

Clear Energies Through Pranic Healing

By Michael Goulding, MSW, LCSW, CHWC

According to the *Dictionary of National Biography*, Florence Nightingale set up environmental practices in military hospitals in the 1800s, reducing the death rate of soldiers from 42 percent to only 2 percent. This life-saving method was not a new military weapon or tactical strategy, but rather a changing of the hygiene practices within the environment. By cleaning up the hospital environment, the military experienced dramatic improvements in their survival rate by addressing unseen germs.

Much as our ancestors did not understand the benefit of addressing unseen infections, many people in modern society do not see the need to address unseen energies in our current environment. We all have had the experience of a joyful gathering being influenced by the “downer” person who brings a cloud of heavy emotional energy. Even though we cannot touch, taste, see, smell, or hear this change in energy, everyone in the room is changed by the experience after detecting it.

MANIFESTATIONS OF NEGATIVE ENERGY

A person’s negative attitude is similar to what people experience with the foul smell of a bacteria or mold-infested air. Foul energy can contaminate the area in a similar fashion. By the same token, applause can break up the melancholy of a tragic theatrical scene and convert the energy to triumphant joy.

A healing practice that helps cleanse a person’s negative energies is called Pranic Healing—a practice modernized by Master



Choa Kok Sui from healing traditions that are thousands of years old.

Pranic healing surmises that, in addition to our physical bodies, we also have an energetic body, which includes an aura. In most cultures we see evidence of auras in its artwork. Christian art often portrays Jesus, Mary, and the saints with either a halo around their heads or an oval energy form surrounding their entire bodies. This is the same “aura” seen in other cultures ranging from ancient Egyptian art to Asian statues and paintings.

When we experience negative forces from either our external or internal environment, the negative forces can weaken our aura and energetic body. The result of this depletion of energy in our energetic bodies can manifest itself in a number of ways. Physiologically we can become fatigued or sick, develop gastrointestinal issues and headaches, or develop any number of states

of disease. Psychologically, we can develop stress, anxiety, depression and addiction issues, to name a few common problems.

Pranic healing removes the negative energies, and energizes the depleted auric field. The process starts with the pranic healer scanning for issues within an energetic field and then discussing findings with the patient about their physical or psychological state. The healer then begins the process of a general sweep of the aura followed by a cleansing of specific energy centers on the body, called chakras. Once the chakras are cleansed, the healer energizes the energy center to bring balance back to the energetic body. When the energetic body is set back into balance, then the physical and emotional body is brought into balance.

You can keep your energy in balance in a number of ways, including:

- Exercise
- Healthy eating
- Cessation of addictions
- Staying away from negative people
- Living in integrity with yourself

External and environmental factors not only impact our physical health, they can play a large role in what happens to our energy. Pranic healing offers an alternative to clean the energy you may have experienced within your environment. ❧❧

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