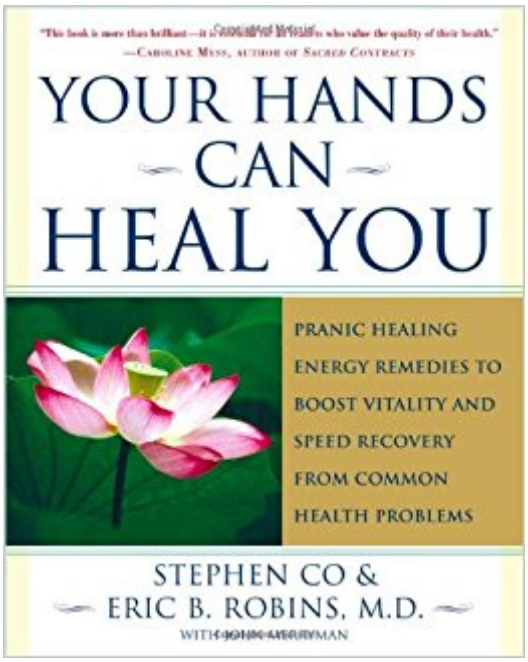
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Your Hands Can Heal You: Pranic Healing Energy Remedies To Boost Vitality And Speed Recovery From Common Health Problems



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Synopsis

The first fully illustrated, commercially published guide to the energy medicine technique of Pranic Healing, written by a medical doctor and master healer for the everyday person.What if the secret to good health lies not in surgery or medication but in the palm of your very own hand? Incredibly, your hands can heal youÃ¢â ¬â •with the Ã¢â ¬Å“energy medicineÃ¢â ¬Â• of Pranic Healing. The word prana denotes the body's own natural, vital, self-healing energy. This book will teach you the many ways in which you can incorporate safe, effective Pranic Healing techniques into your daily life to heal physical, psychological, and emotional problems and stay well. In Your Hands Can Heal You, you'll find easy-to-learn methods to generate energy, including non-touch hand movements; the basic tenets of energetic hygiene; full-body breathing; and brief meditations. With the expert training and guidance of Stephen Co, you'll learn how to conquer a wide range of disorders, including: -headaches -backaches -irritable bowel syndrome -arthritis -insomnia -hypertension -congestion -menstrual cramps -depression With step-by-step instructions, line drawings, and real-life stories of medical recovery, this revolutionary health reference can provide you with all the help you need to help yourselfÃ¢â ¬â •with your own two hands.

Book Information

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Customer Reviews

A form of touch-based "energy medicine," pranic healing is based on the belief that stimulating the "universal life force" helps bodies heal themselves. Practitioners use a series of hand "sweeps" and finger gestures that manipulate the body’s own energy source, or prana, in order to

accelerate its natural healing abilities for a number of persistent health problems, including PMS, insomnia and hypertension. Co-written by Co, a Master Pranic Healer, and Robins, a surgeon and pranic healing instructor, the book is grounded by Robin’s scientific background and Co’s initial skepticism. Based on two practices that the authors claim are largely unique to their method—employing colored pranas (to heal menstrual cramps, "project light whitish-green and light whitish-orange prana into the sex chakra") and focusing on "energetic hygiene"—the text offers a six-step program for achieving self-healing. Pranic breathing, meditation and exercises to increase energy are three such steps, and the authors explain all in efficient and surprisingly matter-of-fact chapters that resemble a textbook’s: there are practice exercises that close each chapter, detailed line drawings that illustrate what pranic breathing "looks like" and the hand and finger positioning for basic sweeping techniques, technique and methodology checklists and tables, and numerous medical narratives that make for good study breaks. While the scientific credibility of this non-touch healing technique will continue to be debated, Co and Robin appear to have just the right touch for crafting a no-assembly-required, ready to use guide, to be used, they note, as a complement to more traditional medicine. B&w illustrations.Copyright 2003 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Pranic Healing, a system developed by a Chinese-Filipino spiritual teacher and energy master, teaches people to harness their own healing energy so that they can manipulate their prana, or vital force. Based on some of the same tenets as acupuncture and chi kung, pranic healing also shares similarities with Reiki and Therapeutic Touch, but with the added use of colored pranas and the practice of energetic hygiene. Intended for lay readers, this accessible how-to manual by Co, a Master Pranic Healer, and Robins, a board-certified surgeon and a certified Pranic Healing instructor, provides basic information on chakras (points along the body that are considered energy centers), energetic anatomy, and the role of emotions in illness. Techniques are clearly outlined and supplemented with helpful illustrations, and energetic protocols are given for 24 common health problems, such as backache, migraine, and insomnia. Chapter 14 briefly outlines a routine of daily practices on three levels-basic, moderate, and full-to keep the practitioner in optimum health. Individual testimonials, along with anecdotes about Robins’s use of the practice with his patients, are interspersed with the various exercises. The text is rounded out with product information, a brief bibliography, and contact information for the Pranic Healing Center in Chino, CA. Recommended for alternative health collections, especially where there is heavy interest in healing touch or energy-medicine systems. (Index not seen.)-Lisa McCormick, Jewish Hosp. Lib., Cincinnati

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very clear explanation

This book was a recommedation from someone who is a healer and I also recommend toanyone who has interest in Healing . I'm taking Pranic Healing Basic Courselevel I , so for me was very good to read this book before I take course.

It's among the best books I have read in recent times. The book falls both in spiritual and self-improvement categories. Pranic healing is based on the ancient Yogic principle that energy fields, energy aura and chakras form an energy landscape around our physical body and driven by the principle that healing works at energy level than physical level. The concepts and techniques in its current form and practice is owed singularly to the inquisitive mind of great Grandmaster Choa Kok Sui. It consists of practices and techniques drawn from the wealth of Yogic, Hindu and Buddhist spiritual knowledge as well as innovations by the great Grandmaster Choa Kok Sui.The authors have explained the background and provided context with rare clarity and thereby provided amazing insight as to why it works that way it works. Dr.Eric, a working physician brings in his wealth of immense experience and knowledge and is able to add authenticity to why and how healing works. The readers could start applying the healing principles and techniques rightaway. It is deceivingly simple and it works. The self-energizing exercises and meditation techniques will prove to be lasting assets. It is commendable that the authors have covered decent ground in a compact publication. In summary, the reader is armed with working knowledge and techniques that he could start confidently applying on self and others.It is my humble view that the narration for energizing exercises (Tibetan Yoga) requires some serious review and could be much more clearer.This book is a must for anyone who is seriously inclined towards Pranic healing.

Awesome book, great for beginners, getting a overview in VERY understandable language was invaluable!

The book is great as a reference or practical book for exercising. It is an easy book to follow. Great information in it.

This is a fantastic book and perfect for the beginner. It explains everything in great detail, yet is easy to understand and simple to learn & apply immediately (even if you've never done this type of work before). I highly recommend this book to anyone with an open mind who wants to help themselves, as well as others, to heal and improve their lives in every way.

This is a wonderful book for those of us who are deep into alternative healing methods.Thanks for the fast service.I'm giving this copy to my younger daughter for her birthday in a couple weeks.Janice

Fully worth-it guide. They only should have added more illustrations though.Anyway, happy with it.

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