

# Pranic Healing: a complement to orthodox medicine

Chrysal is used to treat the patients



Healers treating patients



Deva Somasundaram

by Aisha Edris

Health is wealth, is a famous saying by both doctors and healers, and also by elders around the world. Today, the biggest challenge, both men and women face, is the hazardous health problems. People dream of leading a healthy life, and when they fall ill, they have many options - either to seek western medical treatment or Ayurvedic medicine. Pranic Healing has been known all around the world as a value-added treatment for the human body - to resurrect the weary body - but it is only a complement to the orthodox medicine.

The Pranic Healing Foundation of Sri Lanka is situated in Wellavettta. It is an amazing place, surrounded by the glorious haven of mother nature. Every patient that visits the healing centre is treated in a calm environment, where the sounds of birds and mother nature is given prominence and also the soothing classical music allows the patients to relax, while been healed.

#### About Pranic Healing

The human body is extraordinary - there are miracles hidden in the body. Pranic Healing is conducted by increasing the amount of life force in the affected parts of the body; the human body's healing mechanism is activated and thereby, it enables the body to heal faster and better.

Pranic Healing is an ancient science and art of healing

that utilizes life force called prana in China or Ki in Japanese, life energy, to heal the whole physical body. As explained by the President of the Foundation, Deva Somasundaram, life forces are everywhere - in the house, office, cities and around the world. It also involves the manipulation of ki and bio-plasma matter of the patient's body.

The modern form of Pranic Healing was rediscovered by Grand Master Choa Kok Sui who is a chemical engineer and a successful businessman. He had devoted many years of his life to study and research and spreading the techniques of Pranic healing.

In Grand Master Choa's original book, 'The Ancient Science and Art of Pranic Healing', he conceptualized a fresh and far deeper understanding of energy healing, using the readily available source of all life lines, called Pranic Energy or Vital Life Force.

This book has been translated into over 27 languages, and is distributed in more than 40 countries, including many locations in Asia, Africa, Central and South America, Europe, Canada and the USA.

#### Pranic Healing Treatment

Pranic Healing has been called, medically, as psychic healing, vitalic healing, therapeutic touch, laying of the hand, magnetic healing, faith

#### healing and charismatic healing.

Somasundaram explained that if a person makes someone feel tired, sleepy, and even depressed after talking with them, or if someone makes you feel good and energetic after interacting with them, even if it is only for a few minutes, that could be considered as the transference of energy from a higher level to a lower level. Pranic Healing involves transfer of life force or vital energy to heal the body.

Pranic Healing is based on two laws: first is the law of self-recovery and the law of prana or life energy. The Law of Self-Recovery, in general, the body is capable of healing itself at a certain rate. If a person has a wound or burn, the body will heal itself and recover within a few days to a week - in other words, even if someone does not apply antibiotics on the wound or burn, the body will repair or the treatment of viral infection. But even if a person has a cough or cold due to a viral infection, the body will recover generally in one or two weeks without medication.

Second is the law of Life Energy. For life to exist, the body must have prana, chi or life energy. The healing process can be accelerated by increasing life energy on the affected part and on the entire body. Light can affect chemical reaction. Pranic energy can and does accelerate the chemical reactions of the body. The rate of healing is increased substantially, or several times, when pranic energy is applied to the affected part of the body.

#### Pranic Healing in Sri Lanka

It was in 1995, when Somasundaram retired from Civil Engineering, that prompted him to do something novel to help the people. Working as an irrigation engineer, he had come across amazing healing techniques in Sri Lankan villages that has cured many lives.

He too had dreamt to help the people to overcome their health problems. It was then that his friends in India had requested his assistance to establish a Pranic

#### Healing centre in the country.

The training session was held for two days. We were taught the techniques of Pranic Healing. There were miraculous results, once we started to practice it. So many people are being treated today at the foundation, Somasundaram said.

Pranic Healing is in practice in more than 32 countries. The Pranic Healing Foundation in Sri Lanka treats around 20 to 30 patients a day; they have treated more than 4000 patients since 1995. The foundation also offers training programmes for those who wished to become Pranic Healers.

#### What they offer

According to Somasundaram, the foundation treats patients suffering from emotional, physical and psychological problems.

Most of our patients have been suffering from different ailments for many years. They come to our foundation having some doubts whether they would be treated. We show the results and most of them are astonished by the improvement," he added.

The foundation also treats migraine, sinus, throat problems, chronic cough, asthma, arthritis, pressure. They have also introduced a new treatment called the 'super brain yoga', which was developed by Rishis in the ancient era. This treatment helps to improve a person's intelligence. It has been successfully tested in the U.S.A. It treats neurological defects, hyper activity disorder, depressive disorder, etc.

Somasundaram warned that Pranic Healing is not a medical technique that will replace the orthodox medicine but, it is only a complement to it.

## Too much fast food 'harms children's test scores'

Eating too much fast food damages children's performance at school, according to research.

by Graeme Paton, Education Editor

Pupils achieve lower scores in tests after eating takeaway meals such as burgers and chips more than three times a week, it is claimed.

The findings - in a study of more than 5,500 primary school children - even apply when parental income, race and pupils' weight is taken into account.

Some children's scores in literacy and numeracy dropped by up to 16 per cent compared to the average, it was disclosed.

The study provides some of the most conclusive evidence yet of a link between poor diet and academic ability.

It comes amid continuing anxiety over the state of child health in Britain.

One in three children are currently overweight and consumer groups have called for stricter controls on junk food advertising on television.

The sale of fatty and sugary food has already been banned in school canteens and vending machines following a high-profile campaign by Jamie Oliver, the TV chef.

But the health drive has led to a sharp drop in the number of under-16s eating at school.

In the latest study, American academics said schools would have an impact by making children aware of the academic consequences of their food choices.

Researchers from Vanderbilt University in Tennessee tracked the eating habits of children aged 10 and 11 - then compared it to performance in reading and maths tests.

They found just over half of pupils had eaten at fast food restaurants such as McDonald's up to three times in the last week. One in 10 had eaten fast food between four and six times and two per cent visited restaurants four or more times daily.

Initially, children scored between 58 and 181 points in the reading tests, gaining an average score of 141.5. But after taking other factors into account, pupils who ate fast food between four and six times a week scored almost seven points below average. Children snacking once a day fell 16 points, while pupils indulging three times a day dropped by 19 points.

Similar trends were noted in maths. In total, children scored between 47 and 151 points in the test, with average results of 115. But those pupils eating fast food dropped by between 6.5 and 18.5 points.

Dr Kenil Tobin, who carried out the study, said it found statistically significant relationships between higher than average consumption of fast food and lowered test scores.

It is possible that the types of food served at fast food restaurants cause cognitive difficulties that result in lower test scores, she said.

The study - quoted in the Times Educational Supplement - said results may be influenced by other factors such as parental interest in children's work.

It is also possible that the tendency to eat fast food results from lower test scores, rather than resulting in lower test scores, added the report.

Last year, the Government-funded School Food Trust recommended banning children from leaving school at lunchtime to stop them eating junk food.

A McDonald's spokesman said: 'The majority of our customers visit us two to three times a month. Given this, and the choice and variety on our menu, there is no question that McDonald's food can fit into a balanced diet.'

The Telegraph Group, London, 2009

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