

## Frequently Asked Questions About Pranic Healing

### 1. What is Pranic Healing all about?

*Pranic Healing comes from two words: Prana, which means vital energy, and healing. Pranic Healing is a no-touch, no-drug complementary therapy system that uses prana to heal a wide range of physical and psychological ailments. Pranic Healing is highly systematic and scientific-based, which distinguishes it from other healing modalities.*

### 2. What is Prana?

*Prana is the vital energy or life force that keeps the body healthy and alive. In Chinese it is called Chi, in Japanese Ki and in Sanskrit Prana. There are 3 main sources of Prana: the air, the sun and the ground.*

### 3. What is the energy body?

*The physical body is basically composed of two parts: the visible physical body and the invisible physical body that is also known as the energy body, etheric body, bioplasmic body or the aura. These two bodies are basically interconnected; it means what affects one, affects the other. Hence healing the energy body and the chakras has substantial relief on the physical body.*

### 4. How does Pranic Healing work?

*Pranic Healing involves scanning the human aura to detect the imbalances of energies, known as energetic congestion and depletion. Cleansing techniques are used to remove negative energy and to loosen up stuck energies. Energizing techniques are used to improve the flow of energy and strengthen the aura and the chakras. Once the aura and chakras are balanced, clean and strong, the health of the body improves.*

### 5. Does Pranic Healing have any side effects?

*If the protocols provided in the books are followed properly, there will be no side effects. The protocols have been designed based on tremendous amounts of research and experiments conducted to validate the effects of Pranic Healing on the rate of improving different ailments.*

### 6. What physical ailments can be improved using Pranic Healing?

*Pranic Healing is very effective in treating many physical ailments. Based on the testimonials, a great number of physical ailments have shown tremendous improvements by applying Pranic Healing including Migraine Headaches, Diabetes, Common Colds, Fever, Sinusitis, Asthma, Back Pain, High Blood Pressure, Osteoporosis and Arthritis.*

**Pranic Healing Drawing Video**

<https://youtu.be/blg3luz7d5w>

**Books by Master Choa Kok Sui**

**Miracles Through Pranic Healing** (formerly **Pranic Healing**)

**Advanced Pranic Healing**

**Pranic Psychotherapy**

**The Ancient Science and Art of Pranic Crystal Healing**

**Pranic Self-Defense for Home and Office Meditation for Soul Realization**

*Experience **Pranic Healing** at a class or event near you!*

<https://pranichealing.com/learn>