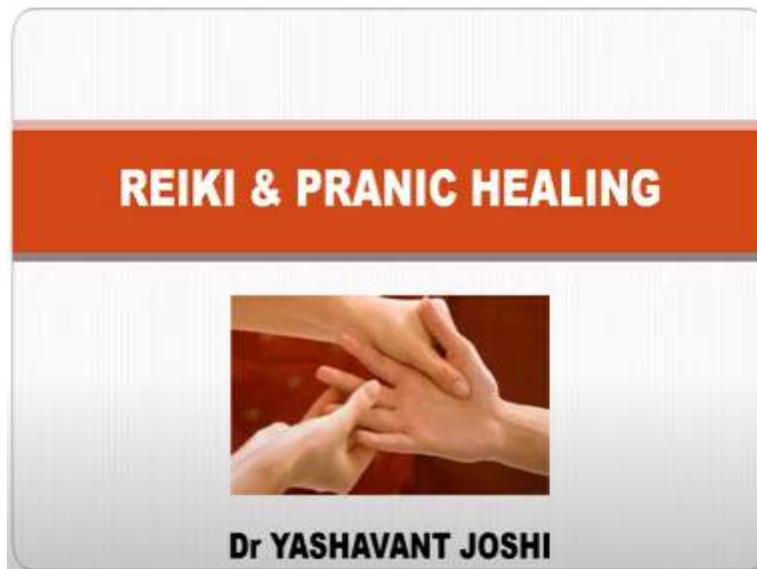


Certificate in Integrative Palliative Care – 3
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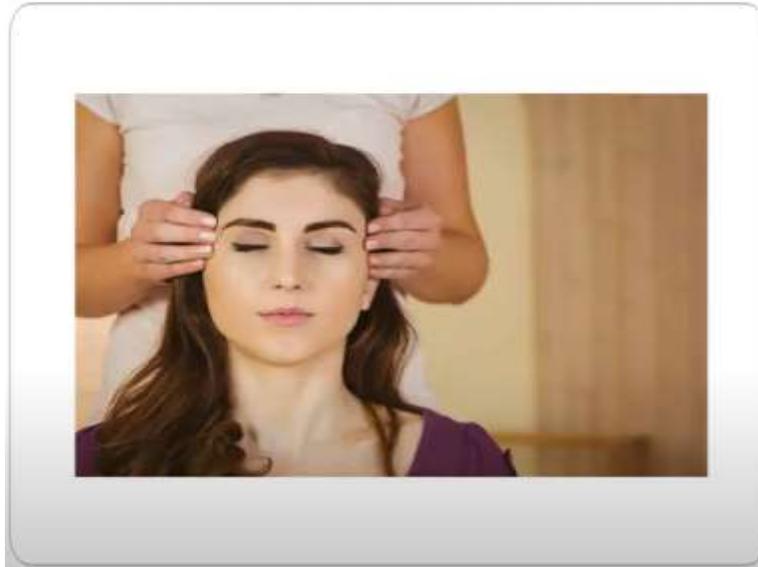
Week-05
Lecture 43: Reiki & Pranic Healing

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Hello friends, namaste. In week number four we discussed in detail about pranic healing and now we spoke about reiki. So basically lets see what are the differences between reiki and pranic healing.

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Pranic healing you know reiki you know so you can visualize pranic healing versus reiki.

Pranic Healing vs Reiki

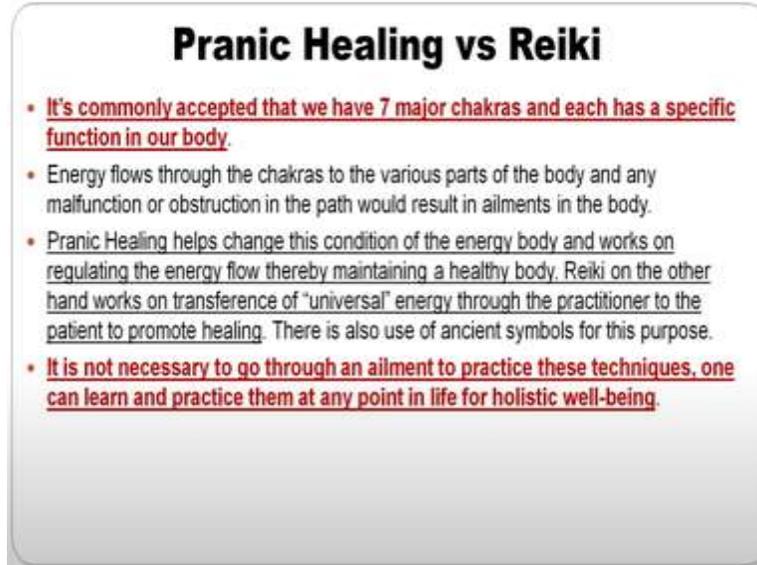
- Pranic Healing and Reiki are often used **synonymously**, however these are two very different techniques.
- Though both are energy modalities, **Pranic Healing works on removing blockages from chakras to heal the body.**
- Reiki on the other hand works on the concept of **transference of energy** by laying of palms, on the patient, to heal.

A photograph showing two hands held together in a specific gesture, with fingers interlaced, representing the Reiki technique of laying palms.

Both these practices that is pranic healing and reiki are often used synonymously that is they are one. However, these are two very different techniques though, both are energy modalities pranic healing works on removing blockages from chakras to heal the body whereas reiki on the other hand works on the concept of transference of energy by laying of palms on the patient to heal.

A transfer of energy takes place from the practitioner to the client.

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Pranic Healing vs Reiki

- It's commonly accepted that we have 7 major chakras and each has a specific function in our body.
- Energy flows through the chakras to the various parts of the body and any malfunction or obstruction in the path would result in ailments in the body.
- Pranic Healing helps change this condition of the energy body and works on regulating the energy flow thereby maintaining a healthy body. Reiki on the other hand works on transference of "universal" energy through the practitioner to the patient to promote healing. There is also use of ancient symbols for this purpose.
- It is not necessary to go through an ailment to practice these techniques, one can learn and practice them at any point in life for holistic well-being.

It is commonly accepted that we have seven major chakras and each has a specific function in our body. The lowest chakra is Muladhara, the highest chakra is Sahasrara. Energy flows through the chakras to the various parts of the body and any malfunction or obstruction in the path would result in ailments in the body.

Pranic healing helps change this condition of the energy body and works on regulating the energy flow thereby maintaining a healthy body. Reiki on the other hand works on transference of universal energy through the practitioner to the patient to promote healing. There is also use of ancient symbols for this purpose. It is not necessary to go through an ailment to practice these techniques. One can learn and practice them at any point in life for holistic well-being.

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UNDERSTANDING REIKI!

- Reiki is known to be a form of alternate therapy originating in Japan and is derived from the Japanese word: **'Rei' meaning universal life and 'Ki' meaning energy.** It's an energy healing practice which uses **placing of palms for transference** of energy to the part / area which needs healing.
- Certain **symbols** are formed at specific points (mainly chakras) for this transfer of energy. It is an ancient art form and has been in practice for many decades now.
- A practitioner of reiki needs to undergo training as there is a fixed sequence to be followed with the symbols. Method of transfer of energy from the practitioner to the patient is the use of hands and symbols, for more information about reiki, you may reach out Reiki.org.

Understanding Reiki. Reiki is known to be a form of alternate therapy originating in Japan and is derived from the Japanese word Rei meaning universal life and Chi means energy. It is an energy healing practice which uses placing of palms for transference of energy to the part or area which needs healing. Certain symbols are formed at specific points for this transfer of energy, five symbols we just spoke about in our last lecture. It is an ancient art form and has been in practice for many decades now.

A practitioner of Reiki needs to undergo training as there is a fixed sequence to be followed with the symbols. Methods of transfer of energy from the practitioner to the patient is the use of hands and symbols. For more information about Reiki, you may reach out reiki.org on the website.

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Understanding Pranic Healing!

- **Chakra Healing** can be done in many ways and the most **systematic** and logical method of doing it is **Pranic Healing**. **Pranic healing, originally an Indian tradition, was introduced to the world by Grand Master Kok Sui in the 1990s** and has spread across the globe rapidly due to its ability to heal physical and psychological ailments effectively by directly working on the chakras.
- It is based on two main principles. **first** is that body has ability to heal itself. **second** is that all living beings have life force or vital energy also called "prana" flowing through them.
- This "prana" or energy flows through the chakras and any **disruption in its flow creates disease**. Pranic Healing focuses on removing these blockages from the chakras and providing fresh energy to the body so it can rapidly repair and heal itself.

Understanding Pranic Healing.

Chakra healing can be done in many ways and the most systematic and logical method of doing it is Pranic Healing. Pranic healing, originally an Indian tradition, was introduced to the world by Grand Master Kok Sui in the 1990s and has spread across the globe rapidly due to its ability to heal physical and psychological ailments effectively by directly working on the chakra. It is based on two main principles. First is that body has ability to heal itself. I mean this has been proved by science.

If you get a cut on your body, automatically the blood system starts moving over there and it gets solidified. Body has the power to heal itself. Second is that all living beings have life force or vital energy also called prana flowing through them. This prana or energy flows through the chakras and any disruption in its flow creates disease. Pranic healing focuses on removing these blockages from the chakras and providing fresh energy to the body so it can rapidly repair and heal itself.

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Learning Reiki!

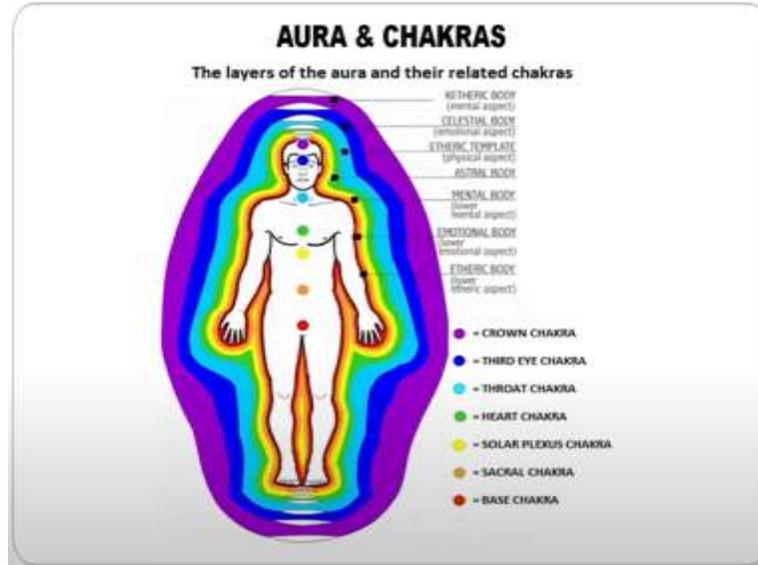
LEVEL 1

- This level, which is the entry level and open to all, focuses on attunement or opening of the energy channels at physical level of the participants to the universal energy flow.
- This is mainly done through the crown chakra. This level focuses on the practitioner, and they need to work/ practice on themselves in order to first clean their own energy channels.
- It also includes theory about reiki and its history. Symbols are also introduced at this level.

Levels of Reiki. In Reiki, the level 1, this level which is the entry level, the lowest level. Entry level and it is open to all it focuses on attunement or opening of the energy channels at physical level of the participants to the universal energy flow. If you are done the lower level that is the entry level level one you can still practice on the patients and you can open up the energy channels at physical level of the patient, this is mainly done through the crown chakra. This level focuses on the practitioner and they need to work or practice on themselves in order to first clean their own energy channels.

It also include theory about reiki and its history symbols are also introduced at this level.

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These are auras and chakras what we have been talking about crown chakra, the third eye chakra, throat chakra it goes downwards and base chakra that is we call it muladhara the base chakra.

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Learning Reiki! LEVEL 2

- Level 2 focuses on practicing or teaching reiki on others. Many practitioners advise gap between a person taking level 1 and level 2. This gap may range from 21 days to a few months depending on the call the instructor takes.
- The idea for this gap is firstly for practitioner to take time to heal themselves internally and secondly to familiarize and become comfortable with the energy flow and symbols.

Level two, level two focuses on practicing or teaching reiki on others many practitioners advise gap between a person taking level one and level two and this gap may range from twenty one days to a few months minimum twenty one days and then thereafter your practice how much you are practicing or teaching other people it depends on the call the instructor takes. The idea for this gap is firstly for practitioners to take time to heal

themselves internally and secondly to familiarize and become comfortable with the energy flow and symbols.

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Learning Reiki!
LEVEL 3

- This level aims at practitioner becoming a Reiki Master.
- This level allows you (along with sufficient practice and experience) to attune others into Reiki.

Level 3, this level aims at practitioner becoming a Reiki master.

This level allows you along with sufficient practice and experience to attune others into Reiki.

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THE LEVELS OF REIKI

There are 4 levels of Reiki in the Usui System of Reiki

Reiki First Level <small>(Reiki Basic Course)</small>	- Reiki 1
Reiki Second Level <small>(Reiki Advance Course)</small>	- Reiki 2
Reiki Third Level <small>(Reiki Master Course Part I)</small>	- Reiki 3A
Reiki Master Level <small>(Reiki Master Course Part II)</small>	- Reiki 3B

Three layers of Reiki, here they have subdivided level number three into two parts, Reiki third level alpha that is A, Reiki master level three B.

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Learning Pranic Healing!
Level 1: Basic Pranic Healing

- This is the first step in pranic healing, and you start by learning how to feel energy, and then how to clean energy in the chakras and then to replenish the chakras with fresh energy.
- A unique concept taught here, is called **scanning** that helps to gauge the condition of the chakras. This makes the healing process easier as you can check the results.
- Basic pranic healing is very effective in healing various ailments both for self and others.

Pranic healing, in Reiki we just saw three levels, level one, level two, Level 1 is the entry level, level 2 and level 3. In pranic healing, basically there are three levels. But people will just come up to the level 3 and then we will just talk about it.

Level 1, basic pranic healing. This is the first step in pranic healing. And you start by learning how to fill energy and then how to clean energy in the chakra and then to replenish the chakra with fresh energy. A unique concept taught here is called scanning that helps to gauge the condition of the chakra. This makes the healing process easier as you can check the results.

Basic pranic healing is very effective in healing various ailments both for self and others.

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Learning Pranic Healing!
Level 2: Advanced Pranic Healing

- Here you are introduced to Colour Prana and their properties, which helps to achieve rapid healing results.
- White light can be broken down into seven primary colors, the same applies to energy.
- There are various Colour Pranas used depending on the ailment. This technique is very helpful in healing chronic or serious ailments.
- Some examples include Cancer, Fractures, Insomnia etc.

Level 2, we can call it advanced pranic healing. Here you are introduced to color prana and their properties. which helps to achieve rapid healing results white light can be broken down into seven primary colors the same applies to energy there are various color pran used depending on the ailment this technique is very helpful in healing chronic or serious ailments. some examples include cancer fractures insomnia etcetera. (Refer Slide Time: 08:45)

Learning Pranic Healing!
Level 3: Psychotherapy

- This level goes a step further from the physical body and looks at addressing psychological ailments.
- Psychotherapy can help heal from common conditions like anger, irritation to severe ailments like phobias, depression, schizophrenia etc.
- Application of these techniques along with medication or therapy can bring about rapid results in most cases.
- Pranic healing also has its extended arm in **Spirituality** and teaches in great detail concepts like **Law of Karma**, Law of Forgiveness, Law of Gratitude, and **Importance of Character Building** both for patient and healer.

Level three Psychotherapy. This level goes a step further than the physical body and looks at addressing psychological ailments. Psychotherapy can help heal common

conditions like anger and irritation, as well as severe ailments like phobias, depression, and schizophrenia. The application of these techniques, along with meditation and therapy, can bring about rapid results in most cases. Pranic healing also has its extended form in spirituality, and it teaches in great detail concepts like the law of karma, the law of forgiveness, the law of gratitude, and the importance of character building, both for patience and healing.

This you must have heard last week, the week of pranic healing. Now, generally, there are three levels in chronic healing: level 1, level 2, and level 3. But sometimes practitioners do advance it further whenever they teach a new technique, like people taking spirituality to an advanced level 4, psychological therapy to level 5, something like that. Basically, there are three levels in chronic healing.

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Pranic Healing & Reiki
Similarities and Differences

- **Pranic Healing and Reiki are both popular healing modalities** which come to mind when you talk about energy healing. We are sometimes asked if these modalities are the same or are there major differences. There are both similarities and differences between the Pranic healing and Reiki.
- REIKI is a very good healing modality that helped many people, primarily through teaching those with little or no healing experience to access healing energies to help themselves and their loved ones.
- According to the REIKI Masters who have attended PRANIC HEALING classes (over 500 REIKI Masters have attended Pranic Healing classes since 1990 in the United States alone), here are some of the major differences between PRANIC HEALING and REIKI:

Let us study the similarities and differences between the two.

Pranic healing and Reiki are both popular healing modalities that come to mind when you talk about energy healing. We are sometimes asked if these modalities are the same or if there are major differences. There are both similarities and differences between Pranic healing and Reiki. Reiki is a very good healing modality that helps many people primarily by teaching those with little or no healing experience to access healing energies to keep themselves and their loved ones healthy. According to the Reiki masters who have attended pranic healing classes, you will be surprised to know that over 500 Reiki masters have attended pranic healing classes since 1990 in the U.

S. alone. Here are some of the major differences between pranic healing and Reiki.

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DIFFERENCES: 1 & 2
Pranic Healing & Reiki

1. **PRANIC HEALING is a complete non-touch system of healing.**
REIKI practitioners touch the body most of the time, but they also employ some non-touch techniques.
2. **PRANIC HEALING teaches its students to “scan,” or actually feel the aura,** to assess areas of energy depletion and congestion, or stagnation, which helps identify problem areas that need healing.
REIKI doesn't use any energy assessment technique but relies on the intuition of the practitioners.

The difference is number one. Pranic healing is a complete non-touch system of healing. No touch of the body is required at all. Pranic healing practitioners do not touch the client's body.

Whereas Reiki practitioners touch the body most of the time, they also employ some non-touch techniques. Pranic healing teaches its students to scan or actually feel the aura to find out any blockages there, to assess areas of energy depletion and congestion or stagnation, which helps identify problem areas that need healing. In Reiki, it does not use any energy assessment techniques but relies on the intuition of the practitioners.

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DIFFERENCES: 3
Pranic Healing & Reiki

- PRANIC HEALING employs a manual **cleansing technique** called “sweeping” to **remove blockages and stagnant energies** before giving fresh energy to the patient; REIKI has no comparable technique.
- PRANIC HEALING believes **cleansing is critical to the healing process** because diseased energies and negative emotions have to be first removed before energizing the body to or they may manifest physically – and some times dramatically – through vomiting, loose bowel movement, a rash, a flu or other symptoms.
- Such expelling is often labeled as a “detoxification,” however, it is quite uncomfortable and can be prevented with proper cleansing. In fact, cleansing itself by permitting fresh energy to penetrate deeper into the body to be utilized as a healing.

Difference number three. Pranic healing employs a manual cleansing technique called sweeping, similar to what we do at home.

You sweep the floor, sweep the rooms, and whatever dust or unwanted things are there, you just sweep them away. The same technique, the cleansing technique you want to use to cleanse the body or chakras, is called sweeping. To remove blockages and stagnant energies before giving fresh energy to the patient. Reiki has no comparable techniques. Pranic healing believes that cleansing is critical to the healing process.

Without cleansing the chakras, no healing process can start because disease energies and negative emotions have to be removed first before energizing the body. or they may manifest physically and sometimes dramatically through vomiting, loose bowel movement, rash, flu, or other symptoms. So, they say that yes, cleansing needs to be done before you start planning. Such expulsion is often labeled as detoxification. You want to detoxify the body first.

However, it is quite uncomfortable and can be prevented with proper cleansing. In fact, it cleanses itself by permitting fresh energy to penetrate deeper into the body to be utilized for healing. Difference number four.

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DIFFERENCES: 4
Pranic Healing & Reiki

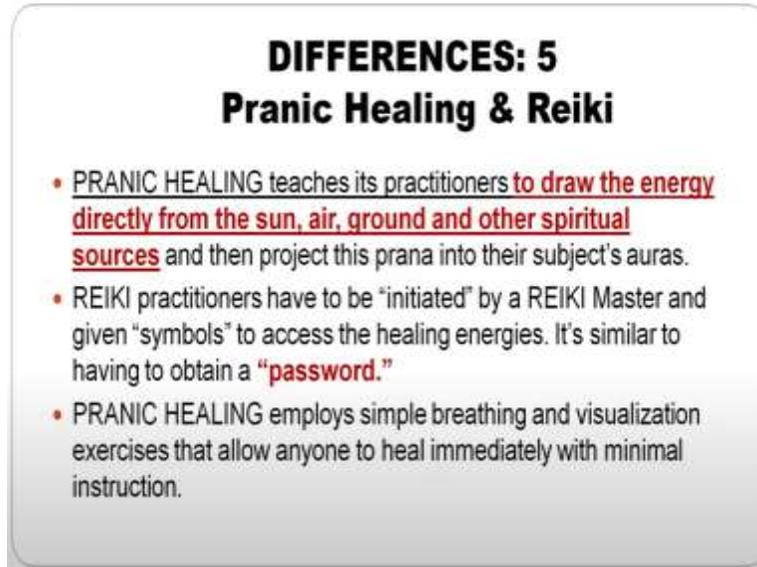
- **PRANIC HEALING employs a “cook-book” approach to healing.** Every ailment produces a unique set of energy patterns that can be identified in the energy body’s 7 major chakras and numerous meridians.
- REIKI has essentially one energy technique – **facilitating the flow of REIKI energy into whatever area needs healing** – to address all health problems.
- PRANIC HEALING, by contrast, uses specific energetic routines of cleansing and energizing that are matched to the specific patterns of energetic deficiencies caused by a particular illness. PRANIC HEALING, thus, offers a quicker, more targeted and more effective system of healing.

Pranic healing employs a cookbook approach to healing. Every ailment produces a unique set of energy patterns that can be identified in the energy body.

Seven major chakras and numerous meridians exist. Reiki essentially has one energy technique that facilitates the flow of Reiki energy into whatever area needs healing to address all health problems. Pranic healing, by contrast, uses specific energetic routines

of cleansing and energizing that match the specific patterns of energetic deficiencies caused by a particular illness. Pranic healing thus offers a quicker, more targeted, and more effective system of healing.

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DIFFERENCES: 5
Pranic Healing & Reiki

- PRANIC HEALING teaches its practitioners to draw the energy directly from the sun, air, ground and other spiritual sources and then project this prana into their subject's auras.
- REIKI practitioners have to be "initiated" by a REIKI Master and given "symbols" to access the healing energies. It's similar to having to obtain a "password."
- PRANIC HEALING employs simple breathing and visualization exercises that allow anyone to heal immediately with minimal instruction.

Number 5 difference: pranic healing teaches its practitioners to draw energy directly from the sun, air, ground, and other spiritual sources and then project this prana into the subject's aura.

Reiki practitioners have to be initiated by a Reiki master and given symbols to access the healing energy. It is similar to obtaining a password. Pranic healing employs simple breathing and visualization exercises that allow anyone to heal immediately with minimal instruction.

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DIFFERENCES: 6
Pranic Healing & Reiki

- PRANIC HEALING includes a practice called "energetic hygiene" that is rarely found in any healing modality, including REIKI.
- Energetic hygiene is a set of practices – breathing, dietary recommendations and other cleansing routines – that are designed to keep your personal energy tank clean and full.
- REIKI Masters attending PRANIC HEALING classes agree that energy hygiene is one of the greatest benefits of the class, particularly the techniques that enable them to cleanse themselves of contaminating energy they pick up from clients and how to prevent subjects or negative people from draining their life force. This is particularly important for also to other healthcare providers because these people frequently experience the pain or the ailment of their subjects become drained and tired after healing someone.

Six. Pranic healing includes a practice called energetic hygiene that is rarely found in any healing modality, including Reiki.

Energetic hygiene is a set of practices, including breathing, dietary recommendations, and other cleansing routines that are designed to keep your personal energy tank clean and full. Reiki masters attending pranic healing classes agree that energy hygiene is one of the greatest benefits of the classes. Particularly the tendencies that enable them to cleanse themselves of contaminating energy they pick up from clients and how to prevent subjects or negative people from draining their life force is particularly important for other healthcare providers as these people frequently experience the pain of the ailments of the subjects and become drained and tired after healing someone.

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DIFFERENCES: 7 Pranic Healing & Reiki

- **PRANIC HEALING employs the use of colour energies** that dramatically accelerate the body's innate healing abilities.
- In fact, many REIKI Masters often say that if they have a subject who wants immediate relief or rapid healings they use PRANIC HEALING – particularly, the colored pranic techniques.
- But, if they have a subject who simply wants a relaxing and soothing session, they use REIKI

Difference number seven. Pranic healing employs the use of color energy that dramatically accelerates the body's innate healing ability.

In fact, many Rakhi masters often say that if they have a subject who wants immediate relief or rapid healing, they use pranic healing, particularly the colored pranic techniques. But if they have a client who simply wants a relaxing and soothing session, they use Reiki.

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In summary...

- In summary, both PRANIC HEALING and REIKI are excellent healing modalities and help alleviate pain and suffering.
- However, PRANIC HEALING gives you the tools to produce faster and more immediate results while "immunizing" you against contamination from the people you are healing.
- PRANIC HEALING complements any and all healing modalities. We always tell everyone, whatever your healing technique – Shamanism, Native American techniques, Chinese chi kung, REIKI, massage therapy, chiropractic, Christian laying on of hands and even traditional orthodox medicine – PRANIC HEALING will complement and enhance it.

In summary, both pranic healing and Reiki are excellent healing modalities that help alleviate pain and suffering. However, pranic healing gives you the tools to produce faster and more immediate results while immunizing you against contamination from the people you are healing. Pranic healing complements all healing modalities.

We always tell everyone that whatever healing techniques you use—shamanism, Native American techniques, Chinese medicine, Reiki, massage therapy, chiropractic, Christian laying on of hands, or even traditional orthodox medicine—pranic healing will complement and enhance them.

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KEY DIFFERENCES Pranic Healing and Reiki		
Area of Difference	Reiki	Chakra / Pranic Healing
Energy Healing modality	Yes	Yes
Involve chakra as healing points	Yes	Yes
Use of hands for healing	Yes	Yes
Technique used	Symbols	Cleansing and energizing method

Let us see it in tabular form. In the middle, we have got Reiki, and the third column is chakra or pranic healing. Energy healing modalities? Yes, both are energy-healing modalities.

Involve chakra as healing points. Yes, Reiki and pranic healing make use of chakras. Use of hands for healing? Yes, both of them use hands, Reiki, and chakra, which is pranic healing. In Reiki, we generally use five most important symbols, whereas in pranic healing, we make use of cleansing and energizing methods that involve scanning and sweeping.

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KEY DIFFERENCES		
Pranic Healing and Reiki		
Area of Difference	Reiki	Pranic Healing
Methodology	Placing of hands on the patient	No touch therapy
Colors	No specified color	Color prana used for rapid healing
Method to learn	Need to learn from a proper practitioner	Classes taught by certified trainers

In Reiki methodology, we sometimes place hands on the patient. So, we just cannot say it is a no-touch therapy, whereas pranic healing is a 100 percent no-touch therapy.

In Reiki, we do not use any specified colors. However, color prana is used for rapid healing in pranic healing. The method to learn Reiki requires studying with a proper practitioner who is at levels 1, 2, and 3. In pranic healing, class is taught by certified trainers.

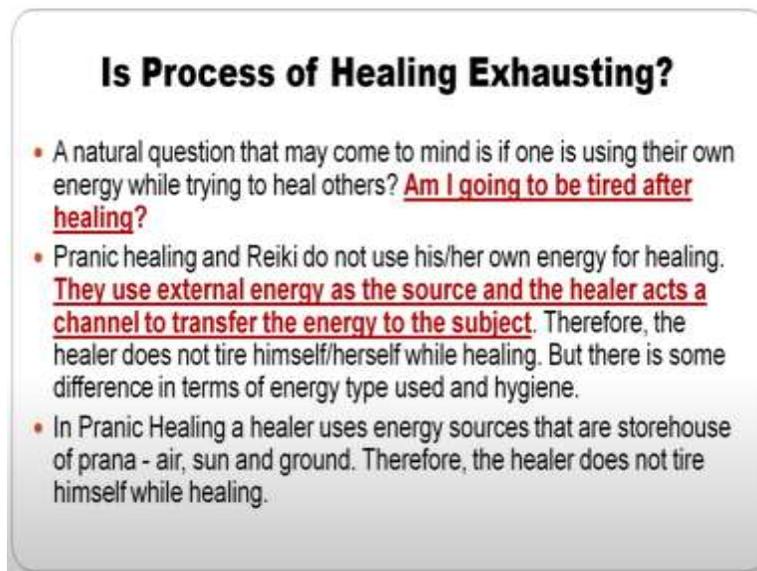
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KEY DIFFERENCES
<ul style="list-style-type: none">• As the table depicts both are energy healing modalities and make use of hands for the process of healing.• Pranic Healing also introduces you to a unique concept of Colours Prana which substantially expedites the healing process.• To learn both techniques one needs a proper Reiki master and an authorized Pranic Healing trainer• Even though there is no central authority controlling Reiki, there are many private practitioners who teach and provide certificates for the same. On the other hand, Pranic Healing has a governing body which ensures proper governance and quality control, and all authorized trainers have to be affiliated with them.

Key differences at the table depict that both are energy healing modalities and make use of hands for the process of healing. Pranic healing also introduces you to a unique concept of color, Prana, which substantially expedites the healing process.

To learn both techniques, one needs a proper Reiki master and an authorized Pranic Healing trainer. Even though there is no central authority controlling Reiki, there are many private practitioners who teach and provide certificates for it. On the other hand, chronic healing serves as a governing body that ensures proper grievances and quality control. On the other hand, chronic healing serves as a governing body that ensures proper governance and quality control, and all authorized trainers must be affiliated with it.

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Is Process of Healing Exhausting?

- A natural question that may come to mind is if one is using their own energy while trying to heal others? Am I going to be tired after healing?
- Pranic healing and Reiki do not use his/her own energy for healing. They use external energy as the source and the healer acts a channel to transfer the energy to the subject. Therefore, the healer does not tire himself/herself while healing. But there is some difference in terms of energy type used and hygiene.
- In Pranic Healing a healer uses energy sources that are storehouse of prana - air, sun and ground. Therefore, the healer does not tire himself while healing.

Is the process of healing exhausting? It is a natural question that may come to mind: if one is using their own energy while trying to heal others, am I going to be tired after healing? Pranic healing and Reiki do not use their own energy for healing.

They use external energy as the source, and the healer acts as a channel to transfer the energy to the subject. Therefore, the healer does not tire him or herself while healing. But there is some difference in terms of the energy type used and hygiene. In pranic healing, a healer uses energy sources that are storehouses of prana, like air, the sun, and the ground. Therefore, the healer does not tire himself while healing.

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Is Process of Healing Exhausting?

- Pranic healing also focuses on the energy hygiene of the healer and patient.
- Healers are taught various methods to keep away from contamination from a patient and maintain energy hygiene.
- Energy hygiene is an important aspect of energy healing and it's to protect healer from being affected by the same ailment as the patient. These methods include certain breathing techniques, salt showers, meditations etc.
- Reiki on the other hand uses the term "universal energy" as the energy source and it does not explain more on the source. There is also no technique specified for energy hygiene.

Pranic healing also focuses on the energy hygiene of both the healer and the patient. Healers are taught various methods to avoid contamination from a patient and maintain energy hygiene. Energy hygiene is an important aspect of energy healing, and it is meant to protect the healer from being affected by the same ailment as the patient. These methods include certain breathing techniques, salt showers, meditation, and so on. Reiki, on the other hand, uses the term "universal energy" as the energy source, and it does not explain more about the source.

There is also no technique specified for energy.

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TAKEAWAYS

- The idea is to not only heal the person but to also bring about lasting changes that help them live a fulfilling life.
- Whether Reiki or Pranic healing or any other energy modality, the aim is to bring about deep and complete healing of the body and mind.
- It is important to remember that purpose of both the modalities is eventually same. The core objective is to help mankind uplift their consciousness by maintaining their mental, emotional, and physical health.
- It's only when we are completely healed that we live our lives more consciously as world citizens and make it a better place for our future generations.

Takeaways, the idea is not only to heal the person but also to bring about lasting changes that help them live a fulfilling life. Whether Reiki, Pranic healing, or any other energy modality, the aim is to bring about deep and complete healing of both the body and mind. It is important to remember that the purpose of both modalities is eventually the same. The core objective is to help mankind uplift its consciousness by maintaining mental, emotional, and physical health. It is only when we are completely healed that we live our lives more consciously as world citizens and make it a better place for future generations. Thank you, dear friends.