

Differences between PRANIC HEALING & REIKI

By Master Stephen Co

Reiki is a very good healing modality that has helped many people. It is responsible for allowing lay people who have no healing and energy experience to access healing energies to help themselves and their loved ones. According to the Reiki Masters that have attended Pranic Healing classes (approximately 10% of every Pranic Healing class are Reiki Masters), some of the major differences between Pranic Healing and Reiki are:

1. Pranic Healing is a complete non-touch system of healing. Reiki touches most of the time but also has non-touch techniques.
2. Pranic Healing uses “scanning” techniques to assess areas of energy depletions and congestions (stagnation) in order to zoom in on the problem areas that need healing. Reiki doesn’t use any energy assessment technique but relies on the intuition of the practitioner.
3. Pranic Healing employs cleansing techniques called “sweeping” to remove blockages and stagnant energies before giving energy to the subject. Cleansing is critical to the healing process. Diseased energies and negative emotions have to be first removed before energizing the body with fresh prana. Otherwise, congestion will eventually manifest as vomiting, loose bowel movement or flu like symptoms. This is often labeled as a “detoxification”. However, with proper cleansing this can be prevented. Cleansing alone often allows the body to quickly heal itself by allowing fresh energy to penetrate deeper into the body to be utilized as fuel for repairing the body.
4. Pranic Healing employs a “cookbook” approach to healing. According to thousands of case reports gathered by the originator GrandMaster Choa Kok Sui, and other healing and research foundations in the world, every ailment has a unique set of energy patterns. Pranic Healing provides specific step-by-step healing protocols that work with 11 major chakras and countless meridians. Reiki has essentially one technique that lets the Reiki Energy move to whatever area needs healing to address any ailment. Pranic Healing uses simple “recipes” so one can easily learn how to heal oneself and others.

5. Pranic Healing utilizes direct energy absorption from the sun, air, ground and spiritual sources, and then projects this energy (prana) into the body. Reiki practitioners have to be “initiated” by a Reiki Master and are given “symbols” to access the healing energies, not unlike having to obtain a ‘password’ in order to access certain privileges. Pranic Healing uses simple breathing and visualization that allows anyone to heal immediately. Many have even learned from just reading the book, including Dr. Eric Robins. Dr. Robins has produced dramatic results on his hospital patients just by following the step-by-step formulas presented in the book.

6. Pranic Healing includes techniques on energetic hygiene that are rarely found in any healing modality, including Reiki. Reiki Masters attending Pranic Healing agree that energetic hygiene is a major element missing in their learning. They are taught: how to cleanse themselves of contaminating diseased energies, or how to prevent subjects from draining their life force. A major complaint of Reiki practitioners and other healthcare providers has always been that of either experiencing the subject’s pain or ailment, and/or feeling drained and tired after a healing session. Pranic Healing uses specific techniques to purify one’s energy field and to highly revitalize the body.

7. Pranic Healing employs the use of color energies that dramatically accelerate the body’s innate healing abilities. In fact, many Reiki Masters often say that if they want immediate relief or rapid healings they use Pranic Healing. If they have subjects that want to be touched and have a relaxing and soothing session, they use Reiki.

In summary, both are excellent healing modalities and have helped alleviate the suffering of millions. Pranic Healing provides tools to produce faster and more immediate results. At the same time the healer is not negatively affected by the people he is assisting. Reiki is a technique for anyone who would like to learn how to heal without having to learn the energetic anatomy, cleansing, energizing and other energetic protocols.

Pranic Healing complements any and all healing modalities. Whatever healing technique one is trained in, whether it is shamanism, Native American techniques, Chinese Chi Kung, Reiki, massage therapy, chiropractic, Christian laying on of hands, or even traditional orthodox medicine, Pranic Healing complements and enhances it.

PRANIC HEALING OF SAN DIEGO

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