



## **Buddhist Teachings in Pranic Healing and Arhatic Yoga: Synthesis of Science and Spirituality**

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**ABSTRACT** Pranic healing is an ancient science and art of healing that utilizes prana or ki or energy to heal the whole physical body. A way of life which addresses all aspects leading to a wholesome life. A prerequisite for the practice of Arhatic Yoga, a pathway to sainthood. Arhatic Yoga is a synthesis of yoga which consists of yogic techniques design to help us develop spiritually, prehistoric in origin and consist of techniques and energy that can be practiced by any religion. The Buddhist teachings are integrated into the Pranic healing' meditations such as mantra Om, Omani Padme Hum, Om Shanti Shanti Shanti Om; etc., healing techniques by practicing vegetarianism, and the law of Karma in character building. It was revealed in pranic healing that science sometimes seems to be incompatible with spirituality. What we call science is actually physical science. What we call spirituality is actually inner sciences or sciences not dealing with the physical world. The process of the union between science and spirituality is in progress. Pranic Healing and Arhatic Yoga, developed by Grand Master Choa Kok Sui (GMCKS), a Filipino –Chinese from the Philippines, are examples of the union between science and spirituality. spreading rapidly in more than 100 countries. Practitioners experienced healing on different levels, holistic transformation, grow and developed spiritually.

**Keywords:** *Buddhism, Pranic Healing and Arhatic Yoga*

### **INTRODUCTION**

A time will come when science will make tremendous advances, not because of better instruments for discovering things, but because few people will have at their command, great spiritual powers, which at present seldom use. With a few centuries, the art of spiritual healing will be increasingly developed and universally used.

Pranic healing is an ancient science and art of healing that utilizes Prana or "ki" or life energy to heal the whole physical body. It also involves the manipulation of "ki" and bioplasmic matter of the patient's body. Modern Pranic Healing as a science was born in 1987. Pranic comes from the Sanskrit word "Prana" which means the life energy that keeps the body alive and healthy.

Pranic healing is a bridge to spirituality. It is the most advanced energy healing system using color Pranas. It uses laws of nature which people do not know or are not aware of. It also involves transference of life energy. It is not just knowledge, it is a skill. There are two basic laws in Pranic Healing: the law of self –recovery and the law of life energy. The law of self-recovery states that the body can heal itself. The law of life energy, states that by increasing the life energy level of the body, healing is accelerated. Pranic Healing accelerates the natural healing process of the body. Through pranic healing you have a deeper understanding of your own religion and the concepts of interconnectedness and oneness become clearer. It is easy to learn and can be applied in preventing, alleviating and treating psychological ailments.

As a science, Pranic healing is based on cleansing and energizing. By cleansing and removing the diseased energy from the affected chakra and organ, and energizing them with sufficient prana, healing takes place. Healing of the physical body, physical and psychological ailments, healing of relationships, finances, and spiritual emptiness.

Pranic healing teaches healing, character building which utilizes the law of karma and other universal laws that governs our life and meditation and other spiritual practices to accelerate spiritual evolution. The mission of Pranic Healing and arhatic yoga is to alleviate the pains and sufferings of humanity. The vision is heaven on earth.

Learning of Pranic Healing is composed of stages or category. As one advances on his/her learning, they can become an Arhatic Yogi, from the words "Arhatic Yoga" wherein Arhatic came from the word "Arhat" which means saint and "yoga" which in Sanskrit means union, referring "to yoke" or "to join." It is consist of yogic techniques designed to help an individual develop spirituality. It is pre historic in origin. It consists of techniques and energy. It is eclectic. People from any religion practiced arhatic techniques. It is not a religion; it is nonsectarian and simply leads you to the truth.



Arhatic Yoga is one of the most advanced spiritual technologies that accelerate the spiritual evolution of the soul and one of the greatest gifts given to humanity yet.

It is a synthesis of all yogas that include powerful meditations, purifications and breathing techniques integrated into a step-by-step system, providing a path to sainthood.

The purpose of Arhatic Yoga is basically "to produce intelligent, compassionate, good-hearted, powerful disciples who will become great divine servants."

Arhatic Yoga, therefore, brings out the greatness latent in every person by cleansing, activating, strengthening and transforming the chakras and the subtle bodies.

The teachings and techniques of Arhatic Yoga have been derived from ancient teachings and practices kept secret for centuries in Egypt, India, China, and Tibet. Being a path to sainthood, Arhatic Yoga aims at transcending man to a great person with much-increased intelligence, love, and power. Its secret relies on its holistic approach to life and evolution, as a balanced development of all the chakras, virtues and faculties. Therefore Arhatic Yoga is known as a way of life, not merely doing meditations:

**Purified Aura-** One of the greatest obstacles to success is negative and weakening thoughts and emotions and self-defeating attitudes. The origins of picking up such tendencies are in most of the cases from other people or past memories. The negative thoughts and emotions of the aura not only tend to attract negative incidents, as we all know that "like attracts like," but also clouds the perception and creates confusion. It further may lead to fear and low self-esteem.

Arhatic Yoga through simple yet very powerful cleansing techniques helps in purifying the aura. Another item that needs to be removed is the negative seeds, which exist in everyone and is the root of evil acts. Negative seeds are basically the negative tendencies that if matured, lead to unwanted attitudes and behaviors such as jealousy, anger, pride, maliciousness, etc. Without getting purified from such negative seeds, meditation may aggravate the problem and instead of making you a better person, it can bring you down. Meditation acts as a fertilizer, it magnifies everything; the good and the bad; the crops and the weed.

This study aimed to determine the existence and practice of Buddhist teachings in Pranic Healing and Arhatic Yoga, a synthesis of science and spirituality.

It likewise aimed to determine: people who practice Pranic Healing and Arhatic Yoga; the Pranic Healing and Arhatic Yoga teachings being practiced; the number practitioner of Pranic Healing and Arhatic Yoga in the Philippines; and the Buddhist teachings used in Pranic healing and Arhatic yoga.

## **METHODOLOGY**

The Pranic Healing was founded in the Philippines. Despite this fact yet, not so many have recognized its unique practice. In order to come up with data on the Pranic Healing practitioner in the selected provinces of the Philippines and to determine the Buddhist teachings in Pranic Healing and Arhatic Yoga, research was done using a questionnaire and interviews among practitioners. Likewise, secondary data were also used. Interviews were made from among the Center Managers of the different Pranic Healing Centers in the country. The information on the different centers was nationwide but the rest of the data were gathered from the Western Visayas, Philippines Center. After the data were gathered, a thorough analysis was made and these became the bases used during the discussions in the study.

## **RESULTS AND DISCUSSIONS**

### **The Origin and purpose of Pranic Healing and Arhatic Yoga practices in the Philippines**

The founder of Pranic Healing in the Philippines which later on spread among the different countries in the world was Grand Master Choa Kok Sui(GMCKS). The purpose of Pranic Healing was "to alleviate the suffering of the people by complementing allopathic medicine with Pranic Energy Healing." On the other hand, the purpose of Arhatic Yoga was to "to accelerate the evolutionary development of the Soul so that the person can be of greater service to Mankind and the planet Earth and to produce intelligent, compassionate, good-hearted, powerful disciples who will become great Divine servants."



## Organization

The organization of the Pranic Healing and Arhatic Yoga in the Philippines started with the establishment of the Institute for Inner Studies, Incorporated (IISI) on 27 April 1987 by Master Choa Kok Sui with the purpose of spreading Pranic Healing, Arhatic Yoga and the inner teachings globally. Other Pranic healing organization founded by GMCKS to help achieve its mission are: World Pranic Healing Foundation, Pranic Healing Foundation of the Philippines, Humanitarian Legal Assistance Foundation, Caring Heart Foundation, Meks Charitable Foundation, Clothe the Naked Foundation, Feed the Hungry Foundation. By early 2000, with the help of many dedicated 10 senior disciples, students, instructors, and foundations, Master Choa Kok Sui's Institute for Inner Studies were able to spread the works of the founder in major cities of over 80 countries, in all of the five continents.

## Pranic Healing and Arhatic Yoga Teachings Being Practiced

Different teachings were being practiced such as the healing of self and other people's physical ailments through Basic Pranic Healing using white prana energy. While the Advance pranic healing uses color energy to heal severe physiological ailments and Pranic Psychotherapy for emotional relationship healing.

The different teachings in Pranic Healing and Arhatic Yoga being practiced were composed of the following: (a) GMCKs Super Brain Yoga- Grand Master Choa Kok Sui Reveals an ancient Indian technique of increasing your brain power by harnessing the body's primordial energies. SuperBrain Yoga is a scientifically validated method to help super-energize the brain and enhance its sharpness and clarity. This simple and easy to do technique develops and increases intellectual capacity and sharpens memory & concentration. Included in this book are preliminary scientific studies on the SuperBrain Yoga Exercise showing dramatic improvements in children diagnosed with Autism, ADD, and ADD/ADHD. SuperBrain Yoga can be a part of an effective routine to help people with Dyslexia, Autism, ADHD, Learning Difficulties, Alzheimer's and Poor Memory and Retention. (b) Character building through Inner reflection and firm resolution; (c) Meditation on Twin Hearts for peace and illumination. This meditation is truly special. It works on the physical, mental, and spiritual levels to open the heart chakra (the emotional heart) and the crown chakra (the spiritual heart), thereby enabling you to draw down a great amount of high-quality divine energy into the crown. The prana that this meditation produces greatly promotes physical and mental health as well as inner illumination. The Regular practice of Twin Hearts meditation reinforces the act of internal giving through blessing the Earth and all people. It makes you strong and gives you the ability to be centered within and to become more balance; (d) Pranic breathing techniques; and (e) Healing of places and Businesses using Pranic Psychotherapy and Practical Psychic Self- defense.

## The practitioners of Pranic Healing and Arhatic Yoga

People from varied professions and walk of life joined Pranic Healing. In the Western Philippines particularly in Western Visayas from 2009 to present, the recorded number of Pranic Healer Graduates was 2,265. Looking into the individual religious affiliation this group, the majority were Roman Catholic (2,093), other Christian Sect numbered to 170 and an Islam. They came from different professions such as Employees in private firms (602), Teachers (444); Employees in government firms (350), students (275), Businessmen (132), Health and Medical Practitioners (79), Social Workers/Guidance Councillors (49), Housewives (45), Architects (40) Household help (39) Senior Citizens (35), Researchers/Scientist (35) Self Employed (34), Farmers/Labourers 31, Overseas Filipino Workers/Seafarers and Police (20 each), Religious (18) Drivers/Security Guards 15 and Lawyers (2).

However, not all Pranic Healers were entitled to be elevated to the Arhatic yoga. Out of the 2, 265 Pranic Healer graduates, only 72 were able to achieve the preparatory level and only 14 individuals were elevated to Level 1 and 2. The reason for this was many of the Pranic healers were not consistent in the practice.

### Buddhism teachings found in Pranic Healing and Arhatic Yoga

In the learning of the different teachings and techniques in Pranic Healing several Buddhist teachings can be gleaned from it. These most common Buddhist teaching integrated in pranic healing/arhatic yoga are the Four (4) Noble Truths composed of the truth of suffering (Dukkha); the truth of the cause of suffering (Samudaya); the truth of the end of Suffering (Nirhodha); and the truth of the path that frees us from suffering (Magga).



The Eightfold path were also being practiced and introduced to the Pranic Healers and Arhatic Yoga practitioner because these are the universal truth that needs to be known among humanity in order that we will be able to attain "heaven on earth" such as the Right Understanding, Right Intent, Right Speech, Right Action, Right Livelihood, Right Effort, Right Mindfulness and Right Concentration.

The Buddhist' Mantras such as Om, Om Mani Padme Hum, Om Shanti Shanti Shanti Om are practiced by Pranic Healers and Arhatic Yoga practitioners. Mantras are sacred sounds or words that contain Divine energy or spiritual energy. These incantations are special utterances as they are the embodiment of divine vibrations. Master Choa Kok Sui stresses on the importance and the innate power of various mantras. The Power of "Om" was realized by the practitioners. "Om", "Amin" and "Amen" are all sacred universal sounds and are primitive in nature. It is interesting to note how similar they all are in sound and in their basic implications though they are used in different religions. These mantras seek to merge your individual consciousness with the Divine Consciousness. The energy generated through these chants help to disintegrate diseased and negative energies in the meditator as well as in the environment. The cleansing and energizing properties of the Om mantra and the sacred words of Amen and Amin help in de-stressing, elevating the consciousness and creating a spiritual environment that is clean and pure.

Moreover, Om Mani Padme Hum was also studied as the mantra. "Om Mani Padme Hum" is a very powerful mantra that is filled with immense Love, Mercy and Compassion. Master Choa Kok has unveiled the deeper meaning of this prayer and has explained the benefits and applications of this simple yet potent mantra. During meditations, mudras, mantras, and breathing techniques were practiced. Meditation on Twin Hearts Leads you to "becoming aware of one's true nature. The Lord Buddha Said: "Let us inspect our thoughts that we do not do unwholesome deeds; for as we sow, so shall we reap. Hatreds never cease by hatreds in this world. By the love alone they cease. This is an ancient law. Cherish in your hearts boundless goodwill to all that live. Go and do your duty: show kindness to thy brothers and free them from suffering."

The Law of Karma is always part of the teachings in Pranic Healing. "Each man, by the action of unerring karma, receives an exact measure all that is due, all that he deserves neither more nor less. Not one benevolent or evil action, trifling as it may be, as secretly as it be done, escapes precisely balanced scale of karma" (Helena Roerich, Foundation of Buddhism)."So long as an evil deed has not karmically matured, the fools think his deed to be sweet as honey. But, when his evil deed karmically matures, he falls into untold misery." Dhammapada, Wisdom of the Buddha.

The Golden Rule was also practiced and given great emphases during trainings and retreats. "Whatever thou likest not for thine own self, for any person else, too, like it not." Dhammapada, Wisdom of Buddha. Inner Purification and Character Building have Five Virtues based on the Law of Karma: (a) Loving-kindness and Non-Injury; (b) Generosity and Non- Stealing; (c) Honesty and Non -Lying ; (d) Industriousness and Non- Laziness, and (e) moderation/Non- Excessiveness.

## **Effects/ benefits of Practicing Pranic Healing and Arhatic Yoga**

The aura or the Bioplasmic energy field becomes cleaner, wider, brighter and stronger. The different chackras or energy centers and the protective webs becomes cleaner, bigger, brighter and balance. Healing of Physiological, psychological/ emotional ailments. Healing of relationship. The character or behavior of the practitioner become refine. The different psychic faculties such as the different intelligences, creativity, instinct, Buddhist or Christ Consciousness, higher emotions, etc. are being activated or develop. Develops love for oneself, to God, to humanity and the entire creation of God. Increases spiritual magnetism, improves quality of life, achieve greater success, joy, and happiness, and achieve inner peace and oneness with God and oneness with all. Accelerate the spiritual evolution of the soul. The practitioner becomes highly intelligent, compassionate, loving, kind hearted and powerful

## **Frequently Asked Questions and Other Testimonies:**

1. Are Pranic Healers allowed to make a medical diagnosis?

*"No Pranic Healers should not make a medical diagnosis"*

2. Is Pranic Healing going to replace conventional medicine?

*"Pranic Healing is not intended to replace allopathic medicine, but rather to complement it. If symptoms persist or the ailment is severe, please immediately consult a medical doctor and certified Pranic Healer"*



3. Is Pranic Healing part of the "New Age" movement? Is Pranic Healing a Religion?

*"Pranic Healing is not part of the New Age Movement. New Age Movement started in Europe, Pranic Healing was developed by Grand Master Choa Kok Sui in the Philippines. New Age is a Religion, Pranic Healing is a Synthesis/Union of Science and Spirituality. Pranic Healing and Arhatic Yoga are examples of the union between Science and spirituality. This trend is inevitable and will become stronger in the future."*

5. What are Chakras?

*"Chakras or Energy Centers are actually major acupuncture points. Chakras are very important parts of the energy body. The major chakras not only control and energize the vital organs of the body but also controls and affects a person's psychological and spiritual condition. Just as the visible physical body has vital and minor organs, the energy body has major, minor and mini chakras"*

## CONCLUSIONS

The founder of the Pranic Healing and Arhatic Yoga has prepared the Filipinos for a better way of life which meaningful and worth leaving for. The teachings in Pranic Healing and Arhatic Yoga are geared toward holistic development of man physically, mentally and emotionally anchored on different moral values worthy to be emulated. These practices are slowly gaining popularity among Filipino people in the different professions or field of works. Buddhist teachings are found among teachings of Pranic Healing and Arhatic Yoga because of the universality of these teachings that lead people in leaving a wholesome life with reverence to the Supreme Being and all the creations around him.

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