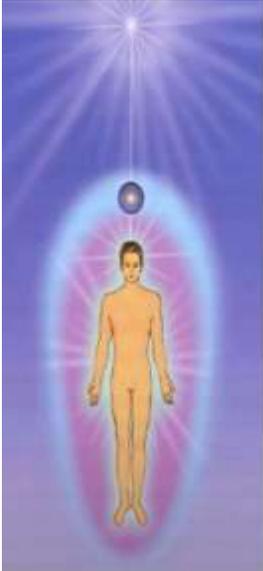
- Bring down the temperature during high fever
- Headaches, gas, pain, toothaches and muscle pains
- Cough and cold
- Loose bowel movement
- Major illnesses such as eye, liver, kidney and heart problems
- It increases the rate of healing by three or more times than the normal rate of healing.



So, what can Pranic Healing treat? It can help bring down the temperature during a high fever.

It will also help you overcome problems, day-to-day issues like headaches, gas, pain, toothaches, and muscle pain. You can cure your cold and cough. In the case of loose bowel movements, you can also use this technique. And you can also apply this technique to major illnesses such as eye, liver, kidney, and heart diseases. When you practice Pranic Healing, the rate of healing will increase and accelerate by three to four times compared to the normal rate of healing.

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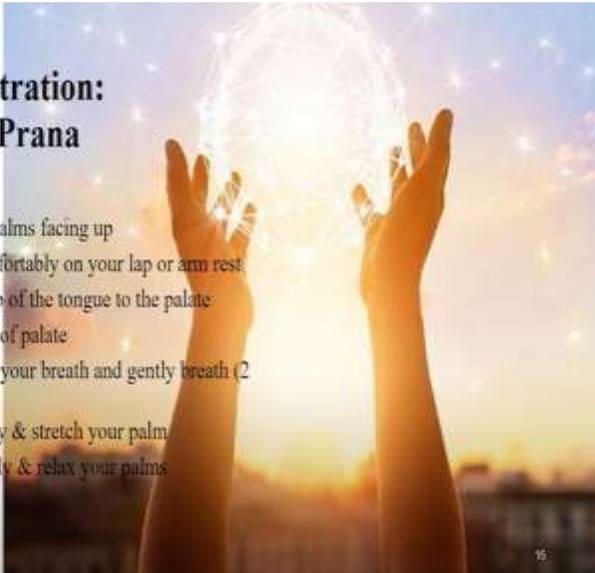


How does Pranic Healing work?

- Correcting imbalances in the energy field of the body.
- Imbalances are a reflection of physical, emotional and mental disorders.
- A pranic healer reinstates a person's physical, emotional and mental health 'without touch' by applying appropriate frequencies of energy to respective areas of the body.

How does pranic healing work? It corrects the imbalances in the body's energy field. So imbalances are a reflection of physical, emotional, and mental disorders. What does a pranic healer do? He reinstates a person's physical, emotional, and mental health without any touch by applying appropriate frequencies of energy to the respective areas of the body where problems exist.

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Demonstration: Feeling Prana

- Open your palms facing up
- Place it comfortably on your lap or arm rest
- Touch the tip of the tongue to the palate
- Soft portion of palate
- Be aware of your breath and gently breath (2 to 3 times)
- Inhale slowly & stretch your palm
- Exhale slowly & relax your palms

Now let us try to understand how to feel the prāṇa. Just before we are able to feel the prana, we have to do certain very simple and subtle exercises to activate our hand chakras.

There are two hand chakras: one is here, and the other is there. This is called the palm minor chakra. So, in order to activate this chakra, we will do simple exercises. Follow me. First, we have to do these exercises, see me, and follow me.

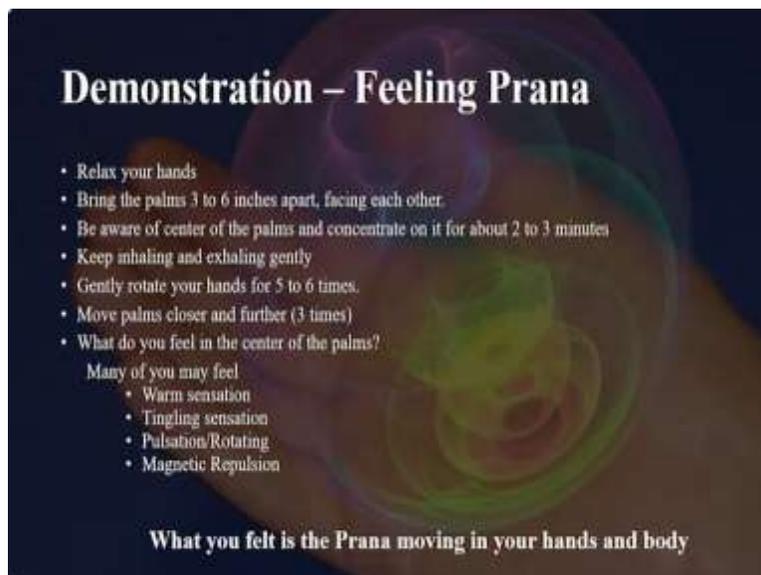
1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11. Next, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11. Next, just like giving aarti, you have to position your hands in this way: 7, 8, 9, 10, 11, 12. Next, opposite: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12. Next, wrist rotations 1, 3, 4, 5, 6, 7, 8, 9, 10, and 11 are followed by 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, and 12. Now afterwards, gently press the center of the palm, tips of the fingers.

Don't apply too much pressure; just touch gently. Next, keep the hands in this way. If possible, connect the tongue to the palate. Gently rotate your hand in a clockwise direction. Deep inhalation and deep exhalation are important.

Inhale very slowly and gently. Exhale very slowly. Once again, bring back the hands. Rotate. Move your hands in sync with your breathing. Synchronize your hand movements with your breathing.

Focus on the hands. Don't do it too quickly. Along with your breath, move your hands in a clockwise direction. Once again, bring it back. Now relax.

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Demonstration – Feeling Prana

- Relax your hands
- Bring the palms 3 to 6 inches apart, facing each other.
- Be aware of center of the palms and concentrate on it for about 2 to 3 minutes
- Keep inhaling and exhaling gently
- Gently rotate your hands for 5 to 6 times.
- Move palms closer and further (3 times)
- What do you feel in the center of the palms?
 - Many of you may feel
 - Warm sensation
 - Tingling sensation
 - Pulsation/Rotating
 - Magnetic Repulsion

What you felt is the Prana moving in your hands and body

Now, what feelings are you experiencing? You might feel that there is something moving in your hand: a tingling sensation.

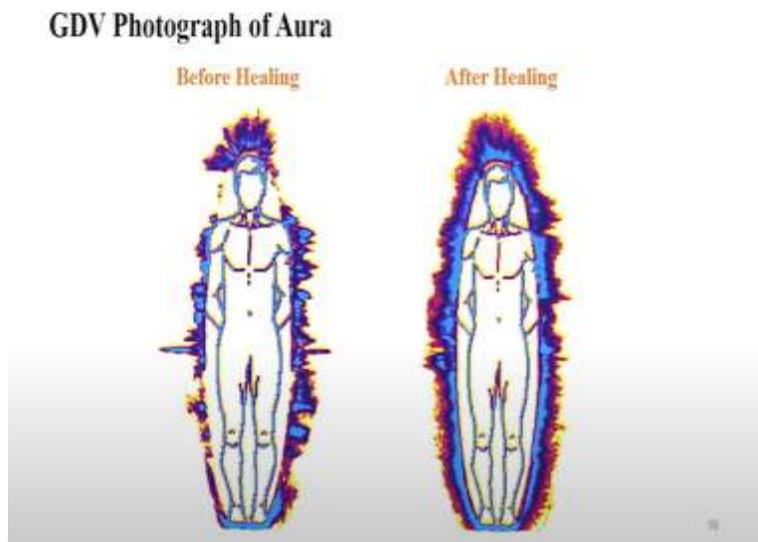
Or you might feel the heat. Or you might feel a cool sensation. Yeah, you might be feeling repulsion. The hands are coming together automatically due to magnetic attraction. So, these are all the feelings we are experiencing.

It varies from person to person. So whatever feeling you are experiencing, it means you are sensing the energy. Because we are in an ocean of energy. For the first time, we are trying to activate our chakras so that we can feel this energy. So, you have to do this practice for 30 days. So, after one month of doing this practice, wherever you go, especially where the energy is strong and a tremendous amount of energy is present, just like in temples, you feel it immediately.

Just like, for example, suppose you have a mobile phone. Once we activate the SIM and install it in the mobile phone, it will work wherever there is a signal. In the same way, these two minor cars will act as signals. They will inform you about the energy.

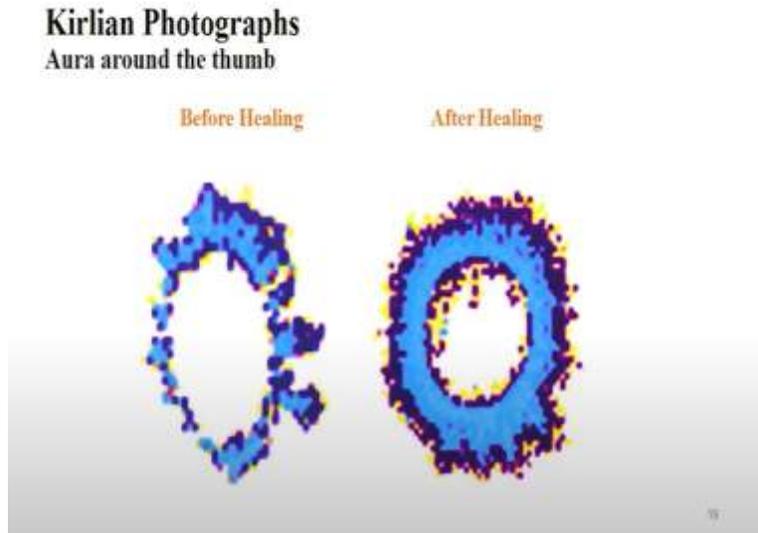
So this is the area where the positive energy lies. You will feel certain subtle vibrations in the center of the car.

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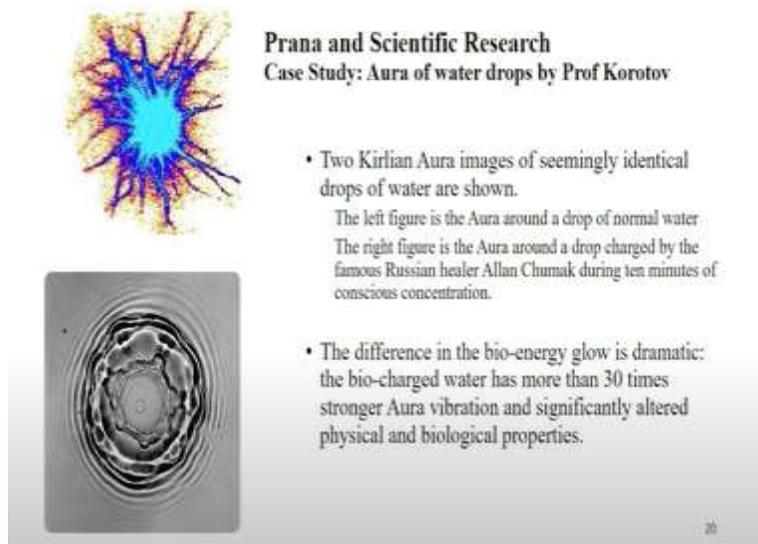
So here you can see two pictures. The aura of a person before healing and after healing is significant. This is the GDV camera through which we can take photographs of an aura. In the first picture, you can see that the aura is not complete; there are some disturbances in certain parts, such as the neck area, where the aura appears incomplete, but after healing, the aura is full and very vibrant.

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So here you can see another picture. It was taken with the help of Kirlian photography. Through this photography, you can capture the aura and images of the aura around the thumb. You see here in the first picture, before healing, it is incomplete. After healing, you see that it is complete and filled with immense energy.

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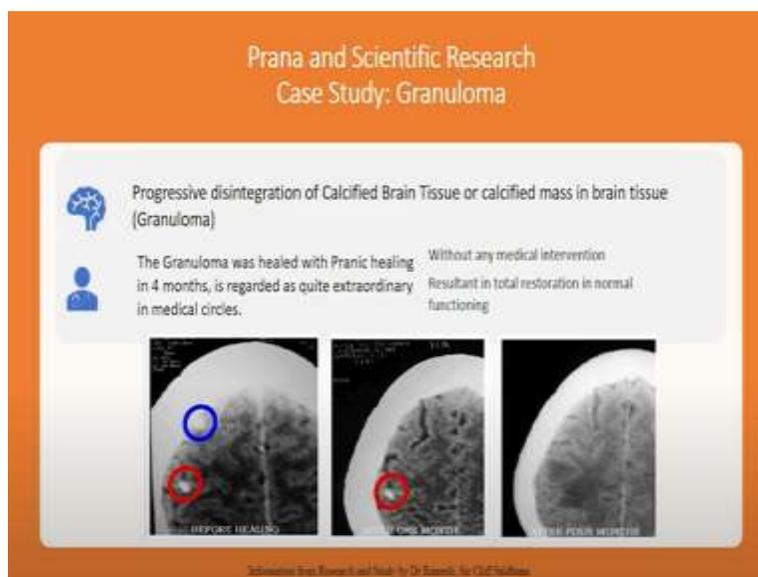


Now we are going to discuss the scientific research that was done in the area of chronic healing.

We will discuss the case studies. You see, there are two water droplets. This is the RF water drop by Professor Korotkov. These are both Kirlian images. They are identical droplets of water. The left figure shows the aura around a drop of normal water.

The right figure shows the aura around a drop charged by the famous Russian healer Allan Chumak during 10 minutes of conscious concentration. The difference in the bioenergy flow is dramatic. You see, it is crystal clear; it is visible. The biocharged water has a more than 30-times stronger aura vibration and significantly alters physical and biological properties.

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So, there is one more case study. This is a case study of granulomas, a progressive disintegration of calcified brain tissue. You see the pictures that were taken during the intervals. Before healing, you could see that the granuloma was present.

After one month, it had been reduced. The size has been reduced. After four months, it had completely disappeared. This is called miraculous healing. So, without any medical intervention, it results in a complete restoration of normal functioning.

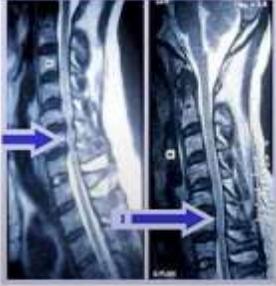
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A case of spinal injury due to prolapsed disc, leading to Paraplegia, due to impingement of the spinal cord. Before and after Pranic healing treatment scans.

The patient was in acute pain, wheelchair bound due to prolapse of a disc on the spinal cord.

After 3 months of Pranic healing, the patient was not only pain free but was able to walk as the disc returned to normal, correcting the impingement on the spinal cord.

Prana
and
Scientific Research
Case Study:
Prolapsed Disc



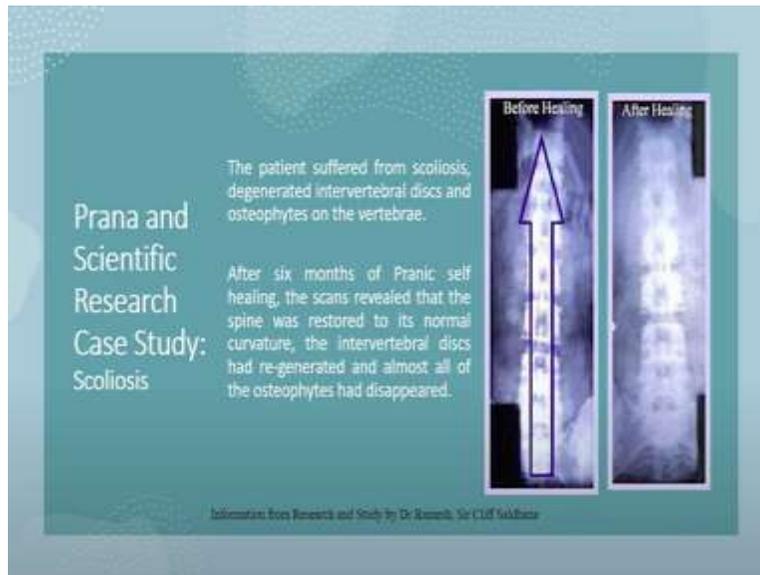
Information from Research and Study by Dr Ramesh, Sir Cliff Saldhana

One more scientific research study is about the cases of prolapsed discs in patients. So the patient has a spinal injury due to a prolapsed disc, which has led to paraplegia from the impingement of the spinal cord.

Before chronic healing treatment, there are scan reports available. You see, the patient was in acute pain. He was in a wheelchair due to a prolapsed disc in his spine. After three months of pranic healing, the patient was not only pain-free but also able to walk as the disc returned to normal, correcting the impingement of the spinal cord. These are all the crystal-clear pictures that you can see in this image.

This study was conducted by Dr. Ramesh and Sir Cliff Saldhana.

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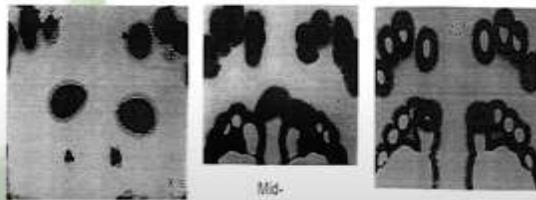
And one more study of this scoliosis refers to the curvature of the spine. The patient is suffering from scoliosis, regenerated intervertebral discs, and osteophytes on the vertebrae. After 6 months of pranic self-healing treatment, the patient, who was a pranic healer himself, performed his own self-healing. After doing his self-healing, the scans revealed that the spine was restored to its normal curvature. The disc had regenerated, and almost all of the osteophytes had disappeared, which can be seen clearly in these images.

This research was conducted by Dr. Ramesh and Sir Cliff Saldanha.

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Prana and Scientific Research
Case Study: Fatigue and Back pain

- Images of progressing energetic improvement of a patient were taken over a course of 3 weeks.
- Almost complete absence of energy in the first image.
- First signs of strong improvement in second image during mid phase of treatment.
- Muted quality of energy in the first image compared to the third image which shows a clear and sharp flow of energy



Before healing started Mid-Phase Post Healing

Pictures by Dr. Kao Makio D.C using model E-41 with X ray film

One more scientific research study: this is a case study on fatigue and back pain. You see the figure before healing starts, during the mid-phase, and in the post-healing phase. So there is a progressive and energetic improvement in a patient over the course of three weeks. In the first picture, you see a complete absence of energy.

In the second picture, there is significant improvement. And in the last picture, there is a complete and crystal-clear image.

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What is miraculous healing?

- Is nothing more than the rapid acceleration of the rate of self recovery of the body.
- There is nothing supernatural or paranormal about Pranic Healing.
- It is simply based on natural laws that most people are not aware of.



So, what is miraculous healing? In this case, we came to understand that pranic healing can work wonders. So we should try to understand how these wonders will occur. It is nothing more than the rapid acceleration of the body's rate of self-recovery.

There is nothing supernatural or paranormal about pranic healing. It is simply based on the natural laws of which most people are not aware.

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Is Pranic Healing easy to learn? Any healthy person who is around 16 years old can learn Pranic Healing. Pranic healing methods are simple, straightforward, and easy to understand. Everyone has the innate ability to heal and relieve pain. You can easily learn to cultivate and awaken this power to help yourself and others in a shorter period of time.

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Can we expect a complete cure through Pranic Healing?

- It gives immediate relief when it is applied properly and when the instructions are followed
- It follows a holistic approach in healing. While treating a certain condition, all the associated conditions and causes are also treated

Can we expect a complete cure from pranic healing? Yes, it provides immediate relief when applied properly and when the instructions are followed. It follows a holistic approach to inhalation. While treating a certain condition, all associated conditions and causes are treated as well.

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What diseases can be treated

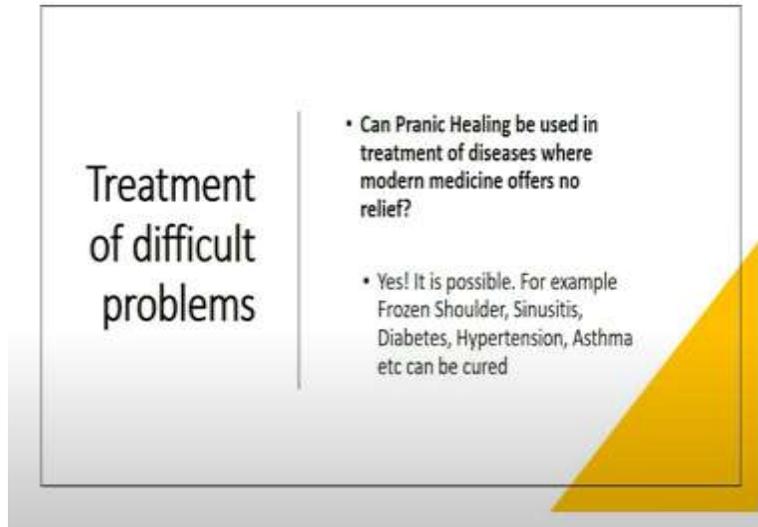
A list of common diseases cured through Pranic Healing:

- Diabetes
- Rheumatism
- Arthritis
- Malaria
- Influenza
- Cancer
- Jaundice
- Eye Problems
- Kidney Problems
- Nervous Problems
- Heart Problems
- Hypertension
- Hypotension
- Blood Disorders
- Asthma
- Hiccups
- Bed wetting
- Urinary Problems
- Emotional, Psychological and Behavioral Problems
- Phobias, e.g. Examination Phobia, etc.

What diseases can be treated through the application of chronic healthcare? Here, we have provided a long list. Diabetes, rheumatoid arthritis, gout, malaria, influenza, cancer, jaundice, eye problems, kidney problems, nervous problems, heart problems,

hypotension, hypertension, blood disorders, asthma, hiccups, bedwetting, urinary problems, emotional problems, psychological problems, behavioral problems, phobias, examination phobia, etc.

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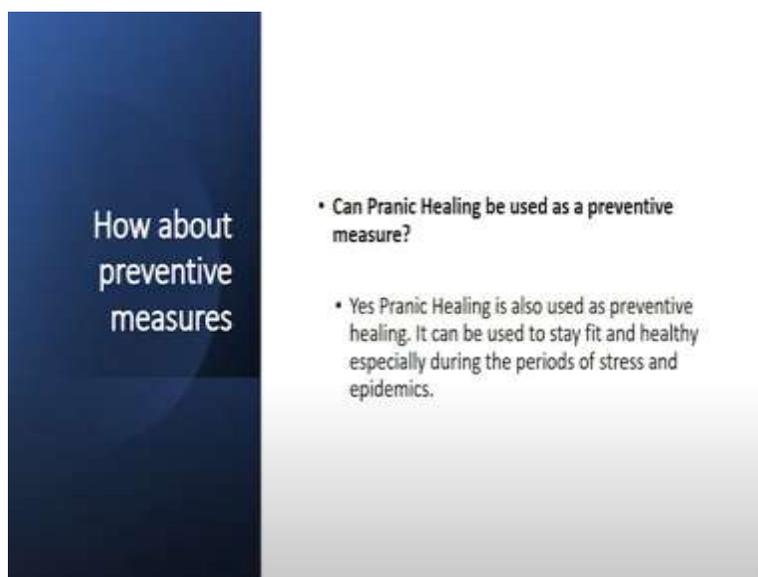


Treatment of difficult problems

- Can Pranic Healing be used in treatment of diseases where modern medicine offers no relief?
- Yes! It is possible. For example Frozen Shoulder, Sinusitis, Diabetes, Hypertension, Asthma etc can be cured

Can pranic healing be used in the treatment of diseases for which modern medicine offers no relief? Yes, it is possible. For example, frozen shoulder, sinusitis, diabetes, hypertension, and asthma can all be managed.

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How about preventive measures

- Can Pranic Healing be used as a preventive measure?
- Yes Pranic Healing is also used as preventive healing. It can be used to stay fit and healthy especially during the periods of stress and epidemics.

Can pranic healing be used as a preventive measure? Yes, pranic healing can also be used for preventive healing. It can be used to stay fit and healthy, especially during periods of stress and epidemics.

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Length of treatment

- What would happen if a full course of treatment was not taken?
- Nothing of any great consequence would happen to the patient except he/she would not experience the benefit of complete recovery.

What would happen if a full course of treatment were not taken? Nothing can happen.

Only the patient will not experience the benefits of a complete recovery. Thank you very much. Namaste.