

# "Six Quick Steps to Greater Energy and Better Health in the Coming Year --Or Any Other Year with Pranic Healing!"

By Master Stephen Co

It's unfortunate that many of us lead hurried lives and are too busy with to take care of ourselves the way we should—eating well, getting sufficient exercise, and taking the time to get the rest we really need to increase our energy and maintain our mental, emotional, and physical well-being. It's fortunate, though, that for the stressed person seeking greater vitality, health—and tranquility—amid the hustle of the modern world, there is one particular healing technology that offers a simple, easy-to-implement solution: *Pranic Healing*.

*Pranic Healing* is a form of energy medicine that teaches its practitioners to increase, control and direct the prana, or universal life force, that's all around us for their own personal health and energetic benefit. *Pranic Healing* was created by a Chinese-Filipino spiritual teacher and energy master named Grandmaster Choa Kok Sui, who spent years researching such esoteric systems as yoga, *chi kung*, *Kaballah* (a form of ancient Jewish mysticism and spiritual practice), and many others in order to create a simple, practical, effective “optimum” energy healing system that anyone could learn and use.

There are six steps to this healing system. The first is clearing negative emotions and limiting beliefs. Negative emotions, fears, anxieties, traumatic memories and phobias reduce your energy by blocking the flow of *prana* through your *aura*, the energy body that surrounds and interpenetrates your physical body. When the flow of *prana* is blocked or otherwise inhibited, it can ultimately can lead to physical illness. Thus, there is a strong emotional component to any ailment, and negative emotions must be cleared or resolved in order to maintain a state of high energy and good health.

The second step is pranic breathing. This is an highly energizing breathing technique that utilizes the principles of rhythm, a specific breathing count, and retention, the purposeful holding of the breath in the lungs at specific times, to enable practitioners to draw in large quantities of *prana* to boost their own vitality and relieve health problems.

The third step is energy manipulation, which consists of three methods of manually cleaning your energy body and maintaining the smooth, plentiful flow of *prana* through it. These techniques include scanning, or using your hands to actually feel for energetic imbalances in your aura; sweeping, or cleaning away the dirty or congested *prana* with several specific hand movements; and energizing, or drawing in prana and projecting it into areas of energetic depletion. These techniques may sound a bit strange, but the truth is, with proper training and

only about 20 minutes of daily practice, nearly everyone can learn to feel, sweep and project energy in just a couple of weeks.

The fourth step is energetic hygiene, which is the practice of keeping your energy body as clean and charged up as possible through emotional regulation, dietary recommendations, special physical exercises, the use of salt as an energetic cleansing agent and numerous other techniques. Most people feel their personal energy surge when they begin practicing energetic hygiene regularly.

The fifth step is meditation. Grandmaster Choa teaches a number of meditations for calming the mind and increasing the supply of *prana*. But beginning *Pranic Healing* students are taught two basic meditations: a mindfulness meditation to still the thoughts to allow a greater flow of cleansing energy, and Meditation on Twin Hearts, a powerful meditation on peace and lovingkindness that draws in enormous quantities of healing *prana*.

The sixth and final step consists of two very powerful energy-generation exercises, both of which have been modified by Grandmaster Choa to make them simple to perform while still ensuring that they enable the practitioner to produce great quantities of high-quality *prana*. These include the modified Tibetan Yogic Exercises and the modified Mentalphysics Exercises. Both sets take only minutes to perform.

These six steps can be learned and applied in less than two weeks, though the benefits of some steps—for instance, pranic breathing and some aspects of energetic hygiene, such as taking salt baths and making dietary modifications—can be felt almost immediately. Together, these steps comprise a very powerful daily routine for tens of thousands around the world who are experiencing the energetic and health benefits—and the simplicity—of *Pranic Healing*. And in just 20-30 minutes per day, they will help add calm, energy and healing to anyone’s busy life.

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"With elegant simplicity and practical wisdom this book shows you how to harness the healing power that exists in every human being."

--Deepak Chopra

Author of *Grow Younger Live Longer* and *7 Spiritual Laws of Success*

“ YOUR HANDS CAN HEAL YOU is an incredibly powerful text for working with energy through simple, effective healing exercises. Master Co and Dr. Robins clearly describe the life force known as “prana” and provide practical instructions for directing and managing your pranic energy in all aspects of your life and health. This book is more than brilliant- it is essential for all readers who value the quality of their health.”

--Caroline Myss author of  
*Sacred Contracts and Anatomy of the Spirit*

“In one of my darkest hours, I discovered that Stephen Co is a masterful and loving healing agent! What he taught me to do with my hands was a gift. What he reminded me that I had the power to do was a blessing!

--Iyanla Vanzant, New York Times Best-selling Author of *In the Meantime* and *One Day My Soul Just Opened Up*

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About the author: Master Stephen Co is one of four Master *Pranic Healers* in the world, and is one of the World Pranic Healing Organization’s Senior Facilitators and Instructors. He is the co-author, along with Eric B. Robins, MD, of *Your Hands Can Heal You: Pranic Healing Energy Remedies to Boost Vitality and Speed Recovery From Common Health Problems* (The Free Press, 2002). For more information on *Your Hands Can Heal You*, and other *Pranic Healing* books, classes and products, see [www.yourhandscanhealyou.com](http://www.yourhandscanhealyou.com), or call (888) 470-5656.