

## Effectiveness of Pranic Healing in Treatment of Insomnia: Case Series

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### ABSTRACT

**Introduction:** Insomnia is the subject of public health concern as it has affected quality life of millions of people. It has found to adversely influence physical, mental and social health as well as professional life. Globally, 37% of adult population experience insomnia. There are many pharmacological, non-pharmacological and complementary and alternative measures to treat insomnia. Pranic Healing, the growing complementary energy medicine in health care realm developed by Master Choa Kok Sui was used to describe its effectiveness in the healing of Insomnia.

**Methods:** Case series study was applied to present the findings of two Nepalese adults being treated of insomnia with Pranic Healing. In this modality of energy medicine, treatment was done by assessing, cleansing and energizing the state of aura and energy level in the different energy centers through the rhythmic hand movement.

**Results:** Cases were suffering from insomnia for more than a month which led them into stress, fatigue, irritation and inefficiency. Pranic Healing therapy found that the over-activation of their Basic and Solar Plexus chakras were the immediate cause of insomnia. Pranic healer cleansed, energized and balanced their chakras with vital life energy or *Prana* for two healing episodes. Even today, both of the cases were found to have deep nocturnal sleeps with active and efficient life.

**Conclusions:** Pranic Healing, a complementary therapy is effective in healing insomnia and in promoting, maintaining and restoring health of people. However, experimental studies can be done to further validate the effectiveness of Pranic Healing.

**Keywords:** Pranic Healing, Insomnia, Master Choa Kok Sui, Nepal

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## INTRODUCTION

Sleep is necessity, not a choice. It is an essential, active and involuntary phenomenon for effective human functions.<sup>1</sup>Insomnia is a collective term for inability to obtain adequate sleep like difficulty to fall asleep, frequent nocturnal awakening and wake up early in morning and unable to fall asleep again.<sup>2</sup>It is dissatisfaction of an individual with quantity or quality of sleep.<sup>3</sup> Causes of insomnia may be physical, medical conditions, drug related, mental and behavioural.<sup>2</sup>Insomnia is the issue of public health concern because it affects quality of life of millions of people around the globe.<sup>4</sup>Studies have shown that insomnia is the independent risk factor for suicidal attempts.<sup>5</sup>At present, 37% of adults experience insomnia globally. The top five lifestyle factors that are detrimental to an individual's sleep are worry/stress (54%), sleep environment (40%), occupation and education schedule (37%), entertainment (36%) and health condition (32%).<sup>6</sup>

Pharmacological and non-pharmacological approaches are the recommended approaches for the management of insomnia. Pharmacological approach is suited to those having insomnia of less than three months. Despite the known potential adverse consequences of long-term use of medications, pharmacological approach is most often used for more than three months. Most common

form of nonpharmacological approach in the management of chronic insomnia is Cognitive Behavioural Therapy (CBT) that includes the combine multitudes of interventions of behavioural and cognitive techniques.<sup>7</sup>There are also few complementary medical therapy advised for treatments of insomnia.<sup>8</sup>

Pranic healing is the growing complementary energy medicine or therapy in health care realm. It is no touch, no drug natural energy healing modality developed based on more than 20 years of research and experiments done by Master Choa Kok Sui.<sup>9,10</sup> Physical body is covered with energy body inside out which is called aura or bioplasmic body. According to energy medicine, for the existence of life, body requires *Prana* or vital energy to function properly.<sup>11</sup>*Prana* is pervasive in nature because the sources of *Prana* are air, sun and ground.<sup>12</sup>Pranic Healing is an approach to accelerate the innate ability of a body to heal all dimensions of health-physical, emotional, mental, social and spiritual. Pranic healing has found the factors influencing chakras of the energy body correspondingly influencing the physical body and vice versa. So, Pranic Healing focus on healing energy body that ultimately heal the physical body.<sup>12</sup>This study aims to describe the effectiveness of Pranic Healing in the treatment of insomnia.

## METHODOLOGY

### Study Design

Case series was used to describe the cases of insomnia treated through Pranic Healing.

### Procedure of Healing<sup>12</sup>

Following steps were strictly followed throughout the healing sessions for each subject where rhythmic hand movements were done properly.

1. The subject was comfortably sat on a chair with palms put on thighs facing upwards in a peaceful setting;
2. The subject was asked to close his/her eyes and also to gently touch the palate with the tip of tongue for a better flow of *Prana* or energy;
3. Bowl containing a fist of salt and one liter of water was kept aside of the subject as a disposal unit.
4. Researcher, a Pranic Healer prayed to supreme god and spiritual teacher to assist, protect and make him a divine channel of healing to heal the subject;
5. The basic techniques of Pranic Healing were applied:
  - Self-sensitization of hand and fingers chakras were done by healer
  - Scanning of aura and major energy centers of subject was done to identify the congestion (accumulation) and depletion (lower) of energy as well as activation level of energy centers. [Energy scanning was done by sensitizing hand minor chakras of healer and by just looking and forming

intention to scan a specific part or area of the subject]

- Cleansing (removing the energy blocks or diseased energy) and energizing of energy centers of the subject was done as per the Pranic Healing Protocol mentioned in Advanced Pranic Healing book.<sup>12</sup>
  - Projected energy was stabilized and etheric link between healer and case was released.
6. The diseased energy collected in a disposable unit was properly disposed;
  7. Energy hygiene was maintained by the healer through washing hands with soap and water; and
  8. Thanks giving prayer was done at the end of the session

Each healing session or episode took time about 45 minutes.

### Ethical Consideration

Both cases were well informed about mechanism of action of Pranic Healing, healing procedures and required healing episodes to heal the problem. Consent was taken from both the cases to use their testimony to write this case reports.

## CASE DESCRIPTION

### First Case:

Case first was 38 years married male from Nepal. Professionally he was a medical doctor. He had gone through the problem of sleepness nights since last three months.



Photograph 1:



Photograph 2:

**Photograph 1 (male) and 2 (Female) Subject in healing posture** (published with permission from the subject in photograph)

He shared, he could not have a single episode of nap till 5-6 am but after 6 am, he could have tired sleep which did not last for 2 hours. This pattern of sleep was becoming his life style. It had disturbed his daily life, decreased his work efficiency, and exhausted, lack of concentration and interest in work. He even could not attend the medical conferences that used to be in his working hospital. To overcome this situation, he tried every possible method like stopped watching mobiles, decreased screen time and heard relaxing sleep music at night. Despite these tries, sleep problem was increasing. So, he consulted his psychiatrist friend who suggested him to take anxiolytic medicine. Finally, he came to researcher for Pranic Healing of insomnia.

### Second Case:

Case second was 26 years unmarried female Nepalese citizen. Professionally she was a radiology technologist. She was not in any medication when she came to Pranic healer or researcher with complaints of troublesome sleep on 21<sup>st</sup> February 2020. It was happening to her from almost a month back which led her into irritation, tiredness and stress.

## RESULT

Two sessions of advance Pranic healing were given for two alternative days to both of the cases to heal their problem of insomnia.

### First Pranic Healing Session

While scanning the energy level of case first, it was found that his major energy centers like

Crown, Forehead, Ajna, Throat, Solar Plexus, Basic and Navel chakras were congested with diseased energy. Among those major chakras, Solar Plexus and Basic chakras were the most congested one. Similarly, these two major chakras were over-activated, triple in size to the normal size of the respective chakras. So, all the congested energies were extracted and disintegrated from each of the major chakras applying the advance techniques of Pranic healing. Concerned chakras were energized with fresh and healthy colour *Prana*. The over-activated chakras were inhibited as per healing protocol.

Similarly, the case second also had the congested major chakras and over-activated solar plexus and basic chakra. Her two chakras were over-activated to the double of their normal size. Advance Pranic healing measures were taken to heal her as well.

### Second Pranic Healing Session

In second Pranic healing session, while scanning the energy level, the congestion level of major chakras and over-activation level of Solar Plexus and Basic chakras were reduced about fifty percent as compared to their pre healing level. This suggested that their health had got better by first healing than pre healing level. The second session of advance Pranic healing was given further, where all the major chakras were cleansed, concerned chakras were strengthened with healthy *Prana*, over-

activated chakras were normalized and overall the energy body was balanced.

### Experience of the Cases after Pranic Healing

The case first shared his experience about the effect of first Pranic healing session that “I went for about 45 minutes of healing. Because of this first healing, I had a deep sleep that night. As I woke up next morning, I was fresh, energized throughout the day, free of fatigue, headache and nausea.” After the second healing on next day, he reported that “problem of insomnia of last three months had totally gone.” While preparing for manuscript, after two months of last healing session, follow up was done to know his sleep condition. He was excited and grateful to Pranic Healing because he was able to have sound sleep and to do his professional and family activities with enthusiasm.

The case second mentioned that “With an hour of healing session, I felt much relieved and stress free. My body was energized, fresh and active than before.” Before starting second healing her sleep condition of the last night was enquired and she reported that she was able to sleep well. Then she was provided second healing and her sleep condition was again enquired the next day. She revealed that the irritation and stress have gone completely along with insomnia. After a month while writing the manuscript, she was asked about her sleep, she happily said “thank you for

introducing Pranic Healing in my life, it's working miraculously to have sound sleep.”

## DISCUSSION

Over activation of Solar Plexus chakra and Basic chakra along with congested upper chakras were found in both the cases and those were the conditions leading them to insomnia. This is supported by the fact that Basic chakra controls heart and brain indirectly. When the Basic chakra is over-activated, it manifests as hyperactiveness, restlessness and insomnia. Similarly, Solar plexus chakra controls gastrointestinal organs and adrenal gland. This chakra is basically influenced by emotions like anger, stress, hatred, etc. and when Solar plexus chakra gets over-activated, it results in disturbance of gastrointestinal and adrenal gland functions. Meng Mein is the chakra which acts as pumping station for energy that comes from Solar Plexus and Basic chakras to the upward flow of energy to the adrenal gland and brain.<sup>12,13</sup> Studies have shown that Hypothalamo-Pituitary-Adrenal (HPA) hyperactivity is associated with metabolic, cognitive and psychiatric disorders as well as sleep disturbances.<sup>14</sup>

The most common impacts of insomnia expressed by cases were exhaustion, irritation, stress, difficulty in daily life and professional life activities. These findings have been supported by an international survey of sleeping problems in the general population of

the USA, France, Germany, Italy, Spain, the UK and Japan.<sup>15</sup>

Both of the cases were healed from a month long insomnia and they were energized and healthy. Similar, result was found in study done in India where subjects were able to return to their normal sleeping pattern after Pranic Healing sessions as well as experienced calmness and being energetic.<sup>9</sup>

## CONCLUSION

The Pranic healing is effective alternative therapy for the management of insomnia that brings calmness, activeness and wellbeing in people by promoting, maintaining and restoring health of people. However, experimental studies with large sample size can be conducted to validate its effectiveness.

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